

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

September 2023

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

North Brevard Senior Center

***Lunch & Learn
with
Seniors Helping Seniors
at***

*North Brevard Senior Center
909 Lane Ave, Titusville, FL
September 13, 2023*

11:30 am—1 pm

Please join us for

FOOD, BINGO, & PRIZES

*RSVP 321-268-2333 or
stop at receptionist desk at the center*

North Brevard Senior Center
909 Lane Ave, Titusville, FL

Indoor Yard Sale

Saturday, October 7th

8am-noon

Reserve and pay for your tables starting
September 1st
\$10.00 a table or 3 for \$20.00

More info call 321-268-2333

North Brevard Senior Center

Early Fall Dance

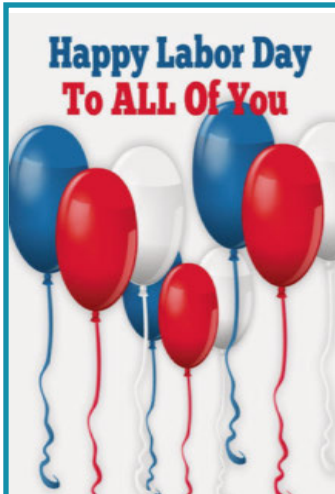
Friday, September 15th

6pm-9pm



**BYOB Light Snacks will be provided.
Soda will be available for purchase.**

\$5.00 per person
Tickets Available Sept 1st
or at the door .



The Center will
be closed
Monday,
September 4th.

NBSC Activities — Guests welcome!

<u>ACTIVITY</u>	<u>TIME</u>	<u>MEMBER/GUEST</u> <u>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	(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 .	(321) 514-5945
CIRCL Mobility	7:15PM– 8PM	\$5/\$6	Gold Room	Robin	(321)514-5945
TUESDAY					
Beginning Tap Dance	9AM-10 AM	\$2/\$3	Room B	Susan	(540) 220-4831
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
Duplicate Bridge (Starting Oct 3rd)	11:45 AM-	\$2/\$3	Gold Room	John	(321) 269-5525
Mahjongg	12:30PM-3:30PM	\$2/\$3	Room A	Andi M.	(321) 385-3595
Darling Damsels Bridge	1PM-3:30PM	\$2/\$3	Library	Kathy .	(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	(321) 514-5945
WEDNESDAY					
Zumba– Gold	9:15AM-10:15AM	\$5/\$6	Gold Room	Robin .	(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 .	(321) 514-5945
Ballet Barre & Stretch	12PM-1PM	\$2/\$3	Room B	Susan	(540) 220-4831
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	(321) 514-5945
Zumba	6PM-7PM	\$5/\$6	Gold Room	Robin .	(321) 514-5945
Core & More	7:15PM-8PM	\$5/\$6	Gold Room	Robin	(321)514-5945
Board of Directors Mtg. (1st 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	Library	Barbara	(321)750-2679
CIRCL Mobility	11AM-1PM	\$5/\$6	Room B	Robin	(321)514-5945
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	Gold Room	Pat	(321) 268-2333
Will start up October 1st					

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

LINE DANCE SOCIAL

***Friday, September 22nd
6 PM-9 PM***

ONLY \$5 PERSON

***This month's theme is
Busy Bee Boogie***

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

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

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
Ops Managers. Any Questions feel free to call the
center or stop in.



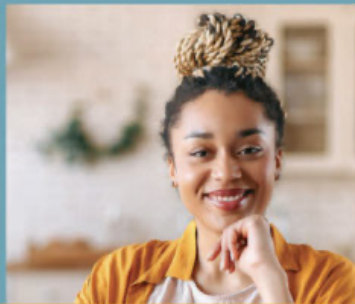
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Advertise in our Newsletter!

**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

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

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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.

Let's Kick it Back to the Fall with Robin! So dust off those Cowboy hats!

Join us on Thursday, October 12th from
6-7:30pm

**Wear your cowboy hats and blue jeans as
we kick up our heels and get
"Footloose".**

Prizes for Best Dressed 1st, 2nd and 3rd place
Light snacks and water provided.

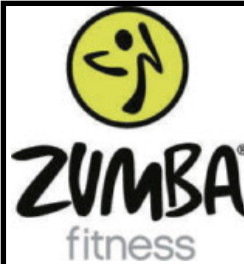
Cost: \$10.00 in advance by 10/5

\$15.00 at the door

RSVP with Robin Rymkos at 321-514-5945 or
Rymkos@yahoo.com



Nasty Needles would like to start to meet at the center. Needlework, Cross stitch, Needle-point etc. Please contact Kathy 484-340-0562 if interested in join the class.



***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

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

*There will be no class
September 22nd and 26th*

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**



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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GOLDEN HEARTS



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



BALLET, BARRE & STRETCH

Provides support for posture, body
core work & foot strength.

Susan has over 40 years of dance
training & teaching.

Socks, ballet or jazz shoes.

Bring a mat for the stretch portion
of the class.

Starting Wednesday, September 13th

12 NOON, Room B

For more information call

Susan at 540-220-4831



Hurricane Rug Hooking

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

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 2pm-4pm with Pat

Line Dancing

October 27th—
Health Fair



Duplicate Bridge

Starting Back up Tuesday, October 3rd
from 11:45am to 3pm

For more information call

John 321-269-5525



CIRCLE
MOBILITY™

Release. Restore. Renew.

Help you move better and longer!

This class will start

Monday, September 18th 7:15 pm

& Friday, September 22nd @11am

For more information

call Robin at 321-514-5945.

*Having a craft class at the Center in November.
This beautiful candy cane will be our first project.
Please see our October Newsletter for more information.*

This class will be limited



**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**

Never Line Dance Before?

This is the class!

Wednesdays, 4pm-4:45

*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

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

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



Beginner Tap Dance
Starting September 5th
at 9am

**NEW
CLASS!**

For more information
call Susan 540-220-4831

Line Dance Class



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

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



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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Our Care Services at a Glance

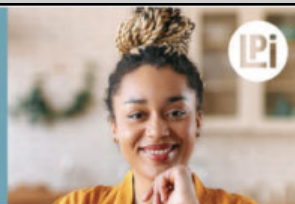
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- Transportation
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MORE INFO? Call 321-631-8080

(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 gov't 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!



*We have someone that has stepped up to help with
your computer or phone questions.*

Well knowledgeable on PC and I phones.

*Private Class by appointment only at the
North Brevard Senior Center*

Tuesday 2:30-3:30

Call Gary 407-399-0327

Members \$2.00

Non Members \$3.00