

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

February 2025

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

NorthBrevard Senior Center



**Let's Go Red for
Heart Health Day**
Saturday, February 8th
Time: 10am – 12pm

Cost: \$10.00 for Members & Non-Members

Place: North Brevard Senior Center
(Gold Room)

with Robin Rymkos, Active Aging
Movement Coach

**Love your Heart and wear Red as a
reminder to prioritize a Heart-Healthy
lifestyle & disease prevention by engaging
in our Heart Health Day.**

Come ready to move, dance and sing on
our dance floor as we incorporate
ZUMBA®, ZUMBA TONING®,
ZUMBA GOLD® and ZUMBA Gold
Toning® into 1 Fun dance party for
Everyone! (Chairs Available)
Door Prizes, Light Healthy Refreshments
& Giveaways!

RSVP by Thursday, February 6th
(Tickets at Door will be \$15.00)

For more information and to get your
tickets, contact Robin Rymkos
at 321-514-5945.



2025 Membership \$20.00 for the Year!
**Become a Booster for \$10.00 a Year helps
support our newsletter!**

Line Dance Class to Fit Your Needs
Mondays 10:00am-12:30pm with Yvette
Wednesdays 11:00am-Noon Yvette
Wednesdays 4:00pm-6:30pm with Cathy
Fridays 12pm-2pm with Yvette
Sundays 2:00pm-4:00pm Pat

Line Dancing



*From the
Board of Directors*

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 (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
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
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					
Beginning Ballet/Lyrical	9AM-10AM	\$2/\$3	Room B	Susan	(540) 220-4831
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 Line Dance	11AM-Noon	\$3/\$4	Room B	Yvette	(321) 258-6534
Duplicate Bridge	11:30-3:30PM	\$2/\$3	Room A	John	(321) 269-5525
Line Dance Class Beginner/Inproved	4:30PM-6:30PM	\$5/\$5	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) 451-6697
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 (Last Friday of the Month)	Noon-3pm	\$5	Gold Room	Yvette	(321)258-6534
SUNDAY					
Intermed/Adv'd. Line Dance Class	2PM-4PM	\$5/\$6	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!

**PREVENT
TYPE 2 DIABETES
AND HEART
DISEASE.
FREE PROGRAM.
SCIENCE-BASED
HEALTHY AGING.**

"Lowered blood sugar (HbA1c) from 6.7 to 6.2%. I am now off cholesterol and blood pressure medication. I have lost 6 inches off my waist and 25 pounds. Very pleased with the results!"
Joann R., 68 y.o



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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 ***
 *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

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Doris McDowell

Ops Manager

Linda Trawle

Assistant Ops Manager

Paulette Amaral



Join Robin!

Monday & Thursday
6pm-7pm

Core & More follows

Zumba on Thursday Nights 7:15 pm-8pm.



Blast

follows

Robin's

Zumba class

Mondays at 7:15pm

Line Dancing

*Intermediates and
Advance*

Why not join Pat on

Sunday afternoons

2:00pm-4:00 pm

For more information

Call Pat at 321-720-8979

Strength & Stretch **Mondays**

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

Beginning Ballet/Lyrical! **Wednesdays**

9:00am- Room B

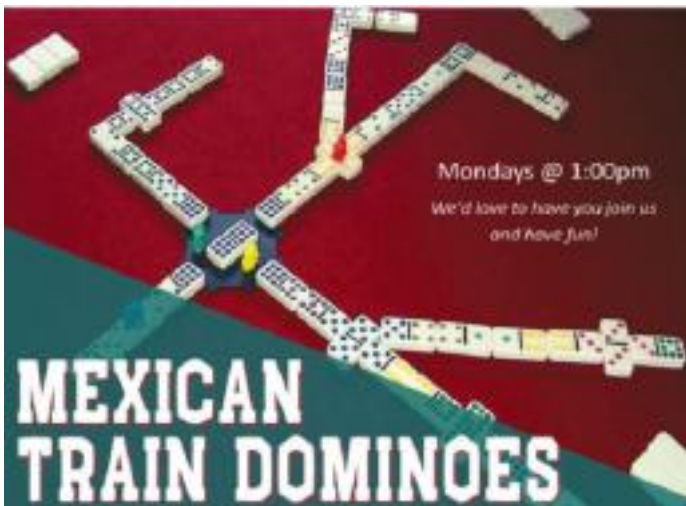
*Always wanted to be a ballerina? It's never too late?
 Join this class to explore your love of classical dance.*

Beginning Jazz /Contemporary **Thursdays**

9:00 am - Room B

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

Contact Susan for information on all above 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



Join us Wednesdays
11:30—3:30pm

DUPLICATE BRIDGE



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!

