

SEPTEMBER 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

Have you noticed our new Web site? While the address is the same (bcwpsc.org), you will see a new, improved look. Thanks to Maureen Reeder, our webmaster, for the great job she has done to get the new site up and running.

I have been asked about the **status of SHINE at WPSC**. The counselor supporting WPSC has taken a leave of absence and SHINE has not been able to find a replacement, so for the time being, we will no longer be scheduling SHINE appointments at WPSC. In the meantime, **we have several sponsors who are insurance brokers representing multiple insurance entities**. You can talk to them during their monthly Meet & Greet at WPSC and several of them are scheduling seminars at WPSC in the October/November timeframe to discuss Medicare updates, so watch for their flyers in the lobby. You will find a complete list of Sponsors and their Meet & Greet dates on page 14. If you need specific names and phone numbers of who to contact, feel free to ask and we can help you out.

Want to learn more about everyday phone basics? **AT&T will be teaching several Phone Learning Classes for Beginners at WPSC**. Classes will be on Thursday afternoon from 1:00-3:00 pm on the following dates: September 3, October 8, November 5 and December 3. Be sure to sign up at the Front Desk. See page 10 for more details.

Free Flu Vaccine shots will be available again this year at WPSC, courtesy of Hobbs Pharmacy, on **Friday, September 18** from 9:30 am to 12:30 pm. Make sure to sign up at the front desk ahead of time, and be sure to bring your completed consent form (also at the front desk) and your insurance card!

This year's **Fall Dinner/Dance will be on Friday, October 16** from 4:30 to 7:00 pm. This year's theme will be Country Western, so get your boots on and Cowboy up for a fun evening. Dinner will be from Dustin's Bar-B-Q and music will be provided by Janice & Rene. Sue Duncan, who teaches line dancing at WPSC, has offered to teach everyone a Line Dance Lesson. Cost will be \$20 per person and tickets will be on sale at the Front Desk starting September 14.



Have a great Labor Day Holiday Weekend – and don't forget we will be **closed Monday, September 7** for the holiday.



Diane Weinzierl

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 **September 14 at 9:30 am in Room 117**. All WPSC members are welcome to attend.

GET YOUR FLU SHOT

@ Wickham Park Senior Center

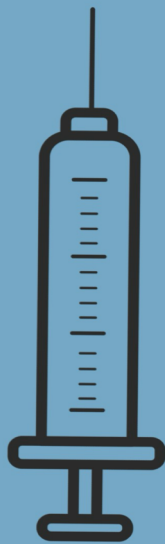
**FRIDAY,
SEPTEMBER 18
9:30 AM–12:00 NOON**

FREE FLU SHOTS*

Protect yourself and your community this flu season. All are welcome - **Sign up at the Front Desk** (walk ups will be accepted)

***INSURANCE CARD REQUIRED**

Questions? Contact
acompton.hobbs@gmail.com



THE WPSC PROGRAM MANAGER SPOTLIGHT



Meet **Sue Duncan** who teaches Line Dancing for Fun & Exercise on Tuesday



afternoons at Wickham Park Senior Center. Sue began at dancing at age 3 in Marion Ohio. Her professional dance training continued in Tap and Ballet from Annette Funicello's dance instructor in Columbus Ohio. She began teaching over 60 years ago after moving to Florida, but it wasn't until the early 90's that she began Country Dancing. Sue trained in Ft Lauderdale under the direction of World Champion Grant Austin and she has also taught several gigs on the Carnival and Royal Caribbean.

Currently enjoying her senior years, Sue has given up club teaching, but still choreographs wedding dances and teaches at special occasions and parties, anniversaries, and church fundraisers. Sue loves to remind everyone that *"My favorite day of the week is Tuesday where I enjoy my best friends of all time, my WPSC dance family, for the past 16 years."*

Sue's family includes two beautiful daughters, six successful grandchildren and two stunning great granddaughters.

"I am thankful for every new sunrise."

SCHEDULE YOUR 2027 MEDICARE REVIEW WITH VICKI MOORE

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.

Vicki Moore, Licensed Insurance Agent with Moore Insurance Solutions, provides personalized, no-obligation Medicare reviews. Vicki will take the time to review your doctors, medications, healthcare needs, and priorities so you can understand your options for 2027. AEP appointments fill quickly, so now is the time to get on Vicki's schedule! Call 321-272-0218 or email vicki@mooreinso.com today to reserve your one-on-one Medicare review.

You're also 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. Sign up at the front desk.

