

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.~*

JULY 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.

As the summer months continue to heat up, staying healthy in increasingly high temperatures is extremely important. During the long summer days, many activities take place outdoors. As people venture outside to enjoy their favorite summer pastime, extremely high temperatures can affect the body's ability to keep cool. This is especially true for persons over age 65. Senior adults are more susceptible to intense heat because their bodies may be less efficient than younger adults to adequately respond to rising temperatures. Senior adults are also more likely to have medical conditions that change normal body responses to heat, and they are more likely to take prescription medicines that weaken the body's ability to regulate its temperature or that prevent perspiration.

While getting outdoors to engage in summer activities is important to maintain health and wellness, seniors should be aware of heat-related illness, such as heat stroke and heat exhaustion, and take steps to avoid succumbing to the effects of summer heat. Follow these tips to protect yourself and loved ones from heat-related illness:

- Drink cool, nonalcoholic beverages. If your doctor generally limits the amount of fluid you drink or prescribes water pills for you, ask how much you should drink when the weather is hot;
- Rest;
- Take a cool shower, bath or sponge bath;
- Seek an air-conditioned environment. If your home is not air conditioned, visit an air conditioned senior center, mall, movie theater, or public library to cool off;
- Wear lightweight, loose-fitting, cotton clothing. If outdoors, wear a hat;
- Plan outdoor activities in early morning when it is cooler.

The Senior Center has several activities planned during the month of July to help you stay cool. So be sure to spend these hot summer days enjoying the many activities offered here at the Senior Center.

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.

FARMERS MARKET:

FYI... *The local Farmer's Market is now open from 8 am to 12 noon Tuesdays & Saturdays.*

Go get those fresh veggies!

****Plus check the Calendar of Events....Barbara has two trips scheduled this month to go to the local market to shop.****

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.

VOLUNTEERS NEEDED:

The Activity Department need volunteers for some new activities we hope to begin at the Center. Volunteers needed are for a:

- Ballroom Dance instructor,
- Shag Dance Instructor,
- Calligraphy Class instructor.

If you are interested or know someone who might be qualified please call Barbara Hill at the Senior Center.



WEAR RED, WHITE, & BLUE

Date: Friday, July 1

Let's show our patriotic spirit today and wear red, white, and blue in honor of the upcoming Independence Day.



THE SENIOR CENTER & SATELITE NUTRITION SITES ARE CLOSED MONDAY, JULY 4

Have a Happy & Safe Independence Day!



JULY CANCELLATIONS:

Yoga is cancelled July 5

RED, WHITE, & BLUE "B-I-N-G-O"

Date: Tuesday, July 5

Time: 10:30 a.m.

In celebration of our Independence Day, this morning we will have some "explosive fun" (just like fireworks) with bingo! How you say... well, all the BINGO prizes this morning will be red, white and/or blue.



"CHRISTMAS IN JULY" B-I-N-G-O

Date: Tuesday, July 5

Time: 1:00 p.m.

TWO BINGO's in one day! YEAH!! In this afternoon's BINGO all of the prizes will be associated with Christmas. Hopefully, this will help you to get into a "cooler frame of mind" to get you through these long summer days!



THE SENIOR CENTER & SATELITE NUTRITION SITES ARE CLOSED: JULY 6, 7, & 8

(Wednesday, Thursday, & Friday) FOR BUILDING REPAIRS

BLOOD PRESSURE CHECK

Date: Monday, July 11

Time: 9:00 – 11:00 a.m. sharp

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**



ZUMBA

Mondays: July 11, 18, 25

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.



ICE CREAM TASTE TEST

Date: Tuesday, July 12

Time: 10:30 a.m.

You cannot think of summer without thinking about ice cream. There is nothing better on a hot summer day than a cool ice cream treat. In today's tasty activity we will have several different ice cream brands to let you sample and we will decide what is the senior center's favorite choice. This is one you will not want to miss, as it is sure to be a lot of fun.



