

Rutherford County Senior Center

~ North Carolina Certified Center of Excellence ~ United Way Member Agency ~
~Our Mission: Rutherford County Senior Center provides opportunities for senior adults to help them maintain and enhance their quality of life.~

JULY 2015 NEWSLETTER

193 Callahan Koon Rd, Suite 132 Spindale NC 28160

Telephone: 828-287-6409

Hours: Monday: 7:30 a.m. – 5:00 p.m. Tuesday – Friday: 8:30 a.m. – 5:00 p.m.

We are pleased to announce that the Rutherford County Senior Center received recertification Friday, June 19th as a "Center of Excellence" for the next 5 years. State certification is a voluntary process that senior centers can use to be recognized in their communities and across the state. The purpose of this process is to strengthen the capacity of senior centers by providing a set of measurable indicators of best practice. These indicators focus on five major operational areas: outreach and access to services; programs and activities; planning, evaluation, and input from older adults; staffing; and operations and physical plant. This process provides a framework that centers can use to plan their development and seek resources from the community, the state, and other resources. Additionally, certified centers receive extra shares of funding from the Senior Center General Purpose allocation.

In order to achieve this highest of certification, a Senior Center must complete a self-evaluation tool of the data gathered by the Center from the previous 5 years, as well as, show how any recommendations from the previous site visit were addressed. This is followed by an on-site inspection and review from a team made up from employees from the NC Division of Aging and Adult Services, UNC-CH School of Social Work's Center for Aging Research and Educational Services (CARES), Area Agency on Aging, senior center staff outside of the applicant's region, and the Senior Tar Heel Legislature delegate from Rutherford County. This team decides whether to award re-certification at the level of "Merit" or "Excellence" based on their review.

We will be celebrating our accomplishment as "Center of Excellence" during the week of July 13-17. We will end the week with an Open House Celebration on Friday, July 17th from 2:00-4:00 p.m. Be sure to check out our calendar of events and come celebrate with us at the Senior Center!

Angela Ezell, Director



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 several 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.

BOX TOPS FOR EDUCATION

The Senior Center has an ongoing project of collecting box tops for education for local schools. So clip those box tops and drop them in the jar located in the Center's coupon room. Box Tops for Education is one of the nation's largest school fundraising loyalty programs and has been helping schools succeed since 1996.



VOLUNTEERS NEEDED:

Volunteers are always welcomed and needed at the Senior Center. Following are the multiple areas that are in need of volunteers:

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 100 participants of this worthwhile program. In addition to delivering a fresh, hot meal M-F, the MOWs volunteer provides a "mini visit" and a warm, friendly smile to individuals who might not see anyone on a daily basis. **For more information or to volunteer, please contact Michelle Smith at 287-6362.**

SENIORS' HEALTH INSURANCE INFORMATION PROGRAM 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, Supplement Plans, claims processing, Advantage, Prescription Drug Plans, and long-term care insurance. **Please contact Angela Ezell at 287-6411 for more information on how you can become a certified SHIIP counselor volunteer.**

TRIPS & SIGN-UP SHEETS

The activity department works very hard to arrange a variety of special programs, activities, and trips. Most trips and some events are limited to a certain number of participants and require pre-registration by signing a sheet posted on the bulletin board outside Barbara's office. **All sign-up sheets are always posted on the FIRST day of the month – this allows everyone a fair and equal opportunity to sign up for a trip or event.** Also, we have been experiencing an increasing problem with participants signing up for an event or trip and then not showing up or calling and cancelling in a timely manner - this prevents us from contacting those on the waiting list and delays the departure time while we wait to see if you are just running a little late. **Effective January 2015: If you do not show up for a trip, you will not be allowed to sign up for any special trips for the next 3 months.** **Additionally, you must come in and sign up and pay (if there is a charge.) There will be no phone calls reservations accepted for trips or events.**

DID YOU KNOW.... *The Senior Center accepts empty toner cartridges from printers and copiers as one of its recycling programs? This helps us extend our office supply budget. Also, the Senior Center accepts old eyeglasses and gives them to a local Lion's Club for recycling? You can drop any of these items off at the front desk of the Senior Center at any time or place in our mailbox if the Center is closed.*

COUPONS NEEDED:

Please bring any coupons you don't plan on using for our Coupon Room. You don't even have to clip them out of the inserts – we have volunteers who do this. Also this is a reminder for participants to take advantage of this great service at the Center - whether you're a beginner or a seasoned coupon user, it is a fact that using coupons is a smart and easy way to help stretch your food budget dollars!



