

THE SENIOR CENTER NEWSLETTER

**RUTHERFORD
COUNTY
DEPARTMENT
OF AGING/
SENIOR CENTER**

*A North Carolina Certified
Center of Excellence*

193 Callahan-Koon Rd,
Suite 132
Spindale, NC 28160
828-287-6409

Monday
7:30 a.m. – 5:00 p.m.

Tuesday – Friday
8:30 a.m. – 5:00 p.m.

**SEPTEMBER
2014**

OUR MISSION:
Rutherford County
Senior Center provides
opportunities for
senior adults to help
them maintain and
enhance their quality
of life.

**A UNITED WAY
MEMBER
AGENCY**

*In Loving Memory of
Diane Baker Allen*

*Nutrition & Home-Delivered Meals Coordinator
December 12, 1959 – August 15, 2014*



**The Senior Center
will be Closed
Monday, September 1
in Observance of Labor Day**



**DON'T FORGET TO
PRE-REGISTER FOR LUNCH
TO ENSURE THAT YOU WILL
BE SERVED**

We ask that you please pre-register by 12:00 noon the day before you plan to eat, or you can pre-register, for up to 4 weeks in advance, by using your MySenior scan card. If circumstances change and you are **UNABLE** to come on a day that you have pre-registered for, please call the Senior Center at 287-6409 before 9:30 a.m. to cancel.



VOLUNTEERS NEEDED:

Volunteers are always welcomed and needed at the Senior Center. Current volunteer opportunities include:

MEALS ON WHEELS VOLUNTEER

Volunteers are the backbone of Rutherford County Senior Center's Meals on Wheels program. Approximately 2,000 meals are delivered each month to an average of 90 participants of this worthwhile program. In addition to delivering a fresh, hot meal each weekday, the MOWs volunteer is providing a "mini visit" and a warm, friendly smile to individuals who might not see anyone on a daily basis. **Please contact Angela Ezell at 287-6411 for information on becoming a MOWs volunteer.**

**SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM (SHIIP)
VOLUNTEER**

SHIIP is a division of North Carolina's Department of Insurance which strives to assist Medicare beneficiaries in making well-informed health insurance choices. Trained SHIIP volunteers offer free unbiased health information and assist seniors with questions regarding Medicare, Medicare Supplement Plans, Medicare claims processing, Medicare Advantage, Medicare Prescription Drug Plans, and long-term care insurance. **Please contact Angela Ezell for more information on how you can become a certified SHIIP counselor volunteer.**

AARP FOUNDATION TAX-AIDE VOLUNTEER

Each year the AARP Foundation Tax-Aide offers free face-to-face tax preparation for low-to-moderate income taxpayers – with special attention to those aged 60+. Each year volunteers working from Rutherford County's Senior Center file hundreds of individuals Federal and State tax returns. In addition they assisted approximately 200 people with information and questions. We need (trained*) volunteers to help prepare tax returns for the 2015 tax season, as well as, greet people, translate, and/or assist with general office-type work. **Free training will be provided in December and January.* Please consider joining this dedicated group of volunteers for the 2015 tax season or recommend this great opportunity to someone. You will get to work your mind and warm your heart by assisting your fellow county members. **Call Angela Ezell at 287-6411 for more information or to sign up as a volunteer.**

AFTERNOON RECEPTIONIST VOLUNTEER

Volunteers to serve as the Center's front desk afternoon Receptionist are needed to answer phone calls and greet seniors and visitors. Times and days are flexible as to whatever the volunteer can give, but the peak time most needed is from 12:30 to 2:30 p.m. each day. **Any days or time slots would be welcomed and appreciated!** **For more information or if to volunteer please contact Debbie Conard at 287-6409.**

COLLECTING FOR BACKPACK PROGRAM:

As many of you know, the Storehouse Pantry closed a few weeks ago. They were the biggest supplier to multiple backpack programs throughout Rutherford County. All month long in September the Senior Center will collect food/snack items for the children at Spindale Elementary Backpack Program. They are in great need of canned pastas, such as spaghetti or ravioli (any size can), and cans of soup. A collection box will be placed in the Senior Center's lobby for donations. Your help is greatly appreciated.



