

# ***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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## **SEPTEMBER 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.**

The 8<sup>th</sup> annual Falls Prevention Awareness Day will be observed on September 23, 2015. This national event is held on the first day of fall to promote and increase public awareness about how to prevent and reduce falls among older adults. Many falls are preventable. Stay safe with these tips provided by the National Council on Aging:

- 1. Find a good balance and exercise program.** Look to build balance, strength, and flexibility. Find a program you like and take a friend.
- 2. Talk to your health care provider.** Ask for an assessment of your risk of falling. Share your history of recent falls.
- 3. Regularly review your medications with your doctor or pharmacist.** Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
- 4. Get your vision and hearing checked annually and update your eyeglasses.** Your eyes and ears are the key to keeping you on your feet.
- 5. Keep your home safe.** Remove tripping hazards. Increase lighting, make stairs safe, and install grab bars in key areas.
- 6. Talk to your family members.** Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

Be sure to check out our calendar of events and come visit the Senior Center or one of our Nutrition Sites! There is a large variety of activities and exercise programs available this month. To help ensure independence and successful aging, remember to stay healthy and remain active.

*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. **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. 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.) No phone calls reservations will be 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.



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.

**SILVER STRIDERS TOTALS:**

Betty McFarland 1,860 minutes walked  
Annabelle Smith 1,260 minutes walked

**"RED HOT CHILI STEPPERS"  
(WALKING CLUB) TOTALS:**

Cindy Allison 786 minutes walked  
Judy Baguskis 1,255 minutes walked  
Shirley Broughton 1,441 minutes walked  
Norma Jean Cooper 1,245 minutes walked  
Nan Thompson 1,232 minutes walked



NO YOGA CLASS  
SEPTEMBER 1 & 8

THE FOLLOWING CLASSES HAVE BEEN  
DISCONTINUED UNTIL FURTHER NOTICE:  
SLOW MOVING EXERCISE – MON/WED/FRI  
JUST DANCE - THURSDAYS

**SEPTEMBER IS NATIONAL SENIOR  
CENTER MONTH....**this year's theme is:  
*Celebrate LIFE at Your Senior Center!*

*Learning...expand your knowledge*

*Independence...live on your terms*

*Friends...enjoy Life*

*Energy...discover health and vitality*

During the month of September we will have a variety of programs and activities to recognize and celebrate National Senior Center Month. Get involved, and celebrate with us as we showcase our Senior Center - a recently recognized *Senior Center of Excellence*.

### “RED HOT CHILI STEPPERS”

(WALKING CLUB)

Dates: Tuesdays, September 1, 8, 15, 22, 29

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. 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 - call Barbara or Crystal or attend this meeting for additional information.



### TRIP TO LOCAL FARMER'S MARKET

Date: Monday, September 1

Time: 9:45 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? Take advantage of this special trip to purchase fresh veggies before they are gone this year.



### “WHAT MAKES OUR SENIOR CENTER THE BEST & WHAT IT MEANS TO YOU”

Dates: Tuesday, September 1

Time: 10:45 a.m.

In celebration of National Senior Center Month we want to hear from you. Please share “what the Senior Center means to you, or what you like best about the Center” in the dining room today.



### SENIOR SHINERS

Date: Wednesday, September 2

Time: 10:00 a.m. at Life Care

Spreading cheer is the mission of the Senior Shiners; join them this month as they travel to Life Care to spread cheer to these participants. If you are planning on riding in the van, please let Barbara know and be ready to leave at 9:45.



### “BLAST FROM THE PAST”

Date: Thursday, September 3

Time: 10:30 a.m.

Location: Art/Craft Room

Today we will reminisce and reflect about things of the past, as well as, have a show and tell of antiques from the past. If you have something you would like to display and discuss please bring it to today's activity. What can you remember from the past that is no longer around today? What types of tools, dishes, clothes, toys, etc. do you remember? Be here and take a fun “stroll down memory lane.”



