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

SENIORS HELPING SENIORS

A Familiar Face You Can Count On:
Seniors Helping Seniors® Brevard

If you've been to Bingo at the 55+ Club, chances are we've already met.

I'm there most months with a table, and I'm proud to also be a member of this wonderful community. Over the years, I've had the chance to talk with many of you – sometimes just in passing, and sometimes about more personal questions like, "When is it time to get help?" or "What kind of help is even available?"

That's exactly why I do what I do.

At Seniors Helping Seniors® Brevard, we specialize in helping older adults stay independent at home – but in a way that feels comfortable and natural. One of the biggest differences is that we hire seniors to help other seniors. There's something special about having someone close to your own age, who understands your life experiences, lend a hand.

We're often the very first step – the "first rung on the ladder" – for those just beginning to explore a little extra support. Whether it's a ride to the doctor, help around the house, a home-cooked meal, or simply someone to spend time with, our services are flexible and tailored to you. We even offer a two-hour minimum with no long-term commitment.

More importantly, I want you to know this: you don't have to have all the answers before reaching out.

If you're curious, unsure, or even just planning ahead, I'm always happy to be a resource – not just for our services, but for anything in the senior space. If I don't know the answer, I'll help you find it.

So next time you see me at Bingo, please stop by and say hello – or give me a call anytime 321-722-2999. Because sometimes, the best help starts with a simple conversation.

KNOW YOUR COMMITTEE MEMBERS

President, Vicki Stevens	446-3206
Vice P, Christi Schverak	757-332-3830
Corres. Sec, Dina Jeremiah	765-3462
Record Sec, Jo Ann Fisher	497-4787
Treasurer, Joyce Vorndran	773-7414
Member@Large, Terry Mellon	773-7705
Advisor, Jill BLakeway	773-2080
Advertising/PR, Jill B.	773-2080
Bingo, Vicki S.	446-3206
Book Club, Joyce S.	961-6408
Bridge, Betty B.	243-3953
Bunco, Trudy P.	779-1614
Cards/Games pm, Terry M.	773-7705
Cribbage, Terry M.	773-7705
Facts & Snacks, Jill B	773-2080
Fishing, Michael S.	910-232-7543
Food Service, Joyce V.	773-7414
Line Dance, Tues. Candy A.	446-2501
Line Dance, Thur Trudy H.	223-7249
Lunch Bunch, Trudy P.	779-1614
Mahjongg, Trudy P.	779-1614
Membership, Becky A.	773-6458
Newsletter, Louise S.	202-7337
Pinochle, Sandy & Bob	443-986-2172
Rummikub, Becky A.	773-6458
Special Events, Becky A.	773-6458
Travel-Day, Christi S.	757-332-3830
Jo Ann F.	497-4787
Travel-Extended, Mary C.	702-927-4120
Walking, Judy A.	777-8764
Website, Louise S.	202-7337
Widowed Friends, Joyce S	961-6408

SENIOR HELP LINE 211

Happy Birthday to our July/August Members!

HURRICANE PREP RALLY & BOOMER SENIOR FAIR

This free event will be held on Fri. July 17, 2026, at St. John the Evangelist, 5655 Stadium Pkwy. in Viera. You won't want to miss this opportunity to learn, connect, and get ready for hurricane season. Enjoy refreshing Hurricane mocktails during this Prep Rally! Professionals and experts will share valuable tips on:

- Preparing your property
- Understanding insurance coverage
- Creating an emergency/evacuation plan
- Planning for your pets
- Special Needs Shelter info
- What to do after a storm

Sponsored by Senior Life & Viera Voice Newspapers. Questions: 321/242-1235 BoomerSeniorExpo.com

Old age makes us great multitaskers. Why, I can sneeze and pee at the same time!

SPONSOR LISTING

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Simplifying Senior Living	321-327-2917
Synergy Home Care	321-340-3828
Vicki Moore	321-272-0218
VITAS	321-752-2624

WELCOME NEW MEMBERS!

Alicia Knick	Lyne-Marie Thomas
Amelia Worth	Mark Toolan
Arlene Biele	Martha Dooley Van Dyke
Beth Ziegler	Mary Carroll
Carole Judson	Michael Pallotta
Cindy Armstrong	Michelle Anderson
Dian Stein	Minerva Stern
Gerry Fanley	Nancy Short
Jeanne Nipper	Rita Melondez
Jody Burris	Sandra Lee
John Hays	Savita Thareja
Judy Carbone-Knepton	Susan Hastings
Karen Werlund	Tom Nipper

SUMMER SCHEDULE CHANGES

The following programs will not meet during July, and August (will resume in September).

