

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

**January 2024**

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 Happy and Healthy 2024.*

*The Center will be closed January 1, 2024*

### ***North Brevard Senior Center*** ***909 Lane Ave, Titusville***



*Dance*

***January 5, 2024***

***6pm-9pm***

***Music by Mike & Carolyn***

***Music of all types***

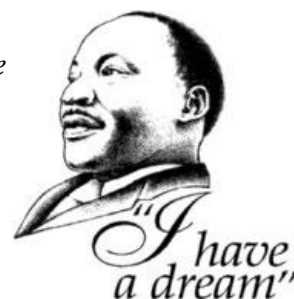
***Slow, Rock & Roll & Line Dance***

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

***\*Snacks Provided***

***\$5.00 per person***

*To Celebrate and Observe  
Martin Luther King Day. The  
North Brevard Senior Center  
will be closed  
Monday January 15th.*



***Come out and support our center at***

***Village Inn, Titusville***

***Thursday, January 11th***

***4pm-9pm***

***Have dinner and turn in  
your receipt***

***The center will receive 10 percent of  
all receipts turned in.***

# NBSC Activities — Guests welcome!

<u>ACTIVITY</u>	<u>TIME</u>	<u>MEMBER/GUEST</u> <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	\$7/\$8 Gold Room	Robin . ( 321) 514-5945
Blast	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	\$7/\$8 Gold Room	Robin (321) 514-5945
<b>WEDNESDAY</b>			
Zumba– Gold	9:15AM-10:15AM	\$7/\$8 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
<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	\$7/\$8 Room B	Robin (321) 514-5945
Zumba	6PM-7PM	\$7/\$8 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
<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
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	\$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.**



every contribution is  
highly valued

thank  
you!

*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.*



## ***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!***

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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

**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



## Decade's Dance Party - Throwback Thursday

Date: Thursday, January 25th

Time: 6:00 - 8:00pm

Cost: \$10.00 Members and Non-Members

Come join us as we swing it back to the

50's, 60's, 70's and 80's

for our New Year Dance Party.

Come dressed in costume—

Prizes for 1st, 2nd and 3rd place.

*I would like to wish everyone a*

*Happy, Healthy New Year*

*and I am looking forward to all of our classes in 2024!*

Robin Rymkos - CPR,

Group Exercise Instructor & Personal Fitness  
Trainer, Insured Licensed and certified for ZUMBA,

ZUMBA GOLD, ZUMBA GOLD TONING,

ZUMBA TONING, CIRCL Mobility and

Golden Hearts -Senior Fitness Training.

**Follow us on Facebook for our**

**upcoming events**

**North Brevard**

**Senior Center**



## 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) --

**Rentals** to oversee them.

**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

EXERCISE YOUR MIND



PLAY DUPLICATE BRIDGE

**Duplicate Bridge**

**Wednesdays**

**11:30 to 3:30pm**

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## *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*



*Mondays from 11:30-12:30 pm*  
*Members \$5.00 Guest \$6.00*

### *Newsletter Booster 2024*

*Be a Booster for only \$10/year.*

Natine Abreu-Shaw  
Raymond Bray  
Joanne Engelbeck  
Susan Frank  
Anita James  
Susan Landess

Andrew Olshavsky  
Linda Trawle

*Fridays  
10 am-12:30 pm*



*For more information  
Call Barbara 321-451-6697*

# THRIVE LOCALLY



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## BALLET, BARRE & STRETCH

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

*Socks, ballet or jazz shoes.*

*Bring a mat for the stretch portion of the class.*

**Wednesday, 11:30 am Room B**

For more information call

Susan at 540-220-4831



### *Hurricane Rug Hooking*

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

## 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*



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

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

## ***LINE DANCE SOCIAL***

***Friday, January 19th  
6pm-9pm***

***ONLY \$5 PERSON***



***This month's theme is  
Back in Black and Better***

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

*Call Yvette at 321-258-6534*

## **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***

***The Center is in need of receptionists .***

***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!***



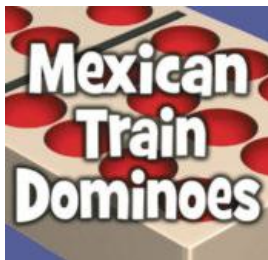




*Gary has stepped up to help with  
your computer or phone questions.  
Well knowledgeable on  
PC and I phones.  
Private Class by appointment  
only at the  
North Brevard Senior Center*

*\$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*

*Please note No Karaoke*

*January 28th*

*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**

**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 car-  
dio, 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

#### 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 plus his latest works. Sculptor, 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.

#### Florida Strawberry Festival

**Friday, March 8, 2024 \$119.00**

Included in Trip: Festival Admission and Reserved Concert Seats to see the Commodores, Strawberry Shortcake, round trip motor coach transportation, bus driver gratuities and taxes.

### 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!**