

OCTOBER 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

Fall is just around the corner and I can't wait for the cooler weather. Bored with my summer routine, I decided to try a new program at WPSC last month – **Bunco, which is held on the 1st and 3rd Thursdays of each month.** I had a great time and met some fun new people. I can also tell you it is probably the best buffet lunch you'll find for the \$6 it costs you to play. And you might even win some money. It got me to thinking just how many activities I've actually tried at WPSC (12 at last count). Do I go to all of them regularly? No, but I tried them and I still attend a few on a regular basis. **I'd like to challenge each of you to come out and try at least one new program at WPSC this quarter.** Who knows, you might find a new passion or meet some new friends.

Here are a few of the new activities coming up that you might want to add to your calendar. You'll find more details inside the newsletter or on the flyer table next to the front desk.



Diane Weinzierl

- **October 1-31 – Pets on Wheels Donation Box** will be in the Lobby for donations of unopened pet food. Please help us support this very worthy program.
- **October 1 (Thursday) – Moore Insurance Medicare Seminar** (1:00-3:00 pm)
- **October 1-November 6 – Nominations for the 2027 Board will be accepted.** You can pick up an application at the Front Desk.
- **October 9 (Friday) – Memory Training for Seniors Class** (10:00-11:30 am)
- **October 9 (Friday) – RVH Insurance Medicare Seminar** (1:00-3:00 pm)
- **October 16 (Friday) – Country Western theme Dinner/Dance** (4:30-7:00 pm). \$20.00 per person. Tickets are now on sale at the front desk.
- **October 23 (Friday) – Travel Awareness Seminar** (10:00-11:00 am) presented by Andrew from Travel Expressions and our Wickham Park Travel Volunteers.
- **October 23 (Friday) – Senior Law Seminar** (2:00-4:00 pm) Note: Last seminar for this year.
- **October 24 (Saturday) – Fused Glass Workshop** (12:00-3:00 pm) Project: Glass Clock
- **October 29 (Thursday) – Brookdale West Senior Living Options Seminar** (1:00-3:00 pm)
- **October 30 (Friday) – The Importance of Being Prepared Seminar** (1:00-3:00 pm)
- **November 1 (Sunday) – Bunco for Boobies Fund Raiser** (12:00-4:00 pm)
- **November 12 (Thursday) – Freedom Health Medicare Seminar** (12:00-2:00 pm)

HAVE A HAPPY AND SAFE HALLOWEEN! AND PLEASE REMEMBER TO BE KIND AND RESPECTFUL TO OTHERS WHEN YOU'RE AT THE CENTER.

Officers

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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 **October 12 at 9:30 am in Room 117**. All WPSC members are welcome to attend.

BUNCO FOR BOOBIES FUNDRAISER TEAM "SAVE THE GIRLS"



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.

WICKHAM PARK SENIOR CENTER

YEE-HAW! IT'S SHINDIG TIME!

Dinner/Dance

FRIDAY, OCTOBER 16, 2026
4:30 - 7:00 PM

\$20 PER PERSON
TICKETS ON SALE MONDAY, SEPTEMBER 14, 2026

LINE DANCING LESSON BY SUE DUNCAN

DINNER FROM DUSTIN'S BAR-B-Q

MENU
PORK & CHICKEN * BEANS * COLE SLAW
ROLLS * DESSERT

MUSIC BY JANICE & RENE

COWBOY UP • BOOTS ON • LET THE GOOD TIMES ROLL!

OCTOBER IS NATIONAL BREAST CANCER MONTH *(Article Contributed by Marcia Luhn)*

This October, I will be donating all profits from my **Bones and Balance** class to our local Space Coast Survivors, Inc. Space Coast Survivors, Inc. is a 100% volunteer organization dedicating all of our net proceeds to cancer survivors. Our mission includes helping patients with medical bills, daily living expenses, as well as educational programs and emotional support for both men and women.

Join us any Monday in October from 10:00-11:15 am and know you are not only contributing to your health, but also to the well-being of a cancer patient. All donations gratefully accepted. Donate on our website : spacecoastsurvivors.org. Our facebook page is Space Coast Survivors, Inc. for more information.

Thank you for your consideration.

