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.~

DECEMBER 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.

Merry Christmas

Wishing you the joy of family,
the gift of friends and the best of everything
for the New Year.

The Senior Center Staff

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.

DECEMBER'S SPECIAL HOLIDAY PERFORMANCES

All performances will be in Dining Room

Tuesday, December 1 - 10:30 a.m.
Andy Cilone
Christmas Music

Thursday, December 3 - 10:30 a.m.
"The River Road"
Christmas Carol Bluegrass Style Sing-a-long

SPECIAL CHRISTMAS PERFORMANCES FROM AREA CHILDREN'S GROUPS:

Monday, December 7 - 10:30 a.m.
Mt Vernon Ruth Kindergarten Class

Wednesday, December 9 - 10:30 a.m.
Chase High Jazz Band

Thursday, December 10 - 10:30 a.m.
Burns Middle School Chorus

Friday, December 11 - 10:30 a.m.
Ellenboro Elementary Kindergarten Class

Thursday, December 17 - 10:30 a.m.
Chase Middle School Chorus

Monday, December 21 - 10:30 a.m.
Crestview Baptist Children's Choir

Tuesday, December 22 - 10:30 a.m.
Liberty Baptist Children's Handbell Choir

HOLIDAY CLOSINGS:

Thursday & Friday,
December 24 & 25
and
Friday, January 1

SILVER STRIDERS TOTALS:

Annabelle Smith	**1,100 minutes walked**
Betty McFarland	**1,431 minutes walked**

"RED HOT CHILI STEPPERS"

(WALKING CLUB)
Dates: Tuesdays, Dec. 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 - see Barbara or Crystal.

"RED HOT CHILI STEPPERS" WALKING CLUB TOTALS:

Judy Baguskis	**1,940 minutes walked**
Shirley Broughton	**750 minutes walked**
Norma Jean Cooper	**780 minutes walked**
Pauline McClellan	**822 minutes walked**
Nan Thompson	**741 minutes walked**

COMPUTER ASSISTANCE

Tuesdays: December 1 & 8
Time: 9:00 a.m. – 11:00 a.m.
Thursdays: December 3, 10, 17, 31
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.

CHRISTMAS B-I-N-G-O

Day: Tuesday, December 1
Time: 1:00 p.m.

Always a Center favorite! Bring a friend and come for a fun afternoon game of Bingo.

CHRISTMAS CARDS & COCOA

Day: Wednesday, December 2
Time: 10:30 a.m.
Location: Conference Room
There is NO charge, but if you plan on attending we ask that you please sign up on the bulletin board outside Barbara's office so we can prepare our supplies accordingly.
If you enjoy mailing Christmas cards to friends and family members, then this fun festive activity is the perfect time for you to get your holiday cards addressed and ready to distribute or mail. You can bring your own special cards, or choose from the Christmas cards the Center has on hand. If you need help addressing envelopes, Barbara and Crystal will be able to assist you during this time. Additionally, a delicious cup of hot cocoa will be available for you to sip on while you work on your cards. Please join us today for what is sure to be a fun time, and don't forget your address book.

"JUST DANCE"

Day: Thursdays, December 3, 10, 17, 31
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

Day: Thursdays, December 3, 10, 17, 31
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.

TRIP: CHRISTMAS SHOPPING AT CONCORD MILLS

Date: Friday, December 4
Time: leaving at 8:00 a.m. sharp and returning between 5 or 5:30 p.m.
***Cost: $2** (due when you sign up)*
Please sign up on the sheet posted outside Barbara's office if you plan on going. But hurry, only the first 10 to sign up will be able to ride the van. Also, remember this trip requires a good bit of walking; however there are places to sit and rest all throughout the inside of the mall.
Just in time for your holiday shopping! This will be a perfect outing to get you into the holiday spirit. Invite a friend and have an awesome day shopping and making special holiday memories!

TRIP: SHOPPING AT HAMRICK'S & PRIME OUTLET MALL

Date: Tuesday, December 8
Time: leaving at 8:45 a.m. sharp and returning around 3:00 p.m.
***Cost: $1** (due when you sign up)*

Please sign up on the sheet posted outside Barbara's office if you plan on going. But hurry, only the first 11 to sign up will be able to ride the van.
Join friends for a fun-filled day of shopping – plus this is a great time to shop for your perfect holiday outfit! Shoppers will lunch at the Olive Garden Restaurant.

PEN PALS

Day: Tuesday, December 8
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. Reminder the Pen Pal Christmas party is coming up on December 16 at 10:00 a.m. – *See write up on next page for more details.*

BLOOD PRESSURE CHECK

Date: Monday, December 14
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: Monday, December 14
Time: 10:30 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.

