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.~

AUGUST 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.

We've all heard the saying, "use it or lose it." Seniors need to stay as physically active as possible. In addition, brain exercise for seniors is just as important in helping them maintain mental acuity and alertness. Brain cells don't die as we age, but reaction and processing time may slow down. An older person is fully able to retain the same knowledge and skills as a younger person, but may need some more time to attain the same conclusion.

Mental exercise is the act of performing a mentally stimulating task that is considered beneficial to warding off Alzheimer's disease and dementia. There are many ways in which seniors can participate in mental exercises. According to the National Institutes of Health, one hour per day of mental exercise is enough to keep your memory active and the mind sharp. Seniors who actively exercise their brains are more likely to maintain control over daily tasks. The following is a list of some mental activities: crossword puzzles, painting and drawing, arts and crafts, Bingo, board games and playing cards, telling stories of their lives, and computer activities. Another way to stimulate the brain is by using your non-dominant hand to do everyday tasks like brushing your teeth, eating, dialing the telephone, buttoning buttons or using a computer mouse. The majority of these activities can be done in pairs or groups, which will provide not only mental stimulation, but also social opportunities with other seniors.

We encourage our seniors to increase their mental sharpness by continually learning new things. Learning encourages the growth of brain cells. We also encourage seniors to engage in thinking games, as well as, learning new skills and hobbies to continually keep the brain functioning and alert. Come join us at the Senior Center and participate in our many opportunities for mental exercise, and let's keep those brain cells awake and active!

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!*

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.

WALKING MINUTES:

"RED HOT CHILI STEPPERS"

Judy Baguskis	**1,350 minutes walked**
Jean Cooper	**600 minutes walked**
Nan Thompson	**725 minutes walked**

UPCOMING IN SEPTEMBER:

September is National Senior Center Month. Get prepared as we will have ***several*** special programs, activities, and trips planned for this month!

ZUMBA

Mondays: August 1
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.

"FACT OR CRAP" (Trivia Activity)

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

In today's activity we will have some trivia fun with how much we know about the world we live in. From the day-to-day to the truly bizarre, you will be asked questions that are either "Fact or Crap." For example: *A four-ring combination lock will have no fewer than 1 million possible combinations - Fact or Crap? Positive reinforcement is a term associated with psychological assessments - Fact or Crap?*

"LIVING WITH CHRONIC ILLINESS"

(a 6-week series of classes)
Dates: Wednesdays, 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 continues with weeks 3 – 6. 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.

NATIONAL WATERMELON DAY

August 3

WATERMELON TRIVIA FUN & DECORATING CUPCAKES LIKE A WATERMELON

Date: Wednesday, August 3
Time: 10:30 a.m.
Cost: $1.00 (covers all supplies)
Please sign up on the bulletin board outside Barbara's office – limit of 15 participants.

Watermelon is a delicious summer fruit that has become a staple at family picnics and cookouts. Did you know that watermelons are 92% water? No wonder they're so refreshing! There are around 300 different kinds of watermelon in the U.S. and Mexico. You can find red, pink, white, and yellow varieties in various sizes and shapes. According to the Guinness Book of World Records, the heaviest watermelon weighed 262 pounds.

In recognition of National Watermelon Day, we will have some fun watermelon trivia, as well as, you will decorate a cupcake to look like a watermelon. *But don't delay; class is limited to the first 15 who sign up.*

WATERMELON SLICING

Date: Wednesday, August 3
Time: 1:00 p.m.
Sponsor: Willow Ridge Rehab

Join us this afternoon for a sweet slice of juicy watermelon compliments of Willow Ridge Rehabilitation Center.

COMPUTER ASSISTANCE

Dates: Thursdays – August 4, 11, 18, 25
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 GAFFNEY COOK-OUT FOR LUNCH & PRIME OUTLET MALL

Date: Thursday, August 4
Time: 10:45 a.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 10 who sign up.

As we continue with our watermelon theme, we travel to Gaffney today for lunch and watermelon milk shakes *(if you want to try one)* at Cook Out. After lunch we will venture to the Prime Outlet Mall for some summer shopping before returning to the Center.

