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.~

OCTOBER 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.

Are You at Risk for Breast Cancer?

We don't know how to prevent breast cancer, but there are steps you can take to help lower your risk of developing the disease. Some risk factors, such as age, race, family history of breast cancer, and reproductive history, cannot be changed. However, there are lifestyle factors you can change, such as reducing alcohol use, engaging in regular physical activity, and staying at a healthy weight – all of these are linked to lower risk.

Being a woman is the greatest risk factor for breast cancer, but men can develop it, too. As you get older, your breast cancer risk increases. Two out of three women are 55 or older when they are diagnosed with invasive breast cancer. Breast cancer risk is higher among women who have a family history of the disease. Having a first-degree relative (mother, sister, or daughter) with breast cancer increases a woman's risk. Still, most women with breast cancer do not have a first-degree relative with the disease. Other risk factors include:

- Taking post-menopausal hormone therapy (especially combined estrogen and progestin therapy)
- Being overweight or obese, especially if weight is gained after menopause
- Drinking alcohol, especially 2 or more drinks daily
- Being physically inactive
- Having a long menstrual history
- Never having children or having your first child after age 30
- Having had chest radiation to treat a different cancer
- Having a personal history of breast cancer
- Having certain benign (non-cancer) breast conditions

To learn more about breast cancer risk factors and the steps you can take to help reduce your risk, visit the American Cancer Society website at cancer.org/breastcancer or call them at 1-800-227-2345. Also, be sure to take part in the different activities the Senior Center has planned for Breast Cancer Awareness Month. We will be having our annual Health Fair and flu shots on Thursday, October 27th. A variety of screenings are scheduled as well as multiple agencies that will be giving out useful information. I hope you will take advantage of all the health-related events that are being offered 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 programs.

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	1,060 minutes walked
Jean Cooper	640 minutes walked
Nan Thompson	1,005 minutes walked

SILVERSTRIDERS

Annabelle Smith	1,310 minutes walked

UPCOMING IN NOVEMBER:

Coming in November: Craft Sale and Biscuit Sale and Trip to the Southern Christmas Show (see details on page 7)

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH…

which is an annual campaign to increase awareness of this disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. Join us at the Senior Center this month as we have many special "pink" inspired programs.

"PINK" WALK

Date: Monday, October 3
Time: 10:30 a.m.
In recognition of Breast Cancer Awareness Month we will start the month off with a "Pink" Walk. Meet Barbara and Crystal at the front entrance to receive a pink ribbon before we begin our walk. We encourage everyone to think of someone they would like to walk for.

ICE CREAM SHOP

Date: Monday, October 1
Time: 1:00 p.m.
Cost: 50 cents/scoop & 10 cents per topping
Everyone loves a cool afternoon treat, so we are continuing the Ice Cream Shop into the fall season.

ZUMBA

Mondays: October 3, 10, 24
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.

CRAFT TIME – "PINK" CLIP

Date: Tuesday, October 4
Time: 10:30 a.m.
Cost: $1.00 (covers all supplies)
Class is limited to the first 11 who sign up on the bulletin board outside Barbara's office.
In today's activity we will be making a Breast Cancer Awareness "pink" ribbon clip.

"PINK" BINGO – "PINK" RECEPTION **for ladies only**

Date: Tuesday, October 4
Time: 1:00 p.m.
In today's bingo all of the prizes will be "pink" in recognition of Breast Cancer Awareness Month, and there will be "pink" refreshments as well.

CRAFT TIME – "PINK" BRACELET

Date: Wednesday, October 5
Time: 10:30 a.m.
Cost: $1.00 (covers all supplies)
Class is limited to the first 24 who sign up on the bulletin board outside Barbara's office.
In today's "pink" craft we will have an opportunity for you to make a pretty breast cancer awareness bracelet for you to wear all month long.

SPECIAL SPEAKER: "THE BENEFITS OF TAKING A PNEUMONIA VACCINATION"

Date: Thursday, October 6
Time: 10:30 a.m.
Speaker: Anna Burgess
Anna is a Nurse Practitioner with Rutherford Regional Health Systems. Join her in the dining room this morning as she discusses the pneumonia vaccine and the benefits from taking it.

COMPUTER ASSISTANCE

Dates: Thurs. – October 6, 20, 27
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.

SQUARE DANCE

Dates: Thursday, October 6, 13, 20, 27
Time: 4:00 p.m.
It's time to dust off your boots because Square Dancing on Thursdays is back! Bring a partner or come alone, just get ready to have fun and exercise at the same time!