PRAYER SHAWLS & LAP BLANKETS

The Silver Threads & Needles group is continuing making Prayer Shawls and Lap Blankets to donate to area nursing home residents. The Prayer Shawl Ministry began over 15 years ago. The shawl maker begins with prayers and blessings for the recipient of the shawl they are making and continues throughout the creation with a final blessing before it is sent on its way to someone



Clipart Cl - 1217503

needing comfort and solace. ***If you would like to participate but don't know how to crochet, quilt, or knit – don't let that stop you – The Silver Threads and Needles group of crafters love to share and help each other and someone will be glad to show you how to get started on your way to making one of these items to donate.***

PLAY PRACTICE

A list of cast members for this year's play, "Murder in the Magnolia's," is posted on the board outside Barbara's office. Cast members should consult the schedule Robert gave you for the September dates of rehearsal for your character.

YOGA CANCELLED September 2 & 9

"USE IT OR LOSE IT"

Date: Tuesday, September 2
Time: 10:30 a.m.

Trivia for the brain can be more fun than it sounds. In our "Use It or Lose It" activity we offer a wide variety of puzzles, riddles, tongue twisters, and games that give your brain a good work out AND allow you to have fun at the same time. Following are a few examples of things we share in this activity:



- It's no accident that telephone numbers in the United States are 7 digits long. A human's short-term memory can process about 7 numbers at a time and store them long enough to get to the phone and dial.
- People tend to forget easier than they remember. This is why repetition helps things stick in your mind.
- If your diet includes healthy portions of produce, fish, nuts, and vinaigrette-type dressings, you could cut your risk of Alzheimer's disease by 42%.

CRAFTING WITH CRYSTAL

Date: Wednesday, September 3
Time: 10:30
Cost: \$1.00

Pre-registration is required – please sign up on the bulletin board outside Barbara's office
Would you like to become more organized? Join Crystal today as she demonstrates and assists crafters with making their very own "unique" organizer for receipts, coupons and/or recipes. The



unique feature of the organizer is that it is made from envelopes!

"DEPRESSION IN SENIORS"

Date: Thursday, September 4

Time: 10:30 a.m.

Speaker: Dr. Caroline Lewis

The changes that often come in later life, such as, retirement, the death of loved ones, increased isolation, and medical problems can all lead to depression. Depression prevents you from enjoying life like you once did. It also impacts your energy, sleep, appetite, and physical health. However, depression is not an inevitable part of aging, and there are many steps you can take to overcome the symptoms, no matter the challenges you face. Recognizing depression, in the elderly, starts with knowing the signs and symptoms. Depression red flags include: sadness, fatigue, abandoning or losing interest in hobbies or other pleasurable pastimes, social withdrawal and isolation, weight loss or loss of appetite, sleep disturbances, loss of self-worth, increased use of alcohol or other drugs, fixation on death. Join Dr. Lewis today as she discusses depression in seniors.



clipartof.com/21318

ICE CREAM SHOP

Date: Thursday, September 4

Time: 1:00 p.m.

Cost: .50 per scoop & .10 per topping

Join us after lunch today for a cool treat. We will have a large variety of yummy toppings.



SQUARE DANCING

Thursday, September 4, 11, 25 (No Class: 9/18)

Time: 4:00 p.m.

Dust off your dancing boots and get ready to "do-si-do and bow to your partner." Join the fun anytime – whether you're a beginner or you've been square dancing for years. This group meets each Thursday.



SCRAPBOOKING: "GRANDCHILDREN MEMORY PAGE"

Friday, September 5

Time: 10:30 a.m.

Cost: \$1.00 to cover all supplies

Pre-registration is required – please sign up on the bulletin board outside Barbara's office
According to the National Grandparent's Day website, the aim of National Grandparent's Day is to honor grandparents, to give grandparents an opportunity to show love for their children's children, to help children become aware of the

strength, information and guidance older people can offer. In recognition of Grandparent's Day this coming Sunday, we will have a fun activity today of scrapbooking. Bring in photos of you and your grandchildren and create a beautiful page of memories.

GRANDPARENTS

*Grandparents bestow upon
Their grandchildren
The strength and wisdom that time
And experience has given them.
Grandchildren bless their
Grandparents
With a youthful vitality and innocence
That help them stay young at heart
forever.
Together they create a chain of love
Linking the past with the future.
They chain may lengthen,
But it will never part...*



BLOOD PRESSURE CHECK

Monday, September 8

Time: 9:00 a.m. – 11:00 a.m. sharp

Sponsor: Rutherford Regional Medical Center

Don't forget to pick up your BP record card at the front desk to have your BP reading recorded on. Rutherford Regional System is very gracious to allow their employees to come and provide this free service for us; therefore, we need to be accommodating and understand they have obligations and need to get back to work in a timely manner. **NO CARDS WILL BE GIVEN OUT AFTER 10:45 SO THIS EVENT CAN WRAP UP AT 11:00 SHARP.**



ZUMBA

Days: Monday – September 8, 22, 29

Time: 5:30 p.m.