BOWLING WITH THE GRANDKIDS AT AUTUMN LANES

Dates: Tues. July 12 & 21

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. Plus the cost is very reasonable with games \$1 each and an assortment of specially priced food items.



"WHAT DO I NEED TO START GETTING RID OF"

Date: Wednesday, July 13

Time: 10:15 a.m.

Speaker: Jane Armstrong, former owner of De-Clutter for Real Life

Jane will continue her de-clutter program this month by telling you what you can get rid of. If you want to learn solutions to your clutter issues be sure to be here for today's presentation.



PREVIEW OF "LIVING WITH CHRONIC ILLNESS" CLASSES

Date: Wednesday, July 13

Time: 11:15 a.m.

Jane Armstrong will give a brief overview of the upcoming 6-week series of classes – "Living Healthy with Chronic Illness."



B-FIT EXERCISE PROGRAM

Date: Thursday, July 14

Time: 10:15 a.m.

Sponsored by: Brookdale Senior Living

Exercise can improve mental and emotional health and is vitally important for older adults to help them preserve function and to lower their risk of and/or manage chronic health conditions such as



diabetes, heart disease, arthritis and other health challenges. At the foundation of an optimum life is the ability to maximize functional abilities, and the Brookdale Fitness B-fit exercise program is designed with that as a goal. This cutting edge program

encompasses the latest research and guidelines for seniors to provide a fun, holistic, and stimulating exercise experience. Join Brookdale Senior Living today as they present the B-Fit program.

COMPUTER ASSISTANCE

Dates: Thursdays – July 14, 21, 28

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.



BOARD GAMES WITH THE GRANDKIDS

Date: Thursday, July 14

Time: 1:00 – 2:30 p.m.

Please sign up on the bulletin board outside Barbara's office if you plan on attending so we have a number to prepare for.

We will provide the board games and refreshments, and you bring your grandchildren for a cool afternoon of fun, laughter, making special memories, and board games.



TRIP TO STRAWBERRY HILL FOR LUNCH & PEACHES

Date: Friday, July 15

Time: 10:45 a.m. (leaving Center)

Cost: \$1.00

If you plan on attending please sign up on the bulletin board outside Barbara's office. The van is limited to the first 11 who sign up.

Join us for a fun trip for lunch at Strawberry Hill, followed by produce shopping. We will make a final stop for ice cream before returning to the Center.



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

Date: Monday, July 18

Time: 10:30 a.m.

Since National Ice Cream Day is observed on July 17, we are asking that you bring in your favorite recipes using ice cream.



"STRANGE LAWS IN EVERY STATE"

Date: Tuesday, July 19

Time: 10:30 a.m.

Did you know that billboards have no place in Hawaii? They are outlawed in the state with only 18 exceptions! Did you know that using profanity in front of two or more persons in a public place might land you in the county jail for up to 30 days? We will talk about these laws and all of the other "strange" laws in other states. This should be interesting and fun activity that you will not want to miss!



TRIP TO HAMRICK'S & ICE CREAM

Date: Tuesday, July 19

Time: 1:00 p.m.

Cost: \$1 (due when you sign up)

A sign-up sheet is posted on the board outside Barbara's office – van riders are limited to the first 11 who sign up.

It's Senior Day at Hamrick's which means extra savings as you 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.)



"LIVING WITH CHRONIC ILLNESS"

(a 6-week series of classes)

Dates: Wednesdays, July 20, 27, August 3, 10, 17, 24

Time: 8:45 – 11:15 a.m.

Call the Senior Center to sign up or sign on the sheet posted outside Barbara's office.

This workshop will take place once a week for 6 weeks. Each 2 1/2 hour workshop will be facilitated by 2 trained leaders who follow a detailed manual, so that each workshop is highly consistent. These classes are appropriate for people living or caring for someone with a wide variety of chronic health conditions, such as arthritis, diabetes, heart disease, and other or multiple chronic conditions. Topics addressed during the workshops include: "techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate management of medications;



healthy eating guidelines and exercise tips; how to make informed treatment decisions; and several more. These programs are not designed to help people to learn more about chronic conditions, but rather to learn the skills and tools to better manage chronic conditions. The sessions are free and include an accompanying book.

