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.~

FEBRUARY 2016 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.

Valentine's Day will be here soon! It is a time to think about how much we love each other and a special day to bring joy to others. We know you spread kindness on Valentine's Day, but here's a designated week you can go all out – ***Random Acts of Kindness Week*** **– February 14 - 20, 2016.**

I challenge you to look for ways you can be kind. Kindness is contagious! Our random acts of kindness can make someone's day. Everyone is busy and it's easy to give the excuse of not having enough time. But just being nice to people you interact with each day or saying hello to someone you pass can go a long way.

During **Random Acts of Kindness Week**, reach out to your neighbor and to someone you don't know and make them feel special. Resolve to spread kindness and understanding and to be the best person you can be by participating in simple and random acts of kindness. Some examples include:

- paying for someone else's meal
- volunteering or donating to a local charity
- smile at everyone you pass
- buy something for the person in line behind you
- visit someone who is lonely

The possibilities are endless to help others and to make a positive difference!

Angela Ezell, Director

random act of kindness

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

AARP TAX-AIDE TAX PREPARATION

AARP Tax-Aide is a **free** tax preparation service for low to moderate income individuals — with special attention to people age 50 and over. **The trained tax preparers are available, *by appointment only*, each Thursday and Friday from February 4 – April 15, 2016.** *No drop-ins will be accepted.* If you are filing married, both you and your spouse have to be present. Additionally you will need to bring the following: picture ID(s); proof of social security number(s) for yourself and ALL dependents; a copy of your 2014 tax return; all your 2015 tax documents (W-2, etc); bank account information for direct deposit - *will need to see an actual check*; and health insurance information – proof of insurance, form 1095 if received. Additionally a Pisgah Legal representative is planning on being available for questions regarding the Affordable Care Act each Friday.

NOTICE NEW TIME:
AEROBICS
Monday, Wednesday, Friday
9:00 a.m. – 10:00 a.m.

ZUMBA

Mondays: February 1, 8
Time: 6:00 p.m.
(Doors open at 5:45 pm)

If you made a New Year's Resolution to get more exercise or to get healthier then you should consider getting started in the Zumba classes. Zumba is such a fun and unique exercise program that you may even forget what a good work out you are receiving. Come join the class and meet Wavolyn Norville our instructor. She does an amazing job teaching and makes everyone feel welcome and comfortable in the class.

"RED HOT CHILI STEPPERS"

(WALKING CLUB)
Dates: Tuesdays, February 2, 9, 16, 23
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!

<u>You can join at any time - see Barbara or Crystal.</u>

***"RED HOT CHILI STEPPERS"* TOTALS:**

Judy Baguskis	**1,285 minutes walked**
Shirley Broughton	**780 minutes walked**
Norma Jean Cooper	**885 minutes walked**
Nan Thompson	**550 minutes walked**

"LIVING HEALTHY WITH DIABETES"

(classes 4 – 6 of a six-week series of classes)
Dates: Tuesday February 2, 9, 16
Time: 8:45 a.m. – 11:15 a.m.

"Living Healthy with Diabetes" classes four – six continue and wrap up this month. Participants have enjoyed interesting classes and speakers during the first series of classes. Unfortunately, no new participants can sign up at this point if you did not begin classes in January.

COMPUTER ASSISTANCE

Tuesdays – February 2, 9, 16, 23
Time: 9:00 a.m. – 11:00 a.m.

Volunteer, Sandra Boyd will be available each Tuesday morning to assist individuals with their questions about computers. Be sure to take advantage of this great opportunity to refresh your computer skills or learn something new.

"GROUNDHOG DAY: USE IT OR LOSE IT"

Date: Tuesday, February 2
Time: 10:30 a.m.