SILVER STRIDERS TOTALS:

Judy Baguskis	1,150 minutes walked
Shirley Broughton	765 minutes walked
Norma Jean Cooper	1,540 minutes walked
Sally Glover	995 minutes walked
Betty McFarland	1,860 minutes walked
Annabelle Smith	1,080 minutes walked
Nan Thompson	793 minutes walked





WEAR RED, WHITE, & BLUE DAYS....

Show your patriotic spirit by wearing red, white, and blue on **Wednesday, July 1st & Thursday, July 2nd.**

REMINDER: THE SENIOR CENTER WILL BE CLOSED FRIDAY, JULY 3RD IN OBSERVATION OF INDEPENDENCE DAY.

“USE IT OR LOSE IT”

Day: Wednesday, July 1
Time: 10:30 a.m.



We need to exercise our brain daily – just like our bodies! Join us today for the Center’s version of “USE IT OR LOSE IT.” We will challenge and exercise your brain to help keep it working at its optimal level!

“WATERMELON SCAVENGER HUNT”

Date: Thursday, July 2
Time 8:30-11:15 a.m.



Find ONE watermelon symbol hidden throughout the building and bring it to the dining room at 11:15 and exchange it for a prize.

“Please limit ONE symbol, and do not find or save symbols for others, let everyone enjoy the game by allowing them to find their own.”

“WATERMELON SLICING”

Date: Thursday, July 2
Time 1:00 p.m.
Sponsored by: Spartanburg Rehabilitation



Join us today for a sweet refreshing slice of watermelon.



“CELEBRATING SUMMER” WEEK - July 6 - 10

ZUMBA

Mondays – July 6, 13, 20, 27
Time: 6:45 p.m. *NEW time*
Instructor: Wavolyn Norville



Back by popular demand, Zumba will be each Monday in July at its new time of 6:45 p.m. 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!”

WALKING CLUB

Dates: Tuesdays, July 7, 14, 21, 28
Time: 8:45 a.m. *note time change*



Walking is one of the most effective forms of physical activity that delivers substantial health benefits and improves heart health. Walking is easy to start and continue and it has the lowest dropout rate of any physical activity. Join the Center’s Walking Club, and connect with others who share your goals, lifestyles, schedules and hobbies, and it’s FREE! It’s not too late to get started - call Barbara or Crystal or be at the Walking Club’s meeting on Monday, July 13 at 10:00 for more information.

TRIPS TO LOCAL FARMER’S MARKET

Two Dates: Tuesday, July 7 & 21
Time: 9:30 a.m.



Van riders are limited to the first 11 who sign up on the bulletin board outside Barbara’s office.

Who does not love fresh produce? This month you will have two separate opportunities to travel to the local farmers market.

FARMERS MARKET COUPONS

The Seniors Farmers’ Market Nutrition Program provides congregate nutrition site participants with coupons to purchase fresh fruits and vegetables from the local farmers markets. **To be eligible for these coupons you must be: a participant in Rutherford County’s Senior Center congregate meal program, age 60, a resident of Rutherford County, and monthly income levels cannot exceed \$1,799 for an individual or \$2,425 combined per couple.** Each coupon is valued at \$3 and seven are given to each eligible participant, for a total of \$21 worth of coupons. These coupons have to be used by September 30, 2015. Lost or stolen coupons cannot be replaced. Change cannot be given if a participant buys less than \$3.00 increments of produce. However, if a participant purchases an amount in excess of the value of the coupon(s), he/she may pay the difference to the farmer. You may purchase only fresh fruits and vegetables. You may not use these coupons for baked goods, crafts, cooked foods, honey, eggs, plants, or other non-food items. **WE HAVE A LIMITED SUPPLY OF THESE COUPONS AVAILABLE. TO BE FAIR TO ALL, A LOTTERY WILL BE HELD OF ALL THE NAMES SUBMITTED. SIGNS UPS AVAILABLE AT EACH NUTRITION SITE.**

“HOW SOUTHERN ARE YOU”

Date: Tuesday, July 7

Time: 10:30 a.m.

Sometimes the South feels like its own little country. If you were born and raised in the south you probably spent your summers catching lightening bugs in mason jars, making mud pies, running and playing bare foot with your friends and siblings. In today's activity you will take the "How Southern Are You?" test to find out if you are a TRUE southerner. Don't miss the fun!



“CELEBRATE YOUR SUMMER THROUGH STORIES”

Date: Wednesday, July 8

Time: 10:30 a.m.