BLOOD PRESSURE CHECK

Date: Monday, August 8
Time: 9:00 – 11:00 a.m. sharp
Sponsor: White Oak of Rutherfordton
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

"HABITAT FOR HUMANITY" PRESENTATION

Date: Tuesday, August 9
Time: 11:00 a.m.
Speaker: Kim Freeman
Kim is the Executive Director of the Rutherford County Habitat for Humanity. Habitat needs advocate volunteers to guide and assist families through the process of building a Habitat home. Join Kim in the dining room today as she discusses the Habitat's advocate volunteer's role - such as, make contact with the partner family once a week and to attend one monthly educational workshop with the family. This would be a wonderful volunteer opportunity and you would be helping a family get their own home as well.

NATIONAL S'MORE'S DAY: MAKING S'MORE'S & MARSHMALLOW GAMES

Date: Wednesday, August 10
Time: 10:30 a.m.
Cost: $1.00
If you would like to participate please sign up on the bulletin board outside Barbara's office. Limit 12 participants – so don't delay!
Today is National S'mores Day! What says "summer vacation and camping season" better than a hot delicious S'more? Could there be any better way to celebrate summer? In today's activity we will make S'mores, as well as, playing some marshmallow games. This should be a fun and tasty activity that you don't want to miss!

NATIONAL LEFT HANDER'S DAY: "CHALLENGES FOR LEFT HANDER'S" ACTIVITY

Date: Thursday, August 11
Time: 10:30 a.m.
National Left Hander's Day is celebrated each year on August 13. Join us today as we celebrate a few days early and raise awareness of the everyday issues and challenges that "lefties" face in a world designed for right-handed folks! We will have some interesting facts about lefthanders and a discussion on how they adapt to many of the everyday tasks that pose a problem for those "using the opposite hand." Whether you are a "righty or a lefty" join us for today's fun activity. Remember today and every day: ***"Lefties have rights!"***

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

Date: Monday, August 15
Time: 10:30 a.m.
Thinking back to your childhood what were some of your favorite family meals? Did you have a special dessert that your mom used to make? Or maybe there was a special dish she always made as a reward or on your birthday. Today we are asking you bring your favorite family recipes to share with the group.

TECH SUPPORT – HELP WITH YOUR CELL PHONES, ETC.

Date: Tuesday, August 16
Time: 10:30 a.m.
Do you have questions about how to use your smart phone? Do you want to learn more about your cell phone or tablet? If so, join in today's intergenerational program where some volunteer young adults and/or students will be on hand to help answer your technical questions.

TEA PARTY

Date: Wednesday, August 17
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.

CRAFTING w/BOBBI ALLEN

Date: Thursday, August 18
Time: 10:00 a.m.
Cost: $1 (due when you sign up)
Sign-up on sheet is posted outside Barbara's office – class limited to first 12 who sign up
Today Bobbi will help us get though the hot days in August by thinking cooler thoughts while making a special Christmas craft. Bobbie is always so creative and organized with her craft ideas. Join her today as she demonstrates and assists crafters in making a unique snowman that will be a great addition to your winter decorations.

CELEBRATING HAWAII WEEK:

August 22 - 26

Monday, August 22 will begin our ***"Celebrating Hawaii Week."*** Hawaii's Statehood Day is an annual holiday in Hawaii celebrated on the third Friday in August each year. Hawaii's Statehood Day commemorates Hawaii's admission as a state on August 21, 1959. In 1898 the United States annexed Hawaii, which was declared as a "necessary" navy base for the conduct of the Spanish-American War. During World War II, Oahu served as the command post for the US operations in the Pacific. Large portions of Hawaii were turned over for US military bases.

HAWAIIAN SCAVENGER HUNT

Date: Tuesday, August 23
Time: 8:30 – 11:15 a.m.
Limit (1) per person please

In today's Scavenger Hunt seniors will search for a picture of a "Hawaiian symbol." These "symbols" will be hidden throughout the Center, and we are asking each participant to **only find ONE symbol**. Also, please DO NOT find them and give them to other seniors - that takes the fun out of the scavenger hunt! At 11:15 bring your (ONE) Hawaiian symbol into the dining room and exchange it for a prize.

HAWAIIAN CRAFTING w/CRYSTAL

Date: Wednesday, August 24
Time: 10:30 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 activity we will be making colorful Hawaiian lei's. Crystal will demonstrate and assist crafters in how to make your own Hawaiian lei. Be sure to wear them to the Center on Friday for Hawaiian dress day and the Hawaiian Parade.

HAWAIIAN GAMES, HAWAIIAN MUSIC, & HAWAIIAN LEMONADE

Date: Thursday, August 25
Time: 10:30 a.m.

