

# 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.~

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## AUGUST 2015 NEWSLETTER

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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.

According to *Everyday Health*, seniors are better than younger people at getting their servings of fruit and vegetables. Even at that only 30 percent of people 65 and older eat five or more daily servings of fruit and vegetables, which is the minimum amount recommended for good nutrition. As you get older, it is especially important to eat plenty of fruit and vegetables. The nutrients and fiber in these foods can help reduce high blood pressure, lower your risk of heart disease, stroke, and certain cancers. One serving of fruit or vegetables equals half a cup. Nutrition experts used to recommend five servings of fruit and vegetables per day. But now according to the U.S. Centers for Disease Control and Prevention (CDC), individuals will require between 5 and 13 servings of fruit and vegetables each day depending on their age, gender, and level of physical activity. Follow these simple tips for increasing the amount of fruit and vegetables you eat each day:

1. Add fruit and vegetables to your favorite dishes. For example, you can stir fruit into your cereal or yogurt, pack your sandwich with extra veggies, and add vegetables toppings to your pizza.
2. Display your produce. Put your fruit and vegetables in a place you will see them so that you'll be more likely to eat them.
3. Try new things. Next time you go to the grocery store or farmers' market, pick out a new fruit or vegetable to try.
4. Cook vegetarian. Try a new vegetarian recipe for dinner.
5. Snack away. Try snacking on fresh fruits and veggies.

Your local farmers' market is the perfect place to find and try new produce. Eating a variety of fruits and vegetables will ensure that you get the variety of nutrients you need for healthy aging. The Senior Center participated in the Seniors Farmers' Market Nutrition Program which provides eligible congregate nutrition site participants with coupons to purchase fresh fruits and vegetables from the local farmers market. If you received these coupons, don't forget to use these by September 30<sup>th</sup>.

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 the Center's mailbox.*

## **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:**

Cindy Allison	1,090 minutes walked
Judy Baguski	725 minutes walked
Shirley Broughton	1,045 minutes walked
Norma Jean Cooper	615 minutes walked
Sally Glover	1,545 minutes walked
Betty McFarland	935 minutes walked
Annabelle Smith	1,300 minutes walked
Nan Thompson	1,112 minutes walked



## COLLECTING SCHOOL SUPPLIES:



August is a great time to purchase school supplies at bargain prices. Some of the most needed items are packs of paper, pencils, notebooks, crayons, tissues, book bags etc.)

The Senior Center will be collecting school supplies during the entire month of August to donate to Spindale Elementary. A box will be placed at the dining room entrance for anyone to drop off their donations.

## ZUMBA

**Mondays – August 3, 10, 17, 31**

**Time: 6:45 p.m. \*NEW time\***

**Instructor: Wavolyn Norville**



Don't forget Zumba is at the 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!”

## “RED HOT CHILI STEPPERS”

(WALKING CLUB)

**Dates: Tuesdays, August 4, 11, 18, 25**

**Time: 8:45 a.m.**

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 “Red Hot Chili Steppers”, and connect with others who share your goals, lifestyles, schedules and hobbies, plus it's FREE! You can join at any time - just call Barbara or Crystal or be at the Walking Club's meeting on Monday, August 10 at 10:30 for more information.



## BARGAIN HUNTER'S WEEK

**August 3 - 7**

## “COUPON SAVINGS TIPS”

**Date: Tuesday, August 4**

**Time: 10:30 a.m.**

Join in this activity and learn how to save \$\$\$\$. Barbara and Crystal will show you several ways to save on your grocery bill. They will also share information on what stores will accept coupons and what are the best days and times to shop to maximize your savings and take home the best bargains!



## BEGINNERS ART PROJECT FOR GRANDPARENTS & GRANDKIDS

**Dates: Wednesday, August 5**

**Time: 9:30 a.m. Cost: FREE**

**Instructors: Syble Hill & Bonnie Manion**

Be sure to sign up on the bulletin board outside Barbara's office if you plan on participating – class is limited to 10 persons

Join Syble and Bonnie today as they demonstrate and assist grandparents and their grandchildren with a fun and interesting beginner's art project.