### CHAT WITH THE DIRECTOR

Date: Friday, September 4

Time: 10:30 a.m.

Location: Conference Room

*Pre-registration is required, seats are limited. The sign-up sheet is posted on bulletin board outside Barbara's office.*

Join director, Angela Ezell and “chat” in an informal, relaxed atmosphere to learn more about the Center, the staff, the many programs and activities that are offered, volunteer opportunities, etc.

Please Note: If You Have Previously Attended a “Chat With The Director” - Please Give Those Who Have Never Attended the Chance to Sign Up First.



### “USE IT OR LOSE IT”

Day: Tuesday, September 8

Time: 10:30 a.m.

**Jump Start your Brain!** For example, add blueberries on your breakfast cereal, make a phone call to a friend, or go bowling on Saturday instead of watching television. Guarding your brain against the forces that drain your memory and slow your thinking skills is that simple! By stepping outside your comfort zone just a little bit each day and then choosing to do so over and over again in new and different ways will help keep your brain active. Make that step today and join us in today's activity! We will have several fun and interesting exercises to “jump start our brains!”



## “TELLING YOUR FAMILY MEMORIES THROUGH PICTURES”

**Date:** Wednesday, September 9  
**Time:** 10:00 a.m.

**Speaker:** Jane Armstrong, former owner of De-Clutter for Real Life

Many of you have attended one or more of Jane's great programs this past year on getting organized. You will not want to miss today's program, as she discusses ways to de-clutter and organize all those precious photos you have packed in boxes and dusty albums.



## “WHAT IS ELDER LAW”

**Date:** Thursday, September 10  
**Time:** 10:30 a.m.

**Speaker:** Greg McIntyre  
**Location:** Dining Room

Join Gary, an elder law attorney, today as he discusses “what is elder law.” This is one educational program that all seniors need to hear so they are aware of their legal, financial, and healthcare options. Greg McIntyre is devoted to educating seniors to protect their assets and legacies. He will discuss how that by having foundational documents in place, and by making simple decisions and taking minor actions it can help protect their lifestyle and allow them to live worry free throughout their retirement years.



## “LAST ONE STANDING” BINGO

**Day:** Thursday, September 10  
**Time:** 1:00 p.m.

In this fun and unique version of Bingo the “last one standing” that has not had a number called is the winner! What a fun game and exercise is a bonus!



## “CRUISE IN” (CAR SHOW)

**Date:** Friday, September 11  
**Time:** 9:00 a.m. – 11:30 a.m.

Be here today as members from the MG car club and the Old School New School Car Club, have some of their restored cars on display in the upper parking lot for everyone to come by and take a look at these “oldies but goodies” and talk with their owners.



## BLOOD PRESSURE CHECK

**Date:** Monday, September 14  
**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, September 14  
**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.



## GRANDPARENTS BINGO

**Day:** Monday, September 14  
**Time:** 1:00 p.m.

In recognition of Grandparents Day we will have a unique version of Bingo this afternoon!



## PEN PALS

**Day:** Tuesday, September 15  
**Time:** 10:30 a.m.

Get ready for the new school year and your commitment to your pen pal for this upcoming school year. Be here today as your student pen pal will be assigned to you and you will write your first letter to them. If you have already signed up to be a pen pal, please make every effort to be at this first meeting.



## TRIP TO HAMRICK'S & PRIME OUTLET MALL

**Date:** Wednesday, September 16  
**Time:** 8:45 a.m. – leave the 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.**

Join us for a fun morning of shopping at Hamrick's followed by lunch at Chick-fil-A. Then it's onto the Prime Outlet malls for a bit more shopping before returning to the Center around 3:00 p.m.



## TEA PARTY

**Date:** Wednesday, September 16  
**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.



## PRIME OF LIFE FESTIVAL

Dates: Thursday, September 17

Time: 9:00 a.m. – 12:30 p.m.

