



DAYTONA BEACH SHORES  
COMMUNITY CENTER & SENIOR PROGRAMS  
JULY 2020 NEWSLETTER

### CONTACT INFORMATION

Director of Recreation: Nancy Maddox  
Email: [nmaddox@cityofdb.org](mailto:nmaddox@cityofdb.org)  
3000 Bellemead Drive  
Daytona Beach Shores, FL 32118  
(386) 281-3000/(386) 763-7572

### HOURS

MON, TUE, WED, & FRI: 8 AM – 4:30 PM  
THURSDAY: 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](http://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.**

**SilverSneakers® Video: Muscle Strength & Range of Movement.** Tuesdays, Thursdays & Saturdays, 9:30-10:15 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. **ON HOLD**

**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. **ON HOLD**

**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. **ON HOLD**

**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.** **ON HOLD – RESUME IN AUGUST**

**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. **ON HOLD**

**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. **ON HOLD**

**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 April 1. Project TBD. **ON HOLD**

**Belly Dancing:** Certified Instructor Yana. Wednesdays, Class I 10:00-11:00 a.m. \$80 for 8 weeks. Drop in fee \$15. Class II 11:00 a.m.-12 noon. \$80 for 8 weeks. Drop in fee \$15. **ON HOLD**

**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, July 18, from 9:45 a.m.- 12:15 p.m. \$30 per person includes supplies. 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. ON HOLD

**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. ON HOLD

**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. **ON HOLD**

**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, 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. **ON HOLD**

**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+. **ON HOLD**

**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. **ON HOLD – RESUMES AUGUST 4.**

## 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. **ON HOLD**