Center Information
909 Lane Ave
Titusville, FL 32780
Hours: Monday—Friday
9am to 4pm

APRIL 2019

Phone: 321-268-2333
Email: nbsc@cfl.rr.com
Website: http://nbsc.website/
Editors: Cat Simkins & Cheryl Kassak

North Brevard Senior Center, Inc. DBA

TITUSVILLE ADULT SOCIAL CENTER



Inventions we'd like to see by 2020:

- A clothes-folding machine.
- A drain in the middle of the house so we could just hose it down!
- A DVR that we can program with our voice.
- A shrill phone alarm that goes off when someone's been texting too long.
- Starbuck's delivery.
- A teleporter.
- Ability to be invisible so we can go out and run errands without interruption.

AARP
Real Possibilities

TAX SERVICE

Mondays 11 AM — 4 PM

April 1, 8 & 15

FREE simple tax return preparation service for Seniors at our Center!

An appointment is not necessary. Just come and wait your turn.

OPEN TO THE PUBLIC

BonWorth



FASHION SHOW & LUNCHEON

SATURDAY, MAY 4
10:30 am

$12 person

Beautiful fashions, modeled by real women! Easy-care clothes made in the USA. Lovely accessories. Very reasonable prices.

Enjoy a yummy 4-item cold salad plate, French croissant & Dotti's famous Dessert Bar (coffee & tea included).

Gift certificate raffles & door prizes!

Tickets on sale at the Reception desk until April 26th.
(Sorry, no tickets sold at the door.)

NBSC Activities

ACTIVITY	TIME	COST (MEMBER/ NON-MEMBER	CONTACT PERSON	
MONDAY-FRIDAY				
Billiards	9AM-4PM	$2/$3	Ops. Mgt.	(321)2 68-2333
Wii Bowling	9AM-4PM	$2/$3	Pat M.	(321) 383-1609
Monday				
Board of Directors Mtg. (2nd Mon)	10AM-11:30AM	N/A	Bill H.	(321) 848-8181
Mexican Train Dominoes	1PM-3PM	$2/$3	Joanne	(321) 267-5923
Spanish Class (next session TBA)	2PM– 4PM	$25 (5-week course)	Hannah	(321) 720-9062
Ballroom Dance Lessons (all levels)	6PM– 7PM	$10	Steve	(321) 269-0357
Poker	6PM-9PM	$2/$3	Bill F.	(321) 544-1430
Bunco (2nd Mon)	6:30PM-9PM	$4/$5	Sharon	(321) 383-7927
TUESDAY				
Pinochle	9AM-2PM	$2/$3	Rachel	(321) 537-5322
Line Dance Class Beginner/Improver	9AM/10AM	$3/$4	Naomi	(321) 537-9459
Mahjongg	12:30PM-3:30PM	$2/$3	Beverly	(305) 355-1769
Party Bridge	12:30PM-3:30PM	$2/$3	Larry B.	(321) 631-8061
Darling Damsels Bridge	1PM-3:30PM	$2/$3	Dotti	(321) 269-9633
Tai Chi	1PM-2PM	$3/$5	Ada	(321) 848-4689
Dinner & Movie (2nd Tues)	5PM	$5	Bill H.	(321) 848-8181
Computer Classe	By Appt only	$3/$4	Anne	(321) 544-9469
WEDNESDAY				
Hooks & Needles Knitting (1st Wed)	10AM-1:30PM	$2/$3	Anne	(321) 917-1108
ACBL Duplicate Bridge	12:30PM-4PM	$6/$7	Ralph	(321) 593-2212
Line Dancing	6:30PM-8:30PM	$3/$4	Barbara	(321) 452-1944
Hurricane Rug Hooking (2nd&4th)	10AM-2PM	$2/$3	Fonda	(321) 298-2796
Beginner Jazz	11AM or 3:30PM	$2/$3	Marsha	(321) 264-2776
Warrior Bridge (1st Wed)	12:30PM-3:30PM	$2/$3	Eleanor	(321) 267-8340
Tap/Jazz Class	3:30PM –4:30PM	$2/3	Marsha	(321) 264-2776
THURSDAY				
Bingo (Play begins at 10AM)	9AM-2:30PM	Varies (#of cards played)	Rachel	(321) 537-5322
Line Dance Class Beginner/Improver	9AM/10AM	$3/$4	Naomi	(321) 537-9459
Singles Club Planning Mtg (1st Thurs)	4PM	Call Jean for location	Jean	(321) 362-2359
FRIDAY				
Writers' Club	10:30AM-12PM	$2/$3	Pat	(407) 568-3557
ACBL Duplicate Bridge	12:30PM-4PM	$6/$7	Ralph	(321) 593-2212
SATURDAY				
Beginner Line Dance *(on hiatus)*	8AM-9AM	$3/$4	Naomi	(321) 537-9459
Improvers Line Dance *(on hiatus)*	9AM-10AM	$3/$4	Naomi	(321) 537-9459
NEW Tap & Jazz	10:30-11:30AM	$2/$3	Marsha	(321) 264-2776
Line Dance Party (2nd Sat.)	1PM-4PM	$5	Naomi	(321) 537-9459
SUNDAY				
Intermed./Adv'd. Line Dance Class	2PM-4PM	$3/$4	Ferrell	(321) 267-0195

