# RUTHERFORD COUNTY DEPARTMENT OF AGING/ SENIOR CENTER

*A North Carolina Certified Center of Excellence*

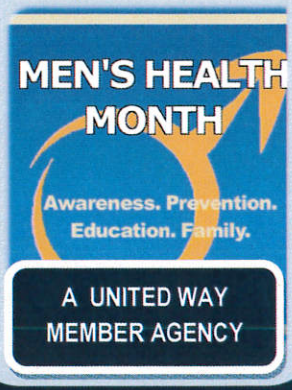
193 Callahan-Koon Rd,
Suite 132
Spindale, NC 28160
828-287-6409

Monday
7:30 a.m. – 5:00 p.m.

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

**JUNE 2014**

**OUR MISSION: Rutherford County Senior Center provides opportunities for senior adults to help them maintain and enhance their quality of life.**




# THE SENIOR CENTER NEWSLETTER

## FROM DIRECTOR ANGELA EZELL'S DESK

Dear Friends:

June is Men's Health Month. The purpose of Men's Health Month is to heighten awareness of preventable health problems, promote healthy living and encourage early detection. On average, men have shorter life spans and tend to be less healthy than women. Their health issues are often silent. Due to lack of awareness, poor health education, and behavior patterns in their work and personal lives, men's health and well-being tends to deteriorate steadily. The top five health threats and causes of death in American men are:

1. Heart Disease
2. Cancer
3. Motor Vehicle Accidents
4. Chronic Lower Respiratory Disease
5. Stroke

Here are some healthy habits to help you stay healthy and live a long live:

1. Quit smoking. There are many programs that can help to stop this habit.
2. Eat healthy. Choose vegetables and lean meat over fat and sodium.
3. Manage chronic conditions. Don't ignore a lingering cough, constant dizziness, or a rapid heartbeat. Be sure to see a doctor.
4. Include physical activity in your routine.
5. Maintain a healthy weight.
6. Manage alcohol.
7. Manage stress. Exercise and yoga or some ways that can help manage stressful situations.
8. Protect skin from sun. Wear sunscreen.
9. Keep yearly doctor's appointments. Early detection of disease can be the difference between life and death.
10. Prevent respiratory infections. Be sure to wash your hands and get a yearly flu shot.

Dr. Glover Little, with Rutherford Urology, will be here on June 25th for a discussion on Men's Health Issues. I also want to encourage each of you to wear blue on June 25th as a reminder of what men can do to improve health and to let men know we care. I hope you will take advantage of all the health-related events that are being offered at the Senior Center!

See you at the Center soon!

*Angela Ezell*

## REMINDER
## PRE-REGISTER FOR LUNCH

**TO ENSURE THAT YOU WILL BE SERVED LUNCH, PLEASE PRE-REGISTER BY 12:00 NOON THE DAY BEFORE YOU PLAN TO EAT.** For your convenience, you may pre-register up to 4 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, just call the Senior Center at 287-6409 before 9:30 a.m. and cancel.**

## VOLUNTEERS NEEDED:

Volunteers are always welcomed and needed at the Senior Center. Current volunteer opportunities include:

### 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 90 participants of this worthwhile program.

In addition to delivering a fresh, hot meal each weekday, the Meals on Wheels volunteer is providing a "mini visit" and a warm, friendly smile to individuals who might not see anyone on a daily basis. Please contact Angela Ezell at 287-6411 for information on how to become a volunteer with Meals on Wheels.

### SENIORS' HEALTH INSURANCE INFORMATON PROGRAM (SHIIP) VOLUNTEER:

SHIIP volunteers help seniors at the Rutherford County Senior Center with questions regarding Medicare, Medicare supplements, Medicare claims processing, Medicare Advantage, Medicare 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 today.

### COUPON ROOM VOLUNTEER:

The Senior Center needs volunteers to help in the Coupon Room with clipping coupons, sorting the coupons in the appropriate baskets, and going through the baskets to remove the expired coupons. Please contact Barbara 287-6413 or Crystal 287-1239 for more information.