"PINK OUT" DAY

Dates: Friday, October 7
In recognition of National Breast Cancer Awareness month, we are asking everyone to come dressed in "PINK" today from head to toe. ***We will have a prize for the "pinkest" person in the dining room at 11:15 a.m.***

BLOOD PRESSURE CHECK

Date: Monday, October 10
Time: 9:00 – 11:00 a.m. <u>sharp</u>
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*

DE-CLUTTERING CLASS: *"HOW DO I MOTIVATE MYSELF TO CHANGE?"*

Date: Tuesday, October 11
Time: 10:30 a.m.
Speaker: Jane Armstrong
Jane is an expert in organizing and de-cluttering and she always offers great tips and advice. Don't miss today's program which will give you tips on how to get started on things you've been putting off.

MEET & EAT – SCOGGIN'S SEAFOOD & STEAKHOUSE

Day: Tuesday, October 11
Time: 5:15 p.m.
Sign up on the board outside Barbara's office if you plan on attending.
Join friends tonight at Scoggin's Seafood & Steakhouse – always a popular choice since they offer a variety of delicious menu items. Don't forget it is "Dutch treat" – so bring your wallet.

SENIOR SHINERS TRAVEL TO RUTHERFORD LIFE SERVICES

Date: Wednesday, October 12
Leave Center: 9:45 a.m.
Please sign up on the bulletin board at Barbara's office if you want to ride the van – it is limited to the first 12.
Join the Senior Shines as they travel to Rutherford Life Services to entertain their participants with song and dance. If you don't ride the van you can car pool or meet directly at Life Services at 10:00.

CRAFT TIME – "FALL BRACELET"

Date: Wednesday, October 12
Time: 10:30 a.m.
Cost: $1.00 (covers all supplies)
Class is limited to the first 24 who sign up on the bulletin board outside Barbara's office.
Fall is in the air and this festive fall bracelet will make a nice addition to your fall wardrobe.

MYSTERY TRIP

Date: Thursday, October 13
Time: 8:00 a.m. - leaving Center
Cost: $10 – due when you sign up
Van riders are limited to 11 who sign up on bulletin board outside Barbara's office.
Last years' mystery trip was such a BIG success that we decided to take another one this year! The only details you will be given is the departure time is 8 a.m. from the Center. Will we travel north, south, east, or west??? Who knows....it's a mystery! What will we do...it's a mystery! Who will we see...it's a mystery! The NOT knowing is part of the fun! If you are in the mood for a change of pace then this is the trip for you. This trip does require some walking.

SPECIAL SPEAKER: "BENFITS OF SWIMMING/AQUATICS FOR SENIORS"

Date: Friday, October 14
Time: 10:45 a.m.
Location: Conference Room
Special Speaker: Cassidy Upton

Come out this morning to support Cassidy (Crystal's daughter) as she presents an informative and educational program on the benefits of swimming and aquatics for senior adults as part of her high school senior project. She will discuss how swimming/aquatics strengthen a person's muscles and increases their quality of life. Let's give support to a very bright high school student working her way to a very bright future.

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

Date: Monday, October 17
Time: 10:30 a.m.
Halloween is just around the corner; therefore, we are asking you to bring a recipe that has store brought candy as an ingredient. As a fun bonus, we will also be making a special Halloween confection that you can enjoy now or take home for later. You can join the recipe club fun at any time, and since there is this added bonus this would be a perfect month to start.

PEN PALS

Day: Tuesday, October 18
Time: 10:30 a.m.
Be here today to get your first reply from your Spindale Elementary student pen pal and write your next exciting installment in their pen pal journal.

TEA PARTY (FALL THEMED)

Date: Wednesday, October 19
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 fall themed tea party. Don't forget to bring a delicious treat to share with everyone.

TRIP TO FLAT ROCK PLAYHOUSE TO SEE: "*BEEHIVE THE 60'S MUSICAL*"

Date: Wednesday, October 19
Leaving Center: 10:45 a.m.
Cost: $42 ***(Due When You Sign Up – No Name Will Be Reserved A Ticket Until It Is Paid For)***
The sign-up sheet is on the bulletin board outside Barbara's office – van is limited to the first 9 who sign up.

From Lesley Gore to Aretha Franklin and everything in between - "*Beehive: The 60's Musical*" is a celebration of the great female vocalists of that decade. It features such music as: *It's My Party, My Boyfriend's Back, Where the Boys Are, Proud Mary* and *Respect.* Join us for a fun day at Flat Rock playhouse.