PLEASE HELP SUPPORT PETS ON WHEELS IN OCTOBER



PETS ON WHEELS

Meals on Wheels, sponsored by **Aging Matters**, provides hot nutritious meals for homebound seniors who can no longer cook for themselves. Many of the recipients have beloved pets who provide much needed companionship, love, and support to them, but they can't afford dog or cat food so they share their delivered meals with their pets. There is however, no funding available for pet food in the Meals on Wheels program.

Pets on Wheels is a community sponsored program with Aging Matters in Brevard to support these homebound seniors who totally rely on the public's generous donations of pet food so they don't have to decide whether they eat or their beloved pet does.

For the month of October, we will have a Pets on Wheels donation box in the Senior Center lobby for you to put small unopened bags and cans of pet food to help our Meals on Wheels seniors. Your donated bags, (small bags preferred), of dry dog/puppy and cat/kitten food and cans of cat and dog food will help Brevard County residents who desperately need this program, provide appropriate food for their pet families. Volunteers will then also deliver the pet food. Stores that offer buy one get one (BOGOs), are an excellent way to double your impact. Thanks for your support.



TRAVEL AWARENESS

Presented By: Travel Expressions & Wickham Park Senior Center Travel

Date: Friday, October 23, 2026

Time: 10:00 am – 11:00 am

Location: WPSC Room 117

Come meet representatives from Travel Expressions and Wickham Park Travel! Discover how traveling with WPSC can bring adventure into your daily routine.

- Learn about upcoming trips and travel opportunities
- Get your questions answered by travel experts
- Connect with our friendly Travel Volunteers
- Meet new people who share the love for travel

SENIOR LIVING OPTIONS

Presented By: Brookdale West Melbourne

Date: Thursday, October 29, 2026

Time: 2:00 pm – 4:00 pm

Location: WPSC Room 117 (Sign up at the Front Desk)

You are invited to join Brookdale West Melbourne for an afternoon, not so spooky, social and discussion to demystify Senior Living Options. Jacquie Esterline from Brookdale West Melbourne will be providing a Halloween Treat along with a discussion about Senior Living to demystify what the options are from Independent Living to Skilled Care, how to understand the differences and who pays for what. A variety of Fall appetizers and beverages will be provided. **RSVP to Jacquie at 321.493.3197.**

SCHEDULE YOUR 2027 MEDICARE REVIEW

Presented By: Vicki Moore, Moore Insurance Solutions

Date: Thursday, October 1, 2026

Time: 1:00 pm – 3:00 pm

Location: WPSC Room 117 (Sign up at the Front Desk)

Medicare Annual Enrollment Period (AEP) is October 15–December 7, but you don't have to wait until October to start preparing! Plans can change their costs, benefits, provider networks, pharmacies, and prescription drug coverage each year. You're invited to a Medicare seminar at WPSC, hosted by Moore Insurance Solutions, on Thursday, October 1 from 1:00 to 3:00 pm. Come learn what's changing for 2027, ask questions, enjoy light refreshments and get your Medicare cards laminated after the presentation.

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.

THE IMPORTANCE OF BEING READY FOR LIFE'S UNEXPECTED MOMENTS

Presented By: My GitKit

Date: Friday, October 30, 2026

Time: 1:00 pm – 3:00 pm

Location: WPSC Room 117 (Sign up at the Front Desk)

Death, disability and disaster can have no boundaries, however, the statistics are much higher for disability and death for those over 60 due to illness and accidents such as falls. "Being Prepared for Life's Unexpected Moments" will assist those loved ones left to manage one's affairs. It's essential to know what documents and information regarding health, finances, personal data and assets are organized and easily accessed in time of need.

There will be a raffle at the end of the presentation for one free Maxi-Kit (\$60 value) and one Mini Kit (\$30 value).

FREE MEDICARE EDUCATIONAL SEMINAR

Presented By: Rachael Hayward
RVH Insurance Navigators

Date: Friday, October 9, 2026

Time: 1:00 PM – 3:00 PM

Location: WPSC Room 117 (Sign up at the Front Desk)

Are you ready for the Medicare changes coming in 2027? Whether you're new to Medicare or already enrolled, this informative seminar will help you understand what's changing and how to make sure your coverage still meets your healthcare needs. If you're not able to attend the seminar, no worries, we can do an Annual Medicare Plan Checkup individually. *Is your Medicare plan still the right fit?* Just like your annual wellness visit, your Medicare coverage should be reviewed every year. Plan benefits, prescription drug coverage, provider networks, premiums, and out-of-pocket costs can all change—and so can your healthcare needs.