**The Senior Center strives to offer free programs and services that will best meet the needs of the aging adults in Rutherford County regardless of economic status, race, creed, education, or other circumstances. Anyone 55 or older can become involved in our activities. For more information call 287-6409.**

### APRIL WALKING TOTALS:

| | |
|---|---|
| Betty McFarland | 600 minutes walked |
| Annabelle Smith | 1,140 minutes walked |
| Nan Thompson | 809 minutes walked |

## NATIONAL MEN'S HEALTH MONTH

The purpose of Men's Health Month each June is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury

## ZUMBA

**Days: Monday – June 2, 23, 30**
**Time: 5:30 p.m.**
**Instructor: Wavolyn Norville**

When attempting to "tone up" or lose weight, finding exercise that is fun, easy, and modifiable for different fitness levels is crucial to a person's success. Zumba is a great choice because it combines fun dance moves and upbeat music – some people say they "*do not even feel like they are exercising!*" Wavolyn is a "pro" at showing modifications to each movement, so no matter what your fitness level is you can achieve your maximum workout – and have fun doing it!

## MAGAZINE SCAVENGER HUNT

**Date: Tuesday, June 3**
**Time: 10:30 a.m.**

Join us today for a fun activity and give your brain a work out to boot! This "hunt" requires good memory, quick thinking, and working together with a team to find a list of items from your magazines.

## "MEDICARE 101"

**Date: Tuesday, June 3**
**Time: 5:30 – 6:30 p.m.**
**Speaker: Catherine Palmer, Western Regional Manager for Seniors' Health Insurance Information Program (SHIIP)**
This free, after hour's informational program is for everyone, no matter your current age, interested in learning more about **MEDICARE and the EXTRA HELP/LOW INCOME SUBSIDY** programs. This is valuable information to help you understand these programs.

## CORN HOLE & SHUFFLEBOARD PRACTICE

**Date: Wednesday, June 4**
**Time: 10:00 – 11:30 a.m.**
Even though the local Senior Games are finished this year, it doesn't mean an end to the fun outdoor activities! We will have all the equipment set up and ready for you to play today. Join friends for a fun game plus added benefit of sunshine, fresh air, and exercise!

## "USE IT OR LOSE IT"

**Day: Thursday, June 5**
**Time: 10:30 a.m.**
"USE IT OR LOSE IT" is an activity about improving your memory and keeping brain cells active. Your brain is more complicated than even the most sophisticated computer. Scientists have found that exercising the parts of your brain that help retain memories can help you sharpen both your short and long term memory skills. Be here today as we provide several entertaining ways to keep our brains in good shape.

## SQUARE DANCE CLASS

**Day: Each Thursday in June (June 5, 12, 19, 26)**
**Time: 6:00 p.m.**
**Please pre-register - sheet posted on the board outside Barbara's office.**
Join everyone for a fun new class this month learning to Square Dance. Anyone aged 55 and over can participate.

## BLOOD PRESSURE CHECK

**Date: Monday, June 9**
**Time: 9:00 – 11:00 a.m.**
**Sponsor: Rutherford Regional**
It's time for monthly blood pressure checks. Don't forget to pick up your BP record card at the front desk to have your reading recorded on.

## CRAFTING WITH CRYSTAL

**Date: Tuesday, June 10**
**Time: 10:30 a.m.**
**Cost: $1.00**
Just in time for the upcoming Flag Day, Crystal will demonstrate and assist crafters in making a beautiful red, white, and blue wreath.

## ICE CREAM SHOP

**Date: Tuesday, June 10**
**Time: 1:00 p.m.**
**Cost: .50 per scoop & .10 per topping**
**Location: Dining Room**
Join us after lunch today for a Senior Center favorite – our very own **ICE CREAM SHOP**. We will have a large variety of delicious toppings. What a great bargain for a warm spring day!

