

**RUTHERFORD
COUNTY
DEPARTMENT
OF AGING/
SENIOR
CENTER**

*Certified Senior Center
of Excellence*

**193 Callahan-Koon
Rd, Suite 132
Spindale, NC 28160
828-287-6409**

Monday
7:30 a.m. – 5:00 p.m.

Tuesday – Friday
8:30 a.m. – 5:00 p.m.



VOLUME 12
NUMBER 12
JUNE 2013

OUR MISSION
To provide
opportunities for
senior adults to help
them maintain and
enhance their quality
of life.



**A UNITED WAY
MEMBER AGENCY**

THE SENIOR CENTER NEWSLETTER

FROM THE DESK OF ANGELA EZELL:

Dear Friends:

The weather is getting warmer each day so there is no doubt that summer is just around the corner. Summer is a great time to be outdoors for various activities, but it can also be dangerous if you aren't careful. Heat-related illnesses are usually the result of prolonged exposure to the sun. These illnesses include sunburn, heat exhaustion and possibly even heat stroke.

Here are some of the easiest ways to stay safe from the heat this summer:

Drink plenty of water – The heat can dehydrate you quickly, so make sure to have plenty of water during the day.

Protect your skin – Use sunscreen when you will be outside for prolonged periods of time, and wear a hat to lessen sun exposure to the face and neck.

Avoid strenuous activity and exercise – Try to exercise during the early morning or late evenings.

Take frequent breaks to cool down – If you have to work outdoors, be sure to take regular breaks.

Check on your friends and family – The heat can be especially difficult on young children and the elderly, so make sure to check regularly on your friends and neighbors during a heat wave.

Physical changes that come with aging make older adults more vulnerable to summer's heat and humidity. Seniors become less sensitive to heat and the feeling of thirst as they age. And on top of that, certain medical conditions, such as heart disease, and medication commonly taken by seniors further increase the risk. Another recommendation is to turn on the air conditioner or go to an air conditioned place, such as the Senior Center. So be sure to plan to spend these hot summer days enjoying the many activities offered here at the Senior Center.

Sincerely,

Angela Ezell

REGISTERING FOR LUNCH

IN ORDER TO BE SURE THAT YOU WILL BE SERVED LUNCH, PLEASE REGISTER BY 12:00 p.m. THE DAY BEFORE YOU PLAN TO EAT.

For your convenience you can go ahead and schedule your lunches for up to 4 weeks when you scan your card at the Senior Center. **If circumstances change and you are UNABLE to come for lunch on a day you previously pre-registered for, please call the Senior Center at 287-6409 by 9:30 a.m. so your lunch can be canceled for that day.**



B-I-N-G-O FUN

Join in for a lively game of BINGO on **MONDAY, JUNE 3 at 1:00 p.m.** A fun time is guaranteed!



“WEAR BLUE” DAY

Everyone search through those closets, and come dressed from head to toe in the color **BLUE** to show your support of Men’s Health Day on **TUESDAY, JUNE 4.** Here are a few

facts about men’s health:

- 1 in 6 men will get prostate cancer.
- Approximately 28,000 men die from prostate cancer each year.
- Men die at higher rates from 9 of the 10 top causes of death.
- Men make up over 92% of workplace deaths.

MEN’S HEALTH

June is National Men’s Health month. Jamie Ingram, from Rutherford Regional’s Cancer Center will be here **TUESDAY, JUNE 4 at 10:30 a.m.**

discussing various men’s health issues. Topics include the tests men need for cancer detection, diabetes, heart disease, stroke, and information about what age to begin various screenings. Remember **EARLY DETECTION OF MANY OF THESE DISEASES IS VITAL.** Many do not have symptoms until they are in the late stages of the disease, which makes treatment options much more limited. Come out and learn more for yourself or someone you love. You will be glad you did.



