**909 Lane Ave** Titusville. FL 32780 **Hours: Mon-Thur 9am-4pm** 

Fri 9am to 1pm

**OCTOBER 2019** 

Phone: 321-268-2333 **Email: nbsc@cfl.rr.com** Website: http://nbsc.website

**Editor: Cat Simkins** 

## NORTH BREVARD SENIOR CENTER



HEAR YE, HEAR YE ... WE ARE PROUD TO ANNOUNCE THAT WE HAVE TWO (2) **NEW ACTIVITIES** AT THE **NBSC:** 

CRAFTS by GLENNA

CRAFTS by GL

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Mondays in October
(Oct. 7, 14, 21 & 28)
11AM
\$12 for the 4-week session
Come learn basic
Beginner bridge.
Bring a \$12 check made payable to "NBSC".
To sign up, call Mary H. at
321-607-2200.

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# **NBSC** Activities

COST (MEMBER/

<u>ACTIVITY</u>	TIME	NON-MEMBER	CONTACT PERSON	
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	N/A	Bill H.	(321) 848-8181
*NEW* Beginner Bridge	11AM	\$12 (4-week course)	Mary H.	(321) 607-2200
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—Beginners	9AM-10AM	\$2/\$3	Naomi	(321) 537-9459
Line Dance Class—Improvers	10AM-11AM	\$2/\$3	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				
*NEW* Crafts Class (3rd Wed.)	10AM-12PM	\$3/\$4	Glenna	(321) 603-9363
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	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—Beginners	9AM-10AM	\$2/\$3	Naomi	(321) 537-9459
Line Dance Class—Improvers	10AM-11AM	\$2/\$3	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	9AM-10AM	\$2/\$3	Naomi	(321) 537-9459
Improvers Line Dance	10AM-11AM	\$2/\$3	Naomi	(321) 537-9459
Tap & Jazz	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

ATTENTION: Linda's Senior Fitness class will be returning in November!

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

#### 2019 Board of Directors

EXEC. COMMITTEE

**PRESIDENT Bill Hostler** 

1st VICE PRESIDENT

Open

2nd VICE PRESIDENT

**Bill Farrell** 

**TREASURER** 

Open

**SECRETARY** 

Barbara Boswell

**BOARD MEMBERS** 

Janet Eastman Anne Farrell Naomi Hostler Dotti Kunde Rachel Kusterer Richard Long

**Cat Simkins** 

**EMERITUS MEMBERS** 

**Gladys Amick** Terry Eisenberg **Doris McDowell** Joe Mangino

**OPS MANAGER** Michelle Lewis

THANK YOU **FOR BILL D DINNER &** SHOW!

It took a "standing army" to make the event happen!



Thank you to the MORE THAN TWO DOZEN people who decorated, set up, cooked, served, cleaned up. The room decorations looked great, the meal was delicious, and Bill D's show was Fantastic. Everyone had a super time!

## COMING IN NOVEMBER...



SHUFFLEBOARD!!!

Yes, ladies & gentlemen, our shuffleboard has

Newsletter Boosters



Be a Booster for only \$10/year.

**MAUREEN AYERS** 

LORETTA BODZIAK

HAROLD KLOTZER

KAREN LARSEN



kbuck@lpiseniors.com or (800) 477-4574 x6346

# American Standard Walk-In Tubs

## WALK-IN BATHTUB SALE! SAVE \$1.500



Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 44 Hydrotherapy jets for an invigorating massage









Limited Time Offer! Call Today!

855-480-1029

Or visit: www.walkintubinfo.com/save

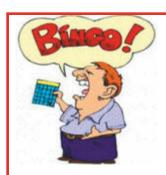


Ron Spieler | Realtor | Broker Associate, SFR, MRP

SERVING NEW JERSEY AND FLORIDA 3880 S. Washington Ave., Suite 238 • Titusville, FL 32780 321) 987-1237 Cell | www.yourperfect.property | www.propertymarketersllc.com rspieler@propertymarketersllc.com

Seniors and veterans will receive a discounted 4.5% rate





# Thursdays @ 10AM (Doors open @ 9 AM)

\* Smoke Free Environment \*

Bring in a canned or boxed food item for donation on <a href="1st Thursday">1st Thursday</a> to St. Gabriel's Seniors Food Pantry and get 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)

#### ATTENTION FIRST TIME PLAYERS!

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

Free hot coffee.

Snacks (donations).



<u>STRANGE BUT TRUE</u> — The town of Llanfair in Wales is also known by its Welsh name: Llanfairpwllgwyngyllgogerychwyrndrobwllllantsiliogogogoch.

Roughly translated, this means, "St. Mary's Church in a hollow of white hazel, close to a whirlpool and St. Tysilo's Church near a red cave".

The sign at the railway station that has the town's name on it is 20 feet long.

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## DINNER & MOVIE @ 5 PM (DOORS OPEN @ 4:45 PM) \$5 payable at the door (Dine in or Carryout)

Dinner includes coffee, hot tea, iced tea & water — BYOB.

Fresh popcorn to enjoy during the movie.

Bring your own chair cushion if you like.



