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.~

MARCH 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.

Spring time will be a busy time at the Rutherford County Senior Center! Each spring Rutherford County seniors are encouraged to participate in Senior Games. The Senior Games promote health and wellness activities through athletic and artistic endeavors for Rutherford County adults' age 50 and better. The Senior Games program encourages seniors to stay active, renew old skills, learn new skills, and exercise a positive outlook on life.

We will kick off the season with the SilverArts participants bringing in their entries on March 18th and these items will be displayed March 22-24th. The purpose of SilverArts is to promote excellence and achievement in the arts among older adults, and have them showcase their talents. SilverArts categories are: Heritage Arts, Visual Arts, Literary Arts and Performing Arts. We will also enjoy a night of fun on Friday, April 1st for the Performing Arts Follies at 7:00 p.m. Come and support your friends!

Senior Games sporting events help you stay mobile, so join in and enjoy the competition and fellowship. There is a wide array of activities designed for individuals at various fitness levels. The kick-off is on Friday April 8, starting at 9:00 a.m. with the SilverStriders Fun Walk and then at 10:15 a.m. for the Opening Gala. We will have the Flame Arrival Ceremony followed by the Lighting of the Torch. The Sporting Events will be from April 8-25th with several practice dates scheduled in March.

Senior Games and SilverArts bring together the athlete and artist in a program that recognizes common values—discipline, dedication, and a sense of accomplishment! Senior Games provides a forum to meet new people, enjoy healthy competition, be creative, and most important to HAVE FUN!! Be sure to register for the 2016 Rutherford County Senior Games by March 15th!

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 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.

SENIOR GAMES

Registration (Mar. 1 – 15)
Assistance Completing Forms (Mar. 4 & 11)

Registration is **required** for anyone participating in SilverArts, Performing Arts, and/or Sporting Events. Registration runs from March 1 – 15. Cost is $12 or $10 for 1st time participants. 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. They will be available to assist you in completing your registration packet from **9:00 – 11:00 a.m. on both Friday, March 4 and Friday, March 11.**

Senior Games dates of the events are as follows:

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

"RED HOT CHILI STEPPERS"

(WALKING CLUB)
Dates: Tuesdays, March 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"* TOTALS:**

Judy Baguskis	**1,065 minutes walked**
Shirley Broughton	**515 minutes walked**
Norma Jean Cooper	**620 minutes walked**
Nan Thompson	**675 minutes walked**

COMPUTER ASSISTANCE

Tuesdays – March 1, 8, 15, 22
Time: 9:30 a.m. – 11:00 a.m.

Volunteer, Sandra Boyd will be available the above Tuesday mornings 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.

ADULT COLORING ACTIVITY

Date: Tuesday, March 1
Time: 10:30 a.m.
Teacher: Maria Davis

Coloring is a great hobby for adults. It's the ideal way to relax after a hard day and perfect for giving your creativity a boost. For many people, the coloring of a beautiful picture is a kind of meditation. You focus on what you're doing at that very moment and forget everything around you. There are many benefits of coloring such as: you can do it alone or with a group of friends, coloring feeds the creative side of your mind, you can spend as much or as little time as you'd like creating your masterpiece, there aren't any rules, you get to be a kid again, it's calming, and you can hang your finished artwork on the fridge for all of your friends and relatives to see.

SKILLED MEDICARE/MEDICAID

Date: Wednesday, March 2
Time: 10:30 a.m.
Speaker: April Hicks

April is the marketing director for Willow Ridge Rehabilitation Living Center. Join her today as she discusses Skilled Medicare and Medicaid. She will talk about their benefits and requirements and how to use them for a skilled nursing facility stay. Additionally she will distribute a reference sheet on what is needed to apply for Skilled Medicaid.

"MY HEALTHPOINT"

Date: Thursday, March 3
Time: 10:30 a.m.
Speaker: Tommy Finley

Tommy is the Director of IT&S at Rutherford Regional. Join him today as he discusses "My HealthPoint." This is a tool the hospital offers as an effort to enhance communication and coordination of care with their patients via the internet. By creating a platform where you can access the important health information related to your stay, our hope is that you will feel better prepared to take an active role in your care. Tommy will be here to explain and answer any questions or concerns you may have and if you would like to sign up he will stay and assist you in signing up on your personal device.