TEA PARTY

Date: Wednesday, July 20

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.

TRIP TO SHELBY FOR PIZZA, SHOPPING, & ICE CREAM

Date: Wednesday, July 20

Time: 10:45 a.m. (leaving the Center)

Cost: \$1 (due when you sign up)

A sign-up sheet is posted on the board outside Barbara's office – van riders are limited to the first 11 who sign up.



Today we will travel to Shelby to the Pizza Inn for a delicious buffet lunch, and then shopping at K-mart, Mighty Dollar and the Cleveland Mall. We will make our final stop at Dairy Queen for ice cream before returning to the Center.

LEMONADE & LAUGHS

Date: Thursday, July 21

Time: 10:30 a.m.

Lemonade is always a great drink to have on a hot summer day! Join friends today as we have cold lemonade and funny jokes. You bring the jokes and funnies and the lemonade will be provided.



TRIP TO FARMER'S MARKET

Dates: Tuesday, July 26 & Friday, July 29

Time: 9:30 a.m. (leaving the Center)

A sign-up sheet is posted on the board outside Barbara's office – van riders are limited to the first 11 who sign up.

You will have two opportunities to travel to the local Farmer's Market in Forest City this week to purchase some fresh produce. There is nothing better than home-grown vegetables!



CRAFTING WITH CRYSTAL

Date: Tuesday, July 26

Time: 10:15 a.m.

Cost: \$1.00 (covers all supplies)

Please sign up on the board outside Barbara's office if you plan on attending – class is limited to the first 12 who sign up.

In today's craft you will paint a wood wind chime. (Birdhouses, flowers, and butterfly shapes)



ICE CREAM SHOP

Date: Tuesday, July 26

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.



"MEDICARE FRAUD, & SCAMS"

Day: Wednesday, July 27

Time: 10:30 a.m.

By: Diane Trainor, Program Specialist

Join Diane today as she presents a special program on Medicare fraud and scams.



TRIVIA FUN WITH MARIA DAVIS

Date: Thursday, July 28

Time: 10:30 a.m.

Maria Davis will be with us today to test your knowledge with some trivia fun. Today's topic will be the "Fabulous 50's." This is a great activity to help keep those brain cells active.



TRIP TO FLAT ROCK PLAYHOUSE TO SEE: "DOLLY PARTON'S 9 TO 5"

Date: Thursday, July 28

Time: 11:00 a.m. (leaving the Center & will stop for lunch before the play)

Cost: \$41.00 (due when you sign up)

You must sign up on the bulletin board outside Barbara's office – the van riders are limited to first 9 who sign up. If you sign up and then decide not to go your money can not be refunded after tickets have been purchased. PLEASE BE 100% SURE YOU CAN GO BEFORE YOU SIGN UP!!!

Travel to the Flat Rock Playhouse today to see "Dolly Parton's 9-5." Based on the hit 1978 movie, "9-5" is the story of three secretaries who devise a plan to overthrow their egotistical, lying, hypocritical bigot of a boss. The lively score features the hit song "9 to 5" written by Dolly Parton.



BIRTHDAY RECOGNITION

Date: Friday, July 29

Time: 11:30 a.m.

Join us in the dining room today as we celebrate all the July birthdays.



COLORING WITH THE GRANDKIDS

Date: Friday, July 29

Time: 1 – 2 p.m.

If you plan on attending please sign up on the board outside Barbara's office so we know how many to prepare for



All ages love to color. Bring your grandchild/children in for today's fun afternoon intergenerational activity. We will provide all the supplies for this coloring event, and snacks will also be provided.