Instructor: Wavolyn Norville

Zumba is a great exercise because it combines fun dance moves and upbeat music – some people say they “do not even feel like they are exercising!” Wavolyn is a “pro” at showing modifications to each movement, so no matter what your fitness level is you can achieve your maximum workout – and have fun doing it! Anyone 55 and older can participate.



TRIP TO THE FARMER'S MARKET

Tuesday, September 9

Time: 9:30 a.m.

Pre-registration is required. Van riders are limited to the first 11 who sign up on the bulletin board outside Barbara's office



Our local farmer's market is a great place to get fresh locally grown fruits and vegetables at affordable prices. This trip is especially beneficial for the seniors who ride transit and might not have transportation to get to the market on their own.

EMERGENCY PREPAREDNESS

Tuesday, September 9

Time: 10:30 a.m.

Speaker: Chief Jamie Guillermo, Spindale Fire Department

September is National Preparedness Month. Join us today as Jamie presents a special program on Emergency Preparedness. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.



There are certain commonsense measures seniors can take to start preparing for emergencies such as keeping “a spare” of specialized items they use such as: oxygen, extra wheelchair batteries, catheters, medication, food for service animals, etc. or having an emergency number available to call to get one of these specialized items. Keeping a list of the type and model numbers of all medical devices you and/or your spouse requires. Knowing who to contract for assistance to get from your home to an emergency shelter, if needed. Just remember.... how you and your family will recover from an emergency tomorrow often depends on the planning and preparation you do today.

“BETTER BREAKFAST”

Wednesday, September 10

Time: 10:30 a.m.

Speaker: Alexandra Lautenschaefer, Nutritionist from Rutherford Regional

September is “Better Breakfast” month. Eating breakfast every day is one of the best healthy habits you can do. Breakfast kick starts the metabolism, and helps with weight management. You need food to burn calories - it's that simple. After a night of fasting, the body goes into starvation mode and slows down the metabolism to



compensate. Breakfast is necessary for meeting daily nutrient needs. Studies have shown that those who eat breakfast are two to five times more likely, than their breakfast-skipping counterparts, to consume more of a variety of essential vitamins and minerals and make better food choices throughout the day. Be here today as Alexandra presents this important program about breakfast and good nutrition.

TRIP TO HAMRICK'S
Thursday, September 11
Time: 8:45 a.m.
Cost \$1



Pre-registration is required. Van riders limited to the first 11 who sign up who sign up on the bulletin board outside Barbara's office. Please be certain that you can go before you sign up.

Seniors will enjoy a fun filled morning of bargain shopping followed by a delicious lunch around noon. Shoppers will arrive back to at the Center around 2:30 in the afternoon.

SPECIAL GOSPEL MUSIC
Thursday, September 11
Time: 10:45 a.m.

Be in the dining room today for a special performance of beautiful gospel music by Aaron Pruet. Aaron is Geneva Hutchins' son-in-law. Invite a friend and enjoy some special music together.



SPECIAL MUSICAL PERFORMANCE
Friday, September 12
Time: 10:30 a.m.

Be in the dining room today for a special musical and comedy performance by Opal Lowery. If you have ever saw Opal perform then I think you will agree that she is "quite a character!"



TRIP TO SWEET FROG'S
Friday, September 12
Time: 1:00 p.m.

Pre-registration is required. Van riders are limited to the first 12 who sign up on the bulletin board outside Barbara's office.

Just what will hit the spot on a hot afternoon – some delicious frozen yogurt! For those of you who want to drive yourself – great just meet everyone at Sweet Frog's at 1:00. This is Dutch treat.



"BATTERS, SPLATTERS, & PLATTERS" (RECIPE CLUB)
Monday, September 15
Time: 10:30 a.m.



September is *National Rice Month*; therefore, as a nod to this multitasking grain we are asking everyone to bring a variety of their favorite recipes that use rice. From side dishes to desserts, did you know that the typical American consumes an average of 25 pounds of rice per year? Rice is a healthy, versatile, economical dish that is sodium and cholesterol-free and contains just a trace of fat. Worldwide, there are more than 120,000 varieties of rice grown. American farmers produce high-quality varieties of short, medium and long grain, as well as, organic and specialty varieties including jasmine, basmati, Arborio, red aromatic, and black japonica, among others.

