NOVEMBER 2026

2785 Leisure Way
Melbourne, FL 32935
(321) 255-4494
Monday-Friday: 8:30 am–4:30 pm
Saturday: 9:30 am–12:30 pm
Sunday: CLOSED
www.bcwpsc.org



Friendship Flyer

President's Message


Diane Weinzierl

November and December are always busy at WPSC. This year is no different, so I want to highlight a few of the special activities we have planned.

- **Sponsor Medicare Seminars** – to help you navigate the changes to Medicare this year, we have scheduled several sponsor-run seminars to help you learn more:
  - November 6 – CarePlus Medicare Seminar – 2:00-4:00 pm
  - November 12 – Freedom Health Medicare Seminar – 1:00-3:00 pm
  - November 13 – Narlock Insurance Medicare Seminar – 2:00-4:00 pm
- **Tags for the Salvation Army Gifts for Seniors** program will be hanging in the lobby starting November 1. Please pick up one or more and return your gift(s), unwrapped with the tag attached, no later than end-of-day, Monday, November 30 as they will be picked up on Tuesday, December 1.
- **Thanksgiving Dinner** will be hosted at WPSC on Thursday, November 26 from 2:00-6:00 pm. The dinner is limited to 40 MEMBERS-ONLY and tickets will go on sale at the front desk on November 1. *See flyer on page 2 for more details.*
- **Annual Ornament Contest** – Don't forget to bring in your *handmade* ornament Monday, November 30 thru Friday, December 4 to hang on our lobby tree. Voting will be held the week of December 7–11, with the winners announced on December 14. Prizes will be awarded for 1st, 2nd and 3rd places. *See flyer on page 2 for more details.*
- **2026 Annual Meeting and Hot Chocolate Bar & Cookies** – Don't forget to mark your calendar to attend our Annual Meeting on Wednesday, December 2 from 4:00 to 5:00 pm. The event is FREE to all members – just be sure to sign up ahead of time so we can ensure we have a quorum and enough refreshments on hand. *See flyer on page 15 for more details.*

Finally, to enable our volunteers to spend more time with their families during the Thanksgiving Holiday, don't forget that WPSC will be closed Wednesday, November 25 through Sunday, November 29.

Happy Thanksgiving Everyone!

Officers

President:	Diane Weinzierl
Vice President:	Janice Oppelt
Secretary:	Lori Ebbensgard
Treasurer:	Colleen Barneman

Directors

Celeste Garcia	Ginny Parker
Barbara Carlson	Janet Smith
Beverly Morgan	Sharon Sneary
Pam Page	Rosann Testa

Staff

IT Systems Admin:	David Leacock
Webmaster:	Maureen Reeder
Sunshine:	JoAnn Efird
Newsletter:	Nilda Rosario

Directory

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Bridge Club:	bridge@bcwpsc.org
Newsletter:	news@bcwpsc.org
IT Admin:	itadmin@bcwpsc.org

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MISSION STATEMENT

Our mission is to provide a welcoming and engaging environment where seniors can stay active, learn new skills, and build lasting friendships. Through a wide variety of classes, games, arts, and social activities, we celebrate independence, creativity, and community connection.

There are no strangers here—only friends you have yet to meet!

IMPORTANT NEWS

MONTHLY BOARD MEETING

The WPSC Board of Directors meetings are held on the 2nd Monday of each month at 9:30 am. The next meeting will be **November 9 at 9:30 am in Room 117.** All WPSC members are welcome to attend.

BUNCO FOR BOOBIES FUNDRAISER TEAM "SAVE THE GIRLS"

American Cancer Society

MAKING STRIDES AGAINST BREAST CANCER

Where: Wickham Park Senior Center
2785 Leisure Way, Melbourne, FL 32935
When: Sunday, November 1, 2026
Time: 1:00–4:00 pm

$20.00 Donation to Play
Door Prizes - Raffles - Goodies - Friendship - Fun!
Prize for Most Buncos, Most Games
& Least Games and Last Bunco

Please bring a dish or finger food to share (Please NO Desserts). Water and coffee will be provided.

Please call or text **Ginny Parker** at 321-698-0445. We need to be sure we have enough table space for all to play.







DON'T LET POOR POSTURE TURN YOU INTO A COMEDY SKIT

Faith's Fall Prevention Clinic

I recently came across an old video clip of Tim Conway on the Carol Burnett Show playing the oldest man. You may remember it: stooped over, feet shuffling, stopping mid-stride to chat with someone, and taking an eternity to turn around or get anywhere. The skit always made me laugh, but it isn't nearly as entertaining when real people move that way. When the sketch ended, Conway could straighten up and stroll off stage. If you don't pay attention to your posture, you could find yourself living the skit personally, and it won't be funny at all.

Posture and flexibility are huge components of daily mobility. I remember my parents telling me to "stand up straight" and "stop scuffing your feet." I assumed it was about looking people in the eye and not wearing out my shoes, but I've since learned there is more to it.

When you bend forward as you walk, it is physically harder to lift your feet with each step. Go ahead and try it. When you can't pick your feet up easily, you tend to shuffle, which puts you at risk of tripping. There's wisdom in the advice to "look where you're going," because if you look down while walking bent over, down is likely where you'll end up. The problem also feeds itself. A shuffling gait leads to tight calf muscles, which prevent you from taking longer steps, which makes the shuffling worse.

Here are several simple steps you can take to improve your posture and reduce your risk of falls:

1. **Wall stretch**: Stand with your back against a wall and reach both arms overhead, trying to touch the wall with your hands.
2. **Heel first**: When walking, focus on landing on your heel with each step forward.
3. **Eyes up**: Look ahead toward a target at eye level, and scan down for obstacles only occasionally. You should spot an obstacle well before you are looking straight down at it.

