

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

August 2023

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

North Brevard Senior Center

**Indoor Rummage Sale
North Brevard Senior Center
Friday, Saturday August 4th & 5th
8am-noon**

*The North Brevard Senior Center is cleaning
will have furniture, computer, bookcases,
kitchen items, piano, tv, chairs, table & chairs,
pool table light, crafts, books, puzzles,
poker table and more.*

Call for more information 321-268-2333

**Doc Talk
with Dr. Ivan Torres
at the North Brevard Senior Center**

Tuesday, August 8

11am-1pm

Join us for fun, snacks, prizes

Learn how to

:Optimize your health as you age"



**North Brevard Senior Center
909 Lane Ave, Titusville, FL
Tuesday, August 15th**

CAROTID ARTERY SCREENING

*A package of four screenings to Identify risk for
stroke, heart disease and other chronic conditions
will be offered.*

*For more information or to make an appointment.
Call 844-591-7160*



**Last month they talked about the
Memory Screen!**

So they will be at

North Brevard Senior Center

909 Lane Ave, Titusville.

Thursday, August 17th

9am to 3pm

No cost to you or your insurance!

Why get a memory Screen?

**Ways to activate your brain*

**Education on how to handle memory concerns.*

***To Schedule appointment call
407-656-0988***

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NBSC Activities — Guests welcome!

<u>ACTIVITY</u>	<u>TIME</u>	<u>MEMBER/GUEST DONATION</u>		<u>CONTACT PERSON</u>	
MONDAY					
No. Brevard Line Dance	10AM-12:30PM	\$3/\$4	Gold Room	Yvette	(321) 258-6534
Poker	10AM-2PM	\$2/\$3	Library	Les	(321-591-5156
Yoga	11:30AM-12:30PM	\$5/\$6	Room B	Cindy	(321) 576-2782
Golden Hearts Senior Fitness	1:PM- 2PM	\$5/\$6	Gold Room	Robin R	(321) 514-5945
Mexican Train Dominoes	1PM-3PM	\$2/\$3	Room A	Joanne	(321) 267-5923
Hand & Foot	12:30PM-3:30PM	\$2/\$3	Room A	Donna	(407) 808-5237
Bunco (2nd Mon)	1PM--3PM	\$4/\$5	Room B	Carol	(332)268-8087
Zumba	6PM-7PM	\$5/\$6	Gold Room	Robin R.	(321) 514-5945
TUESDAY					
Beginning Tap Dance (Starting in Sept)	9AM-10 AM	\$2/\$3	Room B	Susan	
Pinochle	10AM-2PM	\$2/\$3	Room A	Cat	(321) 231-1135
Muscle Memory, Strength, Balance	10AM-11:00AM	\$2/\$3	Gold Room	Natine	(321) 609-0999
Tap & Jazz (Intermed)	11AM-12PM	\$2/\$3	Room B	Marsha	(309) 236-7786
Connie's Card Making (2nd Tues)	11:30AM-12:30PM	\$4/\$5	Library	Connie	(410) 598-3755
Mahjongg	12:30PM-3:30PM	\$2/\$3	Room A	Andi M.	(321) 385-3595
Party Bridge	12:30PM-3:30PM	\$2/\$3	Gold Room	Thelma O	(321) 225-8514
Darling Damsels Bridge	1PM-3:30PM	\$2/\$3	Gold Room	Kathy D.	(321) 268-4827
Tai Chi	1PM-2:30PM	\$3/\$5	Room B	Ada	(321) 848-4689
Zumba Toning	6PM-7PM	\$5/\$6	Gold Room	Robin R	(321) 514-5945
WEDNESDAY					
Zumba- Gold	9:15AM-10:15AM	\$5/\$6	Gold Room	Robin R.	(321) 514-5945
Hurricane Rug Hooking (2nd&4th Wed.)	10AM-2PM	\$2/\$3	Room A	Fonda	(321) 298-2796
Beginner Line Dance	10AM-11AM	\$3/\$4	Room B	Yvette	(321) 258-6534
Golden Hearts Senior Fitness	11AM-Noon	\$5/\$6	Gold Room	Robin R.	(321) 514-5945
Ballet Barre & Stretch (starting in Sept)	12PM-1PM	\$2/\$3	Room B	Susan	
Line Dance Class	4:00PM-6:30PM	\$3/\$4	Gold Room	Ferrell	(321) 267-0195
Line Dance Class	6:30PM-8:30PM	\$3/\$4	Room B	Barbara	(321) 452-1944
THURSDAY					
Bingo (Play begins at 10AM)	9AM-2:30PM	Varies (#of cards played)	Gold Room	Cat	(321) 231-1135
Zumba Gold Tone/Chair	11:00AM-12:00PM	\$5/\$6	Room B	Robin R	(321) 514-5945
Tai Chi	1PM-2PM	\$3/\$5	Room B	Ada	(321) 848-4689
Zumba	6PM-7PM	\$5/\$6	Gold Room	Robin R.	(321) 514-5945
Core & More	7:15PM-8PM	\$5/\$6	Gold Room	Robin R	(321)514-5945
Board of Directors Mtg. (2nd Thursday)	3PM	N/A	Library	Robert	(321) 362-2036
FRIDAY					
Muscle Memory, Strength, Balance	10AM-11AM	\$2/\$3	Gold Room	Natine	(321) 609-099
Euchre	10AM-1PM	\$2/\$3	Room A	Barbara	(321)750-2679
No. Brevard Line Dance (Impr/Intermed)	12PM-2PM	\$3/\$4	Gold Room	Yvette	(321) 258-6534
Cribbage	1PM-3PM	\$2/\$3	Library	Carole	
Karaoke	2PM-5PM	\$2/\$3	Room A	Mike	(321) 268-2013
Line Dance Social (4th Fri)	6PM-9PM	\$5	Gold Room	Yvette	(321)258-6534
SUNDAY					
Intermed/ Adv'd. Line Dance Class	2PM-4PM	\$3/\$4	Room B	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.**

