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

# September 2022

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

# Turmy Senior Center
## of North Brevard /dba North Brevard Senior Center




***Mark your calendar***
***Saturday, October 22***
***Time 11am-2pm***
***Lunch: Soups, Bread and Desserts***
***Entertainment***
***Amount $10.00***
***Tickets go on sale October 1st***



List of New classes being offered at YOUR Turmy Senior Center of North Brevard




**Friday afternoon Line Dance with Yvette

**Monday and Wednesday Golden Hearts with Robin

GOLDEN HEARTS




**Tuesday Zumba Gold Tone/Chair with Robin
**Wednesday Zumba Gold with Robin

New Beginner Line Dance Session
September 7th at 4:30pm
With Ferrell




***More information inside Newsletter***




**The Center will be Closed Monday September 5th for Labor Day.**

# NBSC Activities — Guests welcome!

| ACTIVITY | TIME | MEMBER/GUEST DONATION | CONTACT PERSON | |
|---|---|---|---|---|
| **MONDAY-FRIDAY** | | | | |
| Billiards | 9AM-4PM | $2/$3 | NBSC | (321) 268-2333 |
| **MONDAY** | | | | |
| No. Brevard Line Dance | 10AM-12:30PM | $3/$4 | Yvette | (321) 258-6534 |
| Poker | 10AM-2PM | $2/$3 | Les | (321)591-5156 |
| Yoga | 11:30AM-12:30PM | $5/$6 | Cindy | (321) 576-2782 |
| Golden Hearts Senior Fitness | 1:PM– 2PM | $5/$6 | Robin R | (321) 514-5945 |
| Mexican Train Dominoes | 1PM-3PM | $2/$3 | Joanne | (321) 267-5923 |
| Hand & Foot | 1PM-3:30PM | $2/$3 | Donna | (407) 808-5237 |
| Zumba | 6PM-7PM | $5/$6 | Robin R. | ( 321) 514-5945 |
| Bunco (2nd Mon) | 6:30PM-9PM | $4/$5 | Sharon | (321) 383-7927 |
| **TUESDAY** | | | | |
| Pinochle | 10AM-2PM | $2/$3 | Cat | (321) 231-1135 |
| Muscle Memory, Strength, Balance | 10AM-11:00AM | $2/$3 | Natine | (321) 609-0999 |
| Tap & Jazz | 11AM-12PM | $2/$3 | Marsha | (321) 264-2776 |
| Connie's Card Making (2nd Tues) | 11:30AM-12:30PM | $4/$5 | Connie | (410) 598-3755 |
| Zumba Gold Tone/Chair | 12:00PM—1:00PM | $5/$6 | Robin R | (321) 514-5945 |
| Mahjongg | 12:30PM-3:30PM | $2/$3 | Andi M. | (321) 385-3595 |
| Party Bridge | 12:30PM-3:30PM | $2/$3 | Mary H. | (321) 607-2200 |
| Darling Damsels Bridge | 1PM-3:30PM | $2/$3 | Kathy D. | (321) 268-4827 |
| Tai Chi | 1PM-2:30PM | $3/$5 | Ada | (321) 848-4689 |
| Zumba Toning | 6PM-7PM | $5/$6 | Robin R | (321) 514-5945 |
| **WEDNESDAY** | | | | |
| Bridge Lessons | By Appointment | $10 | Rick S. | (863) 640-5798 |
| Zumba– Gold | 9:15AM-10:15AM | $5/$6 | Robin R. | (321) 514-5945 |
| Hooks & Needles Knitting (1st Wed) | 10AM-11:30PM | $2/$3 | Anne | (321) 917-1108 |
| Hurricane Rug Hooking (2nd&4th Wed.) | 10AM-2PM | $2/$3 | Fonda | (321) 298-2796 |
| Golden Hearts Senior Fitness | 11AM-Noon | $5/$6 | Robin R. | (321) 514-5945 |
| Duplicate Bridge | 12PM-3PM | $2/$3 | Judy N. | (901) 336-1306 |
| Line Dance Class | 4:30PM-6:30PM | $3/$4 | Ferrell | (321) 267-0195 |
| Line Dance Class | 6:30PM-8:30PM | $3/$4 | Barbara | (321) 452-1944 |
| **THURSDAY** | | | | |
| Bingo (Play begins at 10AM) | 9AM-2:30PM | Varies (#of cards played) | Cat | (321) 231-1135 |
| Zumba | 6PM-7PM | $5/$6 | Robin R. | (321) 514-5945 |
| Board of Directors Mtg. (2nd Thursday) | 3PM | N/A | Robert | (321) 362-2036 |
| Singles Club Planning Mtg (1st Thurs) | 4PM | Call Jean for location | Jean | (321) 362-2359 |
| **FRIDAY** | | | | |
| Shuffleboard | 10AM-12PM | $2/$3 | . | (321) 268-2333 |
| Muscle Memory, Strength, Balance | 10AM-11AM | $2/$3 | Natine | (321) 609-0999 |
| Euchre | 10AM-1PM | $2/$3 | Barbara | (321)750-2679 |
| No. Brevard Line Dance | 12PM-2PM | $3/$4 | Yvette | (321) 258-6534 |
| Line Dance Social (4th Fri) | 6PM-9PM | $5 | Yvette | (321) 225-4872 |
| **SATURDAY** | | | | |
| Bridge Lessons | By Appointment | $10 | Rick S. | (863) 640-5798 |
| **SUNDAY** | | | | |
| Intermed/Adv'd. Line Dance Class | 2PM-4PM | $3/$4 | Pat | (321) 268-2333 |
| Karaoke | 3PM-6PM | $2/$3 | Mike | (321) 268-2013 |