PEN PALS

The Pen Pals will be traveling to Spindale Elementary **WEDNESDAY, JUNE 5 at 9:30 a.m.** to visit, say good-bye, and wish their student pal a happy summer-break. This will be the last chance to correspond (in any form) with your pal for this school year, so don’t miss this opportunity to do it face-to-face!



CHAIR VOLLEYBALL

Just what some of you have been anxiously waiting for – a **CHAIR VOLLEYBALL** game is scheduled for **THURSDAY, JUNE 6 at 10:30 a.m.** The only skill needed or required is the ability to laugh your socks off, and a good sportsmanship attitude.



JUST DANCE

You loved it last month – so let’s keep dancing through the summer! Join the fun each **THURSDAY at 1:00 p.m.** and “just dance.”

The dates will be: June 6, 13, 20, & 27.



HAMRICK’S SHOPPING TRIP

Barbara is loading the van, with the first 11 who sign up, for a fun-filled day of shopping. The sign-up sheet is posted outside her office, and the \$1 cost is due when you sign up. **PLEASE DO NOT SIGN UP UNLESS YOU ARE POSITIVE YOU CAN GO!** The van will pull-out at **8:45 a.m. on FRIDAY, JUNE 7** from the Center and head to **HAMRICK’S IN GAFFNEY**, where you will shop until lunch time. Then everyone’s back on the van, and heading to Chesnee and the famous **BANTAM CHEF** for lunch. Whether it’s one of their delicious old-fashioned hamburgers or something else you will not leave hungry! After lunch you will swing by **STRAWBERRY HILL** for a brief stop and shop before returning to the Center around 2-2:30 p.m. This will be a great day of fun, fellowship, and **SHOPPING!!!** But hurry, this one is sure to fill up fast!



If you have any questions about Medicare, call **287-6409** and schedule an appointment with one of our certified SHIP counselors.



“WHAT WOULD DAD DO?”

Stroll down memory lane, reminiscing “WHAT WOULD DAD DO” when you went on your first date, or when you wanted to buy your first car. It’s sure to be a fun time sharing stories about your good old Dad on **TUESDAY, JUNE 11 at 10:30 p.m.**

DIABETIC SUPPORT GROUP

Lesley Koonce, RPH from Spindale Drug, will discuss “Diabetes Medicines” at this month’s Diabetic Support Group meeting on **TUESDAY, JUNE 11 at 1:00 p.m.** Everyone is invited to attend, to learn more about this disease.

SUMMER Pictionary

Are you up for a challenge? Come and see how well you can draw and interpret words for “summer.” The fun starts **WEDNESDAY, JUNE 12 at 10:30 a.m.** Everyone come out and play, you are sure to have a great time.

CRAFT TIME WITH LAVADA WALL

Join Lavada Wall and create a one-of-a-kind, beautiful JEWELRY BOX on **THURSDAY, JUNE 13 at 10:30 a.m.** This would be a great item to make as a special gift for your family and friends. The cost for this class is \$1, which covers all supplies. Don’t forget to add your name to the sign-up sheet outside Barbara’s office if you plan on attending.



WEAR RED, WHITE, & BLUE DAY

FRIDAY, JUNE 14 is Flag Day, which commemorates the adoption of the Stars and Stripes as the official flag of the United States. **SHOW YOUR SUPPORT BY DRESSING IN RED, WHITE, & BLUE TODAY.**



BLOOD PRESSURE CLINIC

A Rutherford Regional Medical Center nurse will be taking blood pressures **MONDAY, JUNE 17 from 9-11:00 a.m.** at the Senior Center. Be sure to stop by the front desk, and pick up your Blood Pressure History Card and a number from the receptionist.



****NOTE: MOVED TO 3RD MONDAY THIS MONTH ONLY****

“BATTERS, SPLATTERS, & PLATTERS”



June is National Fresh Fruit and Vegetables Month, as well as, the start of the summer season. This is the perfect time to start pulling out your favorite recipes that use fresh fruit and vegetables and plan your menus accordingly. The USDA recommends that an individual eat between 2 and 2 ½ cups of fresh fruits and vegetables every day, and the health benefits are numerous—plus— they just taste good! On this note, the “**BATTERS, SPLATTERS, & PLATTERS**” Recipe Club will meet **MONDAY, JUNE 17 at 9:30 a.m.** and share their favorite fresh fruit and vegetables recipes. (note: time)

SPECIAL PROGRAM:

“Medicare Summary Notices: Are Those Charges Really Mine?”