SENIOR HEALTH INSURANCE INFORMATION PROGRAM (SHIIP):

The services of SHIIP, the Seniors' Health Insurance Information Program of the North Carolina Department of Insurance, are **not only for people aged 65 and older.** SHIIP also provides free counseling about Medicare to people on Medicare due to a disability.

Before you can receive Medicare due to a disability, you must have received Social Security Disability Insurance for a period of time. In most situations, before an individual can receive SSDI a date of onset must be established. In addition, a five-month waiting period must be served before a person is entitled to Social Security disability cash payments. Once you have been entitled to disability for 24 months after that waiting period (5 months plus 24 months equals 29 months total) and you are younger than 65, you are eligible for Medicare disability if you meet at least one of the following three criteria: 1) You have been entitled to Social Security disability benefits for 24 months. This includes widows, widowers and children who receive benefits because of disability. 2) You receive a disability annuity from the railroad retirement board and meet certain conditions. 3) You have worked long enough in a government job where Medicare taxes were paid and you meet the requirements of the Social Security disability program. If you have permanent kidney failure, you are eligible for Medicare at any age. This is true if you receive maintenance dialysis or a kidney transplant and you are either eligible for or receive monthly benefits under Social Security or the railroad retirement system, or you are the dependent child or spouse (including a divorced

spouse) of a worker (living or deceased) who has worked long enough under Social Security or in a government job where Medicare taxes were paid. You can apply for disability benefits at your local Social Security office or online at www.socialsecurity.gov or call 800-772-1213 or 800-325-0778 (TTY) to make an appointment to file an application.

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.ncshiiip.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.



FINANCIAL REPORT

A copy of Rutherford County's Comprehensive Annual Financial Report for the year ended June 30, 2015 is available for review. A printed copy is located at the front reception desk, or you can view it on-line.

ELLENBORO CONGREGATE MEAL PROGRAM – JULY EVENTS
 Bethel Baptist Church 479 Main Street, Ellenboro Site Manager: Diane Hill (453-8668)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:30 Walking & Exercise 1 10:00 Word Search 11:00 Scattergories
4 CLOSED FOR INDEPENDENCE DAY	9:00 Walking & Exercise 5 10:00 Word Search 11:00 Bingo	6 CLOSED SPINDALE SENIOR CNT HAVING BLDG REPAIRS	7 CLOSED SPINDALE SENIOR CNT HAVING BLDG REPAIRS	8 CLOSED SPINDALE SENIOR CNT HAVING BLDG REPAIRS
9:30 Walking & Exercise 11 10:00 How was your weekend 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking & Exercise 12 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 13 10:00 Word Search 11:00 American History	9:00 Walking & Exercise 14 10:00 Word Search 10:30 Working Puzzles 11:00 Scattergories	9:30 Walking & Exercise 15 10:00 Word Search 11:00 Scattergories
9:30 Walking & Exercise 18 10:00 Adult Coloring 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking & Exercise 19 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 20 10:00 Word Search 11:00 Craft Time	9:00 Walking & Exercise 21 10:00 Word Search 11:00 Junk Food Day – Bring favorite junk food	9:30 Walking & Exercise 22 10:00 Word Search 11:00 Celebrating Vanilla Ice Cream Day
9:30 Walking & Exercise 25 10:00 Coffee & Chatter 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking & Exercise 26 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 27 10:00 Word Search 11:00 Singing w/Neal Murray	9:00 Walking & Exercise 28 10:00 Word Search 10:30 Adult Coloring 11:00 Scattergories	9:30 Walking & Exercise 29 10:00 Word Search 11:00 Scattergories

