



MARTIN ANDERSEN

Senior Center
Leisure with Dignity since 1983

We've Got A lot Going On!



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FEBRUARY

2023

CONTACT US

**Martin Andersen
Senior Center**

1025 South Florida Avenue
Rockledge, FL 32955

321-631-7549
mandersenseniorcenter.org
masc1025@att.net

Become a Member!

Membership Fee: \$20.00 Year

WHAT'S NEW?

Lunch & Learn

Free Admission

Ask the Medical Professional Lecture

Lunch & Desserts

Door Prizes

Trivia Games

February 14th, 10—12

Watch MASC bulletin boards for details

2 | MASC ADMINISTRATION

A NOTE FROM OUR MASC PRESIDENT

BOARD OF TRUSTEES

President—Valerie Alday

Vice-President—Linda Koenig

Treasurer—Gayle Anderson

Asst. Treasurer—Roxy Wallenda

Secretary—Patty Thomas

Board Members—Rita Darling, Sue Pooler, Judi Kinney, Barbara Martocci, Steve Bourque, Dave Johnson, Ruth Smithheart, Norma Reynolds, Paula Teixeira, Max Farrow

Dear Members,

We have three new activities that are starting.

On Mondays there will be belly dancing at 12:30. Should be great exercise and a lot of fun.

Once a month we won't have "Lunch and Lean" A medical professional will come in and answer your questions on their particular expertise. And a free lunch will be provided.

And once a month the Humane Society will bring over an adoptable pet and walk it through MASC ..so if you're interested be there. The day will rotate.

Hopefully BINGO will start mid February.

Not sure if anyone's interested but I've been asked several times what

my background is. I grew up in Tampa. Graduated from HB Plant high school. My degree is from the University of Colorado. I majored in business and minored in accounting. Between that I have been working on a major in mathematics and computer programming (1970).

I was active duty Air Force and retired from the Fed as a Contracting Officer GS 13, in 2012.

Valerie Alday

President

Martin Andersen Senior Center

321 631-7549

NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you every week.



VISIT WWW.MYCOMMUNITYONLINE.COM

CROSSWORD PUZZLE

ACROSS

- 1 David's commander
- 6 Amyotrophic lateral sclerosis (abbr.)
- 9 Vein (pref.)
- 12 Irish poet
- 13 Gamble
- 14 Church vessel
- 15 Peruvian relic
- 16 Counter
- 17 Rim
- 18 Laughter sound
- 20 Of flightless birds
- 22 Towhead
- 24 Sup
- 27 Air-to-air missile (abbr.)
- 28 Tilting; naut.
- 32 Cyclades island
- 34 Hebrew (abbr.)
- 36 Gr. wine container
- 37 Distribute
- 39 General

- equivalency diploma (abbr.)
- 41 Mulberry of India
- 42 Expedition
- 44 Secrets
- 47 Rifle
- 52 Amer. Automobile Assn. (abbr.)
- 53 Self
- 55 Forbidden
- 56 Energy unit
- 57 Freedom, briefly
- 58 Happen
- 59 Dutch commune
- 60 Donkey (Fr.)
- 61 Intervening, in law

DOWN

- 1 Eight (Ger.)
- 2 Wry face
- 3 Wings
- 4 Whatever

1	2	3	4	5	6	7	8	9	10	11
12					13			14		

- 5 One-celled organism
- 6 Warp yarn
- 7 Discover
- 8 Street (Ital.)
- 9 Son of Odin
- 10 Vent
- 11 Back of the neck

- 19 King of Israel
- 21 Distant (pref.)
- 23 Last
- 24 Electrocardiogram (abbr.)
- 25 Eastern church chalice veil
- 26 And
- 29 Bantu language
- 30 Spring
- 31 Aviv
- 33 Elam's capital
- 35 Ice mass

When does a joke become a "dad" joke?

When the punchline is a parent.

What do you call a cheese that's not yours?

Nacho cheese!

Why are fish so smart?

Because they live in schools!

Name: _____ Date: _____

Go Fish!

