



David R. Schechter Community Center
1089 S. Patrick Drive
Satellite Beach, FL 32937

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Newsletter

MAY-JUNE 2017



www.55plusclubofsb.com

(321) 773-6458

55+ Club is dedicated to "SEE"
Social, Education and Entertainment



SUMMER SCHEDULE

Changes with some of our monthly events will take place this summer, so please take note of the following:

- Walking - time changes to 7:30-8:30am, beginning May 30 and ending August 10, 2017.
- Fishing – Contact Gene for June meeting place
- Book club – will not meet for June & July
- Dinner Gang – July at Brano's call Barbara
- Adv. Line Dancing – no class July 4th
- Beg. Line Dancing – no changes
- Thursday Cards – No cancelations, but will meet in the Game Room on June 1 & 22; July 6 & 13
- Mahjonn - No changes

SENIOR HELP LINE: 211
HAPPY BIRTHDAY TO OUR
MAY-JUNE MEMBERS

15 WAYS TO KEEP BUSY

1. The Happy, Healthy Heart exercise class
2. Bone-Walkers improves balance, posture, arthritis, joint and bone health, and is Osteoporosis-safe
3. Hatha Yoga; Have Fun, Stay Fit Aerobics; Indoor walking Group; Zumba
4. QiGong/Tai Chi a gentle form of exercise
5. Sea Turtle Walks; Training Program to Aid Sea Turtles
6. Beach Clean-up
7. Satellite Beach Farmers Market, every Thursday
8. Hugs & Stitches Community Quilt –ins
9. Satellite Beach Police Department Volunteer Program "Stop By & Say Hi"
10. Satellite Beach Community Paramedic Program
11. Volunteers in Motion (senior transportation)
12. Sailing Classes
13. Painting & Watercolor
14. AARP Driver Safety for seniors
15. Adult Pickleball.

More detailed information found in the Recreation summer brochure



SPONSOR LUNCHEON



COURTENAY SPRINGS
VILLAGE

Our good friend JoAnn will introduce Courtenay Springs Nurse who will explain what we can expect while in ReHab!

Their chef will cater a delicious lunch!

Thursday May 4th
at 12:30pm at the DRS

All 55+ members and guest are welcome. Programs are FREE and light lunch is served and are held at 12:30 p.m. at the DRS Community Center in Satellite Beach. Call 773-6458 for reservations and thank you for supporting our newsletter sponsors whenever possible.



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We LOVE Coupons!!!

COUPON GROUP

This group meets the third Wednesday of every month from 2:00-3:00pm at the Satellite Beach Library. Bring your coupon flyers from the Sunday papers and any expired coupons which will be sent overseas to our soldiers. Come get the coupons you need, share the ones you don't need. Our group has enlarged, come join us!

Community Benefit Speaker Series

Osteoarthritis: Symptoms & Treatment Options

Health First is hosting a Lunch and Learn event featuring an expert who will speak on osteoarthritis.



PRESENTED BY:
Dr. Scott Miller
Health First Medical Group
Orthopedic Surgeon

Scott Miller, MD
Dr. Scott Miller is Board Certified by the American Board of Orthopaedic Surgery. He earned his Doctor of Medicine with Honors in Research from Medical College of Wisconsin in Milwaukee, WI. He completed his Bachelor of Arts graduating Cum Laude in Biology, Sociology and History from Augustana College in Rock Island, IL.

David R. Schechter
Community Center
1089 S. Patrick Drive, Satellite Beach, FL
Thursday, May 18, 2017
12:30 to 1 p.m.



Gives Back

HFgivesback.org

RSVP to Jill Blakeway, 55+ Club of Satellite Beach at 321.773.2080 or jillb215@aol.com

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EXTENDED TRAVEL

Travel for 2017.

April 30th Pigeon Forge & Smoky Mountains Show Trip

- July 30th The Ark Encounter
- Sept. 8th - Magical Rhine & Mosell
- Sept. 24 - Great Trains & Grand Canyons

For more detailed information, pick up a flyer at the DRS Community Center or contact Jill at 321/773-2080 jillb215@aol.com

DAY TRAVEL

Watch for information to come in September.

Contacts- Norma English 243-5708 & Camile DiLorenzo 978/394-6692

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