

909 Lane Ave
Titusville, FL 32780
Hours: Mon-Thur 9am-4pm
Fri 9am to 1pm

May 2023

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

North Brevard Senior Center



North Brevard Senior Center
909 Lane Ave, Titusville, FL
Presents
***National Senior Health &
Fitness Day 2023***

“Move More to Do More!”

Wednesday, May 31st

8:30 am to 1 pm

Theme: Hawaiian Luau

Dress Hawaiian!

Care Plus will be providing water!

8:30 am Walk in the Vern Jensen Park located
right at the Senior Center

9:00–9:50 Zumba Gold - \$5.00

10-11am Join Line Dancer Instructor Yvette
for Beginner Line Dance \$3.00

10:00 am– 10:20 am Demo- Muscle Memory, Strength
Balance with Natine– Free

10:25-10:45 -Demo Zumba Gold Tone
with Robin- Free

11:00 –12:00 Golden Hearts Senior Fitness \$5.00

12:00-Healthy Lunch -Prepay \$3.00 by 5/23 at
reception desk at the Senior Center.

12:15 – Guest Speaker Michael Johnson
Physical Therapist

“The Benefits to Exercising as we age”

Come to one or spend the day with us!

**Presentation of New Health Care
Facility**

Healthcare with Heart Care Max

*Offers Medical, Dental, Vision
all at one location!*

**They accept most major
Advantage plans!**

*Come out meet Jerome Wright
at North Brevard Senior Center
909 Lane Ave, Titusville, Fl*

Tuesday May 9th

11:30 am-12:30pm

****Giveaways *Raffle *Snacks***

Please sign up at centers

Receptionist Desk by May 5th



***The North Brevard Senior Center will be closed
Monday, May 29th***

NBSC Activities — Guests welcome!

<u>ACTIVITY</u>	<u>TIME</u>	<u>MEMBER/GUEST</u> <u>DONATION</u>	<u>CONTACT PERSON</u>	
MONDAY-FRIDAY				
Billiards	9AM-3PM	\$2/\$3	NBSC	(321) 268-2333
MONDAY				
No. Brevard Line Dance	10AM-12:30PM	\$3/\$4	Yvette	(321) 258-6534
Poker	10AM-2PM	\$2/\$3	Les	(321-591-5156
Yoga	11:30AM-12:30PM	\$5/\$6	Cindy	(321) 576-2782
Golden Hearts Senior Fitness	1:PM– 2PM	\$5/\$6	Robin R	(321) 514-5945
Mexican Train Dominoes	1PM-3PM	\$2/\$3	Joanne	(321) 267-5923
Hand & Foot	1PM-3:30PM	\$2/\$3	Donna	(407) 808-5237
Bunco (2nd Mon)	1PM--3PM	\$4/\$5	Carol	(332)268-8087
Zumba	6PM-7PM	\$5/\$6	Robin R.	(321) 514-5945
TUESDAY				
Pinochle	10AM-2PM	\$2/\$3	Cat	(321) 231-1135
Muscle Memory, Strength, Balance	10AM-11:00AM	\$2/\$3	Natine	(321) 609-0999
Tap & Jazz	11AM-12PM	\$2/\$3	Marsha	(309) 236-7786
Connie's Card Making (2nd Tues)	11:30AM-12:30PM	\$4/\$5	Connie	(410) 598-3755
Mahjongg	12:30PM-3:30PM	\$2/\$3	Andi M.	(321) 385-3595
Party Bridge	12:30PM-3:30PM	\$2/\$3	Mary M	(321) 269-7362
Darling Damsels Bridge	1PM-3:30PM	\$2/\$3	Kathy D.	(321) 268-4827
Tai Chi	1PM-2:30PM	\$3/\$5	Ada	(321) 848-4689
Zumba Toning	6PM-7PM	\$5/\$6	Robin R	(321) 514-5945
WEDNESDAY				
Zumba– Gold	9:15AM-10:15AM	\$5/\$6	Robin R.	(321) 514-5945
Hurricane Rug Hooking (2nd&4th Wed.)	10AM-2PM	\$2/\$3	Fonda	(321) 298-2796
Beginner Line Dance	10AM-11AM	\$3/\$4	Yvette	(321) 258-6534
Golden Hearts Senior Fitness	11AM-Noon	\$5/\$6	Robin R.	(321) 514-5945
Duplicate Bridge	12PM-3PM	\$2/\$3	Judy N.	(901) 336-1306
Line Dance Class	4:00PM-6:30PM	\$3/\$4	Ferrell	(321) 267-0195
Line Dance Class	6:30PM-8:30PM	\$3/\$4	Barbara	(321) 452-1944
THURSDAY				
Bingo (Play begins at 10AM)	9AM-2:30PM	Varies (#of cards played)	Cat	(321) 231-1135
Zumba Gold Tone/Chair	11:00AM-12:00PM	\$5/\$6	Robin R	(321) 514-5945
Tai Chi	1PM-2PM	\$3/\$5	Ada	(321) 848-4689
Zumba	6PM-7PM	\$5/\$6	Robin R.	(321) 514-5945
Core & More	7:15PM-8PM	\$5/\$6	Robin R	(321)514-5945
Board of Directors Mtg. (2nd Thursday)	3PM	N/A	Robert	(321) 362-2036
Singles Club Planning Mtg (1st Thurs)	4PM	Call Jean for location	Jean	(321) 362-2359
FRIDAY				
Muscle Memory, Strength, Balance	10AM-11AM	\$2/\$3	Natine	(321) 609-0999
Euchre	10AM-1PM	\$2/\$3	Barbara	(321)750-2679
No. Brevard Line Dance	12PM-2PM	\$3/\$4	Yvette	(321) 258-6534
Karaoke	2PM-5PM	\$2/\$3	Mike	(321) 268-2013
Line Dance Social (1st & 2ne Fri)	6PM-9PM	\$5	Ferrell	(321)267-0195
SUNDAY				
Intermed/Adv'd. Line Dance Class	2PM-4PM	\$3/\$4	Pat	(321) 268-2333

