

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

**January 2026**

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

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

### **Congratulations to our 2026**

#### **EXECUTIVE COMMITTEE**

**President** - Anita James  
**1st Vice President** -Paulette Amaral  
**2nd Vice President** - Jeff Amaral  
**Treasurer** -Cathie McMullin  
**Secretary**-Diane Sweeney

### **After Christmas Nights of Lights Tour**

January 8, 2026

#### **Package includes**

- \*Motorcoach Transportation
- \* St Augustine Scenic Boat Cruise
- \*Stop at Buc-ee's for break/lunch on your own
- \*Free time to shop on St Geroge Street
- \*Night of Lights Red Trolley Tour-an annual holiday festival in downtown St Augustine

All taxes and gratuities

Price for 48 passengers \$125.00

40 passengers \$135.00

#### **Contact:**

Chris Morse 818-430-1480

[travelcenterusa@gmail.com](mailto:travelcenterusa@gmail.com)

Betty Powers 818-618-1211

[travelwithpowers@gmail.com](mailto:travelwithpowers@gmail.com)



*Natine has been teaching  
Muscle Memory, Strength, Balance  
at the center for 5 years.  
I bet she never thought just bringing her mom to  
this class would turn into teaching it.  
Thank you for your years with us  
and many more to come.*

*The Board of Directors and your Operation Managers  
wishing you a Happy Healthy New Year!*



*The Center will be closed Dec 31st,  
Jan 1st and 2nd.  
Will reopen on January 5th*

**Membership  
renewal**

**Yearly Membership \$22.00**

# NBSC Activities — Guests welcome!

<u>ACTIVITY</u>	<u>TIME</u>	<u>MEMBER/GUEST 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 (1st & 3rd Mon)	12:15PM-3:30PM	\$2/\$3	Room A	Donna	(321) 576-7961
Progressive Rummy (2nd & 4th 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 Ballet/Lyrical	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 Jazz	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 Improvers/Intermed	4:30PM-6:30PM	\$5/\$6	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	Room A	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
<b>SUNDAY</b>					
Intermed/Adv'd. Line Dance Class	2PM-4PM	\$7/\$8	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



All of Robin's Classes and  
Natine's Classes

Which are all Zumba,  
Golden Hearts, Blast, Core, and  
S.E.A.T classes,  
Muscle, Memory, Strength, Balance

Robin and Natine will be back  
January 5th with their classes!



Progressive Rummy

2nd & 4th Monday of the month

1:00pm-3:30pm

Room A



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

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Rich Fernbach

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.

Jeff Amaral

TREASURER

Cathie McMullin

SECRETARY

Diane Sweeney

BOARD MEMBERS

Jeany Heaney

Dennis McMullin

Cat Simkins

Sandy Witt

EMERITUS MEMBERS

Terry Eisenberg

Rachel Kusterer

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.