Location: The Foundation Conference Center at ICC Event Organizer: Time-Out Management

Everyone age 50+ is invited to attend the 11<sup>th</sup> annual Prime of Life Festival today. This free event is designed to help provide resources and information that will foster healthy and productive lifestyles for people age 50+. Free lunch for seniors, entertainment, Ice Cream Social, Grand Prize Giveaway, golf carts shuttle from the parking lot, interactive booths, and health screenings.



## MEET & EAT

Day: Thursday, September 17

Time: 5:15 p.m.

Location: Big Dave's

Sign up on the board outside Barbara's office if you plan on attending.

Join friends tonight at Big Dave's in Forest City – always a popular choice since they offer a variety of delicious menu items. Don't forget it is "dutch treat" – so bring your wallet.



## DIABETES EDUCATION

Date: Friday, September 18

Time: 10:30 a.m.

Speakers: Anita Phillips, Patient Educator at Rutherford Regional & Tom Martin, Pharmacist

Join Anita and Tom today as they discuss diabetic medications. You do not have to be a diabetic to attend this informative presentation.



## "BATTERS, SPLATTERS, & PLATTERS" (RECIPE CLUB)

Date: Monday, September 21

Time: 10:30 a.m.

September is National Biscuit Month. If you think that biscuits are just a breakfast food...then you should rethink this old myth. There is a multitude of ways to use biscuits, such as a side or in the main dish at dinner, or in desserts. Bring in your favorite biscuit recipe(s) and some of the unique ways you use biscuits.



## ZUMBA

Date: Monday, September 21

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!"



## "LET'S MAKE PEANUT BUTTER PUMPKINS"

Day: Tuesday, September 22

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

Be sure to sign up on the bulletin board outside Barbara's office if you plan on participating.

With the first day of fall just a day away, it brings to mind cooler weather and all the beautiful things that come with this time of year...and one of those things is pumpkins. Join us today and make some edible pumpkins that will be great as a snack for your family or to take to an upcoming fall gathering.



## ICE CREAM SHOP

Dates: Friday, August 21

Time: 1:00 p.m.

Cost: .50 cents scoop .10 cents each topping

This will be our last ice cream shop of this year - so don't miss this opportunity for a sweet treat.



## MORE IN MY BASKET

Date: Wednesday, September 23

Time: 10:30 a.m.

Speaker: April Morgan

Join April in the dining room this morning as she discusses "More in My Basket." MIMB is a project of North Carolina State University and NC Cooperative Extension that helps reduce hunger by connecting households to the Supplemental Nutrition Assistance Program (SNAP, formerly food stamps). Too many seniors struggle to afford enough food and often face the difficult choice of buying food or medicine. Many seniors don't know they can claim medical expenses when applying for SNAP to help increase their monthly SNAP allotment. Learn more about SNAP and find out if you might be eligible.



## "FAMILY FEUD"

Date: Thursday, September 24

Time: 10:30 a.m.

Every loves FAMILY FEUD! Join us today in the dining room for this fun activity.



## CRAFTING WITH CRYSTAL – MAKING GREETING CARDS

Date: Tuesday, September 29

Time: 10:00 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

Join Crystal today as she demonstrates and assist crafters in making some very pretty fall cards.



## CRAFTING WITH CRYSTAL – MAKING CANDY CORN DECORATION

Date: Wednesday, September 30  
Time: 10:15 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

Join Crystal today as she demonstrates and assist  
crafters in making a cute candy corn decoration out  
of a clay pot.



## BIRTHDAY RECOGNITION

Date: Wednesday, September 30  
Time: 11:30 a.m.

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



## COMING IN OCTOBER:

### “LIVING HEALTHY WITH A CHRONIC PAIN” WORKSHOP (6 week)

Date: Tuesdays, October 6 – November 10  
Time: 8:45 a.m. – 11:15 a.m.

