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.~

NOVEMBER 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.

November is National Alzheimer's Awareness month. Knowing the warning signs of Alzheimer's disease is important because it may lead to an early diagnosis. According to the Alzheimer's Association, there are 10 warning signs and symptoms. Every individual may experience one or more of these signs in different degrees. If you notice any of them, please see a doctor.

- **Memory loss that disrupts daily life.** This includes forgetting recently learned information, forgetting important dates or events, repeatedly asking for the same information, and relying on memory aides or family members for things they used to handle on their own.
- **Challenges in planning or solving problems.** For example, becoming unable to develop or follow a plan or work with numbers, having difficulty keeping track of monthly bills or following a recipe, difficulty concentrating, and taking much longer to do things than they did before.
- **Difficulty completing familiar tasks at home, at work or at leisure.** This may include getting lost while driving in a familiar area, managing a budget or remembering the rules of a favorite game.
- **Confusion with time or place.** People with Alzheimer's can lose track of dates, seasons, and the passage of time. Sometimes they may forget where they are or how they got there.
- **Trouble understanding visual images and spatial relationships.** They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.
- **New problems with words in speaking or writing.** People with Alzheimer's may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with finding the right word or call things by the wrong name.
- **Misplacing things and losing the ability to retrace steps.** A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to retrace steps in order to find lost objects. Sometimes, they may accuse others of stealing.
- **Decreased or poor judgment.** People may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.
- **Withdrawal from work or social activities.** A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports.
- **Changes in mood and personality.** They can become confused, suspicious, depressed, fearful, or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

In recognition of Alzheimer's Awareness Month, the Senior Center will designate November 16-20 as Alzheimer's week with speakers and activities focused on Alzheimer's. The Center will host an Alzheimer's Walk on Friday, November 20th at 9:30 a.m. If you would like to walk in honor or recognition of someone with Alzheimer's, please plan to meet Barbara and Crystal at the front entrance. Please come out and show your support for these special events planned to help raise awareness about Alzheimer's disease!

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.*

....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. Couponing is a great way to stretch your monthly food and cleaning supply budget.

CHECK IN REMINDER

Please remember that anytime you come to the Senior Center to scan your membership card for all the activities you plan on doing that day – or if you do not have your card tell the receptionist what activities you are here for and we will manually add these for you.

The "MySenior" program tracks how many people are participating in each of our different activities and programs. This information is used as justification to obtain grants, request additional funding, or to add or delete programs depending on their usage, etc.

DAYLIGHT SAVINGS TIMES ENDS

Reminder: Daylight savings time ends Sunday, November 1. So remember to "fall" back one hour.

CENTER CLOSINGS:

November 11 (Wed)
Veteran's Day

November 26 & 27 (Thur/Fri)
Thanksgiving Holiday

COLLECTING TOYS FOR TOTS

The Senior Center is helping the Marine Corps Reserve collect toys for children to be distributed in our county for Christmas again this year. If you would like to help, bring an unwrapped new or slightly used toy to the collection box outside the dining room.

November is National Alzheimer's Awareness Month

ATTENTION ALL VETERAN'S

All Veteran's: please write your name and branch of service on the small table at the entrance of the dining room.

CONGRATULATIONS TO ALL STATE FINAL SENIOR GAMES PARTICIPANTS MEDAL WINNERS

Robert Judd	1st place in Performing Arts
Dale Hertweck	2nd place in Golf
Al Urban	3rd place in Golf

SILVER STRIDERS TOTALS:

Annabelle Smith	**1,130 minutes walked**

ZUMBA

Date: Mondays, Nov. 2, 9, 16, 23, 30
Time: 6:00 p.m. *NEW time*
Instructor: Wavolyn Norville

Don't forget Zumba is at the ***new time of 6:00 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, Nov. 3, 10, 17, 24
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 - see Barbara or Crystal.**

"RED HOT CHILI STEPPERS" WALKING CLUB TOTALS:

Cindy Allison	**770 minutes walked**
Judy Baguskis	**1,755 minutes walked**
Shirley Broughton	**912 minutes walked**
Norma Jean Cooper	**515 minutes walked**
Pauline McClellan	**230 minutes walked**
Nan Thompson	**988 minutes walked**