Medicare beneficiaries...you may be paying for services you have not received! The North Carolina Senior Medicare Patrol Program (SMP) will present a special program **MONDAY, JUNE 17 at 10:15 a.m.** entitled “**Medicare Summary Notices: Are Those Charges Really Mine?**” At this event you will learn ways to protect yourself against Medicare fraud, waste, and abuse. The mission of the SMP is to “empower seniors to prevent healthcare fraud.” They are part of the NC Department of Insurance. Don’t miss this opportunity to learn valuable information.



ICE CREAM SHOP

Back by popular demand...We will have the **ICE CREAM SHOP** on **MONDAY, JUNE 17 at 1:00 p.m.** Ice cream is .50¢ per scoop, and toppings are .10¢ each. Yum-Yum!



SHUFFLEBOARD & CORNHOLE

The Shuffleboard and Cornhole equipment will be set up on **TUESDAY, MAY 18 at 10:00 a.m.** for anyone who would like to play. The weather is perfect for some fun outdoor activities, so come out and enjoy some friendly competition.



TEA PARTY

The June Tea Party's theme will be **SUMMER TIME**. Be here **WEDNESDAY, JUNE 19 at 9:30 a.m.** for special fellowship, good tea, and tasty treats. Remember to sign-up on the sheet at the front desk if you plan on attending, and bring a summer-time treat to share with the entire group.



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JEWELRY & ICE CREAM TRIP

We will make a trip to the **Masquerade (\$5.00) Jewelry Sale** at Rutherford Regional Medical Center on **WEDNESDAY, JUNE 19 at 1:00 p.m.**

Afterwards, we will make a quick stop for **ICE CREAM** on Main Street in Rutherfordton. What a fun afternoon adventure!



AARP SAFE DRIVING CLASS

Mike Martin will be here **WEDNESDAY, JUNE 19** to conduct an **AARP SAFE DRIVING CLASS**. The class will run from **9-11:30 a.m.** then stop for lunch, and resume from **12:30-2:30 p.m.** Cost is **\$12 for AARP members and \$14 for non-members.**



HERBS FOR YOUR KITCHEN

Jan McGuinn, Agriculture Agent with the Cooperative Extension, will present a program on **HERBS FOR YOUR KITCHEN** on **THURSDAY, JUNE 20 at 10:30 a.m.** Herbs have long held an important place in our health and wellness. We all use herbal plants in our



daily lives, one way or the other, whether for their fragrance, for their healing power, or in a delicious recipe. Herbs contain unique antioxidants, essential oils, and vitamins. They contain substances which help equip our body to fight germs, toxins, and to boost immunity level. In essence, herbs are medicines in smaller doses.

MEET AND EAT CLUB

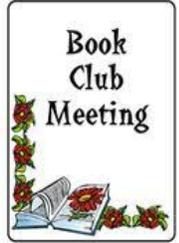
Are you ready for a complete dining experience in a relaxed, family friendly atmosphere? Then join the **MEET AND EAT CLUB TUESDAY, JUNE 20 at 5:15 p.m.** at **GREGORY'S ORIGINAL RESTURANT** (161 Park Lane Drive, Rutherfordton) for their night of



food, fellowship, and FUN. Don't forget to sign up on the bulletin board outside Barbara's office if you plan on attending, so she can reserve a table for the entire group.

"NOVEL APPROACH"

The senior's book club "**NOVEL APPROACH**" will meet **FRIDAY, JUNE 21 at 10:30 a.m.** If you haven't started preparing your summer reading list, then this would be the perfect time to come and hear about some great reads from your fellow book lovers.



