



NORTH BREVARD SENIOR CENTER NEWSLETTER

909 Lane Avenue, Titusville, FL 32780
nbsc@cfl.rr.com
January 2014

(321)268-2333

EDITOR: Adrienne Herrell

2014 Memberships

North Brevard Senior Center is updating its membership database to serve you better. As part of that process, we are asking for more information on the 2014 membership applications. We especially need our LIFETIME MEMBERS to stop by and update your information or send in a completed application to us.

Members joining in January will pay \$12 for the entire year. Membership applications are available at the front desk or on page 16 of this newsletter.

PLEASE HELP! ICE MACHINE DIED

Sooner than we had expected, the ice machine gave up. Unfortunately, the donations toward a new machine have not materialized as robustly as we hoped. A replacement machine (smaller and cheaper) has been ordered but we are still far short of its price of \$1900. If there is any way you can spare \$5 this close to the holiday season, please place it in the Contribution Jar at the front desk. As you might imagine, it costs a lot to maintain and update our Center and we would like to make it really nice for you and your guests.

NEW PRESIDENT DON VYCITAL TAKES OFFICE



Don Vycital

Don Vycital took the gavel as North Brevard Senior Center Board President December 9th. Don replaces Ferrel Mazzatto who served as President for the past two years. See page 12 for pictures of the membership celebration with entertainment, speaker, Sheriff Wayne Ivey, and refreshments

NEW CLASSES STARTING Introduction to Line Dancing

Your Resolution Solution - Exercise in Disguise.
12 week course only \$25.

The first class is free to any new dancer.

Jan 7 Tuesdays at 6:00 p.m.

Jan 8 Wednesdays at 1:00 p.m.

NEW CLASS

Intermediate/advanced line dance lessons will be offered on Sunday afternoons from 2-4 p.m. beginning Jan 5th. Lessons will be held in "B" room. The dances will be 32 - 64 count patterns and many will contain tags and/or restarts. Emphasis will be on new dances in the top 20 survey. Cost will be \$3 members/\$4 non members. For more information call Ferrel at 321-267-0195.

THANKS to Bristow Academy for the donation of toothbrushes and pill containers. We will let you know about distribution plans.

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

ACTIVITIES		
MONDAY	COST/MEMBER/Non-Member	Contact Person
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	\$1 per ticket	Buy tickets at front desk
12:30—4 PM Dup. Bridge	\$5/\$6	Ralph 593-2212
1-3 PM Mexican Train Dominoes	\$1/\$2	Edna 269-2837
3:30—4:30 Zumba Gold	\$2/\$3	Adrienne 652-5830
5—6:30 PM Tap & jazz	\$1/\$2	Marsha 264-2776
6-7 PM Ballroom (Inter.)	\$4/\$5	Jean & Jency 759-4447
7-8 PM Ballroom Beginners	\$4/\$5	Jean & Jency 759-4447
7-9 PM BUNCO (2nd Mon.)	\$3/\$4	Cat 268-9530
6:30—10 PM Poker 1st, 3rd, 4th Monday	\$1/\$2	Sandy Trothier 383-8089
TUESDAY	COST /MEMBER/Non-Member	Contact Person
10-11AM Dance Exercise	\$1/\$2	Adrienne 652-5830
10:30 AM—4 PM Pinochle	\$1/\$2	Rachel 267-7376
10:30– 3PM Dup. Bridge	\$2.25/3.25	Ruth 267-5837
12:30—3:30 PM Mahjonng Lessons	\$1/\$2	Betty 693-7261
1 PM Ballroom Beginners	\$4/\$5	Sue (309)236-5619
2 PM Ballroom Experienced	\$4/\$5	Sue (309)236-5619
1-2:30 PM Tai Chi	\$2/\$4	Jimmy 385-9140
1-4:15 Party Bridge	\$2/\$3	Gladys 267-3490
6-7 PM Beginning Line Dancing	\$3/\$4 \$25 for 12 week session	Ferrel 267-0195
7– 8:30 PM Line Dancing	\$3/\$4 \$25 for 12 week session	Ferrel 267-0195
WEDNESDAY	COST/MEMBER/Non-Member	Contact Person
10—11 AM Senior Fitness	\$2/\$3	Linda 383-0735
10:30AM—1 PM Mahjonng (American Version)	\$1/\$2	Betty 693-7261
12:30—4 PM Duplicate Bridge	\$5/\$6	Ralph 593-2212
1-2PM Beginning Line Dancing	\$3/\$4 \$25 for 12 week session	Yvette 225-4872
2—3:30PM Line Dancing	\$3/\$4 \$25 for 12 week session	Yvette 225-4872
4-5 PM Senior Singles (2nd Wed.)	\$2/\$3	Jean 362-2359
6:30—8:30 Line Dancing	\$2/\$3 Come in the back door	Barbara 452-1944