Do not miss today's activity – it is going to be packed full of fun!! We will play "pass the coconut," "marshmallow stack," and other fun Hawaiian games. We will also have some refreshing Hawaiian lemonade as we listen to relaxing Hawaiian music. It may even inspire you to get up and hula!

HAWAIIAN ICE CREAM SHOP

Date: Thursday, August 25
Time: 1:00 p.m.
Cost: 50 cents/scoop; 10 cents/toppings

Join us for a cool afternoon treat of ice cream with "Hawaiian" toppings.

WEAR HAWAIIAN ATTIRE

Date: Friday, August 26

Wear your Hawaiian shirts, dresses, skirts, hats, lei's and jewelry today.

HAWAIIAN PARADE

Date: Friday, August 26
Time: 11:15 a.m.

Join us in the dining room before lunch for our festive Hawaiian Parade. Show off your colorful Hawaiian shirts, dresses, skirts, hats, lei's and/or jewelry. **A special prize will be given to the best Hawaiian dressed man and woman.** Aloha!

"WOULD YOU RATHER" – FUN ACTIVITY

Date: Tuesday, August 30
Time: 10:30 a.m.

Since it is so hot outside, playing a fun interactive game inside the Center with your friends is the better way to spend your morning! "Would You Rather" is a fun game of mind-boggling questions, and also a great way to find out more about your friends and piers at the Senior Center. We will discuss several different scenarios to see which one you would "rather do." *For example: "would you rather age only from the neck up or age only from the neck down?"* This is sure to be a lot o fun!

"USE IT OR LOSE IT"

Date: Wednesday, August 31
Time: 10:30 a.m.

As we age, our knees begin to creak, our skin to sag, and our brains to…shrink? People are capable of learning and remembering at any age - it just might take a little longer. Be here today for this month's "Use It or Lose It" – you are sure to have fun, as well as exercising your brain to help keep it as young as possible!

BIRTHDAY RECOGNITION

Date: Wednesday, August 31
Time: 11:30 a.m. (Dining Room)
Join us as today as we celebrate the August birthdays.

SENIOR HEALTH INSURANCE INFORMATION PROGRAM (SHIIP):

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.

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.

MEMORIALS, HONORARIUMS, AND GIFTS

You can support the work of the Rutherford County Senior Center by making a donation "*In Memory Of*" or "*In Honor Of*" a senior or someone you know. ***All donations are tax deductible.***

Please make checks payable to: *Rutherford County Senior Center.* Fill out the information below and return this form with your donation to: 193 Callahan-Koon Rd, Suite 132, Spindale NC 28160.

Name: _____

Address: _____

City: _____ State ____ Zip _____

Amount: _____

In Memory of: _____

In Honor of: _____

SEND AN ACKNOWLEDGEMENT LETTER(S) TO:

Name: _____

Address: _____

City: _____ State ____ Zip _____

THANK YOU FOR YOUR SUPPORT

SUGGESTION BOX....LET US KNOW WHAT YOU THINK

Your opinion and input is so important to us to know how to plan for the future. One way to give us your input is through our **SUGGESTION BOX –** located in the main lobby of the Senior Center. Paper and pen are provided and you do not have to sign your name if you do not want to. Please include the date with your suggestion. Additionally, you can always stop by our Director's office – Angela is always willing to listen to your ideas and suggestions. ***This is YOUR Center and we welcome your feedback.***

WE ARE COLLECTING SCHOOL SUPPLIES THE MONTH OF AUGUST

A collection box will be in front of the dining room.

ELLENBORO CONGREGATE MEAL PROGRAM – AUGUST 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 10:30 **Blood Pressure Check** 11:00 Biblical History	2 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	3 9:00 Walking & Exercise 10:00 Word Search 11:00 **Summer Fun**	4 9:00 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**	5 9:30 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**
8 9:30 Walking & Exercise 10:00 Word Search 10:30 **Blood Pressure Check** 11:00 Biblical History	9 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	10 9:00 Walking & Exercise 10:00 Word Search 11:00 **Daughter's Day – Share stories of your daughter**	11 9:00 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**	12 9:30 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**
15 9:30 Walking & Exercise 10:00 **Adult Coloring** 10:30 **Blood Pressure Check** 11:00 Biblical History	16 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	17 9:00 Walking & Exercise 10:00 Word Search 11:00 **Best Deal (found) at a Yard Sale/Thrift Store**	18 9:00 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**	19 9:30 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**
22 9:30 Walking & Exercise 10:00 **Adult Coloring** 10:30 **Blood Pressure Check** 11:00 Biblical History	23 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	24 9:00 Walking & Exercise 10:00 Word Search 11:00 Biblical History w/Linda McCurry	25 9:00 Walking & Exercise 10:00 **How to De-Clutter w/Jane Armstrong** 11:00 **Scattergories**	26 9:30 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**
29 9:30 Walking & Exercise 10:00 **Coffee & Chatter** 10:30 **Blood Pressure Check** 11:00 Biblical History	30 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	31 9:00 Walking & Exercise 10:00 Word Search 11:00 **Birthday Celebration**		