Led By: Bob Covert

Bob will be with us today to reminisce about summers past. This will be a great time to reflect about your summers as a child. Often times reminiscing about the past will not only make us think, but often times give us a good laugh.



LEMONADE & LAUGHS

Date: Thursday, July 9

Time: 10:30 a.m.

In today's "celebrating summer" activity we will provide some cool, refreshing lemonade and you will provide the jokes, funnies, stories etc. This is one activity you will not want to miss – and bring a friend to share it with! Here is a "funny" to help get you ready:

"WHERE is my SUNDAY paper?!"

The little old lady calling the newspaper office loudly demanded to know where her Sunday edition was. "Madam", said the newspaper employee, today is Saturday; the Sunday paper is not delivered until tomorrow, on SUNDAY. There was quite a long pause on the other end of the phone, followed by a ray of recognition as the little old lady was heard to mutter, "Well, shucks...that's why no one was at church today." ☺



BOWLING WITH THE GRANDKIDS

Dates: Thursday, July 9 & 23

Time: 1:00 p.m.

Location: Autumn Lane

If you plan on participating, sign up on the board outside Barbara's office. Everyone had so much fun last month, we decided to do this again—not once, but TWICE this month! Come and have a fun afternoon making special memories with your grandkid(s)! Join us at Autumn Lanes for a fun game or two of bowling. Each



bowling game is only \$1, and there are also some \$1 food and drinks specials.

BLOOD PRESSURE CHECK

Date: Monday, July 13

Time: 9:00 – 11:00 a.m. **sharp**

Sponsor: Rutherford Regional

Keep your health on track by having your BP checked at our monthly BP clinics. Don't forget to pick up your BP record card at the front desk to have your BP reading recorded on.

Reminder: no cards will be given out after 10:45 so this event can wrap up at 11:00 sharp.



WALKING CLUB MEETING

Date: Monday, July 13

Time: 10:00 a.m.

There is already a great group of seniors walking together each Tuesday morning. Be here today to discuss the new Senior Center walking club and/or learn more about this great group – if you have not joined in already.



“CELEBRATING THE SENIOR CENTER” WEEK: July 13 – 17

On June 19th the Senior Center was recognized once again as a "Senior Center of Excellence." In recognition of this great accomplishment, we will be "Celebrating the Center" all week with a special events and sweet treats. They are as follows:

- Mon, July 13: 1:00 p.m. – "surprise" sweet treat
- Tues, July 14: 1:00 p.m. – surprise" sweet treat
- Wed, July 15: 1:00 p.m. – "surprise" sweet treat
- Thurs, July 16: 11:30 – special "Picnic Lunch"
- Thurs, July 16: 1:00 p.m.–"surprise" sweet treat
- Fri, July 17: OPEN HOUSE CELEBRATION with Tours and Refreshments

TEA PARTY

Date: Wednesday, July 15

Time: 9:30 a.m.

Join friends today and share a cup of your favorite tea and delicious goodies. Be sure to sign-up at the front desk if you plan on attending, and remember to bring your favorite treat to share.





“CELEBRATING GAME SHOW” WEEK: July 14 – 16

“PRICE IS RIGHT”

Day: Tuesday, July 14
Time: 10:30 a.m.



The Price is Right premiered September 4, 1972 on CBS. It has aired over 8,000 episodes since its debut and is one of the longest-running network series in US television history. Today we will have the "Senior Center's" own version of the famous game show. This is one you will not want to miss!

“FAMILY FEUD”

Day: Wednesday, July 15
Time: 10:30 a.m.



Family Feud has long been a favorite game show. It's a great combination of fun 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 as we play the Center's version of "Family Feud."

“MINUTE TO WIN IT”

Day: Thursday, July 16
Time: 10:30 a.m.



Today you will be competing in a variety of "easy stunts" to win prizes in under a minute. Can you do it? Today will be your opportunity to test your skill levels!



Willow Ridge Community Craft & Yard Sale

Date: Saturday, July 18
Time: 7:30 a.m. – 1:00 p.m.

Come out and support this yard sale, or if you would like to rent a space to sell items at this yard sale, early registration cost is \$15 June 9- June 30 or \$20 July 1-16. **For information or to register and rent at spot to sell call 286-7200 and ask for Jamy.** (All proceeds from renting a space will be divided between the Senior Center Activity Dept. and Willow Ridge Activity Dept.)

ICE CREAM SHOP

Dates: Tuesday, July 21
Time: 1:00 p.m.