****** ALL ACTIVITIES OPEN TO THE PUBLIC ******



Thursdays @ 10AM
(Doors open @ 9 AM)

Smoke Free Environment!

Bring in canned goods or box donations on the 1st Thursday of each month for St. Gabriel's Seniors Food Pantry and receive a free Speedy game paper!

Only $8 to play 16 regular games (7 hard cards).
Additional hard cards $1 each.
Special paper games payout varies. (Jackpot payout $100)
Specials only $1 per sheet, 6 cards per sheet.
Free hot coffee. Snacks (donations).

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TRIPS AND TOURS

All trips OPEN TO THE PUBLIC. ***MORE INFO? Call 321-631-8080***

BUS TRIPS

"We All Come From Away" Sat, June 15 $110

Orlando – Phillips Center – On 9-11, the world stopped. On 9-12 their stories moved us all. This Tony Award-winning Broadway musical is based on the true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. This is a must see! Includes lunch and upper balcony seats. ***SOLD OUT — WAIT LIST OPEN!***

13th Annual Key West Trip Sun-Wed, Dec 1-4 $561

Clients have already begun paying the $100 deposit. Included is lunch on the way down & back, hotel accommodations at the Fairfield (right on Trolley line), a fabulous Sunset Sail on a catamaran with drinks, hors d'oeuvres & live music. More details coming soon. ***ONLY 12 SEATS LEFT!***

Trip cost includes taxes & driver gratuity. Pick-up at Titusville Home Depot.

WE WILL OFFER THE FOLLOWING 2019-20 SEASON SHOWS AT THE DR. PHILLIPS CENTER (if sufficient interest):

Escape to Margaritaville, The Jimmy Buffet Musical - Saturday, November 16, 2019
The Play That Goes Wrong - Saturday, December 7, 2019
Miss Saigon - Saturday, April 4, 2020
A Bronx Tale - Saturday, May 2, 2020

MESSAGE FROM CENTER PRESIDENT HOSTLER…

I would like to thank everyone who came out to enjoy our monthly Dinner and a Movie for March. A very special thanks to those who donated food, who worked setting up, cleaning up, and greeting our guests. You are special and greatly appreciated.



The entertainment during the meal, the meal, and the main feature received great comments and applause afterwards.

Let us continue to work together to provide another enjoyable evening at the movies in April. Hope to see you there.

Bill Hostler, President, TASC



BUNCO

April 8

6:30 pm

Simple, fun dice game — Even the biggest loser wins money!

Only $4 for Center members and $5 non-members.

FMI: Sharon @ 321-383-7927

From our HOOKS & NEEDLES Activity Leader ...

Many thanks for all of the yarn donations which helped us provide 248 items of crocheted materials to 13 locations — nursing homes, dialysis centers, BETA, Joe's Club, and many more — in the Titusville area.

Please consider donating yarn to help us continue this worthy volunteer service.

Anne
321-917-1108





STOMP INTO SPRING

LINE DANCE PARTY

SATURDAY, APRIL 13, 2019
1 to 4 PM

$5 Entry Fee

Bring a friend and a snack to share as we dance the day away.