WEAR BLUE TODAY

Friday, March 4
For Colon Cancer Awareness

LET'S TALK ABOUT SENIOR GAMES

Date: Monday, March 7
Time: 11:00 a.m.

Are you new to the area? Are you new to

the Senior Center? Do you know about Senior Games? If you have any questions please come to this informative discussion about Senior Games. We will discuss each part of Senior Games - SilverArts, Performing Arts, and the Sporting Events. If you can't be here please call Barbara at 287-6413 with your questions.

ZUMBA

Mondays: March 7, 14, 21, 28
Time: 6:00 p.m.
(Doors open at 5:45 pm)
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.

USE IT OR LOSE IT

Date: Tuesday, March 8
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.

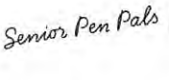
"KEEPING FAMILY TREASURES ALIVE"

Day: Wednesday, March 9
Time: 10:00 – 11:15 a.m.
Speaker: Jane Armstrong
How do I keep the memory of family treasures alive, when I do not have the space to store them? There is a solution to keeping memories alive regarding your family treasures. In this month's session, bring a picture of two family treasures. Jane will discuss techniques that are cost effective yet important in maintaining the story of your family's history.

TRIP TO HAMRICKS, OUTLET MALL, & LUNCH AT OLIVE GARDEN

Date: Thursday, March 10
Time: 8:45 a.m. ***(leaving Center)***
Cost: $1.00
Please sign the sign posted outside Barbara's office if you plan on participating – van is limited to the first 11 who sign up – others can follow in their own vehicles.
It's Bus Week at Hamrick's! If you would like to do some early spring wardrobe shopping this is a great opportunity. We will leave the Senior Center at 8:45 and returning around 3 p.m. We will have lunch at Olive Garden and then spend a little more time shopping at the Outlet Mall. Hurry this one will fill up fast!

PEN PALS



Day: Thursday, March 10
Time: 10:30 a.m.
Don't miss today's pen pal activity to write to your pen pal and make them an Easter surprise - we will have all of the supplies that you will need. **Also please remember if you do want to send something to your pen pal you must provide something for the entire class.**

BLOOD PRESSURE CHECK

Date: Monday, March 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 FIELD TRIP

Date: Monday, March 14
Time: 9:30 a.m.
Please sign up on the bulletin board outside Barbara's office if you plan to ride the van – limit of 12 riders.
Would you like a change of scenery? The members of the walking club will take a short field trip to the rails for trails in Spindale for their walk today. We will leave the Senior Center at 9:30 and return before lunch.

QUILTING PRESENTATION

Date: Tuesday, March 15
Time: 10:30 a.m.
Speaker: Connie Wells
Join Connie Wells once again as she joins us to demonstrate and show some of her beautiful quilts she has made or purchased. Connie has several antique quilts that she is planning to show during this program. Reminder to all quilters….if you love to quilt we hope that you enter your quilts in our SilverArts program this year. (see the registration guidelines under "Senior Games" information listed above.)

TEA PARTY

Date: Wednesday, March 16
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.

"SAFETY FOR SENIORS"

Day: Wednesday, March 16
Time: 10:30 a.m.
Speaker: Kim Roberson, PNC Bank
Join Kim this morning as she discusses safety issues that concern seniors regarding their finances and personal information – such as how to not fall prey to a scam, etc.

"EASTER B-I-N-G-O"

Day: Wednesday, March 16
Time: 1:00 p.m.
Hop on into today's bingo and play for all Easter themed prizes. BINGO is always a senior center favorite so you will not want to miss this one!

GO GREEN

Day: Thursday, March 17
Time: 10:30 a.m.
Speaker: Frank Chyz
Did you know… that by recycling 1 ton of paper it saves 17 mature trees, 7,000 gallons of water, 3 cubic yards of landfill space, 2 barrels of oil, and 4,100 kilowatt-hours of electricity? That is enough energy to power the average American home for five months! Wow! Please join Frank today as he presents "Go Green" – a program about recycling. Living Green can be one of the most important decisions that you can make to insure your family's health now and in the future. Here are some more "Go Green" tips: Turn off the faucet while brushing your teeth, dry your laundry on a hanger or on a line, always pick up trash on the ground, use cloth shopping bags, recycle everything, start a compost box in the back yard and use it to fertilize your back yard, use fans in the window and attic to aid in cooling, donate clothing to charity, turn off lights when leaving a room, walk, carpool, or ride your bike when possible.