THURSDAY	COST/MEMBER/Non-Member	CONTACT PERSON
9AM Free Blood Pressure Check	No Fee	
10-11 AM Dance Exercise	\$1/\$2	Adrienne 652-5830
10AM—2:30PM BINGO	\$8	Rachel 268-9530
1—4 PM Scrabble (2nd and 4th Thursday)	\$1/\$2	Adrienne 652-5830
3:30—4:30 PM Zumba Gold	\$2/\$3	Adrienne 652-5830
FRIDAY	COST MEMBER/Non-Member	CONTACT PERSON
9 AM—3 PM Canasta/Hand & Foot	\$1/\$2	Eleanor 269-1742
10:30—Noon Writer’s Club	\$1/\$2	Dorothy 607-6450
12:30—4 PM Duplicate Bridge	\$5/\$6	Ralph 593-2212
1—3 PM Mahjonng (American Version)	\$2/\$3	Betty 693-7261
7-10 PM English Country-Dancing	\$2/\$3	Onie 636-2209
7 -10 PM Party Bridge	\$2/\$3	Austra 269-6593
7-10 PM Karaoke 2nd Friday	\$2/\$3	Bill 268-2013
SUNDAY 2—4 PM Intermediate/Advanced Line Dance	\$3/\$4	Ferrell 267-0195

ACTIVITIES BY CATEGORY

CARDS DAY & TIME	DANCE & EXERCISE CLASSES
Bridge (Duplicate) M.W.F 12:30 Bridge (Party) Tuesday 1 PM & Friday 7-10 PM Canasta (Hand & Foot) Friday 9-3 Canasta Monday 9:30—4 PM Poker 6:30—1st,3rd & 4th Monday 7 -10 PM Pinochle Tuesday 10:30—4PM	Senior Fitness M &W 10—11 AM Zumba Gold Monday 3:30 Thursday 6:30 Tai Chi Tuesday 1-3:30 PM Tap & Jazz Monday 11:15 AM Monday 5—6:30 PM Dance Exercise Tues. & Thurs. 10-11 AM Line Dance (Beginners) Tues. 6PM & Wed 1 PM Line Dance Tues 7PM , Wed 2PM & 6:30 PM English Country Dance Fri 7-10 PM Ballroom Dance Mon 6 & 7 pm Tues 1 & 2 PM
GAMES	OTHER
BUNCO 7-9 2nd Monday Jack of Hearts Drawing Monday 12:15 Mexican Train (Dominoes) Monday 1-3 PM Mahjonng Lessons Tuesday 12:30-3:30 Mahjonng Wed. 10:30 & Fri. 1 PM BINGO Thursday 10—2 30 Scrabble 2nd & 4th Thursday 1-4PM Billiards (Pool) Daily 9AM—4 PM	Senior Singles 2nd Wed. 4-5PM Writer’s Club Friday 10:30 Computer Classes—sign up in media room Karaoke 2nd Friday 7-10 PM Jack of Hearts Monday 12:15

EXECUTIVE COMMITTEE**PRESIDENT**

Don Vycital

1ST VICE PRESIDENT

Dotti Kunde

2ND VICE PRESIDENT

Rachel Kusterer

SECRETARY

Marsha Clayton

TREASURER

Jean Simoes

BOARD OF DIRECTORS

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 Delores Abraham

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Truman Scarborough

EMERITUS

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 Estelle Daugherty
 George Hall
 Vern Jansen
 Walter Landman
 Doris McDowell

NEWSLETTER EDITOR

Adrienne Herrell

COPY EDITOR

Yvette Kling



President's Message

Welcome to 2014. *My wish is that the Spirit of Christmas will safely surround you throughout the New Year.*

I look forward to serving you in the coming year. Please know I have an open door policy. If you have any concerns, suggestions or ideas please write a FEW descriptive words/sentences along with your name and telephone number. i.e. if you wanted grape soda in the soda machine you could write "Grape Soda in the soda machine" and add your name and phone number. I will contact you for the details such as Diet or Regular. Following our conversation I will work on resolving the issue, or recommendation, or search for alternatives.

