Rutherford County Senior Center

~ A North Carolina Certified Center of Excellence ~ A 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.~

MARCH 2015 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.

Spring time is almost here so that means it is time for Senior Games at the Rutherford County Senior Center. Each spring Rutherford County seniors are encouraged to participate in the local games. The Senior Games promote health and wellness activities through athletic and artistic endeavors for Rutherford County adults' age 50 and better. The Senior Games program encourages seniors to stay active, renew old skills, learn new skills, and exercise a positive outlook on life.

We will kick off the season with the SilverArts participants bringing in their entries on March 13th and these items will be displayed March 17-20th. The purpose of SilverArts is to promote excellence and achievement in the arts among older adults, and have them showcase their talents. SilverArts categories are: Heritage Arts, Visual Arts, Literary Arts and Performing Arts. We will also enjoy a night of fun on Friday, March 27th for the Performing Arts Follies at 7:00 p.m. Come and support your friends!

Senior Games sporting events help you stay mobile, so join in and enjoy the competition and fellowship. The kick-off is on Thursday April 2, starting at 9:00 a.m. with the SilverStriders Fun Walk and then at 10:15 a.m. for the Opening Gala. We will have the Flame Arrival Ceremony followed by the Lighting of the Torch. The Sporting Events will be from April 2-17th with several practice dates scheduled in March.

Senior Games and SilverArts bring together the athlete and artist in a program that recognizes common values—discipline, dedication, and a sense of accomplishment! Senior Games provides a forum to meet new people, enjoy healthy competition, be creative, and most important to HAVE FUN!! Be sure to register for the 2015 Rutherford County Senior Games by March 6th!

Angela Ezell, Director

DON'T FORGET TO PRE-REGISTER FOR LUNCH TO ENSURE THAT YOU WILL BE SERVED

We ask that you please pre-register by 12:00 noon the day before you plan to eat, or you can pre-register, for several weeks in advance, by using your MySenior scan card. If circumstances change and you are UNABLE to come on a day that you have pre-registered for, please call the Senior Center at 287-6409 before 9:30 a.m. to cancel.

BOX TOPS FOR EDUCATION

The Senior Center has an ongoing project of collecting box tops for education for local schools. So clip those box tops and drop them in the jar located in the Center's coupon room. Box Tops for Education is one of the nation's largest school fundraising loyalty programs and has been helping schools succeed since 1996.

VOLUNTEERS NEEDED:

Volunteers are always welcomed and needed at the Senior Center. Following are the multiple areas that are in need of volunteers:

MEALS ON WHEELS VOLUNTEER:

Volunteers are the backbone of Rutherford County Senior Center's Meals on Wheels program. Approximately 2,000 meals are delivered each month to an average of 90 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. **All 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.**

Also, we have been experiencing an increasing problem with participants signing up for an event or trip and then not showing up or calling and cancelling in a timely manner - this prevents us from contacting those on the waiting list and delays the departure time while we wait to see if you are just running a little late.

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) – THERE WILL BE NO PHONE CALLS RESERVATIONS ACCEPTED FOR TRIPS OR EVENTS.

AARP TAX-AIDE TAX PREPARATION

AARP Tax-Aide is a **free** tax preparation service for low to moderate income individuals — with special attention to people age 60 and over. The trained tax preparers are available, *by appointment only*, each Thursday and Friday from February 5 – April 10, 2015. *No drop-ins will be accepted.* If you are filing married, both you and your spouse have to be present. Additionally you will need to bring the following: picture ID(s); proof of social security number(s) for yourself and ALL dependents; a copy of your 2013 tax return; all your 2014 tax documents (W-2, etc); bank account information for direct deposit - *will need to see an actual check*; and health insurance inf ormation – form 1095 if received.

DID YOU KNOW....*The Senior Center accepts empty toner cartridges from printers and copiers as one of its recycling programs? This helps us extend and reduce our office supply budget. You can drop these items off at the front desk of the Senior Center at any time or place in our mailbox if the Center is closed.*

DID YOU KNOW...*The Senior Center accepts old eyeglasses and gives them to a local Lion's Club for recycling?*

"WHAT IS SENIOR GAMES?"

Date: Monday, March 2
Time: 11:00 a.m.