This is a perfect summer and memory-making activity, and comes with the added bonus of getting to spend quality time with the grandchildren. **All supplies will be furnished.**



## TRIP TO SHELBY THRIFT STORES

**Date: Wednesday, August 5**

**Time: leaving at 10:00 a.m. & returning around 3:00 p.m. Cost: \$1.00 + cost of your lunch**

Be sure to sign up on the bulletin board outside Barbara's office if you plan on participating – van riders limited to first (11) who sign up

Bargain Hunter's week continues today with “thrift store shopping in Shelby.”

If you love to search for great bargains then this trip is for you! This trip includes shopping at several thrift/consignment stores - plus it is “senior day” at Pizza Inn (buffet) —so that is an added money saving's bargain!



## CRAFTING WITH CRYSTAL

**Date: Thursday, August 6**

**Time: 10:30 a.m.**

**Cost: \$1 – all supplies will be furnished**

Be sure to sign up on the bulletin board outside Barbara's office if you plan on participating Bargain Hunter's week continues today with a craft to help with your bargain hunting efforts. Join Crystal as she demonstrates and assists crafters in making a coupon organizer. This organizer will come in handy as you use all the information you learned this week about coupon savings!



## BLOOD PRESSURE CHECK

**Date: Monday, August 10**

**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.**



## “RED HOT CHILI STEPPERS” WALKING CLUB MEETING

**Date: Monday, August 10**  
**Time: 10:30 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.



## TRIPS TO LOCAL FARMER'S MARKET

**Two Dates: Tuesday, August 11 & 25**  
**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.



## SPECIAL SPEAKER: “GRIEF SHARE”

**Day: Tuesday, August 11**  
**Time: 10:45 a.m.**

**Speaker: George Allen, Grace Chapel**

What do you do after the funeral, when the cards and flowers have stopped coming, and most of the people around you return to their normal lives? For many their grief continues and they feel more alone than ever. Friends and family want to help, but often times they just don't know how. This is where GriefShare can assist. They discuss a variety of topics that include: the challenges of grief, the journey of grief, guilt and anger, grief and your relationships etc. Be here



today to learn more about GriefShare and the support it offers to individuals grieving a loss.

## MYOBALANCING: MUSCULAR THERAPY

**Day: Wednesday, August 12**  
**Time: 10:30 a.m.**

**Speaker: Steven Green, owner of MyoBalancing**  
Today Steven will discuss the importance of posture and how to create awareness towards muscular imbalances of the body. Often times the overlooked source of a person's pain is their posture. If left untreated, one's improper posture and muscular imbalances can cause joint inflammation and degenerative discs. We all want to maintain a healthy active life style, but



sometimes nagging pain and injury can get in the way. MyoBalance focuses on managing and resolving significant pain, posture, movement and dysfunction issues for which many people have not found relief.

## LEARN SIGN LANGUAGE

**Day: Thursday, August 13**  
**Time: 10:30 a.m.**

**Instructor: Cassidy Upton (high school student)**

In spoken language, words are produced by using the mouth and voice to make sounds. But for people who are deaf (particularly those who are profoundly deaf), the sounds of speech are often not heard, and only a fraction of speech sounds can be seen on the lips. Sign language is based on the idea that vision is the most useful tool a deaf person has to communicate and receive information. Besides the benefits of learning something new, sign language may be helpful to us from time to time. Join Cassidy today and learn some basic words and phrases.



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

**Date: Monday, August 17**  
**Time: 10:30 a.m.**

There are few better ways to spend a summer evening, than relaxing in the back yard with good friends over a sizzling grill. Everyone enjoys grilling steaks, burgers, and chicken but not enough people appreciate the joy of juicy corn on the cob, savory Portobello mushrooms, or tender squash and asparagus grilled. Summer is one of the best times of the year for vegetables, and grilling is one of the healthiest and most flavorful ways to prepare them. Bring your favorite summer vegetable recipes to share with the group.