Note: most changes/recommendations must be brought to the Board of Directors for approval.

Let's work together to make this the happening place. In a spin on a past US President's comment; "Ask not what your NB Senior Center can do for you, but Ask what You can do for the NB Senior Center". We (the Board) are looking for good seniors willing to make this the best Senior Center in the state of Florida.

I have a request for ALL Committee Chairpersons/Group Leaders to submit a brief list of their duties and responsibilities for their specific program. i.e. Tuesday cards: Check the temperature setting in the A room, make coffee and put out a few snacks. Pick up the program sign-in book and special monies envelope. Make sure everyone signed the book and indicating if they are a member or non-member, and the appropriate amount collected in the envelope at the end of the program. Turn in book and monies to the front desk/greeter. Clean up the room and put supplies away.

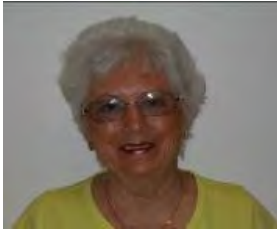
I cannot guarantee to keep everyone happy; however I will do my best to be fair and honest for the best of the NB Senior Center.

Don Vycital

Cell: 321/537-9034

E-mail: bears2@bellsouth.net

(Note: sometimes I'm a Teddy bear and sometimes I can be a Grizzly bear. Be gentle with me and I'll do my best to remain as a teddy.)



Ask Dotti

I hate to cook! I bet that's the last thing you ever thought I would say. But I'll add two words, **FOR MYSELF.**

I love to cook for a crowd, but hate the thought of making dinner for myself.

So, I found an easy recipe I want to share with you. While reading it I got inspired to get up and make it. It was a huge success. Of course you have lots left to divide up and freeze.

I am also enclosing the cold veggie salad you all liked at the Fashion Show.

PENNE PASTA SKILLET

1 lb. Ground beef 1 jar 924 oz) spaghetti sauce
 2 cups water 3 cups penne pasta, uncooked
 1 cup shredded mozzarella cheese

Brown meat in large skillet; drain. Add spaghetti sauce and water; mix well. Stir in pasta. Bring to boil; cover. Simmer on medium heat 16-18 minutes or until pasta is tender. Stir. Top with cheese; cover. Cook 1 minute or until cheese is melted.

Yields; 4 servings

Note; Use any shape pasta you have in the pantry and any cheese you have.

SHOE PEG CORN SALAD

1 (12 oz) can Shoe Peg corn 1 (16 oz) can French cut green beans
 1 (16 oz) can small baby peas 1 (2 oz) jar pimentos
 1 medium onion, chopped 1 green pepper, chopped

Drain veggies and add the following dressing;

$\frac{3}{4}$ cup sugar $\frac{3}{4}$ cup red wine vinegar
 $\frac{1}{2}$ cup vegetable oil $\frac{1}{2}$ teaspoon salt
 1 teaspoon pepper 1 tablespoon celery seed or celery salt

Blend all dressing ingredients together and bring to boil. Allow to cool. Pour over combined vegetables and chill overnight. Yield; approximately 16 servings

This may be kept sealed in refrigerator for several days.



TITUSVILLE PLAYHOUSE



The King and I

January 17 - February 2, 2014 - Rated G

8:00PM: Fri. 17, 24 & 31; Sat. 18, 25 & 1

2:00PM: Sun. 19, 26 & 2

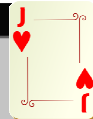
Music By: Richard Rodgers Lyrics By: Oscar Hammerstein II

East versus West makes for a dramatic, richly textured and ultimately uplifting tale of enormous fascination. It is 1862 in Siam when an English widow, Anna Leonowens, and her young son arrive at the Royal Palace in Bangkok, having been summoned by the King to serve as tutor to his many children and wives. With both keeping a firm grip on their respective traditions and values, Anna and the King grow to understand and, eventually, respect one another, in a truly unique love story.

