

909 Lane Ave
Titusville, FL 32780

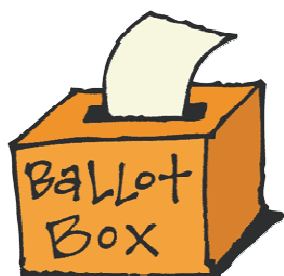
Hours: Mon-Thur 9am-4pm
Fri 9am to 1pm

DECEMBER 2019

Phone: 321-268-2333
Email: nbsc@cfl.rr.com
Website: <http://nbsc.website>
Editor: Cat Simkins

NORTH BREVARD SENIOR CENTER

The NBSC will be **CLOSED** Tuesday & Wednesday, **December 24 & 25.**



NBSC ANNUAL ELECTION

**Saturday, December 7
10 AM**

Please come hear the status of our
Center and vote for our 2020 Board of
Directors!

Current candidates are:

President—*Open*
1st Vice President—Richard Long
2nd Vice President—Bill Farrell
Treasurer—*Open*
Secretary—Cat Simkins

In keeping with Roberts Rules of Order
(Revised), **nominations will be accepted
from the floor.**

Our Center is a non-profit corporation and
we need volunteers to serve so we can do
the important work of the Board!

Following the Election, we will have a bit
of fun, then enjoy a **complimentary light
lunch.**



CHRISTMAS LINE DANCE PARTY

**Saturday, December 14
1 to 4 PM
\$5 Entry Fee**

Bring a friend and a
cheap store-bought snack.

Wear your ugly Christmas shirt & you could
win a prize if it's voted the ugliest!

Enjoy a great afternoon of dancing to
all genres of music!

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

Playlist at:
linedance-titusvilleflorida.com

FOR MORE INFO, call 321-537-9459

NBSC Activities — OPEN to the Public

<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
MONDAY				
Board of Directors Mtg. (2nd Mon)	10AM	N/A	Bill H.	(321) 848-8181
Senior Fitness	10AM-11AM	\$3/\$4	Linda	(321) 383-0735
Beginner Bridge	11AM	\$12 (4-week course)	Mary H.	(321) 607-2200
Tap & Jazz	11:15AM-12:45PM	\$3/\$4	Linda	(321) 383-0735
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
<i>(on hiatus until Jan. 2020)</i>				
Poker	6PM-9PM	\$2/\$3	Bill F.	(321) 544-1430
Bunco (2nd Mon)	6:30PM-9PM	\$4/\$5	Sharon	(321) 383-7927
TUESDAY				
Line Dance Class—Beginners	9AM-10AM	\$2/\$3	Naomi	(321) 537-9459
Pinochle	9AM-2PM	\$2/\$3	Rachel	(321) 537-5322
Line Dance Class—Improvers	10AM-11AM	\$2/\$3	Naomi	(321) 537-9459
Mahjongg	12:30PM-3:30PM	\$2/\$3	Beverly	(305) 335-1769
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				
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
Hurricane Rug Hooking (2nd&4th Wed.)	10AM-2PM	\$2/\$3	Fonda	(321) 298-2796
Senior Fitness	10AM-11AM	\$3/\$4	Linda	(321) 383-0735
Tap & Jazz	11AM	\$2/\$3	Marsha	(321) 264-2776
ACBL Duplicate Bridge	12:30PM-4PM	\$6/\$7	Ralph	(321) 593-2212
Warrior Bridge (1st Wed)	12:30PM-3:30PM	\$2/\$3	Eleanor	(321) 267-8340
Line Dancing	6:30PM-8:30PM	\$3/\$4	Barbara	(321) 452-1944
THURSDAY				
Bingo (Play begins at 10AM)	9AM-2:30PM	Varies (#of cards played)	Rachel	(321) 537-5322
Line Dance Class—Beginners	9AM-10AM	\$2/\$3	Naomi	(321) 537-9459
Sewing Lessons	11AM-1PM	\$10 session	Carol	(561) 291-1329
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				
Shuffleboard	10AM-12PM	\$2/\$3	Barbara	(321) 607-2210
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



MESSAGE FROM OUR PRESIDENT

As the year comes to an end, I'd like to thank all who supported the Senior Center through participation in the many activities, serving of the Board of Directors, or by volunteering your time and money. You've made a difference.