ZUMBA

Monday: December 14, 28
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!*"

TRIP: CHRISTMAS SHOPPING AT HICKORY MALL

Date: Tuesday, December 15
Time: leaving at 9:00 a.m.
***Cost: $2** (due when you sign up)*
Please sign up on the sheet posted outside Barbara's office if you plan on going. But hurry, only the first 10 to sign up will be able to ride the van.

Need to get some "last minute" Christmas shopping done? Or maybe you have yet to even get started on your Christmas list? If so, this shopping trip to the Hickory Mall will be a great opportunity for you. Be sure to sign up early – this one is sure to fill up fast!

CHRISTMAS TEA PARTY

Date: Wednesday, December 16
Time: 9:30 a.m.

Join friends today for a cup of your favorite tea and some delicious goodies at the Christmas tea party. Don't forget to bring a treat to share with everyone. *A sign-up sheet is at the front desk if you plan on attending.*

PEN PAL CHRISTMAS PARTY

Date: Wednesday, December 16
Time: 10:00 a.m.

Mrs. Summey is bringing the Spindale Elementary Pen Pals to the Center this morning for them to meet their "Senior" pal. The pals will spend some quality face-to-face time with each other, as well as, sharing some Christmas refreshments and fun. We encourage ALL the pen pals to be here today for this very special opportunity to meet your Spindale Elementary pen pal and learn more about each other while making a lasting memory.

CHRISTMAS RECEPTION

Date: Thursday, December 17
Time: 2:30 p.m.
Location: Dining Room

Everyone, aged 55 or older is invited to our annual Christmas Reception. There will be delicious snacks, entertainment, and a special gift for all who stay for the entire event.

SENIOR SHINERS VISIT OAK GROVE

Date: Friday, December 18
Time: 9:45 a.m. ***(leaving Center and returning in time for lunch at the Center)***
If you would like to ride the van, please sign up on the bulletin board outside Barbara's office

Spreading cheer is the mission of the Senior Shiners. Join them today as they travel to Oak Grove to spread some Christmas cheer to the residents at Oak Grove.

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

Date: Monday, December 21
Time: 9:30 a.m. **(NOTE: time change for this meeting ONLY)**

With Christmas just around the order, we are asking everyone to bring their favorite Christmas recipe to share with the group. From appetizers to main dishes, sides, or desserts – it will be hard to pick just a few favorites!

USE IT OR LOSE IT

Day: Tuesday, December 29
Time: 10:30 a.m.

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. Remember we have to exercise our brain like we do our bodies.

UGLY SWEATER CONTEST AND PARADE

Day: Wednesday, December 30
Time: 11:00 a.m.
Location: Dining Room

Who does not have that "special" Christmas sweater – that is, let's just say .... really "ugly!" Well today is the day for it to shine. Wear your most outrageous, gaudiest, just plain ugly sweater today for our "Ugly Sweater Contest and Parade." This is one you will not want to miss and laughs are a guarantee!

BIRTHDAY RECOGNITION

Date: Thursday, December 31
Time: 11:15 a.m.
Join us in the dining room today as we celebrate all the December birthdays.

MEDICARE BENEFICIARIES: DON'T BECOME A VICTIM OF A SCAM

In the world of internet, e-mail, phone calls, blogs and the postal service, Medicare beneficiaries are bombarded with advertisements about free medical services, free equipment and more. Other times, Medicare beneficiaries receive frightening post cards that lead them to believe they will lose their benefits if they don't respond and provide personal information. Beware of products that seem too good to be true; they usually are. If someone is using scare tactics to get you to buy something or share your personal information, you may be the target of a Medicare scam.

Every day, there are people coming up with ways to defraud the Medicare system and its beneficiaries. They may call you on the phone, come to your home unannounced or send you information through the mail or email. How can you protect yourself? Do not give anyone personal information such as your Medicare number, Social Security number, or banking and financial information. Medicare will not call you and ask you to verify your claim number for them. If someone claims to be from Medicare and calls you to verify your claim number, it's a scam! When you do have to provide your Medicare card, such as at a visit to your medical provider, turn the card face down to hand to the receptionist so no one else can see your number or capture your number with their camera phone.