CRAFTING w/CRYSTAL: "SPIDER NECKLACE"

Date: Thursday, October 20
Time: 10:30 a.m.
Cost: $1.00 (covers all supplies)
Class is limited to the first 24 who sign up on the bulletin board outside Barbara's office.

Get ready for Halloween by adding a spooky spider necklace to your outfit.

TRIP TO HOSPITAL JEWELRY SALE

Day: Thursday, October 20
Time: 1:00 p.m.
Please sign the sign posted outside Barbara's office if you plan on participating – van is limited to the first 12 who sign up. ***(no cost for trip)***

The right jewelry can change the "look" of an outfit! Take a trip today to the hospital Jewelry sale – where everything cost $5. You are bound to find something you like!

TRIP TO HENDERSONVILLE FOR APPLES, LUNCH, & SHOPPING

Date: Friday, October 21
Leave Center: 10:00 a.m.
Cost: $2 ***(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.

Get ready for a fun fall day! Our first stop is for apples at McAbee's produce stand, then on to lunch at Cracker Barrel, and finally we wrap up the day with some shopping at the Hendersonville mall before returning to the Senior Center.

"PINK NAILS FOR THE LADIES"

Date: Monday, October 24
Time: 9:00 – 11:00 a.m.
***Appointments required –schedule posted outside Barbara's office.**
Michelle McClain and Shelly Crocker from Tips to Toes in Rutherfordton will be her again this year providing "pink nails" for the ladies in recognition of National Breast Cancer Awareness month. You must schedule an appointment as outlined above – no walk-ins.

CRAFTING w/CRYSTAL: "MAKING A PAINTBRUSH SCARECROW"

Date: Tuesday, October 25
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 cute Scarecrow from a paintbrush.

ICE CREAM SHOP

Date: Tuesday, October 25
Time: 1:00 p.m.
Cost: 50 cent per scoop; 10 cents per topping
Everyone loves a cool afternoon treat, so we are continuing the Ice Cream Shop into the fall season.

HALLOWEEN CRAFT TIME w/BOBBI ALLEN: "PUMPKIN GIRL"

Date: Wednesday, October 26
Time: 10:00 a.m.
Cost: $1.00 ***(covers all supplies)***
Class is limited to the first 15 who sign up on the bulletin board outside Barbara's office.
Join Bobbi today as she assists and directs crafters in making a cute little pumpkin girl dressed in a festive costume. This will make a great addition to your Halloween decorations.

MEDICARE ANNUAL OPEN ENROLLMENT

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 with a certified SHIIP counselor who can review your current plans. *Call 287-6409 to schedule an appointment or stop by front desk at the Center.*

ANNUAL HEALTH FAIR & FLU SHOT CLINIC

Date: Thursday, October 27
Time: 8:30 – 11:30 a.m.

We invite seniors, age 55 and older, to come and take advantage of all the health-related offerings at the Center's annual health fair today. There will be numerous representatives from area health agencies offering a wide array of screenings, blood work, and flu shots, as well as, multiple agencies giving out useful information about the services they provide.

INFORMATION BOOTHS AVAILABLE:

- Chad Arrowood, Financial Representative
- Brookdale
- Fair Haven
- Foothills Credit Counseling
- Gentiva
- Habitat for Humanity
- Harmony Hills
- Hospice
- Edwards Jones
- LaurelHurst & LaurelWoods
- Lifestyles Wellness & Spa
- Levine Cancer Cnt/Carolinas HealthCare
- Rite Aid Pharmacy
- Rutherford LifeServices
- Rutherford Polk Health Department
- Seniors' Health Ins. Info. Program (SHIIP)
- Skin Care
- Smokey Mtn LME/MCO
- White Oak
- Willow Ridge Rehabilitation

Blood Work

The Rutherford Health Department will be offering blood profiles which include: a complete Metabolic Panel (14 different tests including kidney, liver, blood sugar, and electrolytes) and a Lipid Panel (cholesterol, triglycerides, hemoglobin, white and red cells, and platelets.)

- Cost for the blood profiles is $9.00. If you plan to have blood work, you will need to pick up a registration form at the Senior Center's front desk to complete before the Health Fair.
- YOU MUST BE FASTING (no food or drink for 12 hours, except water)
- If you are planning on getting the flu shot today—BE SURE AND HAVE YOUR BLOOD TEST FIRST.

