

NORTH BREVARD SENIOR CENTER NEWSLETTER

909 Lane Avenue, Titusville, FL 32780 (321)268-2333

May 2013 EDITOR: Adrienne Herrell

Welcome to a Birthday Party!



Come and help us celebrate the birthday of all our members born in May on **Wednesday, May 1** at 12:00 Noon

It is with great sadness that we announce the death of our friend and colleague Grada Breemen on April 12th from pancreatic cancer. Grada was active as a line dancer up until the final few months of her life. She was born in Holland and lived in Titusville with her husband and family for many years.



NEWS



Wii Bowling Team **2 Now 4** won the Winter Bowling Tournament. Pictured are **2 Now 4** Team members; Linda and Earl Givens, Lillian Elliott and Larry Oppenheimer. (See story on page 9)

HAVE NEWS TO SHARE?

We like to announce the accomplishments and life events of our members. If you know of someone who has a life event or honor, please submit that information to Adrienne Herrell at adrienneh.herrell@gmail.com OR put a note in her box in the Operations Manager's office. Please include your contact information so we can follow-up on the stories submitted.

We have a suggestion box located just outside the Operations Manager's Office in the lobby. If you have any suggestions about the facility, activities, or the park, please feel free to submit them.

Be sure to visit our website at: http://NorthBrevardSeniorCenter.tripod.com

CLASS AND ACTIVITY SCHEDULE		
MONDAY	**COST – MEMBER/ NON-MEMBER**	**CONTACT PERSON**
9-10 AM Walk the Park	No fee	Adrienne 652-5830
10-11 AM Senior Fitness	$2/$3	Linda 383-0735
9:30 – 4 PM Canasta	$1/$2	Eleanor 269-1742
11:15 – 12:15 Tap & Jazz	$2/$3	Linda 383-0735
12:15 Jack of Hearts Drawing	$1 a ticket	Buy tickets at front desk
12:30 – 4 PM Duplicate Bridge	$5/$6	Ralph 593-2212
1-3 PM Mexican Train (Dominoes)	$1/$2	Edna 269-2937
5-6:30 PM Tap & Jazz	$1/$2	Marsha 264-2776
6-7 PM Ballroom (Advanced)	$4/$5	Jean & Jency 759-4447
7-8 PM Ballroom (Beginners)	$4/$5	Jean & Jency 759-4447
7-9 PM BUNCO (2nd Monday)	$3/$4	Cat 268-9530
7-10 PM Poker (EVERY Monday night!)	$1/$2	Frank (407) 538-6602 Kathy (407) 625-8267
TUESDAY		
10 – 11 AM Dance Exercise	$1/$2	Adrienne 652-5830
10:30 AM – 4PM Pinochle/Cards	$1/$2	Rachel 267-7376
10:30 AM - Duplicate Bridge	$1/$2	Eileen 267-0304
12:30-3:30 PM Mahjongg Lessons (American Version)	$1/$2	Betty 693-7261
1-2 PM Tai Chi	$2/$4	Jimmy 385-9140
1-4:15 PM Party Bridge	$2/$3	Gladys 267-3490 (Call by Monday)
6-7 PM Beginning Line Dancing	$3/$4 or $25 for 12 week session	Ferrel 267-0195
7-8:30PM Line Dancing	$3/$4 or $25 for 12 week session	Ferrel 267-0195
WEDNESDAY		
9-10 AM Walk the Park	No fee	Adrienne 652-5830
10– 11:30 AM Senior Fitness	$2/$3	Linda 383-0735
10:30AM – 1 PM Mahjonng (American Version)	$1/$2	Betty 693-7261
12 Noon Birthday Celebration	No fee	
12:30-4 PM Duplicate Bridge	$5/$6	Ralph 593-2212
1-2 PM Beginning Line Dancing	$3/$4 or $25 for 12 week session	Yvette 225-4872
2-3:30 PM Line Dancing	$3/$4 or $25 for 12 week session	Yvette 225-4872
4-5 PM Senior Singles (2nd Wednesday of the Month)	$2/$3	Jean 362-2359
6:30- 8:30 PM Line Dancing	$2/$3 (Come in the back door)	Barbara 452-1944