We walk through each dance TWICE before dancing it!

For the playlist go to:
https//www.linedance-titusvilleflorida.com



IMPORTANT PIECE OF ADVICE

Always be nice to anyone who has access to your toothbrush!

DINNER & MOVIE @ 5 PM
Tuesday, April 9



(DOORS OPEN @ 4:45 PM)

$5 payable at the door (Dine in or Carryout)

MENU: Easter Ham Casserole, Fresh Green Beans, Relish Tray, Coconut Cream Pie

MOVIE: "HARVEY" (COMEDY) starring James Stewart, Josephine Hull (won Oscar), Cecil Kellaway, Jesse White, Victoria Horne, Charles Drake

Affable tippler Elwood P. Dowd lives with his sister, Veta, and her bashful daughter. What rankles them more than his drinking is his faithful companion: a 6-foot-tall invisible rabbit named Harvey! A wonderful, classic feel-good comedy.

Fresh popcorn w/assorted salts to enjoy during the movie. Bring your own chair cushion if you like. For more info contact Bill H. at 321-848-8181.

AARP SAFE DRIVING CLASS
(ages 50 & older)

THURSDAY, MAY 9 @ 9:30 AM

Call 321-268-2333 for reservations.

Please bring a blank check to pay for the class (no cash accepted).

Also, please bring a bag lunch.



To Barbara Boswell, Anne Farrell and Dotti Kunde who prepared the food for the Baked Potato Bar Bash — It was plentiful and 'licious!

And thanks to all who came out and supported this fundraiser for the Center to get a Shuffleboard table. We raised almost $600 towards its purchase.

If you didn't attend, you missed a great good time! Barbara's games were so much fun — everyone became 5 years old again, playing Hot Potato and participating in an indoor Scavenger Hunt.

Keep your eyes open for our next event to raise money to get a table. We have over 30 people just waiting to

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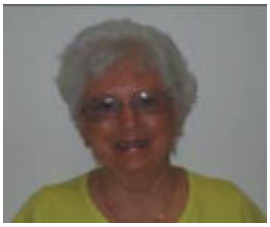


HEARD A RUMOR?
HAVE A CONCERN?

PLEASE DO NOT GOSSIP!

IT DOESN'T HELP AND CAN HARM.
CONTACT A BOARD OFFICER
AND GET THE FACTS.

COOKING WITH DOTTI -



MOUNTAIN MUFFINS
(great for strawberry shortcake)

1/3 cup shortening
1/3 cup sugar
1 egg
1 cup milk
2 cups unsifted flour
5 teaspoons baking powder
1 teaspoon salt

Preheat oven to 425 degrees. Grease large muffin pan.

Cream together the shortening, sugar and egg. Add flour, baking powder and salt, alternately with milk.

Place batter in muffin pan. Bake for 12-15 minutes.

Newsletter Boosters

MAUREEN AYERS
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Come by and see me at the Titusville adult social center from Nov. 7th- Dec. 7th
Tuesday 10-2 and Thurs. 11-2
or Call 352-304-2167
for a home appointment

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SAMPLE—DECORATED AREA



SAMPLE—DECORATED AREA



7 STEPS TO HEALTHY AGING...

Getting older involves change, both negative and positive, but you can enjoy aging if you understand what's going on with your body and take steps to maintain your health. Your skin, bones, and even brain may start to behave differently. Don't let the changes catch you by surprise:

Your **bones** become thinner and more brittle, especially in women, but women and men may develop osteoporosis. Thinning bones and decreasing bone mass can easily result in broken bones if you fall. Talk with your doctor about what you can do to prevent osteoporosis.

While a healthy diet and regular exercise can keep your **heart** healthy, it may become slightly enlarged, your heart rate may lower, and the walls of the heart may thicken.

Your brain and nervous system. Getting older can cause changes in your reflexes and even your senses. While dementia is not a normal consequence of old age, it is common for people to experience some slight forgetfulness as they get older.

As you age, your **digestive system** becomes more firm and rigid, and doesn't contract as often. This leads to constipation, stomach pain, and feelings of nausea. A diet higher in fiber and fresh fruit can help.

Your senses. You may notice that your vision and hearing aren't quite as sharp. You also may start to lose your sense of taste. Your senses of smell and touch may also weaken. Your body is taking longer to react and needs more to stimulate it.