SENIOR SHINERS

The Senior Shiners will travel to Willow Ridge to entertain the residents on **FRIDAY, JUNE 21 at 9:30 a.m.**



TRIP TO GREEN ROOM THEATER

Join us **SUNDAY, JUNE 23 at 1:15 p.m.** as we travel to the **GREEN ROOM THEATER** to see "**ANYTHING GOES.**" This age-old tale of boy-meets-girl, and the complications which arise, takes place on an ocean liner bound from New York to London. A series of comical mistaken identities ensues as the passengers and crew sing and dance their way across the Atlantic. In addition to the ever popular title song "Anything Goes," you will be entertained with the Cole Porter classic's "It's De-Lovely" and "I Get a Kick Out of You." **The cost of the trip is \$15, and is due when you sign up.** The sign-up sheet is located on the bulletin board outside Barbara's office. **PLEASE BE SURE YOU CAN GO BEFORE YOU SIGN UP.** After the matinee, we will be stopping for dinner at J&S Cafeteria. We should arrive back at the Senior Center around 7:30 p.m.



"HAVE YOU EVER" GAME

Join the fun **TUESDAY, JUNE 25 at 10:30 p.m.** as we play the fun game "**HAVE YOU EVER.**" Come and find out more about your friends as they answer questions like "Have you ever..." opened a Christmas present early? ..laughed so hard you cried? ...and many more.



SHOPPING TRIP - THRIFT STORES & CONSIGNMENT SHOPS

Who loves a bargain? Be here **WEDNESDAY, JUNE 26** as we leave the Center at **9:00 a.m.** and head to the Shelby area to visit several thrift & consignment shops. We will be returning between **2-3 p.m.** But hurry, only the first 11 who sign up will be able to ride in the van. Cost for the trip is \$1. We will stop and have lunch before we return as well.



If you would like to be considered for this service, please see Barbara Hill or Crystal Upton to fill out an application form.

SILVERSTRIDERS

Keep walking and burning up those miles!
Everyone is doing a great job!



APRIL Totals:

| | |
|-----------------|----------------------|
| Sally Glover | 1,035 minutes walked |
| Betty McFarland | 813 minutes walked |
| Annabelle Smith | 450 minutes walked |

CRAFT TIME WITH LAVADA WALL



Join Lavada Wall **THURSDAY, JUNE 27 at 10:30 a.m.** and make a patriotic July 4th bag to hold all your summer essentials. The cost for this class is \$1, which covers all supplies. Don't forget to add your

name to the sign-up sheet outside Barbara's office if you plan on attending.

BIRTHDAY RECOGNITION



Join in the fun as we celebrate all June birthdays on **FRIDAY, JUNE 28 at 11:30 a.m.**

Wii FUN



Get your blood pumping with a lively game played on the Wii System. The Wii will be set up at **1:00 p.m.** the following days.

TUESDAY, JUNE 18 & 25
FRIDAY, JUNE 28

CHESS, ANYONE?



If you are interested in learning to play Chess, or you already know how please see Barbara or call her at 287-6413. She has someone that would like to play and is willing to teach those who would like to learn.

CAROLINA CROSS CONNECTION

The Carolina Cross Connection volunteers will be assisting seniors with various home projects like painting, cleaning up yards, window washing, building ramps, etc. (*no electrical or plumbing*) the following dates:

June 16 – 22; June 30 – July 6;
July 14 – 20; and July 28 – August 3



FINANCIAL REPORT

A copy of Rutherford County's Comprehensive Annual Financial Report for the year ended June 30, 2012 is available for review. A printed copy is located at the front reception desk, or you can view it on-line.

EMERGENCY INFORMATION

The Rutherford County Sheriff Office has begun utilizing NIXLE as a tool for important alerts, advisories, and county updates. NIXLE offers free communications service to public safety departments. Anyone who is interested in getting free updates from NIXLE by text and/or email can sign up for this service at <http://www.rutherfordcountync.gov/dept/sheriffs/Main.php> and completing the NIXLE form or at <http://www.nixle.com> and signing in by entering the zip code of the area you want to follow.