THURSDAY	COST	CONTACT PERSON
9 AM Free Blood Pressure Check	No fee	
10 – 11 AM Dance Exercise	$1/$2	Adrienne 652-5830
10 AM-2:30 PM BINGO	$8	Rachel 268-9530
1-4 PM Scrabble (2nd & 4th Thursday)	$1/$2	Adrienne 652-5830
FRIDAY		
9-10 AM Walk the Park	No fee	Adrienne 652-5830
9AM-3 PM Canasta/Hand and Foot	$1/$2	Eleanor 269-1742
9:30—10:15 AM Senior Fitness	$2/$3	Linda 383-0735
10:15-11:30 AM Clogging (suspended for Summer)	$2/$3	Linda 383-0735
10:30-Noon Writer's Club	$1/$2	Dorothy 607-6450
12:30- 4 PM Duplicate Bridge	$5/$6	Ralph 593-2212
1:00-3:30 PM Mahjonng (American Version)	$1/$2	Betty 693-7261
7-10 PM Party Bridge	$2/$3	Austra 269-6593
7-10 PM English Country Dancing	$2/$3	Onie 636-2209

ACTIVITIES BY CATEGORY

CARDS DAY AND TIME	DANCE CLASSES
Bridge (Duplicate) MWF 12:30 PM	Ballroom Monday 6 & 7 PM
Bridge (Party Night) Friday 7 PM	Clogging Friday 10:15 AM
Bridge (Party) Tuesday 1 PM	Line Dancing Tuesday 6 & 7 PM Wednesday 1 & 2 PM Wednesday 6:30 PM
Canasta (Hand & Foot) Monday 10 AM	Tap & Jazz Monday 11:15 AM & 6:30 PM
Euchre Wednesday 1 PM	Dance Exercise Tuesday & Thursday 10 AM
Pinochle Tuesday 11 AM	**OTHER ACTIVITIES**
Poker 1st and 3rd Monday 7 PM	Computer Classes (Sign up in Media Room)
GAMES	Tai Chi Tuesday 1 PM
Billiards (Pool) Daily (9Am – 4 PM)	Senior Fitness Monday 10 AM, Wed. 9:30 AM
BUNCO 2nd Monday 7-9:15 PM	Walk the Park MWF 9 AM
Mahjonng Tuesday 12:30– 3:30 PM Lessons Wednesday 10:30AM—1 PM Friday 1-3:30 PM	Jack of Hearts Drawing Monday 12:15 PM
Mexican Train (Dominoes) Monday 1 PM	Sewing Club 1st Wednesday 10 AM
Scrabble 2nd & 4th Thursday	**DID YOU KNOW?????**
Wii Bowling Teams play on different days and times. Fall league will form in August. Sign up in the Media Room for practice sessions.	**YOU CAN JOIN NBSC WHEN YOU TURN 50. You can participate in activities at any age.**

VOLUNTEERS NEEDED:

We need volunteers to teach computer skills (Both beginners and advanced.)

EXECUTIVE COMMITTEE

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1ST VICE PRESIDENT
Dotti Kunde
2ND VICE PRESIDENT
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SECRETARY
Marsha Clayton
TREASURER
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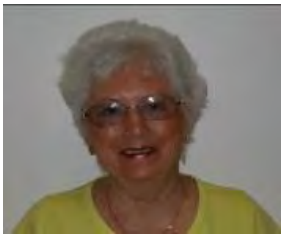
President's Message