Enjoy a cool treat today. Ice cream is 50 cents a scoop and toppings are only 10 cents each. What a yummy bargain!



“CELEBRATING CHRISTMAS IN JULY” WEEK: July 20 - 23

“CHRISTMAS” BATTERS, SPLATTERS, & PLATTERS” (RECIPE CLUB)

Date: Monday, July 20
Time: 10:30 a.m.

Christmas will be here before we know it! Today we will be sharing our favorite "Christmas" recipes. From the main course to desserts – anything goes!



“CHRISTMAS” B-I-N-G-O

Date: Monday, July 20
Time: 1:00 p.m.

Always a Center favorite, but "themed" Bingo is even BETTER! HO-HO-HO...



“CHRISTMAS” CRAFT TIME

Date: Tuesday, July 21
Time: 10:30 a.m. Cost: \$1.00

If you plan to participate, sign up on the board outside Barbara's office.

Make beautiful Christmas ornaments from old puzzle pieces today. Join Crystal as she demonstrates and assists crafters in making two unique and beautiful keepsake ornaments.



LET'S BAKE “CHRISTMAS” COOKIES

Date: Wednesday, July 22
Time: 9:45 a.m. Cost: \$1.00

If you plan to participate, sign up on the board outside Barbara's office.

YUM-YUM! Who does not like home-made, beautiful Christmas cookies? All supplies will be provided, but don't forget to bring a container to carry your cookies home in.



LET'S MAKE “CHRISTMAS” KABOBS

Date: Thursday, July 23
Time: 10:30 a.m. Cost: \$1.00

If you plan to participate, sign up on the board outside Barbara's office.

What a cute idea for a simple fruit "Grinch" Kabob. This cute Kabob will turn your favorite fruit into the "Appetizer That Stole the Holiday Party!" You will have to splash flour on your face, so everyone will think you worked hard on this delightfully simple appetizer! Christmas music and Christmas snacks will be on hand to help set a festive mood for this fun activity.



INTERGENERATIONAL EVENT: "TECH SUPPORT"

Dates: Tuesday, July 28
Time: 10:30 a.m.



If you have questions about how to use your i-Phone, i-Pad, etc. then today is your lucky day! Bring your device and join Brittany and Cassidy Upton as they offer one-on-one "tech support."

BINGO

Dates: Tuesday, July 28
Time: 1:00 p.m.



Sponsored by: Spartanburg Rehab

A Center favorite for the 2nd time this month! Be sure and thank Spartanburg Rehab for sponsoring this fun BINGO afternoon.

TRIP TO STRAWBERRY HILL

Date: Wednesday, July 29
Time: 10:45 a.m. – leave Center
Cost: \$1.00

Be sure and sign up on the bulletin board outside Barbara's office – the van riders are limited to first 11 who sign up.

It's Peach Time at Strawberry Hill! Today you will travel for lunch at Strawberry Hill's old-fashioned café where home-cooked southern meals are always in season. Afterwards the van will transport everyone across the road to the produce sheds where you can purchase some delicious peaches and other fresh garden produce.



"MEDICARE FRAUD & ABUSE"

Date: Thursday, July 30
Time: 10:30 a.m.

Speaker: Diane Trainer, SHIIP
Senior Medicare Patrol
Outreach Specialist



Join Diane today's as she discusses "Medicare Fraud and Abuse, and the importance of protecting one's identity, along with tips on how to prevent becoming a victim of scam artists."

BIRTHDAY RECOGNITION

Date: Friday, July 31
Time: 11:30 a.m.

Join us in the dining room today as we celebrate all the July birthdays.



COMING IN AUGUST.... "THE ODD COUPLE"

SUMMER DANCE

Date: Friday, July 31
Time: 6:00 - 9:00 p.m. (Doors open 5:45)
Cost: \$5 each person



The Rusty & Chiquita Collins Band will be playing some of your favorite tunes. Come enjoy great music & dance the night away with friends.