VACATION RESOURCE GUIDE

The Senior Center has received the latest edition of "**ACCESS North Carolina - A Vacation and Travel Guide for People with Disabilities.**" The book is divided into regions (mountains, foothills, piedmont, coastal plain, coast) and has numerous locations to visit. The accessibility rating for those with disabilities is noted, as well as, a description of the location. It's an excellent source for anyone wishing to explore in their home state. The book is available at the front desk of the Senior Center, or online at: www.ncdhhs.gov/dvrs/pdf/ACCESS-NC.pdf.



2013 SENIOR GAME'S WRAP-UP

Another successful season for our senior games has come and gone. Barbara Hill and Crystal Upton did a fantastic job coordinating all the events this year, in addition to their already full schedules. There were 91 participants in the sporting events; 43 participants in the SilverArts, which include Heritage, Literary, Performing, and Visual, and 17 first-time participants.

PARTICIPANTS WHO QUALIFIED FOR THE 2013 STATE FINALS



| | | | | |
|--------------------|------------------|------------------|------------------|--------------------|
| Diana Alverson | Cindy Ammons | Patricia Bailey | Sam Berger | Rita Biggerstaff |
| Elizabeth Blanton | Gene Blanton | Sam Blanton | Henry Boelens | Barry Bright |
| Louann Camilletti | Walter Caradona | Jimmy Cole | Judy Creighton | Mike Daniel |
| Bobby Davis | Rachel Davis | Martha Dobbins | Patty Eisenhardt | Leroy Forney |
| Sally Glover | Donald Graham | Alvin Greene | Tyson Guy | Steve Hardin |
| Betty Harrill | John Harrill | Pat Harris | Nancy Hartley | Hank Heun |
| Syble Hill | Nicky Horne | Joyce Hoyle | Missy Hughes | Eldon Humphries |
| Ronnie Jackson | Glenda Jenkins | Hal Jenkins | Jean Johnson | Junior Johnson |
| Miles Johnson | Robert Judd | Selma Kilpatrick | James Kimbrell | Joe Kimbrell |
| Tommy Kimbrell | Dan Kurkendall | Ruth Kurkendall | John Kurtz | Charlie Lattimore |
| Billie Lee | David Lewis | Terrell Lewis | Wayne Litaker | Bobby Lovelace |
| David Lucas | Patricia Lucas | Joseph Macopson | Ann Marmom | Bill McCullough |
| Sylvester McDowell | Betty McFarland | Inez McGinnis | Rosaly McIntosh | Denise Meeks |
| Rich Melson | Bernice Mitchell | Geraldine Morgan | Cherrill Moshier | Ervin Munn |
| Lavonda Pleasant | Roger Pleasant | Bea Proctor | Grace Quick | Barbara Rectenwald |
| Bob Reilly | William Rich | Ed Smeal | Vicki Smeal | Judy Smith |
| Agnes Stilwell | Jim Suttle | Malone Thomason | Nan Thompson | Debbie Toney |
| Alfred Urban | Jim Vennera | David Wallace | Eugene Washburn | Paulette White |
| T.C. White | James Whiteside | Linda Wilson | | |

A BIG Congratulation to all this year's winners! Be sure to pick up your State Final entry form from Barbara if you plan on competing in the State games this fall. The deadline for Early Bird entry is **July 1**, and the final deadline is **August 1**. Good Luck and bring home the GOLD!!!

2013 SENIOR GAMES SPONSORS

Humana

Henry Boelens

Go-Forth Services, Inc.

