



DAYTONA BEACH SHORES  
COMMUNITY CENTER & SENIOR PROGRAMS  
OCTOBER 2019 NEWSLETTER

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### CONTACT INFORMATION

Director of Recreation: Roni Jackson  
Email: [rjackson@cityofdbs.org](mailto:rjackson@cityofdbs.org)  
3000 Bellemead Drive  
Daytona Beach Shores, FL 32118  
(386) 763-7572

### HOURS

MON, WED, & FRI: 8 AM – 4:30 PM  
TUE & THU: 8 AM – 8 PM  
PICKLEBALL COURTS: OPEN DAILY,  
8:00 AM–10:00 PM

### MEMBERSHIP

DBS Community Center and  
Senior Programs memberships  
run from October 1, 2019, thru  
September 30, 2020

### Dues are as follows:

DBS Residents=\$25  
DBS Non-Residents=\$30

Website:

[www.dbshores.org](http://www.dbshores.org)

Shores Community Center presents **Discover the Best of Eastern Canada**  
featuring Montreal, Quebec City, Ottawa, Niagara Falls & Toronto

**April 14-21, 2020**

For more information contact

Roni Jackson

Shores Community Center

(386) 763-7572

[rjackson@cityofdbb.org](mailto:rjackson@cityofdbb.org)

**8 Days • 10 Meals:** 7 Breakfasts, 3 Dinners

**Book Now & Save \$100 Per Person:**

**Double** \$2,899\*; Original \$2,999

**Single** \$3,599; Original \$3,3699

**Triple** \$2,869; Original \$2,969

**Included in Price:** Round Trip Air from Orlando Intl Airport Air Taxes and Fees/Surcharges, Hotel Transfers

**Not Included in Price:** Cancellation Waiver and Insurance of \$275 per person

\* All Rates are Per Person and are subject to change, based on air inclusive package from MCO

**IMPORTANT CONDITIONS:** Your price is subject to increases prior to the time you make full payment. Your price is not subject to increase after you make full payment, except for charges resulting from increases in government-imposed taxes or fees. Once deposited, you

have 7 days to send us written consumer consent or withdraw consent and receive a full refund. (See registration form for consent.)

**Highlights:** Montreal, Choice on Tour, Quebec City Ottawa, 1000 Islands, Toronto, Niagara Falls, Niagara-on-the-Lake

Day 1: [Tuesday, April 14, 2020 Montreal, Quebec – Tour Begins](#)

Your tour opens in the second largest French-speaking city in the world, Montreal.

Day 2: [Wednesday April 15, 2020 Montreal](#)

This morning, **it's your choice** as you decide how you would like to explore Montreal: on a walking tour **-OR-** a panoramic coach tour. If you choose the walking tour, you'll join a local guide who will transport you back in time as you explore the streets of Old Montreal on foot; stroll through historic squares and past impressive architecture, hearing stories of days gone by. If you choose the coach tour, it highlights Jacques Cartier Square, Gill University and St. Joseph's Oratory. The tour concludes with a stop high atop Mount Royal, ascended by Jacques Cartier in 1535 and the jewel of Mount Royal Park, to soak in the spectacular view. The afternoon is yours to continue exploring the city independently. Sit in a sidewalk cafe, visit a museum or browse some of the city's many famous shops. This evening you will be treated to dinner in historic Old Montreal, capping off a wonderfully memorable day.

Day 3: [Thursday, April 16, 2020 Montreal-Quebec City](#)

Depart for fabulous Quebec City. Later today, experience the beauty and history of both Old and New Quebec with a fascinating sightseeing tour of the city. See the stately Chateau Frontenac, the provincial Parliament, and the St. Louis Arch, the site of the original settlement of the city of Quebec. This evening, sample French cuisine at a lovely restaurant in Ile d'Orleans.

Day 4: Friday, April 17, 2020 Quebec City

**Begin your day with breakfast at a local sugar shack** nestled in the Quebec Countryside. Learn about the traditions of maple syrup-making and enjoy sampling many delicious traditional foods made with local maple syrup. Before leaving, try a favorite regional treat – maple taffy on the snow! The remainder of your day is at leisure to wander the streets of quaint Old Quebec, a designated UNESCO World Heritage site.

Day 5: Saturday, April 18, 2020 Quebec City – Ottawa, Ontario

This morning, depart for Ottawa – Canada’s beautiful, culturally-rich capital. Upon arrival, enjoy a scenic drive along the Ottawa River, past the Prime Minister’s residence, many embassies and the impressive National Art Gallery. Your city tour will also showcase the impressive gothic parliament buildings as well as the Rideau Canal (which becomes the world’s largest skating rink in wintertime). In addition, you will be able to stroll through the Byward Market, known for its fruit, vegetables, flowers, and arts & crafts.