## PERENNIAL GARDENING PROGRAM

**Date: Wednesday, June 11**
**Time: 10:30 a.m.**
**Speaker: Jan McGuinn**
Perennials reward us with their beauty from year to year—but there are so many to choose from---where do you start? There are different no-fail plants for each region of the country; find the best ones for where you live. Jan will discuss a variety of perennials and answer your questions about what may work best for you.

## TRIP TO HAMRICK'S

**Date: Thursday, June 12**
**Time: Leaving Center at 8:45 a.m.**
**Cost: $1.00**
**Pre-registration required - van riders limited to the first 11 who sign up (sheet outside Barbara's office)**
What a FUN trip! Shoppers will travel to Hamrick's of Gaffney for a morning of bargain shopping followed by lunch at Chick Fil-A. Afterwards shoppers will spend a little time shopping at the Prime Outlet stores before returning to the Center mid-afternoon.

## AARP SMART DRIVER CLASS

**Date: Thursday, June 12**
**Time: 9:30 – 11:30 a.m. & 12:30 – 2:30 p.m.**
**Pre-registration required** (sheet outside Barbara's office)
**Cost: $ 15.00 AARP members/$20.00 non-members**
**Instructor: Mike Martin, State Coord. Smart Driver**
All drivers, age 55 and older, who want to sharpen their driving skills, are encouraged to attend this AARP Smart Drivers class. This course is intended to help raise awareness and sharpen safety skills to help older drivers stay safe on the roads as long as possible,

and hopefully prevent being in a crash. The four hour class offers numerous tips for coping with inevitable changes in perception and reaction time, as well as, increased hazards on the roads with faster cars and busy roads. Participants can expect to review the rules of the road, tips on dealing with aggressive drivers, and general safety tips such as how to make left turns into heavy traffic and how often to clean your head and tail lights to maintain maximum visibility. Remember older drivers learned to drive 30, 40, or 50+ years ago, and have driving habits acquired over all those years. While many may think that they are as good behind the wheel as when they were younger – it is highly unlikely! Today driver share the roads with a whole new generation of drivers - some who are texting, talking on a cell phone and not paying full attention.

## WEAR RED, WHITE, & BLUE FOR FLAG DAY

**Date: Friday, June 13**

Flag Day is celebrated each year to honor the United States flag and to commemorate the flags adoption. It's a time to reflect on the foundations of our nation's freedom. The United States flag has been an enduring symbol of the country's ideals since its early days. **In honor of this special day we encourage everyone to wear red, white and blue.**

## SENIOR SHINERS TRAVEL TO WILLOW RIDGE

**Date: Friday, June 13**
**Time: Leaving Center at 9:45 a.m.**

The Senior Shiners travel to Willow Ridge to entertain the residents today. Come and help spread sunshine to the residents and staff at Willow Ridge.

## DOUGHNUTS FOR DADS

**Date: Monday, June 16**
**Time: 9:00 – 10:00 a.m.**

Happy Father's Day to all the men! We invite you to join us for doughnuts and coffee in your honor today.

## RECIPE CLUB

**Date: Monday, June 16**
**Time: 10:30 a.m.**

JUNE IS NATIONAL DAIRY MONTH. In recognition we are asking you to share your favorite recipe using a dairy product. (milk, cheese, cream cheese, etc.) Today families are looking to get the most nutrition they can with a limited food budget. Dairy is a naturally nutrient-rich food group that, for the most part, comes at a low cost---often just pennies per serving. For example, one eight-ounce glass of milk provides nine essential nutrients.

## TRIP TO SWEET FROGS

**Date: Monday, June 16**
**Time: 1:00 p.m.**

**Pre-registration is required – please sign up on the bulletin board outside Barbara's office.**

Sweet Frogs is a chain of frozen yogurt retail stores and the newest one is located right here in Forest City! Sweet Frog customers create their own soft-serve frozen yogurt with numerous flavors and toppings from which to choose. Barbara will be able to drive the first 12 who sign up in the Center's van – others can follow in their own vehicle or meet everyone at Sweet Frogs. (Reminder: you are responsible for paying for your own frozen yogurt.)

