



The Senior Resource Center is located in the Apollo Professional Tower
1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901

The Senior Resource Center Home of Helping Seniors

Senior Information Education and Technology Center
celebrating 3 years of Service to Brevard.

3 years ago, Helping Seniors Rhodes Law, Synergy HomeCare, Founder Joe Steckler's vision for a great centrally located Resource Center that is dedicated to meeting the needs of Seniors and their families. With help from Dr. Craig Deligdish and Omni Healthcare, the 100% local-to-Brevard non-profit was able to bring this to reality.

Moore Insurance Solutions, Arosa Care, Time with Terri Podcast, Senior Solutions Mind & Body.

The Center is also home to a number of ongoing programs with best for Seniors in mind - including "A Touch of Excellence" Senior Foot Care, who provides concierge routine foot care by a Registered Nurse and has hosted Memory Screening Clinics with ClinCloud Research.

The Center also provides a full schedule of excellent informational, educational and fun activities that are created with the intention of assisting all who attend in "Getting their ducks in a Row" - something that Helping Seniors advocates that all Seniors (and soon-to-be Seniors) do.



Dr. Robert Brennan, Orthopedic Surgeon, with OMNI Healthcare, shares on Low Back and Hip Pain at the Helping Seniors Wellness Series.

The Center's 4th Thursday Senior Education series is a great double-header that offers a 10 am Knowledge College for Aging meet and then an 11am Helping Seniors Wellness Series event - with great information, snacks and door prizes too!

Knowledge College for Aging sessions are designed to help each



7-Nights Alaska
June 1 2026 from Seattle
Helping Seniors
Travel Club

Call 321-473-7770 for Information & Bookings.

Travel is Better with Friends.
HelpingSeniorsTravelClub.com

10am-11am - Thursday - March 26th 2026

Home Improvements
that Pay Back.
Craig Lansing
Janney Roofing

Let's Graduate
top of your Class!
Things to Know
as you GO
on Life's Journey.

Call 321-473-7770 for info & RSVP
HelpingSeniorsOfBrevard.org

Each 2nd Friday 100pm-230pm is Senior Planet Tech Talks under leadership of millennial Bri Prentice who guides Seniors to making best use of technology. Classes are free and are designed to maximize user success with commonly asked for digital tasks.

Senior Tech Talk:
Helping Seniors Feel Confident with Technology
1:00pm-2:30pm
2nd Friday Monthly

Getting our "Tech" Ducks in a Row!

RSVP (321) 473-7770

of us develop our own Aging Plan - we call it "Getting Your Ducks in a Row". Each 1 hour class is offers tips and ideas to help each person get ahead of the "Aging Curve" by tackling topics that represent the 7 Pillars of a good Aging Plan.

Helping Seniors of Brevard
Wellness

Free Workshop
11am-12nn
Thursday
March 26th

Dr. Kevin Kilday, PhD, D.Psc, CBHC
President, Dean, Professor
Faith College of Natural Health

Joe's Senior Resource Center of Brevard
The Omni Healthcare Professional Tower
1344 S Apollo Blvd - 2nd Floor
Melbourne FL 32901
(321) 473-7770 to RSVP

Helping Seniors Wellness Series
HelpingSeniorsOfBrevard.org

The Helping Seniors Wellness Series, 11am 4th Thursdays, offers a great moment to learn about topics that will maximize our Health and Wellness in Senior years.

The Senior Resource Center is also the home for the AARP OATS Senior Planet program that helps us gain mastery of all things online - smartphones, computers, etc.

The Senior Resource Center also hosts many difference special programs as well - including the popular "Nourish Your Spirit" event hosted by Senior Helpers of Melbourne and featuring Chefs For Seniors Executive Chef Jillian Zebris. Each class is not only a great learning experience to help us master healthy and nutritious meal preparation, but also serves a great tasting experience as well!

Nourish your spirit!
Senior Helpers presents
CHEFS FOR SENIORS
Senior Care, Chilly Better.

Join us for an inspiring and FUN-FILLED event with Chef Jillian, as we present some thoughtful, delicious meal ideas to assist you in your daily lives!

11am - Thur - April 9th 2026
Joe's Senior Resource Center

Call 321-844-8650 for Info & RSVP
HelpingSeniorsOfBrevard.org



Hometown News coverage of Opening of Senior Resource Center

As Helping Seniors celebrates 15 years of service, operating the county's Senior Information Help Line (321-473-7770), it also marks 3 years with its 5600 sq ft Senior Resource Center - headquarters for the Helpline as well as a hub for all things Seniors.

In addition to ongoing Senior Education programs, the Center also houses the Helping Seniors Media Studios - a state-of-the-art TV, Radio & Podcast studio that is dedicated to education Seniors and families to help them "develop their own Aging Plan" through extensive multi-media outreach.

The Center also features a number of business partners that provide quality services to Seniors and their families - including folks