- Facts & Snacks
- Book Club - no meetings at DRS. Contact Christi at 757-332-3830/cschverak@yahoo.com for summer meeting details.
- Widowed Friends

Indoor Walking Program

The indoor walking group will continue to meet from 7:30-8:30 AM. The time will revert to the regular schedule on August 11, 2026.

Board Meetings

There will be no board meetings in July. Meetings will resume on August 19, 2026 at 10:00 AM in the DRS Kitchen.

Other Activities

All other programs and activities will continue on their regular schedules.

Club activities will return to their normal days and times starting August 10, 2026.

More Information

Visit: www.55plusclubofsb.com

Facebook: <https://www.facebook.com/55plusclubof-satellitebeach/>

You may also contact:

Vicki Stevens, President

321-446-3206/alaska11.vs@gmail.com

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Office Located at Senior Resource Center of Brevard

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Bus. 321-428-3001 • Fax 888-822-8330
james.szczybor@edwardjones.com
edwardjones.com/james-szczybor

Brevard Parkinson's ALLIANCE

EDUCATION
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INFORMATION

www.BrevardParkinsons.org
BrevardParkinsons22@gmail.com

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Clinical Research



CLINCLOUD

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Health organizations, including the Centers for Disease Control and Prevention (CDC), recommend that older adults aim for at least 150 minutes of moderate-intensity aerobic activity per week. This breaks down to just 30 minutes a day, five days a week. Activities include brisk walking, water aerobics, or riding a bicycle. For flexibility, spread the time into shorter, 10-minute chunks if preferred. Strength and Balance Exercises and Aerobic exercise should be combined with activities designed to strengthen muscles and improve balance on at least two days a week. This helps to protect independence by reducing the risk of falls and fall-related injuries. Some activities include Single-leg stands, practicing tai chi, or using light resistance bands. Make your exercise more social by taking a friend to the mall and walking indoors or join the 55+ Club walking group. They meet on T/W/Th from 7:30-8:30AM at the DRS Gym during the summer. Walking returns to regular hours (8-9:30am) on Tuesday, August 11, 2026. Below are a few programs offered by the Satellite Beach Recreation Department. They are open to all.

Health Benefits of Physical Activity

FOR ADULTS 65 AND OLDER

IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

- Sleep**
Improves sleep quality
- Less Anxiety**
Reduces feelings of anxiety
- Blood Pressure**
Reduces blood pressure

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.

- Brain Health**
Reduces risk of developing dementia (including Alzheimer's disease) and reduces risk of depression
- Heart Health**
Lowers risk of heart disease, stroke, and type 2 diabetes
- Cancer Prevention**
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach
- Healthy Weight**
Reduces risk of weight gain
- Independent Living**
Helps people live independently longer
- Bone Strength**
Improves bone health
- Balance and Coordination**
Reduces risk of falls

Emerging research suggests physical activity may also help boost immune function.
Source: "The Compelling Link," 201-217.
Zones: Exercise Intensity and Health, 201-244.

Source: Physical Activity Guidelines for Americans, 2nd edition.
To learn more, visit: https://www.cdc.gov/physical-activity-data/health-benefits/65_and_older/June2023.html

3-H CLASS WITH CARRIE

Mon/Wed/Fri

9:00-9:45AM No class July 3

The Happy, Healthy Heart program covers all the elements that keep you strong, energetic and flexible. Work out with weights, do a bit of cardio, and stretch it all out in a fun-filled 45 minutes. This class uses chairs and weights. No floor exercises.

Cost: \$15 SB Residents | \$16.50 Non-Residents
monthly

Instructor: Carrie Parsons

QIGONG-TAI CHI

Wednesdays

12:15-1:15PM

QiGong-Tai Chi with Laura Parsons Swartz, (Certified Instructor) is good for just about anyone, ages 18 & up: people who want to retain or regain balance, breathe deep, increase range of motion, recover confidence in gait and wellbeing. Described as Meditation in Motion, this slow, controlled, graceful discipline (researched and recommended by Harvard Medical School) is known for healing, wholeness, reduction of anxiety and stress and for improved immune systems.

