



DAYTONA BEACH SHORES
COMMUNITY CENTER & SENIOR
PROGRAMS JANUARY 2020 NEWSLETTER

CONTACT INFORMATION

Director of Recreation: Roni Jackson
Email: rjackson@cityofdbfs.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

***DBS COMMUNITY CENTER & SENIOR PROGRAMS
WILL BE CLOSED FOR
THE NEW YEAR, JANUARY 1 and
MARTIN LUTHER KING'S BIRTHDAY, JANUARY 20***

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

April 26-May 3, 2020 (date change)

For more information contact

Roni Jackson

Shores Community Center

(386) 763-7572

rjackson@cityofdbbs.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 26, 2020 Montreal, Quebec – Tour Begins](#)

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

Day 2: [Wednesday April 27, 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 28, 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 29, 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 30, 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, May 1, 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, May 2, 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 2nd Wednesday of the month from 10:00-11:00 a.m.

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.

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.

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.

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

Diamond Painting: Thursdays, starting January 9, from 10:00-11:30 a.m. There will be a different project each month. Cost is \$10 and registration with payment required by December 10. January's project (Life at the Beach).

Belly Dancing: Certified Instructor Yana. Wednesdays TBD. \$60 for 6 weeks. No drop in or make-up classes.

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.

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.

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.

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

Drums Alive: Mondays, 1-2 p.m. Date TBD. Please call 386-763-7572 for more information.

EVENING ACTIVITIES

Intermediate Photography: Instructor Bernhard Schneider. Tuesdays, January 7-February 11, 2020, 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+.

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. Tuesdays & Thursdays, 6-7 p.m.

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.

Spring 2020 Pickleball Tournament: March 27 & 28, 2020. McElroy Park. Volunteers needed for 4-hour shifts (lunch included) both days.