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.

## CELEBRATING “DOG DAYS OF SUMMER” WEEK (August 17 – 21)

*The “dog days of summer” occur during the hottest and muggiest part of the season. Webster defines “dog days” as the period between early July and early September when the hot sultry weather of summer usually occurs in the northern hemisphere.*



## SPECIAL SPEAKER: "WHAT IS NEW AT INGLES"

Date: Tuesday, August 18 Time: 10:30 a.m.



Leah McGrath, RD, LDN is the corporate dietitian for Ingles Markets and host of "Ask Leah!" She will be at the Center this morning talking about "what is new at Ingles" with opportunities to SAMPLE and talk about nutrition and cost. 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 the chronic health problems. As we age, eating well can also be the key to a positive outlook and staying emotionally balanced. Healthy eating doesn't have to be about "dieting and sacrifice," but about fresh, colorful foods, creativity in the kitchen, and eating with friends. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type 2 diabetes, bone loss, cancer, and anemia.

## "DOG DAYS OF SUMMER" BINGO

Dates: Tuesday, August 18

Time: 1:00 p.m.

Always a Center's favorite – come "sit and stay" with us this afternoon for "Dog Days of Summer" Bingo.

Winners will be rewarded with dog treats for your four-legged friends!



## TEA PARTY

Date: Wednesday, August 19

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 for a "bona" fide good time!



## "LET'S MAKE DOG BISCUITS"

Day: Wednesday, August 19

Time: 10:00 a.m. Cost: \$1.00

Location: Co-Op Extension Kitchen  
Pre-registration is required by signing up on the board outside Barbara's office.

Join the fun today as we whip up some healthy, homemade dog treats in cute shapes for your "best friend." All of the supplies will be furnished – you will be "barking mad" if you miss out on this fun activity.



## SPECIAL SPEAKER: "WHAT IS A SERVICE DOG"

Date: Thursday, August 20

Time: 10:30 a.m.

Kimberly Christensen and her service dog, Larkin will be here today talking about "what is a service dog." There are many types of service dogs that help people in a variety of ways. Be here today as Kimberly and Larkin answer your questions and share some very interesting information about themselves.



## ICE CREAM SHOP

Dates: Friday, August 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 "dog-gone" bargain!



## CARD MAKING CLASS

Date: Tuesday, August 25

Time: 10:30 a.m. Cost: \$1.00

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

Come today and learn to make beautiful hand-crafted greeting cards to commemorate those special occasions for your friends and family members.



## SPECIAL SPEAKERS: "BARN QUILTS"

Date: Wednesday, August 26

Time: 10:45 a.m.

Speakers: Ron & Ruth Patten

Let's learn about barn quilts today! We quilters sure love our quilts. So much that we like to show them off wherever we can! Quilts look so beautiful lying on the couch, tossed over the back of a chair, or spread across a bed. Some even like to decorate the outside of their homes with them. I'm not talking about quilts hanging on porch rocking chairs; I am talking about barn quilts! A barn quilt is a large piece of wood that is painted to look like quilt or block. Even though the name implies that an entire quilt is painted onto the wood, it generally is only a single quilt block. The size of the squares varies, but usually, they measure 8 feet. After they are painted, these blocks are hung on the exterior of a barn, house, garage or other building. Join Ron & Ruth today as they discuss the barn quilts they make and tell us about their shared interest in them.