Join Barbara in the dining room as she gives a quick overview of the Senior Games program. This will be especially beneficial for those of you that this will be your first year to compete. Learn more about SilverArts, Performing Arts, and the Sporting Events, as well as, key dates, times, costs, and all other questions that you may have. Additionally, a new age category of "50-54" has been added this year – so there should be a whole group of new participants! Invite a friend or neighbor and let's make this our biggest and best senior games ever!

SENIOR GAMES REGISTATION:

Have you registered for Senior Games this year? If not you still have time, but hurry – registration ends on Friday, March 6th. The registration fee is $12 - but "special" this year – if you are a 1st time participant then your registration fee is only $10. The registration fee includes a t-shirt and covers all the events in all categories of our local Senior Games. Pick up your registration packet from Barbara or Crystal.

SENIOR GAME DATES TO REMEMBER:

SilverArts----------March 16 - 20
Performing Arts-----March 27
Sporting Events-----April 2 – 17

SILVERARTS will kick off the first portion of our local Senior Games. Listed below is the breakdown for the three main SilverArts categories and the subcategories that fall under each:

- **VISUAL ARTS** (acrylics, drawing, mixed media, oil, pastels, photography, sculpture, watercolor, and charcoal)
- **HERITAGE ARTS** (basket weaving, needlework, tole and decorative painting, china painting, thrown or hand built pottery, crocheting, quilting, weaving, jewelry, hooked, braided, or woven rugs, knitting, stained glass, woodturning, dolls, plastic canvas, woodcarving, ceramics, tatting and needle lace, and woodworking)
- **LITERARY ARTS** (essay, life experiences, poem, short story-fictional)

BRING YOUR VISUAL, HERITAGE, & LITERARY ARTS ENTRIES: FRIDAY, MARCH 13
Between 9:00 - 11:00 a.m. and 1:00 – 4:00 p.m.
Note: this will be the only day to bring in your SilverArt entries.

SILVERARTS JUDGING:
MONDAY, MARCH 16 (room closed all day)

SILVERARTS EXHIBITS ON DISPLAY:
ALL DAY BEGINNING TUESDAY, MARCH 17 – NOON ON FRIDAY, MARCH 20

SILVERARTS PARTICIPANT'S RECEPTION:
FRIDAY, MARCH 20 at 9:30 a.m.

SILVERARTS AWARDS CEREMONY:
FRIDAY, MARCH 20 at 10:45 a.m.

PICK UP YOUR SILVERARTS ENTRIES:
FRIDAY, MARCH 20 between 1:00 – 4:00 p.m.

SENIOR GAME PRACTICES:

FOOTBALL THROW PRACTICE
TUESDAY, MARCH 3 at 10:00 a.m.

SHUFFLEBOARD PRACTICE
WEDNESDAY, MARCH 4 at 10:00 a.m. & 1:00 p.m.

HORSESHOE PRACTICE
MONDAY, MARCH 23 at 10:00 a.m.

CORNHOLE PRACTICE
THURSDAY, MARCH 26 at 10:00 a.m.

PERFORMING ARTS TECHNICAL WORKSHOP
THURSDAY, MARCH 26 at 1:00 p.m.
This is a REQUIRED workshop for all people who are in the Performing Arts Show.

SILVERARTS PERFORMING ARTS FOLLIES

Join us for a night of fun and entertainment **FRIDAY, MARCH 27 at 7:00 p.m. for the SENIOR SILVERARTS PERFORMING ARTS FOLLIES**. This event is open to the public, and admission is only $2.00. There will be a variety of acts such as: dance, singing, comedy, and a few surprises! Bring your entire family and support our seniors as they compete for the "Best-Over-All" – Blue Ribbon and showcase their talent. It's sure to be a fun night!

COMING IN APRIL:
SENIOR GAMES SPORTING EVENTS OPENING DAY: THURSDAY, APRIL 2
9:00 SilverStriders Fun Walk & 10:30 Opening Gala

ZUMBA

Mondays – March 2, 16, 23, 30
Time: 5:30 p.m.
Instructor: Wavolyn Norville

Join us on these windy March Mondays and dance off those winter pounds. Zumba is a great exercise 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! *Reminder: anyone 55 and older can participate.*

COMPUTER ASSISTANCE

Tuesdays – March 3, 10, 17, 24, 31
Time: 9:30 a.m. – 11:30 a.m.

Many of you continue to take advantage of this wonderful opportunity to receive computer assistance from our new volunteer, Sandra Boyd. If you have not met her, stop by the computer lab on Tuesday morning and take advantage of this great opportunity to refresh your computer skills or learn something new.