**MEMBERS REMINDER — THOSE WHO HAVEN'T PAID 2022 DUES WILL BE ASKED TO DONATE AN EXTRA DOLLAR FOR EACH ACTIVITY ATTENDED.**

*We are always on the lookout for new activities that may be of interest to our members.*

***If you have any ideas and would like to be an activity leader.***

Please stop in or call Linda at the center.

Example:

*Quilting
*Arts & Crafts Workshop
*Ballroom Dance Lessons
*Dominoes
*Table Shuffleboard

## *Muscle Memory Strength Balance Class*

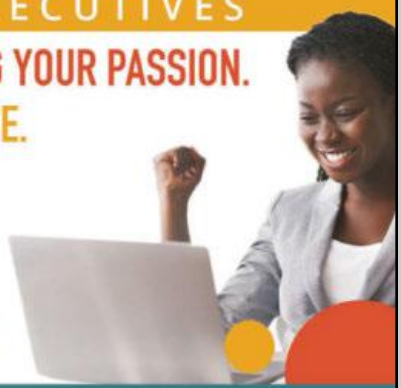
***Natine will only have class September 6th,9th and 13th***

***And will return October 4th***



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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 ****

***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 $9 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. $9)!***

***Free hot coffee.***
***BRING YOUR OWN SNACKS & LUNCH.***







***EXEC. COMMITTEE***

***PRESIDENT***
**Robert Williams**
***1st VICE PRES.***
**Anita James**
***2nd VICE PRES.***
**Sandy Witt**
***TREASURER***
**Cathie McMullin**
***SECRETARY***
**Rachel Kusterer**

***BOARD MEMBERS***

Jeff Amaral
Paulette Amaral
Joanne Engelbeck
Cynthia Lozier
Calvin Rogers
Cat Simkins
Dan Williams

***EMERITUS MEMBERS***

Terry Eisenberg
Doris McDowell

***Ops Manager***

Linda Trawle

***Assistant Ops Manager***

Dan Williams

*Come relax in our lobby, read a magazine or chat with friends.*






*With Mike and Carolyn*
*Sundays 3pm-6pm*
*Room A*
*Please enter at back of building*

***Our library has many new books so please stop by and check out a new read.***



I Love Line Dancing

*North Brevard Line dance is adding an additional class.*

**Now starting in September**
Monday 10:00 am-12:30
**And a new class**
Friday 12:00 Noon to 2:00PM



## *LINE DANCE SOCIAL*

***(properly distanced, of course!)***

***FRIDAY, September 23rd***
***6-9 PM***
***ONLY $5 PERSON***

***This month's theme is Let's Dance in Fancy Pants***

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

**AC or Plumbing Repairs... Call Freedom Air**



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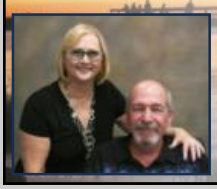


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**Cecil and Peggy Cornish**
**Peggy: 321-960-5970 pcornish@cfl.rr.com**
**Cecil: 321-960-5971 battc3@cfl.rr.com**
2510 S. Washington Ave., Ate. 120 • Titusville, FL 32780
*We have been your Titusville neighbor since 1978.*

