



DAYTONA BEACH SHORES
COMMUNITY CENTER
AUGUST 2020 NEWSLETTER

CONTACT INFORMATION

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

HOURS

MON, TUES, 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

YOU ARE STRONGLY ENCOURAGED TO WEAR A MASK IF YOU ARE NOT THE RECOMMENDED 6' APART DURING THE ACTIVITIES.

THANK YOU!

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. ON HOLD

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. 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.

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, August 15, 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

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 SEPTEMBER 1**

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 8:30 a.m. Registration required by Friday prior to class. Minimum 4 students. Equipment provided. Free.