Our snowbirds have left and summer is just around the corner. Everything seems to be slowing down. Unfortunately, we have had to cancel our Sunday Socials before they began. A week before the first Social (April 28) we had only sold 2 tickets. We try to respond to what the members want, but sometimes we miscalculate- this was one of those times. I will be sitting down with several of the board members to take a second look at some of the other plans we have for the summer. What I am wondering about is the Picnic in the Park with the Community Band on Saturday, May 11 and the afternoon movies through the summer. Are these activities that would be well attended or should they be canceled also? We had hoped to have enough members attend the afternoon movies to move the TV out of the Media Room into Room A or B on Wednesday or Friday afternoons. Is there enough interest to make it worthwhile to tie up the room and the TV? If these are activities you are interested in, please let us know. And, as always, support & promote those activities you enjoy.

Another setback has been our landscaping of the front of the building. Originally the Garden Clubs were willing to take on this project by donating all the plants and helping us with the planting. In early March the plan was postponed until after their plant sale. In early April they postponed it until a later date and last week I received a call from a Garden Club representative stating that I needed to begin the process from the starting point again and maybe something could be worked out or maybe it might be faster and easier to find another source for the plants other than the Garden Clubs. I will be working on that and hopefully by the fall planting season I will have something lined up. I do want to thank all our volunteers who have signed up to help with the planting.

Our other two projects for sprucing up the center are in a holding stage right now. In Room B we are waiting for the cover on the air handler to be finished and in the Silver Room we are waiting to see if we are going to get some art work from a local business when they redecorate. Speaking of art work, besides the beautiful paintings by Henry Peter in the Gold Room, we have had a painting donated by Judith LeRoy. It is hanging in the Business Office. Thank you to both Henry and Judy.

Ferrel



Ask Dotti

In last month's newsletter I gave you 2 recipes. I neglected to tell you that you can use either one in a sugar free dessert. Just use the sugar free cake mix and the sugar free pudding mix. Hope you try the recipes and let me know how you make out.
I'll make this short as I want to give you crock pot recipes.

SUPER SHORT RIBS
(FOR THE CROCK POT)

3 medium onions, cut in wedges
3-3 ½ lbs.bone-in beef short ribs
1 bay leaf
1 bottle (12 ozs.) light beer or nonalcoholic beer
2 tablespoons brown sugar
2 tablespoons Dijon mustard
Hot cooked noodles
2 teaspoons dried thyme
2 teaspoons beef bouillon granules
1 teaspoon salt
¼ teaspoon pepper
3 tablespoons all-purpose flour
½ cup cold water
2 tablespoons tomato paste

Place onions in a 5 qt. Slow Cooker, add ribs and bay leaf. Combine the beer and the next 7 ingredients. Pour over meat. Cover and cook on low 8-10 hours or until meat is tender.
Remove meat and onions to a serving platter; keep warm. Discard bay leaf. Skim fat from cooking juices and transfer juices to a small saucepan. Bring to a boil.
Combine flour and water until smooth. Gradually stir into the pan. Bring to boil; cook and stir for 2 minutes or until thickened.
Serve meat over noodles. Yield; 6 servings

TURKEY LEG POT ROAST
(FOR THE CROCK POT)

3 medium potatoes, peeled and quartered
2 cups fresh baby carrots
2 celery ribs, cut into pieces
1 medium onion, peeled and quartered
3 garlic cloves, peeled and quartered
½ cup chicken broth
3 turkey drumsticks (12 ozs. each), skin removed
2 teaspoons seasoned salt
1 teaspoon dried thyme
1 teaspoon dried parsley flakes
¼ teaspoon pepper

In a greased 5 qt. Slow Cooker, combine the first 6 ingredients. Place drumsticks over veggies. Sprinkle with the seasoned salt, thyme, parsley and pepper. Cover and cook on low for 5 to 5 ½ hours or until turkey is tender.

Yield; 3 servings

I want to thank my friends George and Dorothy Zavasky for these 2 crock pot recipes.
Good luck at Bingo!!