**MEMBERS REMINDER — THOSE WHO HAVEN'T PAID 2023 DUES
WILL BE ASKED TO DONATE AN EXTRA DOLLAR
FOR EACH ACTIVITY ATTENDED.**

*Meet our North
Brevard Senior
Centers President!*

Robert Williams will be in his office May 25th. Stop in say hi! Ask him questions!



Tuesday's 10 am-2pm

For information
call Cat @321-231-1135



*Goes out to Mr. Joseph Seager
who has donated a pinball
machine in loving memory of
his wife*

*Janice Elizabeth Seager.
It is located in the game room.
Please come out, bring your
quarters and enjoy it.*



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CONTACT ME
Rich Fernbach

rfernbach@lpicommunities.com

(800) 477-4574 x3675

RENTALS

**Birthday Party - Anniversary Party
Rehearsal Dinner - Wedding - Baby Shower
Celebration of Life**

**North Brevard Senior Center has space available at
very reasonable rates.
Starting at \$50.00 for 2 hours
Call: 321-268-2333**

SAMPLE—DECORATED AREA



FULLY EQUIPPED KITCHEN





Thursdays @ 10AM
(Doors open @ 9 AM)

*** Smoke Free Environment ***

Bring in a canned or boxed food item for donation on **1st Thursday** to **No One Hungry Senior Pantry** and get a **free Speedy game paper!**

Only \$10 to play 16 regular games
(9 cards per sheet).
Additional strips of 3 cards \$3/strip.

Specials only \$1 per sheet
6 cards per sheet
Special paper games payouts.

ATTENTION FIRST TIME PLAYERS!

Bring this ad & **only pay \$2** for a card pack (reg. \$10)!

Free hot coffee.
BRING YOUR OWN
SNACKS & LUNCH.



EXEC. COMMITTEE

PRESIDENT
Robert Williams
1st VICE PRES.
Anita James
2nd VICE PRES.
Dan Williams
TREASURER
Cathie McMullin
SECRETARY
Joanne Engelbeck

BOARD MEMBERS

Jeff Amaral
Paulette Amaral
Rachel Kusterer
Cat Simkins
Diane Sweeney
Sandy Witt

EMERITUS MEMBERS

Terry Eisenberg
Doris McDowell

Ops Manager

Linda Trawle

Assistant Ops Manager

Paulette Amaral



*Beginner Line
Dance Lessons
with Yvette
Wednesday's
10am-11am
Room B*

*For more info call
Yvette at
321-258-6534*



**Zumba Gold—
Toning**

Thursday's 11am – 12 pm

Blends the Zumba party you love at a slower pace with redefining total body workout using Zumba Toning Sticks to shake up those muscles.

Room B

This class is a total chair class!
Members \$5.00 Non-Members \$6.00

EXERCISE YOUR MIND



PLAY DUPLICATE BRIDGE

Duplicate Bridge

**Wednesdays from
12pm to 3pm**

For more information call Judy 901-336-1306



Fridays

10 am-12:30 pm

Call Barbara at 321-750-2679

if interested in playing.

LINE DANCE SOCIAL

Friday, May 28th

6 PM-9 PM

ONLY \$5 PERSON

*This month's theme is
Passion for Dancing*

**Come dance to all genres of
music great for everyone,
beginner to advanced!**



*Call Yvette at 321-258-6534
for more information*

MEN!