The Seniors' Health Insurance Information Program (SHIIP) is

a consumer information division of the NC Department of Insurance that provides free, unbiased counseling about Medicare not just to seniors, but also to people on Medicare due to disability. They assist with questions about your health insurance options, Medicare, Medicare Part D, Medicare supplements, Medicare Advantage and long term care insurance. SHIIP also helps people recognize and prevent Medicare billing errors and possible fraud and abuse through the NC Senior Medicare Patrol program. **For free, unbiased counseling and to answer questions you may have about Medicare or the LIS Program, call Rutherford County Senior Center at 287-6409 and schedule an appointment with our trained SHIIP counselor – or contact SHIIP direct at 1-855-408-1212 or www.ncshiip.com.**



Prescription Drug Assistance for Low-Income Medicare Beneficiaries

The Low-Income Subsidy (LIS) program, also known as *Extra Help*, assists qualified Medicare beneficiaries with out-of-pocket expenses associated with Medicare Part D prescription drug expenses. To qualify for *Extra Help*, a Medicare beneficiary must meet certain income, resource and asset level requirements. The income and asset limits for *Extra Help* are \$1,458.75 per month with assets up to \$13,640 if you are single, and \$1,966.25 per month with assets up to \$27,250 if you are married. This includes your monthly earnings, Social Security and Veterans' benefits, disability payments, cash contributions, retirements and pensions. Resources and assets include the value of items you own, such as cash, stocks, bonds, retirement accounts, the value of a second car, boats and any real property that is not the primary residence and does not produce income. Depending on your income and asset levels and the Part D plan you choose, you may have either a reduced premium or no premium; your deductible may be covered or lowered; and your prescription copayments will be very small – from \$2.55 for a generic drug and up to \$6.35 for a brand-name drug. But perhaps the two biggest benefits to any amount of *Extra Help*/LIS assistance will be the elimination of a Part D coverage gap, also known as the "donut hole," and the opportunity to change Prescription Drug Plans at any time.



ELLENBORO CONGREGATE MEAL PROGRAM – JULY EVENTS

Bethel Baptist Church 479 Main Street, Ellenboro Site Manager: Diane Hill (453-8668)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Walking & Exercise 1 10:00 Word Search 10:30 International Joke Day – Share your best joke 11:00 Scattergories	9:00 Walking & Exercise 2 10:00 Word Search 10:30 Celebrate the 4 th – Wear Red, White & Blue 11:00 Scattergories	3 CLOSED FOR INDEPENDENCE DAY
9:30 Walking & Exercise 6 10:00 Coffee & Chatter 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking & Exercise 7 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 8 10:00 Word Search 11:00 Bible Study w/Linda McCurry	9:00 Walking & Exercise 9 10:00 Word Search 11:00 National Sugar Cookie Day – Eat Cookies	9:30 Walking & Exercise 10 10:00 Word Search 11:00 Scattergories
9:30 Walking & Exercise 13 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking & Exercise 14 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 15 10:00 Coffee & Chatter 11:00 Fun Discussion	9:00 Walking & Exercise 16 10:00 Who Knew? 11:00 Word Search	9:30 Walking & Exercise 17 10:00 Word Search 11:00 Scattergories
9:30 Walking & Exercise 20 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking & Exercise 21 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 22 10:00 Reviewing Diabetes symptoms & signs 11:00 Word Search	9:00 Walking & Exercise 23 10:00 Word Search 11:00 Coffee & Chatter	9:30 Walking & Exercise 24 10:00 Word Search 11:00 Scattergories
9:30 Walking & Exercise 27 10:30 Blood Pressure Check 11:00 Recognition of Birthdays	9:00 Walking & Exercise 28 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 29 10:00 Name that tune 11:00 Word Search	9:00 Walking & Exercise 30 10:00 Word Search 11:00 Fun Discussion	9:30 Walking & Exercise 31 10:00 Word Search 11:00 Scattergories