Cost: \$20 SB Residents | \$22 Non-Residents

Dates: June 3-24 | July 1-29 (No class July 8) |
August 5-26

Instructor: Laura Parsons Swartz

JAZZ WITH JUNE

Wednesdays | 1-2PM

This is a Vintage Vibes dance class for seniors of all fitness levels. The music played in class will vary widely; from pop, instrumental, R&B, jazz, and country. Jazz dance encourages personal style, body awareness, fitness and is FUN! This is a FREE class, but donations are appreciated. Donations will be given to local animal charities. June was a professional dancer and Radio City Music Hall Rockette! Classes are at the DRS Community Center. For more information, please call 321-773-6458.

Instructor: June Taylor

TWILIGHT TAPPERS

Fridays | 1-2PM

This is a Vintage Vibes dance class for seniors of all fitness levels. Tap shoes are optional, but please do wear comfortable shoes. The music played in class will vary widely. Tap dance promotes cognitive function, coordination, balance, flexibility, strength, can help to increase bone density, reduce the risk of osteoporosis and is FUN! This is a FREE class, but donations are appreciated. Donations will be given to local animal charities. June was a professional dancer and Radio City Music Hall Rockette! Classes are at the DRS Community Center. For more information, please call 321-773-6458.

Instructor: June Taylor



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“
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”

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55+ CLUB LINE DANCE



Tuesday regular line dance class having a great time.



All 34 of the Thursday basic line dance group had a FUNtastic time kicking up our heels and making new friends.

DAY TRIPS

Bingo & Casino Trip - July 26, 2026 - \$55 per person. The current deadline is June 29th, but will be extended if needed.

Keep your Eyes open for more trips this fall. Possibilities include Victory Casino Cruise in September and St. Augustine in December. More details to come.

For more information, please contact: Jo Ann Fisher, 321-497-4787 or fisherjoann81@gmail.com
Christine Schverack, 757-332-3830 or SatBeach55@yahoo.com

EXTENDED TRIPS

Pigeon Forge & Smoky Mountains Show Trip - September 21-26, 2026
\$825 per person (double occupancy)

Join us for an exciting getaway to Pigeon Forge and the beautiful Great Smoky Mountains! This trip includes:

- Transportation
- Lodging
- Select meals
- Shows and activities

Payment Information:

Payments may be dropped off at the SB Recreation Office: 1089 S. Patrick Drive, Satellite Beach

Questions or More Information:

Please contact Mary at 702-927-4120
Don't miss this fun-filled trip featuring scenic views, entertainment, and great company!

South Dakota Tour

June 4-10, 2027

\$3,699 per person (double occupancy)

\$4,499 per person (single occupancy)

Join us in discovering the beauty, history and spirit of South Dakota! By Collette Vacations! 6 nights in Rapid City. Unpack once! See Mt. Rushmore, Badlands National Park, Devil's Tower and more! Trip includes:

- Air fare from Orlando
- Group airport transfer from Melbourne
- Daily Breakfast and 3 dinners
- Lodging

Questions or More Information:

Please contact Kathy Schmauss at 321-298-5829.
kathycruises03@gmail.com

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Brookdale West Melbourne provides both assisted living and memory care options, as well as our signature Brookdale HealthPlus® care model, designed to help coordinate personalized care right where you live. We'd like to invite you to tour our community, meet our staff, and see how Brookdale can care for you or your loved one.

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► For tour reservations or more information, call
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Thursday, September 17th
Facts & Snacks will
be back at the DRS.
Sponsored by Home Instead.



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Think of us as your go-to resource for all things related to retirement and aging. Whether you, a family member, or a friend needs advice or a referral One Senior Place can help. Call us at **321-751-6771** to schedule a complimentary consultation with our Aging Services Expert or visit our beautiful Viera location to learn more about how One Senior Place is revolutionizing the way America shops for senior care and services.



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FUNNY QUIPS



Instead of the John I call my
bathroom the Jim!
That way it sounds better when I
say I go to the Jim first thing
every morning!!!

