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.~

SEPTEMBER 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.

September is Food Safety Education Month. Food safety is extremely important for older adults. According to FoodSafety.gov, adults 65 and older are at a higher risk for hospitalization and death from food borne illness. This increased risk of food borne illness is because our organs and body systems go through changes as we age. These changes include:

- The gastrointestinal tract holds on to food for a longer period of time, allowing bacteria to grow.
- The liver and kidneys may not properly rid our bodies of foreign bacteria and toxins.
- The stomach may not produce enough acid. The acidity helps to reduce the number of bacteria in our intestinal tract. Without proper amounts of acid, there is an increased risk of bacterial growth.
- Underlying chronic conditions, such as diabetes and cancer, may also increase a person's risk of food borne illness.

Learn about safety tips for those at increased risk of food-borne illness. Older adults should always follow these four steps:

- **Clean:** Wash hands and surfaces often.
- **Separate:** Separate raw meat and poultry from ready-to-eat foods.
- **Cook:** Cook food to the right temperatures.
- **Chill:** Chill raw meat and poultry as well as cooked leftovers promptly (within 2 hours). If room temperature is above 90 degrees F, food should not be left out more than 1 hour. This would include items such as take-out foods, leftovers from a restaurant meal, and meals-on-wheels deliveries.

To avoid contracting a food-borne illness, older adults must be especially vigilant when handling, preparing, and consuming foods. Be aware that as you age, your immunity to infection naturally is weakened. Make safe handling a lifelong commitment to minimize your risk of food-borne illness.

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.

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	**1,040 minutes walked**
Jean Cooper	**620 minutes walked**
Nan Thompson	**1,145 minutes walked**

GOOD LUCK – SENIOR GAMES:

Good luck to the Senior Games participants traveling to Raleigh to compete in the state finals September 29 – October 1. Bring home the GOLD!

UPCOMING IN OCTOBER:

Coming in October: Decluttering Class; Tailgate Yard Sale; a "Mystery Trip" and the annual Health & Wellness Fair & Flu Shots.

NATIONAL SENIOR CENTER MONTH

September is National Senior Center Month. This year's theme is: "***Find Balance at Your Center!"*** Every day we want to help provide ways for older adults to find balance and whole person wellness at our senior center. Our goal is to provide ways for seniors to be engaged physically, mentally, and emotionally in our community. Be sure to check out all of the programs and activities offered this month to help you find ***your*** balance.

SPECIAL PROGRAM: COUNTY LIBRARIES

Date: Thursday, September 1
Time: 10:45 a.m.
Speaker: Maria Davis
Join Maria in the dining room this morning as she discusses what all three of the county libraries (Main County, Haynes, and Mountains) have to offer - such as special classes, DVD's, books, ebooks, community rooms, etc.

COMPUTER ASSISTANCE

Dates: Thurs. – Sept. 1, 8, 15, 22, 29
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.

SPECIAL PROGRAM: "5-2-1 ALMOST NONE"

Date: Friday, September 2
Time: 11:00 a.m.
Speaker: Kim Keever, Registered Dietitian
Join Kim today in the dining room this morning as she discusses this nutrition program that focuses on making healthier choices, limiting TV and computer time, increasing physical activity, and drinking less sugar.

HOLIDAY CLOSING

The Senior Center and Nutrition Satellite Sites will be closed Monday, September 5 in observance of Labor Day.

CLASS CANCELATION

Yoga is cancelled Tuesday, Sept. 6

"USE IT OR LOSE IT"

Date: Tuesday, September 6
Time: 10:30 a.m.
Join us today for some fun "use it or lose it" activities, and jump start your brain! For example, add blueberries on your breakfast cereal, make a phone call to a friend, or go bowling on Saturday instead of watching television. Guarding your brain against the forces that drain your memory and slow your thinking skills is that simple! By stepping outside your comfort zone a little each day and then choosing to do so over and over again in new and different ways will help keep your brain active.

"FAMILY FEUD"

Date: Wednesday, September 7
Time: 10:30 a.m.
Join the fun today as we play the Senior Center's version of Family Feud. Unfortunately Steve Harvey won't be here, but fun and laughter is guaranteed as we hear the variety of answers folks come up with when planning this interactive game.

"NAME THAT TUNE"

Date: Thursday, September 8
Time: 10:30 a.m.
MC: Rodney Greene
Join Rodney today as we find out how quickly you can "*Name That Tune*." Rodney will play some tunes and you will be given the opportunity to guess the song. This activity is sure to be a lot of fun and will be good to remember some of the "oldies but goodies."