TITUSVILLE PLAYHOUSE



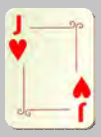
NUNSENSE

May 10 - 26, 2013
Music, Lyrics, & Book By: Dan Groggin
Presented through Special Arrangement with Samuel French Inc, NYC
Directed By: Jeanine Henry

Winner of four Outer Critics Circle Awards including Best Off Broadway Musical in its original New York production. The show is a fundraiser put on by the Little Sisters of Hoboken to raise money to bury sisters accidently poisoned by the convent cook, Sister Julia (Child of God). Updated with new jokes, additional lyrics, new arrangements and a brand new song.
"Wacky and outrageous with a hysterical anything goes sense of fun!" N.Y. Times.
Rated PG

Titusville Playhouse is also in need of volunteers and can use your help with ushering, working behind stage, or several other tasks. Call the theater to volunteer.

Jack of Hearts Winners



April 1 –Karen Larsen $5

April 8—Glen $5

April 15 –John Dacus $5

April 22—Mary Kilty $5

April 29—John Dacus $5 (again!)

The jackpot is over $400!!

Jack of Hearts Rules

Tickets are sold by the greeter or Operations Manager. They are $1 each.
You write your name and phone number on each ticket and place it in the tumbler drum.

Drawings are held on Monday at 12:15.
The person whose name is drawn selects one card from the display.
Jokers and other Jacks pay $25
If you chose the Jack of Hearts, you win the jackpot which is now over $400

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VOLUNTEER OF THE MONTH
Fred Phillips

Fred has served tirelessly to make the Senior Center Dances a success. He researched bands by visiting other dances throughout the county and found the best ones to perform for our dances. Fredhas been a driving force in making the dances outstanding which included donating a lot of the decorations. Fred also serves on the Board of Directors in many capacities.

Also nominated this month: Sue Adair, Adrienne Herrell, and Jean Simoes

.

NEW MEMBERS

Pat Goodman

Pat joined NBSC in January after moving to Titusville from Ohio to improve her health. She had been in intensive care with heart failure in November and told to move south to save her life. Pat started walking the park with her walker and has advanced from walking a partial lap to walking 3 laps (1 mile) to celebrate her 81st birthday. Pat also participates in the Writer's Club and is an outstanding example of the benefits of joining and participating in a senior center for health and happiness. Just look at that radiant smile! Welcome and congratulations to Pat!



OTHER NEW MEMBERS:

Nancy Dean Alicia Hall John Huffman
Nan Leaf Hilde Lindsey Mary Scarberry
Francis Tobin III

We welcome you all!

To nominate a new member to be featured in future issues of the Newsletter, please contact Adrienne Herrell at (321)652-5830 or adrienneh.herrell@gmail.com

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Coupons expire 5/11/13

NORTH BREVARD SENIOR CENTER, INC.
909 Lane Ave., Titusville, FL 32780
Phone: 321.268.2333

2013 MEMBERSHIP APPLICATION

Please print: NEW [ ] RENEW [ ]

LAST NAME: _____

FIRST NAME: _____

ADDRESS: _____

CITY: _____ ST: _____ ZIP _____

PHONE: _____

EMERG. NAME _____

EMERG. # _____

E-MAIL ADDRESS: _____

IF YOU CAN VOLUNTEER CIRCLE BELOW:

Library Kitchen Computer Front Desk Special Events
Decorating Room Setup (Men Only) Other Not Able to Help

_____ _____
Date Signature

TYPE OF MEMBERSHIP

[ ] INDIVIDUAL $12 [ ] LIFETIME $100
[ ] $10 BOOSTER

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LUNCHES

Full, well-balanced, hot or cold lunches are served Monday thru Friday at the North Brevard Senior Center. Menus are posted at first of the month.

Reservations required. Please call the day before between 10 am and 1 pm: 321-536-8851.

$3.50 for those under 60 years of age.