Holland & Hamrick Architects

Legal Grounds

McKinney, Landreth, Carroll Funeral Svs

Rutherford County Habitat for Humanity

Torch Club Members

Willow Ridge

Autumn Care

The Brew House

Healing Touch Chiropractic Center

Billie Lee

Making Ends Meet Consignment

Moose Vending

Smith's Drug

Grace Quick

A Special Thanks To: All our Senior Games Sponsors, Autumn Lanes Bowling, Forest City Parks & Recreation Department, Garth Germack Audio Visual Services Inc, Isothermal Community College, Putt-Putt Golf & Games, Red Fox County Club, S&L Creations, Alan Hill, Hip Hop Mama's Dance Group, Performing Arts Winner, Pepsi Bottling Company, Clark Poole, Chad's Video Service, the Senior Game's Committee Members, all Performing Arts Judges, all Scorers & Assistants, Senior Game's Ambassadors, Torch Club members, Senior Center Staff, and all the many Volunteers who helped in any and all ways – this would not be possible each year without you!



JUNE EVENTS



Sunday, June 16

June 21: summer begins

ELLENBORO NUTRITION CENTER BETHEL BAPTIST CHURCH

- | | |
|---|---|
| June 3 10:00 Current Events 10:30: This was the year – 1973 11:00 Board Games – Bring one to share | June 17 10:00 Current Events 10:30 Word Search 11:00 Spelling Bee |
| June 4 10:00 Bulletin Board Trivia 10:30 Puzzle Fun | June 18 9:30 Biblical History w/L.Goforth 10:30 Puzzle Fun |
| June 5 11:00 "Things You Might Be Allergic To" Word Search | June 19 11:00 Biblical History w/L.McCurry |
| June 6 10:30 Coupon Exchange 11:00 Guest Speaker, Sybil Walker to speak on "Contributions" | June 20 10:30 Weekly Reader 11:00 Anniversary Party – Bring Your Wedding Pictures to Share |
| June 7 10:00 Bridge 11:00 Recognition of June Birthdays | June 21 10:00 Biblical History w/L.Goforth 11:00 Master Detective Game |
| June 10 10:00 Monopoly Game 11:00 Project Lifesaver w/Det McCluney | June 24 10:00 Puzzles & Exercise for the Mind 10:30 "National Rivers Month" Crossword Puzzle 11:00 Scattergories |
| June 11 10:00 Master Detective Game 10:30 Puzzle Fun | June 25 10:00 Bridge 10:30 Puzzle Fun |
| June 12 11:00 Group: Ways to Improve Your Memory | June 26 10:30 Craft Time – Making Flowers from coffee filters 11:00 Scattergories |
| June 13 10:30 Magazine Swap 11:00 Share a Riddle Today | June 27 10:30 Listening to Southern Gospel Music CD's |
| June 14 10:00 "Father's Day" Word Search 11:00 Remembering Our Fathers – Bring a picture of your Father to share | June 28 10:30 Recipe Exchange – Bring Your Favorite Dessert Recipe |

Also, Walking & Team Spirit Exercise every day at 9:00 at the Life Center; Bingo every Tuesday at 11:00; Blood Pressure Checks every Wednesday at 10:00; games, puzzles, coffee, conversation, fellowship, and much more. Call Betty at 453-8668 for more information.

HENRIETTA NUTRITION CENTER HENRIETTA FIRST BAPTIST CHURCH

- | | |
|---|---|
| June 4 10:00 Wedding Memories – Bring Wedding Pictures to Share | June 18 10:00 Person, Place, or Thing |
| June 5 10:00 Craft Time – 4 th of July Decorations | June 19 10:00 "Garfield's Birthday" Word Search 11:00 Cindy Street -- Master Gardner |
| June 7 10:00 Group: Your Favorite Vacation Spot | June 21 10:00 1 st Day of Summer – What's your favorite Summer activity? |
| June 10 11:00 Banana Split Day – Making Banana Splits | June 24 11:00 Guest Speaker, Sybil Walker to speak on "Contributions" |
| June 11 10:45 Riddles & Jokes | June 25 10:30 This Was the Year --- 1973 |
| June 12 10:00 Group: The Best Advice Your Father Ever Gave | June 26 10:00 Recognition of June Birthday's with Cake & Coffee |
| June 14 10:00 Recognition of Father's – Bring pictures of your father | June 28 10:00 Myths About Cats |
| June 17 11:00 Project Lifesaver w/Det. Justin McCluney, RCSD | |