The Senior Center will be hosting a FREE 6 week  
workshop entitled: “*Living Healthy with a Chronic  
Pain.*” Each 2 ½ hour workshop will be held  
weekly on Tuesday morning over the course of six  
weeks. Each session is facilitated by 2 trained  
leaders who follow a detailed manual, so that each  
workshop is highly consistent. This workshop is  
appropriate for people living or caring for someone  
with a wide variety of chronic health conditions,  
such as arthritis, diabetes, heart disease, and other  
or multiple chronic conditions. Weekly topics are  
as follows:

Week 1- *Differences between Acute & Chronic Pain*

Week 2- *Dealing with Difficult Emotions*

Week 3- *Making Decisions*

Week 4- *Better Breathing*

Week 5- *Medication Usage*

Week 6- *Working with your Health Care*

*Professional & the Health Care System*

**To register please call the Senior Center at 828-  
287-6409 by October 2, 2015.** Attendees need to  
commit to attend at least 4 out of 6 sessions - if you  
attend all 6 sessions, you will receive a free  
pedometer.



## GRIEF SUPPORT GROUP

GriefShare is a weekly support group  
that provides a warm, caring  
environment as a person journeys

through grief. There are three key parts to a  
person's GriefShare experience: Video seminars  
(encouraging, information-packed videos featuring  
leading grief recovery experts,) support group  
meetings (small group discussion about the weekly  
video content,) and workbook (journaling and  
personal study exercises that reinforce the weekly  
session topics.) **If you are interested in being a  
part of a grief support group that would meet  
weekly at the Senior Center, please sign up on  
the bulletin board outside Barbara's office.**

## TAIL-GATE YARD & CRAFT SALE

Day: Friday, October 9

Time: 8:00 a.m. – 11:00 a.m.

Shoppers tell your friends and neighbors  
and everyone come and support the Center's **TAIL-  
GATE YARD & CRAFT SALE!** There will be a  
large variety of items for sell by multiple “sellers.”  
So start cleaning out those closets – one man's  
trash is another man's treasure.



## “PINK ZUMBA-THON”

Date: Saturday, October 10

Time: 9:00 a.m. – 12:00 noon  
(registration 8:00 a.m.)

Cost: \$10.00\*

Instructors: Wavolyn Norville, Pam Baker, &  
others from Changing Lives Fitness

WEAR PINK and come and exercise/dance the  
morning away while supporting a worthwhile cause.

**\*All the money raised will go to the Cancer  
Resource Center to assist someone that is  
going through breast cancer. ALL AGES ARE  
WELCOME** for this special event, and pre-  
registration is requested by calling the Senior  
Center at 287-6409 or stopping by and signing the  
sheet posted on the bulletin board outside  
Barbara's office. Registration and Release Forms  
need to be filled out before participating – the  
Center will open at 8:00 a.m. on Saturday, Oct. 10.



## WEEK OF CARING

The Week of Caring is a partnership  
between United Way of Rutherfordton  
and Rutherford Housing Partnership  
(RHP) in conjunction with National Make a  
Difference Day. **It will be held October 17-24,  
2015 and seniors who need yard work, light  
housekeeping, or minor repairs done can  
complete an application at the Senior Center or  
call 287-6409 to submit one by phone.**

**Applications need to be in by the first of  
OCTOBER.** Priority will be given to Senior Adults  
with limited income or physical disabilities who did  
not receive help during last year's Week of Caring.



## MEDICARE ANNUAL OPEN ENROLLMENT

October 15 – December 7

This year's annual enrollment runs from October 15 to

December 7. During open enrollment a Medicare subscriber can change their Medicare supplement health plan (Part B) and/or their Medicare prescription drug coverage (Part D) for the upcoming calendar year.

**APPOINTMENTS ARE NOW AVAILABLE FOR FREE ONE-ON-ONE, UNBIASED COUNSELING ABOUT MEDICARE, OFFERED THROUGH THE SENIOR CENTER WITH A CERTIFIED SHIIP COUNSELOR. Call 287-6409 to schedule an appointment or stop by front desk at the Center. A certified SHIIP counselor will review your current plan(s) and ensure they are the best Medicare health care products for your individual needs.**



## SPECIAL PROGRAM: "MEDICARE CHOICES MADE EASY"

Date: Wednesday, October 7

Time: 2:00 – 4:00 p.m.