"LIVING HEALTHY WITH A CHRONIC PAIN" WORKSHOP

Date: Tuesdays, November 3, 10, 17
Time: 8:45 a.m. – 11:15 a.m. (wk 4-6)
In you plan on attending, please sign up on the sheet posted outside Barbara's office

The Senior Center will be concluding it's FREE 6 week workshop entitled: "***Living Healthy with a Chronic Pain.***" Each 2 ½ hour workshop is 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. The remaining weekly topics are as follows:

Week 4- *Better Breathing*
Week 5- *Medication Usage*
Week 6- *Working with your Health Care Professional & the Health Care System*

B-I-N-G-O

Day: Tuesday, November 3
Time: 10:30 a.m.
Always a Center favorite! Bring a friend and come for a fun morning of Bingo.

COMPUTER ASSISTANCE

Wednesdays – November 4, 18
Time: 9:30 a.m. – 11:00 a.m.
Thursdays – October 5, 12, 19
Time: 12:30 p.m. – 2:00 p.m.
Volunteers, Sandra Boyd and Jim Cole will be available to assist individuals with their questions about computers, on the above dates. Be sure to take advantage of this great opportunity to refresh your computer skills or learn something new.

USE IT OR LOSE IT

Day: Wednesday, November 4
Time: 10:30 a.m.
Did you find that you can remember things that happened many years ago but have a hard time remembering what you did yesterday? For reasons that science has yet to pinpoint, a person's short-term memory, also called working memory, gets worse with age. Join us today for this installment of "Use It or Lose It" as we practice fun exercises that can help with short-term memory challenges.

CHAIR VOLLEYBALL

Day: Thursday, November 5
Time: 10:30 a.m.
Always a Center favorite! Join us for a lively game of chair volleyball this morning. You are guaranteed to have fun and get exercise to boot.

"JUST DANCE" RETURNS!

Day: Thursdays, November 5, 12, 19
Time: 12:30 p.m.
Back by popular demand – dancers will have another afternoon to meet and dance. There is no set style - its freestyle for everyone!

SQUARE DANCE CLASSES

Day: Thursdays, November 5, 12, 19
Time: 4:00 p.m.
It's time to dust off those clogging shoes and boots and "swing your partner, round and round." Yes, Square Dance classes are back! Call a friend, or come alone – this is one fun activity that you will not want to miss. You can join at any time.

BLOOD PRESSURE CHECK

Date: Monday, November 9
Time: 9:00 – 11:00 a.m. sharp
Sponsor: Rutherford Regional
Keep your health on track by having your Blood Pressure checked at our monthly BP clinic. 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

"RED HOT CHILI STEPPERS" WALKING CLUB MEETING

Date: Mon., November 9 Time: 10:00 a.m.
It's never too late to start walking or to get involved with the walking club. If you enjoy walking and want to be a part of a fun energetic group join us today for more information.

VETERAN'S APPRECIATION WEEK

Join us for a week-long celebration and special recognition of our Veteran's.

VETERAN'S RECOGNITION

Date: Monday, November 9
Time: 11:15 a.m. in the dining room
In anticipation of our special veteran's program tomorrow, we will recognize all of our veterans in the dining room before lunch.

DOUGHNUTS FOR VETERAN'S

Date: Tuesday, November 10
Time: 8:45 – 9:45 a.m.
Place: Conference Room
All Veteran's, please join us for a special sweet treat in your honor this morning.

SPECIAL VETERAN'S RECOGNITION PROGRAM

Date: Tuesday, November 10
Time: 10:15 a.m. in Dining Room
Be here this morning as we honor our Veteran's in a very special program. All Veteran's and their family members are encouraged to attend. The R-S Central ROTC and Spindale Elementary Pen Pal class will be assisting with this special program. **IF YOU ARE A VETERAN AND PLAN ON ATTENDING THIS PROGRAM, PLEASE BE SURE TO SIGN YOUR NAME AND BRANCH OF SERVICE ON THE SIGN-UP SHEET OUTSIDE THE DINING ROOM OR CALL BARBARA HILL AT 287-6413 BY FRIDAY, NOVEMBER 6. WE WANT TO RECOGNIZE ALL OUR VETERANS.**

TRIP TO SOUTHERN CHRISTMAS SHOW

Date: Thursday, November 12
Time: leaving at 8:00 a.m. sharp and returning between 5:00 to 5:30 p.m.
Cost: $27.00 each (due when you sign up)
Pre-registration is required and limited to the first 27 individuals who sign up on the bulletin board outside Barbara's office
Remember the *wonder* of Christmas? For 48 years the Southern Christmas Show has brought those memories to life, along with regional crafts, seasonal entertainment, and over 400 holiday merchants. No *wonder* it's the largest and most popular holiday show in the country.