## LEMONADE & LAUGHS

**Date: Tuesday, June 17**
**Time: 10:30 a.m.**

We will provide the lemonade and you provide the laughs. Bring in your funnies, jokes and stories that you might want to share with the group.

## TEA PARTY

**Date: Wednesday, June 18**
**Time: 9:30 a.m.**

Join friends today and share a cup of your favorite tea and delicious goodies. Be sure to sign-up at the front desk if you plan on attending. Don't forget to bring your favorite treat to share with everyone.

## TRIP TO $5 JEWELRY SALE

**Date: Wednesday, June 18**
**Time: 1:00 p.m.**

**Van riders limited to the first 12 who sign up on the bulletin board outside Barbara's office.**

It's time again for Rutherford Regional's Auxiliary to host the Masquerade Jewelry fundraising event. This event is always a great place to purchase affordable jewelry.

## CHAIR VOLLEYBALL

**Date: Thursday, June 19**
**Time: 10:30 a.m.**

Chair Volleyball is FUN, it will make you laugh, AND you will get some good exercise for your upper body as well! A Center Favorite!

## SUMMER DANCE

**Date: Friday, June 20**
**Time: 7:00 -10:00 p.m. (Doors will open at 6:45)**
**Cost: $5 each person**
Rusty & Chiquita Collins and Band will be playing some of your favorite tunes. Whether you like to swing dance, line dance, shag, or just dance come out tonight and enjoy the great music and dance the night away.

## TRIP TO GREEN ROOM THEATER

**Day: Sunday, June 22**
**Time: leave Center at 1:15 p.m.**
**Cost: $15 *(due when you sign up)***
**Pre-registration is required – sign up on sheet outside Barbara's office. Van riders limited to first 12 who sign up.**

Travel to the Green Room Theater in Newton, NC to see "Forever Plaid" – one of the most popular successful musicals in recent history! The story centers on four eager, young male singers in the 1950's who were killed in a car wreck on the way to their first big concert. They are now miraculously revived for the posthumous chance to fulfill their dreams and perform the show that never was. Great hits of the 1950's and delightful banter make for a fun-filled evening of entertainment. After the matinee, the group will stop by J&S Cafeteria for dinner before traveling back to the Center.

## HEARING ASSISTANCE MENTORING PROGRAM (CHAMP)

**Date: Tuesday, June 24**
**Time: 9:30 a.m.**
**Speaker: Cynthia Harmon**
**Location: Art Room**
The Senior Center needs experienced hearing aid users interested in volunteering to serve as a mentor for a new program to support seniors with hearing loss. These mentors would help seniors who are struggling with adjusting to wearing hearing aids or who have other challenges related to hearing loss. This new pilot program is a partnership with the NC Division of Services for the Deaf and the Hard of Hearing called **"Communication and Hearing Assistance Mentoring Program—CHAMP for short."** The Volunteer mentor will receive free, training from DSDHH's Hard of Hearing Services Specialist in the areas of Communication and Self-Advocacy; Education (which means Understanding the Effects of Hearing Loss); and Hearing Assistive Technology. This is a wonderful opportunity for you to help others by making it easier for your peers to overcome the challenges created by hearing loss. Come and learn more about this opportunity – it does not obligate you in any way.

## SPECIAL PERFORMANCE: INTERNATIONAL DANCING

**Date: Tuesday, June 24**
**Time: 10:30 a.m.**
**Location: Dining Room**
Everyone is in for a special treat today as Maribelle Sarate brings her students to the Senior Center to perform by demonstrating several international dances. This is one you will not want to miss!

## MEET AND EAT

**Date: Tuesday, June 24**
**Time: 5:15 p.m.**
**Location: Don Ramon's**
**Pre-registration is required – the sign-up sheet is outside Barbara's office**
Who doesn't enjoy having a good meal at a local restaurant with friends? Join us tonight at Don Ramon's in Forest City for some delicious Mexican cuisine. Note: You are responsible for paying for your own meal.