Serving times:
M W F – 11:30 am
Tue – 11:45
Thurs – 12:00 noon

Sponsored by Community Services Council of Brevard, Inc.



2013 Boost-

LORETTA BODZIAK
FREIDA BROWNLY
JAMES BULLARD
PHYLLIS N. CADY
EUGENE C. CADY
ANNE DeCARLO
KENNETH EASTRIDGE
CATHERINE FISCHER
VALERIE FRANCIS
SUSAN FRANK-GASS
DOROTHY FUCHS
WILLIAM GASS
MARIANNE GREENBLUM
ADRIENNE HERRELL
MARY KILTY
BARBARA LAWING
BARBARA MANZI
MARY MARTIN
CURTICE MARTIN
PETE MAZZATTO
FERREL MAZZATTO
WAYNE McCALL
MARION McCALL
JOHN McLAUGHLIN
WILFRED MEEHAN
WILLIAM MENTZ
DORIS MERRILL
AUSTRA MILLER
SHIRLEY MINTHORN
CAROLE NARCISO
LAWRENCE OPPENHEIMER
BARBARA PAYAN
W. WAYNE PEAL, SR
JERINE PITTMAN
BRUCE RADCLIFFE
GWEN RESPESS
ERIC RHYS
JEAN RICHARDS
SUE RUSSELL
JESSIE RUSSELL
KENNETH SLATTERY
MARY JO SPRINKLE
GEORGE VAN STADEN
EVELYN VAN STADEN
MARILYN VARNADO
BETTIE WALLACE
FRANK WALLEY
FAYE WALLEY



Wii Bowlng is sponsored by Beef O'Brady's

Wii Bowling Results

		Wins	Losses
1	**2 Now 4**	30	6
2	**Gutter Girls**	26	10
3	**Bowling Fools**	25	11
4	**King Pins**	16	20
5	**Strikers Strikers**	14	22
6	**Senior Singles**	12	24
7	**Screwballs**	4	32

The Winter Season Wii Bowling ended with 2 now 4 on top and winner of the championship. The awards dinner was held at Beef-O-Brady's our Wii sponser on April 24th .

200+ games were bowled by the following bowlers: Sandy Hill, Frances Hill, Darlene Adams, Fred Phillips, Jean Simoes, Karen Larsen, Peggy Ricardo, Linda Ambrose, Denny Ambrose, Freda Burggraf, Ferrel Mazzatto, Edna Willis, Bea Hickler, Nancy Farrell, Bob Miner, Larry Oppenheimer, Earl Given, Linda Given, Lillian Elliott, Joni Binns, Ruby Kinch and Helena Gelas.

2 now 4 set a high for a three game series at 2590 pins in week 13. Bowling Fools was second with 2582 pins which came in week 14.

There will be no summer league. Wii will resume in September. Anyone may practice the Wii in the library when the room is not in use. If you are thinking of joining the Autumn League in September now is the time to practice.



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DID YOU KNOW??

CALL 211

Calling 211 can help you find assistance with food and other basic needs, employment, children's and elderly services, counseling, substance abuse, disaster aid and many other resources in your own community.





Every Thursday at 10 a.m. Doors open at 9 a.m.
Free Snacks & Hot Coffee Lunch $3.50 (with Reservation)

$8 to play 16 regular games FUN, FRIENDLY PEOPLE

Special paper games $1 per sheet (6 games per sheet)

Call 268-2333 for more information NO SMOKING

Thanks To PePPeridge Farm and Bill and Jill loBB

Bill and Jill Lobb pick up bread from Pepperidge Farm and deliver it all over Brevard County to Senior Centers and charities in order to help people in need. They do this work in the name of the Lord. North Brevard Senior Center appreciates their good works and effort for the benefit of the community.



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SENIOR ASSISTANCE
Housing Improvement Program

Are you 60 years of age or older?
Do you own your own home?
The Seniors Assistance Program is here for you!!

