

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

May 2025

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

North Brevard Senior Center

Come Join us for Active Aging Day & get yourself moving with some Fun and Fitness. Grab your Grass Skirts & Leis and join our Luau Party!

Date: Wednesday, May 14th

Time: 9am-1pm

*Place: North Brevard Senior Center
909 Lane Ave, Titusville, FL*



Cost: \$5.00 per class (Zumba Gold 9:15am-10:15am)

(S.E.A.T. = SUPPORTED EXERCISE FOR AGELESS TRAINING 11am-12pm)

12:15 pm-1pm Lunch & Learn with Mike Johnson, DPT, ATC Coast Physical Therapy will speak on "Be at your Best with Movement and Mobility for Fall Prevention!"

Cost \$5.00 for Lunch, RSVP by Wednesday May 7th with Robin Rymkos 321-514-5945



The Board of Directors and Operation Managers would like to shout out A big Thank You for everyone that made a donation to the center to purchase new card tables.



*From the
Board of
Directors*



The Center will be closed Monday, May 26th

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	12:15PM-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	\$5/\$6 Gold Room	Robin (321) 514-5945
Hurricane Rug Hooking (2nd&4th Wed.)	10AM-2PM	\$2/\$3 Library	Fonda (321) 298-2796
Party Bridge (1st & 3rd Wed)	12:30PM-3:30PM	\$2/\$3 Library	Cathy (321)268-5452
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 Begin/Improve /Int	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			
Tap	9AM-10AM	\$2/\$3 Room B	Susan (540)220-4831
Muscle Memory, Strength, Balance	10AM-11AM	\$2/\$3 Gold Room	Natine (321) 609-099
Eucre	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 2025 DUES
WILL BE ASKED TO DONATE AN EXTRA DOLLAR
FOR EACH ACTIVITY ATTENDED.**



Progressive Rummy
1st & 3rd Monday of the month
1:00pm-3:30pm
Room B

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



Party Bridge .
1st & 3rd Wednesday
12:30-3:30pm
If interested please contact
Cathy at 321-268-5452 or
6647CCH@gmail.com

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Joann R., 68 y.o



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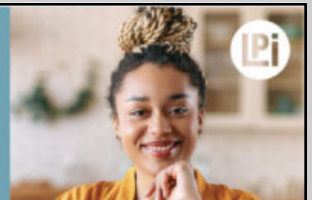
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RENTALS

**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.



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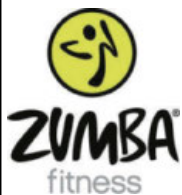
Doris McDowell

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

Join Cindy



Mondays
11:30am-12:30 pm

SPACE COAST LINE DANCERS

WEDNESDAYS 4:30 - 6:30 PM

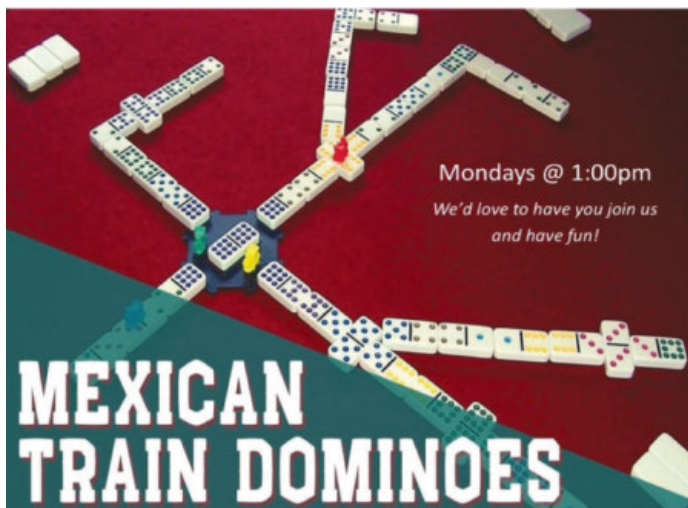
BEGINNER/IMPROVER/

INTERMEDIATE

For information call

Cathy 814-571-2834





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!

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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.