Day 6: Sunday, April 19, 2020 Ottawa – Rockport – Toronto

A short drive takes you to Rockport, gateway to the spectacular 1000 Islands. Enjoy a memorable cruise through this unspoiled region, located on the border between the United States and Canada. Later this afternoon you arrive in the exciting city of Toronto, capital of Ontario.

Day 7: Monday, April 20, 2020 Toronto – Niagara Falls – Toronto.

This morning, travel to thundering, awe-inspiring Niagara Falls. Pause for moment as you reflect on the magnificent views and the power of Mother Nature. Of course, a visit to Niagara Falls would not be complete without experiencing the incredible cruise at the base of the Falls.

## MORNING ACTIVITIES

**Sittercise: Video Exercise Monday – Friday 9-9:30 a.m.** Members free; nonmembers \$1.

**Low Impact Aerobics: Video Exercise Mondays, Wednesdays, Fridays 9:30-10:15 a.m.** Members free; nonmembers \$1.

**SilverSneakers®: Muscle Strength & Range of Movement. Tuesdays & Thursdays, 9:30-10:30 a.m. AGES 62 OR BETTER.**

**Beginner's Yoga: Instructor Dena Townsend, RYT, Mondays 8:30-9:30 a.m., Wednesdays 9:30-10:30 a.m.** Gentle, restorative practice. \$7; \$36.00 per 6-class card for members.

**Yoga: Instructor Dena Townsend, RYT. Mondays 10-11:30 a.m., Wednesdays 11 a.m.-12:30 p.m.** \$8; \$42 per 6-class card for members.

**Active Stretching: Instructor Wendy Psomas, Certified Trainer.** Wear comfortable clothes and tennis shoes. Must be able to get up and down. Create an evenly conditioned body from inside out. Tuesdays 10-11 a.m. \$7; \$36 per 6-class card for members.

**Yarn Circle: Wednesdays, 10:00 a.m.** Bring your own projects and supplies. Contact person is Jean-Marie at 407-340-3467.

**Coffee with The Mayor: Every 2<sup>nd</sup> Wednesday of the month from 10:00-11:00 a.m.** October 9 at Flapjack Johnny's.

**Zumba Gold: Licensed Instructor Barbara Mitchell. Mondays, 10:30-11:15 a.m.** Dance your way to a fitter you! Exciting, unique Latin & International moves & rhythms! \$7; \$30.00 per 6-class card for members. MONDAY CLASSES BEGIN OCTOBER 14.

**Zumba Gold: Licensed Instructor Barbara Mitchell. Tuesdays, Thursdays & Fridays 8:45-9:30 a.m.** Dance your way to a fitter you! Exciting,

unique Latin & International moves & rhythms! \$7; \$30.00 per 6-class card for members. FRIDAY CLASSES BEGIN OCTOBER 18.

**Samba:** Canasta card game variation of Hand & Foot. Fridays PLAY BEGINS 11:00 a.m.-3:00 p.m. Will teach beginners. Members free; nonmembers \$1. Call to register by Thursday prior.

**Belly Dancing:** Certified Instructor Yana. Wednesdays, October 2-November 3, 10-11 a.m., \$60 for 6 weeks. No drop in or make-up classes.

**Backgammon Club:** Fridays 10:30 a.m. All levels welcome, will teach beginners. Members free; nonmembers \$1.

**Presentation:** Tuesday, October 8, 10:45 a.m. Chanin Carr will speak on Safety in the Home.

**Presentation:** Tuesday, October 15, 10:45 a.m. Chanin Carr will be available to answer questions about Open Enrollment for Medicare.

#### AFTERNOON ACTIVITIES

**Contract Bridge:** Tuesdays 11:30 a.m. \$1 per person. Register ASAP. AGES 62 OR BETTER.

**Hand and Foot:** Card game Mondays, set-up 11:45 a.m.; PLAY BEGINS 12 noon. Members free; nonmembers \$1.

**Bingo:** Thursdays, promptly @ 12 noon. Members \$1; nonmembers \$2. Game card packets additional \$1 - \$5. **AGES 55** OR BETTER. DOORS OPEN AT 11:00 A.M. NO GAME OCTOBER 10.

**Dominoes Mexican Train: All Aboard!** Tuesdays 1:00 p.m. All levels welcome, new players wanted! Toot Toot! Members free; nonmembers \$1.

**Bunco:** Wednesdays, 1:00 p.m. Easy to learn, fun game of dice. Members \$4; nonmembers \$5. Reserve by Tuesday prior.

**Chair Volleyball:** Beach Ball, Net, Chairs, Fitness, Fun! Thursdays 1:00 p.m. No skill required. Members free; nonmembers \$1. NO GAME OCTOBER 10.