"LIVING HEALTHY WITH DIABETES"

Date: March 4, 11, 18, 25 & April 1
(This is a continuation of a 6-week series)
Time: 9:00 – 11:30 a.m. ***(snacks provided)***

Living Healthy with Diabetes continues in March with classes 2 – 5. It is a highly participatory workshop offered once a week for a total of 6 weeks. Each session is 2 ½ hours long, and all the workshops are facilitated by trained leaders who follow a detailed manual, so that each workshop is highly consistent. Participants who sign up will need to attend each class to receive the full benefit of the course. The sessions are designed to build skills in managing the chronic health concerns of diabetes. Topics will include: techniques to deal with problems such as frustration, fatigue, pain, and isolation; how to manage symptoms of depression; skills for effectively communicating with friends, family, and health care providers; healthy eating guidelines and exercise tips; foot care; and much more. This workshop is free, and everyone who attends will receive the book "*Living a Healthy Life with Chronic Conditions.*" Also, if a participant attends all 6 classes they will receive a pedometer.

ADVANCE CARE PLANNING

Date: Thursday, March 5
Time: 10:30 a.m.
Speaker: Joey Revis, Social Worker Coordinator with Hospice

Join Joey in the dining room for a special presentation on Advanced Care Planning. He will discuss the various types of advance directives such as: the Living Will, Health Care Power of Attorney, Five Wishes and how to create them. He will discuss how advance directives differ from a "Do Not Resuscitate Order" and medical orders for scope of treatment. Other topics such as: why patients may not want life prolonging measures at end of life, how people can further counseling regarding health care decision making, the importance of making treatment preferences known, will also be discussed.

BLOOD PRESSURE CHECK

Date: Monday, March 9
Time: 9:00 – 11:00 a.m. sharp
Sponsor: Rutherford Regional Medical Center

Keep your health on track by having your BP checked at our monthly BP clinics. 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 so this event can wrap up at 11:00 sharp***

"USE IT OR LOSE IT"

Date: Tuesday, March 10
Time: 10:30 a.m.

As we get older, our knees start to creak, our skin starts to sag, and our brains start to…shrink? That's right: between age 20-70, brain weight and blood flow to the brain decrease by 20%. The total number of fibers and nerves in the brain decreases by 37%. Sound scary? Maybe, but the news isn't nearly as bad as you may think. Many of these changes are subtle - if they're noticeable at all. People are capable of learning and remembering at any age - it just might take a little longer. Be here today for this month's "Use It or Lose It" – you are sure to have fun, as well as exercising your brain to help keep it as young as possible!

PEN PALS

Date: Wednesday, March 11
Time: 10:30 a.m.

It's once more time again to write to your Spindale Elementary Pen Pal. Be here today to write a new installment in their Pen Pal journal.

SILVER STRIDERS TOTALS:

Sally Glover	**1020 minutes walked**
Annabelle Smith	**1080 minutes walked**
Nan Thompson	**356 minutes walked**

TRIP TO HAMRICK'S

Date: Thursday, March 12
Departing Center at 8:45 a.m.
<u>Pre-registration is required</u> – *van riders are limited to the first 11 who sign up on the sheet outside Barbara's office.*
Cost: $1.00 (due when you sign up)
It's Bus Week at Hamrick's, which means even ***extra savings*** to all seniors! If you would like to take advantage of this great deal or could just use a fun day out with friends come and join us! We promise a fun-filled day! We will stop for lunch at the Chick Fil-A and shop a bit at the Prime Outlet mall before we head back to Spindale. Don't delay this trip is sure to fill up fast!

"IMPORTANCE OF NUTRITION AND ACTIVITY IN DISEASE PREVENTION"

Date: Thursday, March 12
Time: 10:45 a.m.
Speaker: Jennifer Dobbins, RN and GWU student
Location: Art/Craft Room
Is your lifestyle increasing your risk of disease development? Join Jennifer today as she discusses the importance of nutrition and activity in disease prevention.

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

Date: Monday, March 16
Time: 10:30 a.m.
March is frozen food month. We are asking you to bring your favorite recipe using any frozen food item. Did you know that frozen vegetables contain more nutrients than canned vegetables? Some frozen vegetables actually contain more nutrients than fresh produce, because frozen foods are processed when they are ripe, whereas many fresh vegetables are picked before they ripen to lengthen their shelf life. Frozen fruits and berries are great for smoothies, oatmeal and baking. Frozen fish and chicken are convenient for those days you don't have time to get to the supermarket. With a freezer stocked with options like these, you're far more likely to cook at home than eat out, so investing in some frozen foods can be a wise and money saving decision.

