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.~

JUNE 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.

WORLD ELDER ABUSE AWARENESS DAY

Wednesday, June 15, 2016 is World Elder Abuse Awareness Day. On that day, communities in the USA and all over the world will sponsor events to highlight the growing tragic issue of elder abuse.

The U.S. Administration on Aging estimates that as many as 1 in 10 older Americans are abused or neglected each year. Older adults are contributing members of American society and their abuse or neglect diminishes all of us. America has confronted and addressed the issues of child abuse and domestic violence, but, as a society we have for too long ignored the issue of elder abuse. Elder abuse can be physical, emotional, financial and sexual. It also includes people who are neglected and those who neglect themselves (self-neglect). Elders who are abused are twice as likely to be hospitalized, four times as likely to go into nursing homes and three times as likely to die. While most abusers are family members, trusted professionals and complete strangers may also target older adults. Abuse can happen in any setting: in the older adult's own home, nursing homes, or assisted living facilities.

Elder abuse can be prevented if everyone would treat older Americans with respect and care. Learning the warning signs of abuse and knowing how to report it is another great step. Adult Protective Services, the police, and the Long-Term Care Ombudsman Program are organizations that you can call on for assistance and information. Please visit the National Center on Elder Abuse's website www.ncea.aoa.gov or by calling the Eldercare Locator at 1-800-677-1116 to get more information on how to stop elder abuse.

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 old eyeglasses and gives them to a local Lion's Club for recycling?*

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 at the Center - whether you're a beginner or a seasoned coupon user, it is a fact that using coupons is a smart and easy way to help stretch your food budget dollars!

WALKING MINUTES:

"RED HOT CHILI STEPPERS"

Judy Baguskis	**1,155 minutes walked**
Nan Thompson	**800 minutes walked**

FARMERS MARKET:

FYI...*The local Farmer's Market is now open from 8 am to 12 noon Tuesdays & Saturdays. Go get those fresh veggies!*

SENIOR GAMES STATE FINALS:

Reminder the early bird registration deadline for your State Senior Games application is July 1, and the FINAL deadline is August 1. See Barbara if you have questions.

JUNE CANCELLATIONS:

- **Yoga is cancelled June 14 & 21**
- **Thursday Square Dance classes are on hold through the end of summer**

Coming in July: Trip to Flatrock Playhouse...

CAKE DECORATING DEMONSTRATION

Date: Wednesday, June 1
Time: 10:15 a.m.
Teachers: Gail Canipe & Dana Ledbetter
Class is limited to the first 15 who sign up.
Please sign up on the board outside Barbara's office. All supplies will be furnished.
Join Gail and Dana, from Baking Mama's in Ellenboro, as they demonstrate different cake decorating techniques today. Class members will have time to practice making simple designs and using the different cake tips. This should be a fun, educational activity.

B-I-N-G-0

Date: Wednesday, June 1
Time: 1:00 p.m.
Bingo is always a center favorite. Join us for a fun afternoon of Bingo.

BACKYARD GAMES & LEMONADE

Date: Thursday, June 2
Time: 10:00 – 11:15 a.m.

Join friends today for a fun-filled morning of games and activities such as: corn hole, Frisbee golf, ring toss, and yard dice. Also, backyard "fun" would not be complete without good cold lemonade and popcorn. Yum-Yum!

COMPUTER ASSISTANCE

Dates: Thursdays – June 2, 9, 16, 23, 30
Time: 12:30 p.m. – 2:00 p.m.
Volunteer: Jim Cole

Take advantage of Jim's computer knowledge as he assists participants with their computer related questions on Thursday afternoons.

TRIP TO HENDERSONVILLE FOR DOUGHNUTS, SHOPPING, LUNCH & THE OCEAN CENTER & AQUARIUM

Date: Friday, June 3
Time: 8:30 a.m. (leaving Center)

Cost $5. **(This covers your admission to the aquarium, and a doughnut from Krispy Kreme)**
If you would like to participate please sign up on the bulletin board outside Barbara's office.
Space is limited to the first 11 who sign up.
Today is National Doughnut Day. National Doughnut Day is celebrated every year on the first Friday in June. The day was created to celebrate and honor the individuals who served doughnuts to the World War I soldiers. In recognition of this unique day, we have a fun day trip planned to Hendersonville for doughnuts, shopping, lunch and then a visit to the Ocean Center & Aquarium! WOW!! We will return to the Senior Center between 4-5 p.m.