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 or to get information about auditions (about 2 months in advance of the production.) (321)268-3711

Join in the FUN!

Jack of Hearts Winners The jackpot is now over \$500!



Dec. 2—Bob Miner \$5

Dec. 9—Marylin DuVall \$5

Dec. 16—Bettie Wallace \$5

What Will Happen To Your Family and Your Money If You Go Into A Nursing Home?

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Steven Allender

Did You Know That

- In Florida, nursing home expenses average \$7,000 per month, or \$84,000 per year.

But Did You Also Know That

- There are sound, proven legal and financial strategies that may preserve your assets from nursing home costs, even after you or your loved one has entered a nursing home.

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&
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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.

Jokers and other Jacks pay \$25

If you chose the Jack of Hearts, you win the
jackpot which is now over \$500!

BINGO

Every Thursday at 10 a.m. Doors open at 9 a.m
Free Snacks & Coffee

\$8 to play 16 regular games
Special paper games \$1

FUN, FRIENDLY PEOPLE
NO SMOKING

50 Year Milestones In 1964:

- The first Mustang was released by Ford Motor Company.
- Sidney Poitier becomes the first African American to win an Oscar in the category of best actor.
- Nelson Mandela is sentenced to life imprisonment for sabotage.
- *Bewitched* starring Elizabeth Montgomery and Dick York premieres on ABC.
- President Johnson wins a second term.
- The first Pink Panther cartoon short is released and wins an Oscar for Animated Short Film.
- President Johnson signs the Civil Right Act abolishing racial segregation in schools.
- The Beatles launch their first American tour.

It all seems like yesterday!!

Handy & Helpful

My experience covers all aspects of condominium and single family residential property upkeep., including; hands-on repairs and replacement, request for contractor proposals (RFPs), budgeting, maintenance, and administration.

I am happy to speak with you offering obligation-free consultation and service.

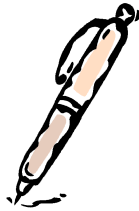
Richard Rodrigo
321-289-1781
rodrigo3@cfl.rr.com
Florida CAM Lic. #40523

ROYAL OAKS

NURSING & REHAB CENTER

ALERT!

Never write checks with a regular pen if you plan to mail them. It could cost you your life savings. Identity thieves steal checks from mailboxes and use common household products to wash off all the handwritten information on the check except your signature. Then they rewrite the check to themselves for any amount they please. To prevent this, use a Uniball pen with the "uni super ink" logo or a pen that writes in permanent ink.

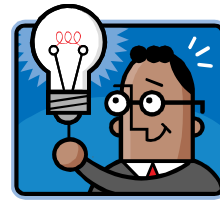


Resolve to Be More Frugal ?

Slash your electric bill with CFLs

Compact fluorescent bulbs use one-quarter the electricity of regular bulbs and last up to ten times longer, saving on energy and replacement bulbs. Replace the five bulbs you use most often, and save \$50 a year off the cost of electricity and replacement bulbs. That's \$375 over the life of these bulbs. CFLs can even cut you cooling costs, because they put out 75 percent less heat than incandescent lights. Plus, they are less of a fire hazard.

For recessed canister lights, buy reflector CFLs, not the spiral-shaped type. Lights on a dimmer switch or in a 3-way fixture take special CFLs.



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Craft class

Wed., January 15, 2014

12:30 PM

We will be making Valentine cards

using three different styles of paper crafting.