WICKHAM SENIOR CENTER

THURSDAY, OCTOBER 1
1-3PM

GET YOUR MEDICARE CARDS Laminated AFTER PRESENTATION!

You're Invited!

- Learn what's changing for 2027
- Ask questions
- No obligation
- Light refreshments
- Door prizes



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!

CALENDAR OF EVENTS

SEPTEMBER 2026

ACTIVITIES	MON	TUES	WED	THURS	FRI	SAT	SUN
Bingo (Doors Open at 10:00a)		11:15–2:00p			11:15–2:00p		
Bob Ross Style Beginners Oil Painting with Hobo Bob (CRI) (3rd & 4th Thursdays)				9/17 & 9/24 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)				9/3 & 9/17 1:00–4:00p			
Chair Yoga		3:00–4:00p					
Chefs for Seniors Topic: Fall Flavors				9/10 11:00–12:30p			
Color Pencil Portrait for Beginners			9:40–Noon				
Cornhole Tournaments (2nd & 4th Sundays)					(12:30p Set-up & Practice)	9/13 & 9/27 1:30p	
Diamond Dot Painting		9:30–11:30a					
Euchre			6:00–9:00p				
Fitness Class For Seniors (Intro) (2nd & 4th Tuesdays)		9/8 & 9/22 10:00–11:00a	Room 117				
Fusion Glass Workshop with Lauren	Project: Fused Glass Illuminated House Number Display: Deadline to Register is September 12					9/19 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		

CALENDAR OF EVENTS

SEPTEMBER 2026

ACTIVITIES	MON	TUES	WED	THURS	FRI	SAT	SUN
Phone Learning Class for Beginners				9/3 1:00–3:00p			
Pinochle	12:30–4:30p				12:30–4:30p		
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 September 9 @ 11:00 am						
QiGong-TaiChi	8:30–9:30a		8:30–9:30a		8:30–9:30a	No Classes on Sept. 23 & 25	
Rummikub			1:00–4:00p				
Senior Law (4th Friday of the Month)					9/25 2:00–4:00p		
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	

FREE FLU SHOTS ON SEPT. 18 – SIGN UP AT FRONT DESK

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your local audience.

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started!



Visit lpicommunities.com/advertising-solutions

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.

Bob Ross Style Beginners Oil Painting with Hobo Bob (CRI)

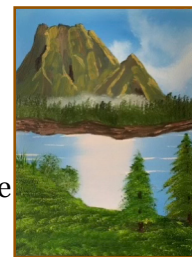
3rd & 4th Thursday, September 17 & 24 @ 1:00–5:00 pm

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 September we'll be painting **Summer Mountain**, a painting with a wonderful ocean 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.

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, **September 3 & 17** @ 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

- **September 10 - Fall Flavors**
- **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, **September 13 & 27** @ 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.

July 12 Winners:



1st Place:
Daryl & John W.



2nd Place:
Johnna & Drew.



3rd Place:
Tammy & Dale



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

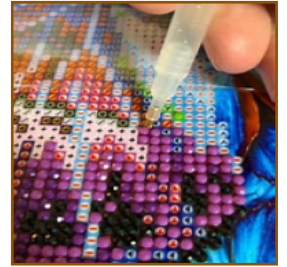
For any questions, please contact **Jay Koeller** at 321-794-6400 (jkoeller18@gmail.com) or **Amy Longtin** at 321-205-5161 (ajglrt@yahoo.com).

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, SEPT. 19 @ 12:00–3:00 pm

****DEADLINE TO REGISTER IS SEPT. 12****

Project: FUSED GLASS ILLUMINATED HOUSE NUMBER DISPLAY

Cost: \$100 PP (Includes All Supplies & Lighted Base [\$30 Value] & Member Fees)

**Pay at the Door or Prepay via Venmo or Zelle
Open to Non-Members (Ages 16+)**



Join us to make your own Illuminated Fused Glass House Number Display. We will cut and arrange fused glass into a design of your choosing to decorate your display. I take your creation home to fire (or melt) it 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 Illuminated House Number Display once, complete. Option to purchase specialty glass too.