PRIME OF LIFE FESTIVAL
Tuesday, September 16
Time: 9:00 a.m. – 12:30 p.m.
Location: The Foundation Performing Arts & Conference Center at ICC, Spindale



The 10th annual Prime of Life Festival, sponsored by *Rutherford Woman* and Time-Out Management, features a wide variety of organizations and vendors showcasing their services and/or products. This free admission event is designed to provide resources and information that will foster healthy and productive lifestyles for people age 50+. The event also includes a free lunch for seniors, quality entertainment, an ice cream social, a Grand Prize Giveaway, and a golf cart shuttle service from the parking lot to the facility. This is one event you will not want to miss!

TEA PARTY
Wednesday, September 17
Time: 9:30 a.m.

Join friends today and share a cup of your favorite tea and delicious goodies at our monthly tea party! Don't forget to sign-up on the sheet at the front desk if you plan on attending. Also, be sure and bring a "treat" to share with everyone.



The Senior Center strives to offer free programs and services that will best meet the needs of the aging adults in Rutherford County regardless of economic status, race, creed, education, or other circumstances. Anyone 55 or older can become involved in our activities. For more information call 287-6409.

“GOOD NUTRITION”

Wednesday, September 17

Time: 10:30 a.m.

Speaker: Sandra McGriff,
Rutherford Health Center



For adults over 50, the benefits of healthy eating include increased mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation times, and better management of chronic health problems. As we age, eating well can also be the key to a positive outlook and staying emotionally balanced. Be here today as Sandra presents a program on good nutrition.

PEN PALS

Thursday, September 18

Time: 10:30 a.m.

Summer vacation is over and the kids are back in school. If you signed up to be a pen pal for this upcoming school year be here today for your first opportunity to write to your new pen pal in Mrs. Summey's class at Spindale Elementary. **Or if you did not sign up last month, but would like to be a Pen Pal, please see Barbara or Crystal ASAP.**



MEET & EAT

Thursday, September 18

Time: 5:15 p.m.

Location: El Limon Mexican
Restaurant

Join friends tonight for some fine Mexican fare and a time of fun, fellowship, and good food – Dutch treat, of course. El Limon's is located at 420 South Broadway in Forest City.



“NOVEL APPROACH” Book Club

Friday, September 19

Time: 10:30 a.m.

Do you want to meet some interesting characters? Do you want to meet some real-life interesting characters, too? If so, come and join our group which will meet on the third Friday each month.

Book groups are a great way to communicate with friends and meet new people while exploring and discussing good books. What's more, being a part of a book club can help you stay motivated to read if you otherwise have difficulty finding time to pick up a book, give your brain a challenge, and try books you might not normally choose to read.



TRIP TO THE GREEN ROOM THEATER – “GUYS AND DOLLS”

Sunday, September 21

Time: 1:15 p.m.

Cost: \$15 (Deadline for tickets is Fri. - Sept. 12)
Pre-registration is required. Van riders are limited to the first 12 who sign up on the bulletin board outside Barbara's office – others may follow in their personal vehicles.

Today we travel to the Green Room Theater's production of “Guys and Dolls.” This romantic comedy is considered by many to be the perfect musical. The fast-paced story and bright, brassy score take us from the heart of Times Square, to the cafes of Havana, Cuba, and even into the sewers of New York City. Song favorites include “Luck Be a Lady,” “I've Never Been in Love Before,” and “A Bushel and a Peck.” This is truly a show is ideal for audiences of all ages, and showcases musical comedy at it's very best. Following the afternoon performance, we will stop for supper at J&S Cafeteria before traveling home.

“WE NEED TO TALK”

Tuesday, September 23

Time: 10:30 a.m.

Speaker: Mike Martin, AARP

This very informative program offers excellent information to help you understand and determine when you or a loved one's driving may no longer be safe, and tools to help you when have this important conversation with your loved one. Many people believe that they lose all their independence without the car. This may be true to a point, but this program will show you how you need not lose the independence by using alternative methods of transportation.



B-I-N-G-O

Tuesday, September 23

Time: 1:00 p.m.

A Center favorite – BINGO! Be here this afternoon for fun and prizes.



“MEDICAL” B-I-N-G-O

Wednesday, September 24

Time: 10:30 a.m.