HENRIETTA CONGREGATE MEAL PROGRAM – JULY EVENTS

Henrietta 1st Baptist 2736 Harris-Henrietta Rd, Henrietta NC Site Manager: Kay Aldridge (657-5441)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Coffee & Chatter 1 9:30 Piano Music w/ B. Moore 10:15 4 th of July Trivia	9:00 Coffee & Chatter 2 9:30 Piano Music w/B. Moore 10:00 Wear Red, White & Blue 10:50 Bingo	3 CLOSED FOR INDEPENDENCE DAY
9:30 Blood Pressure Ck 6 10:30 Listen to Red, White & Blue Music 11:00 Exercise	9:00 Coffee & Chatter 7 9:30 Piano Music w/ B. Moore 10:30 Declaration of Independence Facts	9:00 Coffee & Chatter 8 9:30 Piano Music w/ B. Moore 10:15 Proper Retirement of the U.S. Flag	9:00 Coffee & Chatter 9 9:30 Piano Music w/B. Moore 10:00 Remember Dick Clark. 1956 10:50 Bingo	9:30 Walking Inside 10 10:00 Cheesecake Word Search 10:45 Exercise 11:00 Biblical History w/B. Moore
9:30 Blood Pressure Ck 13 10:15 Puzzle Day – Rubik's Cube 11:00 Exercise	9:00 Coffee & Chatter 14 9:30 Piano Music w/ B. Moore 10:00 Milton Berle one liners	9:00 Coffee & Chatter 15 9:30 Piano Music w/B. 10:00 Master Gardner – C. Street 11:00 Exercise	9:00 Coffee & Chatter 16 9:30 Piano Music w/B. Moore 10:15 1 st Parking Meters 10:50 Bingo	9:30 Walking Inside 17 10:00 Opening of Disneyland '55 10:45 Exercise 11:00 Biblical History w/B. Moore
9:30 Blood Pressure Ck 20 10:15 Lollipop Day 11:00 Exercise	9:00 Coffee & Chatter 21 9:30 Piano Music w/ B. Moore 10:30 Eat your favorite junk food National Junk Food Day	9:00 Coffee & Chatter 22 9:30 Piano Music w/ B. Moore 10:00 Hot Dog Trivia 11:00 Exercise	9:00 Coffee & Chatter 23 9:30 Piano Music w/B. Moore 10:15 1 st Ice Cream Cone...1904 10:50 Bingo	9:30 Walking Inside 24 10:00 Call a cousin & tell them you love them 10:45 Exercise 11:00 Biblical History w/B. Moore
9:30 Blood Pressure Ck 27 10:15 Your favorite cartoon? 11:00 Exercise Bugs Bunny Birthday.....1940	9:00 Coffee & Chatter 28 9:30 Piano Music w/ B. Moore 10:30 The Dog Days of Summer 11:00 Recognition of Birthdays	9:00 Coffee & Chatter 29 9:30 Piano Music w/ B. Moore 10:00 Summertime Humor 11:00 Exercise	9:00 Coffee & Chatter 30 9:30 Piano Music w/B. Moore 10:15 Summertime Humor 10:50 Bingo	9:30 Walking Inside 31 10:00 Favorite Smoothies 10:45 Exercise 11:00 Biblical History w/B. Moore

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM - JULY EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Coffee & Chatter 1 9:30 Walking 10:00 Word Search 10:50 Bingo	9:00 Coffee & Chatter 2 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet	3 CLOSED FOR INDEPENDENCE DAY
9:30 Coffee & Chatter 6 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 7 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Chat With Director	9:00 Coffee & Chatter 8 9:30 Walking 10:00 Word Search 10:30 Make Candy Cane Candles	9:00 Coffee & Chatter 9 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet	9:30 Coffee & Chatter 10 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 13 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 14 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 15 9:30 Walking 10:00 Word Search 10:30 Make Decorative Soap	9:00 Coffee & Chatter 16 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet	9:30 Coffee & Chatter 17 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 20 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 21 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 22 9:30 Walking 10:00 Word Search 10:30 Make Christmas Coasters	9:00 Coffee & Chatter 23 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet	9:30 Coffee & Chatter 24 10:00 Word Search 10:15 Christmas Party in July 10:30 BP Check 10:50 Bingo
9:30 Coffee & Chatter 27 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 28 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Recognize July Birthdays	9:00 Coffee & Chatter 29 9:30 Walking 10:00 Word Search 10:30 Make Christmas Corsages	9:00 Coffee & Chatter 30 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet	9:30 Coffee & Chatter 31 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo

SENIOR CENTER ADVISORY BOARD MEMBERS:

Amideus Athougies; Kim Freeman; Wanda Harris (Vice Chairman); Junior Johnson;
Jeanette Klutts (Chairman); Sylvester McDowell; Grace Quick; Sybil Walker
Ex Officio members: Steve Garrison; Alan Toney

SENIOR CENTER STAFF:

Kay Aldridge, Henrietta Site Manager

Tom Allen, Title V Afternoon Receptionist

Ron Atchley, Meal Deliveries

Joyce Bailey, Shingle Hollow Site Manager

Wanda Bland, Exercise Instructor

Louann Camilletti, Senior Center Site Manager

Michael Carpenter, Meal Deliveries

Debbie Conard, Admin. Assist./Transportation

Ronnie Driver, Meal Deliveries

Frank Ensley, Custodian

Angela Ezell, Director

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

Helen Mudge, Title V Food Service Worker

Joe Ryan, Title V Food Service Worker

Michelle Smith, Nutrition/Home-Delivered Meals

Mary Street, Food Service Supervisor

Kayla Traver, Data Entry

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
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