The tough enamel that protects **your teeth** from decay can start to wear away over the years, leaving you susceptible to cavities. Gum disease is also a concern for older adults. Good dental hygiene can protect your teeth and gums. Dry mouth, a common side effect of many medications that seniors take, may also be a problem.

As you age, **skin** loses its elasticity and starts to sag and wrinkle. The more you protected your skin from sun damage and smoking when you were younger, the better your skin will look as you age. Start protecting your skin now to prevent further damage, as well as to prevent skin cancer.

Your sex life. After menopause, many men and women experience physical changes that impair their intimate lives. Have a frank talk with your doctor because, fortunately, most problems can be easily treated.

Bodily changes are a natural part of aging, but they don't have to slow you down! What's more, there's a lot you can do to pro-

RANDOM THOUGHTS …

I'm going to stop asking folks how dumb can people be. Some are taking it as a challenge.

I don't have ducks and I don't have a row. I have squirrels. And they're drunk.

I don't need anger management. I need people to stop ticking me off.

I'm not sure how many problems I have because math is one of them.

Mr. Rogers did not adequately prepare me for the people in my neighborhood.

Camping: Where you spend a small fortune to live like a homeless person.

How come you never see a recipe for leftover lobster?

North S.A.L.T. Council Meetings Move

We are pleased to announce that the Titusville Police Department will host the monthly meetings at their facility located at 1100 John Glenn Boulevard.

The North S.A.L.T. Council (Seniors and Law Enforcement) is a group of people dedicated to helping seniors. This group includes law enforcement, private and public organizations, and citizens who help identify senior concerns in their geographical area.

These meetings are held at 9 AM on the first Wednesday of each month and are open to the public.

THE ZODIAC HAS CHANGED

This news may be especially hard to hear for Libras, who crave balance and order. Or Leos whose sense of self is strong. Geminis, both sides of you may be rocked.

Are you sitting down? Good. What you long believed was your astrological sign may *not* be your astrological sign. The dates for the Western zodiac calendar have, it turns out, *shifted*, with each one starting later — like, a lot later. If you were a Capricorn born in early to mid-January, you're now a Sagittarius.

Oh, and there's a new 13th astrological sign now: Ophiuchus. Sounds like a "Matrix" character, we know.

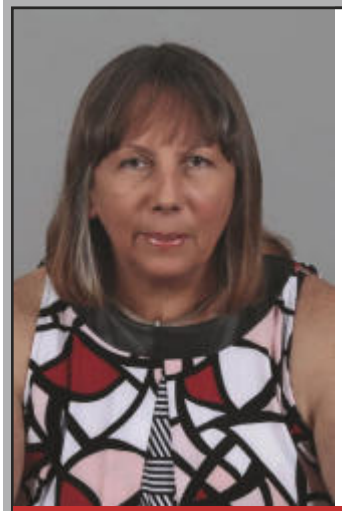
NASA broke the news early this year in a blog post that explained that, when ancient Babylonians created the zodiac over 3,000 years ago, they wanted dates on the calendar to correspond with star constellations. But, there were 13 constellations, and they were working with a 12-month calendar. So they ditched Ophiuchus.

NASA also pointed out that the Earth's axis doesn't even point in the same direction as it did when the original constellations were drawn, so all our signs have different date ranges now anyway. In other words: astrological chaos. And the science nerds at NASA don't even care that they've upended our lives. They released a statement explaining, "Here at NASA, we study astronomy, not astrology. We didn't change any zodiac signs, we just did the math."

Here are the brand-new astrological dates and signs, if you can bear to look.