Location: Immaculate Conception Catholic Church at 1024 West Main St, Forest City

To Register: Log onto [www.coabc.org](http://www.coabc.org) or call the Council on Aging at 828-277-8288 or Sandra Breakfield at 704-370-3220 to reserve your spot.

Walk-ins are welcomed also.

Are you new or confused about Medicare? This FREE class is for individuals who are on, or plan to apply for Medicare, as well as, caregivers or anyone with questions about Medicare. It will help explain Medicare, when to sign up, and how to save money. Also, a representative from Social Security will briefly discuss social security accounts and how to sign up for Medicare on line, etc.



## 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](http://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.



***DID YOU KNOW....the Senior Center has many daily drop-in activities and services available such as: billards, board games, bocce ball, horseshoes, table tennis, playing cards, walking trail, shuffleboard, exercise equipment, TV and conversation, computer room, free WiFi, daily local newspaper, current magazines, coupon room, medical equipment, paper shredder, Notary Public, scheduled public Transit stop, and many more.***

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Walking and Exercise 1 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 2 10:00 Coffee & Chatter 11:00 Scattergories	9:00 Walking and Exercise 3 10:00 Word Search 11:00 Scattergories	9:30 Walking and Exercise 4 10:00 Word Search 11:00 Scattergories
<b>CLOSED</b> 7	9:00 Walking and Exercise 8 10:00 Celebrating Grandparents Day 11:00 Bingo	9:00 Walking and Exercise 9 10:00 Craft – Making Poinsettia Ornaments 11:00 Coffee & Chatter	9:00 Walking and Exercise 10 10:00 Word Search 11:00 Coffee & Chatter	9:30 Walking and Exercise 11 10:00 Word Search 11:00 Scattergories
9:30 Walking and Exercise 14 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking and Exercise 15 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 16 10:00 Word Search 11:00 Recognition of Birthdays	9:00 Walking and Exercise 17 10:00 Craft – Making Pine Cone Ornaments 11:00 Word Search	9:30 Walking and Exercise 18 10:00 Word Search 11:00 Scattergories
9:30 Walking and Exercise 21 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking and Exercise 22 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 23 10:00 Word Search 11:00 Summer Word Games	9:00 Walking and Exercise 24 10:00 Word Search 11:00 Coffee & Chatter	9:30 Walking and Exercise 25 10:00 Word Search 11:00 Scattergories
9:30 Walking and Exercise 28 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking and Exercise 29 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 30 10:00 Coffee & Chatter 11:00 Word Search		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Coffee & Chatter 1 9:30 Piano Music w/ B. Moore 10:30 Mary had a little lamb (1830)	9:00 Coffee & Chatter 2 9:30 Piano Music w/ B. Moore 10:15 Waffle Week - Favorite Waffle Place to Eat	9:00 Coffee & Chatter 3 9:30 Piano Music w/B. Moore 10:00 Favorite Lone Ranger Stories (1954) 10:50 Bingo	9:30 Walking Inside 4 10:00 Eat an Extra Dessert Day 10:45 Exercise 11:00 Biblical History w/B. Moore
<b>CLOSED</b> 7	9:00 Coffee & Chatter 8 9:30 Piano Music w/ B. Moore 10:30 Patsy Cline's Birthday 1932 - 1963	9:00 Coffee & Chatter 9 9:30 Piano Music w/ B. Moore 10:15 First Lady Facts	9:00 Coffee & Chatter 10 9:30 Piano Music w/B. Moore 10:00 Favorite T.V. Dinner 10:50 Bingo	9:30 Walking Inside 11 10:00 14 <sup>th</sup> Anniversary of attack on America 10:45 Exercise 11:00 Biblical History w/B. Moore