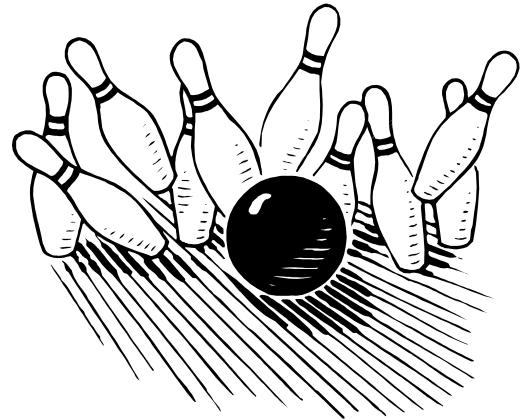
Reserve space by calling
Glenna at [321-567-5016](tel:321-567-5016)



2014 Boosters

LORETTA BODZIAK
 MARILYN CERRATO
 CATHERINE (KAY) FISCHER
 BILL FLEMING
 VALERIE FRANCIS
 SUSAN FRANK-GASS
 DOROTHY FUCHS
 WILLIAM GASS
 MARIANNE GREENBLUM
 ADRIENNE HERRELL
 PATRICIA HOTH
 MARY KILTY
 DOROTHY KUNDE
 JOSEPH MANGINO
 CURTICE MARTIN
 FERREL MAZZATTO
 PETE MAZZATTO
 JOHN McLAUGHLIN
 WILLIAM MENTZ
 SHIRLEY MINTHORN
 CAROLE NARCISO
 NORMA RANDALL
 ERIC RHYS
 ALLEN RORVIK
 KENNETH SLATTERY
 EVELYN VAN STADEN
 GEORGE VAN STADEN
 BARB VYCITAL
 DON VYCITAL
 BETTIE WALLACE
 FRANK WALLEY
 MILDRED FAYE WALLEY
90 Lifetime Members
 YVONNE ADA
 BARBARA BARBER
 MIKE BARBER
 LINDA BECKWITH
 AILEEN F BENNETT
 ARTHUR BLATCH
 PEGGY BORDEN
 LOIS BROYLES
 DARLENE BUSH
 DONNA CAMPBELL
 GEORGE CLARK
 JULIE CLARK
 LOUISE CLARK
 CHRIS COBLE
 ARTHUR COTE
 ROLAND COTE
 LOIS N. COX
 ESTELLA DAUGHERTY
 JOSEPH DUBISKY, JR

JOSEPH DUBISKY, JR
 DAVID ELLIS
 MARY EWING
 ROBIN FISHER
 DOROTHY FUCHS
 EILEEN GOLD
 GEORGE HALL
 FRANCES KAY HAN-
 COCK
 SHIRLEY HERBERT
 MARIA A. HILLA
 JOHN HOLLINGER
 YASUKO HOLLINGER
 BILL HOSTLER
 NAOMI HOSTLER
 JEAN HUGHES
 JOE HUGHES
 ANN ION
 VERN JANSEN
 BASCOM RAY JOHN-
 SON
 STAN JOHNSTON
 STEVE JONES
 ELEANOR T KARN
 ANITA KISON
 WALTER LANDMANN
 MARIAN S. MADSEN
 JOSEPH MANGINO
 MARY JANE MANGINO
 BEVERLY MARSH
 HELEN MARTIN
 PRES MARTIN-ANDERS
 BEVERLY J. MAT-
 THEWS
 FERREL MAZZATTO
 PETE MAZZATTO
 DORIS McDOWELL
 MARGARET MOYER
 ROBERT MOYER
 HUGH MULLINS
 PATRICIA MULLINS
 HILDA OKEEFE
 BETTY PARRISH
 BARBARA PETERSON
 FRED PHILLIPS
 MADDIN PHILLIPS
 BETTY PRINCE
 LEOLA PRYDE
 MILLIE RAMSEY
 BARBARA RATNER
 RALPH REINECKE
 MAURICE RIVARD
continued on pg. 13



Wii Bowling Results

The fall league is coming to a close. The high rollers for the month of November include:
 Fran Wold 300, Sandy Hill 258, Peggy Ricardo 237, Larry Oppenheimer 300, Bob Miner 279, Bob Sweeney 284.

Team Standings as of Dec 2, 2013:

	Wins	Losses
1. King Pins	43	5
2. Bowling Fools	39	9
3. Screwballs	31	17
4. Strikers	23.5	20.5
5. Senior Singles	23.5	24.5
6. 4 Aces	12	32
7. Gutter Girls	9	43
8. 2 Now 4	2	46

**Wii Bowling
 BANQUET
 Jan 8, 2014
 5 PM**

Beef O'Brady's

Wii Bowling Winter League is now forming. Signup in the Media Room.