If you've noticed your own steps getting slower or less steady, you don't have to play the part of Duane Toddleberry. ***Faith's Fall Prevention Clinic LLC*** *offers in-home training and a twice weekly class to help you move better and lower your fall risk. Call 321-345-3635 to get started.*

FREE MEDICARE SEMINAR

Presented By: Freedom Health

Date: Thursday, November 12, 2026
Time: 12:00 pm – 2:00 pm
Location: WPSC Room 117 (Sign up at the Front Desk)

Get your Medicare Advantage questions answered in a relaxed setting at the Wickham Park Senior Center.

NAVIGATING SENIOR CARE JUST GOT EASIER (*Meet Harmony Senior Living Advisors*)

Navigating senior care can feel overwhelming, but you don't have to do it alone!

Founded in 2017, **Harmony Senior Living Advisors** is a locally owned Brevard County company helping seniors and families confidently explore care options. From **independent living, assisted living, memory care, and rehabilitation** to in-home care, hospice, veterans' benefits, and more, Harmony connects families with trusted local resources.

Our hands-on team provides personalized guidance, coordinates and attends community tours, and supports families every step of the way. **Best of all, our services are ALWAYS FREE TO FAMILIES!** Participating senior living communities compensate Harmony when a client chooses their community.

As the **Wickham Park Senior Center's proud Platinum Sponsor**, we're committed to supporting local seniors and their families. Whether planning ahead or facing an unexpected crisis, Harmony is here to help.

Because when it comes to senior care, you don't have to navigate it alone!

harmony SENIOR LIVING ADVISORS
321.241.0505 | care@harmonysla.com
www.harmonyseniorlivingadvisors.com



CALENDAR OF EVENTS
NOVEMBER 2026

ACTIVITIES	MON	TUES	WED	THURS	FRI	SAT	SUN
Bingo (Doors Open at 10:00a)		11:15–2:00p			11:15–2:00p		
Beginners Oil Painting with Hobo Bob (CRI) (3rd Thursdays)				**11/19** 1:00–5:00p			
Bones & Balance (Register at 9:45a)	10:00–11:00a						
Bridge: Beginner Class	For Virtual Classes please see our website at www.bcwpsc.org and click "Bridge" icon						
Chat (Virtual)					9:30–11:00a		
Duplicate On-Site:	Noon–3:30p		Noon–3:30p			Noon–3:30p	
Beginners Class			10:00–11:30a				
Intermediate Class						11:00–11:45a	
Duplicate Virtual Class / BBO Platform				12:15p			
Party Bridge			12:30–4:00p				
Rogue		12:15–4:00p					
Rubber				12:30–3:30p		12:30–3:30p	
Bunco (1st & 3rd Thursdays)				**11/5 & 11/19** 1:00–4:00p			
Chair Yoga		3:00–4:00p					
Chefs for Seniors **Topic: Healthy Holidays**				**11/12** 11:00–12:30p			
Color Pencil Portrait for Beginners			9:40–Noon				
Cornhole Tournaments (2nd & 4th Sundays)					(12:30p Set-up & Practice)		**11/8 & 22** 1:30p
Diamond Dot Painting		9:30–11:30a					
Euchre			6:00–9:00p				
Fitness Class For Seniors (Intro) (2nd & 4th Tuesdays)		**11/10 & 11/24** 10:00–11:00a	Room 117				
Fusion Glass Workshop with Lauren				**Project: Fused Glass Holiday Trees: Deadline to Register is December 4**		**12/12** Noon–3:00p	
Hand & Foot	8:45–Noon				8:45–Noon		
Jazzercise Lo	8:30–9:30a		8:30–9:30a		8:30–9:15a		
Line Dancing		4:15–5:30p	**No Classes on Decembe 8, 22 and 29. Resumes January 5, 2027.**				
Mahjong: American	Noon–3:30p			9:00–Noon			
Chinese			1:00–4:00p				
Memory Training Class for Seniors					**11/6** 10:00–11:30a		
Phone Learning Class for Beginners				**11/5** 1:00–3:00p			
Pinochle	12:30–4:30p				12:30–4:30p		

CALENDAR OF EVENTS
NOVEMBER 2026

ACTIVITIES	MON	TUES	WED	THURS	FRI	SAT	SUN
Poker: Dealer's Choice		11:30–4:00p			11:30–4:00p		
Friendly	1:00–4:00p						
Pool (Billiards)	8:30–4:30p	8:30–4:30p	8:30–4:30p	8:30–4:30p	8:30–4:30p	9:30–12:30p	
	Tournament: 2nd Wednesday of the Month November 11 @ 11:00 am						
QiGong-TaiChi	8:30–9:30a		8:30–9:30a		8:30–9:30a	**No Class on Friday, November 13**	
Rummikub			1:00–4:00p				
Senior Law (4th Friday of the Month)					**2027** 2:00–4:00p	**No November or December Seminars**	
Senior Stitchers				10:00–Noon			
Strength / Flexibility	*Class is Full – Contact PM for wait list.*			9:30–10:30a			
Shuffleboard	9:00–11:00a			6:00–8:30p		9:00–Noon	

SPECIAL MEDICARE SEMINARS:

- **CarePlus Health Plans Medicare Seminar - November 6 @ 2:00–4:00 pm**
- **Freedom Health Medicare Seminar - November 12 @ 1:00-3:00 pm**
- **Narlock Insurance Medicare Seminar - November 13 @ 2:00-4:00 pm**

Made you look.
Advertise here to reach your local audience.
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Visit lpicommunities.com/advertising-solutions

ACTIVITIES & GAMES

BINGO!