The Medicare Annual Enrollment Period (AEP) runs from October 15 through December 7. During this time, you can review your current coverage and make changes for the upcoming year if a better option is available. An annual review can help ensure you're maximizing your benefits, minimizing your costs, and taking advantage of any new plans or savings opportunities you may qualify for. Don't wait! Appointment times fill up quickly during AEP. Schedule your annual Medicare review today to reserve your preferred date and time or attend the seminar on October 9. Contact Rachael Hayward at 321-493-0854, rachael@rvhinsurancenavigators.com

CALENDAR OF EVENTS

OCTOBER 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 & 4th Thursdays)				10/15 & 10/22 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.bcwpssc.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	Classes Resumes on Wednesday, October 7			
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)				10/1 & 10/15 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)		10/4 & 25 1:30p
Diamond Dot Painting		9:30–11:30a					
Euchre			6:00–9:00p				
Fitness Class For Seniors (Intro) (2nd & 4th Tuesdays)		10/13 & 10/27 10:00–11:00a	Room 117				
Fusion Glass Workshop with Lauren			Project: Fused Glass Working Clock: Deadline to Register is October 17				10/24 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					
Mahjong: American	Noon–3:30p			9:00–Noon			
Chinese			1:00–4:00p				
Memory Class (2nd Friday)					10/9 10:00–11:30a		
Phone Learning Class for Beginners				10/8 1:00–3:00p			
Pinochle	12:30–4:30p				12:30–4:30p		

CALENDAR OF EVENTS

OCTOBER 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 October 14 @ 11:00 am						
QiGong-TaiChi	8:30–9:30a		8:30–9:30a		8:30–9:30a		
Rummikub			1:00–4:00p				
Senior Law (4th Friday of the Month)					10/23 2:00–4:00p	Last Seminar for 2026	
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 SEMINARS:

- Moore Insurance Medicare Seminar - October 1 - 1:00-3:00 pm
- RVH Medicare Seminar - October 9 - 1:00-3:00 pm
- Travel Awareness Presentation - October 23 - 10:00-11:00 am
- Brookdale West Senior Living Options Seminar - October 29 - 2:00-4:00 pm
- The Importance of Being Ready for Life's Unexpected Moments Presentation - October 30 - 1:00-3:00 pm
- Freedom Health Medicare Seminar - November 12 - 12:00-2:00 pm



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ACTIVITIES & GAMES



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



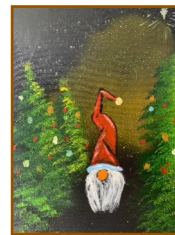
Start your week with healthy aging exercise. Chairs, weights and exercise bands will be used to improve your core strength, posture and balance. All major muscles will get a workout. Certified personal trainer and certified group fitness instructor with 29 years of experience at Pro Health/Health First.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

Beginners Oil Painting with Hobo Bob (CRI)

3rd & 4th Thursday, October 15 & 22 @ 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; an overflow class will be held on the fourth Thursday of the month if there is enough interest. Please call the Center 321-425-5533 or come into the front desk and sign up.

For October we'll be painting **I'll Be Gnome For Christmas**, a painting with a wonderful landscape scene. This could be a great Christmas gift for a friend or relative!! 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.



Basic Bridge Class - NEW!

Wednesday, October 7 @ 10:00–11:30A

Cost: \$100.00 for 15 Classes / Checks Payable to WPSC

Location: Library

Required Text: ACBL Intro to Bridge – Series 1:

For In-Person Classes by Audrey Grant.

Available on Amazon for approximately \$10.

Whether you're brand new to bridge or looking to build a solid foundation, these 15 engaging classes provide a clear and easy-to-follow introduction to the game.

You'll learn:

- The basic rules of bridge
- A beginner-friendly bidding system
- Essential bridge conventions
- Card play techniques
- Partnership communication and strategy.

Beyond learning a fascinating card game, bridge offers lasting benefits. It challenges your memory, reasoning, and problem-solving skills while providing a fun, social activity that encourages connection and lifelong learning. Join us and discover why bridge is one of the world's most rewarding card games!

ACTIVITIES & GAMES

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.

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, **October 1 & 15** @ 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  and 

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.