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*Thank you Susan Frank,
Jerri Thews & Queen Esther & Stan
from Miami, & Paulette Amaral
for their donation to the center.
Really appreciate it.*



*Robin will not have any
Zumba or
Golden Hearts Classes
August 7th-18th
Plus no evening Zumba August 3rd
Will return Monday August 21st*



**Party Bridge is looking
for players.**
Tuesdays, 12:30-3:30pm
For more information call
Thelma 321-423-2711

Need Volunteers for August 3rd after bingo to set up rummage sale and also work the sale the 4th and 5th. Please see Linda or Paulette in the office if you can HELP!

Also we will be at Publix on Garden St. October 7th and 8th if you can give us an hour or two either day and man the table. We want to let our community know what we are all about! Please see Anita our 1st VP, Linda or Paulette Any Questions feel free to call the center or stop in.



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Rich Fernbach**

rfernbach@lpicommunities.com

(800) 477-4574 x3675



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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



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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
Wednesdays
10am-11am
Room B

For more info call
Yvette at
321-258-6534



**Zumba Gold-
Toning**

Thursdays 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



Tuesdays
10 am-2pm

For information call
Cat @321-231-1135



Fridays
10 am-12:30 pm

Call Barbara at 321-750-2679
if interested in playing.

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Pat will not be having Sunday Intermed/
Advance Class the month of
August will return on
September 10th



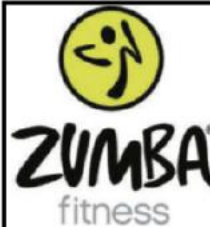
Starting in September
Beginning Tap Dance
Tuesday the 12th
Ballet Barre & Stretch
Wednesday the 13th

Nasty Needles would like to start to meet at the center. Needlework, Cross stitch, Needlepoint etc. Please contact the center at 321-268-2333 or nbsc@cfl.rr.com if interested and will pass your information to the leader.