Groundhog Day is an annual holiday celebrated in the US and Canada on February 2 each year. According to folklore, if a groundhog emerging from its burrow fails to see its shadow, it will leave the burrow, signifying that winter will soon end, or if the groundhog sees its shadow, the groundhog will supposedly retreat into its burrow, and winter will continue for six more weeks. In today's *"***Use It or Lose It"** we will combine the fun of brain teasers, puzzles, and other exercises to stimulate your brain with some interesting facts, fun, and trivia about Groundhog's Day. Come and join this beneficial and fun activity. *Use It* so you don't *Lose It!*

BLACK HISTORY MONTH: "WHO AM I" ACTIVITY

Date: Wednesday, February 3
Time: 10:30 a.m.

February is Black History Month. In today's activity "Who Am I" we will discuss well known African Americans throughout history and give you clues to see if you can guess who we are talking about. For example:-*I was best known as a singer, but I had several other occupations - do* you know the answer? Join us today for fun and learn a little history as well.

WRITING VALENTINE'S TO OUR LEGISLATORS

Date: Thursday, February 4
Time: 10:30 a.m. All supplies will be provided

This is your opportunity to let it be known what Rutherford County Senior Center means to you! This February hundreds of seniors from senior centers across NC will be mailing Valentines to their Legislators. The Valentine includes a "Thank You" for funding senior centers. On the Valentine you can provide one to two statements of what your local Senior Center means to you. Participating in this event will put and keep our senior centers on the minds of our Legislators. Join us and the NC Senior Center Alliance in thanking our legislator(s) for funding Rutherford County Senior Center by attending our "Valentine Advocacy Event."

PANTHERS PRIDE DAY

Friday, February 5
Wear Your Panther's Colors!

SENIOR GAMES COMMITTEE MEETING

Date: Friday, February 5
Time: 10:30 a.m.
All members are encouraged to attend this important meeting. We will discuss the 2016 Senior Games, sponsorships, registration, and dates for SilverArts, Performing Arts, and Sporting Events.

BLOOD PRESSURE CHECK

Date: Monday, February 8
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, February 8
Time: 10:30 a.m.
Anytime is a good time to join the Senior Center's walking club – the "Red Hot Chili Steppers." Take the first step by attending today's meeting to find out more about this fun energetic group. It's never too late to start walking or to get involved with the walking club – you can join at any time.

MAKING CHOCOLATE COOKIES

Day: Tuesday, February 9
Time: 10:00 a.m.
Cost: $1 (covers all supplies)
Please sign up on the board outside Barbara's office if you plan on attending & bring a bag or container to put your cookies in)
In recognition and celebration of National Chocolate Month we are baking delicious homemade chocolate shortbread cookies today. If you like to bake and you like chocolate it's a win-win.

"CHOCOLATE" B-I-N-G-O

Day: Tuesday, February 9
Time: 1:00 p.m.
We are still celebrating chocolate month – so in today's bingo game all of the prizes will be CHOCOLATE! Don't miss the "sweet and fun" activity.

PEN PALS

Day: Wednesday, February 10
Time: 10:30 a.m.
All pen pals are encouraged to be here today to write in your pen pal books and make them a special valentine. If you are unable to attend see Barbara or Crystal sometime this week.

CRAFTING W/CRYSTAL: MAKING VALENTINE BRACELET & NECKLACE

Day: Thursday, February 11
Time: 10:15 a.m.
Cost: $2 ***(covers all supplies)***
Please sign up on the bulletin board outside Barbara's office if you plan on attending - class limited to first 11 who sign up
Join Crystal today as she demonstrates and assists crafters with getting ready for Valentine's Day by making a beautiful Valentine bracelet and necklace. Don't delay – this class is sure to fill up fast.

VALENTINE'S DANCE

Day: Friday, February 12
Time: 6:00 – 9:00 p.m.
(doors open at 5:45 p.m.)
Cost: $5.00 each
Rusty & Chiquita Collins' Band
Join the Rusty & Chiquita Collins Band for a fun and romantic night of music and dancing. Whether you have a special valentine or you are solo, you are sure to have fun tonight dancing to some great music and socializing with friends. Light refreshments will be served.