ACTIVITIES & GAMES

Cornhole Tournaments

2nd & 4th Sunday, **October 4 & 25** @ 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.

September 27 Winners:



1st Place:
Daryl & Richard M.



2nd Place:
Johnna & Jay



Pile On: Richard M.

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

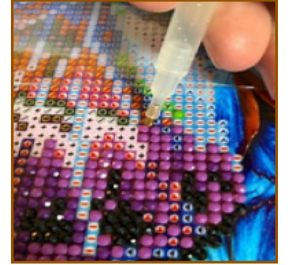
For any questions, please contact **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com) or **Amy Longtin** at 321-205-5161 (ajglrt@yahoo.com).

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.

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.



ACTIVITIES & GAMES

Fusion Glass Workshop w/Lauren

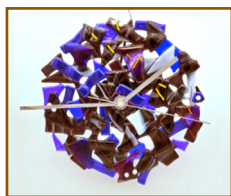
NEXT WORKSHOP: SATURDAY, OCT. 24 @ 12:00–3:00 pm

****DEADLINE TO REGISTER IS OCT. 17****

Project: FUSED GLASS WORKING CLOCK

Cost: \$75 PP (Includes All Supplies, Clock Components, Member Fees & Open to Non-Members Ages 16+)

Pay at the Door or Prepay via Venmo or Zelle



Join us to make your own Fused Glass Working Clock. We will cut and arrange fused glass to build your own unique clock design. I take your creation home to fire (aka melt) into one solid piece in my glass kiln. I'll then assemble your completed Illuminated Display and you'll be able to pick up your masterpiece a week or two later.

Pay at the Door or prepay via Venmo or Zelle (email info@glassbylauren.com for payment instructions)

- No Prior Experience Required: I guide you through the process from start to finish. We are just there to have fun.
- Socialize While You Create: A fantastic opportunity to try something new with friends
- Personalize It: You are encouraged to bring your own simple design ideas. Or you can focus on your favorite colors and shapes.
- Small Group: Class size is strictly capped at 16 people to ensure you get the attention you need.
- All Supplies Included: You'll get a complete Fused Glass Working Clock once completed. Option to purchase specialty glass too.

Reserve your spot today! Deadline to register is October 17th. Sign Up at WPSC Lobby or Email: info@glassbylauren.com

Questions? Email: info@glassbylauren.com or call 310-483-3229 (Mon-Fri 10am-5pm)

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.

Intro to Fitness Class for Seniors

2nd & 4th Tuesdays: October 13 & 27 @ 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 **FREE 1-hour 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.

Line Dancing

Tuesdays @ 4:15–5:30 pm

Cost: \$6.00 Members / \$8.00 Non-Members

Fall is in the air! Come join a fun class of Line Dancing for Fun and Exercise every Tuesday from 5:15-6:30.



We not only make new friends weekly, but we improve our balance and coordination by dancing to a variety of new and old music favorites. Studies show that mastering dance patterns to music improves memory function. Please feel free to call me if you need additional information. **Sue Duncan** 321-505-0846.

ACTIVITIES & GAMES

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).

Memory Class

FREE TO MEMBERS – **October 9 @ 10-11:30 AM**
Limited to 8 People – Sign up at Front Desk
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.

Phone Learning Class for Beginners

This Month – **October 8 @ 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.

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).

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.

Reach a hyperlocal audience.

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



Call 800.950.9952



ACTIVITIES & GAMES

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.

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 Sept 9 Results:

1st: Jorge Fernandez 3rd: Sam Capese

2nd: Mickey Ferguson 4th: Dale Foster

Next tournament is October 14. Questions? Contact

Wally Topinko at 321-499-3019.

QiGong-TaiChi

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.

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

Senior Law

4th Friday of the Month @ 2:00–4:00P

NEXT WORKSHOP: OCTOBER 23 (LAST SEMINAR FOR 2026)

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.

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. What to Bring: 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 some Size 8 knitting needles or a Size G crochet hook. For more information contact **Laurie Liguori** at 917-882-9898.

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

Seminole Brighton Bay Casino - Okeechobee

Date: Thursday, October 15, 2026

Cost: \$55 PP

Time: Leaves WPSC at 8:00 am / Returns at 6:00 pm

Trip includes \$20 in Free Slot Play and 20% off Food Voucher. You must present a valid photo ID to obtain a Players Card or replace card left at home or misplaced. Casino only, no Bingo on this day.