Reserve your spot today! Deadline to register is September 12th. 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: September 8 & 22 @ 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



Line Dance for Fun and Exercise meets every Tuesday from 4:15-5:30. Moving into

my sixteenth year of having the pleasure of teaching here at our beautiful Wickham Park Senior Center, I want to Thank all of my students who have both visited and joined our class throughout the years. I have made a family of friends that are second to none. Thanks also to our board of directors and volunteers who keep our center in compliance and meeting everyone's expectations. Line Dancing creates an environment of music and dance moves that increase our everyday balance and coordination while we have fun making new friends. Questions? Contact **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

1st Thursday of the Month – **September 3** @ 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 **Bill Mueller** at 321-242-4999 (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 Aug. 12 Results:

1st: Dave Reeve 3rd: Mickey Ferguson

2nd: Joe Franco 4th: Barry Beddow

Next tournament is September 9. Questions? Contact **Wally Topinko** at 321-499-3019.

QiGong-TaiChi

NO CLASSES ON SEPTEMBER 23 & 25

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: SEPTEMBER 25

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

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

Date: Sunday, September 20, 2026

Cost: \$159 PP

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.

Mount Rushmore & the Black Hills & Badlands of South Dakota

Date: September 21-27, 2026

Cost: \$2,067 PP Double / \$2,567 Single Occupancy
\$200 Deposit / Final Payment Due August 1, 2026

**SOLD OUT!
WAIT LIST ONLY**

We are continuing to take names for the wait list, if you are interested in joining.

Medieval Times Dinner & Tournament

Date: Saturday, September 26, 2026

Cost: \$159 PP

During the tournament, you're given a hearty meal of soup, chicken, corn, a seasoned potato, and a pastry of the castle (vegetarian meals are also available). The knights battle in head-to-head combat on authentic Spanish Andalusian horses while the King and Princess look on. The next-door Medieval Village is filled with artifacts and displays from over 800 years ago.

Savannah, GA

Date: October 4-6, 2026

Cost: \$569 PP Double / Singles Add \$145 – \$100 Deposit PP

Package includes: Deluxe roundtrip motorcoach transportation; 2 Nights deluxe accommodations; 2 Great hotel breakfasts; 2 Sumptuous dinners at great local restaurants; Guided tour of Savannah; Free time to explore the famed River Street; Guided docent tour of the Cathedral Basilica St. John the Baptists; Ice cream social at the famed Leopold's Ice Cream; Baggage handling; All taxes are included.

**SOLD OUT!
WAIT LIST ONLY**

Seminole Brighton Bay Casino - Okeechobee

Date: Thursday, October 15, 2026

Cost: \$55 PP

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.

St. John's River Cruise on Barbara Lee

Date: Thursday, October 22, 2026

Cost: \$179 PP

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

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: Tuesday, November 10, 2026

Cost: \$159 PP

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.

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.



TRAVEL NEWS

Mount Dora Christmas

Date: December 4, 2026

Cost: \$69 PP (Includes Motorcoach Transportation Only)

Time: Leaves WPSC at 2:00 pm / Returns at 10:00 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 11:00 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 11-13, 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.

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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, September 1 – Health First Health Plans
- Friday, September 4 – My Memory Clinic
- Tuesday, September 8 – Moore Insurance
- Friday, September 11 – Tiny Dog Cleaning
- Tuesday, September 15 – RVH Insurance
- Friday, September 18 – Narlock Insurance
- Friday, September 18 – Faith's Fall Prevention
- Tuesday, September 22 – Freedom Health
- Tuesday, September 22 – LifeWave
- Friday, September 25 – VITAS
- Tuesday, September 29 – Senior Helpers

IN EVERY ISSUE

WELCOME

New Members in July

Arbeiter, Liz	Marksbury, Barbara
Askeland, Jo Ellen	Maughn, Kathryn
Aurora, Carlo	McCrerey, Valerie
Avila, Cheryl	McGivney, Michael
Barcomb, James	Mesa, Christine
Barcomb, Mary	Miller, John
Bowman, Benjamin (Ben)	Nadolny, Lisa
Bowman, Renee'	O'Neill, Gail
Caruana, Angelo	Patton, Thomas
Cronin, Janet	Rodriguez, Alie
Degala, Mary Ann	Sadofsky, MaryAnn
Dirago, Jeanne	Schwalie, Anisia
Dodson, Sue	Stowers, Angela
Gardner, Bobbi	Taulbee, L. Avenell
Goleta, Pelai	Van Valkenburg, Tomoko
Haeussler, Nancy	Wagner, Shoneen
Horst, John	Wasserman, Herb
Jerez, Wanda	Wolak, MaryAnn
Kohari, Lilian	Zipperly, Deborah
Marino, Dottie	Zwierko, Rick

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:

- **Labor Day Holiday:**
 - Monday, September 7, 2026
- **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

ATTENTION!

There will NOT be a
Rummage/Craft Show at
Wickham Park Senior
Center this Year.

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.

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