TUESDAY & FRIDAY—Open to the Public!
Doors Open @ 10:00 am
Cards Sold @ 10:30 am–11:15 am
Early Bird Starts @ 11:15 am



Effective January 2025, we will no longer accept anything larger than $20 bills.

Join us and play 29 games including Early-Bird, 50/50, Winner-Take-All and Progressive games. Minimum package starts at $6. Bingo payouts adjusted based on attendance. Kitchen open from 10:00 am to 11:30 am. For more information, contact **Brenda Clarson** at 321-258-8837.

Bones & Balance

Mondays @ 10:00–11:00 am
Cost: $5.00 Members / $7.00 Non-Members



Start your week with healthy aging exercise. Chairs, weights and exercise bands will be used to improve your core strength, posture and balance. All major muscles will get a workout. Certified personal trainer and certified group fitness instructor with 29 years of experience at Pro Health/Health First. Please wear comfortable shoes! For more information, contact **Marcia Luhn** at 321-543-6358.

Beginners Oil Painting with Hobo Bob (CRI)

3rd Thursday, November 19 @ 1:00–5:00 pm
Cost: $50.00 PP (Includes All Supplies & WPSC Costs)
Sign-Up Sheet at Front Desk–Limit 6 People per Class



Come join us for a lot of fun!! Paint a beautiful landscape painting with us. Classes will be held on the third Thursday of each month. Please call the Center 321-425-5533 or come into the front desk and sign up.



For November we'll be painting **Palm Beach**, a painting with a wonderful landscape scene. This painting is good for beginners, and you should be quite pleased with your finished painting. This painting will bring out the inner artist you may not even know you have. All supplies, brushes, canvas, and aprons are provided, and you'll walk away with a wonderful finished, unframed oil painting that you will be quite proud of. Remember to wear your painting clothes. The class is small, with just six participants, so Hobo Bob (CRI) has plenty of time to work with you as you paint your masterpiece.

Duplicate Bridge

On-site Games: Mon., Wed. & Sat. @ 12:00–3:30P
Cost: $7.00 Members / $9.00 Non-Members

CLASSES:

- **Intermediate Bridge Class: Saturdays @ 11:00–11:45A Free to Members**
- **Online Virtual Classes: Thursdays @ 12:15P on the BBO platform / Online classes $5.00**



On-site Duplicate bridge games are on Mondays, Wednesdays and Saturdays. Virtual online classes are also available. For the online schedule, please check out the latest on the website under the Bridge tab.
Contact **Pam Page** at 321-537-0907 or pam_page@bellsouth.net for bridge-related questions.

ACTIVITIES & GAMES

Party Bridge

Wednesdays @ 12:30–4:00 pm
Cost: $5.00 Members / $7.00 Non-Members

Please contact **Tom Sanders** at 321-960-1894 prior to coming to this bridge for the first time.

Rogue Bridge

Tuesdays @ 12:15–4:00 pm
Cost: $1.00 Members / $3.00 Non-Members

Contact Patricia Rosenthal at 321-626-5419.

Rubber Bridge

Thursdays @ 12:30–3:30 pm & Saturdays @ 12:30–3:30 pm
Cost: $2.00 Members / $4.00 Non-Members

Come on out for an afternoon of enjoyment at the bridge table. The Thursday and Saturday point of contact is **Gayle Schanck** at 541-821-7070.

Bunco

1st & 3rd Thursdays, November 5 & 19 @ 1:00–4:00 pm
Cost: $6.00 Members / $8.00 Non-Members

Please join us every 1st and 3rd Thursday of the month for Bunco and arrive by 12:45 pm. Don't forget to bring your current membership card. Bunco ends about 3-3:30 pm. Contact **Lisa Hofmann** at 760-717-6049 for more details and reservations (for set-up purposes). See you there for this fun activity. All you have to know is how to throw three dice.

Chair Yoga

Tuesdays @ 3:00–4:00 pm/Sign-in @ 2:45 pm
Cost: $1.00 Members / $3.00 Non-Members



This class is designed to help with overall wellbeing for the body and mind. Stretches and movements that will help increase mobility, flexibility, strength and balance. A focus on posture and breathing helps calm the mind, helps reduce stress and increase oxygen flow. Contact **Shelly Anderson** at 321-626-1969.

Chef for Seniors

Classes @ 11:00 am–12:30 pm
Cost: $6.00 Members / $8.00 Non-Members

- **November 12 - Healthy Holidays**



Join Chef Jillian for a Cooking For Seniors Class. Each Class includes an interactive cooking demonstration, free recipes, cooking tips and food tasting. Please sign up at front desk to reserve your spot. All proceeds are donated by Chef Jillian to The Children's Hunger Project, Brevard County's Backpack Program.

Sponsored MIS MOORE INSURANCE SOLUTIONS *and* Thrive Dr. Jaya Prakash, MD, MPH COACHJAYA4HEALTH, LLC

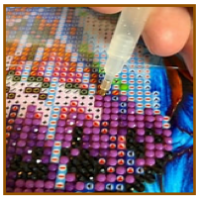
Color Pencil Portrait Class for Beginners

Wednesdays @ 9:40 am–12:00 pm
Cost: $1.00 Members / $3.00 Non-Members

Learn how to create a beautiful drawing from your favorite photograph! Bring your own portrait photograph to copy—Size: 5x8 (or other appropriate copy size). Supplies you will need to bring: Prismacolor Color Pencils, Watercolor Paper, Eraser, Pencil Sharpener (optional). For more information contact **Scott Langford** at 321-298-6839.