"Come From Away" at the Titusville Playhouse/Lunch at Dixie Crossroads

Date: Sunday, October 18, 2026

Cost: \$159 PP

Time: Leaves WPSC at 11:00 am / Returns at 5:30 pm
Lunch at 12:00 pm / Show at 2:00n pm

Come From Away is a musical based on the events in the Newfoundland town of Gander during the week following the September 11 attacks, when 38 planes, carrying approximately 7,000 passengers, were ordered to land unexpectedly at Gander international Airport. The town receives the news that flights will be diverted across Canada, nearly doubling the population of Gander, and the townspeople make preparations to care for the 7,000 stranded passengers.

St. John's River Cruise on Barbara Lee

Date: Thursday, October 22, 2026

Cost: \$179 PP

Time: Leaves WPSC at 9:15 am / Returns at 5:30 pm

From its home port on Lake Monroe in charming downtown Sanford, the Barbara Lee cruises the St. John's River, serving up superior food, live music, and dancing. The food aboard the Barbara Lee is cooked fresh in the ship's kitchen and you can choose from delicious entrees including fish, chicken, vegetarian dish, etc. Sit inside and enjoy the entertainment or relax on deck for a delightful, narrated 3-hour cruise along the St. John's River.

Mount Dora Craft Fair

Date: Saturday, October 24, 2026

Cost: \$69 PP

Time: Leaves WPSC at 8:00 am / Returns at 5:30 pm

Throughout this historic community, the streets come alive with more than 400 talented crafters and artists from all over the country displaying and offering for sale their finest works. Enjoy the entertainment and food to round out a perfect day outdoors. There is time for much shopping and lunch is on your own.

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

Trip Advisor names a tour of the Stetson Mansion as one of the "top 10 things to do in Florida." 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.

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).

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. We will be stopping at Bucees in Daytona. Upon arriving at St. Augustine, you will have from 2:00–5:30pm 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. The trolley tour will give you an overview of this charming town and see all the beautiful holiday decorations. Approximately 7:00 pm we will depart for home.

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

TRAVEL NEWS

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.

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.

Niagara Falls Budget Buster

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 Due on February 26, 2027

****Passport Required****

Package includes: Roundtrip Airfare from Orlando Airport to Buffalo, NY; Deluxe Roundtrip Motorcoach; Transportation; Three Night's Accommodations walking distance to the falls; Three great 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; Two days professional tour guide service; All Taxes, Meal Gratuities, and Baggage Handling.

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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:

- Friday, October 2 – My Memory Clinic
- Tuesday, October 6 – Health First Health Plans
- Friday, October 9 – Tiny Dog Cleaning
- Tuesday, October 13 – Brookdale West Melbourne
- Tuesday, October 13 – Moore Insurance
- Tuesday, October 13 – St. Francis Hospice
- Friday, October 16 – Narlock Insurance
- Tuesday, October 20 – CarePlus Health Plans
- Friday, October 23 – RVH Insurance
- Tuesday, October 27 – Freedom Health
- Tuesday, October 27 – LifeWave
- Friday, October 30 – VITAS

IN EVERY ISSUE



New Members in August

Acker, Sharon	Gambel, Bruce
Alderson, Beth	Gilmor, Nancy
Anderson, Patrick	Harper, Alice
Archibald, Sheri	Hueston, Norma
Becton, Anne	Jennings, Perry
Boden, Barbara	Jones, Sharon
Bosch, Loretta	Kimble, Dale
Boyle, Susan	Kolasky, Ginger
Braunstein, Kris	Lopez, Maritza
Chavez, Teresa	Lucas, David
Cochrane-Sipe, Anita	Mann, Irene
Collins, Joyce	Martin, Glenda
Coppola, Fran	Meeks, Debbie
Currie, Andrea	Meinert, Gisela
DeBlasio, Alice	Norum, Lynne
DeLuca, Anthony	Norum, Neil
DeLuca, Julie	Parvin, John
Dimsdale, Jerry	Praino, Jennifer
Duncan, Kim	Proctor, Cornell
Eassa, Edward	Sanford, Laurence
Edelstein, Preston	Seib, Katrina
Foland, Tina	Shulack, Helen
Fontaine, J. Jules	Thomas, Lynne
Freda, Frank	Woodcock, Lorie

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 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



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, decision 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.

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