The Seniors Assistance Housing Improvement Program has skilled handymen to provide assistance with minor home repairs or environmental modifications to help improve home accessibility and ensure the safety and security of elder homeowners.

Examples of the types of services offered include:
- Installation of interior and exterior access ramps
- Installation of grab bars in bathrooms
- Installation of safety and security devices such as smoke detectors and deadbolt locks on doors
- Construction and installation of chair platforms and bedrails
- Minor plumbing and electrical problems may also be addressed

All handymen are skilled professionals who are background checked and convered by workman's compensation insurance.

FOR MORE INFORMATION, CALL 631-2744
Services are provided at no cost, however, donations are encouraged



All services of the Seniors Assistance Program are funded through the Older Americans Act Title IIIB federal grant program, the Florida Department of Elder Affairs, Senior Resource Alliance, United Way of Brevard, Brevard County Board of County Commissioners Community Based Organizations Program and private donations.

MESSAGES TO OPERATIONS MANAGERS

There is a small book entitled "Notes to Operations Managers" for anyone who wants to convey a message. It is kept in the rack on the greeter's desk in the lobby.

Looking for rental space for an event?

Did you know that North Brevard Senior Center has space available for rent for parties, weddings, receptions, reunions? Our facility has spaces available for groups of 25 – 250 people. Facilities include:

- Full kitchen appropriate for preparing foods or catered events
- Formal ballroom with stage
- Rooms of various sizes

Outdoor space with gazebo, pavillion and beautiful lake.

Thinking about having a lovely outdoor wedding? Our lakefront gazebo is perfect and the reception could be held right on the premises. Some rooms can be divided with moveable doors. Larger rooms have lovely dance floors.

Prices range from $25 to $600. Feel free to come by and tour the facilities 9AM-4PM. Call for a guided tour and more information (321)2682333.





Line Dance Social
Friday, May 17th

7-10 P.M.

All dances by request
$5 includes snacks and soft drinks



May Center Dance

Saturday May 18th



7:30—

TRAVEL

NORTH BREVARD SENIOR CENTER, PARTNERING WITH MARTIN ANDERSEN SENIOR CENTER, OFFERS THE FOLLOWING ESCORTED TRIP. TRIPS INCLUDE ROUND-TRIP MOTOR COACH TRANSPORTATION (NON-SMOKING COACH), ADMISSION & ALL TAXES/TIPS.

FRI	**CIRQUE DU SOLEIL "QUIDAM" ($95 pp)**
MAY 17	**Mid lower-level seating for this matinee performance in Orlando.**
	World-famous touring show! Lunch at Orlando Ale House before the show.
	Minimum of 35 people.

Info/reservations: Jean @ All About You Travel (321-631-8080)

THREE DIMENTIONAL MOTHER'S DAY CARD CLASS

WEDNESDAY, MAY 8, 2013, 12:30 PM

NORTH BREVARD SENIOR CENTER
MEMBERS $1 NON-MEMBERS $2
ALL MATERIALS INCLUDED





CALL GLENNA AT 321-567-5016
TWO CARDS WILL BE MADE

$3.99 MEDICATION PROGRAM

The formulary list of the program may be subject to get modified or discontinued without prior notice. The brand names of the drugs in the list are for reference purpose only. The dispensed drug will be generic or as permitted by law. See pharmacist for more details