SCREENINGS AVAILABLE:

Balance Testing (Myo Balance)
Blood Glucose (*Rutherford Regional)*
Blood Pressure
Blood Profile (*Rutherford Health Department)*
Ear Canal Screening *(Miracle Ear)*
Flu Shot (*Rutherford Health Department*)
Foot Evaluations & Diabetic Shoes (*Smith's Drug)*
Heart Rate *(Willow Ridge Rehabilitation)*
Height & Weight
Oral Screening (*Rutherford Health Department)*
Neck & Shoulder Massage *(Linda Bedow)*
Snoring & Sleep Apnea Solutions *(Dr Brian Moore)*
Spinal Screening *(Carolina Chiropractic Plus)*
Vision Screening (*Morganton Eye)*

FLU SHOT CLINIC

Date: Thursday, October 27
Time: 8:30 a.m. – 11:30 a.m.

The Rutherford Health Department will be administering flu shots during the Health Fair for seniors 60 years of age or older. Medicare B will cover the cost of the shot, so be sure and bring your Medicare card. If you do not have Medicare, the cost of the shot will be $30.

NOTE: There are limited funds available to assist the seniors who are not qualified for Medicare, and would like to receive a flu shot. See Angela Ezell, Senior Center Director or call her at 828-287-6411.

WEAR ORANGE, & BLACK TODAY

Date: Friday, October 28
Time: ALL DAY

Let's see who can be the most creative and channel the most pre-Halloween "spirit" by dressing in orange and black from head to toe today.

HALLOWEEN COSTUME PARADE & CONTEST

Date: Monday, October 31
Time: 11:15 a.m.
Location: Dining Room

Come dressed today in your best Halloween Costume for the Center's annual "Costume Parade and Contest" Everyone be in the dining room at 11:15 for the parade and contest! It's is sure to be entertaining!

BIRTHDAY RECOGNITION

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

HALLOWEEN B-I-N-G-O

Date: Monday, October 31
Time: 1:00 p.m.
Let's have some Halloween fun BINGO – will you get "tricks" or "treats"….. you have to show up to find out!

COMING IN NOVEMBER *(sign up sheets for both events will be posted October 1)……*

CRAFT & BAKE SALE

Date: Friday, November 4
Time: 8:00 a.m. – 11:30 a.m.
If you would like to participate in this craft sale/bake sale please sign up on the bulletin board outside Barbara's office - the signup sheet will be posted beginning October 3.
Crafters and Bakers welcome! Be here this morning to sell your homemade crafts and/or baked goods. Shoppers this is a great time to buy some early Christmas gifts. *Crafters remember - no yard sale items - all items must be either handmade/homemade.*

SAUSAGE & HAM BISCUIT SALE

Date: Friday, November 4
Time: 8 -10 a.m.
Cost: $2 each **Pre-orders will be taken for biscuits**
The Center will once again have delicious sausage and ham biscuits made fresh this morning by our talented kitchen staff for the bargain price of only $2 each. The money raised will be used for activities.

TRIP TO ANNUAL SOUTHERN CHRISTMAS SHOW

Date: Tuesday, November 15
Time: leaving at 8:00 a.m. sharp and returning between 5:00 to 5:30 p.m.
Cost: $27.00 each (due when you sign up)
Deadline to sign up is Friday, November 4th. Pre-registration is required and limited to the first 25 individuals who sign up on the bulletin board outside Barbara's office – the signup sheet will be posted beginning October 3 for this trip.
What do you get when you combine an Olde Town filled with charming shops, Festive music, Smiling faces, Crafts galore, Yummy food, Holiday decor, Santa, Over 400 holiday merchants with gifts for all ages, …and enough fun to last all year? You get the 49th annual Southern Christmas Show, this year celebrating a "Carolina Christmas" …All under one roof, and waiting to welcome you. No *wonder* it's the largest and most popular holiday show in the country. Join us for this annual tradition and travel by a deluxe Travel Lynx charter bus. The $27 fee covers your bus ticket and admission to the Christmas show. Your ticket will be given to you on the bus before we get to the show. The bus will drop you off and pick you back up at the entrance.

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.