Wow! Back to back opportunities for BINGO! This morning we have a very “special” caller for a fun “twist” on our regular bingo as we play “MEDICAL BINGO.” Dr. Ted E. Bear, the official mascot of Rutherford Regional Health Systems! Dr. Ted E. Bear was born in a small cave somewhere in the foothills of Western NC. He



was a precocious young cub who enjoyed roaming the countryside, fishing, picking berries and raiding the occasional honeycomb. As he grew into his teens, his parents worried that he was hibernating too much and became concerned that he would never reach his full potential. As parents tend to do, they thought he could achieve anything if he really tried, so they encouraged him to go out into the world and make something of himself. He loved the foothills of Western North Carolina and knew he wanted to live and work there, so he applied for the position of mascot for Rutherford Regional Health System. Ted E. says "he would not be a mascot for *just anyone*, and in his opinion, Rutherford Regional is the "bear" best around - the physicians are top notch, the staff is awesome, and the care is superb!" By the way, when you see Dr. Ted E. Bear and need a little pick-me-up, he reminds everyone "bear hugs are free!"



"FAMILY FEUD" (SENIOR STYLE)

Thursday, September 25

Time: 10:30 a.m.

Family Feud has long been a favorite game show for many TV viewers. It's a great combination of gaming, hilarity, and personalities. The very first question asked on the premier show was, "Name a famous George" and what do you think was the number one answer? ... well, you're correct if you answered "George Washington."



Join us today as we have some interesting questions and awesome contestants who will make the Center's version of

"Family Feud" a lot of fun and an event you will not want to miss it!

"GETTING YOUR CAR READY FOR WINTER"

Tuesday, September 30

Time: 10:30 a.m.

Speaker: Larry Bailey

Our own Larry Bailey, who keeps all the county's vehicles in tip top shape, is back to give us good information on how to prepare our vehicles for winter. He will discuss basic car maintenance and what steps and procedures are needed to get your car "winter ready."



SQUARE DANCE PERFORMANCE

Tuesday, September 30

Time: 11:00 a.m.

September is *International Square Dance Month*. This lively dance was



brought to the United States by early settlers from England and France. In recognition of this fun folk dance, we will have a special performance by our very own square dancers in the dining room at 11:00 sharp. After you see how much fun this group has we are sure you will want to join this group meets each Thursday at 4:00 p.m. and you can join at any time. It does not matter if you are a beginner or have square danced for years – everyone is welcomed!

BIRTHDAY CELEBRATION

On Tuesday, September 30 at 11:30 a.m. we will celebrate all the September birthdays.



SILVERSTRIDER'S - JULY TOTALS:

Betty McFarland	1,500 minutes walked
Annnabelle Smith	1,020 minutes walked
Nan Thompson	553 minutes walked



MEMORIALS, HONORARIUMS, AND GIFTS

You can support the work of the Rutherford County Senior Center by making a donation "In Memory Of" or "In Honor Of" a senior or someone special.

All donations are tax deductible. Please make checks payable to: **Rutherford County Senior Center**. Fill out the information below and return with your donation to: **193 Callahan-Koon Rd, Suite 132 Spindale NC 28160** or bring it directly to the Center. An acknowledgement letter will be sent on your behalf. Just list the person(s) and their address on the form below, or call 287-6409 if you have questions. Thank you for your support.

Your Name: _____

Address: _____

City: _____ State _____ Zip _____

In Memory of: _____

In Honor of: _____

SEND AN ACKNOWLEDGEMENT LETTER TO:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

IMMUNIZATIONS FOR MEDICARE BENEFICIARIES

One of SHIIP's long-time partners is the NC Immunization Coalition, a statewide network that coordinates and supports efforts to reduce morbidity and mortality associated with vaccine-preventable diseases. ***Each year, tens of thousands of adults needlessly suffer, are hospitalized and even die as a result of diseases that could be prevented by vaccines.*** Not only can vaccine-preventable diseases make you very sick, but if you get sick, you may risk spreading the disease to others. That's a risk most of us do not want to take. SHIIP's partners at the NC Immunization Coalition want to remind us all that while vaccinating children against preventable diseases is commonplace, many adults fail to get the vaccines they need to protect vigorous health and prevent serious illness. SHIIP wants to add to a reminder that most vaccinations are covered under either Medicare Part B or Part D. Here are some tips from the NC Immunization Coalition for Medicare beneficiaries and their caregivers:

- Infants, older adults and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to infectious diseases. They are also more likely to have severe illness and complications if they do get sick. You can help protect your health and the health of your loved ones by getting your recommended vaccines.
- Getting vaccinated is easier than you may think. Adults can get vaccines at doctors' offices, pharmacies, workplaces, health clinics and health departments. The website www.vaccine.healthmap.org/ can help you find a vaccine provider near you. Most health insurance plans cover the cost of recommended vaccines – a call to your insurance provider can give you the details.
- Not sure what vaccines you may need? The Centers for Disease Control and Prevention offers a short quiz at www.cdc.gov/vaccines/adults to help you find out which vaccines are recommended for you. All adults should get an annual flu vaccine to protect against seasonal flu and Td/Tdap vaccine to protect against tetanus, diphtheria and pertussis. You may also need other vaccines based on your age,

health conditions, occupation and other factors.

- If you are planning to travel outside of the U.S., check on any additional vaccines you may need. Some travel-related vaccines are part of a series or are needed months prior to your travel to be most effective, so be sure to plan ahead.

If you have questions about whether your vaccine is covered by Medicare, contact the SHIIP at 1-855-408-1212. Additionally, local trained SHIIP counselors are available, by appointment at the Senior Center, to assist Medicare beneficiaries and caregivers with free, unbiased information regarding Medicare health care products. Call the Senior Center at 287-6409 to schedule an appointment.



EXTRA HELP/MEDICARE SAVINGS PROGRAM

Medicare recipients with limited income and assets may qualify for money-saving programs, called EXTRA HELP and MEDICARE SAVINGS PROGRAM. These programs may save you money on the following:

- **EXTRA HELP:** Medicare Prescription Drug premiums and Medicare prescription drug deductibles and copays.
- **MEDICARE SAVINGS PROGRAM:** Medicare medical covered deductibles and copays and Medicare medical coverage premiums. **For assistance call the Senior Center at 287-6409 for an appointment with a trained SHIIP counselor.**

ANNUAL MEDICARE OPEN ENROLLMENT October 15 – December 7

Each year from October 15 to December 7 ALL people with Medicare can change their Medicare health plan and prescription drug coverage for the upcoming year. Information on 2015 plans will be available beginning in October. If a person is satisfied that their current plan will meet their needs for the upcoming year, then they don't need to do anything. You are encouraged to take advantage of SHIIP's service offered through the Senior Center and schedule an appointment for a consultation with a trained SHIIP counselor. You will receive free, unbiased information regarding the best Medicare health care products for your individual needs.



COMING UP IN



CANDIDATES FORUM

THURSDAY, OCTOBER 2 at 6:00 p.m.

The Center is co-sponsoring a Candidates Forum with the Rutherford County 4-H Council and United Way Youth Council. All parties for the following offices have been invited to attend: County Commissioners, Clerk of Court, Sheriff, District Attorney, and the North Carolina House Representative. A collection box will be placed near the entrance of the dining room through September 26 for seniors to write questions they would like the moderator to pose to the candidates during this forum. Everyone is encouraged to attend this important event.

TAILGATE YARD SALE

FRIDAY, OCTOBER 3 from 8:00 - 11:00 a.m.

It's time again for our semi-annual **TAILGATE YARD SALE!** If you would like to be a vendor in the yard sale, please sign-up on the bulletin board outside Barbara's office. Numbers for parking spaces will be drawn for in the dining room at 11:15 on Thursday, October 2nd. Reminder, each vendor participant must fill out a "Yard Sale Agreement" and pay a \$10 **refundable*** deposit. **Your deposit is returned when you stay the entire time of the sale or give 24 hour notice if you will be unable to attend.*



SENIOR CENTER'S PLAY PRODUCTION - "Murder in the Magnolia's"

FRIDAY, OCTOBER 17 at 6:00 p.m.

Mark your calendars, tell a friend, and plan on joining us for this year's Senior Center play production – "**Murder in the Magnolia's.**" This delightful comedy begins with Colonel Rance Chickenwing "kicking the bucket" and leaving the secret of his buried treasure to a houseful of demented relatives. With a cast of characters that parody almost every Southern play ever made, and sprinkled with the flavor of "*Gone with the Wind*" this year's play is sure to be a hilarious success!

SENIOR CENTER'S ANNUAL HEALTH FAIR

THURSDAY, OCTOBER 30 at 8:00 – 11:30 a.m.