PEN PALS

Day: Thursday, November 12
Time: 10:30 a.m.
All pen pals are encouraged to be here today to write an installment in their Pen Pal journal. See Barbara or Crystal to pick up your book if you are unable to attend today's meeting.

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

Date: Monday, November 16
Time: 10:30 a.m.
With Thanksgiving just around the corner, it's the perfect time to start thinking of those special dishes you will be preparing. Bring your family's favorite Thanksgiving recipes to share with the group. Who knows you might discover a new family favorite this year!

ALZHEIMER'S WEEK: November 16-20

LET'S MAKE "FIDGET APRONS"

Date: Tuesday, November 17
Time: 10:15 a.m.
If you would like to participate, please sign up on the bulletin board outside Barbara's office – only first 12 to sign up will be able to participate
Today we are working on a community outreach project by making "fidget aprons" for Alzheimer's patients, which will be donated to a local facility who serves patients with dementia-related disorders. These aprons are sometimes called activity or busy aprons. These waist-or full-length aprons are decorated with attached trinkets, textured fabrics and other items that provide a busy distraction for individuals who suffer from dementia. When these patients are wearing these aprons they normally find hours of entertainment playing with the attached items, feeling the fabrics or just looking at the colorful embellishments and designs. Caretakers also appreciate the free time gained when their dementia clients become captivated with the aprons.

MEET & EAT

Day: Tuesday, November 17
Time: 5:15 p.m.
Location: Fatz Cafe'
Please sign up on the board outside Barbara's office if you plan on attending.
Join friends this evening at Fatz Cafe' in Forest City for a fun night of socialization and good dining. Fatz is a popular choice since they offer a variety of delicious menu items. Don't forget it is "Dutch treat" – so bring your wallet.

TEA PARTY

Date: Wednesday, November 18
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 a special treat to share.

SPECIAL SPEAKER: ALZHEIMER'S

Date: Wednesday, November 18
Time: 10:30 a.m.
Special Speaker: Susan Blair from LaurelHurst and LaurelWoods in Columbus, NC
Join Susan today as she presents an informative program on Alzheimer's. She will also be discussing the memory unit at LaurelWoods.

ARCHERY PRACTICE

Date: Wednesday, November 18
Time: 1:00 p.m.
Always a Center favorite! Be here to practice your form and technique of this noble sport under the skilled mentoring of Jim Vennera. Jim is a National Archery Coach and Master.

SPECIAL SPEAKER: "THE BASICS OF ALZHEIMER'S"

Date: Thursday, November 19
Time: 10:30 a.m.
Special Speaker: Denise Young
Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. Join us today for this informative

program about Alzheimer's and dementia. Denise will discuss the symptoms and effects, how Alzheimer's affects the brain, the causes and risk factors, how to find out if it's Alzheimer's disease, the benefits of early detection, how to address a diagnosis of Alzheimer's disease, the stages of the disease, treatments, hope for the future, and the ways the Alzheimer's Association can help. This is one program you will not want to miss!

"WEAR PURPLE TODAY"

Dates: Thursday, November 19
In recognition of National Alzheimer's Awareness month, we are asking everyone to wear PURPLE today.

ALZHEIMER'S WALK

Date: Friday, November 20
Time: 9:30 a.m.
If you would like to walk in recognition or in honor of someone with Alzheimer's please meet Barbara and Crystal at the front entrance.

"WHAT I AM THANKFUL FOR"

Date: Friday, November 20
Time: 11:00 a.m.
"I am Thankful For..." Be in the dining room this morning to share what you are most thankful for.

CRAFTING W/CRYSTAL: THANKSGIVING DECORATIONS

Day: Monday, November 23
Time: 10:00 a.m.
Cost: $2 (covers all supplies)
Location: Conference Room
Please sign the sign posted outside Barbara's office if you plan on participating. Class is limited to the first 12 who sign up.