Cornish Team

MILITARY 203k SPECIALIST

## *Fridays 10 am-1pm*




***Call Barbara at 321-750-2679 if interested in playing.***

## *Gentle Yoga for Seniors with Cindy*



*Mondays from 11:30-12:30 pm*
*Members $5.00 Guest $6.00*




**Christmas Party
December 2nd
More Information in
October Newsletter




*The Center is in need of Bingo Callers if you can give one Thursday a month and call bingo for the center or a relief caller please contact Cat Simkins, Bingo Chairman 321-231-1135*

## *Newsletter Booster 2022*

***Be a Booster for only $10/year.***

Natine Abreu-Shaw
Paulette Amaral
Joanne Baxter
Raymond Bray
Mary Chidester
Joanne Engelbeck
Anne Farrell
Bill Farrell
Susan Frank
Loraine Harvey
Harold Klotzer
Karin Krause
Catherine McMullin
Dennis McMullin
Anne Marie Martino
Madeleine Morris
Fran North
Mary Ellen O'Doherty
Andrew Olshavsky
Elenita Orencia
Tina Ringfield
Cat Simkins
Linda Trawle
Elizabeth Stanley
Beverly Lloyd Thomas
Marilyn Varnado
Rob Williams
Dan Williams



**Kelly Tobin Hernandez**
Financial Advisor

815 South Washington Avenue
Suite 101
Titusville, FL 32780-4200
321-264-4433
Free Consultation

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- Carbon Monoxide



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***Follow us on Facebook for our upcoming events***

***North Brevard Senior Center***

CarePlus HEALTH PLANS, INC.

*Kathleen Swindell*

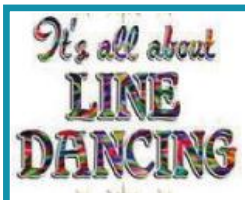
*Sales Representative*

Will be set up in the lobby September 6th and September 20th to answer any of your questions with enrollment just around the corner.

If you are experiencing
Back or Joint Pain
Balance & Walking Difficulty
Vertigo/Dizziness
General Weakness

Speak with a physical therapist from
Fray & Stafford Physical Therapy Co

***Friday September 9th***
***11:30Am-12:30 PM***




**Line Dance by Ferrell**
Wednesday 4:30 PM to 6:30 PM
**Line Dance by Barbara**
Wednesday 6:30 PM-8:30 PM
**Line Dance by Pat**
Sunday 2PM-4PM

TD Bank
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## TD BANK & THE SENIOR CENTER

**Customers who open a new Convenience Checking Account and tell TD Bank that they are members of the North Brevard Senior Center can get "FREE money" for themselves and the Center!**

**HELP YOURSELF — Just make at least $500 in direct deposits within the first 60 days to automatically qualify for a $150 TD checking account bonus! Also, the checking account is FREE if you maintain a daily balance of $100 or more.**

**HELP THE SENIOR CENTER — If you open a savings or checking account and maintain it for 1 year, the NBSC will receive a $50 credit to the Center's account. It's a "donation" from you towards the Center's being able to pay its bills without your having to do anything except conduct your banking business as usual.**

# *MAHJONGG*

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

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

**New Beginner Line Dance Session**
Wednesday, September 7th 4:30-5:30 pm
***Master all basic steps Patterns***
***Learn 15 Line Dances***



*No dance experience needed
*No Partner required

For more information call Ferrel at 321-267-0195



*Hello, my name is Robin Rymkos and I have been in the Health & Wellness field for over 35 years, I am a Certified Group Exercise Instructor and Personal Trainer through AFAA. I am licensed to teach ZUMBA, ZUMBA TONING & ZUMBA GOLD, Golden Hearts and I am CPR certified. My passion is teaching Group Exercise classes and empowering my students to a healthier lifestyle. I would love for you to come try out one of my fitness classes on the schedule. I teach classes for everyone and encourage all my students to work at their own pace. My students benefit from improving their Cardiovascular Endurance, Strength, Stability, Flexibility and Balance. Coming to a Group Fitness classes you meet new friends and hold each other accountable for coming to class. Socialization is a part of overall Health & Wellness. We have luncheons, Monthly Members in the Spotlight, Class Gatherings and so much more! Check out these classes below and join me for a class! All classes are 1 hour long and the cost is $5.00 for members and $6.00 for non-members. For more information, please call me at 321-514-5945, I look forward to hearing from you. Thank you!*




## ZUMBA CLASSES

**MONDAYS & THURSDAYS@ 6PM**



.