## SPECIAL PROGRAM: "MEN'S HEALTH ISSUES"

**Date: Wednesday, June 25**
**Time: 10:30 a.m.**
**Location: Dining Room**
**Speaker: Dr. Glover Little**
Everyone is invited and encouraged to be here today to hear Dr. Glover Little speak on "Men's Health Issues." This is being sponsored in correlation with National Men's Health Month.

## BASEBALL TRIVIA

**Date: Thursday, June 26**
**Time: 10:30 a.m.**
Who is your favorite baseball team, and baseball player? How much do you know about the game? We will have a lot of fun today with a variety of baseball trivia. All baseball fans encouraged to participate. (Even those who aren't Braves fans!)

## BIRTHDAY RECOGNITION

**Date: Monday, June 30**
**Time: 11:30 a.m.**
We will recognize all those who celebrated June birthdays.

## REMINDER: CAROLINA CROSS CONNECTION

Carolina Cross Connection volunteers will be assisting seniors with various home projects such as: painting, cleaning up yards, window washing, building ramps, etc. *(no electrical, masonry,or plumbing)*: **June 16 – July 26.**
If you would like to be considered for this service, please see Barbara Hill or Crystal Upton to fill out an application.

## FINANCIAL REPORT

A copy of Rutherford County's Comprehensive Annual Financial Report for the year ended June 30, 2013 is available for review. A printed copy is located at the front reception desk, or you can view it on-line.

## RENT A GARDEN SPACE – RFD CO. COMMUNITY GARDEN

The Rutherford Cooperative Extension Center has received a Nourishing North Carolina grant that has enabled them to provide an area for those who would like to have a garden this year. During the last few months Extension Master Gardener Volunteers have been constructing (6) 4'x12' raised plant beds. The plant beds are now completed and ready for area gardeners to get growing! The site is located behind the Rutherford County Health Department building. For a $25 rental fee gardeners can use a raised bed garden for the growing season - $10 will be refunded at the end of the growing season if your bed is weed-free and ready for next year. If you are interested in renting a planting bed, please contact the Rutherford Extension Center at 287-6010 or stop by.

## COMING UP IN JULY..... PLAY AUDITIONS

Coming up in July....auditions will be held for "Murder in the Magnolia's" which will be the Senior Center's play for October 2014. This delightful comedy has "Colonel Rance Chickenwing kicking the bucket, and leaving the secret of his buried treasure to a houseful of demented relatives." With a cast of characters that parody almost every Southern play ever made, and sprinkled with the flavor of "Gone With the Wind" this is sure to be a hilarious success! So start practicing your vocal skills and be ready to audition in July so you can bring your own special brand of magic to one of these delightful characters! Murder in the Magnolia's

