

909 Lane Ave
Titusville, FL 32780

Hours: Mon-Thur 9am-4pm
Fri 9am to 1pm

JULY 2019

*North Brevard Senior Center, Inc.
DBA*

Phone: 321-268-2333

Email: nbsc@cfl.rr.com

Website: <http://nbsc.website>

Editor: Cat Simkins

TITUSVILLE ADULT SOCIAL CENTER



**THE CENTER WILL BE
CLOSED ON THURSDAY,
JULY 4.**

**HAPPY BIRTHDAY,
AMERICA!**

ALL-YOU-CAN-EAT PANCAKE BREAKFAST

**** OPEN TO THE PUBLIC ****

**SATURDAY, JULY 27
8 AM til 10:30 AM**

Only \$8 person



**All-you-can-eat pancakes!
Eggs, sausage, coffee &
tea also served.**

Chef Jim Facer and his great kitchen crew
will be beatin' batter and flippin' pancakes,
scramblin' eggs — oh, yum!

Tickets available at the Center
during normal business hours
(see above) or at the door.

Seating is limited, so buy your tickets early!

You don't want to miss this great breakfast!

All proceeds benefit the NBSC/TASC, a non-profit organization,

NBSC Activities

<u>ACTIVITY</u>	<u>TIME</u>	<u>COST (MEMBER/ NON-MEMBER)</u>	<u>CONTACT PERSON</u>	
MONDAY-FRIDAY				
Billiards	9AM-4PM	\$2/\$3	Ops. Mgt.	(321) 268-2333
Wii Bowling	9AM-4PM	\$2/\$3	Pat M.	(321) 383-1609
Monday				
Board of Directors Mtg. (2nd Mon)	10AM-11:30AM	N/A	Bill H.	(321) 848-8181
Mexican Train Dominoes	1PM-3PM	\$2/\$3	Joanne	(321) 267-5923
Spanish Class (next session TBA)	2PM– 4PM	\$25 (5-week course)	Hannah	(321) 720-9062
Ballroom Dance Lessons (all levels)	6PM– 7PM	\$10	Steve	(321) 269-0357
Poker	6PM-9PM	\$2/\$3	Bill F.	(321) 544-1430
Bunco (2nd Mon)	6:30PM-9PM	\$4/\$5	Sharon	(321) 383-7927
TUESDAY				
Pinochle	9AM-2PM	\$2/\$3	Rachel	(321) 537-5322
Line Dance Class Beginner/Improver	9AM/10AM	\$3/\$4	Naomi	(321) 537-9459
Mahjongg	12:30PM-3:30PM	\$2/\$3	Beverly	(305) 355-1769
Party Bridge	12:30PM-3:30PM	\$2/\$3	Larry B.	(321) 631-8061
Darling Damsels Bridge	1PM-3:30PM	\$2/\$3	Dotti	(321) 269-9633
Tai Chi	1PM-2PM	\$3/\$5	Ada	(321) 848-4689
Dinner & Movie (2nd Tues)	5PM	\$5	Bill H.	(321) 848-8181
Computer Classes	By Appt only	\$3/\$4	Anne	(321) 544-9469
WEDNESDAY				
Hooks & Needles Knitting (1st Wed)	10AM-1:30PM	\$2/\$3	Anne	(321) 917-1108
ACBL Duplicate Bridge	12:30PM-4PM	\$6/\$7	Ralph	(321) 593-2212
Line Dancing	6:30PM-8:30PM	\$3/\$4	Barbara	(321) 452-1944
Hurricane Rug Hooking (2nd&4th Wed.)	10AM-2PM	\$2/\$3	Fonda	(321) 298-2796
Tap & Jazz (<i>on hiatus until Aug.</i>)	11AM	\$2/\$3	Marsha	(321) 264-2776
Warrior Bridge (1st Wed)	12:30PM-3:30PM	\$2/\$3	Eleanor	(321) 267-8340
THURSDAY				
Bingo (Play begins at 10AM)	9AM-2:30PM	Varies (#of cards played)	Rachel	(321) 537-5322
Sewing Lessons	9AM-12PM	\$10 session	Carol	(561) 291-1329
Line Dance Class Beginner	9AM-10AM	\$3/\$4	Naomi	(321) 537-9459
Line Dance Class Improvers	10AM-11AM	\$3/\$4	Naomi	(321) 537-9459
Singles Club Planning Mtg (1st Thurs)	4PM	Call Jean for location	Jean	(321) 362-2359
FRIDAY				
Writers' Club	10:30AM-12PM	\$2/\$3	Glenna	(321) 603-9363
ACBL Duplicate Bridge	12:30PM-4PM	\$6/\$7	Ralph	(321) 593-2212
SATURDAY				
Beginner Line Dance	8AM-9AM	\$3/\$4	Naomi	(321) 537-9459
Improvers Line Dance	9AM-10AM	\$3/\$4	Naomi	(321) 537-9459
Tap & Jazz (<i>on hiatus until Aug.</i>)	10:30-11:30AM	\$2/\$3	Marsha	(321) 264-2776
Line Dance Party (2nd Sat.)	1PM-4PM	\$5	Naomi	(321) 537-9459
SUNDAY				
Intermed./Adv'd. Line Dance Class	2PM-4PM	\$3/\$4	Ferrell	(321) 267-0195