Diamond Dot Painting

Tuesdays @ 9:30 am–11:30 am
Cost: $1.00 Members / $3.00 Non-Members



Diamond painting is a craft where you apply small, faceted resin "diamonds" to a sticky canvas to form a colorful, shimmering picture. Each canvas is printed with a chart (similar to cross-stitch or paint-by-number), and each symbol corresponds to a dot color. As you place the dots on the canvas, the design gradually comes to life with sparkle and texture.

What to Bring: your current work in progress or you may purchase Diamond Dot Paint Kits on Amazon or from any craft store. When purchasing a kit, all needed supplies will be included. For more information, call **Ellen Adajian** 321-265-9886.

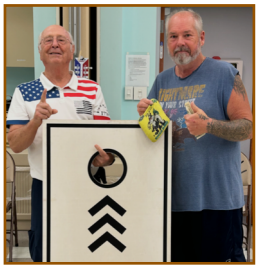
ACTIVITIES & GAMES

Cornhole Tournaments

2nd & 4th Sunday, November 8 & 22 @ 1:30 pm
Setup & Practice Starting @ 12:30 pm
Cost: $6.00 Members / $8.00 Non-Members
(Annual Membership for 50+ is $20)
Note: $5 goes into the Prize Pool; the Remainder Supports the Center

Cornhole is welcome to all ages! Tournaments will be held indoors at the WPSC every 2nd and 4th Sundays (excluding conflict with holidays). Don't forget to scan your membership card at the front desk.

October 4 Winners:



1st Place:
Donny J. & Jay



2nd Place:
Richard M. & Drew



3rd Place:
Bill & Rich F.



Pile On: Johnna & Daryl

Rules for Senior Center:

- Age 50 to 69: 27-ft. front edge to front edge
- Age 70 to 79: 25-ft. front edge to front edge
- Age 80 to 90: 23-ft. front edge to front edge
- Age 90+/Non-Ambulatory: 21-ft. front edge to front edge

For any questions, please contact **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com) or **Amy Longtin** at 321-205-5161 (ajgclrt@yahoo.com).

Fusion Glass Workshop w/Lauren

NEXT WORKSHOP: SATURDAY, DEC. 12 @ 12:00–3:00 pm
**** DEADLINE TO REGISTER IS DEC. 4 ****
Project: FUSED GLASS HOLIDAY TREES
Cost: $75 PP (Includes all Materials & Kiln-Firing)



Gather your favorite friends, family, or neighbors and join us for a delightful, relaxing afternoon of festive fun! If you are looking for a stress-free way to catch up with friends and get into the true holiday spirit, our new **Fused Glass Holiday Trees** workshop with Lauren is the perfect day out. Absolutely no artistic skills or previous experience needed! If you can arrange pretty, colorful pieces of glass, you can do this. We even provide pre-cut glass shapes, meaning there is absolutely no glass cutting required if you don't want to. Lauren will guide you through the entire process step-by-step in a warm, welcoming environment where the focus is entirely on fun, ease, and enjoying great company.

What You'll Create and Take Home:

- **Three Charming Holiday Trees**: You will craft three individual glass holiday trees.
- **Versatile Holiday Decor**: Once fired in the kiln, your finished masterpieces can be displayed beautifully on a tabletop or easily transformed into glowing votive candle holders to warm up your winter nights.
- **Wonderful Memories**: Enjoy a lively, social atmosphere filled with warm conversation, shared laughs, and the joy of trying something completely new together.

Simple, Stress-Free Pickup Options: Your completed trees will be safely kiln-fired off-site after class. They will be ready for easy pickup at the WPSC (for members), at Lauren's studio in Merritt Island, or they can even be shipped directly to your front door (for an extra fee)!

Reserve your seats together! To keep our gathering cozy, personal, and comfortable for everyone, our class size is strictly capped at 16 participants. Call your friends, clear your calendar for a fun afternoon, and register early to secure your spots at the table! Registration is online at: www.purplepass.com/holidaytrees OR via the sign up sheet in the WPSC Lobby.

Questions? Email: info@glassbylauren.com or call 310-483-3229 (Mon-Fri 12 Noon–5pm)

ACTIVITIES & GAMES

Euchre

Wednesdays @ 6:00–9:00 pm
Cost: $5.00 Members / $7.00 Non-Members
Members must scan their card when entering and Non-Members must sign in.

Euchre has been a great success and as our Euchre continues to grow, it is now common to have 5-6 tables in action. We try to promptly start by 6:00 pm which means we should be signed in no later than 5:50 pm to allow time to set up the correct 3/4 player table configuration and draw for your seats. The payout structure has been altered so more people are sharing the prize pool. That means if there are up to 30 players even eighth takes home a piece of the purse. For more information, contact **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com).

Hand & Foot Card Game

Mondays & Fridays 8:45 am–Noon / Setup @ 8:30 am
Cost: $1.00 Members / $3.00 Non-Members

Join this group of friendly and competitive players for a time well spent. For more information, contact **Beverly Morgan** at 303-458-8273.

Intro to Fitness Class for Seniors

2nd & 4th Tuesdays: November 10 & 24 @ 10:00–11:00 am
Cost: $1.00 Members / $3.00 Non-Members
Limited to 10 Participants / Sign-up Sheet at Front Desk.
Equipment: All necessary equipment is provided.

Gentle Movement • Strength • Confidence • Community

Join us for a **1-hr fitness class** designed specifically for older adults who want to stay active, improve mobility, and build strength in a safe and supportive environment. This class is perfect for beginners or anyone looking for a gentle way to move more and feel better. Participants should come prepared to **sit & stand if possible**, but all exercises can be **modified** to match individual comfort levels and physical capabilities. No experience needed.