## “USE IT OR LOSE IT”

**Day: Thursday, August 27**

**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!



## “THE ODD COUPLE”

**Date: Friday, August 28**

**Time: 6:00 p.m. (one performance only)**

**Cost: \$3 each person or 2 for \$5**

**Location: Dining Room**

What happens when Felix Unger's wife throws him out of the house and tells him their marriage of twelve years is over leads to a comedy of errors when two men, one sloppy, and the other, a stickler for neatness, live together. That is what "The Odd Couple" will bring to the audience, along with a barrel of laughs. Oscar Madison, played by Mike Campfield, is according to Felix, (Robert Judd) one of the biggest slob in the world. Felix, on the other hand, meticulously cleans the apartment much to the disgust of Oscar and the Friday night poker players. One event leads to another as Felix is rescued from killing himself, Oscar wants to have an evening with the Pigeon sister who live in the apartment above, and the poker players are fed up with smelling ammonia and Lysol. All of this leads to a fast paced and hilarious evening of fun. Other cast members include: Missy Hughes as Gwendolyn Pigeon, Liz Blanton as Cecily Pigeon, Charles Conner as Roy, John Hawkins as Murray, Roger Hughes as Vinnie, and Mike Guffey as Speed. Invite a friend and come out for a great night of entertainment.



## BIRTHDAY RECOGNITION

**Date: Monday, August 31**

**Time: 11:30 a.m.**

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



## The Seniors' Health Insurance Information Program (SHIP) 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. SHIP 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 SHIP counselor – or contact SHIP direct at 1-855-408-1212 or [www.ncship.com](http://www.ncship.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.



## WHAT'S NEW AT THE CENTER...

Stop by the Exercise Room and check out the newest piece of equipment – a **SCIFIT SX7000 Easy Entry Elliptical**. It includes medical handrails and step-up platform for easy entry/exit and great support. It provides a true-to-life natural walking motion, and has 191 levels of resistance – 20 levels adjustable in .1 increments. It features 12 programs such as: Quick Start, Hills, Iso-Strength, Heart Fit Test & Training, Constant Work METs or Watts, Fit-Quick and so on.



**ELLENBORO CONGREGATE MEAL PROGRAM – AUGUST EVENTS**  
**Bethel Baptist Church 479 Main Street, Ellenboro Site Manager: Diane Hill (453-8668)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Walking and Exercise 3 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking and Exercise 4 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 5 10:00 Word Search 11:00 Bible History w/L. McCurry	9:00 Walking and Exercise 6 10:00 Word Search 11:00 Study on The Tabernacle	9:30 Walking and Exercise 7 10:00 Word Search 11:00 Scattergories
9:30 Walking and Exercise 10 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking and Exercise 11 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 12 10:00 Coffee & Chatter 11:00 Embroidery w/Betty Long	9:00 Walking and Exercise 13 10:00 Word Search 11:00 Study on The Tabernacle	9:30 Walking and Exercise 14 10:00 Word Search 11:00 Scattergories
9:30 Walking and Exercise 17 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking and Exercise 18 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 19 10:00 Age related skin disorders 11:00 Embroidery w/Betty Long	9:00 Walking and Exercise 20 10:00 Word Search 11:00 Study on The Tabernacle	9:30 Walking and Exercise 21 10:00 Word Search 11:00 Scattergories
9:30 Walking and Exercise 24 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking and Exercise 25 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 26 10:00 Coffee & Chatter 11:00 Recognition of Birthdays	9:00 Walking and Exercise 27 10:00 Word Search 11:00 Study on The Tabernacle	9:30 Walking and Exercise 28 10:00 Word Search 11:00 Scattergories
9:30 Walking and Exercise 31 10:30 Blood Pressure Check 11:00 Word Search	Thursdays "Study on The Tabernacle is being led by Leonard Goforth"			