## JUNE 2014 - ELLENBORO CONGREGATE MEAL PROGRAM

**Located at: Bethel Baptist Church 479 Main Street, Ellenboro NC 28040**
**Site Manager: Susan Toney Telephone: 453-8668**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 9:30 Walking & Exercise **2** at Family Life Center<br>10:00 **"Salad Bar" Word Search**<br>11:00 **Garden Humor** | 9:00 Walking & Exercise **3** at Family Life Center<br>10:00 **"Ice Cream Parlor" Word Puzzle**<br>11:00 **Bingo** | 9:00 Walking & Exercise **4** at Family Life Center<br>10:00 **"Pacific Coral Reef" Word Search**<br>11:00 **Creative Musings** | 9:00 Walking & Exercise **5** at Family Life Center<br>10:00 **"Pasta Parade" Word Search**<br>11:00 **Jamie Ingraham, Cancer Resource Center** | 9:30 Walking & Exercise **6** at Family Life Center<br>10:00 **Blood Pressure Ck**<br>10:30 **"In the Greenhouse" Word Search**<br>11:00 **"35 Super Foods"** |
| 9:30 Walking & Exercise **9** at Family Life Center<br>10:00 **"Number Puzzle" Search**<br>11:00 **That was the year.....1985** | 9:00 Walking & Exercise **10** at Family Life Center<br>10:00 **"Spring Cleaning" Word Search**<br>11:00 **Bingo** | 9:00 Walking & Exercise **11** at Family Life Center<br>10:00 **"American Forts" Word Search**<br>11:00 Biblical History w/Leonard Goforth | 9:00 Walking & Exercise **12** at Family Life Center<br>10:00 **"VA is for Lovers" Word Search**<br>11:00 Biblical History w/Linda McCurry | 9:30 Walking & Exercise **13** at Family Life Center<br>10:00 **Blood Pressure Ck**<br>10:30 **Word Search**<br>11:00 **"Father's Day" Recognition** |
| 9:30 Walking & Exercise **16** at Family Life Center<br>10:00 **"Atlanta, Georgia" Word Search**<br>11:00 **Bulletin Board Trivia** | 9:00 Walking & Exercise **17** at Family Life Center<br>10:00 **"W. VA Counties" Word Search**<br>11:00 **Bingo** | 9:00 Walking & Exercise **18** at Family Life Center<br>10:00 **"Louisville, KY" Word Search**<br>11:00 **Trivia Cards** | 9:00 Walking & Exercise **19** at Family Life Center<br>10:00 **"Word Search**<br>11:00 **Recognition of June Birthday's** | 9:30 Walking & Exercise **20** at Family Life Center<br>10:00 **Blood Pressure Ck**<br>10:30 **Word Search**<br>11:00 **Fishing Word Puzzle** |
| 9:30 Walking & Exercise **23** at Family Life Center<br>10:00 **"California Dreaming" Word Search**<br>11:00 **Name That Dog** | 9:00 Walking & Exercise **24** at Family Life Center<br>10:00 **"Dog's Day at the Races" Word Search**<br>11:00 **Bingo** | 9:00 Walking & Exercise **25** at Family Life Center<br>10:00 **"When You're Hot, You're Hot" Word Search**<br>11:00 **Trivia Plus** | 9:00 Walking & Exercise **26** at Family Life Center<br>10:00 **Who's the Best" Word Search**<br>11:00 **Person, Place, or Thing** | 9:30 Walking & Exercise **27** at Family Life Center<br>10:00 **Blood Pressure Ck**<br>10:30 **Word Search**<br>11:00 **How Many Towns Have You Lived In?** |
| 9:30 Walking & Exercise **30** at Family Life Center<br>10:00 **Word Search**<br>11:00 **Your plans for the 4th** | **JUNE IS: NATIONAL DAIRY MONTH** | **NOTE NEW HOURS:**<br>**9:30 a.m. – 1:00 p.m. (MONDAY & FRIDAY)**<br>**9:00 a.m. – 1:00 p.m. (TUESDAY – THURSDAY)** | | |