ZUMBA

Mondays: June 6, 13, 27
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.

SPECIAL PROGRAM: BECHTLER HOUSE & RUTHERFORD COALITION

Date: Tuesday, June 7
Time: 10:45 a.m.
Speaker: Dana Bradley
Join Dana today as she presents an interesting program on The Bechtler House & the Rutherford Coalition:

Bechtler House:
The Bechtler Family moved to NC right when gold fever was hitting the state. During the 1830's the Bechtlers minted more than $2.24 million dollars in gold coins, stimulating commerce in the Southeast and leaving a permanent legacy to both Rutherford County and American history. Today, the Bechtler House is open to the public and showcases period artifacts and exhibits that transport visitors back to the 1830's and tell the Bechtler Story.

Rutherford Outdoor Coalition (ROC):
ROC is a 501 (c) 3 nonprofit organization that specializes in improving local trails and offering outdoor opportunities to the public to give people the chance to get outside and enjoy this beautiful place we live in. They offer many outdoor activities each month. Two events coming in June include a group hike to Catawba Falls (June 12) and a group river float (June 25.) Everyone is welcome to join ROC for these events.

BOWLING WITH THE GRANDKIDS AT AUTUMN LANES

Dates: Tues. June 7 & Thurs. June 30
Time: 1:00 p.m.
Cost: $1/per game
There will be two afternoons this month to have some great quality time and a fun summer activity of bowling with your grandchildren this month. Plus the cost is very reasonable with the games costing $1 each and an assortment of specially priced food items.

MEET & EAT – SCOTT'S CREEKSIDE COUNTRY COOKING

Date: Tuesday, June 7
Time: 5:15 p.m.
Please sign the sheet posted outside Barbara's office if you plan on attending so Barbara will not what size table to reserve.
Join friends this evening at Scott's Creekside Country Cooking for a fun night of socialization and good dining. Don't forget it is "Dutch treat" – so bring your wallet.

"HOW TO DE-CLUTTER YOUR PAPERS & FILES"

Date: Wednesday, June 8
Time: 10:30 a.m.
Speaker: Jane Armstrong, former owner of De-Clutter for Real Life
Jane is an expert in assisting you with your organizing needs. Today she will be discussing "papers and files" – telling you what you need to keep on file and for how long, and what you can toss.

TRIP TO THE EQUESTRIAN CENTER, FARMER'S MARKET, GENERAL STORE, & ROGER'S DINER

Date: Thursday, June 9
Time: 9:45 a.m. (leaving Center)
Cost: $1.00 (due when you sign up)
Be sure and sign up on the bulletin board outside Barbara's office – the van riders are limited to first 12 who sign up
Each Thursday morning local farmers and bakers are at the Equestrian Center's Farmer's Market selling the finest and freshest available food to customers. Join us today as we travel to Tryon and visit the Equestrian Center, browse through the farmers market and general store, and then finish up with lunch at Roger's Diner before returning to the Senior Center.

SENIOR GAMES COMMITTEE & AMBASSADOR MEETING

Dates: Friday, June 10
Time: 10:45 a.m.
All Senior Game committee members and ambassadors are encouraged to attend this important meeting regarding the 2017 games.

TRIP TO GREEN ROOM THEATER TO SEE: *"DIXIE SWIM CLUB"*

Date: Sunday, June 12
Time: 1:15 p.m. sharp – leaving the Center (the matinee begins at 3 p.m.)
Cost: $16.00 (due when you sign up)
Be sure and sign up on the bulletin board outside Barbara's office – the van riders are limited to first 12 who sign up.
Join friends today as we travel to the Green Room Theater in Newton to see the "*Dixie Swim Club.*" A story of five southern women, whose friendships began on their college swim team, set aside a long weekend every August to recharge those relationships. Free from husbands, kids, and jobs, they meet at the same beach cottage on North Carolina's Outer Banks to catch up, laugh and meddle in each other's lives. Spanning a period of 33 years, this is a hilarious and touching comedy about friendships that last forever. After the play we will be stopping at J & S Cafeteria for dinner before returning home.

