

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

**February 2024**

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

## ***North Brevard Senior Center***

*North Brevard Senior Center*

*Presents*

*Hearts in February Dance*

*February 9, 2024*

*6pm-9pm*

*\$5.00 per person*

*BYOB*

♥ *Singles*    ♥ *Couples*

*Snacks Provide*

*Music by Mike & Carolyn*

♥ *Slow Dance, Rock n Roll and*  
*Line Dance*

*Why not check out our many  
exercise classes we offer here at the  
North Brevard Senior Center?*

*Ballet Barre & Stretch*

*Chair Dance*

*Golden Hearts Senior Fitness*

*Muscle, Memory, Strength, Balance*

*Tai Chi*

*Yoga*

*Zumba*

*Zumba Gold*

*Zumba Gold Tone/Chair*

*Zumba Toning*

**THANK  
YOU**

*A Big Thank You to everyone who had dinner at the Village Inn last month. A portion of your dinner cost has been donated by the Village Inn to the North Brevard Senior Center.*

*And thanks to those who have made cash donations because they were unable to go to dinner.*

*The Board of Directors*

# 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	\$5/\$6 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)	11:00AM-12:00PM	\$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
Ballet Barre & Stretch	11:30AM-12:30PM	\$2/\$3 Room B	Susan (540) 220-4831
Chair Dance	1:00PM– 2:00PM	\$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	\$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
<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.**



***Fridays  
10 am-12:30 pm***

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



## ***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!***

## ***Gentle Yoga for Seniors with Cindy***



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

***Members \$5.00 Guest \$6.00***

***Meets in Room B***

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## **LET'S GROW YOUR BUSINESS**

**Advertise in our Newsletter!**

**CONTACT ME  
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  
Marion Murray  
Cat Simkins  
Diane Sweeney  
Sandy Witt

**EMERITUS MEMBERS**

Terry Eisenberg  
Doris McDowell

**Ops Manager**

Linda Trawle

**Assistant Ops Manager**

Paulette Amaral



**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!**



Why not stop in and try our one  
of our many classes we offer at  
the center!

**Get excited for**  
**NEW CLASSES!**

Rock out in your chair to upbeat music!  
We will exercise with the help of the chair  
and have fun dancing to the beat.

*For more information*  
*contact Susan at 540-220-4831.*

**Starting February 7th 1pm-2pm**  
**Room B**



## TD BANK & THE SENIOR CENTER

Customers who open a new Convenience Checking Account and tell TD Bank that they are members of the North Brevard Senior Center can get "FREE money" for themselves and the Center!

**HELP YOURSELF** — Just make at least \$500 in direct deposits within the first 60 days to automatically qualify for a \$150 TD checking account bonus! Also, the checking account is FREE if you maintain a daily balance of \$100 or more.

**HELP THE SENIOR CENTER** — If you open a savings or checking account and maintain it for 1 year, the NBSC will receive a \$50 credit to the Center's account. It's a "donation" from you towards the Center's being able to pay its bills without your having to do anything except conduct your banking business as usual.



## 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 includes:

**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

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



EXERCISE YOUR MIND



PLAY DUPLICATE BRIDGE

*Duplicate Bridge*

Wednesdays

11:30 to 3:30pm

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# SUPPORT OUR ADVERTISERS!



## ***Muscle Memory, Strength & Balance Class***

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

### ***Why not join Connie's Card Making?***

**Please note TIME CHANGE**

**2nd Tuesday of the Month 11:00 am-12:00 pm**

**For more information call  
Connie at 410-598-3755**



***Fridays at 1pm***

Please park in the back and enter by  
back door.  
Meets in the Library

## ***Newsletter Booster 2024***

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

Natine Abreu-Shaw

Jeff Amaral

Paulette Amaral

Judy Ball

Joann Baxter

Raymond Bray

Lois Broyles

Joanne Engelbeck

Susan Frank

Patricia Hackenberg

Judy Harris

Judy Housel

Anita James

James Kiener

Karin Krause

Susan Landess

Catherine McMullin

Dennis McMullin

Madeleine Morris

Fran North

Andrew Olshavsky

Yvonne Repich

Linda Siano

Wendy Smith

Beverly Thomas

Margaret Tobison

Linda Trawle

Sandra Valdes

Marilyn Varnado

Connie Washam



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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*

*Meets in the Library*

## 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, February 16th  
6pm-9pm***

***ONLY \$5 PERSON***



***This month's theme is  
Music, Dance & You!***

***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 Trawle 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!***



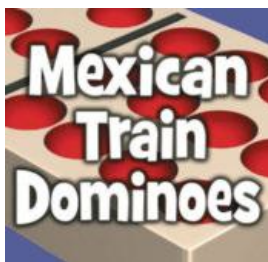




*Gary has stepped up to help with  
your computer or phone questions.  
Well knowledgeable on  
PC and I phones.  
Private Class by appointment  
only at the  
North Brevard Senior Center*

*\$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*

*No Class February 6th*



**Tuesdays  
10 am-2pm**

For information call  
Cat @321-231-1135



*With Mike and Carolyn  
Fridays 2pm-5pm*

*Please note No Karaoke  
February 2nd*

*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

#### 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

#### 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.*