Join Crystal today as she demonstrates and assists crafters in making 2 unique crafts - an Indian corn decoration and a fall wreath made from clothespins.

CRAFTING W/CRYSTAL: MAKING A PILGRAM'S HAT

Day: Tuesday, November 24
Time: 10:15 a.m.
Cost: $1- (covers all supplies)
Please sign the sign posted outside Barbara's office if you plan on participating.
Today Crystal will be demonstrating how to make a pilgrim hat out of a coffee can. This will make a centerpiece for your table.

BIRTHDAY RECOGNITION

Date: Monday, November 30
Time: 11:15 a.m.
Join us in the dining room today as we celebrate all the November birthdays.

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. **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 – NOVEMBER EVENTS
Bethel Baptist Church 479 Main Street, Ellenboro Site Manager: Diane Hill (453-8668)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Walking & Exercise 2 10:00 Word Search 11:00 **Scattergories**	9:00 Walking & Exercise 3 10:00 Word Search 11:00 **Bingo**	9:00 Walking & Exercise 4 10:00 **Make Fall Candy Jars** 11:00 Coffee & Chatter	9:00 Walking & Exercise 5 10:00 Word Search 11:00 **National Doughnut Day**	9:30 Walking & Exercise 6 10:00 Word Search 11:00 **Daniel - Biblical History**
9:30 Walking & Exercise 9 10:00 Word Search 11:00 **Coffee & Chatter**	9:00 Walking & Exercise 10 10:00 **Coffee & Chatter** 11:00 **Bingo**	11 **CLOSED FOR VETERAN'S DAY**	9:00 Walking & Exercise 12 10:00 Word Search 11:00 **Scattergories**	9:30 Walking & Exercise 13 10:00 Word Search 11:00 **Daniel - Biblical History**
9:30 Walking & Exercise 16 10:30 **Blood Pressure Check** 11:00 Word Search	9:00 Walking & Exercise 17 10:00 Word Search 11:00 **Bingo**	9:00 Walking & Exercise 18 10:00 Coffee & Chatter 11:00 **What your thankful for?**	9:00 Walking & Exercise 19 10:00 Word Search 11:00 **Weather Forecasting**	9:30 Walking & Exercise 20 10:00 Word Search 11:00 **Heaven - Biblical**
9:30 Walking & Exercise 23 10:30 **Blood Pressure Check** 11:00 Word Search	9:00 Walking & Exercise 24 10:00 Word Search 11:00 **Bingo**	9:00 Walking & Exercise 25 10:00 Coffee & Chatter 11:00 **Thanksgiving Party**	26 **CLOSED FOR THANKSGIVING**	27 **CLOSED FOR THANKSGIVING**
9:30 Walking & Exercise 30 10:30 **Blood Pressure Check** 11:00 **Recognize Nov B'days**			**Nov 5 – Doughnuts will be served at 11:00 to celebrate National Doughnut Day**	**Friday Bible History is led by Leonard Goforth**