A special thanks to those who provided invaluable guidance to me in my year as President. You enabled me to better execute my duties.

During the past 11 months, we were able to identify problem areas, work on solutions, and then take the necessary corrective actions. We found ourselves better off financially and our activities programs have grown significantly.

However, the Center has an ongoing, urgent need for volunteers. I urge everyone to search your hearts and join our Board of Directors and make a difference in better serving our Senior community.

We've made some much needed progress in a very short time and, in order to continue on this positive path, we need your unwavering support more than ever before.

Looking forward to a better year, the Board and I wish to thank you in advance.

Bill Hostler

www.4lpi.com

➤ Reach the Senior Market

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CONTACT

Kathy Buck to place an ad today!
kbuck@lpiseniors.com or (800) 477-4574 x6346

American Standard
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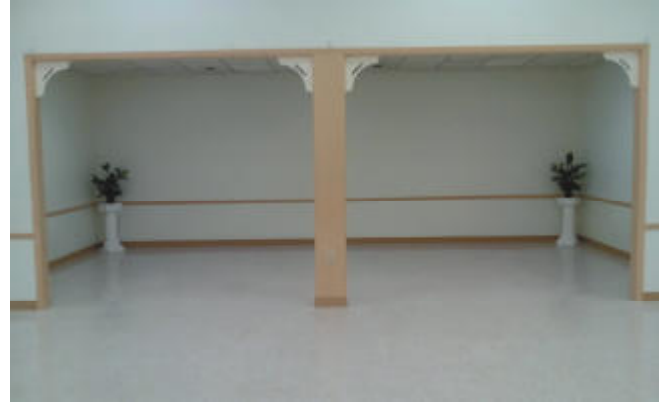
RENTALS

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

OVERSIZED RENTAL AREA



ALCOVE AREA



SPACIOUS KITCHEN



FULLY EQUIPPED KITCHEN

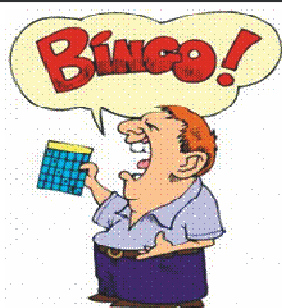


SAMPLE—DECORATED AREA



SAMPLE—DECORATED AREA





Thursdays @ 10AM
(Doors open @ 9 AM)

*** Smoke Free Environment ***

Bring in a canned or boxed food item for donation on 1st Thursday to St. Gabriel's Seniors Food Pantry and get a free Speedy game paper!

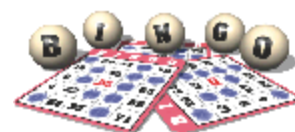
Only \$8 to play 16 regular games
(7 hard cards).
Additional hard cards \$1 each.

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).



2020 NBSC MEMBERSHIP APPLICATION

**2020
DUES
ARE
DUE
DEC. 31.**

NAME

ADDRESS

CITY/STATE/ZIP

HOME PHONE

CELL PHONE

E-MAIL

**PLEASE
PAY AT
FRONT
DESK.**

EMERG.CONTACT

EMERG. PHONE

THANKS!

\$20 MEMBER

CASH / CHECK #

DATE:

\$10 NEWSLTR BOOSTER

CASH / CHECK #

DATE:

2019 Board of Directors

EXEC. COMMITTEE

PRESIDENT

Bill Hostler

1st VICE PRESIDENT

Rachel Kusterer

2nd VICE PRESIDENT

Bill Farrell

TREASURER

Open

SECRETARY

Barbara Boswell

BOARD MEMBERS

Anne Farrell

Naomi Hostler

Dotti Kunde

Richard Long

Cat Simkins

EMERITUS MEMBERS

Gladys Amick

Terry Eisenberg

Doris McDowell

Joe Mangino

OPS MANAGER

Open

Damn, this year went by so fast I didn't get a chance to lose weight 🙄

Newsletter Boosters



Be a Booster for only \$10/year.

MAUREEN AYERS

LORETTA BODZIAK

BARBARA BOSWELL

SUSAN FRANK

CHERYL KASSAK

HAROLD KLOTZER

KAREN LARSEN

JOE MANGINO

ANDREW OLSHAVSKY

5 THINGS YOU CAN DO FOR "BRAIN HEALTH"

So many believe that, as you age, you suffer cognitive decline, that it's inevitable. This is not true. There are five (5) things you can do to promote brain health:

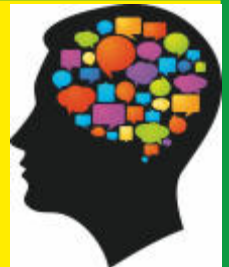
MOVE - Exercise.

