

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

July 2025

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

North Brevard Senior Center



We would like to Welcome our new line dance instructor to our center. Michelle will be teaching Mondays from 10am-noon. Come out and check out her class.

SEAT

SUPPORTED EXERCISE FOR AGELESS TRAINING

Come join us on Tuesdays at 12pm and "Take a S.E.A.T." for Supportive Exercise for Ageless Training. We will work on Cardio Endurance, Mobility, Sit to Stand, Strength, Posture, and exercises to increase our Activities of Daily Living. All you need to do is come Pull up a Chair! First class is FREE for the month of July!
Date: Tuesdays Time: 12pm - 1pm
Cost: \$7.00 Members & \$8.00 Non-Members
Place: North Brevard Senior Center (GOLD ROOM)
Instructor: Robin Rymkos, Active Aging Movement Coach, SEAT Licensed Instructor, AFAA Group Exercise Instructor & Personal Trainer, CPR



Members asked to go again as they had so much **FUN!**
So we booked our next one!
As always we must have at least 20 going to get these prices!

The price will include

*Boarding *Meal

*\$20.00 in Qualified Slot Play

*Free Drinks while Gaming

That's a \$55.00 Value for ONLY \$15.00

YES \$15.00

The Sailing date is
Wednesday, August 6th
Must be paid by July 29th

The 3rd Sail date will be
Wednesday, December 2nd

We will meet at the Casino Boat!



From the
Board of
Directors!
The Center
will be closed!

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
Line Dance Class	10AM-12:00PM	\$5/\$6	Gold Room	Michelle	(678)622-3025
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
Cribbage	1PM-3PM	\$2/\$3	Library	Carole	(781)831-4916
Karaoke	2PM-5PM	\$2/\$3	Room A	Mike	(321) 268-2013
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.



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

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's 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 ***
*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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1st VICE PRES.

Paulette Amaral

2nd VICE PRES.

Rachel Kusterer

TREASURER

Cathie McMullin

SECRETARY

Jeany Heaney

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Jeff Amaral

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 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

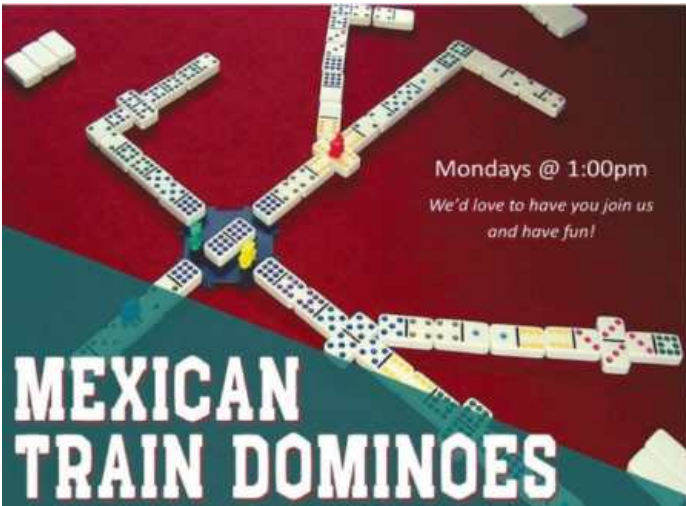
BEGINNER/IMPROVER/

INTERMEDIATE

For information call

Cathy 814-571-2834





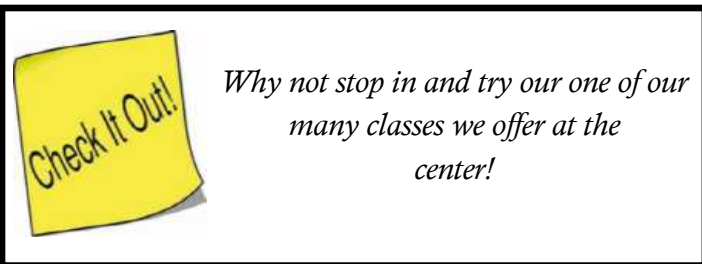
Mondays @ 1:00pm
We'd love to have you join us
and have fun!