T	S	T	U	N	A	L	E	R	E	K	C	A	M	A	R	H	L
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L	A	D	U	C	A	R	R	A	B	C	A	D	E	F	S	S	C
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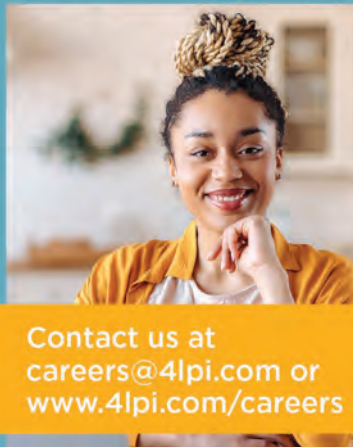
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4/ CLASS SCHEDULE

MARTIN ANDERSEN SENIOR CENTER CONDENCED SCHEDULE OF ACTIVITIES

ACTIVITE	DAY	TIME	BLDG COST
WEEKLY			(Member/Non-Member)
Andersen Quilters	M	9:00-12:00	\$1.00/\$2.00
Art & Painting	Tu, Th, F	9:00-12:00	\$1.00/\$2.00
Ballroom Dancing Class	F	2:00-3:00	\$5.00/\$6.00
Belly Dance	M	12:30-1:30	\$2.00/\$3.00
Bone Builders	M,W,F	9:00-10:00	Donation
Busy Fingers Crafts	M	9:00-11:00	\$1.00/\$2.00
Canasta	Tu	10:00-2:00	\$1.00/\$2.00
Choral Group	Tu	10:00-12:00	\$1.00/\$2.00
Gentle Yoga	Tu@2, F@10:30		\$6.00/\$7.00
Intermediate Tap	M, Th	10:30-12:00	\$6.00/\$7.00
Karaoke	Th	11:00-3:00	\$1.00/\$2.00
Line Dancing	Tu	12:00-1:30	\$2.00/\$3.00
Morn'g Stretch & Exer	Tu, Th	9:00-10:30	\$1.00/\$2.00
Party Bridge	M,W,F	12:15-4:00	\$3.00/\$4.00
Pinochle	Th	10:00-3:00	\$1.00/\$2.00
*SHINE Counselor	Tu, Th	9:45-11:45	
Spanish Class-	M, W, F	1:00-2:00	\$1.00/\$2.00
Tai Chi	Tu	2:00-3:00	\$6.00/\$7.00
TOPS	W	9:30 –11:00	See TOPS
Video Exer(Sit and Fit)	W, F	11:30-12:30	\$1.00/\$2.00
Writing Workshop	W	9:30-11:30	\$1.00/\$2.00

NOT EVERY WEEK

Book Club (3 rd Wed)	12:00- 1:00	\$1.00/\$2.00 (bring your lunch)
Chair Stretch and Balance (2 nd & 4 th Th)	2:00-2:50	\$1.00/\$2.00
Grief Counseling 2 nd & 4 th Tues	10:00-12:00	
Sewing Circle (4 th Thurs)	10:30-1:00	\$1.00/\$2.00
Dance 2 nd & 4 th Sat	7:00-10:00pm	\$7.00/\$8.00

Office Hours 9AM to 2PM if a volunteer is available.

New website: Mandersenseniiorcenter.org

ACTIVITIES | 5

ANDERSEN QUILTERS—The Martin Andersen Quilters - come join us on Monday mornings 9 am in Building #3. Donation \$1.00 members, \$2.00 non- members. Instructor: Barbara Smith 321-639-8475.

ART & PAINTING WORKSHOP - We work with watercolors, oils & acrylics, colored pencils, etc. We also have a class that meets on Tuesday, Thursday and Friday at 9 am in Building #3. Donation \$1.00 members, \$2.00 non-members.

BALLROOM DANCE LESSONS—Join us on Fridays at 2:00pm in Building #1. Instructor Barbara Bristol – Craig Parker, 321-452-1944. Donation \$5.00 members, \$6.00 non-members.

BELLY DANCING—Mondays, Building #1, 12:30—1:30. Instructor Sybil Yocum. Fee \$2 members, \$3 non-members

BONE BUILDERS—This program is designed to assist seniors in reducing osteoporosis risk through exercise. Join us Mondays, Wednesdays and Fridays at 9:00 am in Building #1. Registration is required prior to attending classes. For registration information, contact Allison at Aging Matters 321-631-2749.

BROWN BAG & BOOK CLUB—Read and review popular and classic novels 3rd Wednesday of each month. Facilitator Paula Teixeira.

BUSY FINGERS CRAFTS - Join us on Mondays at 9:00 am in Building #3. Bring your craft or just come and visit. Donation \$1.00 members, \$2.00 non-members. Facilitator Maryln Smoker, 321-639-8256.

CANASTA—Canasta starts at 10:00 am. Our Hand and Foot Canasta Rules. \$1.00 members, \$2.00 non-members. **NEEDS PLAYERS!**

CHAIR STRETCH & BALANCE—2nd and 4th Thursdays at 2:00 pm in Building #1. Instructor Shelly Anderson 321-626-1969. \$1.00 members, \$2.00 non-members.

CHAIR Yoga (Video Exercise) - Donation \$1/\$2. Facilitator Valerie Alday.

CHORAL GROUP - New members welcome! We have a lot of fun entertaining at local senior living facilities. Rita Rinehart at 321-454-3014 .