RELAX - Sleep enough and avoid stress.

NOURISH - Eat a balanced diet.

DISCOVER - Think about and see new things.

CONNECT - Socialize.



LIFE & DEATH OBSERVATIONS:

A sign that you've joined a cheap HMO: The tongue depressors taste faintly of Fudgesicle.

LOUD, CLEAR, & FREE!

Get a **free** amplified phone and stay in touch with loved ones.

Qualifications:

- Florida Resident
- Over the age of 3
- Have Hearing Loss or Speech Disability

No income or insurance verification required!



**Florida
Telecommunications
Relay, Inc.**



Contact us for more information!

www.ftri.org
800-222-3448

PROVIDED BY THE STATE OF FLORIDA



DINNER & MOVIE @ 5 PM

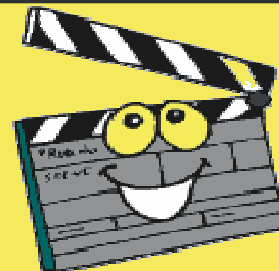
(DOORS OPEN @ 4:45 PM)

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

Dinner includes coffee, hot tea, iced tea & water. Sodas 75 cents. BYOB.

Fresh popcorn to enjoy during the movie.

Bring your own chair cushion if you like.



Tuesday, December 10

MENU: KFC Chicken, mashed potatoes, cole slaw, biscuit, fruit cocktail, assorted desserts (some sugar free)

MOVIE: "Christmas in Connecticut" (Romantic Comedy rated PG)
Barbara Stanwyck, Dennis Morgan, Sydney Greenstreet

It's 1945. Columnist Elizabeth writes about her idyllic home in Connecticut where she is the perfect wife, mother & career woman. Her publisher decides to have her entertain a war vet on Christmas Eve. Sounds like great publicity, huh? Except that her "life" is not real, so what could go wrong?

Tuesday, January 14

MENU: TBA

MOVIE: "Princess Caraboo" (Comedy rated PG) *(based on actual events)*
Phoebe Cates, Jim Broadbent, Kevin Kline, John Lithgow, Stephen Rea

In the early 1800s, a young woman, speaking an unfamiliar tongue and wearing strange clothes, gets arrested for vagrancy. She's taken in by the aristocratic Worralls who, along with a professor, believe her to be an exotic foreign princess. A local reporter tries to sleuth the truth. Unusual and fun comedy-mystery.



AARP SAFE DRIVING CLASS

Thursday, January 23, 2020 @ 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.

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

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



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

*aPlace
for Mom.*

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

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MONDAYS @ 10 AM SENIOR FITNESS

\$3 MEMBERS / \$4 NON-MEMBERS

Yes, ladies & gentlemen, Linda Peraza's great Senior Fitness class is back!

Come do simple exercises that fit your "senior" status — gain strength and better balance to enhance your everyday life.

Call Linda at 321-383-0735 for more info.

COOKING WITH DOTTI



A recipe for those who don't like carrots ...

SWEET CARROT PUDDING (4-6 servings)

2 cans (16 oz. each) sliced carrots
1-1/3 cups packed brown sugar
1 teaspoon cinnamon
2 large eggs

Preheat oven to 350 degrees.

Puree carrots in blender or food processor.

Whip eggs with a whisk. Add carrots, brown sugar and cinnamon. Blend all together and pour into a greased baking dish. Bake for 30-45 minutes or until toothpick inserted in the middle comes out clean.

Refrigerate leftovers.

We had so much fun at our Halloween costume party & contest at Bingo on October 31...



and our \$25 Walmart gift card winner for Best Costume was presented by glam witch Rachel Kusterer (Bingo Chairman) to Denise Karstedt, wearing her BINGO ADDICT costume made by her hubby, Ed...



AND THEN IT IS WINTER...

You know time has a way of moving quickly and catching you unaware of the passing years. It seems like yesterday that I was young, just married, and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all those years went.