Wii Bowling is sponsored by
 Beef O'Brady's.



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- Given enough time, VITAS helps patients and families make memories and leave lasting legacies.

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Did you know?

Many of our classes and groups at North Brevard Senior Center perform for community events.

For Line Dancers call Ferrel 267-0195 or Yvette 225-4872

For tap and/or jazz dancers call Marsha 264-2776 or Linda 383-0735

For singers call Fran 267-4930





Thank-you to Ferrel

We say good-bye to Ferrel Mazzatto as our president this month. Ferrel has served tirelessly for the past two years and accomplished many projects in her tenure. Under her presidency the park was completed, gazabos outfitted with electricity, the lake now has a boardwalk around it and an aerator fountain in the center. The video screen was added to the lobby. Many new activities have been added to the schedule including Jack of Hearts, additional line dance classes, mah jongg, Wii Bowling, and ballroom classes. Zumba Gold was added as was computer instruction, senior driving safety and car-fit workshops. The summer movies series gave us inexpensive entertainment. Ladies day-out, and fashion shows were also added. The decorations stored in the center were inventoried and catalogued and a new storage shed purchased and provided for storage of the many decorations. Ferrel has been a very hands-on president and provided a constant presence. She has always been available to discuss suggestions and problems. We want to thank Ferrel for all the many hours she has volunteered for the benefit of our center.

Safety Tips from Sheriff Wayne Ivey Parking Lot

- Women should NEVER sit alone in a car in the parking lot. As soon as you get in the car, lock the doors and leave.
- If parked next to a van, enter through the passenger door. (Serial killers often attack by pulling victims into a van.)

Elevator verses stairs?

- Stairways are ugly places to be.
- Don't get on the elevator if the weirdo is already on there.
- Stand near the front, facing the potential attacker.
- If already on and the weirdo gets on...GET OFF!

If Attacked

- Find an obstacle: Run around the car OR get under it, if necessary.
- Don't let them take you to an abandoned area. STOP this at all cost.
- RUN!! Even if they have a gun, chances of hitting a moving target are 4 in 100. *more next month*



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December Membership Meeting and Election of 2014 Officers



Don Vycital takes over as President with other new officers, Jean Simoes, Dotti Kunde, Marsha Clayton and Rachel Kusterer.



Marsha Clayton and the Razzle Dazzle Dancers entertained.



Sheriff Wayne Ivey spoke about taking precautions to avoid being a victim of crime.



Fran Worden sang.

Members enjoyed Christmas decorations designed and implemented by a GREAT group of volunteers! Many thanks to our wonderful workers!

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 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 movable doors. Larger rooms have lovely dance floors.

Prices range from \$25 to \$700. Feel free to come by and tour the facilities 9AM-4PM. Call for a guided tour and more information (321)268-2333.



LIFETIME MEMBERS

(continued)

SHONNIE RUIZ
ALBERT SCHARMER
MARY JANE SCULLY
HELENE SECONDI
GLORIA SIEBER
TURMY SIEVEKING
MARIEL SISSON
KENNETH SLATTERY
JOHN SONNELITTER
RITA M. SONNELITTER
KATHRINE SPROUL
MARTHA JEAN STROUD
MARTHA SULLIVAN
BILL TUER
SYDNEY UDITIS
EVELYN VAN STADEN
GEORGE VAN STADEN
MILDRED FAYE WALLEY
ANN WARREN
CHARLES WARREN

MARJORIE WHITE
FRANCES WOLD

North Brevard Senior Center has 299 members who have renewed their membership for 2014, 90 lifetime members and 32 Boosters. (as of publication date.)

HELP WANTED

**Senior Center
Operations
Manager**

Full or part-time

**If interested,
submit resume to
President Don
Vycital or call Don
for more
Information
268-2333**

TRAVEL

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

FRI FEB 5 **NEW -- GAMBLE PLANTATION & ROYAL LIPIZZANERS (\$106 pp)**

Start with guided tour of Gamble Plantation in Ellenton (near Tampa), then enjoy a catered BBQ luncheon buffet. Next, buy a bag of carrots and feed the famous Lipizzaner Stallions as you tour their stable before enjoying the 90-minute special show in Myakka. Minimum of 35 people.