9:30 Blood Pressure Check 14 10:15 Tie Week ( Men wear your favorite tie) 11:00 Exercise	9:00 Coffee & Chatter 15 9:30 Piano Music w/ B. Moore 10:00 Funny Business Signs	9:00 Coffee & Chatter 16 9:30 Piano Music w/B. Moore 10:00 Kitchen & Garden Tips w/Cindy Street Master Gardner 11:00 Exercise	9:00 Coffee & Chatter 17 9:30 Piano Music w/B. Moore 10:15 Patsy Willis 10:50 Bingo Constitution Day	9:30 Walking Inside 18 10:00 Honey Word Game 10:45 Exercise 11:00 Biblical History w/B. Moore
9:30 Blood Pressure Check 21 10:15 Funny Southern Sayings 11:00 Exercise	9:00 Coffee & Chatter 22 9:30 Piano Music w/ B. Moore 10:30 Patent of Ice Cream Cone (1903) – Serve Ice Cream	9:00 Coffee & Chatter 23 9:30 Piano Music w/ B. Moore 10:00 Love of Fall 10:45 Exercise	9:00 Coffee & Chatter 24 9:30 Piano Music w/B. Moore 10:15 Hot Topics of the 1950's 10:50 Bingo	9:30 Walking Inside 25 10:00 Calendar Captions 10:45 Exercise 11:00 Biblical History w/B. Moore
9:30 Blood Pressure Check 28 10:15 Confucius could have said but he didn't 11:00 Exercise	9:00 Coffee & Chatter 29 9:30 Piano Music w/ B. Moore 10:30 Favorite Coffee	9:00 Coffee & Chatter 30 9:30 Piano Music w/ B. Moore 10:15 Piano Humor		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stephanie Deese is the Instructor on Thursdays for "learning to crochet"	9:00 Coffee & Chatter 1 9:30 Choir 10:00 Walking 11:00 Word Search	9:00 Coffee & Chatter 2 9:30 Walking 10:00 Word Search 10:30 Southern Gospel Music Month – Bring favorite CD's	9:00 Coffee & Chatter 3 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet –	9:30 Coffee & Chatter 4 10:00 Word Search 10:15 Walking 10:30 BP Checks 10:50 Bingo
<b>CLOSED</b> 7	9:00 Coffee & Chatter 8 9:30 Choir 10:00 Walking 11:00 Word Search	9:00 Coffee & Chatter 9 9:30 Walking 10:00 Word Search 10:30 Craft – Making Coasters w/tiles	9:00 Coffee & Chatter 10 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet –	9:30 Coffee & Chatter 11 10:00 Word Search 10:15 Walking 10:30 BP Checks 10:50 Bingo
9:30 Coffee & Chatter 14 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 15 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 16 9:30 Walking 10:00 Word Search 10:30 Craft – Designing Cards	9:00 Coffee & Chatter 17 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet –	9:30 Coffee & Chatter 18 10:00 Word Search 10:15 Walking 10:30 BP Checks 10:50 Bingo
9:30 Coffee & Chatter 21 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 22 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 23 9:30 Walking 10:00 Word Search 10:30 Serving Ice Cream Sandwiches	9:00 Coffee & Chatter 24 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet –	9:30 Coffee & Chatter 25 10:00 Word Search 10:15 Walking 10:30 BP Checks 10:50 Bingo
9:30 Coffee & Chatter 28 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 29 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 30 9:30 Walking 10:00 Word Search 10:30 Discussion – What you remember and/or liked about the city fair		

## SENIOR CENTER ADVISORY BOARD MEMBERS:

Amideus Athougles; 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

Alex Goodman, Meal Deliveries

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

Michelle Smith, Nutrition/Home-Delivered Meals

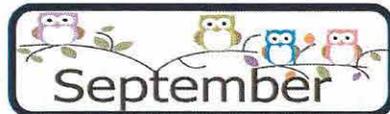
Mary Street, Food Service Supervisor

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  
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September is National Senior Center Month – *“Celebrate LIFE at Your Senior Center”*