***** ALL ACTIVITIES OPEN TO THE PUBLIC *****

B I N G O									
7	25	44	57	62					
15	22	40	50	70					
11	30	FREE SPACE	46	74					
2	28	37	55	68					
10	27	39	59	75					

Thursdays @ 10AM
(Doors open @ 9 AM)

Smoke Free Environment!

*Bring in canned goods or box donations on **JULY 11** for St. Gabriel's Seniors Food Pantry and receive a free Speedy game paper!*

Only \$8 to play 16 regular games (7 hard cards).

Additional hard cards \$1 each.

Specials only \$1 per sheet, 6 cards per sheet.

Special paper games payout varies. (Jackpot \$100)

Free hot coffee.

Snacks (donations).

ATTENTION

FIRST TIME PLAYERS!

Bring this ad & get FREE play of 7 Hard Cards all day!



We have a GREAT Bingo group! As you can see, we have a few empty chairs — is one of them YOURS? Come play with us, have fun, make new friends & win money!

www.4lpi.com

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Contact Windy Vallejos to place an ad today!
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16-0407



TRIPS AND TOURS

All trips OPEN TO THE PUBLIC

MORE INFO? Call 321-631-8080

BUS TRIPS

Gypsy Gold Horse Farm & Mission Inn

Tues., Oct 8

\$95

Ocala – Gypsy Vanner horses came to the US in 1996 and look similar to Clydesdales. Tour farm and interact with these very personable horses. Afterwards, enjoy a great lunch buffet at the Hacienda Restaurant located at the historic Mission Inn resort. Sign up by August 5. Need minimum of 35.

13th Annual Key West Trip

Sun-Wed, Dec 1-4

\$561

Included is lunch on the way down & back, hotel accommodations at the Fairfield (right on Trolley line), a fabulous Sunset Sail on a catamaran with drinks, hors d'oeuvres & live music. More details coming soon. SOLD OUT – WAIT LIST OPEN.

***Trip cost includes round-trip motorcoach, taxes & driver gratuity.
Pick-up at Titusville Home Depot.***

***WE WILL OFFER THE FOLLOWING 2019-20 SEASON SHOWS
AT THE DR. PHILLIPS CENTER (if sufficient interest):***

Escape to Margaritaville, The Jimmy Buffet Musical - Saturday, November 16, 2019

The Play That Goes Wrong - Saturday, December 7, 2019

Miss Saigon - Saturday, April 4, 2020

A Bronx Tale - Saturday, May 2, 2020

ICE CREAM SOCIAL

Sunday, AUG. 18 @ 2:30 pm
Only \$5 person

No sunscreen required! FREE A/C provided ...

Come make your own sundae – lots of toppings (nuts, strawberries, bananas, chocolate and more) – yum!

Old-fashioned games with prizes!

50/50 drawing.



**TICKETS ON SALE BEGINNING
JULY 15 — MUST BE BOUGHT
BY AUGUST 15.**

WRITERS CLUB

*Fridays @
10:30 AM*



*Always dreamed of
writing that best selling novel?*

Perhaps a stage play or TV script?

*Or documenting your life experiences
so that your children and grandchildren
know more about you —all flattering,
of course!* 😊

Come check out this great group!

COOKING WITH DOTTI



**President Reagan designated July as
"National Ice Cream Month"!**

EASY "VANILLA ICE CREAM"

1 pt. heavy cream, beaten until whipped
16 oz. sweetened condensed milk
1 teaspoon vanilla extract

Mix all ingredients together and freeze.

NOTE: You can fold into the mixture some chopped Oreos,
or anything else you can think of, before freezing. Yum!

MEMBERSHIP NEWS!

Join our Center NOW and get 1/2 off through
December – only \$10! (new members only)



LINE DANCE PARTY

SATURDAY, JULY 13

1 to 4 PM

\$5 Entry Fee

Continue celebrating our Nation's
independence and enjoy an afternoon
of dancing in the cool air-conditioning!

Don't forget to **bring a friend** and,
if you choose, you may bring
a **snack to share**.

We **walk through** each dance **TWICE**
before dancing it!