--- CHOLESTEROL ---		
MEVACOR (LOVASTATIN) 10, 20, 40	Tablet	30
ZOCOR (SIMVASTATIN) (ALL)	Tablet	30
--- DIABETES ---		
GLYBURIDE/METFORMIN (ALL)	Tablet	30
METFORMIN ER/XR 500 MG	Tablet	30
--- DIURETICS/WATER PILLS ---		
BUMETANIDE 0.5, 1, 2 MG	Tablet	30
CHLORTHALIDONE 25, 50 MG	Tablet	30
DEMADEX 10, 20 MG	Tablet	30
HCTZ 12.5, 25, 50	Caps/Tabs	30
INDAPAMIDE 1.25, 2.5 MG	Tablet	30
LASIX (FUROSEMIDE) 20, 40, 80	Tablet	30
--- MENTAL HEALTH ---		
AMITRIPTYLINE (ELAVIL) (ALL)	Tablet	30
BENZTROPINE 0.5, 1, 2 MG	Tablet	30
BUSPAR (BUSPIRONE) 5, 10, 15	Tablet	30
CELEXA (CITALOPRAM) 10, 20, 40	Tablet	30
DOXEPIN 10, 25, 50, 75, 100MG	Capsule	30
HALDPERIDOL 0.5, 1, 2, 5MG	Tablet	30
IMIPRAMINE 10, 25MG	Tablet	30
LITHIUM CARBONATE 300MG	Capsule	30
PAMELOR (NORTRIPTYLINE) (ALL)	Caps/Tabs	30
PAXIL (PAROXETINE) 10, 20, 30, 40 MG	Tablet	30
PROZAC (FLUOXETINE) 10, 20,	Capsule	30
REMERON (MIRTAZAPINE) 15, 30 MG	Tablet	30
TEGRETOL 100, 200MG	Tablet	30
TRAZODONE 50, 100, 150MG	Tablet	30
ZOLOFT (SERTRALINE) (ALL)	Tablet	30
--- WOMEN'S HEALTH ---		
CLOMIPHENE (CLOMID) 50 MG	Tablet	5
ESTRADIOL 0.5, 1, 2 MG	Tablet	30
ESTROPIPATE 0.75, 1.5 MG	Tablet	30
PRENATAL RX	Tablet	30
PROVERA (ALL)	Tablet	30

--- PROSTATE/BPH MEDS ---		
PRAZOSIN 1, 2, 5 MG	Capsule	30
CARDURA (DOXAZOSIN) 1, 2, 4, 8 MG	Tablet	30
HYTRIN (TERAZOSIN) 1, 2, 5, 10MG	Capsule	30
--- STOMACH/GASTRO HEALTH ---		
BENTYL (DICYCLOMINE) 10, 20 MG	Tablet	30
CIMETIDINE 300, 400, 800 MG	Tablet	30
COMPAZINE(PROCHLORPERAZINE) 5,10	Tablet	30
LACTULOSE 10GM/15ML	Solution	120
PEPCID (FAMOTIDINE) 20, 40 MG	Tablet	30
PHENERGAN(PROMETHAZINE)12.5,25MG	Tabs/Syrup	12/60
REGLAN (METOCLOPRAMIDE) 5, 10 MG	Tablet	30
ZANTAC (RANITIDINE) 150, 300	Tablet	60/30
--- THYROID CONDITIONS ---		
ARMOUR THYROID 15, 30 MG	Tablet	30
METHIMAZOLE 5 MG	Tablet	30
PROPYLTHIOURACIL 50 MG	Tablet	30
SYNTHROID (LEVOTHYROXINE) (ALL)	Tablet	30
--- OTHER MEDICAL CONDITIONS ---		
DITROPAN (OXYBUTYNIN) 5MG	Tablet	30
FOLIC ACID 1MG	Tablet	30
ISONIAZID 300MG	Tablet	30
LIDOCAINE VISCOUS 2 %	Solution	100
MAG- G4	Tablet	30
MAGNESIUM OXIDE 400MG	Tablet	30
PERIDEX (CHLORHEXIDINE) 0.12 %	Oral Rinse	473
PREDNISONE 1, 2.5, 5, 10, 20	Tablet	30
PYRIDIUM (PHENAZOPYRIDINE) 100	Tablet	10

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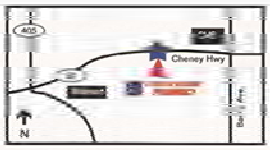
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GLIMEPERIDE 1 MG, 2 MG & 4 MG TABS	Max Qty. 30

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The formulary list of the program may be subject to get modified or discontinued without prior notice. The brand names of the drugs in the list are for reference purpose only. The dispensed drug will be generic or as permitted by law. See pharmacist for more details.