MEXICAN TRAIN DOMINOES

MUSCLE MEMORY

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

*Natine will be on Vacation starting July 4th
will return Tuesday August 5th!*

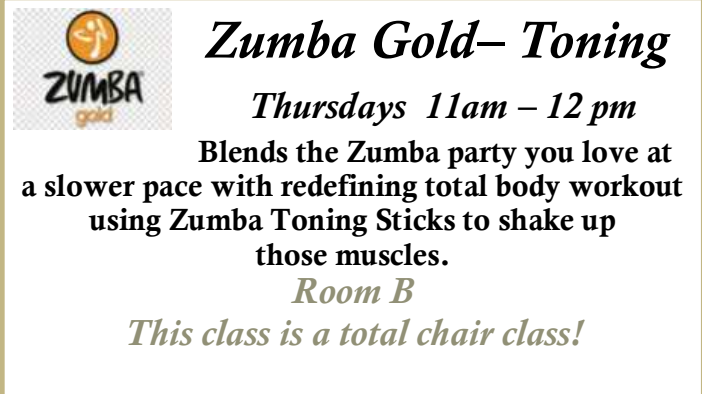


*Why not stop in and try our one of our
many classes we offer at the
center!*



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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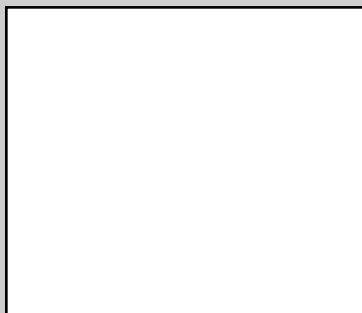



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MAHJONGG
TUESDAYS @ 12:30 pm
\$2 members
/ \$3 guests

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 July 10th 2:30pm.

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

9:00am– Room B

*Provides support for posture, body core work & foot strength. Socks, ballet or jazz shoes.
Bring a mat for the stretch portion of the class.*

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

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



July Special Events: Come join us for RED, WHITE & BLUE on
Wednesday, July 2nd at 11am for Golden Hearts and Thursday,
July 3rd at 6pm for ZUMBA.

Christmas in July on Wednesday, July 23rd at 11am
for Golden Hearts and Thursday, July 24th at 6pm for ZUMBA.

ALL Group Fitness CLASSES CANCELLED: July 28th - August 1st





Join Yvette!

For more information
Call her at 321-258-6534

**Beginning Line Dance
Class**

Wednesday at 11:00 am –12:00pm



Join Robin for her
*Senior Fitness
Class*

*Get your heart pumping all
while having FUN!*

Monday at 1pm-2pm

Wednesday at 11am-noon

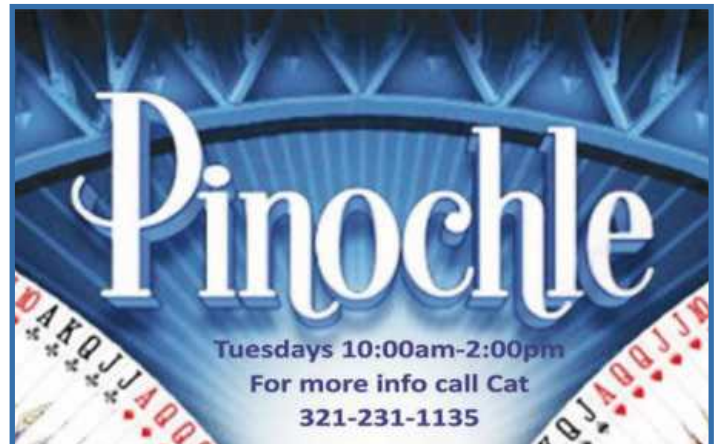
Members \$5.00

Non-Members \$6.00



Join Michelle on
Mondays
10:00am-Noon

For all Levels of Line Dance Lessons.
For more information call Michelle at
678-622-3025



HANDS - HEAD - FEET *Your Center needs all of you!*

Help is needed to support our nonprofit Corp .
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 or join us at the next board meeting and see what's it all about.

**WE'RE LOOKING FOR
BOARD MEMBERS!**



*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*



*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

Start playing at 12:30 Sharp!

\$2 members / \$3 guests

Don't know how to play this card game?

We'll teach you.

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9AM

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WEEKS
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Ladies League

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with Bowl Bingo!

Limited Spaces Available!
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Where there is Fitness there will be some Fun in our Golden Hearts Active Aging class & ZUMBA Gold.

Here is our Fitness quote from today.

“Sun, Sand & Sweat make the perfect recipe for good health!” - unknown author



Zumba Gold



Golden Hearts