Happy St. Patrick's Day
Tuesday, March 17th
WEAR GREEN TODAY!

TEA PARTY

Date: Wednesday, March 18
Time: 9:30 a.m.
Join friends today for a cup of your favorite tea and some delicious goodies at this month's tea party. Don't forget to bring a treat to share with everyone. *A sign-up sheet is located at the front desk if you plan on attending.*

HOW TO DE-CLUTTER: *"PART III: How to Set Goals When I Feel Overwhelmed with Things"*

Date: Tuesday, March 24
Time: 10:30 a.m.
Speaker: Jane Armstrong, former owner of De-Clutter for Real Life
Join us today for the final segment of this three part series as Jane discusses "***How to Set Goals When I Feel Overwhelmed with Things***." Whether you have attended none or both of the previous workshops, be here today to help you get started with organizing you home.

MEET & EAT – SCOTT'S TRI-CITY FISH CAMP & COUNTRY COOKING

Date: Tuesday, March 24
Time: 5:15 p.m.
Location: 2064 Oakland Rd, Forest City
Join everyone tonight for dinner (Dutch treat) and have great food, fun and fellowship. *Don't forget to sign the sheet outside Barbara's office if you plan on attending.*

SENIOR SHINERS

Date: Wednesday, March 25
(leaving Center at 10:00 a.m.)
Join the Senior Shiners as they travel to Fairhaven Rest Home to spread cheer to these residents. *If you would like to be a part of the Senior Shiners please see Barbara Hill.*

"2015 LEGISLATIVE PRIORITIES"

Date: Monday, March 30
Time: 10:45 a.m.
Location: Dining Room
Speaker: Larry Gregg, Rutherford County's NC Senior Tar Heel delegate
The NC Senior Tar Heel Legislature was created to provide information to seniors on the legislative process and matters being considered by the NC General Assembly, and promote citizen involvement and advocacy.
Be here today as Larry addresses the following (5) top Legislative Priorities for 2015:

1. Preserve or Restore Optional Medicaid Services
2. Maintain Funding for Senior Centers
3. Strengthen and Fund North Carolina's Adult Protective Services Program
4. Notify Medicare Patients Admitted for Observation
5. Home and Community Care Block Grant Funding

"KIDNEY HEALTH"

Date: Tuesday, March 31
Time: 10:30 a.m.
Speaker: Kelly Flynn, RN from Davita Dialysis
Join Kelly in the dining room for a special presentation on kidney health. She will discuss chronic kidney disease and its causes, how to slow the progression of kidney disease, diet and nutrition, benefits of employment and managing insurance, and treatment choices that may be available.

BIRTHDAY RECOGNITION

Date: Tuesday, March 31
Time: 11:30 a.m.
Join us in the dining room today as we celebrate all the March birthdays.

The Seniors' Health Insurance Information Program (SHIIP) is a consumer information division of the NC Department of Insurance that provides free, unbiased counseling about Medicare not just to seniors, but also to people on Medicare due to disability. They assist with questions about your health insurance options, Medicare, Medicare Part D, Medicare supplements, Medicare Advantage and long term care insurance. SHIIP also helps people recognize and prevent Medicare billing errors and possible fraud and abuse through the NC Senior Medicare Patrol 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 you can contact SHIIP direct at 1-855-408-1212 or visit www.ncshiip.com.

SHIIP NEWS: "SHIIP IS NOT JUST FOR SENIORS" - Did you know that if you are under age 65 and have a disability you may be eligible for Medicare? For example, you are under 65 and have received Social Security disability benefits for 24 months; or receive a disability annuity from the railroad retirement board and meet certain conditions; or have worked long enough in a government job where Medicare taxes were paid and have met the requirements of the Social Security disability program. (Note that to receive Social Security Disability Insurance, a date of on-set must be established and a five-month waiting period must be served before payments begin.) In the case of permanent kidney failure, an individual is eligible for Medicare at any age. This is true if the person is receiving maintenance dialysis or kidney transplant and is eligible for or receiving monthly benefits under Social Security or the railroad retirement system, or a dependent child or spouse (including divorced spouse) of a worker (living or deceased) who has worked long enough under Social Security or in a government job where Medicare taxes were paid. In most circumstances, Medicare disability benefits will begin once Social Security disability income (SSDI) benefits are received for 24 months. For people with ALS (Lou Gehrig's Disease) or End Stage Renal Disease, the benefits may begin earlier. You can apply for disability benefits at your local Social Security office, apply online at www.socialsecurity.gov or call toll free 1-800-772-1213.