Capricorn: Jan. 21 to Feb. 16
Aquarius: Feb. 17 to March 11
Pisces: March 12 to April 18
Aries: April 19 to May 13
Taurus: May 14 to June 21
Gemini: June 22 to July 20
Cancer: July 21 to Aug. 10
Leo: Aug. 11 to Sept. 16
Virgo: Sept. 17 to Oct. 30
Libra: Oct. 31 to Nov. 23
Scorpio: Nov. 24 to Nov. 29
Ophiuchus: Nov. 30 to Dec. 17
Sagittarius: Dec. 18 to Jan. 20

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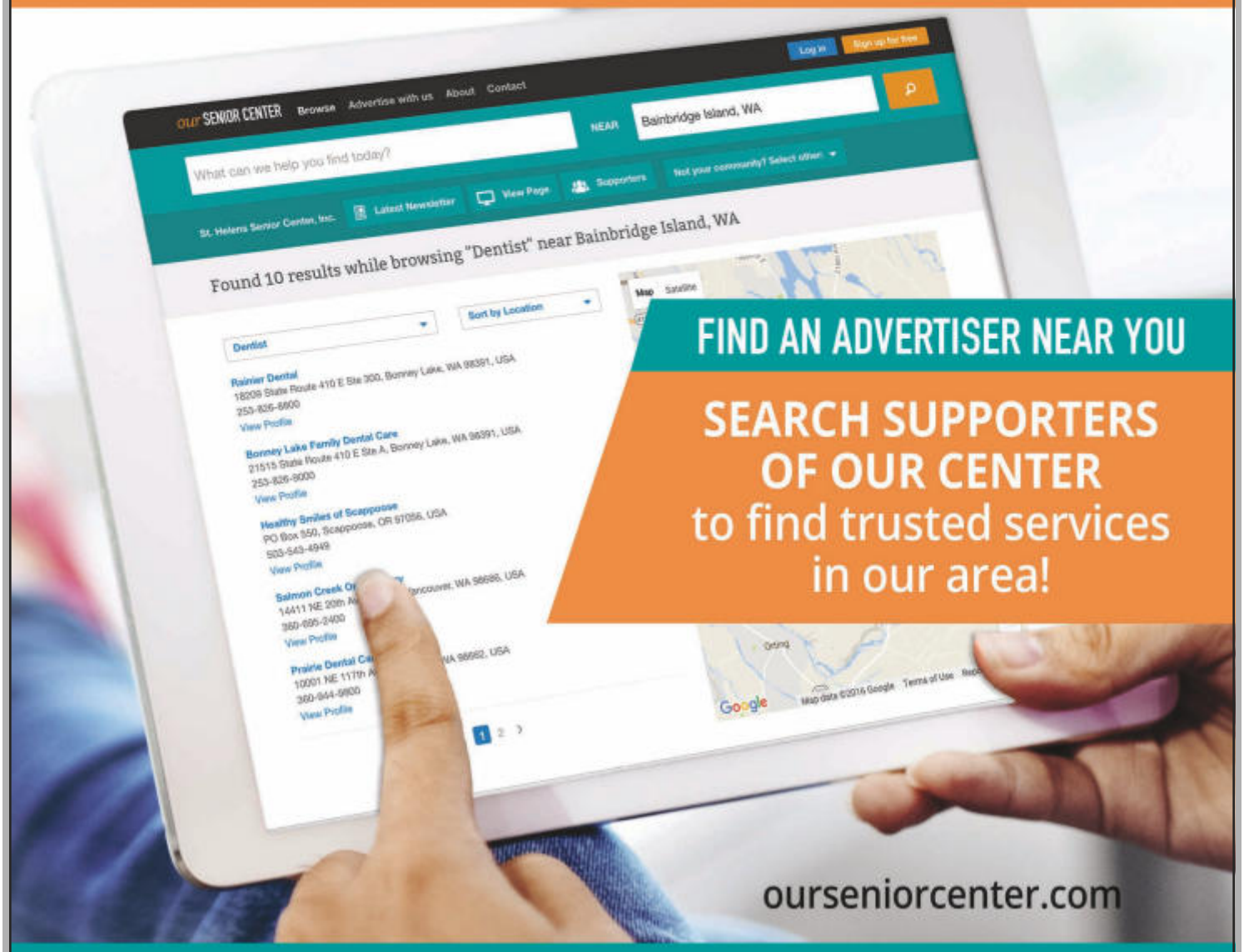
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SEE MICHELLE LEWIS FOR DETAILS 321-268-2333

SIGN UP AND PAY AT THE CENTER BEFORE THURSDAY, APRIL 18th

Bus Pick Up At 9:00 AM At The Titusville Adult Social Center

VICTORY SAILS FROM 11:00AM to 4:00PM. PHOTO I.D. IS REQUIRED!