For the **playlist** go to:
<https://www.linedance-titusvilleflorida.com>

***Awww,
ya missed it ...***



***Here are a
few of the
guests who
had a great
dinner and so
much fun at
our Flag Day
Dinner!***

DINNER & MOVIE @ 5 PM

(DOORS OPEN @ 4:45 PM)

\$5 payable at the door (Dine in or Carryout)

*Dinner includes coffee & water — BYOB.
Fresh popcorn w/assorted salts to enjoy during the movie.
Bring your own chair cushion if you like.*



Tuesday, July 9

MENU: Plump Hot Dogs w/all the trimmings OR Crispy Chicken Tenders, Homemade Potato Salad, Calico Beans. Homemade Apple Crisp w/real cream & Apple Cake (catered by Dotti)

MOVIE: "Yankee Doodle Dandy" (Musical rated PG)
James Cagney, Joan Leslie, Walter Huston, Rosemary DeCamp

James Cagney won the Best Actor Oscar for his portrayal of George M. Cohan in this lavish biography that highlights Cagney in some of his finest song-and-dance routines. This film features memorable tunes, including "Over There", "It's a Grand Old Flag", "Give My Regards to Broadway" and the film's rousing title number.

Tuesday, August 13

MENU: Beef or Chicken Taco w/Rice & Pineapple Upside Down Cake (catered by Fran North)

MOVIE: "Out to Sea" (Comedy rated PG-13)
Jack Lemmon, Walter Matthau, Dyan Cannon, Rue McClanahan, Elaine Stritch

Underhanded Charlie coaxes his widowed brother-in-law to join him on an "expenses paid" cruise without disclosing the two will need to be ballroom dancers for women traveling alone. What could possibly go wrong...??



AARP SAFE DRIVING CLASS — Thursday, July 11 @ 9:30 AM

Take the class and get a 3-year discount on your FL auto insurance!

Sign up sheet on bulletin board in Library or call 321-268-2333 to register.

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16-0407

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Michelle Lewis



SUMMER HOURS

**June 1 through Aug. 30,
the Center will close
at 1 PM on Fridays.**



DNA CANCER SCREENING SCAM

AARP's Fraud Watch Network helpline is getting reports from seniors that they have been contacted by phone – scammers asking for sensitive information for a “free cheek swab DNA cancer screening”. They are told that their doctor said they are eligible for this free test and, if the doctor prescribes it, Medicare will foot the bill.

Medicare officials urge recipients to report such contact and any other concerns about suspicious activity to its toll-free number.

Newsletter Boosters



*Become a Booster for the low price of
only \$10/year.*

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Joan Lunden, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

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16-0407

RENTALS

**PLANNING A WEDDING?
REHEARSAL DINNER?
ANNIVERSARY PARTY? REUNION?
BIRTHDAY PARTY? BABY SHOWER?
OUR CENTER HAS SPACE AVAILABLE
AT VERY REASONABLE RATES!**

RATES START AT ONLY \$50/HOUR!

OVERSIZED RENTAL AREA



ALCOVE AREA



SPACIOUS KITCHEN



FULLY EQUIPPED KITCHEN



SAMPLE—DECORATED AREA



SAMPLE—DECORATED AREA



20 RULES FOR REACHING A GOOD OLD AGE

1. Stop worrying about the financial situation of your children and grandchildren. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their way.
2. Keep a healthy lifestyle with moderate exercise (like walking every day), eat well. Remember to take your vitamins. It's easy to become sick, and it gets harder to remain healthy. Keep in touch with your doctor, get tested even when you're feeling well.
3. Get your sleep. As we age, sleeping at night may become an issue. Still strive to get proper rest. Take those naps that you fought taking when you were 3 years old. If you truly struggle to get proper rest, consult your doctor.
4. Don't stress over the little things. You've already overcome so much in your life. Don't let the past drag you down or the future frighten you.
5. Regardless of age, always keep love alive. Love your partner, love life, love your family, love your friends and neighbors, your surroundings, your country. We are never old as long as we have intelligence and affection.
6. Be proud, both inside and out. Don't stop going to your hair salon or barber. Do your nails, go to the dentist. When you are well-maintained on the outside, you feel proud and strong on the inside.
7. Don't lose sight of fashion trends for your age. You've developed your own sense of what looks good on you - keep it and be proud of it. It's part of who you are.
8. Read newspapers, watch the news – in moderation! Don't obsess over negative news; many good things are going on in this world. Go online and read what people are saying. Make sure you have an active email account. Try to use some of those social networks—you'll be surprised by the old friends you'll meet.
9. Respect the younger generation and consider their opinions. They may not share our views, but they are the future and will take the world in their direction. Give advice, not criticism, and gently remind them of yesterday's wisdom that still applies today.
10. Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time.
11. Some people embrace their golden years, while others become bitter and surly. Life is so short. Spend your time with positive, cheerful people. Your days will seem that much better.
12. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find another senior to move in with you and help out only if you feel you really need the help or do not want to live alone.
13. Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer. Find something you like and spend some real time having fun with it.
14. Even if you don't feel like it, try to accept invitations. Baptisms, graduations, birthdays. Get out of the house, see people you haven't seen in a while, experience something new (or do something you haven't done in a while).
15. Be a conversationalist. Talk less. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize unless you really need to. Find good things to say.
16. Pain and discomfort go hand in hand with getting older. Try not to dwell on this but accept it as a part of the cycle of life we're all going through. Your aches and pains are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.
17. If you've been offended by others, forgive them. If you've offended someone - apologize. Don't drag resentment around with you. It will make you sad and bitter. It doesn't matter who was right. Someone once said, "Holding a grudge is like taking poison and expecting the other person to die." Forgive and move on with your life.
18. If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them. Live your faith and set an example. Just live true to your beliefs.
19. Laugh. Laugh a LOT! Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. So what's not to laugh about? Find the humor in your situation.
20. Take no notice of what others say about you and even less of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy. Now is the time to be free, at peace and as happy as you can be!