GENTLE YOGA – Class is designed to be gentle and flowing with a holistic approach. Join us on Tuesdays at 2:00 pm and Friday 10:30 in Building #2. Bring a mat and wear comfortable clothing. Instructor Ruby Saunders. \$6.00 members, \$7.00 non-members.

GRIEF COUNSELING - 2nd and 4th Tuesday of the month. Contact Elisa Millay 321 253-2222.

KARAOKE—Your chance to be a Star! Sing along to recorded music. Facilitator Mike Schuler, 321 268-2013.

LINE DANCING - Classes are held on Tuesdays at 12:00 pm. Instructor Sistie LaCentra. Donation \$2.00 members, \$3.00 non-members.

MORNING EXERCISE—Get stronger while strengthening muscles and increasing flexibility. Join us every Tuesday & Thursday at 9:00 am in Building #1. Donation \$1.00 members, \$2.00 non-members.

PARTY BRIDGE – Monday & Friday every week at 12:15 pm in Building #2. For more information, contact Beverly Thomas at 321-632-6314.

PINOCHLE—We meet on Thursday mornings. Pinochle starts at 09:00 am, New players always welcome. \$1.00 members, \$2.00 non-members.

SATURDAY NIGHT DANCES – on the 2nd & 4th Saturday of each month start time 7:00 pm. Open to the public. Singles welcome. Donation - \$7.00 members, \$8.00 non-members.

SHINE – Unbiased elderly health insurance information. Tuesday & Thursday 9:30 am to 12:45 pm. Must schedule an appointment see activity sheet for current phone number of providers. Contact Andy 321 367-0639.

SIT & FIT (Video Exercise) Gentle chair exercising Wed., Fri. Contact Valerie Alday 321 368-9265.

SPANISH CLASS – INTERMEDIATE & ADVANCED
Mondays 1:00 pm - 2:00 pm. Donation \$1.00 members, \$2.00 non-members. Al Packard, 321-453-5098.

SPANISH CLASS— BEGINNING
Friday 1:00 pm—2:00 pm. Building #3. Members \$1.00 and non-members \$2.00. Al Packard. 321 453-5088

SPANISH CLASS—CONVERSATIONAL
Wednesday 1:00 PM—2:30 PM. Building #3. Members \$1.00 and non-members \$2.00. Darsi Benitez, 786 355-0105

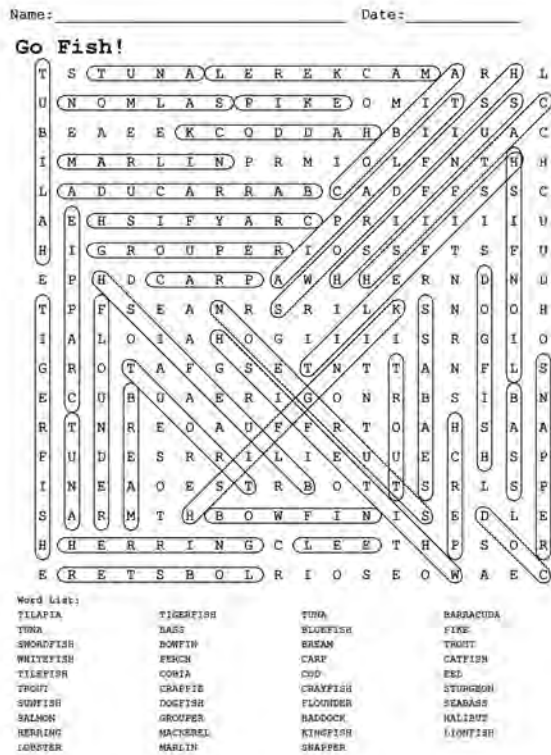
TAI CHI— Join us on Tuesdays at 2:00 pm in Building #1. \$6.00 for members, \$7.00 non-members. Instructor, Tom Abbott 321—208-7148.

TAP—INTERMEDIATE—Class meets for rehearsals on Mondays & Thursdays, 10:30 am in Building #1. Contact Lori Wellington at 321 632-1648 for details. \$6.00 members \$7.00 non-members.

TOPS (Take Off Pounds Sensibly) - Health Support group aimed to help with weight loss. Wednesday 9:30 to 11:00. Contract Valerie Alday 321-361-7549. Cost set by TOPS.

WRITING WORKSHOP – We invite you to join us on Wednesdays 9:30 am in Building #3. Donation \$1.00 for members, \$2.00 for non-members. For more information contact Facilitator - Ina Masters, 321 636-3493

6 | JOKES AND ANSWERS



SATURDAY NIGHT DANCES –

on the 2nd & 4th Saturday of each month start time 7:00 pm. DJ's Janice and Renee
Free snacks, regular coffee and ice; Soft drinks and Keurig Coffee - 50 cents. Open to the public. Singles welcome. Donation - \$7.00 members, \$8.00 non-members. Doors open at 6:30 pm.



