



JULY  
2022

# Daytona Beach Shores COMMUNITY CENTER Newsletter



## CONTACT US

Director of Recreation:  
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## HOURS

Mon., Wed. & Fri.: 8 am – 4:30 pm  
Tuesday: 8 am – 7:30 pm  
Thursday: 8 am – 8 pm  
Saturday: 8 am – 2 pm

## PICKLEBALL COURTS

Open Daily  
8 am – 10 pm  
No reservations needed

## TENNIS COURTS

Open Daily  
8 am – 10 pm

## RESERVATION TIMES FOR SHORES RESIDENTS ONLY

8 – 9:30 am  
9:30 – 11 am (doubles only)  
11 am – 12:30 pm

## WEBSITE:

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

## MORNING ACTIVITIES

**Sittercise:** Video Exercise Monday – Saturday 9-9:30 am

**Dance Aerobics:** Video Exercise Mondays, Wednesdays, & Fridays 9:30-10:15 am

**SilverSneakers®:** Certified Instructor Kandi Simons. Muscle Strength & Range of Movement. Tuesdays & Thursdays 9:30-10:15 am

**SilverSneakers® Video:** Muscle Strength & Range of Movement. Saturdays 9:30-10:15 am

**Zumba Gold:** Classes will resume on September 19. Licensed Instructor Barbara Mitchell. Mondays 10:30-11:15 am and Tuesdays & Thursdays 8:45-9:30 am. Dance your way to a fitter you! Exciting, unique Latin & International moves & rhythms!

**Coffee with The Mayor:** Wednesday, July 13, from 10:00-11:00 a.m. Express Care, Halifax Health Walk-in Clinic, representative will be the guest speaker. Mayor Nancy Miller will share Shore happenings. Enjoy coffee and light refreshments. It's free to attend, and reservations are not needed.

**Samba:** Canasta card game variation of Hand & Foot. Fridays PLAY BEGINS 11 am-3 pm. Will teach beginners. Call to register by Thursday prior. Partners will be chosen by picking cards. Please arrive 15 minutes early; cards will be drawn for partners.

**Hand, Foot & Elbow:** Card game version of Canasta. Instructor available. Saturdays 10:30 am-1:30 pm. Please register by Thursday prior. Partners will be chosen by picking cards. Please arrive 15 minutes early; cards will be drawn for partners.

**Contract Bridge:** Tuesdays 11:30 am. \$1 per person. Register ASAP.

**Mah Jongg:** Wednesdays 11 am-12:30 pm. Practice playing. Someone available to answer questions. New players looking to play for fun, please join us.

**Oil Painting:** Instructor Rosetta. Classes resume Saturday, September 17, from 9:45 am-12:15 pm. \$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

**Hand and Foot:** Card game Mondays, set-up 11:45 a.m.; PLAY BEGINS 12 noon. Partners will be chosen by picking cards. Please arrive 15 minutes early; cards will be drawn for partners.

**Pinochle:** Tuesdays 1 pm. Please register by at least the Monday prior to ensure that we have 4 players per table. Play will resume in September.

**Mexican Train (Dominos):** *LOOKING FOR NEW PLAYERS.* Thursdays 12 noon. This train is almost full – preregistration is required by Monday prior to departure. The train is on track waiting for you! All levels welcome.

**Chair Volleyball:** Beach Ball, Net, Chairs, Fitness, Fun! Thursdays 1 pm

**SilverSneakers® Video:** Muscle Strength & Range of Movement. Wednesdays 1:30-2:15 pm

**Mah-Jongg:** Thursdays, set-up 11:45 pm. PLAY BEGINS 12 noon. NO CLOSED GAMES!

**Book Club:** Wednesday, July 6, 2:00-4:00 p.m. Political Biography, The Chancellor by Kati Marton. Moderator: Lynn B.

**Creative Caregiving:** Six-week sessions on Tuesdays, from 2-4 p.m. Sessions will be offered July 12 to Aug. 16. Registration is now open for this free program, with each session limited to 20 people (10 pairs of caregivers with care partner – CNA/HHA welcome). Come learn how to connect mind, body, and spirit by using the arts as a tool of self-care, social interaction, and lifelong learning. Join Atlantic Center for the Arts ambassador Sonja Jean Craig for a fun, uplifting gathering of caregivers and care partners. No experience necessary, and art supplies will be provided. Call 386-281-3000 to register.

## EVENING ACTIVITIES

**City Council Meeting:** Tuesdays, July 12 & 26, 6:00 pm in the Council Chambers at the Shores Community Center.

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

**Chair Yoga:** Instructor Mardi Williams. Tuesdays 4:30-5:30 pm. \$8 per class and social distancing. This active class is for those who will practice seated and standing poses using the chair for support to help improve balance, posture, energy, breathing, strength, flexibility and relaxation.

**Evening Gentle Yoga:** Instructor Mardi Williams. Tuesdays & Thursdays 6 pm. \$8 per class and social distancing. Participants will need to bring their own mats, plus blocks and straps, if used.

**Free Concert:** Friday, July 29, at the Shores Pavilion 6:30-8:30 p.m. Live music featuring contemporary, acoustic duo Gilly and the Girl. Free admission. Bring a chair.

## PICKLEBALL COURTS

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

**Intro to Pickleball:** Certified Pickleball Instructor Sinny Richardson. McElroy Park. Mondays 8:30 am. Registration required by Friday prior to class. Maximum 6 students. Equipment provided. Free.

## TENNIS COURTS

**Tennis Open Play:** Daily 8 am-10 pm. Six clay courts with lights. Court 6 open play all day, except 9:30-11 am. Courts 1-5 open play from 12:30-10 pm.

**Reservation Times for Shores Residents Only:** Courts 1- 5, 8-9:30 am; 9:30-11 am; 11 am- 12:30 pm. Court 6, 9:30-11 am

**Round Robin:** Sundays 8-11 am on Courts 1-4.