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.~

NOVEMBER 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.

Be Thankful

Be thankful that you don't already have everything you desire,
If you did, what would there be to look forward to?
Be thankful when you don't know something
For it gives you the opportunity to learn.
Be thankful for the difficult times.
During those times you grow.
Be thankful for your limitations
Because they give you opportunities for improvement.
Be thankful for each new challenge
Because it will build your strength and character.
Be thankful for your mistakes
They will teach you valuable lessons.
Be thankful when you're tired and weary
Because it means you've made a difference.
It is easy to be thankful for the good things.
A life of rich fulfillment comes to those who are
also thankful for the setbacks.
GRATITUDE can turn a negative into a positive.
Find a way to be thankful for your troubles
and they can become your blessings.

-Author Unknown

The holiday season is quickly approaching. Thanksgiving is one of my favorite holidays. I love spending time with family, and of course all of the wonderful food! As we celebrate Thanksgiving this year, let's remember all of the blessings that we have both great and small. Happy Thanksgiving!

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:

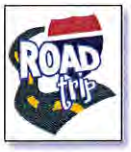
Volunteers are the backbone of Rutherford County Senior Center's Meals on Wheels program. Approximately 2,000 meals are delivered each month to an average of 145 participants of this worthwhile program. In addition to delivering a fresh, hot meal M-F, the MOWs volunteer provides a "mini visit" and a 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.

WALKING MINUTES:

"RED HOT CHILI STEPPERS"

Judy Baguskis	1,170 minutes walked
Jean Cooper	600 minutes walked
Nan Thompson	1,035 minutes walked

SILVERSTRIDERS

Annabelle Smith	1,210 minutes walked

UPCOMING IN DECEMBER:

Trip to Concord Mills Mall (Dec 2)
Trip to see the Christmas Lights (to be determined)
Trip to Hamrick's of Gaffney (to be determined)

DAYLIGHT SAVINGS TIMES ENDS

SUNDAY, NOVEMBER 6.
Don't forget to "fall" back one hour.

CENTER CLOSINGS:

November 11 (Friday)
Veterans Day

November 24 & 25 (Thursday/Friday)
Thanksgiving Holiday

ATTENTION ALL VETERANS

All veterans who are planning to attend our special Veteran's program on November 10th please put your name and branch of service on the list outside the dining room.

COLLECTING TOYS FOR TOTS

The Senior Center is helping the Marine Corps Reserve collect toys for children to be distributed in our county for Christmas again this year. If you would like to help, bring an unwrapped new or slightly used toy to the collection box outside the dining room through Friday, December 23rd.

"THANKFUL PUMPKIN PATCH"

Date: Tuesday, November 1

Stop by the dining room today and write what you are thankful for on a "Pumpkin." The "thankful pumpkin patch" will be on display during the entire month of November.

"MOCK ELECTION"

Date: Tuesday, November 1
Time: 9 – 11:15 a.m.

Since Election Day is only one week away, we thought it would be fun to have a Senior Center "mock election." Participants can vote for their choice of President today between 9 – 11:15 a.m. Barbara and/or Crystal will be sitting out front and will have ballots for you to vote. We will announce the winner right before lunch. Remember this is only a "*mock*" voting procedure.

"TRANSPORTATION TO EARLY VOTING"

Date: Tues, Nov 1 & Wed. Nov 2
Time: 10:00

Sign up on the sheet posted outside Barbara's office if you need to be transported by our bus to the Board of Elections so you can vote early. ***Limited to the first 12 persons who sign up for each of these dates.***

MAKING PEANUT BUTTER PUMPKINS

Date: Wednesday, November 2
Time: 10:30 a.m. Cost: $1
If you would like to participate, sign up on the board outside Barbara's office.

November is Peanut Butter Lovers Month! Peanut butter is used in hundreds of recipes from peanut sauces to classic peanut butter cookies. Join us today as we transform just a few ingredients plus some delicious peanut butter and make a cute and delicious fall treat. ***Don't forget to bring a container to take your pumpkins home in!***

November was designated as National Alzheimer's Awareness Month in 1983 by President Ronald Reagan. At the time, fewer than 2 million Americans had Alzheimer's; today, the number has soared to nearly 5.4 million people. Get involved this month, and help raise awareness for Alzheimer's.

"WEAR PURPLE" DAY

Dates: Thursday, November 3
Go Purple with a Purpose. Wear Purple today in recognition of Alzheimer's Awareness.