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 drugs. 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 – OCTOBER EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Walking & Exercise 10:00 Word Search 10:30 **Blood Pressure Check** 11:00 Biblical History	4 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	5 9:00 Walking & Exercise 10:00 Word Search 11:00 **National Cookie Month Eating Cookies**	6 9:00 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**	7 9:30 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**
10 9:30 Walking & Exercise 10:00 Word Search 10:30 **Blood Pressure Check** 11:00 Biblical History	11 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	12 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bible History with Linda McCurry**	13 9:00 Walking & Exercise 10:00 Word Search 10:30 **Coffee and Chatter** 11:00 **Scattergories**	14 9:30 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**
17 9:30 Walking & Exercise 10:00 **Adult Coloring** 10:30 **Blood Pressure Check** 11:00 Biblical History	18 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	19 9:00 Walking & Exercise 10:00 Word Search 11:00 **Birthday Celebration**	20 9:00 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**	21 9:30 Walking & Exercise 10:00 Word Search 11:00 **Piano and Singing with Tommy Wishion**
24 9:30 Walking & Exercise 10:00 **Adult Coloring** 10:30 **Blood Pressure Check** 11:00 Biblical History	25 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	26 9:00 Walking & Exercise 10:00 Word Search 11:00 **National Book Month - Discuss your favorite book**	27 9:00 Walking & Exercise 10:00 **Word Search** 10:30 **Singing with Neal Murray** 11:00 **Scattergories**	28 9:30 Walking & Exercise 10:00 Word Search 10:30 **Halloween Trivia** 11:00 **Scattergories**
31 9:30 Walking & Exercise 10:00 **Halloween Party** 10:30 **Blood Pressure Check** 11:00 Biblical History				

HENRIETTA CONGREGATE MEAL PROGRAM – OCTOBER EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 **Blood Pressure Check** 10:15 **Smith's Drugs Flu Shots** 11:00 Exercise	4 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 11:00 **Celebrate Snoopy's Birthday 66 years old** **BREAST CA. AWARENESS DAY**	5 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 10:00 **Favorite thing about fall** 10:45 Exercise	6 9:00 Coffee & Chatter 9:30 Piano Music w/B.Moore 10:00 **Enjoy your favorite pumpkin frappe** 10:50 **Bingo**	7 9:30 Walking Inside 10:00 **Smile Day - Do an act of kindness** 10:45 Exercise 11:00 Biblical History w/B.Moore
10 9:30 **Blood Pressure Check** 10:30 **Columbus Day.....1492** 11:00 Exercise	11 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 10:30 **Remembering When - Computer Technology**	12 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 10:30 **Get smart about your credit**	13 9:00 Coffee & Chatter 9:30 Piano Music w/B.Moore 10:00 **Face Your Fears Today** 10:50 **Bingo**	14 9:30 Walking Inside 10:00 **Favorite Co. Fair Memory** 10:45 Exercise 11:00 Biblical History w/B.Moore
17 9:30 **Blood Pressure Check** 10:30 **Wear Something Gaudy Day** 11:00 Exercise	18 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 10:30 **Are You Older Than Dirt?**	19 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 10:00 **Guess the 1st Frost** 10:45 Exercise	20 9:00 Coffee & Chatter 9:30 Piano Music w/B.Moore 10:00 **Thank a waiter today** 10:50 **Bingo**	21 9:30 Walking Inside 10:00 **The splendor of fall** 10:45 Exercise 11:00 Biblical History w/B.Moore
24 9:30 **Blood Pressure Check** 10:30 **Memories of walking to school** 11:00 Exercise	25 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 10:30 **Spooky Riddles**	26 9:00 Coffee & Chatter 9:30 Piano Music w/ B.Moore 10:00 **Sing pumpkin carols** 10:45 Exercise	27 9:00 Coffee & Chatter 9:30 Piano Music w/B.Moore 10:00 **Halloween Riddles** 10:50 **Bingo**	28 9:30 Walking Inside 10:00 **Frankenstein Day - 1818** 10:45 Exercise 11:00 Biblical History w/B.Moore
31 9:30 **Blood Pressure Check** 10:30 **Halloween Fun** 11:00 Exercise **WEAR ORANGE & BLACK**				

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM – OCTOBER EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	4 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	5 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Share Pasta Recipes** 11:00 **Tell A Joke**	6 9:00 Coffee & Chatter 9:30 Walking 11:00 **Chat w/the Director**	7 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
10 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	11 9:00 Coffee & Chatter 9:00 **Flu Shots** 9:30 **Choir** 10:00 Walking 10:30 Word Search	12 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Craft Time**	13 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	14 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
17 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	18 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	19 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Country Music Month – Enjoy CD's**	20 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	21 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
24 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:50 **Singing** 11:00 Biblical History	25 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	26 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Craft Time**	27 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	28 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
31 9:00 Coffee & Chatter 10:00 Word Search 10:50 **Singing** 11:00 Biblical History **HALLOWEEN PARTY**			**Learn How 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:

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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

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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

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