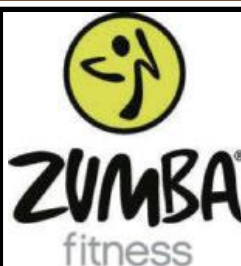
**Do you need to learn how to
cook?**



*We are looking into having cooking classes by
Chef Kelly once a month, \$5.00 per class.*

**But we first need to know if there is any
interest in the class!**

**Stop in or call the center and leave your name
& phone # with the receptionist!**



**Join Robin!
Monday &
Thursday
6pm-7pm**

Core & More will now follow
Zumba on Thursday Nights 7:15 pm-8pm.

**Join us for a 45 minute BLAST workout
focusing on Biceps, Legs, Abs, Shoulders &
Triceps all to get you looking your best!
Weights are provided. Bring a mat to class!**

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Cecil and Peggy Cornish

Peggy: 321-960-5970 pcornish@cfl.rr.com

Cecil: 321-960-5971 battc3@cfl.rr.com

2510 S. Washington Ave., Ate. 120 • Titusville, FL 32780

We have been your Titusville neighbor since 1978.



Muscle Memory, Strength & Balance Class
With Natine
Tuesdays and Fridays
10am-11am



Why not join Connie's Card Making?

2nd Tuesday of the Month

11:30 am-12:30 pm

**For more information call Connie at
410-598-3755**

Our Computer teacher moved!

Looking for someone to help seniors with computer questions and their new phones.

If you can give a few hours a week to our seniors it would be great!

Gentle Yoga for Seniors
with Cindy



Cindy will not have class

May 22nd & June 5th

Mondays from 11:30-12:30 pm

Members \$5.00 Guest \$6.00

Newsletter Booster 2023

Be a Booster for only \$10/year.

Natine Abreu-Shaw

Jeff Amaral

Paulette Amaral

JoAnn Baxter

Raymond Bray

Joanne Engelbeck

Susan Frank

Loraine Harvey

James Kiener

Harold Klotzer

Karin Krause

Verlaria Lee

Catherine McMullin

Dennis McMullin

Maryann Meserve

Madeleine Morris

Andrew Olshavsky

Teri Pellegrino

Tina Ringfield

Robin Rymkos

Cat Simkins

Wendy Smith

Linda Trawle

Walt Tweedie

Marilyn Varnado

Connie Washam

Robert Williams

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schedule a tour today!**

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*Follow us on
Facebook for our
upcoming events*

North Brevard Senior Center



*Join Robin for her
Senior Fitness
Class*

*Get your heart pumping
all while having FUN!
Monday at 1pm-2pm
Wednesday at 11am-noon
Members \$5.00
Non-Members \$6.00*

Bunco

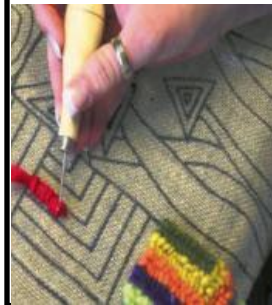
2nd Monday of the month at 1pm



*Why not join them for a fun afternoon!
For more information call Carol at 321-268-8087*

Hurricane Rug Hooking

**2nd and 4th Wednesday
of each month
10am to 2pm**



Next AARP Smart Driver Course

Thursday, May 25th

9am—4pm

Bring a Lunch!

North Brevard Senior Center

909 Lane Ave, Titusville, FL

Call Ernie Edwards at 719-648-1052

To reserve your spot!

Last class till fall!

MAHJONGG

TUESDAYS @ 12:30 pm

\$2 members

/ \$3 guests

**Call Andi at 321-385-3595
If you have any questions!**

Line Dance Class to Fit Your Needs!

Mondays 10am-12:30pm with Yvette

Wednesday 10am-11am with Yvette

Wednesdays 4:00pm-6:30pm with Ferrell

Wednesdays 6:30pm-8:30pm with Barbara

Fridays 12pm-2pm with Yvette

Sundays (Intermed/Advance) 2pm-4pm with Pat

Line Dancing

Friday Night Line Dance

May 5th & 12th

6pm-9pm

Only \$5.00 per person

A Fun evening of line dancing with floor splits for Beginners & Intermediates to insure everybody gets plenty of dancing.

Playlist: www.ferrelmazzatto.jimdo.com

For information call Ferrell

321-267-0195

North Brevard Senior Center

909 Lane Ave, Titusville, FL



**Tuesday evenings
6pm-7pm**

Zumba Toning combines body-sculpting exercises and high energy cardio work infused with Zumba moves to create a calorie torching strength training fitness party.



HAND & FOOT

MONDAYS

12:30 PM till 3:30 PM

\$2 members / \$3 guests

Don't know how to play this card game?