"CRUISE IN" (CAR SHOW)

Date: Friday, September 9
Time: 10:00 a.m. – 1:30 p.m.
Cruise over to the Senior Center (side parking lot) this morning for our second annual "Cruise In" Car Show. We will have music, cars, and a few surprises! Special thanks to Lewis Freeman and Johnny Adkins for helping make this event possible.

DANCE

Date: Friday, September 9
Time: 6 – 9 p.m.
Cost: $5 (doors open 5:45 p.m.)
Music: Rusty & Chiquita Collins Band
Whether you like to waltz, 2-step, shag, or just "free style" join us for a fun night on the dance floor. Rusty and Chiquita and their band always do a wonderful job with the music so don't miss the fun.

HAPPY GRANDPARENTS DAY

Sunday, September 11

BLOOD PRESSURE CHECK

Date: Monday, September 12
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

WALKING CLUB MEETING

Date: Monday, September 12
Time: 10:45 a.m.
Join the Red Hot Chili Steppers this morning to learn more about this fun walking group. Walking in a group is always fun and a great way to stay motivated and encourage each other.

ZUMBA

Mondays: September 12, 19, 26
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.

'HOW TO BE A SMART SHOPPER & FOOD MYTHS THAT ARE COSTING YOU MONEY"

Date: Tuesday, September 13
Time: 10:30 a.m.
Speaker: Leah McGrath, Ingles Dietician
Leah McGrath, RD, LDN is the corporate dietitian for Ingles Markets and host of "Ask Leah!" She is back with us today to share some great shopping tips and food myths that are costing you money. This is a great opportunity to learn how to save money when food shopping from a pro!

"BINGO" VARIATIONS

Date: Tuesday, September 13
Time: 1:00 p.m.
These will NOT be your traditional games of BINGO. Get ready to switch things up today as we play several "variations" such as – "Top & Bottom Bingo, Blood, Sweat & Tears Bingo, Eight States Bingo, Postage Stamp Bingo, and Death Bingo" – just to name a few!

"COUPON SAVINGS TIPS"

Date: Wednesday, September 14
Time: 10:30 a.m.
September is National Coupon Month. Join Barbara and Crystal this morning as they share some *"Coupon Saving Tips"* that will help you learn how to best use your coupons, and where and when is the best time and places to receive the best "deals for your dollars!"

TRIP TO HAMRICK'S

Date: Wednesday, September 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 "Bus Week" at Hamrick's and that means extra savings for you! It's a great time to start shopping for your fall wardrobe or pick up some super "end of the summer" savings! Don't delay, this trip is sure to fill up fast.

PRIME OF LIFE FESTIVAL

Dates: Thursday, September 15
Time: 9:00 a.m. – 12:30 p.m.
Location: The Foundation at ICC
Everyone age 50+ is invited to attend the annual Prime of Life Festival. This free event is designed to help provide resources and information that will foster healthy and productive lifestyles for people age 50+. There will be Exhibits, Give-Aways, Health Screenings, and much more.

MEET & EAT

Day: Thursday, September 15
Time: 5:15 p.m.
Location: Don's Italian
Sign up on the board outside Barbara's office if you plan on attending.
Join friends tonight at Don's Italian in Spindale – always a popular choice since they offer a variety of delicious menu items. Don't forget it is "Dutch treat" – so bring your wallet.

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

Date: Monday, September 19
Time: 10:45 a.m. (note time change)
September is National Honey Month. Did you know that honey has many benefits in addition to being a

natural sweetener? It is also a common beauty ingredient, a natural energy booster and a cough suppressant. Additionally, the nutritional content of honey includes several vitamins and minerals. This month bring in your favorite recipes that uses honey as one of the ingredients.

ICE CREAM SHOP

Date: Monday, September 19
Time: 1:00 p.m.
Cost: 50 cent per scoop; 10 cents per topping
Summer is coming to an end. Join us today for this season's final Ice Cream Shop.

PEN PALS

Day: Tuesday, September 20
Time: 10:30 a.m.
Please plan on being here today if you signed up to be a pen pal for this upcoming school year. In this first meeting you will be assigned your student pen pal for the year, and get your Pen Pal journal. We will also discuss important information about being a pen pal.

"GIVE ME A BREAK" BINGO

Date: Tuesday, September 20
Time: 1:00 p.m.
"*Give Me a Break*" Bingo is NOT your traditional bingo. The twist is that all the prizes will be "breakable." Don't miss out on the fun this afternoon!