--- ALLERGY, COUGH,COLD & FLU MEDS ---

ATARAX 10MG/5ML	Syrup	120
CLARITIN 10 MG	Tablet	30
CLARITIN 5MG/5ML	Syrup	120
PHENERGAN DM	Syrup	120
TESSALON 100 MG	Capsule	30
ZYRTEC 10MG	Tablet	30

--- ANTI-FUNGAL MEDS ---

DIFLUCAN 100,150,200MG	Tablet	4/1/4
LAMISIL (TERBINAFINE) 250 MG	Tablet	14

--- ARTHRITIS, GOUT, & PAIN MEDS ---

ALLOPURINOL 100, 300MG	Tablet	30
BACLOFEN 10MG	Tablet	30
CHLORZOXAZONE 500 MG	Tablet	30
DEXAMETHASONE 0.5,0.75, 4 MG	Tablet	30/12/6
FLEXERIL 5, 10MG	Tablet	30
INDOMETHACIN 25MG	Capsule	30
KETOPROFEN 50,75MG	Capsule	30
MOBIC 7.5, 15MG	Tablet	30
MOTRIN 400,800MG	Tablet	30
NAPROXEN (ALL)	Tablet	30

--- ASTHMA MEDS ---

ALBUTEROL 0.083% NEB	Solution	1 Box
ALBUTEROL 0.5% NEB 20ML	Solution	1 Box
ALBUTEROL 2 MG/5 ML	Syrup	120
ALBUTEROL 2, 4 MG	Tablet	30
IPRATROPIUM 0.02% NEB	Solution	1 Box
THEOPHYLLINE 100,200MG	Tablet	30

--- BLOOD PRESSURE/HEART HEALTH ---

ATENOLOL 25,50,100MG	Tablet	30
ATENOLOL/CHLORTH (ALL)	Tablet	30
BENAZEPRIL 5, 10, 20, 40	Tablet	30
BENAZEPRIL/HCTZ (ALL)	Tablet	30
CAPTOPRIL 12.5, 25, 50, 100 MG	Tablet	30
CAPTOPRIL/HCTZ (ALL)	Tablet	30
CLONIDINE 0.1,0.2, 0.3MG	Tablet	30
COREG 3.125,6.25, 12.5, 25	Tablet	60
COUMADIN (WARFARIN) (ALL)	Tablet	30
DIGOXIN 0.125, 0.25	Tablet	30
DILTIAZEM 30,60,90,120MG	Tablet	30
ENALAPRIL 2.5, 5, 10, 20	Tablet	30
ENALAPRIL/HCTZ (ALL) MG	Tablet	30
FOSINOPRIL 10,20,40MG	Tablet	30
GUANFACINE 1,2 MG	Tablet	30
HYDRALAZINE 10,25MG	Tablet	30
INDERAL/ PROPANOLOL (ALL)	Tablet	30
ISOSORBIDE DN 5,10 20MG	Tablet	30
ISOSORBIDE MN 20MG	Tablet	30
LABETOLOL 100,200,MG	Tablet	30
LISINOPRIL 2.5, 5, 10,20,30,40	Tablet	30
LISINOPRIL/HCTZ (ALL)	Tablet	30
METOPROLOL TART 25, 50, 100	Tablet	60
NADOLOL 20, 40,80	Tablet	30
NORVASC(AMLODIPINE) 2.5,5,10	Tablet	30
SOTALOL 80,120MG	Tablet	30
SPIRONOLACTONE 25MG	Tablet	30
VERAPAMIL 80,120MG	Tablet	30

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