*Join Cindy*



**YOGA FOR SENIORS**

**Mondays**  
**11:30am-12:30 pm**



**Blast**

follows

Robin's

Zumba class

Mondays at 7:15pm

*Improver and Beyond*  
*Line Dancing*  
*Sunday 2pm-4pm*

*North Brevard*  
*Senior Center*  
**NEW PRICING START**  
**January 1, 2026**

*Small Steps with*  
*Pat Small*

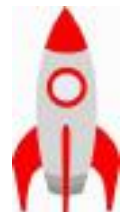
Members \$7.00  
Non-Members \$8.00

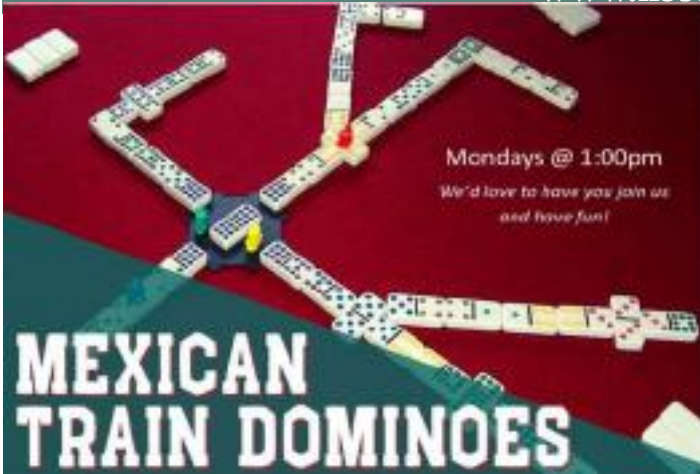
**SPACE COAST LINE DANCERS**

**WEDNESDAYS 4:30 - 6:30 PM**

**IMPROVERS/INTERMEDIATES**

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





**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!**



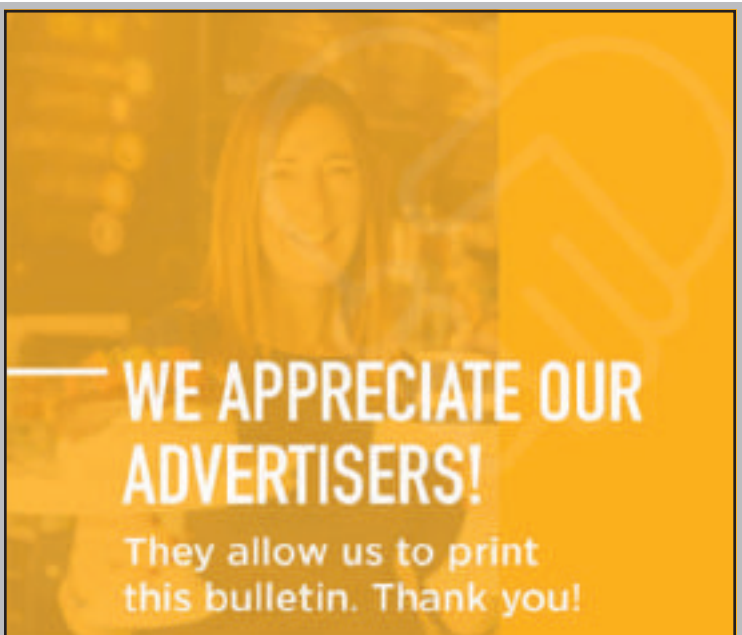
**Zumba Gold**  
**9:15 am Wednesdays**

*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 meeting will be Thursday, January 8th at 2:30pm.



## Newsletter Booster 2026

Natine Abreu-Shaw	Carolyn Schuler
Jeff Amaral	Beverly Thomas
Paulette Amaral	Linda Trawle
Anita James	

# WE'RE LOOKING FOR BOARD MEMBERS!

**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.



### Fridays at 1pm

Please park in the back and enter by back door.

## 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 Ballet/Lyrical!

**Tuesdays**

**9:00am – Room B**

## Beginning Jazz

**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**

*Contact Susan for information on all above classes at 540-220-4831 or [susanlandess@gmail.com](mailto:susanlandess@gmail.com)*

# S.E.A.T.

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

If you want to start 2026 with a exercise class the  
North Brevard Senior Center has them.

Strength & Stretch

Golden Hearts Senior Fitness

Zumba, Zumba Blast,

Beginning Ballet/Lyrical, Tap & Jazz

Muscle Memory, Strength, Balance

S.E.A.T., Yoga

Tai Chi, Zumba Toning,

Beginning Jazz, Zumba Gold, Beginning Tap,

Zumba Gold Tone/Chair, Core & More.

Plus Line Dance

Beginners, Improvers, Intermed/Advanced



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*

New Winter Group Fitness Schedule in January



Tuesdays 10:00am-2:00pm

For more info call Cat

321-231-1135



***Hurricane Rug Hooking***

2nd and 4th Wednesday

of each month

10am to 2pm

Meets in the

*North Brevard Senior Center*

***Tuesdays at***

***1:00 pm***

***Room B***



***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.*



### **HAND & FOOT**

*1st & 3rd Monday  
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.*

# **POKER**

**MONDAY  
MORNING  
10AM-2PM**

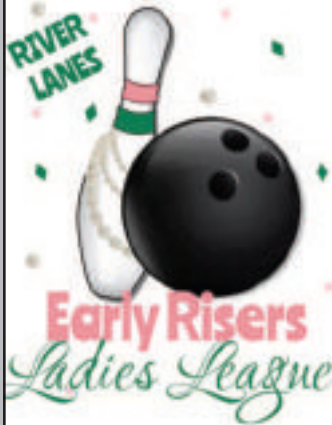
**Dealer's Choice**

**\$2 member / \$3 non-member**

**CHIPS— Tray for \$8.00**



**SUPPORT THE  
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that Support our  
Community!**



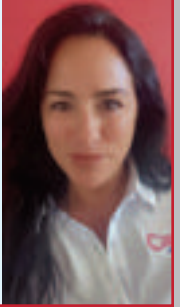
**TUES**  
**JAN 07**  
**9AM**  
**16**  
**WEEKS**  
**\$11 PER**  
**WEEK**  
**NON-SANCTIONED**



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every contribution is  
hugely 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.*