NO
LINE DANCE SOCIAL
in August
Will be back in September!

It's all about
LINE DANCING



Join Robin!
Monday & Thursday

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

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Muscle Memory, Strength & Balance Class

With Natine

Tuesdays and Fridays

10am-11am

***Please Note There will be NO class
August 4th, 8th, 11th & 15th***

Gentle Yoga for Seniors with Cindy



Mondays from 11:30-12:30 pm

Members \$5.00 Guest \$6.00

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***

There will be NO August Class!



Cribbage is now on Fridays at 1pm

***Please park in the back and enter by
back door.***

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

Lloyd (Ed) Harrison

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

Beverly Thomas

Linda Trawle

Walt Tweedie

Marilyn Varnado

Connie Washam

Robert Williams

Karen Wolfe

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purchase an ad with***

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**Follow us on
Facebook for our
upcoming events
North Brevard Senior Center**

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



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



Hurricane Rug Hooking
2nd and 4th Wednesday
of each month
10am to 2pm



**Mark your
calendar**

October 7th— Indoor Yard Sale
Reserve your table starting Sept 1st.

October 27th— Health Fair
**December 2nd—Members Christmas
Party**

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

MAHJONGG
TUESDAYS @ 12:30 pm
\$2 members
/ \$3 guests

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



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*The Center is in need of receptionists when others volunteers are on vacation.
If you can give even one or two days a month.
Please let Linda Ops Manager know.
Duties: Answer the phone, greet people, give new members information about the center activities. Great way to get to know other members of the center!*



**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.



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



**MONDAY
MORNING
10AM-2PM**

Dealer's Choice

\$2 member / \$3 non

CHIPS— Bag of 40 only \$4



**Ada is BACK Tuesdays 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 park & enter at back
of building*

Why not join Marsha Tap & Jazz Class?
This is a intermediate class.



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

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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.

every contribution is
highly valued

thank
you!

Line Dance Class



Yvette's
Friday Class that is
12 pm to 2 pm is
for Improvers or
intermediates.

Beginners Please come to her Wednesday class
from 10 am to 11 am



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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TRIPS AND TOURS

ALL TRIPS OPEN TO THE PUBLIC

****PRICES BASED ON DOUBLE OCCUPANCY***

MORE INFO? Call 321-631-8080

(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.

CRUISES

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.

Panama Canal

Mon-Fri, Jan 29th-Feb 9th 2024

Starting at \$3221.63*

Sail on the Celebrity Infinite from Everglades to Cartagena, the Panama Canal and Colon, Aruba, Bonaire and Curacao. Includes Pre-paid gratuities, Wi-Fi and beverage package. Also includes shipboard credit. Military discounts are combinable for more savings. **\$450 deposit due by March 1, 2023. Final payment due by October 20th 2023.** * Based on double occupancy, does not include airfare.

Mardi Gras 2024 Cruise

Sat-Thur Feb 10th-22nd 2024

Starting at \$2797.25*

Sailing from Tampa, FL on the Celebrity Constellation with double overnight in New Orleans, Roatan, Belize and Cozumel.

Oceanview Staterooms: starting at \$2797.25 per person

Oceanview Balcony Staterooms: starting at \$3407.25 per person

Celebrity now has their Always Included which includes classic drink package, Wi-Fi and pre-paid gratuities. All rates include port charges, and govt taxes and based on double occupancy. **\$450 per person deposit due by March 1, 2023.** Final payment due by

Greek Island Hopper - September 7th-16th, 2024 - join Jean as we head off to Greece. we will be staying in

Athens, Mykonos and Santorini. Double occupancy \$2999 pp and single is \$4009, this includes intra country air, international air will be added once available in late 2023. Deposit is \$500 per person!