BLOOD PRESSURE CHECK

Date: Monday, June 13
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

IN RECOGINATION OF FLAG DAY - WEAR RED, WHITE & BLUE JUNE 14th

BAKING PATRIOTIC COOKIES

Date: Tuesday, June 14 Time: 9:30 a.m.
Cost: $1.00 (All supplies furnished, but bring a small container to take your cookies home in)
Please sign up on the board outside Barbara's office if you plan on participating
In celebration of Flag Day, we will be baking pretty patriotic cookies today.

TRIP TO HAMRICK'S & ICE CREAM

Date: Tuesday, June 14
Time: 1:00 p.m.
Cost: $1 (due when you sign up)
A sign-up sheet is at the front desk if you plan on attending – van is limited to the first 11 who sign up.

It's Senior Day at Hamrick's and a great time to spruce up your summer wardrobe. We will leave the Senior Center at 1 p.m. and return around 5 p.m. (Of course we will have to stop for ice cream before we return.)

TEA PARTY

Date: Wednesday, June 15
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.

IN RECOGNATON OF ELDER ABUSE AWARENESS WEAR PURPLE ON JUNE 15th

"ELDER ABUSE AWARENESS DAY" WELLNESS/INFORMATION BOOTHS & SPECIAL SPEAKER ON: ELDER ABUSE

Date: Wednesday, June 15
Time: 10:00 a.m. – Speaker at 10:30 a.m.

World Elder Abuse Awareness Day was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. Every year an estimated 5 million older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported; as many as 23 cases go unreported. With such a complex issue, there is only one way we can address this issue: United Together! Join Becky Brodar, Community Outreach Coordinator at St Lukes, along with John Carroll and staff members from the Rutherford County DSS as they host wellness and informational booths beginning at 10:00 a.m. followed by a special presentation at 10:30. There will be various organizations on hand, as well as, raffle drawings for door prizes and lots of other surprises.

TRIP TO HOSPITAL JEWELRY SALE & MIMI'S DAIRY-O

Date: Wednesday, June 15
Time: 1:00 P.m.
Please sign up on the board outside Barbara's office. The van is limited to the first 12 who sign up. There is no charge for the trip.
We will visit the jewelry sale and then travel to Mimi's Dairy-O for a hot fudge cake, milk shake, or cone. Remember this is "dutch-treat", so don't forget your wallet.

CRAFT TIME WITH BOBBIE ALLEN

Date: Thursday, June 16
Time: 10:00 a.m.
Cost: $1.00 (covers all supplies)
Please sign up on the board outside Barbara's office if you plan on attending.

Join Bobbie Allen as she demonstrates and assists crafters in making a cute Bird House Magnet today. Bobbie is a great "crafter" and we appreciate her sharing her talents with us.

ROYAL QUARTET – GOSPEL MUSICAL PREFORMANCE

Date: Friday, June 17
Time: 10:30 a.m.

Join friends this morning for some beautiful and uplifting southern gospel music as the Royal Quartet perform.

DANCE

Date: Friday, June 17
Time: 6:00 p.m.
Cost: $5 (doors open 5:45 p.m.)
Music: Rusty & Chiquita Collins Band

It's time to get your boogie shoes on as the Center hosts a Friday night dance to kick start your summer. Invite a friend and come out to enjoy the live music of the Rusty & Chiquita Collins Band. Light refreshments will be served.

DOUGHNUTS FOR DADS

Date: Monday, May 20
Time: 9:00 – 10:00 a.m.
In recognition of Father's Day, we invite all men to join us for doughnuts in the Conference Room this morning.

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

Date: Monday, June 20
Time: 10:30 a.m.
Summer is a great time for picnics, so today we are asking everyone to bring your favorite picnic recipes to share with the group.

SUMMER MAGAZINE SCAVENGER HUNT

Date: Tuesday, June 21
Time: 10:30 a.m.
You will work in teams to see who can find the most summer items from the list that we will provide. This is a fun and competitive activity that you will be sure to enjoy, and you will give your brain a nice "work out" as well.