If you suspect Medicare fraud or a scam, you should contact your local Senior Medicare Patrol Program. The North Carolina Senior Medicare Patrol Program is housed within the North Carolina Department of Insurance's Seniors' Health Insurance Information Program. The purpose of the Senior Medicare Patrol program is to provide Medicare fraud prevention education and counseling to the 1.7 million Medicare beneficiaries in North Carolina. NCSMP operates a toll-free, confidential consumer line, Monday through Friday, from 8 a.m. to 5 p.m. If you suspect you have been a victim of Medicare fraud or a scam, call 1-855-408-1212 today. Together we can empower Medicare beneficiaries to prevent health care fraud.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	2 9:00 Walking & Exercise 10:00 **Coffee & Chatter** 11:00 **Discussion – How to Predict Winter Weather**	3 9:00 Walking & Exercise 10:00 Word Search 11:00 **Piano Music w/C. Toney**	4 9:30 Walking & Exercise 10:00 Word Search 11:00 Heaven - Biblical History
7 9:30 Walking & Exercise 10:00 Word Search 11:00 **Coffee & Chatter**	8 9:00 Walking & Exercise 10:00 **Coffee & Chatter** 11:00 **Bingo**	9 9:00 Walking & Exercise 10:00 **Craft Time – Making Santa Christmas Wreath** 11:00 Coffee & Chatter	10 9:00 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**	11 9:30 Walking & Exercise 10:00 Word Search 11:00 Heaven - Biblical History
14 9:30 Walking & Exercise 10:30 **Blood Pressure Check** 11:00 Word Search	15 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	16 9:00 Walking & Exercise 10:00 Coffee & Chatter 11:00 Biblical History w/L. McCurry	17 9:00 Walking & Exercise 10:00 Word Search 11:00 **Piano Music w/C. Toney**	18 9:30 Walking & Exercise 10:00 Word Search 11:00 Heaven - Biblical History
21 9:30 Walking & Exercise 10:00 **Poem/Winter Activities** 10:30 **Blood Pressure Check** 11:00 Word Search	22 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	23 9:00 Walking & Exercise 10:00 Coffee & Chatter 11:00 **Christmas Party**	24 CLOSED FOR THE HOLIDAYS	25 CLOSED FOR THE HOLIDAYS
28 9:30 Walking & Exercise **10:00 Enjoy left over Cookies** 10:30 **Blood Pressure Check** 11:00 Word Search	29 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	30 9:00 Walking & Exercise 10:00 Coffee & Chatter 11:00 **Play December Word Game**	31 9:00 Walking & Exercise 10:00 Word Search 11:00 **Making New Year's Resolutions**	**Friday Bible History is taught by Leonard Goforth**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara 10:30 **Christmas Decorating**	2 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara 10:30 **Discuss favorite Mascara (1913)**	3 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 10:00 **Candy Cane Poem** 10:50 **Bingo**	4 9:30 Walking Inside 10:00 **Cookie Exchange Tips** 10:45 Exercise 11:00 Biblical History w/BMoore
7 9:30 **Blood Pressure Check** 10:00 **Christmas Craft** 11:00 Exercise	8 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara 10:30 **Poinsettia Day**	9 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara 10:30 **Favorite Christmas Memory**	10 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 10:00 **The Legend of the Pine tree** 10:50 **Bingo**	11 9:30 Walking Inside 10:00 **Holiday Symbols & Traditions** 10:45 Exercise 11:00 Biblical History w/BMoore
14 9:30 **Blood Pressure Check** 10:15 **History of the Christmas tree** 11:00 Exercise	15 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara 10:00 **History of the Christmas tree Ornament**	16 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 10:00 **Christmas Card Origin** 11:00 Exercise	17 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 10:15 **Favorite Christmas Songs** 10:50 **Bingo**	18 9:30 Walking Inside 10:00 **Christmas's Past & Present** 10:45 Exercise 11:00 Biblical History w/BMoore
21 9:30 **Blood Pressure Check** 10:15 **1st Day of Winter** 11:00 Exercise	22 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara 10:30 **Sing Carols**	23 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 **Christmas Party – Wear Red & Green** 10:45 Exercise	24 CLOSED FOR THE HOLIDAYS	25 CLOSED FOR THE HOLIDAYS
28 9:30 **Blood Pressure Check** 10:15 **Share your Christmas Holiday** 11:00 Exercise	29 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara 10:30 **Christmas Blahs**	30 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara 10:00 **Favorite Roy Rogers Show** 10:45 Exercise	31 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 10:15 **Share your Resolutions** 10:50 **Bingo**	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Thursdays "Learn to Crochet" is taught by: Stephanie Deese	1 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 11:00 Word Search	2 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Deck the Halls and playing Christmas Music**	3 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	4 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
7 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	8 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 11:00 Word Search	9 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Craft – Making Christmas Candy Dish**	10 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	11 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
14 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	15 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	16 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Christmas Party & Games**	17 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	18 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
21 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	22 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search 11:00 **Recognition of Dec. B'days**	23 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Country Christmas Video** 11:00 **Your Favorite Christmas**	24 CLOSED FOR THE HOLIDAYS	25 CLOSED FOR THE HOLIDAYS
28 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	29 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	30 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Weather Forecasting Prediction on 1st Snowfall**	31 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	

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: 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

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

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

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