7-NIGHT WESTERN CARIBBEAN

We're sailing from Miami on Jan. 4, 2020, to Jamaica, the Cayman Islands, Cozumel and Ocean Cay in the Bahamas.

Fares start at only \$761 per person for an Inside Cabin, and Balcony rates begin at only \$1,006 pp (based on double occupancy).

Price includes all taxes, Easy Drink Package & \$75 per cabin shipboard credit.

Call All About You Travel at 321-631-8080 for more info or to book your cruise.

MARK YOUR CALENDAR ...

COUNTRY NIGHT featuring **BILL D** **SEPTEMBER 21** **6-10 PM** **\$15 person**

1/2 Roast Chicken Dinner w/Dessert & the incredible sounds of Bill D singing country gold, Elvis, oldies, rock & roll, for your listening and dancing good time!

BYOB / 50-50

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Call a licensed CarePlus sales agent at: **1-321-751-7645 (TTY: 711)**

From October 1 - March 31, we are open 7 days a week, 8 a.m. to 8 p.m. From April 1 - September 30, we are open Monday - Friday, 8 a.m. to 8 p.m. You may always leave a voicemail after hours, Saturdays, Sundays, and holidays and we will return your call within 1 business day. Brevard and Indian River counties. CarePlus is an HMO plan with a Medicare contract. Enrollment in CarePlus depends on contract renewal. CareNeeds PLUS (HMO SNP) is sponsored by CarePlus Health Plans, Inc. and the State of Florida, Agency for Health Care Administration. *This plan is available to anyone receiving both Medicare and Medicaid-covered services: Qualified Medicare Beneficiaries (QMB+), Specified Low-Income Medicare Beneficiaries (SLMB+), and other Full Benefit Dual Eligibles (FBDE). In accordance with the federal requirements of the Centers for Medicare & Medicaid Services (CMS), no amounts on the gift cards shall be redeemable for cash and no amount may be applied toward the purchase of any prescription drug under your plan. Rewards (gift cards) must be earned and redeemed in the same plan year. Rewards not redeemed by 12/31 will be forfeited. Referrals may be required for certain specialists. Every year, Medicare evaluates plans based on a 5-star rating system. Discrimination is against the law. CarePlus Health Plans, Inc. ("CarePlus") complies with applicable Federal Civil Rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. See our website for more information. English: ATTENTION: If you do not speak English, language assistance services free of charge are available to you. Call 1-800-794-5907 (TTY: 711). Español (Spanish): ATENCION: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-794-5907 (TTY: 711). Kreyòl Ayisyen (French Creole): ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis ed pou lang ki disponib gratis pou ou. Rele 1-800-794-5907 (TTY: 711).

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Fun for Seniors

A popular magazine asked its readers, "What is the most embarrassing thing you've done for the sake of speed or ease?" Here are a few of the responses:

- ♦ Duct-taped the hem of my work pants.
- ♦ Cut the mold off bread to use it for sandwiches.
- ♦ Painted only the toenails that would show through my peep-toe shoes.
- ♦ Exercised the dogs in the backyard with a laser pointer instead of walking them in the rain.
- ♦ Took a "sink shower" with Wet Wipes.
- ♦ LOTS of illegal left turns.



Doctors are saying that each piece of bacon you eat takes 9 minutes off of your life...

Based on that math, I should have died in 1732.

WEIRD LAWS

Alaska — You can't serve alcohol to a moose.

Idaho — You can't be a cannibal.

Indiana — All black cats must wear bells around their necks on Friday the 13th.

Massachusetts — It is strictly forbidden to dance to our National Anthem.

New Jersey — It's illegal to wear a bulletproof vest when robbing a bank.

Oregon — You can't go hunting in a cemetery.



Mrs. Wile E. Coyote