**Stop thinking of them as "hot flashes."
Think of them as your inner child
playing with matches.**

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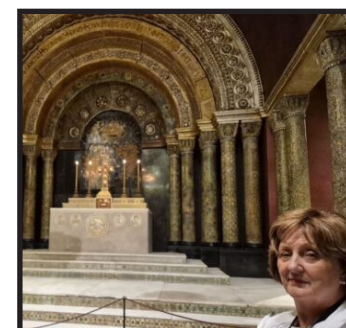
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MORSE MUSEUM DAY TRIP RECAP

The April 7, 2026 day trip to Winter Park was enjoyed with a full bus and a memorable day of sightseeing, dining, and art. The adventure began with a scenic narrated pontoon boat tour through the beautiful Winter Park canals and chain of lakes. Along the way, members admired the stunning backyards of some of the area's most impressive homes while the guides shared entertaining stories, local history, and plenty of humor.

After the boat tour, everyone spread out along Park Avenue for lunch and shopping. Trip coordinator Christi, along with four fellow adventurers, sampled the diverse culinary offerings at Tabla Indian Restaurant, while others explored a variety of local restaurants.

In the early afternoon, the group reconvened at the Charles Hosmer Morse Museum of American Art, home to the world's largest collection of works by Louis Comfort Tiffany. Members enjoyed a docent-guided tour featuring fascinating and little-known facts about the artist and his creations. One of the highlights was viewing Tiffany's Chapel, an extraordinary stained-glass masterpiece created for the 1893 World's Fair. Designed to help Tiffany expand into the ecclesiastical art market, the chapel showcased some of his most intricate and breathtaking stained-glass work.



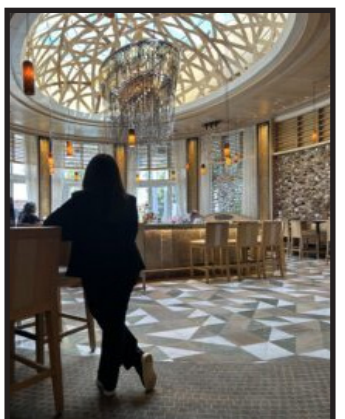
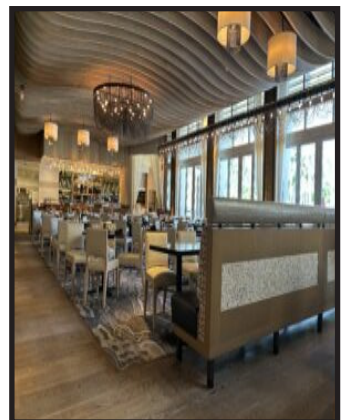
HARD ROCK DAY TRIP RECAP

The May 7, 2026, trip to the Seminole Hard Rock Hotel & Casino Hollywood was a great success and a fun-filled day for all who attended!

A total of 33 people joined the adventure, and the fun began even before arriving at the casino. Along the way, 15 travelers participated in Bingo games on the bus. Prizes included \$10 winners for the first eight games and an exciting \$35 prize for the final "Full Card" game.

Once we arrived, a Hard Rock employee greeted our group and assisted everyone by adding the free play and buffet discount to their players cards. She also escorted those without cards to the Players Club and stayed until everyone had been helped. The entire process was extremely organized and made the experience smooth and enjoyable for all.

The comfortable bus ride included two movies for everyone to enjoy, and our driver, Casey, did a wonderful job getting us there and back safely. Thank you to everyone who attended and helped make this trip such a memorable day!



