

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

**October 2024**

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

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



*Thanks to two members  
stepping up and donating  
money for us to get the last  
3 tables needed for our  
Gold Room this would be for*

*bingo and also for our hall rentals  
Our 8 members that made donations we thank you from  
the bottom of our hearts.*

*Again, Thank You!  
Board of Directors, NBSC*

*If you purchase a reusable  
**Community Bag**  
at Winn Dixie located at  
1564 Harrison St  
in the month of October the center  
will receive \$1.00  
Cost of the bag is \$2.99  
So when your shopping why not  
purchase a community bag.*

### **What's Your Plan?**

**Navigating a hospital discharge.**

Join us at **North Brevard Senior Center** for an  
informative discussion panel to discuss what  
questions you should ask as you  
navigate the health care system!

**Featuring speakers from**

Parrish Healthcare

Royal Oak Rehab

Assisting Hands Home Care

St. Francis Reflections Lifestage Care

**Tuesday, October 15th at 1pm**

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

**The first Friday of each month!**

October 4th

**Please be signed in by 9:50am**

**Get those joints moving!**

*Robin will have*

**Band Camp, Balls & Bands starting at 10am.**

*Natine will start at 11 am*

**with a Strength Class.**

*A great way to end the class.*

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!

*Jeff & Paulette Amaral would like to thank everyone for*

*the prayers and support  
during Jeff's medical illness.*

*We are doing well and he is  
making a great recovery.*

*God Bless you all.*



# NBSC Activities — Guests welcome!

| <u>ACTIVITY</u>                        | <u>TIME</u>     | <u>MEMBER/GUEST</u><br><u>DONATION</u> | <u>CONTACT PERSON</u>  |
|----------------------------------------|-----------------|----------------------------------------|------------------------|
| <b>MONDAY</b>                          |                 |                                        |                        |
| 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 (1st & 3rd Mon)      | 1PM-3:30PM      | \$2/\$3 Room B                         | Cathie (610) 715-2237  |
| Bunco (2nd Mon)                        | 9:30AM-12:30 PM | \$4/\$5 Room A                         | 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    |
| <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      | \$4/\$6 Room B                         | Ada (321) 848-4689     |
| Zumba Toning                           | 6PM-7PM         | \$7/\$8 Gold Room                      | Robin (321) 514-5945   |
| <b>WEDNESDAY</b>                       |                 |                                        |                        |
| 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    |
| <b>THURSDAY</b>                        |                 |                                        |                        |
| 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    |
| <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 (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   |
| <b>SUNDAY</b>                          |                 |                                        |                        |
| 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.**



**Bunco**  
**2nd Monday of the month at 9:30am**



*Why not join them for a fun afternoon!*  
*For more information call Carol at 321-268-8087*

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



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



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

## SUPPORT OUR ADVERTISERS!

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**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 \***  
\*No one under the age of 18

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.**  
OPEN  
**TREASURER**  
Cathie McMullin  
**SECRETARY**  
Paulette Amaral

**BOARD MEMBERS**

Jeff Amaral  
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.

**Please note Robin will not have evening classes on October 24th and October 31st**



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

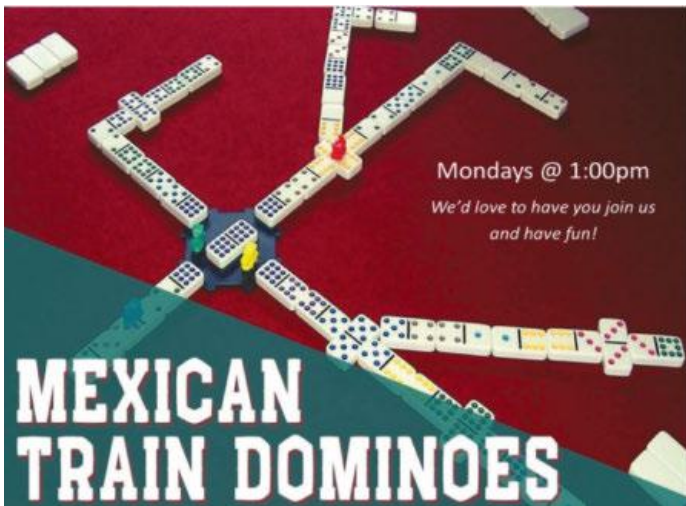
**Beginning Ballet/Lyrical!**  
**Wednesdays**  
**1:00 pm– Room B**

*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**



Mondays @ 1:00pm  
We'd love to have you join us  
and have fun!

# MEXICAN TRAIN DOMINOES



# MUSCLE MEMORY

Join Natine  
**Tuesdays and Fridays**  
10:00am-11:00am  
**Improve your**  
Muscle Memory, Strength and Balance

## Beginner Tap Dance

**Tuesday at 9am**  
**Room B**



For more information call Susan 540-220-4831

## Why not join Connie's Card Making?

*2nd Tuesday of the month.*  
For more information call  
Connie at 410-598-3755



## 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.  
*Please note Robin will not have class on October 24th!*  
**Room B**  
*This class is a total chair class!*



Join us Wednesdays  
11:30—3:30pm

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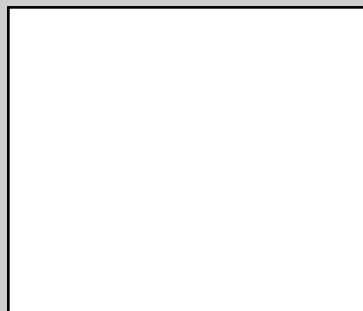


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**A+ Rating**

**MAHJONGG**  
**TUESDAYS @ 12:30 pm**  
**\$2 members**  
**/ \$3 guests**

**Call Andi at 321-385-3595**  
**If you have any questions!**



### 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.

**THRIVE**  
**LOCALLY**

**— WE APPRECIATE OUR  
ADVERTISERS!**

They allow us to print  
this bulletin. Thank you!

Well Care will be sponsoring Robin's  
Zumba Gold Class

October 2nd - 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

### **SPACE COAST LINE DANCERS**

WEDNESDAYS 4:00 - 6:30 PM

BEGINNER/IMPROVER/  
INTERMEDIATE

For information call  
Cathy 814-571-2834



**Tuesdays at 1pm**  
**Room B**



Mark your Calendar for the  
North Brevard Senior Center  
annual Christmas Party.

Saturday, December 7th  
Elections of Officers first

Followed by lunch

and we are bringing back the  
Elkery Brothers  
from last year for your listening and  
dancing pleasure.

More information in your  
November Newsletter



### **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

Join Cindy



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



## 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*

## *LINE DANCE SOCIAL*

### *Getup Gala*

*Friday, October 25th  
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*



## 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*

# Pinochle

Tuesdays 10:00am-2:00pm  
For more info call Cat  
321-231-1135

# EUCHRE

FRIDAYS  
10AM-12:30PM

CALL BARBARA  
321-750-2679  
IF INTERESTED  
IN PLAYING



*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  
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*



*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.*

# POKER

**MONDAY  
MORNING  
10AM-2PM**

**Dealer's Choice**

**\$2 member / \$3 non-member**

**CHIPS— Bag of 40 only \$4**



**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.*

# SUPPORT THE ADVERTISERS that Support our Community!

SEPTEMBER 3RD

River Lanes

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

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**Tuesdays 9am**  
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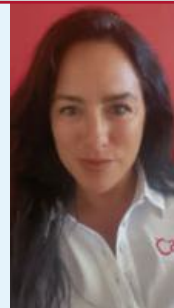
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# TRIPS AND TOURS

## 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.