HENRIETTA CONGREGATE MEAL PROGRAM – AUGUST 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 Ck** 10:30 **This all happened in August** 11:00 Exercise	2 9:00 Coffee & Chatter 9:30 Piano Music w/B. Moore 10:30 **1950's new products**	3 9:00 Coffee & Chatter 9:30 Piano Music w/B. Moore 10:30 **Grab Some Nuts Day**	4 9:00 Coffee & Chatter 9:30 Piano Music w/B. Moore 10:00 **"Well Hello Dolly" Day 1963** 10:50 **Bingo**	5 9:30 Walking Inside 10:00 **Favorite Thrift Shops** 10:45 Exercise 11:00 Biblical History w/B.Moore
8 9:30 **Blood Pressure CK** 10:30 **Memories of summer** 11:00 Exercise	9 9:00 Coffee & Chatter 9:30 Piano Music w/B. Moore 10:30 **Betty Boop's Birthday....1930**	10 9:00 Coffee & Chatter 9:30 Piano Music w/B.Moore 10:30 **68th Premier of Candid Camera**	11 9:00 Coffee & Chatter 9:30 Piano Music w/B. Moore 10:00 **Favorite Relaxation** 10:50 **Bingo**	12 9:30 Walking Inside 10:00 **How to De-Clutter w/Jane Armstrong** 10:45 Exercise 11:00 Biblical History w w/B.Moore
15 9:30 **Blood Pressure Ck** 10:30 **Call your best friend** 11:00 Exercise	16 9:00 Coffee & Chatter 9:30 Piano Music w/B. Moore 10:30 **Commemorate Elvis' Death.....1977**	17 9:00 Coffee & Chatter 9:30 Piano Music w/B. Moore 10:00 **Master Gardner/Cindy Street** 10:45 Exercise	18 9:00 Coffee & Chatter 9:30 Piano Music w/B. Moore 10:00 **Mail Order Catalogue-1872** 10:50 **Bingo**	19 9:30 Walking Inside 10:00 **1930's T.V. Shows** 10:45 Exercise 11:00 Biblical History w/B.Moore
22 9:30 **Blood Pressure Ck** 10:30 **Do A Small Act of Service** 11:00 **Chat w/the director**	23 9:00 Coffee & Chatter 9:30 Piano Music w/B. Moore 10:30 **Use more herbs, less salt**	24 9:00 Coffee & Chatter 9:30 Piano Music w B.Moore 10:00 **Favorite 2nd Hand Wardrobe** 10:45 Exercise	25 9:00 Coffee & Chatter 9:30 Piano Music w/B. Moore 10:00 **Wizard of Oz Movie/1935** 10:50 **Bingo**	26 9:30 Walking Inside 10:00 **Women's Equality Day 1920** 10:45 Exercise 11:00 Biblical History w/B.Moore
29 9:30 **Blood Pressure Ck** 10:30 **Roy Orbison's "Pretty Woman".....1964** 11:00 Exercise	30 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 10:30 **Celebrate with a favorite Aunt & Uncle**	31 9:00 Coffee & Chatter 9:30 Piano Music w/B. Moore 10:00 **Favorite Relaxation** 10:45 Exercise	**Piano Music is provided by: Barbara Moore on Tuesdays, Wednesdays, & Thursdays**	**Biblical History is by: Barbara Moore on Fridays**

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM – AUGUST 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 **Humor Day** 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 10:30 Craft Time	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 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Your favorite vacation place** 11:00 **Share your favorite food**	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 Time**	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	30 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	31 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Adult Coloring Pages**	**Thursday "Learn To Crochet" is taught by Stephanie Deese, Instructor**	

Senior Center Advisory Board Members:

Amideus Athougies; 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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