

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

**October 2025**

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

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

### **Health Fair**

North Brevard Senior Center  
Friday, October 17th  
9am-Noon

**OPEN TO THE PUBLIC**

Come out and meet  
Different Insurance Agents  
Check out Medicare Changes  
Plus other vendors!

### ***Robin's Upcoming Events***

***Mark Your Calendar***

**October 6th-10th**

**PINK OUT WEEK**

**IN SUPPORT OF  
BREAST CANCER AWARENESS**

**Wear your PINK to classes!**

**October 15th**– Luncheon at  
12:30pm at Kelsey's -  
RSVP with Robin 321-514-5945  
**(All Invited)**

**October 20th-24th**

**Wear your Orange & Black to  
classes this week and your  
Favorite Hat!**

**October 27th**– Super Hero Day!  
**October 28th**-S.E.A.T *Free class and  
refreshments*

Sponsor by **wellcare™**

**October 29th**– 50's Day!

**October 30th**-Dress like a  
Pirate Day!

**All Classes can join in the colors for  
the month!**

**Our Final Victory Casino Cruise for  
the year is**

**Wednesday, December 3rd!**

**11am-4pm**

**\$10.00 per person**

*Includes*

*Boarding, Lunch, & \$20.00 Qualified Slot Play*

*Sign up and Pay for trip starting November 1st*

*See Linda or Paulette at the center!*



# 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 |
| 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                 | (321) 576-7961 |
| 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 Jazz                         | 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 |
| S.E.A.T                                | 12PM-1PM        | \$7/\$8                                | Gold Room | Robin                 | (321) 514-5945 |
| 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>                       |                 |                                        |           |                       |                |
| 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       | \$4/\$5                                | 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  |
| <b>THURSDAY</b>                        |                 |                                        |           |                       |                |
| Bingo (Play begins at 10AM)            | 9AM-2:30PM      | Varies (#of cards played) Gold Room    |           | Cat                   | (321) 231-1135 |
| Beginning Tap                          | 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) | 2:30PM          | N/A                                    | Library   | Anita                 | (918) 810-3534 |
| <b>FRIDAY</b>                          |                 |                                        |           |                       |                |
| Strength and Stretch                   | 9AM-10AM        | \$2/\$3                                | Room B    | Susan                 | (540)220-4831  |
| Muscle Memory, Strength, Balance       | 10AM-11AM       | \$2/\$3                                | Gold Room | Natine                | (321) 609-099  |
| Euchre                                 | 10AM-1PM        | \$2/\$3                                | Library   | Barbara               | (321) 451-6697 |
| Beginning Jazz                         | 12:30PM-1:30PM  | \$2/\$3                                | Room B    | Susan                 | (542)220-4831  |
| Cribbage                               | 1PM-3PM         | \$2/\$3                                | Library   | Carole                | (781)831-4916  |
| Karaoke                                | 2PM-5PM         | \$2/\$3                                | Room A    | Mike                  | (321) 268-2013 |
| <b>SUNDAY</b>                          |                 |                                        |           |                       |                |
| 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*



**Medicare Lunch & Learn**

**North Brevard  
Senior Center  
909 Lane Ave**

**Friday, October 10, 2025  
11:30am-1:00pm**

**Enjoy a complimentary meal while learning  
how to make Medicare work for you!**

**Presented by  
ABS Financial of American Senior Benefits  
Call to RSVP 407-738-7479 or  
Email: [smullins@asbfinancial.com](mailto:smullins@asbfinancial.com)**



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**CONTACT ME  
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.**

Paulette Amaral

**2nd VICE PRES.**

Rachel Kusterer

**TREASURER**

Cathie McMullin

**SECRETARY**

Jeany Heaney

**BOARD MEMBERS**

Jeff Amaral  
Dennis McMullin  
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**

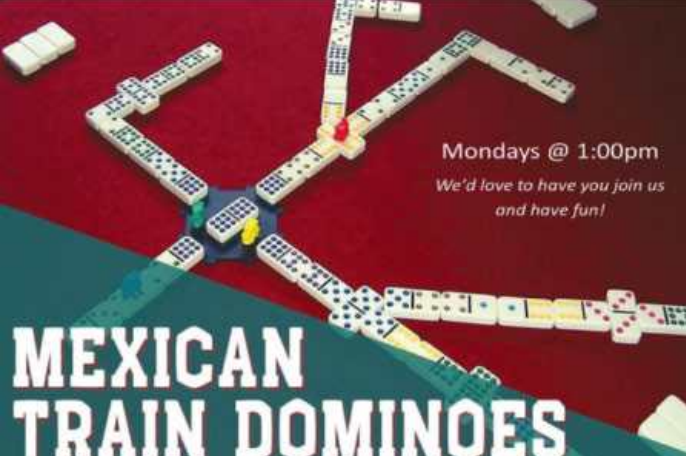
**SPACE COAST LINE DANCERS**

**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




**Bunco**  
2nd Monday of the month  
at 9:30am  
*Why not join them for a fun morning!*  
*For more information call*  
*Carol at 321-268-8087*



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 October 9th @ 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  
Sharon McClelland  
Catherine McMullin

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

**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 Jazz

**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 Tap

**Thursdays**

**9:00 am - Room B**

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

## Strength & Stretch

**Fridays**

**9:00 am - Room B**

## Beginning Jazz

**Fridays**

**12:30pm– Room B**

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

# SEAT

SUPPORTED EXERCISE FOR AGELESS TRAINING

**Tuesdays Noon –1pm Gold Room**

**"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! Members \$7.00/Non-Members \$8.00

### Line Dance Class



Join Yvette!

For more information  
Call her at 321-258-6534

### Beginning Line Dance Class

Wednesday at 11:00 am –12:00pm  
MEMBERS \$4/NON-MEMBERS \$5



Join Michelle  
on Mondays  
10:00am-Noon

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



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

**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!**



### Hurricane Rug Hooking

2nd and 4th Wednesday  
of each month

10am to 2pm

Meets in the

*North Brevard Senior Center  
Library*

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



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



*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— Tray for \$8.00**



**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.*

**SUPPORT THE  
ADVERTISERS  
that Support our  
Community!**

**RIVER LANES**



**TUES**  
**JAN 07**  
**9AM**  
**16**  
**WEEKS**  
**\$11 PER**  
**WEEK**  
**NON-SANCTIONED**

**B**  
**O**  
**W**  
**L**

**Early Risers**  
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Limited Spaces Available!  
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every contribution is  
highly valued

thank  
you!

### ***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.*



*Members all we am asking for is one or two days a month a total of 4-8 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!*

*Linda and Paulette Ops Managers*



*Looking for someone to teach a craft once a month or quarterly!*

*Please stop in and talk to*

*Linda or Paulette Operation Managers.*