**Tai Chi:** Mondays, 1-2 p.m. Certified Instructor Deynaire Townsend. \$7 per class. Consists of full body movements that involves legs, internal energy, and simple choreography. NO CLASSES NOVEMBER 4 & 11.

**Mah-Jongg:** Thursdays, set-up 11:45 a.m.; PLAY BEGINS 12 NOON. Members free; nonmembers \$1. NO CLOSED GAMES.

**Travel Presentation:** Slideshow Presentation on the Canada Trip April 14-21, 2020 by Kim Foy of Collette Tours. Wednesday, October 9, 1 p.m. upstairs, North side.

#### EVENING ACTIVITIES

**Beginning Photography:** Instructor Bernhard Schneider. Tuesdays, October 8-November 12, 5:30-7:00 p.m. Fee \$75 (No refunds or make-up classes). Study photography to make lasting memories. Lots of hands-on practice with your camera, laptop, notebook, or smart phone.

**Guitar Lessons:** Instructor Mike Williams. Beginner level only. Tuesdays, 6:30-7:30 p.m. Loaner guitars available.

**Ukulele Lessons:** Instructor Stan Ukule-ley Beginner & Intermediate. Fun & affordable music class. Thursdays, 5-6 p.m. \$5. Ages 12+. NO CLASS OCTOBER 10.

**Acoustic Music Jam:** Old Time, Country, Bluegrass & Folk music. Play your instrument, sing along or just sit back & enjoy! Thursdays, 5:30-7:45 p.m. Free. Snacks & Beverages permitted and available.

**Gentle Yoga:** Instructor Mardi Williams, MBA CYT. Thursdays, 6-7 p.m. NO CLASS OCTOBER 10. Beginning Tuesday, November, 5 6-7 p.m. an additional Yoga Class will be offered.

#### OFFSITE PICKLEBALL COURTS

**Pickleball Open Play:** McElroy Park. Daily 8 a.m.-10 p.m., 10 dedicated courts with lights. All ages & skill levels welcome. Equipment available for loan in Shores Community Center.

**Intro to Pickleball:** McElroy Park. Mondays 9 a.m. Registration required two days prior to class. Minimum 4 students. Equipment provided. Free.

#### DAYTONA BEACH SHORES COMMUNITY CENTER PRESENTS BEGINNING PHOTOGRAPHY

Tuesday, October 8-November 12, 6 weeks, 5:30-7:00 pm

Fee \$75 (No refunds or make-up classes)

Study photography to make lasting memories



Come and join instructor Bernhard Schneider in an exciting “Beginning Photography” class. Learn how to make great photos.

TOPICS INCLUDE:

- Photo Galleries Discussion with Rules, Tips and Tricks
- Cameras, Accessories, Modes, Settings, Modes, Special Effects
- Aperture A, Shutter Speed S, ISO, Exposure
- Photo Downloads, Editing & Printing
- Copyrights & Video

LOTS OF HANDS-ON PRACTICE WITH YOUR CAMERA, LAPTOP,  
NOTEBOOK, OR SMART PHONE

QUESTIONS ENCOURAGED!

Shores Community Center

3000 Bellemead Drive,

Daytona Beach Shores, FL 32118

386-763-7572

Email: [rjackson@cityofdbs.org](mailto:rjackson@cityofdbs.org)

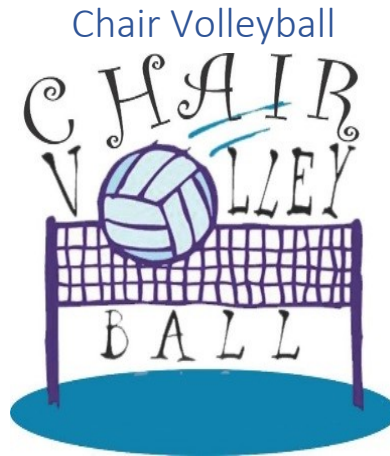
6 Weeks Complete Beginners Summer Bellydance Course with YANA

Date and Time: 9/11-10/16, Wednesdays at 10 AM

Cost: \$60

Location: Shores Community Center, 3000 Bellemeade Dr, Daytona  
Beach Shores

Contact Number: 386-383-2388



Fitness & Fun!

Date and Time: Thursdays, 1:00-3:00 p.m.

Cost: Members Free; \$1 Non-Members

Location: Shores Community Center, 3000 Bellemeade Dr, Daytona  
Beach Shores

Contact Number: 386-763-7572

Bunco



Shake, Rattle & Roll

IT'S BUNCO TIME!