"Save the date" and plan on attending the annual Senior Center Health Fair. There will be numerous representatives from area health agencies offering health screenings and lots of valuable information about the services they provide.



SEPTEMBER EVENTS ELLENBORO CONGREGATE MEAL PROGRAM

Location: Bethel Baptist Church 479 Main Street, Ellenboro

Site Manager: Diane Hill Telephone: 453-8668

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed for Labor Day	9:00 Walking & Exercise 2 at Family Life Center 10:00 Coffee and Chatter 11:00 Bingo	9:00 Walking & Exercise 3 at Family Life Center 10:00 Coffee and Chatter 11:00 Bible History w/Linda McCurry	9:00 Walking & Exercise 4 at Family Life Center 9:00 Coffee & Chatter 10:00 "Gospel Music" Word Search 11:00 Discussion – Funny Names	9:30 Walking & Exercise 5 at Family Life Center 10:00 Grandparents Day Celebration (bring Pictures of grandkids) 11:00 "Alaska" Word

Cont. Ellenboro Congregate Meal Program Calendar				Search
9:30 Walking & Exercise 8 at Family Life Center 10:00 Blood Pressure Check 11:00 Story Telling with Lance Scarlett	9:00 Walking & Exercise 9 at Family Life Center 10:00 Coffee and Chatter 10:30 The Benefits of Walking 11:00 Bingo	9:00 Walking & Exercise 10 at Family Life Center 10:00 Coffee and Chatter 10:30 "Pruning" Word Search 11:00 Jazz Trivia	9:00 Walking & Exercise 11 at Family Life Center 10:00 County News 11:00 Discussion – Vacations Gone Bad	9:30 Walking & Exercise 12 at Family Life Center 10:00 Coffee & Chatter 11:00 Discuss Favorite Movie with Popcorn
9:30 Walking & Exercise 15 at Family Life Center 10:00 Blood Pressure Check 11:00 "Oscar Winning Actresses" Word Search	9:00 Walking & Exercise 16 at Family Life Center 10:00 "Caves and Caverns in Tennessee" Word Search 11:00 Bingo	9:00 Walking & Exercise 17 at Family Life Center 10:00 Humor 11:00 "Poets" Word Search	9:00 Walking & Exercise 18 at Family Life Center 10:00 September Birthday Quiz 11:00 Birthday Celebration	9:30 Walking & Exercise 19 at Family Life Center 10:00 Puzzles 11:00 "Carl Sandburg Poems" Word Search
9:30 Walking & Exercise 22 at Family Life Center 10:00 Blood Pressure Check 11:00 "Elvis Songs" Word Search	9:00 Walking & Exercise 23 at Family Life Center 10:00 Celebrate Fall – Bring in your best fall recipes 11:00 Bingo	9:00 Walking & Exercise 24 at Family Life Center 10:00 Coffee and Chatter 11:00 "Muppet Characters" Word Search	9:00 What's New In Rutherford County 25 10:30 Singers from Fellowship 11:00 "The Jackson Five" Word Search	9:30 Walking & Exercise 26 at Family Life Center 10:00 Coffee and Chatter 11:00 Recap September & Talk About October Plans
9:30 Walking & Exercise 29 at Family Life Center 10:00 Blood Pressure Check 11:00 "TV Show Hosts" Word Search	9:00 Walking & Exercise 30 at Family Life Center 10:00 "Vice Presidents" Word Search 11:00 Bingo			

SEPTEMBER EVENTS
HENRIETTA CONGREGATE MEAL PROGRAM
 Location: Henrietta First Baptist Church 2736 Harris-Henrietta Rd, Henrietta
 Site Manager: Kay Aldridge Telephone: 657-5441

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Closed for Labor Day	9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 Grandparent Quotes 10:30 Did you know?	9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:45 Singing with Theresa Thompson & Becky Nix	9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Bingo	9:30 Walking Inside 10:00 School Humor 10:45 Exercise 11:00 Biblical History w/Barbara Moore
8	9	10	11	12
9:30 Blood Pressure Check 10:30 Kitchen and Garden Tricks 10:45 Favorite School Days 11:00 Exercise	9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:45 Phobias and Superstitions 11:00 The Benefits of Walking	9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:30 Discussion: Elvis on the Ed Sullivan Show (1956) 11:00 Exercise	9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 Tribute to 911 10:50 Bingo	9:30 Walking Inside 10:00 Proverbs and Quotes 10:45 Exercise 11:00 Biblical History w/Barbara Moore
15	16	17	18	19
9:30 Blood Pressure Check 10:30 Felt Hat Day- Men put away their felt hats 10:45 Exercise 11:00 Share a Smile With Everyone	9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:45 Apple Dumplings Day (Share Recipe)	9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:30 Recalling Your Favorite time at the County Fair 10:45 Exercise	9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Bingo	9:30 Walking Inside 10:00 Bible Cake 10:45 Exercise 11:00 Biblical History w/Barbara Moore