I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is... the Winter of my life, and it catches me by surprise... How did I get here so fast? I remember well seeing older people through the years and thinking that those "older people" were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting grey... they move slower and I see an older person in myself now. Some are in better, and some worse, shape than I... but, I see the great change... and we are now those older folks whom we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! 'Cause if I don't on my own free will, I just fall asleep where I sit!

So now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did. But at least I know that, though the winter has come — I'm not sure how long it will last — when it's over on this earth, it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done, things I should have done. Indeed, there are also many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet... let me remind you, that it will be here faster than you think. Whatever you would like to accomplish in your life, please do it quickly! Don't put off things too long! Do what you can TODAY, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life... so, LIVE FOR TODAY and say all the things that you want your loved ones to remember — and hope that they appreciate and love you for all the things that you have done for them in all the years past.

"Life" is a GIFT to you. The way you live your life is your gift to those who come after. Make it a fantastic one!

Remember: "It is Health that is real Wealth, not pieces of gold and silver."

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

~You forget names... but it's okay because other people forgot they even knew you!

~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?"...???

~You notice everything they sell in stores is "sleeveless"!

~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 well, "OLD FRIEND"!



CONNIE'S CREATIVE CARD MAKING

Connie Chandler will be hosting this new Activity on the **2nd Tuesday of every month, starting January 14th at 11:30 am-12:30 pm.**

Each participant will make 2 unique greeting cards. Cost is \$4 for members, \$5 for non-members. All materials will be provided.

Connie Chandler, Independent Stampin Up Demonstrator
Phone 410-598-3755

Visit my website (<http://heartsentiments.com>) or
Facebook page (<https://www.facebook.com/HeartSentiments>)
for ideas & samples.

www.nhsc website | 10

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-the-counter 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 ed pou lang ki disponib gratis pou ou. Rele 1-800-794-5907 (TTY: 711).

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"If my doctor would've said, 'Let's just watch and see what happens,' I would be in big trouble. He really saved me."

Kate

Breast Cancer Survivor



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:

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- 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](https://www.healthfirst.org/cancer) to learn more.



TRIPS AND TOURS

ALL TRIPS OPEN TO THE PUBLIC

MORE INFO? Call 321-631-8080

BUS TRIPS

Mission Inn Champagne Brunch

Sun, Dec. 15

\$105

Howey in the Hills — Join us for a bountiful and extraordinary harvest of culinary delights at this historic inn. Overlooking the exquisite Plaza De La Fontana, and the water by the 17th green of the famous El Campeón Golf Course, the La Hacienda Dining Room offers an exceptional view of the Mission Inn grounds. You'll enjoy your choice of picturesque indoor or outdoor seating while sipping on your complimentary Champagne and Mimosas served with brunch. After dining, we're going to the famous Renninger's Flea Market & Antiques Center — something for everyone! **Sign up by Dec. 8. Need minimum of 35.**

St. Augustine "Night of Lights"

Tues, Jan. 28, 2020

\$99

Trip includes time for after-Christmas bargain shopping and then dinner, followed by our horse-drawn carriages through the historic Night of Lights Tour. **Sign up by Dec. 1. Need minimum of 35.**

Dancing with the Stars

Sun, Feb. 23

\$169

Dr. Phillips Center, Orlando — Don't miss this fantastic performance of the Live Tour 2020! Mezzanine seating. Includes lunch at the Ale House. **Sign up by Dec. 1. Need minimum of 35.**

Boat Tour & Morse Museum

Wed, Mar. 11

\$75

Orlando -- Trip includes morning scenic boat tour through the Winter Park Chain of Lakes, followed by lunch and then to the Morse Museum for a Docent-led tour including the Tiffany Collection. **Sign up by February 1. Need minimum of 35.**

Miss Saigon

Sat, April 4

\$112/130

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

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

INTERNATIONAL TRAVEL

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.

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!

VETERANS CELEBRATE LIFE CRUISE

Sun-Sun, Sept. 6-13, 2020

\$988 to \$1,134

Everyone welcome to sail with us on this great cruise honoring & celebrating veterans, their families & friends. Guest speakers include author & speaker Combat Marine Officer Justine Constantine, designer of the Veterans Suicide Awareness flag, Janet Grillo, and great entertainment duo Dennis Franks & Vince Papale. Sailing from Port Canaveral to Coco Cay, San Juan, St. Kitts & 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!