HENRIETTA CONGREGATE MEAL PROGRAM – NOVEMBER EVENTS
Henrietta 1st Bpt 2736 Harris-Henrietta Rd, Henrietta Site Manager: Kay Aldridge (657-5441)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 **Blood Pressure Ck** 2 10:00 **Top 10 Hymns** 11:00 Exercise	9:00 Coffee & Chatter 3 9:30 Piano Music w/ B. Moore 10:30 **Sadie Hawkins Day**	9:00 Coffee & Chatter 4 9:30 Piano Music w/ B. Moore 10:30 **Favorite Candy Day**	9:00 Coffee & Chatter 5 9:30 Piano Music w/B. Moore 10:00 **Will Rogers**10:50 **Bingo**	9:30 Walking Inside 6 10- **50's Shows**10:45 Exercise 11:00 Biblical History/B. Moore
9:30 **Blood Pressure Ck** 9 10:00 **Tongue Twisters** 11:00 Exercise	9:00 Coffee & Chatter 10 9:30 Piano Music w/ B. Moore 10:30 **Recognition Veterans**	11 **CLOSED FOR VETERAN'S DAY**	9:00 Coffee & Chatter 12 9:30 Piano Music w/B. Moore 10:00 **JFK** 10:50 **Bingo**	9:30 Walking Inside 13 10:00 **Jokes** 10:45 Exercise 11:00 Biblical History/B. Moore
9:30 **Blood Pressure Ck** 16 10:15 **How to handle Holiday Stress** 11:00 Exercise	9:00 Coffee & Chatter 17 9:30 Piano Music w/ B. Moore 10:00 **Winter Predictions**	9:00 Coffee & Chatter 18 9:30 Piano Music w/B. Moore 10:00 **Mickey Mouse Memories** 11:00 Exercise	9:00 Coffee & Chatter 19 9:30 Piano Music w/B. Moore 10:15 **Pop Tart Birthday** 10:50 **Bingo**	9:30 Walking Inside 20 10:00 **Do something nice for someone** 10:45 Exercise 11:00 Biblical History/B. Moore
9:30 **Blood Pressure Ck** 23 10:15 **Twas the night of Thanksgiving** 11:00 Exercise	9:00 Coffee & Chatter 24 9:30 Piano Music w/ B. Moore 10:30 **Turkey Facts**	9:00 Coffee & Chatter 25 9:30 Piano Music w/ B. Moore 10:00 **What your thankful for?**	26 **CLOSED FOR THANKSGIVING**	27 **CLOSED FOR THANKSGIVING**
9:30 **Blood Pressure Ck** 30 10:15 **Michael Jackson's Album "Thriller" (1982)** 11:00 Exercise				

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM - NOVEMBER EVENTS
Shingle Hollow Community Cnt 2630 Cove Rd, Rfdton Site Manager: Joyce Bailey (287-0960)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Coffee & Chatter 2 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter 3 9:30 **Choir** 10:00 Walking 11:00 Word Search	9:00 Coffee & Chatter 4 9:30 Walking 10:00WordSearch 10:30 **70's & 80's Trivia** 11:00 **Tell A Joke**	9:00 Coffee & Chatter 5 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	9:30 Coffee & Chatter 6 10:00 Word Search 10:15 Walking 10:50 **Bingo** 10:30 **Blood Pressure Ck**
9:30 Coffee & Chatter 9 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter 10 9:30 **Choir** 10:00 Walking 11:00 Word Search	11 **CLOSED FOR VETERAN'S DAY**	9:00 Coffee & Chatter 12 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	9:30 Coffee & Chatter 13 10:00 Word Search 10:15 Walking 10:50 **Bingo** 10:30 **Blood Pressure Ck**
9:30 Coffee & Chatter 16 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter 17 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 18 9:30 Walking 10:00Word Search 10:30 **November Trivia**	9:00 Coffee & Chatter 19 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	9:30 Coffee & Chatter 20 10:00 Word Search 10:15 Walking 10:50 **Bingo** 10:30 **Blood Pressure Ck**
9:30 Coffee & Chatter 23 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter 24 9:30 **Choir** 10:00 Walking 10:30 Word Search 11:00 **Recognize Nov B'days**	9:00 Coffee & Chatter 25 9:30 Walking10:00 Word Search 10:30 **Craft – Snowmen** 11:00 **What Your Thankful For?**	26 **CLOSED FOR THANKSGIVING**	27 **CLOSED FOR THANKSGIVING**
9:30 Coffee & Chatter 30 10:00 Walking 10:50 **Singing**	**Cont. Nov 30** **11:00 Biblical History**		**Crochet is taught by Stephanie Deese**	

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 Morning 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

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

Helen Mudge, Title V Food Service Worker

Michelle Smith, Nutrition/Home-Delivered Meals

Mary Street, Food Service Supervisor

Ron Tomlinson, Title V Afternoon Receptionist

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

MEDICARE ANNUAL OPEN ENROLLMENT:
October 15 – 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. A certified SHIIP counselor will review your current plan(s) and ensure they are the best Medicare health care products for your individual needs. ***CALL 287-6409 OR STOP BY THE SENIOR CENTER FOR AN APPOINTMENT.***

NON-PROFIT
ORGANIZATION
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SPINDALE, NC
PERMIT NO. 34

RETURN SERVICE REQUESTED

November is Alzheimer's Awareness Month