

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

March 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



***Shamrocks in
March Dance***

Friday, March 1st

6pm-9pm

\$5.00 per person

BYOB

Snacks Provide

Music by Mike & Carolyn

Slow Dance, Rock n Roll and

Line Dance

For Information call the Center

321-268-2333

CLINCLOUD

Lunch & Learn

*With Amanda Fletcher, MD
Cognitive Behavioral Neurologist*

*Learn ways to keep your brain
healthy and the importance of a
Memory Screen.*

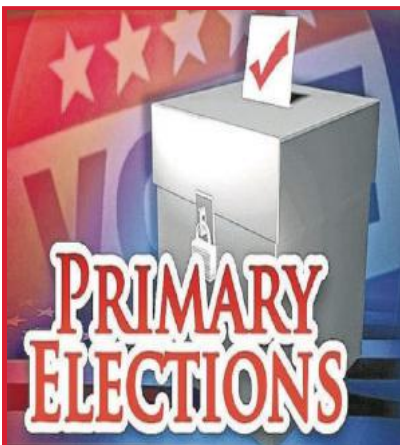
*North Brevard Senior Center
909 Lane Ave Titusville FL*

Tuesday, March 26th

11:30 am-1:00pm

RSVP Required

Please call 407-680-0534



**The North Brevard Senior Center
Will be closed**

Tuesday, March 19th

*also NO Golden Hearts, Zumba & Blast Classes on
Monday, March 18th*

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	1PM– 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	\$6/\$7 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)	11:00AM-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	\$4/\$6 Room B	Ada (321) 848-4689
Zumba Toning	6PM-7PM	\$7/\$8 Gold Room	Robin (321) 514-5945
WEDNESDAY			
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
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	\$7/\$8 Room B	Robin (321) 514-5945
Zumba	6PM-7PM	\$7/\$8 Gold Room	Robin (321) 514-5945
Core & More	7:15PM-8PM	\$6/\$7 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
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.**



***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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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

PRESIDENT
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
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!



North Brevard Senior Center
909 Lane Ave, Titusville, FL
Tuesday, April 23rd

CAROTID ARTERY SCREENING

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

For more information or to make an appointment.
Call 844-591-7160

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

Tina Ringfield

Robin Rymkos

Linda Siano

Cat Simkins

Wendy Smith

Beverly Thomas

Margaret Tobison

Linda Trawle

Sandra Valdes

Marilyn Varnado



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THRIVE LOCALLY



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

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***



Hurricane Rug Hooking

*2nd and 4th Wednesday
of each month*

10am to 2pm

Meets in the Library

LINE DANCE SOCIAL

***Friday, March 15th
6pm-9pm***

ONLY \$5 PERSON



***This month's theme is
Dancing Better Together***

***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!*

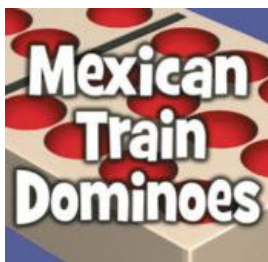




*Gary has stepped up to help with
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Well knowledgeable on
PC and I phones.
Private Class by appointment
only at the
North Brevard Senior Center*

\$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.*

POKER

**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.

Key West Holiday Trip **December 1st-4th** **\$817.00 per person (double occupancy) \$1170.00 Single**

Join an adventure of sun and fun in Key West for three days! We will be lodging at the Fairfield Inn and Suites where you will have plenty of freedom to explore the sites of the town and enjoy the free form pool and Tiki bar area. Trip includes 3 night stay at the Fairfield Inn with full American Breakfast (daily) and baggage handling (1 per person). Lunch at the Quarterdeck, dinner on arrival at the hotel and lunch at Quarterdeck in Plantation. Also Sunset cruise with live music, foods and drinks. Roundtrip Transportation.

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!**