

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

December 2023

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

North Brevard Senior Center



Robert Williams, President and the Board of Directors wish you and your family a Merry Christmas and a Healthy & Happy New Year!

The Center will be closed December 22nd thru December 25th will reopen December 26th and will also be closed January 1st 2024.

ANNUAL ELECTIONS

SATURDAY, DECEMBER 2nd @ 11:30 am

*It's time to elect your Board of Directors
Executive Committee*

Current candidates are:

President – Robert Williams

1st Vice President – Anita James

2nd Vice President – Dan Williams

Treasurer – Cathie McMullin

Secretary – Joanne Engelbeck

Please plan to attend this brief meeting as it's imperative we have a quorum to elect next year's Executive Committee.



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

North Brevard Senior Center 909 Lane Ave, Titusville



Dance

January 5, 2024

6pm-9pm

Music by Mike & Carolyn

Music of all types

Slow, Rock & Roll & Line Dance

****BYOB *50/50***

****Snacks Provided***

\$5.00 per person

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
Blast	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
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
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	11:30AM-12:30PM	\$2/\$3 Room B	Susan	(540) 220-4831
Duplicate Bridge	11:30-3:30PM	\$2/\$3 Room A	John	(321) 269-5525
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
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. (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 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
SUNDAY				
Intermed/Adv'd. Line Dance Class	2PM-4PM	\$10 prepaid/\$13 Drop In Gold Room	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.**

Life Line Screening, the nations leading provider of preventive health screenings, will offer affordable, non-invasive and painless health screenings at

North Brevard Senior Center

December 19, 2023

A package of four screenings to identify risk for stroke, heart disease and other chronic conditions will be offered:

**CAROTID ARTERY SCREENING (PLAQUE)
PERIPHERAL ARTERIAL DISEASE SCREENING
ABDOMINAL AORTIC ANEURYSM (AAA)
ATRIAL FIBRILLATION**

Register

by calling toll free 1-844-591-7160

Attn: All Zumba, Senior Fitness Classes!

*Join us for our Holiday Gatherings at La Marimba
Wednesday, December 6th at 12:30pm (Christmas Luncheon)*

Saturday, December 16th at 6pm (Christmas Dinner & Dance) RSVP to Robin Rymkos at 321-514-5945

December 20th & 21st - Join us for our last classes of the Year as we move & sing to some Holiday Cheer.

Wear your favorite, festive holiday Gear and we will Dance our way into the New Year!

**All my Group Fitness Classes will be Cancelled
12/22 - 1/5.*

*Happy, Healthy Holidays!
Robin Rymkos*



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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

ATTENTION FIRST TIME PLAYERS!

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

Free hot coffee.
BRING YOUR OWN



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

CHECK ONE: ☐ NEW MEMBERSHIP ☐ RENEW MEMBERSHIP ☐ ACTIVITY LEADER

PLEASE PRINT

LAST NAME: _____ FIRST NAME _____

PHONE: HOME: _____ CELL: _____

ADDRESS: _____ CITY _____ ZIP _____

EMAIL _____

*EMERGENCY CONTACT: _____

*EMERGENCY CONTACT PHONE#: _____

IF YOU CAN VOLUNTEER PLEASE CHECK BELOW

☐ LIBRARY ☐ KITCHEN ☐ BINGO CALLER ☐ FRONT DESK ☐ SPECIAL EVENTS ☐ DECORATING ☐ ROOM SETUP

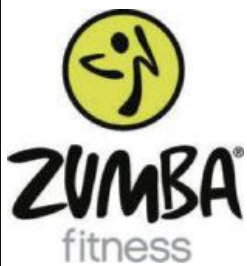
TYPE OF MEMBERSHIP: ☐ INDIVIDUAL \$20 ☐ BOOSTER \$10 ☐ COMP

CASH AMT _____ CHECK AMT _____ CK# _____

*Rec'd By: _____ Date: _____

* Required Information

If you are in need of Christmas Cards we will have free ones for members in the library. Please no more then 15 per person so everyone can get them.



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!

WE'RE LOOKING FOR BOARD MEMBERS!



HANDS - HEAD - FEET Your Center needs all of you!

Help is needed to support our nonprofit corporation. Examples of how **YOU** can help include:

Reception (greet people coming into the Center & answer phone calls) --

Logistics (set up or break down furniture) --

Kitchen (assist with prepping & serving food for special events) --

Maintenance (easy as Parks & Rec does most of it) --

Committees (special events, ways & means, etc.)

For more info or to volunteer, please write down your area of interest & experience (not required) and turn it into our Ops Manager Linda Trawle

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Muscle Memory, Strength & Balance Class

*With Natine
Tuesdays and Fridays
10am-11am*

Why not join Connie's Card Making?

No Class in December

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 in December 11th
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
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



Kathy Sorrell
Field Sales Agent
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The Auto Club Group

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LOCALLY**



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.

Please note no class December 27th

Wednesday, 11:30 am 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, December 8th
11am-2pm

ONLY \$5 PERSON



This month's theme is
Christmas Luncheon Dance
Come dance to all genres of
music great for everyone,
beginner to advanced!

Call Yvette at 321-258-6534
for more information



Beginner Line
Dance Lessons
with Yvette
Wednesdays
10am-11am
Room B

For more info call Yvette at
321-258-6534

CIRCU
MOBILITY™

Release. Restore. Renew.

Help you move better and longer!

Fridays 11:00 am

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

Members \$2.00

Non Members \$3.00



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

*Tuesdays at 1pm
Room B*



**Tuesdays
10 am-2pm**

For information call
Cat @321-231-1135



*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
Please note no class Dec 26th

For more information call Susan
540-220-4831

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

MORE INFO? Call 321-631-8080
(ALL ABOUT YOU TRAVEL)

DAY BUS TRIP

St. Augustine Night of Lights

Wednesday, December 13, 2023 \$99.00

Join us for our annual trip to see the largest Night of Lights in the U.S.A. You will have time for shopping and chose from so many wonderful restaurants to eat on your own time. Then at dark we will go by horse and carriage around the historical city and see their beautiful display. Sign up by December 1st..

Kissimmee Swamp Tour

Wednesday, January 10, 2024 \$97.00

This looks to be a fund day on Lake Kissimmee, the largest lake in Central Florida surrounded by state wildlife parks and protected wetlands, Kissimmee Swamp Tours and Airboat Tours is a unique and different adventure from anything you will ever experience. We are not just a quick airboat ride through the waterways near town like most other tours out there. We offer an exciting, and informative 30 minutes airboat tour through the untouched and pristine headwaters of the Florida Everglades. You will be taken through some of Florida's untouched wilderness by professional and informative captains. Maximum of 46 allowed for this trip sign up by December 15, 2023.

Solomons Castle

Tuesday, January 16, 2024 \$125.00

This is going to be an exciting day as we visit the metal castle of Howard Solomon, his architect, countless metal sculptures, more than 80 interpretive stained glass windows plys his latest works. Sulptor, painter, author, builder of dreams, your host. Here is where Howard shares his unique view of the world. Lunch is included, minimum of 35 and deadline to sign up is January 4, 2024

Moulin Rouge, the Broadway Spectacular

Saturday, March 2, 2024 \$178.00

Truth, Beauty, Freedom, Love— Moulin Rouge is more than a musical it is a state of mind. Enjoy an afternoon at Moulin Rouge, let your senses take you away. Lunch is included and balcony seating. Minimum of 35 needed for this trip, Sign up by January 5th.

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!**