**HENRIETTA CONGREGATE MEAL PROGRAM – AUGUST EVENTS**  
**Henrietta 1<sup>st</sup> Baptist 2736 Harris-Henrietta Rd, Henrietta NC Site Manager: Kay Aldridge (657-5441)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Blood Pressure Check 3 10:30 Watermelon Day – Serve Watermelon 11:00 Exercise	9:00 Coffee & Chatter 4 9:30 Piano Music w/ B Moore 10:30 Share a smile with everyone	9:00 Coffee & Chatter 5 9:30 Piano Music w/B Moore 10:15 How's your garden growing?	9:00 Coffee & Chatter 6 9:30 Piano Music w/B Moore 10:00 Biography of Lucille Ball 10:50 Bingo	9:30 Walking Inside 7 10:00 Sharing Fishing Tales 10:45 Exercise 11:00 Biblical History w/B Moore
9:30 Blood Pressure Check 10 10:30 Reminiscing about canning 11:00 Exercise	9:00 Coffee & Chatter 11 9:30 Piano Music w/ B Moore 10:30 Favorite carnival foods	9:00 Coffee & Chatter 12 9:30 Piano Music w/ B Moore 10:15 Cornfields & Corncobs	9:00 Coffee & Chatter 13 9:30 Piano Music w/B Moore 10:00 Fruit & Vegetable Quotes 10:50 Bingo	9:30 Walking Inside 14 10:00 Elvis' Memorial Day 10:45 Exercise 11:00 Biblical History w/B Moore
9:30 Blood Pressure Check 17 10:15 Fabulous 1940's to 1990's cost of living 11:00 Exercise	9:00 Coffee & Chatter 18 9:30 Piano Music w/ B Moore 10:00 1 <sup>st</sup> Mail Order Catalog Day	9:00 Coffee & Chatter 19 9:30 Piano Music w/B Moore 10:00 Soft Ice Cream Day 11:00 Exercise	9:00 Coffee & Chatter 20 9:30 Piano Music w/B Moore 10:15 Hot Words 10:50 Bingo	9:30 Walking Inside 21 10:00 What's Senior Citizen Day? 10:45 Exercise 11:00 Biblical History w/B Moore
9:30 Blood Pressure Check 24 10:15 Remembering Elvis 11:00 Exercise	9:00 Coffee & Chatter 25 9:30 Piano Music w/ B Moore 10:30 Wizard of Oz Movie...1939	9:00 Coffee & Chatter 26 9:30 Piano Music w/ B Moore 10:00 Beat the Heat Day 10:45 Exercise	9:00 Coffee & Chatter 27 9:30 Piano Music w/B Moore 10:15 Person, Place, or Thing 10:50 Bingo	9:30 Walking Inside 28 10:00 Fav. Radio Commercials 10:45 Exercise 11:00 Biblical History w/B Moore
9:30 Blood Pressure Check 31 10:15 Your Favorite summer 11:00 Exercise				

**SHINGLE HOLLOW CONGREGATE MEAL PROGRAM - AUGUST EVENTS**  
**Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton Site Manager: Joyce Bailey (287-0960)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Coffee & Chatter 3 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 4 9:30 Choir 10:00 Walking 11:00 Word Search	9:00 Coffee & Chatter 5 9:30 Walking 10:00 Word Search 10:30 Craft Time/Plastic Canvas	9:00 Coffee & Chatter 6 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 7 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 10 10:00 Walking 10:50 Singing 11:00 Chat w/the director	9:00 Coffee & Chatter 11 9:30 Choir 10:00 Walking 11:00 Word Search	9:00 Coffee & Chatter 12 9:30 Walking 10:00 Word Search 10:30 Making Ice Cream Sundaes	9:00 Coffee & Chatter 13 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 14 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 17 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 18 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 19 9:30 Walking 10:00 Word Search 10:30 Craft Time – Decorate Fall Pumpkins	9:00 Coffee & Chatter 20 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 21 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 24 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 25 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 26 9:30 Walking 10:00 Word Search 10:30 Discussion – What makes a great sandwich? 11:00 Tell A Joke SANDWICH MONTH	9:00 Coffee & Chatter 27 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 28 10:00 Word Search 10:15 Christmas Party in July 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 31 10:00 Walking 10:50 Singing 11:00 Biblical History				

## 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 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 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  
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@rutherford  
countync.gov](mailto:debbie.conard@rutherfordcountync.gov)



RETURN SERVICE REQUESTED