"USE IT OR LOSE IT"

Day: Wednesday, June 3
Time: 10:30 a.m.
Have you watched a young child in action lately? They don't walk; they run. They don't sit; they fidget. As we get older, our bodies slow down. The same goes for our brains. We can learn and remember almost as well as we used to, but it might take our brains a bit longer – we need to exercise it daily – just like our bodies! Join us today for the Center's version of "USE IT OR LOSE IT." We will challenge and exercise your brain to help keep it working at its optimal level!

HIP HOP PERFORMANCE

Date: Thursday, June 23
Time: 10:45 a.m.
The "*RLS Dream Team*" from Rutherford Life Services will be with us today for a fun hip-hop performance. Amy Owens began teaching these students in April. Amy has danced since she was a young girl and now she enjoys teaching dance at DreamWeavers Dance Studio, as well as, Rutherford Life Services. Join the program today and maybe Amy will teach us a few moves to try as well!

ICE CREAM SHOP

Date: Monday, June 27
Time: 1:00 p.m.
Cost: 50 cent per scoop; 10 cents per topping
Summer is always a great time for a sweet, refreshing treat so join us today for a delicious summer treat at a great price.

SPECIAL ACTIVITY: "MATCHING MEMORIES WITH ANIMAL PERSONALITIES & CHARACTERISTICS "

Date: Tuesday, June 28
Time: 10:30 a.m.
In recognition of National Zoo & Aquarium Month, today's special activity will ask a variety of questions that you will match your memories up with certain animal personalities and characteristics. This is sure to be a lot of fun and you will receive some yummy animal crackers for a snack. It's a win---win!

BUTTERBEAN AUCTION

Date: Tuesday, June 28
Time: 1:00 p.m. sharp
A selection of items will be up for bid in today's auction. You will be able to bid on items with your bag of butterbeans. It is sure to be a lot of fun. The auction starts sharply at 1 p.m. You must be there when it starts or you will NOT be able to participate. Once the auction starts no other bidders can join. You can bid on items until you are out of beans, so be sure to "spend" them wisely!

CORN HOLE PRACTICE

Date: Wednesday, June 29
Time: 10:30 a.m.
Always a Center favorite! The corn hole boards will be set up in the exercise/dance room for you to play and hone your corn hole skills.

INTERGENERATIONAL COLORING ACTIVITY – BRING THE GRANDKIDS

Date: Wednesday, June 29
Time: 10:30 a.m.
If you plan on attending please sign up on the board outside Barbara's office
All ages love to color. Bring your grandchild/children in for today's fun afternoon activity. We will provide all the supplies for this coloring event, and snacks will also be provided.

CHAIR VOLLEYBALL

Date: Thursday, June 30
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!

BIRTHDAY RECOGNITION

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

SENIOR HEALTH INSANCE INFORMATION PROGRAM (SHIIP):

On April 1, 2016, Medicare launched the Comprehensive Care for Joint Replacement Model (CJR). This is an important step in transforming the care delivered by Medicare. The most common procedures that Medicare beneficiaries have are hip and knee replacement services. Despite the high number of these procedures performed each year on Medicare beneficiaries the quality and cost of care vary greatly among providers. The rate of complications such as infections and implant failures can be more than three times higher for procedures performed at some hospitals than at others. The average cost paid by Medicare for the surgery, hospitalization, and recovery ranges from $16,500 to $33,000 across geographic areas. This is due largely in-part to the coordination of the entire episode of care that is often not strong enough and result in more complications, hospital readmissions, and rehabilitative costs.
The CJR Model addresses low quality and high costs that come from fragmentation by promoting coordinated, patient-centered care. The model aims to improve the care experience of Medicare beneficiaries who receive joint replacements and make it a top priority for the health care system. Under this model the hospital where the hip or knee replacement and/or other major leg procedure takes place will be accountable for the costs and quality of related care from the time of surgery through 90 days after discharge. This will be referred to as an "episode" of care. Depending on the hospital's quality and cost performance during the episode, they will either earn financial reward beginning with the second performance year; or they will be required to repay Medicare for a portion of the spending above an established target. This gives hospitals an incentive to work with physicians, home health agencies, skilled nursing facilities, and other providers to coordinate care they need with the goal of reducing avoidable hospitalizations and complications. Payments will be bundled for each episode of care to provide further incentives for providers to work together to deliver more effective and efficient care.