SIGN-UP DEADLINE: JANUARY 10

TUES - THUR **NEW -- SHADES OF IRELAND**

APR 22 – MAY 1 Call All About You Travel ([321-631-8080](tel:321-631-8080)) today for a copy of the complete itinerary for this fabulous 10-day trip to discover the joys of Ireland, including a stay at Cabra Castle! Payment schedule available.

INFORMATION AND RESERVATIONS: FLYERS AT THE NO. BREVARD SR. CTR. LOBBY.

When do you take your medicines?

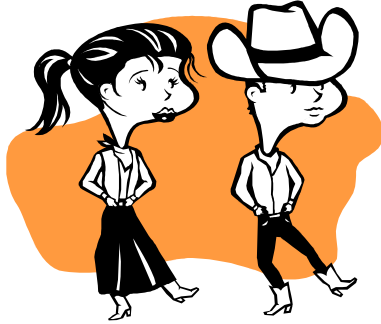
The December 2013 issue of the AARP Bulletin gives information on the importance of taking medicines at the correct time each day, even though the instructions may simply say: "Take one a day." The timing of medicine ingestion is called chronotherapy and many doctors are not well informed about it. Some information you may need to know:

- **Statin drugs for high Cholesterol** should be taken at bedtime.
- **Medicine for high blood pressure** should be taken at bedtime.
- **Osteoarthritis drugs** should be taken about six hours BEFORE the time of day when you experience the most pain.
- **Asthma medications** should be taken in mid-afternoon for oral medications or late afternoon for inhaled steroids.
- **Rheumatoid arthritis medications** should be taken in the evening or at night.
- **Hay fever medications (antihistamines)** should be taken in the evening if you take one a day. Two-a-day medicines should be taken morning and evening.

For more complete explanations of the research behind these recommendations, see AARP Bulletin for December 2013.

Line Dance Party

**Friday, January 17th
7-10 PM**



**\$5 Soft drinks &
Snacks provided**

Center Dance Party

*Saturday, January 18th
7:30—10:30 PM*

**Music by
Sammy Haddad**



BYOB \$6/\$7

Karaoke Anyone??

**Come and join in the singing with
host, Mike Schuler 268-2013**

**\$2 Admission for NBSC Members
\$3 for non-members**

Friday, January 10 7—10 PM



Space Coast Center for Independent Living

“Need a Ride” Program

**Transportation is provided for indi-
viduals of all ages who have disabili-
ties.**

**We offer trips to medical appoint-
ments and grocery shopping using
our wheelchair accessible vans.**

**Transport to a SCCIL activity is
free. There is a small fee for other
trips.**

**Call 321-806-3199 for more infor-
mation**

NEW YEAR'S RESOLUTION?

Your Senior Center is here to help.

Improve your health through exercise:

- Walk the park
- Join an exercise or dance class
 - Tai Chi
 - Line Dance
 - Dance Exercise
 - Senior Exercise
 - Ballroom Dancing
 - Zumba Gold
- Improve your computer competence—Join a computer class
- Learn a new game
 - Mah Jongg
 - Mexican Train
 - Bridge
- Meet new friends
 - Senior Singles
 - Wii Bowling
 - Line and Ballroom Dances



Year	2014				<i>NBSC Membership Application</i>				Volunteer?	
Name						Advertising				
Birthday		Anniversary				Board of Directors				
Local Address						Computer				
City, State, Zip						Decorating				
Address #2						Events				
City, State, Zip #2						Front Desk				
Home Phone		Cell				Instructor				
E-mail										
Emergency Contact		Emerg. #				Kitchen				
Amount Paid		Method of Payment		Date paid		Library				
Booster Amount		Method of Payment		Year paid		Maintenance				
Administration Comments						Other				
Lifetime Member Since?		Annual Member Since?								
		Interests				Room Set-up				
Ballroom		Bridge		Line Dance		Writing Grants				
Other						Writing News				