"EFFECTIVE COMMUNICATION FOR PEOPLE WITH ALZHEIMER'S"

Date: Thursday, November 3
Time: 10:30 a.m.
Speaker: Denise Young, Alzheimer's Association

Join Denise this morning as she presents this informative program. Changes in the ability to communicate are unique to each person with Alzheimer's. In the early stages of dementia, the person's communication may not seem very different or he or she might repeat stories or not be able to find a word. As the disease progresses, a caregiver may recognize other changes such as: using familiar words repeatedly, inventing new words to describe familiar objects, easily losing his or her train of thought, reverting back to a native language, having difficulty organizing words logically, speaking less often. She will also share some ways to help the person with Alzheimer's communicate more effectively.

"THANKFUL THURSDAYS"

Dates: Thursday, November 3 & 17
Time: 11:15 a.m.

November is always a time when we reflect on all the many things we have to be thankful for so today right before lunch on these two Thursdays we will give you an opportunity to share something or someone that you are thankful for. Let's all count our blessings!

COMPUTER ASSISTANCE

Dates: Thurs. – Nov. 3, 10, 17
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, Nov. 3, 10, 17
Time: 4:00 p.m.
Always a fun way to spend Thursday afternoon - bring a partner or come alone, just get ready to have fun and exercise at the same time!

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.

CRAFT & BAKE SALE

Date: Friday, November 4
Time: 8:30 a.m. – 11:15 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
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.*

"THANK A VETERAN" DAY

Date: Monday, November 7
Time: 9 – 11:15 a.m.
Veterans or family members of veterans stop by and see Barbara and Crystal. They will have star cut-outs for the veteran's name. These "stars" will be displayed in the dining room all week. Don't forget to come by and sign a star so we can honor all of our Veterans during this special recognition week. ***REMINDER TO ALL VETERANS: If you are planning on attending the special Veteran's program on Thursday please let Barbara or Crystal know your name and branch of service. We have a very special Veteran's recognition program planned to honor and acknowledge all our men and women who served their country.***

REFRESHMENTS FOR VETERANS

Day: Tuesday, November 8
Time: 9 – 10:15 a.m.
All Veterans are invited to come by this morning and have some refreshments as a small token of gratitude for all you have done for our country.

POPCORN

Day: Tuesday, November 8
Time: 1:00 p.m.
Cost: Free to all our Veterans, and 50 cents per bag to all others
Who's ready for some hot, buttery popcorn? Be here today and enjoy this special treat.

TRIP: HOLOCAUST MUSEUM

Day: Wednesday, November 9
Time: 9:45 a.m. (returning before lunch)
Cost: No Charge
Please sign up on the bulletin board outside Barbara's office if you plan on attending, van riders limited to first 12.
The Holocaust exhibition has handpicked pieces to tell the story and to bear witness to the history and the evidence of the Holocaust and the Jewish people.

MEET & EAT – SCOTT'S CREEKSIDE COUNTRY COOKING

Day: Wednesday, November 9
Time: 5:15 p.m.
Sign up on the board outside Barbara's office if you plan on attending.
Join friends tonight at Scott's Creekside Country Cooking – located at 2064 Oakland Rd in Forest City. Scott's is always a popular choice since they offer a variety of delicious menu items. Don't forget it is "Dutch treat" – so bring your wallet.

VETERAN'S PROGRAM

Thursday, November 10
Time: 10:30 a.m. sharp
Join us today for this special program where we honor and recognize all of our veterans. There will be special music, special guests, and a special time to thank all our veterans. ***Everyone please be in the dining room seated for the program to begin at 10:30 sharp.***

SENIOR GAMES WRAP UP:

Congratulations to all our State Final Senior Games participants. You represented Rutherford County well!

SILENT CAKE AUCTION BEGINS…

Mon. Nov. 14 – Tues. Nov. 22
Just in time to get a delicious cake for your upcoming holiday gatherings – we will hold a "Silent Cake Auction" from Nov 14 – 22. All proceeds are slated to benefit Home Delivered Meal participants. Each cake will have a description about the cake and who or where it is donated from. There will be a starting bid and a

bidding increment listed on each cake as well. ***Final bids will be take on Tuesday November 22 at 11:00 a.m. and highest bidders will be announced at 11:15. All cakes must be picked up by 2:00 p.m. that day.***

BLOOD PRESSURE CHECK

Date: Monday, November 14
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

RED HOT CHILI STEPPERS "FIELD TRIP TO RAILS TO TRAILS" & STEPPERS MEETING

Monday: November 14
Time: 9:45 a.m.
Today the Chili Steppers will travel for a fun "field trip" to the "Rails to Trails" and walk there for a change of scenery. They will also have their monthly meeting during this time. You can join the fun at any time and you do not have to walk at the Senior Center to be part of the Red Hot Chili Steppers – ask Barbara or Crystal for more details.

ZUMBA

Mondays: November 14 & 21
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.