What to Expect: Each session includes:

- A light warm-up to get the body moving comfortably
- Stretching and flexibility exercises to improve range of motion
- Easy resistance and light weight exercises to support balance and strength
- Movements performed both seated and standing

What to Bring: Comfortable clothing, Water bottle Supportive shoes, and a positive attitude! Questions? Contact **Michael Sands** at 910-232-7543.

Jazzercise Lo

Mon. & Wed. @ 8:30–9:30 am and Fri. @ 8:30–9:15 am
Members: $60.00/Month & Walk-ins $15.00/Day

Join us for a fun and energized Jazzercise Lo class. Dance away those extra calories using Low Impact moves that yield MAXIMUM results! We use muscles, not momentum, to get a total body workout without the impact on your joints. For more information, contact **Jennifer Praino** at 720-391-8422.

Line Dancing

NO CLASSES ON DECEMBER 8, 22 & 29, 2026
CLASS RESUMES JANUARY 5, 2027
Tuesdays @ 4:15–5:30 pm
Cost: $6.00 Members / $8.00 Non-Members



Line Dancing for Fun and Exercise every Tuesday 4:15-5:30! Come join in the fun. Please note the holiday schedule above, but first, THANK YOU for the honor of being chosen to share in our Newsletter Program Manager Spotlight. I come here every Tuesday because I find it my second home full of second family. To be chosen by you, my friends, is a great honor, and I will treasure it for years to come. Thank you and blessings to all who work so hard to give us the great opportunity to have this beautiful facility to meet and enjoy each other in.

Again, Thank You. **Sue Duncan**, Line Dance Instructor and Choreographer 321-505-0846

Mahjong

American: Mondays @ Noon–3:00 pm &
Thursdays @ 9:00 am–Noon
Cost: $1.00 Members / $3.00 Non-Members
Chinese: Wednesdays @ 1:00–4:00 pm
Cost: $5.00 Members / $7.00 Non-Members

Mahjong is an activity that fosters friendly comradery and stirs the brain. Come join the fun! Contact **Patricia Rosenthal** at 321-626-5419 (American) or **Hugh McPhee** at 321-423-7698 (Chinese).

ACTIVITIES & GAMES

Memory Training Class for Seniors

November 6 @ 10-11:30 AM - Room 117
Cost: $1.00 Members / $3.00 Non-Members
Limited to 8 People – Sign up at Front Desk

- Learn fun memory tricks and techniques to make recalling information much easier.
- Learn why teachers used these strategies when we were young and why they faded away as we got older.
- Learn how these same methods can be applied to everyday life, from remembering names and dates, to learning new subjects or skills.

Bring paper and a pencil and join us in a friendly, supportive environment where learning is fun and practical. Questions? Contact **John Fontana** at 916-705-8146 or email jhnfontana@yahoo.com.

Pinochle

Mondays & Fridays @ 12:30–4:30 pm
Cost: $1.00 Members / $3.00 Non-Members

For more information, contact **Cathy Decker** at 321-432-7813 (Mondays & Fridays).

Phone Learning Class for Beginners

1st Thursday of the Month – November 5 @ 1:00–3:00 pm
Cost: $1.00 Members / $3.00 Non-Members

Learn information on phone calls, texts, internet, applications, phone settings, security and everyday phone basics with confidence. Sign up today at the Front Desk! Questions? Call **Patrick Anderson** at 321-481-8174.

Poker (Dealers Choice)

Tuesdays & Fridays @ 11:30 am–4:00 pm
Cost: $1.00 Members / $3.00 Non-Members

Contact **Bill Seigel** at 813-416-0428.

Poker (Friendly)

Mondays @ 1:00–4:00 pm
Cost: $1.00 Members /$3.00 Non-Members

Attention: Players Needed! Pennies Only. Call ahead to attend. Contact **Beverly Morgan** at 303-458-8273.

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



LPi Call 800.950.9952

ACTIVITIES & GAMES

Pool (Billiards)

Mon. thru Fri. @ 8:30 am–4:30 pm / Sat. 9:30 am–12:30p
Tournaments: 2nd Wednesday of Every Month @ 11:00 am
Cost: $1.00 Members / $3.00 Non-Members
Plus $ .50 per Day or $2.00 per Week

YE OL Pool Room 8-Ball Tournament Oct. 14 Results:

1st: Mickey Ferguson 3rd: Sam Campese
2nd: Jerry Bertekap 4th: Wally Topinko

One Pocket Tournament Oct. 15 Finals:

Wally Topinko & Bob Furlong beat Sam Campese and Jorge Fernandez 8+ -1.

Next tournament is November 11. Questions? Contact **Wally Topinko** at 321-499-3019.

QiGong-TaiChi

NO CLASS ON FRIDAY, NOVEMBER 13
Mon., Wed., & Fridays @ 8:30–9:30 am
Cost: $5.00 Members / $7.00 Non-Members

For over 50 years, scientists at the Institute for Aging Research, an affiliate of Harvard Medical School, have been studying what causes falls among the elderly, and how to prevent them. One of the most promising interventions is TaiChi. It offers senior practitioners inner peace and improves balance, flexibility and mental agility. It also reduces death due to falls and injury among older adults. We focus more on the Healing Art of QiGong of TaiChi. **Laura Parsons**, Certified Instructor at 321-474-5374.