MEET & EAT – EL LIMON

Day: Thursday, March 17
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 El Limon in Forest City for a fun night of socialization and good dining. Don't forget it is "Dutch treat" – so bring your wallet.

Thursday, March 17
WEAR GREEN
St. Patrick's Day

BRING IN YOUR SILVER ARTS ENTRIES

Friday, March 18
9:00 a.m. – 12:00 p.m. &
1:00 p.m. – 3:00 p.m.

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

Date: Monday, March 21
Time: 10:30 a.m.
It is said that pound cakes can be traced back to at least the beginning of the 18th century. To commemorate this sinfully delectable delight, a special "pound cake day" is celebrated the first of March each year. Whether it's plain, chocolate, lemon or another flavor we are asking for you to bring in your favorite pound cake recipes today. "Samples" of your special pound cake will also be acceptable – if you would like to share with the group! ☺

TRIVIA FUN WITH MARIA DAVIS

Date: Tuesday, March 22
Time: 10:30 a.m.
Maria Davis will be with us again today to test your knowledge with some trivia fun. She will test your knowledge of famous faces, famous places, advertising slogans, the fabulous fifties, and legends of the old west. This will be a great activity to keep those brain cells active. You will not want to miss this fun and informative program!

CRAFTING W/CRYSTAL: MAKING AN EASTER BUNNY AND CHICK

Day: Wednesday, March 23
Time: 10:30 a.m.
Cost: $1 – covers all supplies
Please sign up on the board outside Barbara's office if you plan on attending.
Join Crystal today as she demonstrates and assists crafters in making a bunny rabbit and a baby chick by using a washcloth – just in time for Easter.

SILVERARTS RECEPTION & AWARDS

Date: Thursday, March 24
Time: 9:30 & 10:45 a.m.
All SilverArts participants are invited and encouraged to a special reception in your honor. The reception begins at 9:30 a.m. and is followed by the awards ceremony in the dining room at 10:45 a.m. All SilverArts participants are invited and encouraged to attend.

Senior Center Closed
Friday, March 25

FOOTBALL THROW PRACTICE

Date: Tuesday, March 29
Time: 10:00 a.m.
It's time to warm up that throwing arm so you will be at your peak performance for this fun upcoming event during the sporting portion of the Senior Games.

SHUFFLEBOARD PRACTICE

Date: Wednesday, March 30
Time: 9:30 – 11:00 a.m.
Come out and practice your shuffleboard skills – Senior Games is just right around the corner.

CORN HOLE PRACTICE

Date: Thursday, March 31
Time: 9:30 – 11:00 a.m.
Everyone loves Corn Hole – and this is a popular event during the sporting event portion of the Senior Games each year. Be here this morning to practice and hone your throwing skills.

PERFORMING ARTS TECHNICAL WORKSHOP

Date: Thursday, March 31
Time: 1:00 p.m.
Everyone who is performing in the Performing Arts Follies on Friday, April 1st is REQUIRED to attend this technical workshop today.

BIRTHDAY RECOGNITION

Date: Thursday, March 31
Time: 11:30 a.m.
Join us in the dining room today as we celebrate all the March birthdays.

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.

THE PARADE OF TABLES DINNER & FUNDRAISER WAS A SUCCESS!

The 3rd annual Parade of Tables was held Friday, February 26. All proceeds will be used to purchase additional exercise equipment for the Senior Center's exercise room.