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 $1,485.00 per month with assets up to $*13,640* if you are single, and $2,002.50 per month with assets up to *$27,250* if you are a married couple living together. 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.

NOTE: The Satellite Nutrition Sites' *Calendar of Events* are printed on the back of the main Senior Center's *Calendar of Events.*

ELLENBORO CONGREGATE MEAL PROGRAM – JUNE EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday Biblical History is taught by Leonard Goforth	**Monday Biblical History is taught by Linda McCurry**	9:00 Walking & Exercise 1 10:00 Word Search 11:00 **Coffee & Chatter**	9:00 Walking & Exercise 2 10:00 Word Search 11:00 **Scattergories**	9:30 Walking & Exercise 3 10:00 Word Search 11:00 **Wood Carving w/JWeber**
9:30 Walking & Exercise 6 10:00 Word Search 11:00 **Biblical History**	9:00 Walking & Exercise 7 10:00 Word Search 11:00 **Bingo**	9:00 Walking & Exercise 8 10:00 Word Search 11:00 **Craft Time**	9:00 Walking & Exercise 9 10:00 Word Search 11:00 **Scattergories**	9:30 Walking & Exercise 10 10:00 Word Search 11:00 **Wood Carving w/JWeber**
9:30 Walking & Exercise 13 10:30 **Blood Pressure Check** 11:00 **Biblical History**	9:00 Walking & Exercise 14 10:00 Word Search 10:30 **Flag Facts** 11:00 **Bingo**	9:00 Walking & Exercise 15 10:00 Word Search 11:00 **Biblical History**	9:00 Walking & Exercise 16 10:00 Word Search 11:00 **Stories about Fathers**	9:30 Walking & Exercise 17 10:00 Word Search 11:00 **Wood Carving w/JWeber**
9:30 Walking & Exercise 20 10:30 **Blood Pressure Check** 11:00 **Biblical History**	9:00 Walking & Exercise 21 10:00 Word Search 11:00 **Bingo**	9:00 Walking & Exercise 22 10:00 Word Search 11:00 **Birthday Celebrations**	9:00 Walking & Exercise 23 10:00 Word Search 11:00 **Scattergories**	9:30 Walking & Exercise 24 10:00 Word Search 11:00 **Wood Carving w/JWeber**
9:30 Walking & Exercise 27 10:30 **Blood Pressure Check** 11:00 **Biblical History**	9:00 Walking & Exercise 28 10:00 Word Search 11:00 **Bingo**	9:00 Walking & Exercise 29 10:00 Word Search 11:00 **Adult Coloring/Puzzles**	9:00 Walking & Exercise 30 10:00 Word Search 11:00 **Scattergories**	