## **Tuesday, October 8**

MENU: Apricot Chicken or Ham, Broccoli, Cauliflower, Carrot Salad, Side Dish, Carrot Cake w/

**Cream Cheese Frosting** 

MOVIE: "Hocus Pocus" (Comedy rated PG)

Bette Midler, Sarah Jessica Parker, Kathy Najimi

It's Halloween, and a trio of sisters, all witches from the 1600's, are accidentally resurrected in the 20th Century by teenager Max. A great fun Disney movie!

## **Tuesday, November 12**

MENU: Roast Pork, Potatoes & Gravy, Veggies, Pineapple Upside Down Cake

MOVIE: "Mr. Roberts" (Comedy rated PG)

Henry Fonda, James Cagney, Jack Lemmon, William Powell, Philip Carey

This classic is a hilarious, heart-felt military comedy-drama featuring an officer who's yearning for battle but is stuck in the backwaters of WWII on a noncommissioned Navy ship run by the bullying Capt. Morton.



## AARP SAFE DRIVING CLASS

Thursday, November 14 @ 9:30 AM

Real Possibilities 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.

Bring a bag lunch and a blank check to pay for the class (NO cash accepted).

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#### **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**



**SPACIOUS KITCHEN** 



Commercial & Residential
We do driveways, sidewalks,
houses, decks, pools & more
FREE ESTIMATE

III facebook.com/ejwlawnservice

#### **ALCOVE AREA**



#### **FULLY EQUIPPED KITCHEN**



LET US PLACE YOUR AD HERE.





#### RANDOM THOUGHTS ON GROWING OLDER ...

"Going out is good... coming home is even better!

~You forget names... but that's okay because other people have forgotten yours, too!

"You realize you're never going to be really good at anything.... especially golf.

~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.

~You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep".

"You miss the days when everything worked with just an "ON" and "OFF" switch.

"You tend to use more 4 letter words ... "what?"..."when?"...???

~Everybody whispers!

"You have 3 sizes of clothes in your closet.... 2 of which you will never wear.

~But "Old" is good in some things: old songs, old movies ... and best of all, our dear ...OLD FRIENDS! Stay

I need everyone to wish me luck. I have a meeting at the bank later and if all goes well, I will be out of debt. I'm so excited I can barely put on my ski mask.





#### Call today to connect with a SENIOR LIVING ADVISOR



A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.

*a*Place for Mom.

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

There's no cost to you! (888) 672-0689



## ISTA MANOR

Medicare and Medicaid Accepted 1550 Jess Parrish Court • Titusville, FL 32796 (321) 269-2200

## UPGRADE TO A



Contact us for details • 800-477-4574

#### YOU'RE NEVER TOO OLD ...

Rita Reutter was elected Homecoming Queen at Florida Tech in Orlando. She is a 58-year-old grandmother studying guidance counseling.

In Chattanooga, TN, one of the most popular classes at the Parkwood Nursing Home is belly dancing. The average age of the students is 90.

Samuel Matkoff astonishes nurses at Long Beach Hospital in California by doing the hustle and the fox trot. He's 101.

Jeanette Smith of Mumbles, Wales, has just opened a savings account. When asked why, she replied, "Why, for my old age, of course!" She is 107 years young.

QUESTION: What hair color do they put on the driver's licenses of bald men?

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# MONDAYS @ 6 PM

In response to requests from players, we've added tables dedicated to <u>Texas Hold 'Em</u> — Don't miss out on the fun!

Coffee, sodas & snacks provided. BYOB.

Park around back & enter via Game Room door (last door @ left).

Call Bill (321-544-1430) for more info.

# COOKING WITH DOTTI



#### **VEGGIES CASSEROLE**

1 pkg. frozen cauliflower

1 pkg. frozen broccoli

1 pkg. frozen Brussel sprouts

1 can French-fried onions

1 can mushroom soup

1 jar Cheez Whiz

Preheat oven to 350 degrees.

Cook veggies in boiling salted water for 5 minutes; drain.

Place veggies in a large casserole and top with 2/3 of the onions.

Mix together the soup and Cheez Whiz; pour over veggies.

Top with remaining onions and bake for 30 minutes. Serve hot.



# LINE DANCE PARTY

# SATURDAY, OCT. 12 1 to 4 PM \$5 Entry Fee

Join our fun line dance party and enjoy a great afternoon of dancing to ALL GENRES OF MUSIC in the cool air-conditioning!

Don't forget to bring a friend!

We walk through each dance TWICE before dancing it!

For more info, call 321-537-9459

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

# FUN WAY TO IMPROVE YOUR MEMORY & MOOD

It may sound too good to be true, but DANCING is proven to help reverse the effects of brain aging! That's because learning new moves and focusing on balance and flexibility strengthens and exercises the brain area responsible for memory and emotion (the hippocampus).

In one German study, a weekly dance class led to a 21% increase in the volume of the important brain region over the course of a year!

So grab a friend and start cutting a rug to feel 10 years younger!

## The year was 1955...

Did you hear the post office is thinking about charging 7 cents just to mail a letter?

If they raise the minimum wage to \$1 an hour, nobody will be able to hire outside help at the store.