We'll teach you.



**MONDAY
MORNING
10AM-2PM**

Dealer's Choice

\$2 member / \$3 non

CHIPS— Bag of 40 only \$4



**Mondays
1pm-3pm
Come check it
out!**



**Why not join Ada
Tuesdays and Thursdays at 1pm
Room B**

*A Dance class.
Never Line Dance Before?*

*This is the class!
Wednesdays, @ 4pm*

*For information call
Ferrell 321-267-0195*



**With Mike and Carolyn
Fridays 2pm-5pm**

Room A

Please enter at back of building

Why not join Marsha Tap & Jazz Class?



**Tuesdays @ 11am Room B
Call Marsha @ 321-264-2776 for information**

Looking for a Worthy Charitable Organization ?

North Brevard Senior Center is a 501 (c)3 charitable organization and as such is eligible to receive charitable donations.

If you find you have extra funds in your charitable donations bucket anytime during the year, please consider donating to North Brevard Senior Center. All donations helps us offer activities for our seniors in the area 5 days a week.



*The Executive Committee &
Board Members of
North Brevard Senior Center
Wishes you a
Happy Mother's Day*



***Zumba Gold
9:15 am
Wednesdays***

*Perfect for active older adults who are looking for
a modified Zumba class that recreates the
original moves you love at a lower-intensity.
Benefits: Class focuses on all elements of fit cardio,
muscular conditioning, flexibility and balance.*

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16-0407



TRIPS AND TOURS

ALL TRIPS OPEN TO THE PUBLIC

MORE INFO? Call 321-631-8080

(ALL ABOUT YOU TRAVEL)

BUS DAY TRIPS

Men are from Mars, Women...

Sat, May 20

\$138

(Phillips Center, Orlando) Famous and hilarious show! Takes a look at the everyday relationship between men and women – everything from dating to marriage & more. Includes lunch (TBD). Minimum of 35 required. Payment in full due now.

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

Pick-up at Titusville Home Depot (minimum 15 people for pick-up)

ALL TRIPS OPEN TO THE PUBLIC

MORE INFO? Call 321-631-8080

***PRICES BASED ON DOUBLE OCCUPANCY**

(ALL ABOUT YOU TRAVEL)

BUS TRIP

Key West Holiday Trip

Sun-Wed Dec 3rd-6th

\$729.00 *

Join us for an adventure of sun and fun in Key West for three days! Staying at the Fairfield Inn. Where you will have plenty of freedom to explore the sites of the town & enjoy the free form pool and Tiki bar area. Trip includes: 3 night stay at the Fairfield with full American Breakfast (daily) and baggage handling (1 per person) Lunch at the Quartdeck on December 3rd dinner on arrival at hotel and a lunch at Quartdeck in Plantation on December 6th. Sunset cruise with live music, food, and drinks on December 4th at 5pm-7pm. Roundtrip transportation. \$100.00 per person Non-Refundable Deposit Due by June 1, 2023. Final Payment Due October 1, 2023. Based on double occupancy.

GROUND TRAVEL

Glacier National Park and Canadian Rockies Sat-Sun, Jul 15-23 \$3,700*

If you want to take in the Calgary Stampede option, join us on July 13 to begin your trip. See flyer for full itinerary. Canada requires COVID vaccination to enter their country. Deposit \$250 per person plus insurance due now, final payment due May 2023.

*Based on double occupancy.

CRUISES

Columbia & Snake Rivers

Sun-Mon, July 23-31

\$4,198*

Sail on the famous American Queen Empress paddlewheel boat. Includes 1 pre-sailing hotel night in Vancouver, Washington, daily onboard enrichment, unlimited beverages, Wi-Fi, and hop-off/hop-on at each port of call. \$250 deposit due now, final payment due March 12. *Based on double occupancy, open balcony stateroom, does not include airfare.

Japan in the Autumn

Thu-Tues, Oct 12-24

\$1,470*

Sailing on Celebrity Millennium from Tokyo to see Mt. Fuji, Kobe, Osaka, Kyoto, Hiroshima and more. Features "Always Included" classic drink package, Wi-Fi and prepaid gratuities. Includes port charges & gov't. taxes. \$450 deposit due February 1, final payment due July 1. *Based on double occupancy, does not include airfare.

Greece, Israel & Egypt

Mon-Thu, Oct 16-26

\$2,322*

Sailing roundtrip from Athens onboard Celebrity Apex. See Athens, Jerusalem & Alexandria. Also stopping at Ephesus, Turkey. Features "Always Included" classic drink package, Wi-Fi and prepaid gratuities. Includes port charges & gov't. taxes. Deposit of \$450 pp due by January 15th, final payment due July 3. *Based on double occupancy, does not include airfare.