Rummikub

Wednesdays @ 1:00–4:00 pm
Cost: $1.00 Members / $3.00 Non-Members

Rummikub is a tile-based game combining elements of the card game rummy and mahjong. It's an easy game to play and if you don't know how to play, our group will be happy to teach you. Come join us for a fun afternoon. Contact **Peggy Miles** at 732-688-6268.

Senior Stitchers

Thursdays @ 10:00 am–Noon in Room 114
Cost: $1.00 Members / $3.00 Non-Members

Would you like to learn to Knit or Crochet or do you already know how to Knit or Crochet? If so, please join us for a morning of friendship and pleasant conversation while learning new skills and stitches while helping each other to share and improve our skills. If you are already experienced, please bring a WORK IN PROGRESS that you'd like to work on. If you're a beginner, please bring some worsted yarn and Size 8 knitting needles or a Size G crochet hook. For more information contact **Laurie Liguori** at 917-882-9898.

Senior Law

NO NOVEMBER OR DECEMBER SEMINARS
4th Friday of the Month @ 2:00–4:00P
Cost: Free to All WPSC Members

The Slonim Law Firm invites you to attend a FREE seminar and question/answer session on the 4th Friday of each month at WPSC Room 117.

Topics:

- Last Will & Testament & Trusts
- Durable Power of Attorney & Healthcare Directives
- Digital Assets
- Medicaid and Asset Protection Options
- General Dementia Issues
- Guardianships
- Probate Matters
- Living Wills

Seating is limited. Please sign up at the front desk. Any questions, call the Law office at 321-757-5701.

Shuffleboard

Open Play: Monday 9–11:00 am
Open Practice: Thurs. 6–8:30 pm & Sat. 9:00 am–Noon
Cost: $1.00 Members / $3.00 Non-Members



For more information on learning how to play or participating in tournaments, call **Tom Winkelspecht** at 321-446-3283 or email: tawinkii@me.com

Strength/Flexibility

Thursdays @ 9:30–10:30 am
Cost: $4.00 Members / $6.00 Non-Members



This is a class you won't want to miss and has everyone talking! This class will introduce greater strength and flexibility that your body will love and you will love going to. It also helps posture and alignment of the spine, helps us stay limber, agile, strong and keeps our balance in check. We work core, arm and leg strength. This class gets full so call before you come! Please contact **Susie Salvetti** at 321-626-0282.

TRAVEL NEWS

Stetson Mansion & Lunch at Cook's Buffet

Date: Thursday, November 12, 2026
Cost: $159 PP
Time: Leaves WPSC at 8:30 am / Returns at 5:30 pm

The 1886 Stetson Mansion is the largest and most spectacular "Gilded Age" residence ever built in Florida before 1900. The Stetson Mansion is Florida's most historic home, but it is not a museum. It is a private residence that is lived in and welcomes guests this time of year with over the top elegant and reverent adult holiday decorations. Lunch at Cook's buffet prior to our tour.

SOLD OUT

Mount Dora Christmas

Date: Friday, December 4, 2026
Cost: $69 PP (Includes Motorcoach Transportation Only)
Time: Leaves WPSC at 3:00 pm / Returns at 10:30 pm

Celebrate the 2026 holidays against a backdrop of over 2 million sparkling lights in beautiful downtown Mount Dora. If you're looking for a way to spend an enchanted evening that will get you in the holiday spirit, visit the Mount Dora Christmas Walk for an old fashioned country Christmas. There are plenty of food vendors or enjoy a delicious dinner at one of Mount Dora's great restaurants. (Reservations suggested).

SOLD OUT

St. Augustine Day Trip

Date: Tuesday, December 8, 2026
Cost: $89 PP
Time: Leaves WPSC at 10:30 am / Returns at 9:30 pm

Join our exciting one day excursion to St. Augustine, our nation's oldest city, including stopping at Bucees in Daytona. Upon arriving at St. Augustine, you will have from 2–5:30pm to shop and eat. There are many nearby cafes and restaurants where you can enjoy dinner on your own. At 5:45 pm we will meet at the Visitors Center for a 30-minute narrated Trolley Tour through the historic district and the beautiful holiday decorations. Departing for home at approx. 7:00 pm.

2027 TRIPS

Capone's Dinner & Show, Orlando

Date: Thursday, February 18, 2027
Cost: $179 PP
Time: Leaves WPSC at 4:00 pm / Returns at 10:00 pm

Get ready to step back in time to the prohibition era 1930 gangland Chicago, speakeasies, mobsters, dames and Al Capone! The show is entertaining, hysterical and all new. The show delivers loads of laughs, gangster action, audience interaction and a toe-tapping musical production. **Price Includes:** VIP tickets; Early admission and preferred seating; First access to dinner service and a souvenir shot glass; 4-course dinner served by Al's finest; Appetizers, bread and salad, entrée from an Italian/American dinner menu; Dessert; All-you-can drink beverages (alcoholic & non-alcoholic); and, Flapper Headband or Fedora.

Morikami Japanese Garden Tour with Bento Box Lunch, Delray Beach

Date: Thursday, March 4, 2027
Cost: $139 PP
Time: Leaves WPSC at 8:00 am / Returns at 5:00 pm

Experience the essence of Japan and uncover a destination that transcends time and place nestled in Delray Beach, Florida. We will have a guided tour in this 16-acre park. This is where you can experience a window to Japan through the sprawling gardens and a world class bonsai display. What a perfect way to experience the Japanese lifestyle with their Bento Box lunch (Classic or Vegetarian) including: white rice, teriyaki chicken, teriyaki salmon, assorted dumplings, vegetarian options and more. Please let us know which you prefer when you register for this amazing trip.