HENRIETTA CONGREGATE MEAL PROGRAM – JUNE EVENTS

Henrietta 1st Bpt 2736 Harris-Henrietta Rd, Henrietta Site Manager: Kay Aldridge (657-5441)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Piano Music and Biblical History are by: Barbara Moore		9:00 Coffee & Chatter 1 9:30 Piano Music 10:45 **Say Something Nice Day**	9:00 Walking Inside 2 9:30 Piano Music 10:15 **Wedding Memories** 10:50 **Bingo**	9:30 Walking Inside 3 10:00 **Famous Fathers** 10:45 Exercise 11:00 Biblical History
9:30 **Blood Pressure** 6 10:15 **Fathers: Then & Now** 11:00 Exercise	9:00 Coffee & Chatter 7 9:30 Piano Music 10:30 **Father's Day Laugh Lines**	9:00 Coffee & Chatter 8 9:30 Piano Music 10:30 **Best Fatherly Advice**	9:00 Coffee & Chatter 9 9:30 Piano Music 10:00 **Traits of a Father** 10:50 **Bingo**	9:30 Walking Inside 10 10:00 **Memories of Dad – Share Pictures of Dad** 10:45 Exercise 11:00 Biblical History
9:30 **Blood Pressure** 13 10:15 **1st Roller Coaster.....1884** 11:00 Exercise	9:00 Coffee & Chatter 14 9:30 Piano Music 10:30 **Flag Day**	9:00 Coffee & Chatter 15 9:30 Piano Music 10:00 **Cindy Street, Master Gardner** 10:45 Exercise	9:00 Coffee & Chatter 16 9:30 Piano Music 10:00 **Favorite Fudge Recipe** 10:50 **Bingo**	9:30 Walking Inside 17 10:00 **Wear favorite flip flops** 10:45 Exercise 11:00 Biblical History
9:30 **Blood Pressure** 20 10:30 **Ice Cream Soda Day** 11:00 Exercise	9:00 Coffee & Chatter 21 9:30 Piano Music 10:30 **1st Day of Summer**	9:00 Coffee & Chatter 22 9:30 Piano Music 10:00 **Thank/Public Wker** 10:45 Exercise	9:00 Coffee & Chatter 23 9:30 Piano Music 10:00 **Wear Pink Day** 10:50 **Bingo**	9:30 Walking Inside 24 10:00 **Our Crazy Language** 10:45 Exercise 11:00 Biblical History
9:30 **Blood Pressure** 27 10:30 **Favorite Sun Glasses** 11:00 Exercise	9:00 Coffee & Chatter 28 9:30 Piano 10:30 **Favorite Vacation Spot**	9:00 Coffee & Chatter 29 9:30 Piano Music 10:00 **Rose Humor & Proverbs** 10:45 Exercise	9:00 Coffee & Chatter 30 9:30 Piano Music 10:00 **Favorite Summer Activities** 10:50 **Bingo**	

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM – JUNE EVENTS

Shingle Hollow Community Cnt 2630 Cove Rd, Rfdton Site Manager: Joyce Bailey (287-0960)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Thursdays "How to Crochet" are taught by Stephanie Deese		9:00 Coffee & Chatter 1 9:30 Walking 10:00 Word Search 10:30 **It All Happened in June** 11:00 **Tell A Joke**	9:00 Coffee & Chatter 2 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	9:30 Coffee & Chatter 3 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
9:30 Coffee & Chatter 6 10:00 Walking 10:50 **Singing** 11:00 **Chat w/the Director**	9:00 Coffee & Chatter 7 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 8 9:30 Walking 10:00 Word Search 10:30 **Aesop's Fables** 11:00 **What's happening**	9:00 Coffee & Chatter 9 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	9:30 Coffee & Chatter 10 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
9:30 Coffee & Chatter 13 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter 14 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 15 9:30 Walking 10:00 **Word Search** 10:30 **Craft – Mason Jar Solar Garden Lights**	9:00 Coffee & Chatter 16 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	9:30 Coffee & Chatter 17 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
9:00 Coffee & Chatter 20 9:30 Walking 10:00 Word Search 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter 21 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 22 9:30 Walking 10:00 **Word Search** 10:30 **This was the year.....1945** 11:00 **What is your favorite food?**	9:00 Coffee & Chatter 23 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	9:30 Coffee & Chatter 24 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
9:00 Coffee & Chatter 27 9:30 Walking 10:00 Word Search 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter 28 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 29 9:30 Walking 10:00 **Word Search** 10:30 **Coloring Book Pages** 11:00 **Tell A Joke**	9:00 Coffee & Chatter 30 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 Chair); Junior Johnson; Jeanette Klutts (Chair); Sylvester McDowell; 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

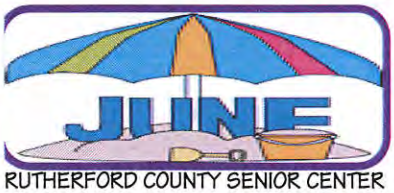
Ron Tomlinson, Title V Receptionist

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

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
SPINDALE, NC
PERMIT NO. 34

RETURN SERVICE REQUESTED

Help Save a Stamp

Sign up to receive your newsletter electronically. Just e-mail a request to debbie.conard@rutherfordcountync.gov