FIRST OFF SHORE FISHING TRIP OF 2026



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
JULY 2026 		7:30 - 8:30am: Walking DRS Gym 10am: Mahjongg, Rummikub & Pinochle 1pm: Jazz w/ June 1pm: Bridge 6pm: Evening Cards at DRS	7:30 - 8:30am: Walking DRS Gym 9am Fishing Group 1:00pm: Basic Line Dance \$3 at DRS	1:00pm: Twilight Tappers  Satellite Beach City offices Closed
6	7	8	9	10
11:00am: Bingo at SB Civic Center Doors open at 9:30am 	7:30 - 8:30am : Walking DRS Gym 1:00pm: Reg. Line Dance \$2 at DRS	7:30 - 8:30am : Walking DRS Gym 10am: Mahjongg, Pinochle, & Rummikub 1pm: Bridge 6:00pm: Evening Cards & Cribbage	7:30 - 8:30am: Walking DRS Gym 1:00pm: Basic Line Dance \$3 at DRS	10:00am: Bunco at DRS Kitchen 1:00pm: Twilight Tappers 
13	14	15	16	17
11:00am: Bingo at SB Civic Center Doors open at 9:30am 	7:30 - 8:30am: Walking DRS Gym 1:00pm: Reg. Line Dance \$2 at DRS	7:30 - 8:30am: Walking DRS Gym 10am: Mahjongg, Pinochle, Rummikub 12:30pm: Lunch Bunch at Palm Shores 1pm: Bridge 6:00pm: Evening Cards & Cribbage	7:30 - 8:30am: Walking DRS Gym 1:00pm: Basic Line Dance \$3 at DRS 1:00pm Fishing Group at Nicki's Rainbow Grill	1:00pm: Twilight Tappers 
20	21	22	23	24
11am: Bingo at SB Civic Center Doors open at 9:30am 10am: S.B. Fire Department Blood Pressure Checks at Bingo 	7:30 - 8:30am: Walking DRS Gym 1:00pm: Reg. Line Dance \$2 at DRS	7:30 - 8:30am: Walking DRS Gym 10am: Mahjongg, Pinochle, Rummikub 1pm: Bridge 6:00pm: Evening Cards & Cribbage	7:30 - 8:30am: Walking DRS Gym 1:00pm: Basic Line Dance \$3 at DRS	1:00pm: Twilight Tappers 
27	28	29	30	31
11:00am: Bingo at SB Civic Center Doors open at 9:30am 	7:30 - 8:30am: Walking DRS Gym 1:00pm: Reg. Line Dance \$2 at DRS	7:30 - 8:30am: Walking DRS Gym 10am: Mahjongg, Pinochle, 1pm: Bridge 6:00pm: Evening Cards & Cribbage	7:30 - 8:30am: Walking DRS Gym 1:00pm: Basic Line Dance \$3 at DRS	1:00pm: Twilight Tappers 

Bingo/Casino Trip on Sunday, July 26, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 AUGUST				
3	4	5	6	7
11:00am: Bingo at SB Civic Center Doors open at 9:30am 	7:30 - 8:30am: Walking DRS Gym 1:00pm: Reg. Line Dance \$2 at DRS	7:30 - 8:30am: Walking DRS Gym 10am: Mahjongg, Pinochle, Rummikub 1pm: Bridge 1pm: Jazz w/ June 6:00pm: Evening Cards & Cribbage	7:30 - 8:30am: Walking DRS Gym 1:00pm: Basic Line Dance \$3 at DRS	1:00pm: Twilight Tappers 
10	11	12	13	14
11:00am: Bingo at SB Civic Center Doors open at 9:30am 	8 - 9:30am: Walking DRS Gym 1:00pm: Reg. Line Dance \$2 at DRS	8 - 9:30am: Walking DRS Gym 10am: Mahjongg, Pinochle, Rummikub 1pm: Bridge 1pm: Jazz w/ June 6:00pm: Evening Cards & Cribbage	8 - 9:30am: Walking DRS Gym 1:00pm: Basic Line Dance \$3 at DRS	10:00am: Bunco At DRS Kitchen 1:00pm: Twilight Tappers 
17	18	19	20	21
11:00am: Bingo at SB Civic Center Doors open at 9:30am 10:00am: S.B. Fire Department Blood Pressure Checks at 	8 - 9:30am: Walking DRS Gym 1:00pm: Reg. Line Dance \$2 at DRS	8 - 9:30am: Walking DRS Gym 10am: Mahjongg, Pinochle, Rummikub 12pm: Lunch Bunch at Cazadores Mexican on Eau Gallie 1pm: Bridge 1pm: Jazz w/ June 6:00pm: Evening Cards & Cribbage	8 - 9:30am: Walking DRS Gym 11:30am: Facts & Snacks: Celebrity Cruises @ DRS 1:00pm: Basic Line Dance \$3 at DRS 1:00pm Fishing Group at Nicki's Rainbow Grill	1:00pm: Twilight Tappers 
24	25	26	27	28
11:00am: Bingo at SB Civic Center Doors open at 9:30am 	8 - 9:30am: Walking DRS Gym 1:00pm: Reg. Line Dance \$2 at DRS	8 - 9:30am: Walking DRS Gym 10am: Mahjongg, Pinochle, Rummikub 1pm: Bridge 1pm: Jazz w/ June 6:00pm: Evening Cards & Cribbage	8 - 9:30am: Walking DRS Gym 1:00pm: Basic Line Dance \$3 at DRS	1:00pm: Twilight Tappers 