TRIP: 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
Join us for festive music, smiling faces, crafts galore, yummy food, holiday decor, Santa, and over 400 holiday merchants with gifts for all ages at the 49th annual Southern Christmas Show. We will travel by a deluxe Travel Lynx charter bus. The $27 fee covers your bus ticket and admission. The bus will drop you off and pick you back up at the entrance.

PEN PALS

Day: Tuesday, November 15
Time: 10:30 a.m.
Be here today to read what your Spindale Elementary student pen pal has to say and write them a reply and wish them a Happy Thanksgiving.

TEA PARTY

Date: Wednesday, November 16
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 treat to share.

MEN ONLY TRIP: PARTON LUMBER & BOX CAR GRILL

Date: Wednesday, November 16
Time: 9:45 a.m. Cost: $ 1
A sign-up sheet is posted on the board outside Barbara's office – van riders are limited to first 10 who sign up.
You have asked for it and here it is – a trip especially for the gentlemen of the Center. Join friends today for an interesting tour of Parton Lumber Company then travel to Marion for a delicious lunch at the Box Car Grill.

"FRAUDS & SCAMS TO SENIORS"

Date: Thursday, November 17
Time: 10:45 a.m.
Speaker: Andrew Tisdale, Edward Jones
Join Andrew today as he discusses frauds and scams for seniors. There are many ways in which people try to target and scam senior citizens (Medicare/health insurance scams, counterfeit prescription drugs, funeral/cemetery scams, internet, investment schemes, homeowner/reverse mortgage scams, sweepstakes & lottery, the grandparent scam.) Financial scams often go unreported and can be difficult to prosecute, so they're considered a "low-risk" crime. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk for financial abuse, and it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members.

"WHAT I AM THANKFUL FOR"

Date: Friday, November 18
Time: 11:00 a.m.
As we reflect during this upcoming Thanksgiving season, today we will share what "*I am Thankful For...*" This will take place in the dining room before lunch today.

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

Date: Monday, November 21
Time: 10:30 a.m.
Please bring Thanksgiving meal recipes that you want to share with the group. It could be anything from turkey, side dishes, desserts, breads etc. Also in today's meeting we will be discussing some of your Thanksgiving mistakes. As a special treat in today's meeting we will be making a turkey from an apple. Don't miss this month's meeting as it is the perfect time of the year for cooking and sharing recipes.

SILENT CAKE AUCTION ENDS

Tuesday, November 22
REMINDER: The cut off time for your FINAL BID for the Silent Cake Auction is 11:00 a.m. The winning bid for each cake will be announced right before lunch, and all cakes must be picked up and paid for today by 2 p.m.

TRIP:BILLY GRAHAM LIBRARY

Date: Monday, November 28
Time: 8:00 a.m. (leaving Center)
Cost: $2
If you would like to go, please sign up on the board outside Barbara's office. Van riders are limited to the first 10 who sign up.
The Billy Graham Library is 40,000 square foot experience where you will discover the life and legacy of America's Pastor. It is designed to reflect Billy Graham's journey from a humble farm boy to an international ambassador of God's love, the barn-shaped building is situated on 20 landscaped acres only miles from where Billy Graham grew up in Charlotte, NC. This trip is sure to fill up fast!

USE IT OR LOSE IT

Date: Tuesday, November 29
Time: 10:30 a.m.
Brain Teasers, puzzles, tongue twisters, hidden pictures, writing with your non-dominant hand, counting backwards, word definitions, commonly misspelled words---these are just a few of the brain exercises we do to get your brain cells jumping. Be sure to enjoy this fun and informative activity, because ***"if you don't use it you will lose it!"***

"WHAT IS DEMENTIA"

Date: Wednesday, November 30
Time: 10:30 a.m.
Speaker: Rebecca Sharp
Rebecca is from Vaya Health (Smoky Mtn. LME), and will be presenting an informative program in our dining room today. She will discuss dementia and Alzheimer's, and will be available to answer your questions following her presentation.

