

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

August 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
will be closed for



Tuesday, August 20th



July 1st till December 31st for new members,
membership is \$10.00. A great reason to check
us out for the rest of the year!



*You're invited to a Life Line
Screening Event!*

*North Brevard Senior Center
909 Lane Ave, Titusville, FL
Monday, August 5th*

Special Pricing for \$159.00

**Carotid Artery Disease Screening,
*Peripheral Artery Disease Screening,
*Atrial Fibrillation Screening
*Abdominal Aortic Aneurysm Screening
Plus a FREE Hypertension Screening
Call 888-814-0466 for appointment!*



Week of August 19th there will
be no Zumba, Zumba Gold,
Golden Hearts, Core, Blast,
Zumba Toning or Zumba Chair.

Robin will be on vacation the week of August 19th and
all classes will resume on Monday, August 26th



*North Brevard Line Dance &
Robin's Golden Hearts &
Zumba / Blast*

*Will not have a classes on
Monday, August 5th & 19th*

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	\$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)	11:00AM-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	1:00 PM-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	Cathy (814)571-2834
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	\$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
No. Brevard Line Dance (Impr/Intermed)	12PM-2PM	\$3/\$4 Gold Room	Yvette (321) 258-6534
Cribbage	1PM-3PM	\$2/\$3 Library	Carole (321)268-2333
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)720-8979

**MEMBERS REMINDER — THOSE WHO HAVEN'T PAID 2023 DUES
WILL BE ASKED TO DONATE AN EXTRA DOLLAR
FOR EACH ACTIVITY ATTENDED.**



*7 members made
donations to the center so
we could purchase a total
of 9- 8 foot table.
Now only need to replace
3 more!
Again, Thank You!*

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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**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

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Anita James
1st VICE PRES.
Rachel Kusterer
2nd VICE PRES.
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TREASURER
Cathie McMullin
SECRETARY
Paulette Amaral

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Paulette Amaral
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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!

Beginning Ballet/Lyrical!
Wednesdays
1:00 pm– 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
9:00 am - Room B

*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

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

Muscle, Memory, Strength, Balance
Join Natine for a fun class!
Tuesdays and Fridays at 10am



Why not join Connie's Card Making?

2nd Tuesday of the month.

For more information call
Connie at 410-598-3755

EXERCISE YOUR MIND



PLAY DUPLICATE BRIDGE

Duplicate Bridge

Wednesdays

11:30 to 3:30pm

Line Dance Class to Fit Your Needs

Mondays 10am-12:30pm with Yvette
Wednesdays 4:00pm-6:30pm with Cathy
Fridays 12pm-2pm with Yvette

Line Dancing

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*Well Care will be sponsoring two of Robin's classes. ZUMBA GOLD and Band Camp for the 1st class of every month making this class **FREE** to all who participate Come join the **FUN!***

Zumba Gold is on Wednesday mornings at 9:15 am—10:30 am.

Band Camp, Balls, & Bands a safe way, seated in the chair to get stronger while using bands & balls. Class will be on the first Friday of each month from 10:30am—11:30am.(limited to 25) September 6th will be the first class. Any questions feel free to contact Robin at 321-514-5945

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 at 1pm

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



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

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

**SUPPORT THE
ADVERTISERS
that Support our
Community!**



STRENGTH & 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.*

Mondays @ 9 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*

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

LINE DANCE SOCIAL

*Is taking the summer off they will
start back up in September!*

*Remember Yvette still has her
regular classes on
Monday & Friday*



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

*Call Yvette at 321-258-6534
for more information*

Tuesdays

10 am-2pm



For information call
Cat @32-231-1135



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



Gary has stepped up to help with
your computer or phone questions.
Well knowledgeable on
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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
Cathy 814-571-2834



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
Room B

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 cardio, muscular conditioning, flexibility and balance.

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SEPTEMBER 3RD

River Lanes

Free Ladies Clinic
Before League Starts!
August 27th and 29th
at 9am!

EARLY RISERS Ladies League



Family Entertainment Center

Play Bowl! Bingo For a
Chance to Win Each Week!

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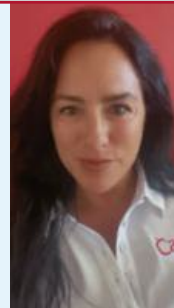
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TRIPS AND TOURS

ALL TRIPS OPEN TO THE PUBLIC

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

DAY BUS TRIP

Elliott Museum

October 8th

\$116.00 per person

The Elliott Museum has so many things to see and do. We will start off with guided tour of the first floor Celebration of King Tus, then lunch on property, if you like a real Philly cheesesteak you will like this! After lunch you will have free time to check out the car exhibit, or if you are a Yankees fan like myself, it's all about Derek Jeter from Kalamazoo to the museum, one of the largest collections of Jeter memorabilia. Minimum of 35 needed for trip, deadline to sign up September 10th.

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.