

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

May 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
invites you to*



Dance

Friday, May 17th

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

***North Brevard Senior Center will be closed
Monday May 27th.***



**North Brevard Senior
Center**

**909 Lane Ave,
Titusville, FL**

Presents

***National Senior Health &
Fitness Day 2024***

Wednesday, May 29th

9 am to 1 pm

Theme: "Make Fitness Your Friend for Life"

***It's Time to Rock around the Clock &
Twist & Shout" while we have
FUN! FUN! FUN!***

Care Plus will be providing water!!!!!!

9:00 am Walk in the Vern Jenson Park located
right at the Senior Center

9:45-10:00 Demo Beginning Tap Dance w/ Susan

10:05-10:20 -Demo Beginning Jazz / Contemporary w/
Susan

10:45 -12:00 Golden Hearts Senior Fitness \$5.00

12:10-Healthy Lunch (Chef Salad)-Prepay \$3.00 by
5/22 at reception desk at the Senior Center.

12:20- Guest Speaker Michael Johnson

Physical Therapist Topic "Joint Mobility"

12:40- Guest Speaker Robin Rymbos

Aging Coach, Group Exercise Instructor

***"Fun morning about the secrets to aging well and how
to live your best life."***

Will have prize for 1st, 2nd and 3rd place if you want
to dress the theme which is "At the Hop" & lets get all
"Shook up!"

NBSC Activities — Guests welcome!

<u>ACTIVITY</u>	<u>TIME</u>	<u>MEMBER/GUEST</u> <u>DONATION</u>	<u>CONTACT PERSON</u>
MONDAY			
Strength and Stretch	9AM-10AM	\$2/\$3 Room B	Susan (540-220-4831)
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 Library	Fonda (321) 298-2796
Golden Hearts Senior Fitness	11AM-Noon	\$5/\$6 Gold Room	Robin . (321) 514-5945
Beginning Ballet/Lyrical	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	Ferrel (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
Beginning Jazz/Contemporary	9AM-10AM	\$2/\$3 Room B	Susan (540) 220-4831
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.**

The Executive Committee and Board Members would like to wish all Mom's a Happy Mother's Day



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*



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!

*Why not join Marsha Tap & Jazz Class?
This is a intermediate class.*



Tuesdays @ 11am Room B
Call Marsha @ 309- 236-7786 for information

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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
Paulette Amaral

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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



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!**

Beginning Ballet/Lyrical!

Wednesdays

11:30am- Room B

Always wanted to be a ballerina? It's never too late? Join this class to explore your love of classical dance.

Beginning Jazz /Contemporary
Thursdays 9am

Enjoy jazz & contemporary movement styles drawing from Broadway & modern dance.

**Contact Susan for information on both classes
at 540-220-4831 or susanlandess@gmail.com**

The line dance floor is a happy place, can't worry while we are dancing! Life will not change, but mood will... so why not dance?



We have a great class for you... Mondays at the North Brevard Senior Center for the young and young at heart, starting with beginners at 10am, followed by improvers then intermediate. Not only will you learn the steps, exercise, get in shape, but enjoy yourself while moving to the music with the best bunch of folks... all under \$5.00 Can't Beat That!

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

EXERCISE YOUR MIND



PLAY DUPLICATE BRIDGE

Duplicate Bridge

Wednesdays

11:30 to 3:30pm

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Muscle Memory, Strength & Balance Class

*Natine will be on vacation May 31st and
returning June 11th*

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

Why not join Connie's Card Making?

*Month of May Connie's Class will be the 1st Tuesday
May 7th 11:00 am-12:00 pm*

For more information call



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

Harold Klotzer

Karin Krause

Susan Landess

Catherine McMullin

Dennis McMullin

Madeleine Morris

Fran North

Andrew Olshavsky

Yvonne Repich

Tina Ringfield

Robin Rymkos

Andy Shayka

Linda Siano

Cat Simkins

Wendy Smith

Beverly Thomas

Margaret Tobison

Linda Trawle

Sandra Valdes



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

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

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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.

Now Mondays @ 9 am Room B

For more information call

Susan at 540-220-4831



*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***

***This class is on Summer Break
see you in the fall!***



Hurricane Rug Hooking

*2nd and 4th Wednesday
of each month*

10am to 2pm

Meets in the Library

LINE DANCE SOCIAL

***Friday, May 24th
6pm-9pm***

ONLY \$5 PERSON



***This month's theme is
Hootenanny!***

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

Call Yvette at 321-258-6534

Tuesdays

10 am-2pm



For information call
Cat @321-231-1135

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



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

Gentle Yoga for Seniors
with Cindy



Mondays from 11:30-12:30 pm

Members \$5.00 Guest \$6.00

Meets in Room B

SPACE COAST LINE DANCERS

WEDNESDAYS 4:00 - 6:30 PM
BEGINNER/IMPROVER/
INTERMEDIATE

For information call
Ferrel 321-267-0195



With Mike and
Carolyn
Fridays 2pm-5pm
Room A

Please park & enter at back of
building.

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.



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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Our Care Services at a Glance

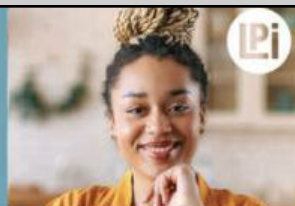
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TRIPS AND TOURS

ALL TRIPS OPEN TO THE PUBLIC

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

DAY BUS TRIP

The Captain's Corner/Elliott Museum

May 21st

\$116.00 per person

Bus trip includes Elliott Museum, Guided Tour of King Tut Celebration, Derek Jeter Exhibit, Lunch, Round Trip 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!**

Scottish Highlands & Island

May 10th-May 23rd 2025

**\$4869 per person
(Double Occupancy) \$6239 Single**

Join Jean as we head to Scotland for 14 days of travel.
See flyer by the travel section at the North Brevard Senior Center.



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.