ZUMBA toning

***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.***

## *Zumba Gold– Toning starting September 6th at 12 Noon– 1pm*

**Blends the Zumba party you love at a slower pace with redefining total body workout using Zumba Toning Sticks to shake up those muscles.**

GOLDEN HEARTS



*Join Robin for her Senior Fitness class*
*Get your heart pumping all while having FUN!*
*Monday at 1pm*
*Wednesday at 11am*
*Starting August 24th*

ZUMBA gold

## *Zumba Gold starting September 7th at 9:15 am*

***Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.***

*The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination.*

***Benefits:*** Class focuses on all elements of fitness, cardio, muscular conditioning, flexibility and balance.

**Any Questions on any of Robins classes call her at 321-514-5945**

# POKER

*NEW TIME*

MONDAY
10AM
Starting
Sept 12th

**Dealer's Choice**
**$2 member / $3 guest**

*NOTE — If a "newbie" comes to play and is unfamiliar with some of the games (e.g., Spank the Baby), the table will play one entire round of the game so new players can more easily learn.*

CHIPS — Bag of 40 for only $4 (cash in at end of play)
Call the center at 321-268-2333

# *HAND & FOOT*



***MONDAYS @ 1:00 till 3:30 PM***

*$2 members / $3 guests*

*Don't know how to play this card game? We'll teach you.*

*Call 321-268-2333 for more info.*



# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

*www.mycommunityonline.com*






## ALL TRIPS OPEN TO THE PUBLIC

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

### BUS DAY TRIPS

**New COVID Procedures -- Masks are optional. If you have had a positive test or symptoms within 14 days of trip, you must provide negative test result to board. If unvaccinated, please bring negative test within 24 hours of trip**

**Key West Holiday Trip** **Sun-Wed, Dec 4-7** **$678***

Join us for our 16th annual Key West trip for lots of fun, shopping and people watching! Trip includes 3 nights at Fairfield Inn (at trolley stop) with full breakfast each day, lunch going & returning, 1 dinner, and Sunset Sail with live music, food and drinks. (Optional outing to La-Te-Da cabaret show, $33 w/2-drink minimum.) ***Payment due NOW – Only 15 seats left!***

* Rate based on double occupancy, $981 for single.

**Hamilton** **Thu, Oct 27** **$232**

An American musical, sung & rapped, telling the story of American Founding Father Alexander Hamilton. We have orchestra terrace seating at the Dr. Phillips Center in Orlando for a 1 PM matinee performance. Includes lunch at the Ale House. ***Payment in full now***

**St. Augustine "Night of Lights"** **Wed, Dec 14** **$99**

Final details being worked. Full info in September newsletter. **Full Payment due by November 1.**

**Wicked** **Thu, Jan. 26, 2023** **$181**

Wicked is returning to the Dr. Phillips Center in Orlando! Enjoy this Broadway musical - See what the Land of Oz looked like when Elphaba (the Wicked Witch of the West) and Glinda (the Good Witch) were friends – and what happened to turn them into enemies. Trip includes roundtrip motorcoach, lunch at the Ale House and orchestra terrace seating. $181 per person inclusive. ***Non-refundable $100 deposit due now, final payment due by November 1.***

**** * * Trip cost includes round-trip motorcoach, taxes & driver gratuity. * * ****

***Pick-up at Titusville Home Depot (minimum 15 people for pick-up)***

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## ALL TRIPS OPEN TO THE PUBLIC

****PRICES BASED ON DOUBLE OCCUPANCY***

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

### CRUISES

**Port Canaveral to LA** **Sun-Sun, Dec 4-18** **$2,617***

Exciting cruise ports: Cartagena, full transit of the Panama Canal, five ports including Puerto Vallarta and Cabo San Lucas. ***$250 deposit due NOW, final payment due Aug. 1, 2022.***

- Rate based on Balcony Stateroom, double occupancy, and includes port charges & govt. taxes.

**Buenos Aires to Antarctica** **Fri-Fri, Jan 14-28, 2023** **$3,178***

Sail to Argentina, Cape Horn, then Paradise Bay. Journey on to the Falklands and finish in Montevideo, Uruguay. Features "Always Included" -- classic drink package, Wi-Fi and pre-paid gratuities! ***$450 deposit due now; payment in full by Oct. 1, 2022.***

* Rate is based on Oceanview Stateroom, double occupancy, and does not include airfare.

### INTERNATIONAL TRAVEL

**Egypt & Sail the Nile** **Thu-Sat, Sep 21-Oct 1, 2023** **$1,799***

Globus has brought us Egypt again, and I feel it is safe to go now. From the Pyramids, to the Valley of the Kings and Queens, to the Temple of Horus, Aswan Dam and so much more! Includes intra-tour airfare, 18 meals. ***Deposit $250/person due NOW.***