When I first started driving, who would have thought gas would someday cost 25 cents a gallon? Guess we'd be better off leaving the car in the garage.

Did you see where some baseball player just signed a contract for \$50,000 a year just to play ball? It wouldn't surprise me if someday they'll be making more than the President.

I never thought I'd see the day all our kitchen appliances would be electric. They're even making electric typewriters now.

It's too bad things are so tough nowadays. I see where a few married women have to work to make ends meet.

sid the Valkewagen car



# TAI CHI TUESDAYS @ 1 PM

Tai Chi boosts upper- and lower-body flexibility as well as strength.

Tai chi improves balance and, according to some studies, reduces falls.

For more info, call Ada at 321-848-4689.



There's always a PLUS in CarePlus! One big plus is choice – different Medicare Advantage plans for people with different needs, all from a Florida-based company with a 5 OUT OF 5 OVERALL STAR RATING FROM MEDICARE.



#### CareOne (HMO):

\$20 COPAY for specialist office visits

\$125 COPAY for hospital stay, days 1-5

No more than \$3,400 per year in out-of-pocket expenses

#### CareNeeds Plus (HMO SNP)\*:

For people with both Medicare and Medicaid \$0 COPAY for hospital

\$100 MONTHLY ALLOWANCE for covered over-thecounter products – that's up to \$1,200 per year!

\$0 COPAY for routine dental coverage, PLUS complete or partial dentures up to 1 set every 5 years

#### PLUS, ALL CAREPLUS PLANS FEATURE:

GYM MEMBERSHIP through the SilverSneakers® Fitness Program

A \$50 GIFT CARD PER YEAR for completing preventive screenings with our Rewards Program

Call to see if you may be eligible now to enroll in a Medicare Advantage plan offered by CarePlus 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 éd pou lang ki disponib gratis pou ou. Rele 1-800-794-5907 (TTY: 711).



# Providing High-Quality Cancer Care to the People of Brevard County

As your local healthcare system, Health First is here for you and your family. For more than 30 years, we have provided high-quality oncology care to the people of Brevard County. We know how important it is to have easy access to oncology services, close to home. That is why we have multiple locations for your convenience.

#### Our oncology services and technology include:

- State-of-the-art Radiation Therapy
- Full Infusion Suite/Chemotherapy Services and Laboratory Services
- Intensity Modulated Radiation Therapy (IMRT)
- Image-Guided Radiation Therapy (IGRT)
- 3D Conformal Radiation Therapy (CRT)
- Linear Accelerator with Electron Capability (LINAC)

- Stereotactic Radiosurgery (SRS)
- Stereotactic Body Radiation Therapy (SBRT)
- 4D CT Simulation
- Access to Financial Advocates

Visit **HF.org/cancer** to learn more.



## 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 famous Hacienda Restaurant located at the historic Mission Inn resort. **Seats still available.** 

**Mt. Dora Crafts Show** 

Sat, Oct 26

\$45

Spend the day at one of the largest crafts shows in Central Florida. Sign up by Oct. 19. 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. SOLD OUT – WAIT LIST OPEN.

Miss Saigon Sat, April 4, 2020 \$112/130

<u>Dr. Phillips Center, Orlando</u> — Experience the acclaimed <u>new production</u> of this legendary musical from the creators of "Les Miserables". Includes lunch, seats either balcony or upper balcony. <u>Sign up NOW</u>. <u>Need minimum of 35.</u>

Trip cost includes round-trip motorcoach, taxes & driver gratuity.

Pick-up at Titusville Home Depot.

#### INTERNATIONAL TRAVEL

**Northern Lights in Finland** 

Thurs-Thurs, Nov. 7-14

\$4,999.

Only 3 seats available for this escorted this group. Lead your own dog sled team, stay overnight in a glass igloo in Lapland, meet Santa & his reindeer, stay in a Finnish log cabin. Mush your way to breakfast in a sleigh! Includes 6 breakfasts & 5 dinners, hotels, transfers. Price based on double occupancy.

**Egypt, Sail the Nile River** 

Sat-Sun, Mar. 21-29, 2020

**\$\$\$** 

Globus had brought us Egypt again — From the Pyramids to the Valley of the Kings & Queens to the Temple of Horus and so much more!

Northern Italy & Gourmet Tuscany

Fri-Sun, Jun 12-28, 2020

**\$\$\$** 

Explore northern Italy and Cinque Terre. Spend the last week in a villa in Tuscany with day trips to different areas

Sail the Queen Victoria

Fri-Wed, Oct. 9-21, 2020

**\$\$\$** 

See the Northern Lights and discover Norway. Don't miss this opportunity! If we get enough people Georgette will be Hosting this sailing!

**RUSSIA** 

Sat., Dec. 5 @ 1 PM

All About You Travel is hosting one of their suppliers from Moscow for a walk-through of the history of Russia with Space and Military accents. This is preliminary to traveling there in August 2020. Please *RSVP* (321-631-8080) if you will be attending this presentation.

<u>DID YOU KNOW</u>? A law has been passed in Florida that requires ALL nursing homes and assisted living facilities to have back-up generators in case of weather emergencies?