Also, Coffee & Chatter every day at 9:00; Blood Pressure Check every Monday at 9:30; Learn to Crochet with Gene Blanton, Instructor every Monday at 10:00; Walking Inside every Tuesday-Fridays 9:30; Piano Music with Barbara Moore every Tuesday at 10:00; Scattergories every Thursday at 10:00; Bingo every Thursday at 11:00; Biblical History w/Rev. Glenn Wilson 1st, 3rd, & 4th Friday at 11:00 and 10:50 on the 2nd Friday; games, fellowship, and more daily. Call Kay at 657-5441 for more information.

SHINGLE HOLLOW NUTRITION CENTER SHINGLE HOLLOW COMMUNITY BUILDING

- | | |
|---|--|
| June 4 11:00 Guest Speaker, Sybil Walker to speak on "Contributions" | June 19 10:30 Jewelry Making with Betty Parker, Instructor Enjoying Tea – Tea Month |
| June 5 10:30 Jewelry Making with Betty Parker, Instructor | June 20 10:30 Learn to Crochet with Stephanie Deese, Instructor |
| June 6 10:30 Learn to Crochet with Stephanie Deese, Instructor | June 26 10:00 Craft Time – Making Cards – supplies are included |
| June 12 10:00 Bring Wedding or Anniversary pictures to share – refreshments will be served | June 27 10:30 Learn to Crochet with Stephanie Deese, Instructor |
| June 13 10:30 Learn to Crochet with Stephanie Deese, Instructor | |
| June 14 10:30 Honoring Our Fathers – Share a special story with us about your father – Donuts will be served | |

Also, you'll find Coffee & Chatter every day at 9:00; Walking most every day at 10:00; Singing every Monday at 10:50 followed by Biblical History at 11:00; Choir every Tuesday at 9:30; Word Search most everyday at 9:30 except on Tuesdays it's at 10:30; Bingo every Friday at 10:50; Blood Pressure Checks the 1st, 3rd, & 4th Fridays at 10:30 ; fun, fellowship, and much more every day. Call Joyce at 287-0960 for more information.

SENIOR CENTER ADVISORY BOARD MEMBERS:

President, **Sybil Walker**; President-Elect, **Kim Freeman**;
Leon Godlock; **Chuck Hill**; **Junior Johnson**; **Robert Judd**; **Jeanette Klutts**;
Grace Quick; **Lila Simpson**; Ex Officio members, **Carl Classen**; **Bill Eckler**

SENIOR CENTER STAFF:

Angela Ezell, Director

Diane Allen, Nutrition Coordinator/Home-Delivered Meals Coordinator **Sandy White**, Nutrition Assistant
Mary Street, Food Service Supervisor **Carolyn Jamerson**, Food Service Assistant
Helen Hamilton, **Alex Goodman**, Title V Food Service Workers
Louann Camilletti, Senior Center Site Manager **Betty Dodson**, Ellenboro Site Manager
Kay Aldridge, Henrietta Site Manager **Joyce Bailey**, Shingle Hollow Site Manager
Ron Atchley, **Michael Carpenter**, **Ronnie Driver**, **Charles Hill** – Meal Deliveries
Barbara Hill, Program/Activity Coordinator **Crystal Upton**, Program/Activity Assistant
Debbie Conard, Administrative Assistant/Transportation Coordinator **Michelle Smith**, Data Entry
Gloria Nance, Title V Morning Receptionist **Ruby Baker**, Title V Afternoon Receptionist
Wanda Bland, Exercise Instructor **Frank Ensley**, Custodian **Amideus Athougies**, SHIP Volunteer



RUTHERFORD COUNTY SENIOR CENTER
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SPINDALE NC 28160

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