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 April 10th at 3pm

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
Lois Broyles
Patricia Carter
Susan Frank
Joann Hanba
Judy Harris
Anita James
James Kiener
Catherine McMullin
Dennis McMullin

Madeline Morris
Fran North
Patricia Portz
Tina Ringfield
Suzanne Rostek
Carolyn Schuler
Andy Shayka
Linda Siano
Wendy Smith
Beverly Thomas
Linda Trawle

*Tuesdays at
1:00 pm
Room B*



Fridays at 1pm

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

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.*

9:00am– Room B

Beginning Tap

Tuesdays

9:00am– 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.*

Tap Class

Fridays

9:00 am - Room B

Starting April 18th

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

Line Dance Class



Join Yvette!

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

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

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

Improver; or Intermediate;
Friday 12 pm to 2 pm

LINE DANCE SOCIAL

Glitz, Sparkle and Shine
Friday, May 30th
Noon- to 3:00 pm
Only \$5.00 per person



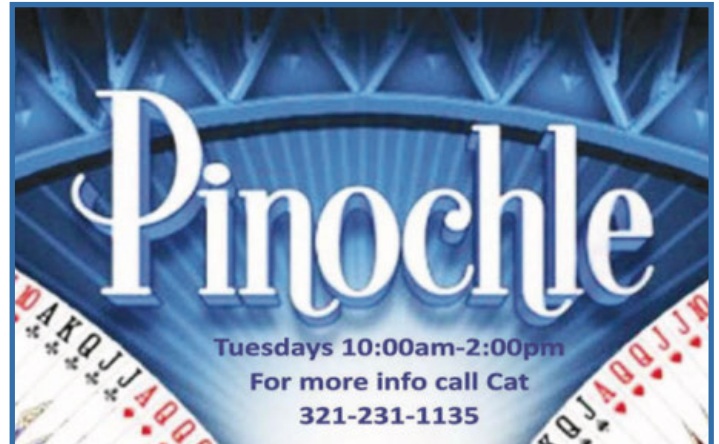
**Come dance to all genres of
music great for everyone,
beginner to advanced!**

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

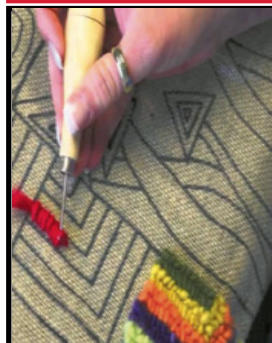
GOLDEN HEARTS



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

12:15PM till 3:30 PM

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\$2 members / \$3 guests

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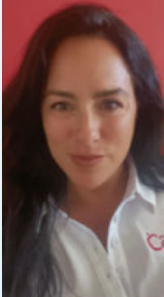
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(ALL ABOUT YOU TRAVEL)

DAY BUS TRIP

CRUISES

Spotlight on Northern Italy -

September 12-20, 2025 -

Join Jean as we go to explore Northern Italy. We will stay in Treviso and do day trips each day to different areas including Venice, Verona and the Dolomites! Ask about the Slovenia pre-extension

Private Safari to South Africa with Jean -

November 11-22, 2025 -

This year I am excited to return to South Africa with my clients to share my love of South Africa with you. Maximum of 18 people, 2 seats remain. Cost without international air is \$7170pp based on double occupancy (note: when you open up the flyer, at the top of the page roll your mouse as there is another tab to the right of overview that shows the daily itinerary)

Bonjour Bordeaux

June 2-9, 2026

Chateaux, Wineries & Charming Villages. 8 days From Bordeaux Frances to Bordeaux, Frances. Price are per person double occupancy, includes all gratuities, taxes and port charges. Travel Insurance, extra nights, airport transfers and airfare are additional. Please inquire. Deposit amount is \$250.00 per person, non refundable. Deluxe Stateroom CAT E & D \$3,830, Panorama Stateroom CAT B \$5,479, CAT A \$5,579 and CAT P \$5,629.

America's Greatest Treasures

July 3-11, 2026

Starting in Rapid City visiting Mount Rushmore, Deadwood-Cody, Yellowstone National Park, Jackson and ended in Salt Lake City. Price is \$3,033 based on double room occupancy including taxes and pre-paid gratuities. Airfare from the USA, travel insurance, airport transfers and additional hotel nights are extra. Please inquire.

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.

every contribution is
hugely valued

thank
you!