COMING UP IN APRIL:

-Performing Arts Program (Follies) Fri., April 1
-Cooking With Herbs & Spices (April 21) at the Coorperative Extension Office
-Eat Smart, Move More, Take Control – A Nutrition Program for Adults at the Cooperative Extension Office (once a week class from Apr 27 – Jun 8)

ELLENBORO CONGREGATE MEAL PROGRAM – MARCH 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 Coffee & Chatter 11:00 **Bingo**	2 9:00 Walking & Exercise 10:00 Word Search 11:00 **Are you stressed?**	3 9:00 Walking & Exercise 10:00 Word Search 11:00 **Can we change our luck?**	4 9:30 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**
7 9:30 Walking & Exercise 10:00 Word Search 11:00 Coffee & Chatter	8 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	9 9:00 Walking & Exercise 10:00 Word Search 11:00 Bible History w/LMcCurry	10 9:00 Walking & Exercise 10:00 Word Search 11:00 **Puzzle Time**	11 9:30 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**
14 9:30 Walking & Exercise 10:30 **Blood Pressure Check** 11:00 **Chat w/ the Director**	15 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	16 9:00 Walking & Exercise 10:00 Word Search 11:00 **Easter History**	17 9:00 Walking & Exercise 10:00 Word Search 11:00 **History of St. Patrick's Day - Wear Green**	18 9:30 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**
21 9:30 Walking & Exercise 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 Word Search 11:00 **Easter Service**	24 9:00 Walking & Exercise 10:00 Word Search 11:00 **Easter Party**	25 CLOSED FOR GOOD FRIDAY
28 9:30 Walking & Exercise 10:00 Coffee & Chatter 10:30 **Blood Pressure Check**	29 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	30 9:00 Walking & Exercise 10:00 Word Search 11:00 **Recognize March Bdays**	31 9:00 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**	

HENRIETTA CONGREGATE MEAL PROGRAM – MARCH 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/ BMoore 10:30 Wear blue for Colon Cancer	2 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:15 **Tongue Twisters Contest**	3 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:15 **Celebrate your middle name** 10:50 **Bingo**	4 9:30 Walking Inside 10:00 **Favorite Pound Cake Recipe** 10:45 Exercise 11:00 Biblical History w/BMoore
7 9:30 **Blood Pressure Check** 10:30 **Monopoly's 83rd Birthday** 11:00 Exercise	8 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:00 **Women's History** 11:00 **Music Trivia**	9 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:30 **Favorite Barbie Doll – Show & Tell.....(1959) (57 years)**	10 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:00 **Alphabet flowers & plants** 10:50 **Bingo**	11 9:30 Walking Inside 10:00 **"Best" Word Game** 10:45 Exercise 11:00 Biblical History w/BMoore
14 9:30 **Blood Pressure Check** 10:15 **Wear your favorite baseball hat** 11:00 Exercise	15 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:30 **True Confessions Day**	16 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:45 **Irish & St. Patrick's Day Trivia Quiz**	17 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:00 **St. Patrick's Day – Wear Green** 10:50 **Bingo**	18 9:30 Walking Inside 10:00 **Oatmeal Cookie Day** 10:45 Exercise 11:00 Biblical History w/BMoore
21 9:30 **Blood Pressure Check** 10:30 **1st day of Spring** 11:00 Exercise	22 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:30 **Favorite Easter Bonnett**	23 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:00 **Cindy Street, Master Gardner** 10:45 Exercise	24 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:00 **Easter Memories** 10:50 **Bingo**	25 CLOSED FOR GOOD FRIDAY
28 9:30 **Blood Pressure Check** 10:30 **Favorite Foods on a Stick** 11:00 Exercise	29 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:30 **Shop a Mom's & Pop's business today**	30 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:00 **I am in control day** 10:45 Exercise	31 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:00 **"Oklahoma".....(1943)** 10:50 **Bingo**	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	2 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Oreo Party – Enjoy Oreos** 11:00 **Celebrate Dr. Seuss Birthday**	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 10:30 Word Search 11:00 **Barbara Hill – Sr Games**	9 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Mayberry Trivia** 11:00 **Tell A Joke**	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 **This is the year.....1954**	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 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:50 **Singing** 11:00 Biblical History	22 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	23 9:00 Coffee & Chatter 9:30 Walking 10:00 **Word Search** 10:30 **Craft – Easter Egg Center Pieces**	24 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet –**	25 CLOSED FOR GOOD FRIDAY
28 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 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 **Bulletin Board Trivia**	31 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet –**	**Thursday's Learn to Crochet is taught by Stephanie Deese**

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
193 CALLAHAN-KOON RD, SUITE 132
SPINDALE NC 28160

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