

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

September 2024

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

North Brevard Senior Center



1.5 percent! *Members we have 500 members and only 1.5 percent are volunteers at the center. Why not volunteer and raise it to at least 5 percent! All we are asking for is one or two days a month to help out at the front desk. Not hard work, greet people, answer phones, talk to our guest. Feel free to contact Linda or Paulette at the center for more information. 321-268-2333 or stop in and see what's all about.*

New Game starting
Monday, September 16th
And will play the 1st and 3rd Monday
of the month

Progressive Rummy

1:00pm-3:30pm
For more information call
Cathie 610-715-2237



***Beginner Line Dance
Lessons with Yvette!
Starts Wednesday
September 4th
10am-11am
Room B***

***Why not join Natine and Robin
in a joint class?***

The first Friday of each month!

Starting, Friday, September 6th
Please be signed in by 9:50am

*Natine will start at 10 am with a
Strength Class.*

Get those joints moving!

***At 10:30 Robin will have
Band Camp, Balls & Bands.***

Both classes are a safe way,
seated in the chair.

This class is being sponsored by
Well Care
so this class is free for you to come to!



North Brevard Senior Center
will be closed on
Monday, September 2nd



*Check the last page
for all the new day
trips being offered!*

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
Progressive Rummy	1PM-3:30PM	\$2/\$3	Room B	Cathie	(610) 715-2237
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
Beginning Line Dance Lessons	10:00AM-11AM	\$3/4	Room B	Yvette	(321)258-6534
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	Anita	(918)810-3534
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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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
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
Jeany Heaney
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!

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 o 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

Join Natine
Tuesdays and Fridays

10:00am-11:00am

Improve your
Muscle Memory, Strength and Balance

There will be no class Friday, Sept 27th

Why not join Connie's Card Making?

2nd Tuesday of the month.

For more information call

Connie at 410-598-3755

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

Join us Wednesdays
11:30—3:30pm

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*Well Care will be sponsoring Robin's
Zumba Gold Class*

*September 4th - 9:15-10:30 am
making this class **FREE** to all who participate.*

*Come join the **FUN!***

*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

**THRIVE
LOCALLY**

**WE APPRECIATE OUR
ADVERTISERS!**

They allow us to print
this bulletin. Thank you!



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*

*Yvette is back and first class is
Wednesday, September 4th*

LINE DANCE SOCIAL

Is back

Dance Away the Blues

*Friday, September 20th
6pm-9pm*

Only \$5.00 person



**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



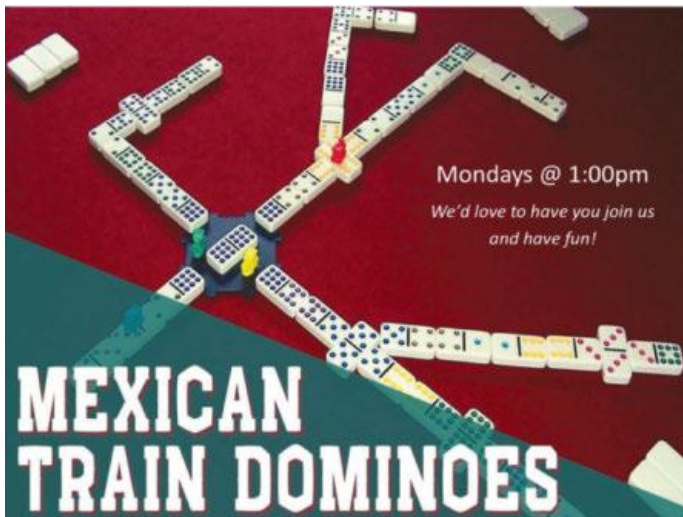
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for our upcoming events
North Brevard Senior Center*



*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*



*Tuesdays at 1pm
Room B*



Join Cindy



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



*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**

SPACE COAST LINE DANCERS

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

For information call



**Fridays 2:00pm-5:00pm
Please park in back and
enter in back door.**

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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**that Support our
Community!**

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
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\$11
Tuesdays 9am

16 weeks of fun
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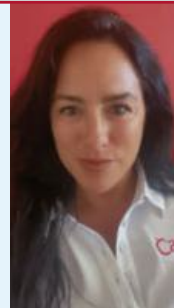
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TRIPS AND TOURS

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.

The Orlando Fire Museum

November 8th

\$99.00 per person

Join us for a fun filled day at the Orlando Fire Museum. Lots of local history exhibits on display in the 1926 firehouse. Lunch is included. Minimum of 35 needed for trip, Deadline to sign up is October 8th.

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.

A Beautiful Noise, The Neil Diamond Musical February 6, 2025

\$235.00 per person

Join us for an afternoon at Dr. Phillips Center to see the story of Neil Diamond come to life on stage. Lunch included. Need 35 minimum, final by October 1st

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.