CONT. HENRIETTA CONGREGATE MEAL PROGRAM CALENDAR

9:30 Blood Pressure 22 Check 10:45 Ice Cream Cone Day (1903) Serving Ice Cream 11:00 Exercise	9:00 Coffee & Chatter 23 9:30 Piano Music w/ Barbara Moore 10:45 1st Day of Autumn 11:00 "Muppet" Word Search	9:00 Coffee & Chatter 24 9:30 Piano Music w/ Barbara Moore 10:00 Bring old Comic Books 10:30 Columnist Crossword 10:45 Exercise	9:00 Coffee & Chatter 25 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Bingo	9:30 Walking Inside 26 10:00 National Tie Day (Men wear your favorite tie) 10:45 Exercise 11:00 Biblical History w/Barbara Moore
9:30 Blood Pressure 29 Check 10:00 Confucius Day Try your luck with Fortune Cookies 11:00 Exercise	9:00 Coffee & Chatter 30 9:30 Piano Music w/ Barbara Moore 10:45 Chewing Gum Day Enjoying and Remembering Your First Chew			

SEPTEMBER EVENTS
SHINGLE HOLLOW CONGREGATE MEAL PROGRAM

Location: Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton
 Site Manager: Joyce Bailey Telephone: 287-0960

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed for Labor Day	9:00 Coffee & Chatter 2 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 3 9:30 Walking 10:00 Give Away Day One man's junk is another man's treasure	9:00 Coffee & Chatter 4 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 5 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 8 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 9 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 The Benefits of Walking	9:00 Coffee & Chatter 10 9:30 Walking 10:00 Grandparent's Day- Sharing Pictures of Grandkids	9:00 Coffee & Chatter 11 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 12 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 15 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 16 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Recognition of Birthdays	9:00 Coffee & Chatter 17 9:30 Walking 10:00 Bring in Something Odd 11:00 Tell us a joke	9:00 Coffee & Chatter 18 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 19 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 22 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 23 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 24 9:30 Walking 10:00 Craft Time	9:00 Coffee & Chatter 25 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 26 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 29 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 30 9:30 Choir 10:00 Walking 10:30 Word Search			

SENIOR CENTER ADVISORY BOARD MEMBERS:

*Kim Freeman; Wanda Harris; Junior Johnson (President); Robert Judd;
Jeanette Klutts (President-Elect); Grace Quick; Ex Officio members: Carl Classen; Bill Eckler, Sybil Walker*

SENIOR CENTER STAFF:

Amideus Athougies, SHIP Counselor

Kay Aldridge, Henrietta Site Manager

Joyce Bailey, Shingle Hollow Site Manager

Ron Atchley, Meal Deliveries

Wanda Bland, Exercise Instructor

Michael Carpenter, Meal Deliveries

Louann Camilletti, Senior Center Site Manager

Debbie Conard, Admin. Assist./Transportation Coord.

Ronnie Driver, Meal Deliveries

Frank Ensley, Custodian

Angela Ezell, Director

Alex Goodman, Title V Food Service Worker

Helen Hamilton, Title V Food Service Worker

Lee Henderson, Title V Custodian

Barbara Hill, Activity & Senior Games Coordinator

Charles Hill, Meal Deliveries

Diane Hill, Ellenboro Site Manager

Selena McEntrye, Title V Morning Receptionist

Michelle Smith, Data Entry

Mary Street, Food Service Supervisor

Susan Toney, Food Service Assistant

Crystal Upton, Activity & Senior Games Assistant

Sandy White, Nutrition Assistant



RUTHERFORD COUNTY SENIOR CENTER
193 CALLAHAN-KOON RD, SUITE 132
SPINDALE NC 28160

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
SPINDALE, NC
PERMIT NO. 34

Help Save a Stamp

Sign up to receive your newsletter electronically.

Just e-mail a request to

debbie.conard@rutherfordcounty.nc.gov

RETURN SERVICE REQUESTED