# JUNE 2014 - HENRIETTA CONGREGATE MEAL PROGRAM

**Located: Henrietta 1st Baptist Church Social Hall 2736 Harris-Henrietta Rd, Henrietta, NC 28076**

**Site Manager: Kay Aldridge Telephone: 657-5441**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 9:30 **Blood Pressure Check** 2<br>10:00 **Craft Time – June Craft**<br>10:45 Walking Inside<br>11:00 **"Army Terms" Crossword** | 9:00 Coffee & Chatter 3<br>9:30 Piano Music w/ Barbara Moore<br>10:00 **Wedding Trivia – Share your memories**<br>10:45 Walking Inside | 9:00 Coffee & Chatter 4<br>9:30 Piano Music w/ Barbara Moore<br>10:00 **Discussion – Best Advice Your Father Ever Gave You**<br>10:45 Walking Inside | 9:00 Coffee & Chatter 5<br>9:30 Piano Music w/ Barbara Moore<br>10:00 Scattergories<br>10:30 Walking Inside<br>10:50 **Bingo** | 9:30 Walking Inside 6<br>10:00 **"Early MGM Musicals" Word Search**<br>11:00 Biblical History w/Barbara Moore |
| 9:30 **Blood Pressure Ck** 9<br>10:00 **John's Laugh Lines**<br>10:30 **Crossword**<br>10:45 Walking Inside<br>11:00 **Recognition of June Birthdays** | 9:00 Coffee & Chatter 10<br>9:30 Piano Music w/ Barbara Moore<br>10:00 **Take a friend fishing**<br>10:45 Walking Inside<br>11:00 **Chat Time w/Director** | 9:00 Coffee & Chatter 11<br>9:30 Piano Music w/ Barbara Moore<br>10:00 **Discussion – What is U.S. Flag Day?**<br>10:45 Walking Inside | 9:00 Coffee & Chatter 12<br>9:30 Piano Music w/ Barbara Moore<br>10:00 Scattergories<br>10:30 Walking Inside<br>10:50 **Bingo** | 9:30 Walking Inside 13<br>10:00 **Bring pictures of your fathers to share**<br>10:50 **Recognition of fathers** |
| 9:30 **Blood Pressure Ck** 16<br>10:00 **Discussion – What is your favorite family Vacation?**<br>10:30 **Crossword**<br>10:45 Walking Inside | 9:00 Coffee & Chatter 17<br>9:30 Piano Music w/ Barbara Moore<br>10:00 **"Fruity Feeling" Word Search**<br>10:45 Walking Inside | 9:00 Coffee & Chatter 18<br>9:30 Piano Music w/ Barbara Moore<br>10:00 **Celebrating the 1st day of summer**<br>10:45 Walking Inside | 9:00 Coffee & Chatter 19<br>9:30 Piano Music w/ Barbara Moore<br>10:00 Scattergories<br>10:30 Walking Inside | 9:30 Walking Inside 20<br>11:00 Biblical History w/Barbara Moore 11:00<br>**Things that start with the letter "D"** |
| 9:30 **Blood Pressure Ck** 16<br>10:00 **Serve Chocolate Pudding**<br>10:30 **Crossword**<br>10:45 Walking Inside | 9:00 Coffee & Chatter 24<br>9:30 Piano Music w/ Barbara Moore<br>10:00 **Sunglasses Day – Wear your favorite pair**<br>10:45 Walking Inside | 9:00 Coffee & Chatter 25<br>9:30 Piano Music w/ Barbara Moore<br>10:00 **Humorous Hints to relieve stress**<br>10:45 Walking Inside | 9:00 Coffee & Chatter 26<br>9:30 Piano Music w/ Barbara Moore<br>10:00 Scattergories<br>10:30 Walking Inside<br>10:50 **Bingo** | 9:30 Walking Inside 27<br>11:00 Biblical History w/Barbara Moore 11:00<br>**Ice Cream Party** |
| 9:30 Piano Music w/ Barbara Moore 30<br>10:00 Quote of the day<br>10:45 **Walking Inside** | NATIONAL SOUL FOOD MONTH | NATIONAL WORD SEARCH MONTH | **NOTE NEW HOURS:**<br>**9:30 a.m. – 1:00 p.m. (MONDAY & FRIDAY)**<br>**9:00 a.m. – 1:00 p.m. (TUESDAY – THURSDAY)** | |

