

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p><b>HAPPY NEW YEAR 2019</b></p>	<p>2</p> <p>9 - 11 a.m.  <b>VNA No-cost blood pressure/ blood sugar screening</b>                      Greater Palm Bay Senior Center                      *Fasting required for blood sugar screenings</p> 	<p>3</p> <p>9 - 11 a.m.  <b>VNA No-cost blood pressure/ blood sugar screening</b>                      Greater Palm Bay Senior Center                      *Fasting required for blood sugar screenings</p> 	<p>4</p> <p>11 a.m. - 1:30 p.m.  <b>Lunch by Holistic Health Center</b>                      Indian Harbour Beach Community Center                      RSVP 321-446-9358</p> 
<p>7</p> <p>10 - 11:30 a.m.  <b>Parkinson's Support Group</b>                      One Senior Place                      RSVP 321-751-6771</p> <p>10:30 - 11:30 a.m.  <b>VNA No-Cost Blood Pressure Screening</b>                      Indian River Fitness, Micco</p> 	<p>8</p> <p>10:30 a.m. - 12 p.m.  <b>VNA No-Cost Blood Pressure Screening</b>                      Wickham Senior Center</p> <p>11:30 a.m.  <b>5 Ways Technology Will Change the Way We Age Lunch &amp; Learn, Bingo to follow</b>                      One Senior Place                      RSVP 321-751-6771</p>	<p>9</p>   	<p>10</p> <p>8:30 - 9:30 a.m.  <b>VNA No-Cost Blood Pressure/ Blood Sugar Screening</b>                      Ascension Manor, Melbourne                      *Fasting required for blood sugar screening</p> <p>1 - 2:30 p.m.  <b>Legacy Book Club</b>                      One Senior Place                      RSVP 321-756-6771</p>	<p>11</p> <p><i>Baby, it's cold outside!</i></p> 
<p>14</p> <p>9:30 - 10:30 a.m.  <b>VNA No-Cost Blood Pressure/Blood Sugar Screening</b>                      Satellite Beach Civic Center                      *Fasting required for blood sugar screening</p> <p>10 a.m. - 11:30 a.m.  <b>Cape Canaveral Pen Women Craft Club</b>                      One Senior Place                      RSVP 321-751-6771</p>	<p>15</p> <p>9:30 - 11:30 a.m.  <b>VNA No-Cost Blood Pressure/ Blood Sugar Screening</b>                      Melbourne Public Library                      *Fasting required for blood sugar screening</p> <p><i>be joyful!</i></p> 	<p>16</p> 	<p>17</p> <p>12 - 1 p.m.  <b>10 Tips for Aging Well</b>                      One Senior Place                      RSVP 321-253-6324</p> <p>12 - 1:30 p.m.  <b>VNA No-Cost Blood Pressure Screening</b>                      South Mainland Library, Micco</p>	<p>18</p> <p>9 a.m. - 4 p.m.  <b>AARP Safe Driver's Course</b>                      Cost: \$24. Lunch provided                      The Fountains                      RSVP by 01/11 to 321-984-1494</p> <p>11 a.m. - 1 p.m.  <b>Lunch &amp; Learn - Hearing Solutions</b>                      One Senior Place                      RSVP 321-253-6310</p>
<p>21</p> <p><b>MARTIN LUTHER KING JR DAY</b></p> 	<p>22</p> <p>19 - 11:30 a.m.  <b>VNA No-Cost Blood Pressure/ Blood Sugar Screening</b>                      Eau Gallie Public Library                      *Fasting required for blood sugar screening</p> <p>10 - 11:30 a.m.  <b>Guardianship - Start to Finish</b>                      One Senior Place                      RSVP 321-751-6771</p> 	<p>23</p> <p>12 - 1 p.m.  <b>VNA No-Cost Blood Pressure Screening</b>                      Palm Bay Library</p> 	<p>24</p> <p>10 a.m.  <b>Estate Planning &amp; Financial Strategy</b>                      One Senior Place                      RSVP 321-253-1667</p>	<p>25</p> <p>8:30 - 10:30 a.m.  <b>VNA No-Cost Blood Pressure/ Blood Sugar Screening</b>                      Cocoa Beach Health &amp; Fitness                      *Fasting required for blood sugar screening</p> 
<p>28</p> 	<p>29</p> 	<p>30</p> 	<p>31</p> 	

For more information on Legacy Club please contact Sara Almond at [Almond.Sara@Brevardschools.org](mailto:Almond.Sara@Brevardschools.org) or call 321-633-1000 ext 644

Locations:

The Fountains  
 4451 Stack Blvd.  
 Melbourne, FL 32901

One Senior Place  
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 Viera, FL 32940