All Hands On Deck Show & Lunch at Olive Garden, Winter Park Playhouse

Date: Sunday, April 4, 2027
Cost: $179 PP
Time: Leaves WPSC at 10:00 am / Returns at 6:00 pm

All Hands on Deck is an award-winning musical that celebrates the swing era, big bands, and the music of the 1940s. Inspired by Bob Hope's 1942 USO tour, this high-energy production features Broadway style tap dancing, heartwarming harmonies, and classic radio commercials. With its engaging performances and sing-along excitement, the show offers a nostalgic trip back to a vibrant period in American music.

LUAU: Fire & Hula Dinner Show, Kissimmee

Date: Saturday, April 17, 2027
Cost: $169 PP
Time: Leaves WPSC at 4:00 pm / Returns at 10:00 pm

Escape to Polynesia in air conditioned comfort. Polynesian fire is an amazing luau dinner show experience that you will not forget. Enjoy the live band serenading you while you dine on the buffet dinner. After dinner enjoy the show complete with Hawaiian hula, Tahitian, Tongan and Polynesian entertainers. The show ends with the amazing Samoan Fire Dance. The performers are a Samoan family coming to you from the village of Nu'uuli on the island of Tutuila,

TRAVEL NEWS

American Samoa. Take a journey with them through the Pacific Islands at the luau dinner show.

Marathon, Key West & Miami

Date: April 25-27, 2027 – 3 Days / 2 Nights
Cost: $629 PP Double / $899 Single – $250 Deposit PP
Cancellation Insurance: $129 PP Non-Refundable
Final Payment Due February 1, 2027

This wonderful adventure includes 2 nights at the Faro Blanco Resort Courtyard by Marriott where you can swim in the ocean or their beautiful pools, relax on hammocks or just have a drink by the pool. Next, it's off to Key West visiting Ernest Hemingway's home, shopping on Duval Street or just hopping on the shuttle and touring Key West leisurely. Finally, a stop at Little Havana in Miami where you can enjoy time shopping, having a Cuban coffee or watching people play dominoes.

Niagara Falls Budget Buster

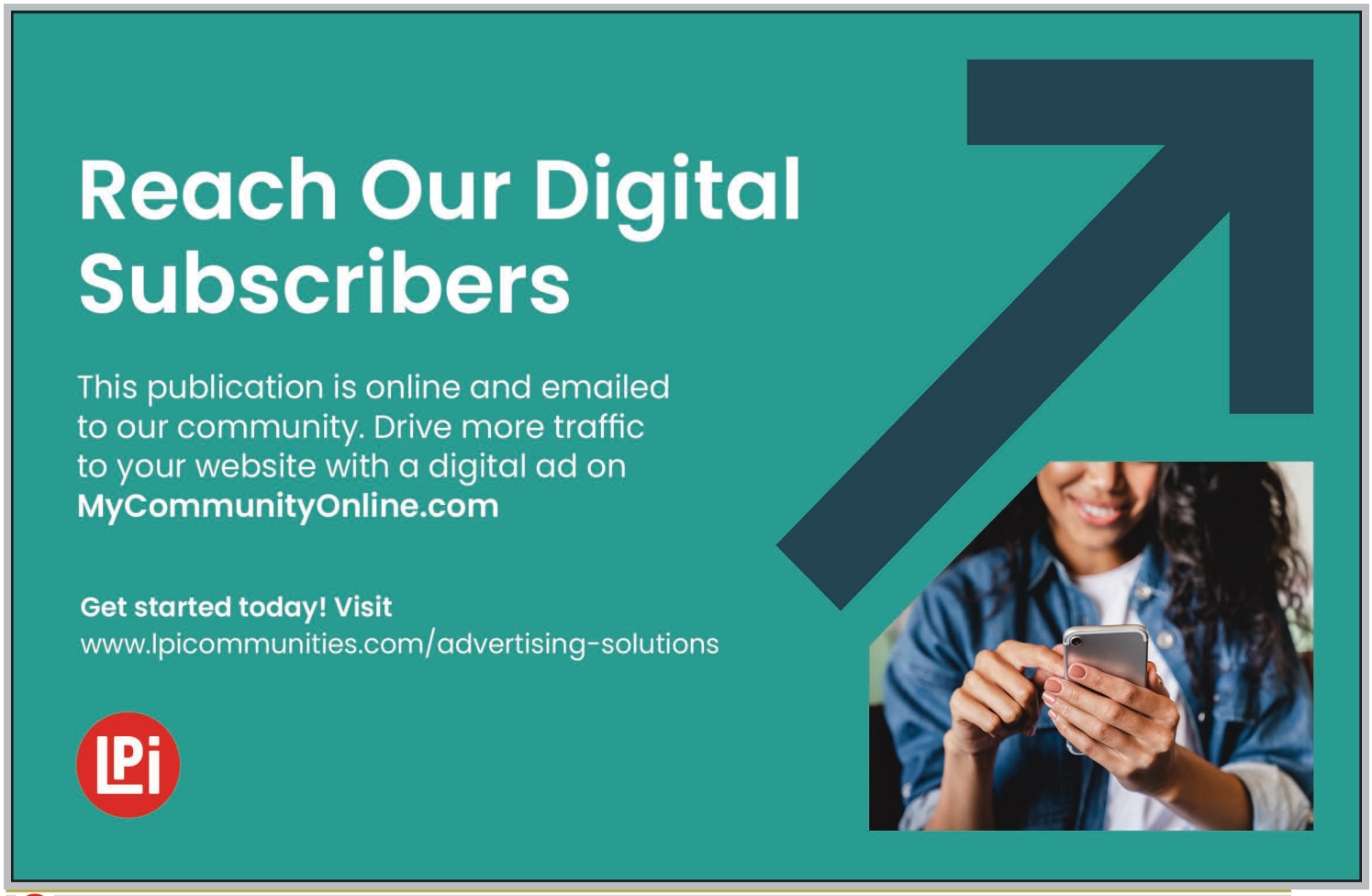
SOLD OUT! WAIT LIST ONLY

Date: May 3–6, 2027 (4 Days & 3 Nights)
Cost: $1,285 PP Double / Add $135.00 for Single
$200 Deposit PP (with Reservation Form)
Final Payment February 26, 2027 **Passport Required**