"BRING A GUEST DAY" & TOURS

Date: Wednesday, September 21
Times: 9 – 11 a.m. and 1 – 2 p.m.
REMEMBER YOU MUST BE AGED 55 – 59 FOR ACTIVITIES OR AGED 60 OR OLDER FOR ALL ACTIVITIES AND TO PARTICIPATE IN OUR LUNCH PROGRAM.
Invite a guest* to visit the Senior Center today. Staff members will be giving guided tours of the Center, there will be refreshments, and guests will receive a goody bag. Believe it or not there are many seniors in our county who do not know about the Senior Center and the many programs, activities, and services we provide, and we need your help in getting this information to them. So invite a friend, neighbor, church member, or family member and let's show them what a great place and resource our local Senior Center is!

TEA PARTY

Date: Wednesday, September 21
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.

"FATS, THE GOOD, THE BAD, THE UGLY"

(DIABETES CLASS)
Date: Thursday, September 22
Time: 10:30 a.m.
Speaker: Anita Phillips, RN & RRHS Diabetes Program Coordinator
Join Anita today as she discusses "Fats: The Good, The Bad, and The Ugly." People with diabetes are at high risk for heart disease and limiting your saturated fat can help lower your risk of having a heart attack or stroke. The goal for people with and without diabetes is to eat less than 10% of calories from saturated fat. Anita will help us recognize foods containing saturated fat as well as know what the good fats are. Everyone is welcome to attend this informational meeting.

"SENIOR BEAR DANCE"

SPONSORED BY KIWANIS AKTION CLUB

Date: Friday, September 23
Time: 2 – 4 p.m.
Admission: $1.00

The Kiwanis Aktion Club of Rutherford County is sponsoring today's "Senior Bear Dance" to benefit the Spindale Police department. There will be refreshments, door prizes, and a "twist" contest. All proceeds will be used to purchase Teddy Bears for the Spindale Police officers to carry in their patrol cars to be used to offer comfort to frightened children they encounter during the course of their work. Additionally you can sponsor the purchase of a gift wrapped bear to be donated to the Spindale Police Department immediately for $5 – these will be sold at the dance or you can purchase one through the Senior Center. Join us this afternoon for a fun time and help raise money for this worthy cause, as well.

"RELATIVES AS PARTNERS"

Date: Monday, September 26
Time: 11:00 a.m.
Speaker: Vanessa Parton
Vanessa is the facilitator of the new community support group of "Relatives as Parents." Join her today as she tells about this group.

WALKING CLUB TRIP

Date: Tuesday, September 27
Time: 8:45 a.m.
Today the Red Hot Chili Steppers will travel to the ICC and walk on their trails for a change of scenery. Everyone is welcome.

"BE FIT" w/TISH ZIMMERMAN

Date: Tuesday, September 27
Time: 10:45 a.m.
Join Tish, from Brookdale for a fun exercise session.

CRAFTING w/CRYSTAL

Date: Wednesday, September 28
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 first 12 who sign up.
Join Crystal today as she demonstrates and assists crafters in making a Scarecrow Magnet. This cute craft is a perfect accent for your refrigerator this beautiful fall season.

GARDEN ROCK PAINTING

Date: Thursday, September 29
Time: 10:30 a.m.
Instructors: Kirk & Nancy Milleman
Sign up on the bulletin board outside Barbara's office if you would like to participate. Class is limited to first 15 who sign up. All supplies will be furnished.
Large and small painted rocks are inexpensive outdoor decorations that add beautiful texture, color, organic shapes, and personalized designs to yard landscaping. Join Kirk and Nancy today as they demonstrate and assist you with this fun activity of garden rock painting. Whether you paint something as simple as your name on the rock or get creative with a special design or picture, this is sure to be a treasured accent to your outdoor decor.

BIRTHDAY RECOGNITION

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

SENIOR HEALTH INSURANCE INFORMATION PROGRAM

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.

MEDICARE ANNUAL OPEN ENROLLMENT

October 15 – December 7
Open enrollment runs annually from October 15 to December 7. During this time a Medicare subscriber can change their Medicare supplement health plan (Part B) and/or their Medicare prescription drug coverage (Part D) for the upcoming calendar year.
Appointments are available at the Senior Center from October 17 through December 5 with a certified SHIIP counselor who can review your current plan(s) to ensure they are the best Medicare health care products for your individual needs. *Call 287-6409 to schedule an appointment or stop by front desk at the Center.*

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.