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

Date: Monday, February 15
Time: 10:30 a.m.
February is National Canned Food Month. In recognition the recipe club will be sharing their favorite recipes made with any canned food items. This could be anything from soup, vegetables, meats, etc. It will be fun seeing the variety of recipes each person brings to share. Remember: new participants are welcome to be a part of this fun recipe club at any time.

PRESIDENT'S DAY ACTIVITY

Date: Tuesday, February 16
Time: 10:30 a.m.

How much do you know about our presidents? Who is your favorite president and why? Join in today's activity while we learn and share information and fun facts about our presidents. We will discuss presidents from Washington all the way to Obama. Also we will discuss how presidents get chosen to be on coins or bills? ***There will be prizes throughout this activity. Hope to see you there!***

MEET & EAT – COPPER PENNY

Day: Tuesday, February 16
Time: 5:15 p.m.
If you plan on attending, please sign the sheet posted outside Barbara's office

Join friends this evening at the Copper Penny in Forest City (the old Ron and Eddy's) for a fun night of socialization and good dining. The Copper Penny is a newer restaurant, so you might not have had the chance to try them out yet. They offer a variety of delicious menu items – so there is something for all "taste." Don't forget it is "Dutch treat" – so bring your wallet.

WEDNESDAY, FEBRUARY 17
SENIOR CENTER CLOSED
FOR STAFF TRAINING

CRAFTING w/BOBBI ALLEN – MAKING "FIT" DOLLS

Date: Thursday, February 18
Time: 10:00 a.m.
Cost: $1.00
Sign up on the bulletin board outside Barbara's office if you plan on participating

Join Bobbie today as she demonstrates and assists crafters in making their own "fit" dolls. She has already shown several people in the Silver Threads & Needles group how to make one of these fun dolls, and they requested she come back and demonstrate for everyone so they have an opportunity to make their very own "fit" doll.

TRIP TO HOSPITAL $5 JEWELRY SALE

Date: Thursday, February 18
Time: 10:15 a.m.
Please sign the sheet posted outside Barbara's office if you plan on participating – van is limited to the first 11 who sign up.

The right jewelry can change the "look" of an outfit! Take a trip today to the hospital $5 Jewelry sale. You are bound to find something you like! We will return before lunch, and there is no cost for this short trip.

SHOPPING & LUNCH IN HENDERSONVILLE

Date: Friday, February 19
Time: 10:30 a.m. ***(leaving Center)***
Cost: $2.00
Please sign the sign posted outside Barbara's office if you plan on participating – van is limited to the first 11 who sign up.

Are you ready for a fun day of shopping and dining in Hendersonville? Shoppers will lunch at a Mexican Restaurant and then spend some time shopping before returning home around 5:00 p.m. *If there is a threat of bad weather this trip will be rescheduled.*

CRAFTING W/CRYSTAL: MAKING SUET FOR BIRDS

Day: Tuesday, February 23
Time: 10:30 a.m.
Cost: $1
Please sign up on the board outside Barbara's office if you plan on attending.

February is Bird Feeding Month. Its purpose is to raise awareness of the needs of our little feathered friends and keep them well fed until the spring weather kicks in. During the cold winter months, wild birds have greater difficulty finding food to sustain them. Small, backyard birds don't have body fat stores to keep them going through the winter and need regular feeding. Food supplies are low due to the reduced vegetation, lack of insects and the sometimes frozen ground. Help them out by hanging tasty treats such as bird feeders filled with appropriate seeds, or suet and seed filled containers. In recognition of bird feeding month, join Crystal today as she assists crafters in making suet for the birds. Suet is an essential source of energy for birds during long cold winter days, and birds love it!

TEA PARTY

Date: Wednesday, February 24
Time: 9:30 a.m.
A sign-up sheet is at the front desk if you plan on attending.
Join friends today for a cup of your favorite tea and some delicious goodies at this month's tea party. Don't forget to bring a treat to share with everyone.