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GREAT LOCATION

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QUALITY OF LIFE TEAM

A dedicated group of professionals
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We seek to enhance the quality of life and ensure the independence of our residents by providing assistance and supervision so that they are able to maintain a safe and healthy lifestyle.

Central Florida's "Bed and Breakfast" Assisted Living Community

3821 Sunnyside Court Rockledge, FL 32955 | 321-633-1819

VOLUNTEER OF THE MONTH—STEVE BOURQUE /7

Born and raised in Connecticut, Steve joined the US Army after high school. After spending 26 years on active duty and earning a Master's Degree using the GI Bill he retired as a Sergeant Major (E9) in 2000. Steve then went to work for the Federal Government in Washington, DC and retired as a GS15 in January 2013, at which time he and his wife Rita moved to Merritt Island. Wanting to give back, Steve began his new career as a volunteer targeting three groups; his Church, Veterans, and Seniors. He volunteered at the food pantry at the East Coast Christian Center, drove disabled Veterans to medical appointments in the Veterans Driving Veterans program, and then, through RSVP, began volunteering at the MASC in January 2014 as a maintenance man.



As a volunteer maintenance man, Steve performs many various tasks inside and around the three buildings, including; replacing light bulbs, sockets, and performing minor electrical work; repairing leaky faucets in bathrooms and kitchens, and performing minor plumbing work; installing shelves, and performing minor carpentry work; replacing ceiling tiles, floor tiles, and baseboard molding; repairing walls; maintaining door hardware; maintaining smoke alarms and programmable thermostats; configuring and maintaining the computers, printers, and network; contracting for the telephone system; contracting the alarm system; and other maintenance activities as directed by the MASC President.

When Steve is not volunteering he has several pages of “honey-do” projects to complete around the house, as well as restoring his 1971 El Camino. Steve and Rita also travel considerably in their RV with their two German Shepherds. In addition to visiting family up north and out west, they also participate in several Veteran Musters (RV Rallies) throughout the year.

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Come play with us!



Meet Brevard Humane Society's adoptable pooches

Martin Anderson Senior Center has partnered with the Brevard Humane Society in hosting monthly:

Young at Heart Meet Ups



BHS brings our adoptable dogs to the senior center for YOU



Brevard Humane Society
www.brevardhumane.org
(321) 636-3343

Visit our Adoption Centers

Cocoa Campus
 1320 Cox Road
 Cocoa, FL 32926
 Ext. 201

Merritt Island Campus
 155 Pioneer Rd.
 Merritt Island, FL 32953
 Ext. 214

Wendy's Rescue
 The South Coast's Premier Pet Board and Playcare
(321) 609-5257
4 weeks ago of Brevard Humane Society
 155 Pioneer Rd. Merritt Island, FL 32953



Consider leaving your legacy
 to help those without a voice.
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MOLLY MUTT Thrift Shop

Merritt Island
 2525 N. Courtney Pkwy
 (321) 459-1525

Melbourne
 728 E. New Haven Ave.
 (321) 951-3507

Rockledge
 876 N. U.S. Hwy 1
 (321) 638-8950

Palm Bay
 2890 Palm Bay Rd. NE
 (321) 951-2777

Hours: Monday-Saturday 10 AM - 6 PM, Sunday 11 AM - 5 PM

WE NEED VOLUNTEERS

Martin Andersen Senior Center operates almost entirely by volunteer power. From the Front Desk (volunteers needed desperately), to the Administration, and the instructors/facilitators of all of the activities. The more volunteers we have, the stronger we are as an organization and the more services we can provide. Please consider how you might help out today.

Brown Bag & Book Club

February 15, 2023 @ Noon

"The Museum of Extraordinary Things"

By Alice Hoffman

LEARN BELLY DANCING IN 2023

Classes will cover Middle Eastern culture, language, food, customs, costumes, zill (finger cymbals) playing, learning to isolate your body parts and Middle Eastern music appreciation. Wear comfortable clothing and bring a veil, zills (if you have them) a notebook and pen. Building #1, Mondays, 12:30—1:30. Cost \$2 Members, \$3 Non-members. Instructor, Sybil Yocum.



BINGO IS COMING! UPDATE

The Bingo Committee has met again and we are looking forward to proceeding with offering Bingo with target date of February 23rd. We still need people to run it; callers, tickets sales and money collectors. We are excited to be able to offer this new and fun activity at Martin Andersen Senior Center. Stay tuned to this station for more information as we organize this game for everyone's enjoyment.