# JUNE 2014 - SHINGLE HOLLOW CONGREGATE MEAL PROGRAM

**Located: Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton NC 28139**

**Site Manager: Joyce Bailey Telephone: 287-0960**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 9:30 Coffee & Chatter 2<br>10:00 Walking<br>10:50 **Singing**<br>11:00 Biblical History | 9:00 Coffee & Chatter 3<br>9:30 **Choir**<br>10:00 Walking<br>10:30 Word Search | 9:00 Coffee & Chatter 4<br>9:30 Word Search<br>10:00 Walking<br>10:30 **Joke Time**<br>11:00 **Word Games** | 9:00 Coffee & Chatter 5<br>9:30 Word Search<br>10:00 Walking<br>10:30 **Learn How to Crochet – Stephanie Deese, Instructor** | 9:30 Coffee & Chatter 6<br>10:00 Word Search<br>10:15 Walking<br>10:30 **Blood Pressure Check**<br>10:50 **Bingo** |
| 9:30 Coffee & Chatter 9<br>10:00 Walking<br>10:50 **Singing**<br>11:00 Biblical History | 9:00 Coffee & Chatter 10<br>9:30 **Choir**<br>10:00 Walking<br>10:30 Word Search | 9:00 Coffee & Chatter 11<br>9:30 Word Search<br>10:00 Walking<br>10:30 **Give Away Day – *One man's trash is another man's treasure***<br>11:00 **Recognition of June Birthdays** | 9:00 Coffee & Chatter 12<br>9:30 Word Search<br>10:00 Walking<br>10:30 **Learn How to Crochet – Stephanie Deese, Instructor** | 9:30 Coffee & Chatter 13<br>10:00 Word Search<br>10:15 Walking<br>10:30 **Blood Pressure Check**<br>10:50 **Bingo**<br>**Donuts for Dad** |
| 9:30 Coffee & Chatter 16<br>10:00 Walking<br>10:50 **Singing**<br>11:00 Biblical History | 9:00 Coffee & Chatter 17<br>9:30 **Choir**<br>10:00 Walking<br>10:30 Word Search | 9:00 Coffee & Chatter 18<br>9:30 Word Search<br>10:00 Walking<br>11:00 **Recognition of June Birthdays** | 9:00 Coffee & Chatter 19<br>9:30 Word Search<br>10:00 Walking<br>10:30 **Learn How to Crochet – Stephanie Deese, Instructor** | 9:30 Coffee & Chatter 20<br>10:00 Word Search<br>10:15 Walking<br>10:30 **Blood Pressure Check**<br>10:50 **Bingo** |
| 9:30 Coffee & Chatter 23<br>10:00 Walking<br>10:50 **Singing**<br>11:00 Biblical History | 9:00 Coffee & Chatter 24<br>9:30 **Choir**<br>10:00 Walking<br>10:30 Word Search | 9:00 Coffee & Chatter 25<br>9:30 Word Search<br>10:00 Walking<br>10:30 **Wedding Day – Share your wedding and or anniversary pictures** | 9:00 Coffee & Chatter 26<br>9:30 Word Search<br>10:00 Walking<br>10:30 **Learn How to Crochet – Stephanie Deese, Instructor** | 9:30 Coffee & Chatter 27<br>10:00 Word Search<br>10:15 Walking<br>10:30 **Blood Pressure Check**<br>10:50 **Bingo** |
| 9:30 Coffee & Chatter 30<br>10:00 Walking<br>10:50 **Singing**<br>11:00 Biblical History | **NOTE NEW HOURS:**<br>**9:30 a.m. – 1:00 p.m. (MONDAY & FRIDAY)**<br>**9:00 a.m. – 1:00 p.m. (TUESDAY – THURSDAY)** | | | |

## Senior Center Advisory Board Members:

President, Kim Freeman; President-Elect, Junior Johnson;
Wanda Harris; Robert Judd; Jeanette Klutts; Grace Quick; Lila Simpson; Sybil Walker
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  Susan Toney, 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, Activity & Senior Games Coordinator  Crystal Upton, Activity & Senior Games Assistant
Debbie Conard, Administrative Assistant/Transportation Coordinator  Michelle Smith, Data Entry
Selena McEntrye, Title V Morning Receptionist  Lynn Scruggs, Title V Afternoon Receptionist
Wanda Bland, Exercise Instructor  Frank Ensley, Custodian  Lee Henderson, Title V Custodian
Amideus Athougies, SHIIP Counselor

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