ELLENBORO CONGREGATE MEAL PROGRAM – SEPTEMBER EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday Biblical History is led by: Leonard Goforth			1 9:00 Walking & Exercise 10:00 Word Search 11:00 **Adult Coloring**	2 9:30 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**
5 **CLOSED FOR LABOR DAY**	6 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	7 9:00 Walking & Exercise 10:00 Word Search 11:00 **Coffee & Chatter**	8 9:00 Walking & Exercise 10:00 Word Search 11:00 **Senior Safety w/TAldridge**	9 9:30 Walking & Exercise 10:00 Word Search 11:00 **This was the year/1948**
12 9:30 Walking & Exercise 10:00 **Biblical History** 10:30 **Blood Pressure Check** 11:00 Word Search	13 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	14 9:00 Walking & Exercise 10:00 Word Search 11:00 **Singing w/Neal Murray**	15 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bird Feeder Craft**	16 9:30 Walking & Exercise 10:00 Word Search 11:00 **Bird Feeder Craft**
19 9:30 Walking & Exercise 10:00 **Biblical History** 10:30 **Blood Pressure Check** 11:00 Word Search	20 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	21 9:00 Walking & Exercise 10:00 Word Search 11:00 Biblical History w/Linda McCurry	22 9:00 Walking & Exercise 10:00 Word Search 11:00 **1st Day of Autumn**	23 9:30 Walking & Exercise 10:00 Word Search 11:00 **Birthday Celebration**
26 9:30 Walking & Exercise 10:00 **Biblical History** 10:30 **Blood Pressure Check** 11:00 Word Search	27 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	28 9:00 Walking & Exercise 10:00 Word Search 11:00 **Coffee & Chatter**	29 9:00 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**	30 9:30 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**

HENRIETTA CONGREGATE MEAL PROGRAM – SEPTEMBER 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/B.Moore 10:00 **Recalling your favorite part of the "County Fair"** 10:50 **Bingo**	2 9:30 Walking Inside 10:00 **History of Labor Day** 10:45 Exercise 11:00 Biblical History w/B.Moore
5 **CLOSED FOR LABOR DAY**	6 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 10:30 **Fight Procrastination today**	7 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 10:30 **From the yellow pages**	8 9:00 Coffee & Chatter 9:30 Piano Music w/B.Moore 10:00 **Pardon Day – Forgive Someone today** 10:50 **Bingo**	9 9:30 Walking Inside 10:00 **Remembering Patriot Day** 10:45 Exercise 11:00 Biblical History w/B.Moore
12 9:30 **Blood Pressure Check** 10:30 **This happened in September** 11:00 Exercise	13 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 10:30 **Defy Superstition today**	14 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 10:00 **Star-Spangled Banner/1814** 10:45 Exercise	15 9:00 Coffee & Chatter 9:30 Piano Music w/B.Moore 10:00 **Men put felt hat away day** 10:50 **Bingo**	16 9:30 Walking Inside 10:00 **POW/MIA Recognition Day** 10:45 Exercise 11:00 Biblical History w/B.Moore
19 9:30 **Blood Pressure Check** 10:30 **Constitution Week w/Patsy Willis** 11:00 Exercise	20 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 10:30 **The Signs of Fall**	21 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 10:00 **Cindy Street/ Master Gardner** 10:45 Exercise	22 9:00 Coffee & Chatter 9:30 Piano Music w/B.Moore 10:00 **1st Day of Autumn** 10:50 **Bingo**	23 9:30 Walking Inside 10:00 **Names for Grandparents** 10:45 Exercise 11:00 Biblical History w/B.Moore
26 9:30 **Blood Pressure Check** 10:30 **Write your spouse a love note today** 11:00 Exercise	27 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 10:30 **911 Texting & Medical Forms w/Tammy Aldridge**	28 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore Moore 10:00 **Summer's End** 10:45 Exercise	29 9:00 Coffee & Chatter 9:30 Piano Music w/B.Moore 10:00 **Confucius Day – Get a Fortune Cookie** 10:50 **Bingo**	30 9:30 Walking Inside 10:00 **Safety Pin Invented.....1849** 10:45 Exercise 11:00 Biblical History w/B.Moore

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM – SEPTEMBER EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Learn How To Crochet on Thursdays is taught by: Stephanie Deese, Instructor			1 9:00 Coffee & Chatter 9:30 Walking 10:30 **How to De-Clutter w/Jane Armstrong**	2 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
5 **CLOSED FOR LABOR DAY**	6 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	7 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Remembering 50's & 60's Music**	8 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	9 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
12 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	13 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	14 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Craft Time**	15 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	16 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
19 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:50 **Singing** 11:00 Biblical History	20 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	21 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Your favorite teacher** 11:00 **Your favorite subject**	22 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	23 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
26 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:50 **Singing** 11:00 Biblical History	27 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	28 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Current Events** 11:00 **Tell A joke**	29 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	30 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**

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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Help Save a Stamp

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