AC or Plumbing Repairs... Call Freedom Air



FREEDOM

★ Air and Plumbing ★

"With freedom comes choices, make the right one..."



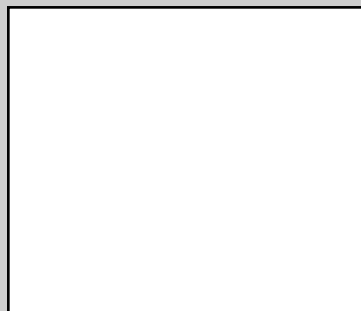

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MAHJONGG
TUESDAYS @ 12:30 pm
\$2 members
/ \$3 guests

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



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!

Newsletter Booster 2025

Natine Abreu-Shaw

Jeff Amaral

Paulette Amaral

Patricia Carter

Susan Frank

Joann Hanba

Anita James

James Kiener

Catherine McMullin

Denise McMullin

Madeline Morris

Fran North

Tina Ringfield

Suzanne Rostek

Carolyn Schuler

Andy Shayka

Linda Siano

Wendy Smith

Beverly Thomas

Linda Trawle

All members of North Brevard Senior Center are welcome to come to a Board of Directors Meeting which is held on the 2nd Thursday of the month.

Next one is February 13th at 3pm



SPACE COAST LINE DANCERS

WEDNESDAYS 4:30 - 6:30 PM

BEGINNER/IMPROVER/

INTERMEDIATE

For information call

Cathy 814-571-2834



Tuesdays at

1:00 pm

Room B



Fridays at 1pm

Please park in the back and enter by back door.

Meets in the Library

Members all we am asking for is one day a month a total of 4 hours to help out at the front desk out of 128 hours a month that the center is open.

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!*



Join Cindy



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

Line Dance Class



Join Yvette!

Listed are all her classes
For more information
Call her at
321-258-6534

Line Dance Beginning to Intermediates
Monday 10:00am-12:30pm

Beginning Line Dance Class
Wednesday at 11:00 am –12:00pm

Improvers or Intermediates
Friday 12 pm to 2 pm

LINE DANCE SOCIAL

Happy Hearts

Friday, February 28th
Noon– to 3:00 pm
Only \$5.00 person



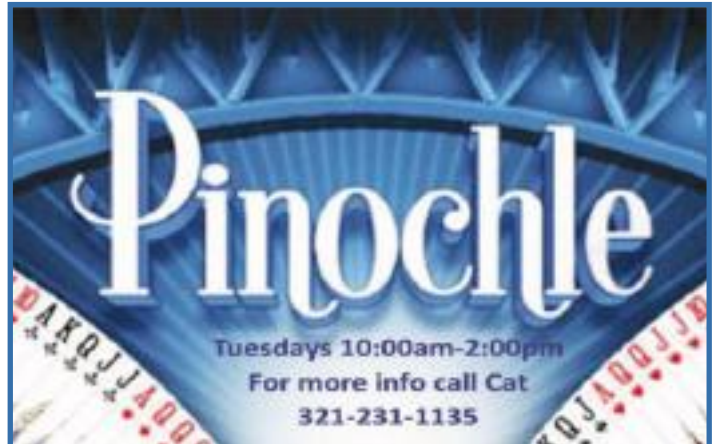
**Come dance to all genres of
music great for everyone,
beginner to advanced!**

*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



*Did you know we have over 15 different exercise
programs to pick from?
Why not check them out for 2025!*



Hurricane Rug Hooking
2nd and 4th Wednesday
of each month
10am to 2pm
Meets in the
**North Brevard Senior Center
Library**



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



**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

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

DAY BUS TRIP

Florida Strawberry Festival

February 27, 2025

\$137.00 per person

Enjoy a fun day at Plant City, Includes Festival Admission and Reserved Concert Seats, Strawberry Shortcake, Round Trip motor coach transportation, bus driver taxes and gratuities. Performing will be Jimmy Sturr & His Orchestra and Tommy James & The Shondells. Min of 35 people required to guarantee trip

MJ The Musical

March 11, 2025

\$195.00 per person

He is one of the greatest entertainers of all time. Now Michael Jackson's unique and unparalleled artistry comes to Orlando as MJ the multi Tony Award winning new musical centered around the making of the 1992 Dangerous World Tour, begins a tour of its own. Minimum of 20 to guarantee trip. Deadline to sign up December 10th, 2025.

Flamingo Gardens

March 31, 2025

\$125.00 per person



Join us for a guided tour through the beautiful Flamingo Gardens. This is one of the oldest botanical gardens established in 1927. It is also a sanctuary to permanently injured or non-releasable Florida native wildlife including alligators, bobcats, eagles, otters, panthers, peacocks and of course flamingo's!

Lunch is included. Minimum of 35 needed for this trip. Sign up by March 15th

CRUISES

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.

