



DAYTONA BEACH SHORES
COMMUNITY CENTER & SENIOR PROGRAMS
MARCH 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
SATURDAY: 8 AM – 2 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

MORNING ACTIVITIES

Sittercise: Video Exercise Monday – Saturday 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. Video on Saturdays 9:30-10:15 a.m.

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 Stretch: 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. NO CLOSED GAMES.

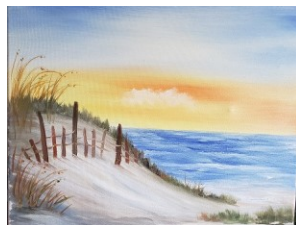
Backgammon Club: Fridays 10:30 a.m. All levels welcome, will teach beginners. Members free; nonmembers \$1.

Diamond Painting: Thursdays from 10:00-11:30 a.m. There will be a different project each month. Cost is \$10 and registration with payment required by March 3.

Belly Dancing: Certified Instructor Yana. Wednesdays March 11-April 15, 10:00-11:00 a.m. \$60 for 6 weeks. No drop in or make-up classes. Veil Chorography 11:00 a.m.-12 noon. \$60 for 6 weeks. No drop in or make-up classes.

Hand, Foot & Elbow: Card game version of Canasta. Instructor available. Saturdays 10:30 a.m.-1:30 p.m. Please register by Thursday prior. NO CLOSED GAMES.

Oil Painting: Instructor Rosetta. Saturday, March 14, from 9:45 a.m.-12:15 p.m. \$30 per person includes supplies except for paper towels. Cash payment due with registration by Tuesday of that week. If you don't think you can paint, come anyway and be surprised with your painting.



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. NO CLOSED GAMES.

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.

EVENING ACTIVITIES

Beginning Photography: Instructor Bernhard Schneider. Tuesdays, April 21-May 26, 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. ON HOLD.

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.