

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

**October 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



***Saturday, October 7th***  
***8am-noon***

More info call 321-268-2333

*This class is November 1st starting at 9:30am*  
*This beautiful candy cane will be our first craft project.*

*This class will be limited.*

*Must be prepaid by October 25th .*

*Class is \$10.00 includes your materials.*



North Brevard Senior Center  
909 Lane Ave, Titusville, FL



***Friday, October 27th***  
***9am– noon***

Come out and meet

- \*Insurance Agents
- \*Nursing/Rehab Centers
- \*Physical Therapists
- \*Medical Supplies Co.
- \*Ophthalmologist
- \*Hospice \*Hospital

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



# NBSC Activities — Guests welcome!

| <u>ACTIVITY</u>                        | <u>TIME</u>     | <u>MEMBER/GUEST</u><br><u>DONATION</u> | <u>CONTACT PERSON</u>   |
|----------------------------------------|-----------------|----------------------------------------|-------------------------|
| <b>MONDAY</b>                          |                 |                                        |                         |
| 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     |
| <b>TUESDAY</b>                         |                 |                                        |                         |
| 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   |
| Mahjongg                               | 12:30PM-3:30PM  | \$2/\$3 Room A                         | Andi M. (321) 385-3595  |
| Darling Damsels Bridge                 | 12:30PM-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    |
| <b>WEDNESDAY</b>                       |                 |                                        |                         |
| 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  |
| Duplicate Bridge                       | 12:00-3:30PM    | \$2/\$3 Library                        | John (321) 269-5525     |
| Ballet Barre & Stretch                 | 12PM-1PM        | \$2/\$3 Room B                         | Susan (540) 220-4831    |
| Line Dance Class Beginner/Intermed     | 4PM-6PM         | \$3/\$4 Gold Room                      | Ferrell (321) 267-0195  |
| Line Dance Class                       | 6:30PM-8:30PM   | \$3/\$4 Room B                         | Barbara (321) 452-1944  |
| <b>THURSDAY</b>                        |                 |                                        |                         |
| 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   |
| <b>FRIDAY</b>                          |                 |                                        |                         |
| 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-12PM       | \$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    |
| <b>SUNDAY</b>                          |                 |                                        |                         |
| 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.**

*Elections of 2024 Officers/  
Christmas Party*

*Saturday, December 2nd*

*Elections at 11:00 am*

*Lunch and Music 11:30 am*

*\*50/50 \*Door Prizes*

*More information in the  
November Newsletter*



**IT'S TIME FOR  
BOARD ELECTIONS!**

**EXERCISE YOUR MIND**



**PLAY DUPLICATE BRIDGE**

***Duplicate Bridge***

**Starting Back up  
Wednesday Oct 4th  
12 to 3:30pm**

For more information call  
John 321-269-5525

**AARP  
DRIVER  
SAFETY**

*I was just informed that there  
will be no AARP drivers class  
in November or any time soon  
in North Brevard. You can  
drive down to Melbourne or take it online.  
Was told that all instructors live in Melbourne  
area and can't find one that will drive to  
Titusville.*

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Rich Fernbach**

[rfernbach@lpicommunities.com](mailto: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  
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!*



**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

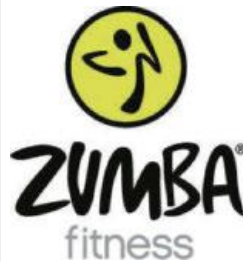


**Bunco**

**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!  
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: 321-960-5971 [battc3@cfl.rr.com](mailto: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



*Fridays at 1pm*

Please park in the back and enter by  
back door.

## *Gentle Yoga for Seniors with Cindy*

*No class October 9th*



*Mondays from 11:30-12:30 pm*

## *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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**NEW  
CLASS!**

## 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.

**Wednesday, 12 NOON, Room B**

For more information call

Susan at 540-220-4831



**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*



### ***Hurricane Rug Hooking***

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

## ***LINE DANCE SOCIAL***

***Friday, October 27th  
6 PM-9 PM***

***ONLY \$5 PERSON***



***This month's theme is  
Festive Friday***

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

*Call Yvette at 321-258-6534*

### **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***

**NEW  
CLASS!**

**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.**



*Gary 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*

*\$2.00 members \$3.00 non members*

*Call Gary 407-399-0327*



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



*Tuesdays at 1pm Room B*

***NO Class Oct 10th, 17th & 31st***



*With Mike and Carolyn*

***Fridays 2pm-5pm***

*Room A*

*Please park & enter at back  
of building*



*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-member**

**CHIPS— Bag of 40 only \$4**

*Never Line Dance Before?*

***This is the class!***

*Wednesdays, 4pm-4:45*

*For information call  
Ferrell 321-267-0195*



*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**  
**Tuesday at 9am**

**For more**  
**information call Susan**  
**540-220-4831**

**NEW**  
**CLASS!**

**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

**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

**\*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**

#### **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 -**

**Starting at \$2999.00\***

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!



### ***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.*