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Piano Music is by: Barbara Moore	Friday's Biblical History is led by: Barbara Moore		Wear Red, White & Blue 48 th Anniversary of Medicare on Friday, July 1 →	9:30 Walking Inside 1 10:45 Exercise 11:00 Biblical History
4 CLOSED FOR INDEPENDENCE DAY	9:00 Coffee & Chatter 5 9:30 Piano Music 10:30 Dog Days of Summer	6 CLOSED SPINDALE SENIOR CNT HAVING BLDG REPAIRS	7 CLOSED SPINDALE SENIOR CNT HAVING BLDG REPAIRS	8 CLOSED SPINDALE SENIOR CNT HAVING BLDG REPAIRS
9:30 BP Check 11 10:30 Slurpee Day 11:00 Exercise	9:00 Coffee & Chatter 12 9:30 Piano Music 10:30 Remembering Vacations	9:00 Coffee & Chatter 13 9:30 Piano Music 10:00 Lollipop Day 10:45 Exercise	9:00 Coffee & Chatter 14 9:30 Piano Music 10:00 HotDog Trivia/History 10:50 Bingo	9:30 Walking Inside 15 10:00 Favorite Gummy Worm 10:45 Exercise 11:00 Biblical History
9:30 BP Check 18 10:30 Picnic Word Game 11:00 Exercise	9:00 Coffee & Chatter 19 9:30 Piano Music 10:30 Sports Clichés Word Search	9:00 Coffee & Chatter 20 9:30 Piano Music 10:00 Cindy Street-Master Gardner 10:45 Exercise	9:00 Coffee & Chatter 21 9:30 Piano Music 10:00 Favorite Junk Foods 10:50 Bingo	9:30 Walking Inside 22 10:00 Baseball Humor 10:45 Exercise 11:00 Biblical History
9:30 BP Check 25 10:30 Proper retirement of the U.S. Flag 11:00 Exercise	9:00 Coffee & Chatter 26 9:30 Piano Music 10:30 Celebrate with a favorite Aunt & Uncle	9:00 Coffee & Chatter 27 9:30 Piano Music 10:45 Exercise	9:00 Coffee & Chatter 28 9:30 Piano Music 10:00 Milk Chocolate Day 10:50 Bingo	9:30 Walking Inside 29 10:00 Favorite Lipstick 10:45 Exercise 11:00 Biblical History

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Thursday "Learn To Crochet" is taught by Stephanie Deese, Instructor				9:30 Coffee & Chatter 1 10:00 Word Search 10:15 Walking 10:30 BP Check 10:50 Bingo
4 CLOSED FOR INDEPENDENCE DAY	9:00 Coffee & Chatter 5 9:30 Choir 10:00 Walking 10:30 Word Search	6 CLOSED SPINDALE SENIOR CNT HAVING BLDG REPAIRS	7 CLOSED SPINDALE SENIOR CNT HAVING BLDG REPAIRS	8 CLOSED SPINDALE SENIOR CNT HAVING BLDG REPAIRS
9:30 Coffee & Chatter 11 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 12 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 13 9:30 Walking 10:00 Craft – Clay Pots candy dish candle holder	9:00 Coffee & Chatter 14 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet	9:30 Coffee & Chatter 15 10:00 Word Search 10:15 Walking 10:30 BP Check 10:50 Bingo
9:00 Coffee & Chatter 18 9:30 Walking 10:00 Word Search 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 19 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 20 9:30 Walking 10:00 Ribbon Angel Ornament	9:00 Coffee & Chatter 21 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet	9:30 Coffee & Chatter 22 10:00 Word Search 10:15 Walking 10:30 BP Check 10:50 Bingo
9:00 Coffee & Chatter 25 9:30 Walking 10:00 Word Search 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 26 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 27 9:30 Walking 10:00 Word Search 10:30 Craft Time	9:00 Coffee & Chatter 28 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet	9:30 Coffee & Chatter 29 10:00 Word Search 10:15 Walking 10:30 BP Check 10:50 Bingo

SENIOR CENTER ADVISORY BOARD MEMBERS:

Amideus Athougles; Kim Freeman; Wanda Harris (Chair); Junior Johnson; Jeanette Klutts; Sylvester McDowell; Sybil Walker (Vice Chair); 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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[debbie.conard@rutherford
countync.gov](mailto:debbie.conard@rutherfordcountync.gov)