BIRTHDAY RECOGNITION

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

SHIIP & 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.*

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 – NOVEMBER EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Biblical History on Mondays are taught by Leonard Goforth Biblical History on Wednesdays are taught by Linda McCurry	1 9:00 Walking & Exercise 10:00 **Tammy Horton w/Rite Aid – Wellness Wednesday** 11:00 **Bingo**	2 9:00 Walking & Exercise 10:00 **Word Search** 11:00 **Bingo**	3 9:00 Walking & Exercise 10:00 **Word Search** 11:00 **Scattergories**	4 9:30 Walking & Exercise 10:00 **Word Search** 10:30 Puzzles 11:00 **Scattergories**
7 9:30 Walking & Exercise 10:30 Biblical History 11:00 **Word Search**	8 9:00 Walking & Exercise 10:00 **Word Search** 11:00 **Bingo**	9 9:00 Walking & Exercise 10:00 **Word Search** 11:00 **Coffee & Chatter**	10 9:00 Walking & Exercise 10:00 **Word Search** 11:00 **Craft – Candle Holder**	11 **CLOSED FOR VETERAN'S DAY**
14 9:30 Walking & Exercise 10:30 Biblical History 11:00 **Word Search**	15 9:00 Walking & Exercise 10:00 **Word Search** 11:00 **Bingo**	16 9:00 Walking & Exercise 10:00 **Word Search** 11:00 **Controlling Diabetes w/Renee Howard**	17 9:00 Walking & Exercise 10:00 **Word Search** 10:30 Puzzles 11:00 **Scattergories**	18 9:30 Walking & Exercise 10:00 **Word Search** 11:00 **Scattergories**
21 9:30 Walking & Exercise 10:30 Biblical History 11:00 **Word Search**	22 9:00 Walking & Exercise 10:00 **Word Search** 11:00 **Bingo**	23 9:00 Walking & Exercise 10:00 **Word Search** 11:00 Biblical History	24 **CLOSED FOR THANKSGIVING**	25 **CLOSED FOR THANKSGIVING**
28 9:30 Walking & Exercise 10:30 Biblical History 11:00 **Word Search**	29 9:00 Walking & Exercise 10:00 **Word Search** 10:30 **History of Halloween** 11:00 **Bingo**	30 9:00 Walking & Exercise 10:00 **Word Search** 11:00 Coffee & Chatter		

HENRIETTA CONGREGATE MEAL PROGRAM – NOVEMBER EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Piano Music is by Barbara Moore	1 9:00 Coffee & Chatter 9:30 Piano Music **10:30 Favorite ways to use Pumpkins and Gourds**	2 9:00 Coffee & Chatter 9:30 Piano Music **10:30 It all happened in November**	3 9:00 Coffee & Chatter 9:30 Piano Music **10:15 Sadie Hawkins Day** 10:50 Bingo	4 9:30 Walking Inside 10:00 Favorite ways to eat P.Butter 10:45 Exercise 11:00 Biblical History
7 9:30 Blood Pressure Check 10:15 Favorite Tongue Twisters 11:00 Exercise	8 9:00 Coffee & Chatter 9:30 Piano Music **10:30 Enjoy your favorite Cappuccino**	9 9:00 Coffee & Chatter 9:30 Piano Music 10:30 T.V. premier of Sesame Street....1969	10 9:00 Coffee & Chatter 9:30 Piano Music **10:15 Recognition of Veteran's** 10:50 Bingo	11 **CLOSED FOR VETERAN'S DAY**
14 9:30 Blood Pressure Check **10:15 Share favorite Teddy Bear memories** 11:00 Exercise	15 9:00 Coffee & Chatter 9:30 Piano Music 10:30 How to handle holiday stress	16 9:00 Coffee & Chatter 9:30 Piano Music **10:15 The Sound of Music...1959** 10:45 Exercise	17 9:00 Coffee & Chatter 9:30 Piano Music **10:15 Turkey Words** 10:50 Bingo	18 9:30 Walking Inside **10:15 Mickey Mouse Facts.....1928** 10:45 Exercise 11:00 Biblical History
21 9:30 Blood Pressure Check 10:15 Turkey Facts 11:00 Exercise	22 9:00 Coffee & Chatter 9:30 Piano Music **10:30 Sharing what your thankful for?**	23 9:00 Coffee & Chatter 9:30 Piano Music 10:15 Twas the night Thanksgiving 10:45 Exercise	24 **CLOSED FOR THANKSGIVING**	25 **CLOSED FOR THANKSGIVING**
28 9:30 Blood Pressure Check **10:15 What is your favorite Thanksgiving tradition** 11:00 Exercise	29 9:00 Coffee & Chatter 9:30 Piano Music **10:30 Excuses for speeding**	30 9:00 Coffee & Chatter 9:30 Piano Music **10:45 Michael Jackson's album of "Thriller".....1982**		

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM – NOVEMBER EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	2 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Pecan Month-Pecan Recipes** 11:00 Tell A Joke	3 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	4 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
7 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	8 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	9 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Discussion – Current Events**	10 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	11 **CLOSED FOR VETERAN'S DAY**
14 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	15 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	16 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Craft Time**	17 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	18 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
21 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	22 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	23 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Thanksgiving Trivia** 11:00 **What does Thanksgiving mean to you?**	24 **CLOSED FOR THANKSGIVING**	25 **CLOSED FOR THANKSGIVING**
28 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	29 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	30 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Craft Time**	**Thursday's 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

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
SPINDALE, NC
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RETURN SERVICE REQUESTED

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