CHAIR VOLLEYBALL

Date: Thursday, February 25
Time: 10:30 a.m.
Fun, exercise, social interaction, competition, laughter, all in one activity - chair volleyball has it all! No special skills are necessary, except you must remain seated at all times, and you must be able to laugh at yourself! We promise players and spectators alike will have a fun time and you are getting exercise as a bonus!

3rd ANNUAL PARADE OF TABLES DINNER & FUNDRAISER

Date: Friday, February 26
Time: 6:00 p.m.
Cost: $12 per person
NOTE: There will NOT be individual ticket sales at the Senior Center. Everyone is welcome to come but they need to purchase their tickets from a staff member, board member, or a vendor sponsoring a table.
Join us for a magical night of entertainment, a delicious dinner, and chance at fabulous door prizes – all this while surrounded by a spectacular array of uniquely and beautifully decorated tables by Senior Center staff, Advisory Board members, and vendor sponsors. Doors will open at 5:30 p.m. for guests. *(In case of inclement weather date this event will be postponed until Friday, March 4, 2016.)*

BIRTHDAY RECOGNITION

Date: Monday, February 29
Time: 11:30 a.m.
Join us in the dining room today as we celebrate all the February birthdays.

LEAP YEAR B-I-N-G-O

Day: Monday, February 29
Time: 1:00 p.m.
As you know, Leap Year takes place every four years - which makes for a unique and fun day to celebrate. In today's bingo you should expect the unexpected - so come prepare for twists, turns, fun and laughter! So come out and join us, you don't want to miss this one!

COMING UP.....

SENIOR GAMES REGISTATION & DATES

Registration for the 2016 Senior Games will be held from March 1 – 15. Cost is $12 - but "special" this year – if you are a 1st time participant then your cost is only $10. The registration cost includes a t-shirt and covers all the events in all categories of the Senior Games. Pick up your registration packet from Barbara or Crystal. The dates of the events are as follows:

SilverArts----------March 21 - 24
Performing Arts-----April 1
Sporting Events-----April 8 - 22

SHIIP INFORMATION:

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 $1,471.25 per month with assets up to $*13,640* if you are single, and $1,991.25 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 $2.65 for a generic drug and up to $6.60 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 – FEBRUARY EVENTS
Bethel Baptist Church 479 Main Street, Ellenboro Site Manager: Diane Hill (453-8668)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Walking & Exercise 10:00 Word Search 11:00 **Coffee & Chatter**	2 9:00 Walking & Exercise 10:00 Coffee & Chatter 11:00 **Bingo**	3 9:00 Walking & Exercise 10:00 **Coffee & Chatter** 11:00 **Couples Trivia**	4 9:00 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**	5 9:30 Walking & Exercise 10:00 Word Search 11:00 Bible
8 9:30 Walking & Exercise 10:00 Word Search 11:00 **Craft – Wine glass candle holder**	9 9:00 Walking & Exercise 10:00 **Remembering our first love** 11:00 **Bingo**	10 9:00 Walking & Exercise 10:00 **Coffee & Chatter** 11:00 Bible History	11 9:00 Walking & Exercise 10:00 Word Search 11:00 **Valentine's Party**	12 9:30 Walking & Exercise 10:00 Word Search 11:00 Bible History
15 9:30 Walking & Exercise 10:30 **Blood Pressure Check** 11:00 **Chat w/ the Director**	16 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	17 **CLOSED FOR STAFF TRAINING**	18 9:00 Walking & Exercise 10:00 Word Search 11:00 **Recognition of Feb.B'days**	19 9:30 Walking & Exercise 10:00 Word Search 11:00 Bible History
22 9:30 Walking & Exercise 10:30 **Blood Pressure Check** 11:00 Word Search	23 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	24 9:00 Walking & Exercise 10:00 **Coffee & Chatter** 11:00 **Puzzle Fun**	25 9:00 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**	26 9:30 Walking & Exercise 10:00 Word Search 11:00 Bible History
29 9:30 Walking & Exercise 10:30 **Blood Pressure Check** 11:00 Word Search		**Wednesday Bible History is taught by Linda McCurry**		**Friday Bible History is taught by Leonard Goforth**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 **Blood Pressure Check** 11:00 Exercise **National Wear "Red" Day for Women**	2 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore **GROUNDHOG DAY**	3 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 11:00 Exercise **POPCORN DAY**	4 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 10:15 **Launch of Facebook.....2004** 10:50 **Bingo**	5 9:30 Walking Inside 10:00 **Start buying favorite Girl Scout cookies** 10:45 Exercise 11:00 Biblical History w/BMoore
8 9:30 **Blood Pressure Check** 10:30 **Boy Scouts Birthday.....1910** 11:00 Exercise	9 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 10:30 **Favorite tooth-ache stories**	10 9:00 Coffee & Chatter 9:30 Piano Music w w/BMoore 10:30 **Chocolate Trivia**	11 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 10:00 **Conversation Pieces** 10:50 **Bingo**	12 9:30 Walking Inside 10:00 **Food Valentine Greetings** 10:45 Exercise 11:00 Biblical History w/BMoore
15 9:30 **Blood Pressure Check** 10:15 **President's Day Facts** 11:00 Exercise	16 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 10:30 **911 Dispatch Birthday...1968**	17 **CLOSED FOR STAFF TRAINING**	18 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 10:00 **Ode to Snack foods** 10:50 **Bingo**	19 9:30 Walking Inside 10:00 **Folksy Riddles** 10:45 Exercise 11:00 Biblical History w/BMoore
22 9:30 **Blood Pressure Check** 10:30 **Old – Time Family Related T.V. Shows** 11:00 Exercise	23 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 10:30 **Weather Love**	24 9:00 Coffee & Chatter 9:30 Piano Music w w/BMoore 10:00 **Zodiac Sign Word Game** 10:45 Exercise	25 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 10:00 **Pistol Patent Day.....1836** 10:50 **Bingo**	26 9:30 Walking Inside 10:00 **Levi Straus...1829 - 1902** 10:45 Exercise 11:00 Biblical History w/BMoore **WEAR BLUE JEANS**
29 9:30 **Blood Pressure Check** 10:30 **Bachelor's Day (Leap Year)** 11:00 Exercise	**Tuesday & Thursday Piano Music is by: Barbara Moore**			**Friday Biblical History is by: Barbara Moore**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	2 9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search	3 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Fav. Soups/ Share Recipes** 11:00 **Tell A Joke**	4 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	5 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
8 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9 9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search	10 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search	11 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	12 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
15 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	16 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	17 **CLOSED FOR STAFF TRAINING**	18 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	19 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
22 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:50 **Singing** 11:00 Biblical History	23 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	24 9:00 Coffee & Chatter 9:30 Walking 10:00 **Word Search** 10:30 **Craft – Santa Brushes**	25 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	26 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
29 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:50 **Singing** 11:00 Biblical History			**Stephanie Deese is the Instructor for the Thursday "Learn to Crochet"**	

Senior Center Advisory Board Members:

Amideus Athougies; Kim Freeman; Wanda Harris (Vice Chair); Junior Johnson; Jeanette Klutts (Chair); 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

Danny Arrowood, Title V Food Service Worker

Ron Atchley, Meal Deliveries

Joyce Bailey, Shingle Hollow Site Manager

Wanda Bland, Exercise Instructor

John Blanton, Title V Food Service Worker

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

Mike Nanney, Meal Deliveries

Michelle Smith, Nutrition/Home-Delivered Meals

Mary Street, Food Service Supervisor

Ron Tomlinson, Title V Receptionist

Susan Toney, Food Service Assistant

Kayla Traver, Data Entry

Crystal Upton, Activity & Senior Games Assistant

Sandy White, Nutrition Assistant

RUTHERFORD COUNTY SENIOR CENTER
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SPINDALE NC 28160

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