An Easy to Learn & Fun Game of Dice

Wednesdays, 1:00-3:00 p.m.

Shores Community Center

3000 Bellemead Drive, Daytona Beach Shores, FL 32118

Members \$4, Non-Members \$5

Reserve Your Spot 386-763-7572 by the Tuesday before

### Tai Chi for Health and Fitness



Tai Chi is a gentle form of fluid exercise that develops strength, balance and flexibility. Tai Chi is suitable for all ages and abilities.

Instructor: Deyanire Townsend

\$ 7 per Student

Mondays, 1:00 P.M.

1 - 2 pm

## GUITAR LESSONS



Instructor, Mike Williams

Beginner level only

Tuesdays 6:30-7:30 pm

YOU Pick the Music

Shores Community Center, 3000 Bellemead Drive, Daytona Beach  
Shores, FL 32118

For More Information: 386-281-3000

The City of Daytona Beach Shores Presents... ACOUSTIC MUSIC JAM



CLASSIC COUNTRY, OLD TIME, BLUEGRASS & FOLK

Thursdays 5:30 – 7:45 PM

Shores Community Center, 3000 Bellemead Drive, Daytona Beach  
Shores, FL 32118

It's Free!

Play. Sing. Relax. Enjoy.

GUITAR, BASS, FIDDLE, MANDOLIN, BANJO, DOBRO, DULCIMER,  
HARMONICA, ETC.

Information 386-763-7572

FIRST SONG FOR THE JAM

Well it's Thursday night and it's time to jam.

The sign on the door says come on in.

The chairs are in a circle. There's a sign-in sheet.

There's drinks on the table and cookies to eat.

Won't you come on in to the Thursday night jam.

Well at 6 pm it's time to start.

We crank it up with "your cheating heart."

We play around the circle and take our turn.

There's good old songs to hear and new ones to learn

Won't you come on in to the Thursday night jam.

Rain or shine, hot or cold, we play on Thursday night unless there's  
bingo.

Well at 8 pm it's time to stop.

We put away our chairs and close up shop.

Won't you come on in to the Thursday night jam.

Won't you come on in to the Thursday night jam.

Well if you want to hear some more, it's Thursday night at DBS.

Oh, won't you come on in to the Thursday night jam.

Won't you come on in to the Thursday night jam.

(Instrumental) E A E B7 A E B7 E

## UKULELE LESSONS



with Stan Ukule-ley

\$5 Per Student

Thursdays 5-6 pm

Student Loaner Ukuleles Available

**FUN & AFFORDABLE MUSICAL EXPERIENCE!**

Beginner & Intermediate Group Lessons

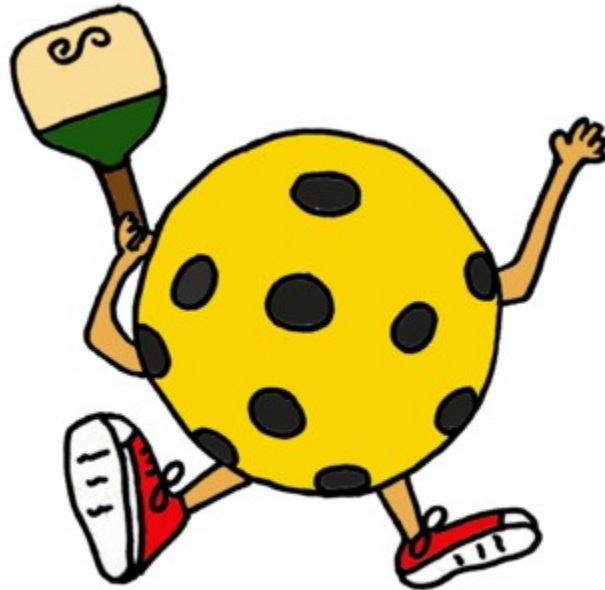
Ages 12 & Up Welcome

Shores Community Center, 3000 Bellemead Drive, Daytona Beach

Shores, FL 32118

For More Information: 386-763-7572

## Intro to Pickleball



McELROY COURTS  
3048 S. ATLANTIC AVE.  
DAYTONA BCH SHORES, 32118

MONDAYS 9 a.m.

(Need 4 to hold class)

FREE

EQUIPMENT PROVIDED  
REGISTRATION REQUIRED  
TWO DAYS IN ADVANCE

386-763-7572



Yarn Circle

New Group Starting

Calling ALL Fiber Friends...

Do you..

Knit, Crochet, Cross Stitch, Needlepoint, Embroidery, Macrame,  
Lacework?

Bring your Own Supplies!

Join us every Wednesday

10 AM to 12 Noon

Contact: Jean-Marie 407-340-3467

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