Package includes: Roundtrip Airfare from Orlando Airport to Buffalo, NY; Deluxe Roundtrip Motorcoach; Transportation; 3-Night Accommodations walking distance to the Falls; 3 Breakfasts; Skylon Tower Lunch; Two Sumptuous Dinners; Falls Illumination at night; Guided tour of Niagara Falls; A visit to the Floral Clock; Skylon Tower ride to the top; Voyage to the Falls Cruise into the Falls; Admission on the Niagara Sky Wheel; Tour of Niagara-on-the-Lake with wine tasting; Visit the Niagara Casino; 2 days professional tour guide service; All Taxes, Meal Gratuities, and Baggage Handling.

Please visit our website www.bcwpsc.org/travel, for more information or call the office at 321-425-5530
Monday–Friday, 9:00 AM–1:00 PM

The Travel Office now accepts Visa, MasterCard and American Express for trip purchases. A 4% processing fee will be added to all credit card transactions. All payments must be made in person with credit card present.



OUR SPONSORS

The Officers and Membership of Wickham Park Senior Center appreciates the continued support of our many Sponsors. As an all volunteer-run organization, their continued financial support allows us to offer Activities and Social events for our members.

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Meet & Greet Schedule

Our monthly Meet & Greets with our sponsors have been scheduled for Tuesday and Friday mornings from 9:00–11:00 am. Each sponsor will have a table set up just outside the front door or inside the lobby to provide you with information, fun giveaways, and someone knowledgeable to answer your specific questions. Please mark your calendars and come up to meet them:

- Tuesday, November 3 – Harmony Senior Living Advisors
- Tuesday, November 3 – Health First Health Plans
- Tuesday, November 10 – Moore Insurance
- Friday, November 13 – Tiny Dog Cleaning
- Friday, November 13 – Touching Heart at Home
- Tuesday, November 17 – Brookdale West Melbourne
- Tuesday, November 17 – CarePlus Health Plans
- Friday, November 20 – Faith's Fall Prevention
- Friday, November 20 – Narlock Insurance
- Friday, November 20 – RVH Insurance
- Tuesday, November 24 – Freedom Health
- Tuesday, November 24 – LifeWave

IN EVERY ISSUE

WELCOME

New Members in September

Alfonso, Eulalia
Algerio, Kathy
Arnold, John
Betts, Patricia
Carmody, Leigh
Chieco, Robin
Cole, Barry
DiFalco, Audrey
Eaton, Linda
Ferber, Irene
Fiandaca, Judy
Gardner, Pamela
Gohil, Sudha
Griffin, Rochelle
Hoff, Laura Jean
Johnson, Roxanna
Kaminski, Richard
Kosak, Ingo
Kozak, Cindy
Longworth, Sharon
Lord, Kelly
Lynch, Joyce
McBride, Marcine
McCain, Gerald
Miller, Donna
Munton, Robert
Nelson, Paula
Ochu, Ilda
Otani, Diana
Raimundo, Barbara
Raimundo, John
Ridel, Ronald
Sacks, Sarah
Sullivan, Kenneth
Torres, Herman
Walker, Alessandra (Sandy)
Webster, Antonietta (Anna)

COMMENTS?
We Value Your Opinion!

There's a SUGGESTION BOX in the lobby for your feedback or ideas on how we can enhance the experience at the WPSC!



Deadline for copy submission to the newsletter is the **15th of each month**. Please email copy to: **news@bcwpsc.org**

Wickham Park Senior Center is not equipped, nor intended to be a senior care facility. WPSC activities are geared toward independent adults who are able to manage their own care, decisioning making and safety. WPSC's insurance prohibits, and WPSC cannot be responsible for, the provision of physical assistance to individuals on the premises. If an adult companion is needed, the companion may participate in the activity if they desire, regardless of age, and must pay all fees associated with the activity. WPSC reserves the right to prevent persons from being on premises if the WPSC leadership believes that person would cause harm to themselves or others.

Wickham Park Senior Center Holiday Closures for 2026

To enable our volunteers to spend more time with their families during the upcoming holiday season, Wickham Park Senior Center will be closed on the following dates:

- **Thanksgiving Holiday:**
  - Wednesday, November 25, 2026 *(Day before Thanksgiving)*
  - Thursday, November 26, 2026 *(Thanksgiving Day)*
  - Friday, November 27, 2026 *(Friday after Thanksgiving)*
  - Saturday & Sunday, November 28 & 29, 2026 *(No activity allowed in large hall, floors being waxed)*
- **Christmas Holiday:**
  - Thursday, December 24, 2026 (Christmas Eve)
  - Friday, December 25, 2026 (Christmas Day)
  - Saturday, December 26, 2026 *(Day after Christmas)*
  - Sunday, December 27, 2026
- **New Year's Holiday:**
  - Thursday, December 31, 2026 - Closing at 12:30 pm
  - Friday, January 1, 2027 (New Year's Day)
  - Saturday & Sunday, January 2 & 3, 2027



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