PRESCRIPTION DRUG ASSISTANCE FOR LOW-INCOME MEDICARE BENEFICIARIES

The Low-Income Subsidy (LIS) program, also known as *Extra Help*, assists qualified Medicare beneficiaries with out-of-pocket expenses associated with Medicare Part D prescription drug expenses. To qualify for *Extra Help*, a Medicare beneficiary must meet certain income, resource and asset level requirements. The income and asset limits for Extra Help are $1,458.75 per month with assets up to $*13,640* if you are single, and $1,966.25 per month with assets up to *$27,250* if you are married. 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 $2.55 for a generic drug and up to $6.35 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Walking and Exercise 2 10:30 **Blood Pressure Check** 11:00 Word Search	9:00 Walking and Exercise 3 10:00 Word Search 11:00 **Bingo**	9:00 Walking and Exercise 4 10:00 **Celebrate Women** 11:00 **Coffee & Chatter**	9:00 Walking and Exercise 5 10:00 Word Search 11:00 **Coffee & Chatter**	9:30 Walking and Exercise 6 10:00 Word Search 11:00 **Scattergories**
9:30 Walking and Exercise 9 10:30 **Blood Pressure Check** 11:00 Word Search	10 CLOSED	9:00 Walking and Exercise 11 10:00 Word Search 11:00 Bible History w/L. McCurry	9:00 Walking and Exercise 12 10:00 Word Search 11:00 **Crochet w/Grace Blanton**	9:30 Walking and Exercise 13 10:00 Word Search 10:30 **History of St. Patrick's Day** 11:00 **Scattergories**
9:30 Walking and Exercise 16 10:00 Review of Harbinger w/Leonard Goforth 10:30 **Blood Pressure Check** 11:00 Word Search	9:00 Walking and Exercise 17 10:00 Word Search 10:30 **Celebrate St. Patrick's Day** 11:00 **Bingo** **WEAR GREEN**	9:00 Walking and Exercise 18 10:00 Word Search 11:00 **Recognition of March Birthdays**	9:00 Walking and Exercise 19 10:00 Word Search 11:00 **Crochet w/Grace Blanton**	9:30 Walking and Exercise 20 10:00 Word Search 11:00 **Scattergories**
9:30 Walking and Exercise 23 10:00 **Celebrate Chocolate Day** 10:30 **Blood Pressure Check** 11:00 Word Search	9:00 Walking and Exercise 24 10:00 Word Search 11:00 **Bingo**	9:00 Walking and Exercise 25 10:00 **Alert Day – Wake up call for Diabetes** 11:00 Word Search	9:00 Walking and Exercise 26 10:00 Word Search 11:00 **Make your own holiday**	9:30 Walking and Exercise 27 10:00 Word Search 11:00 **Scattergories**
9:30 Walking and Exercise 30 10:30 **Blood Pressure Check** 11:00 Word Search	9:00 Walking and Exercise 31 10:00 Word Search 11:00 **Bingo**	**ELLENBORO CONGREGATE MEAL PROGRAM - MARCH EVENTS** **Bethel Baptist Church 479 Main Street, Ellenboro** **Site Manager: Diane Hill Telephone: 453-8668**		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 **Blood Pressure Ck** 2 10:30 **Wear Blue for Colon Cancer** 11:00 Exercise	9:00 Coffee & Chatter 3 9:30 Piano Music w/B.Moore 10:00 **Irish Proverbs** 10:50 **March Craft**	9:00 Coffee & Chatter 4 9:30 Piano Music w/B.Moore 10:30 **Pound Cake Day** 11:00 **Recognition March Bdays**	9:00 Coffee & Chatter 5 9:30 Piano Music w/B.Moore 10:00 **Cheese Doodles Day –** 10:50 **Bingo**	9:30 Walking Inside 6 10:00 **Beeswax Uses** 10:45 Exercise 11:00 Biblical History w/B.Moore
9:30 **Blood Pressure Ck** 9 10:30 **Bring your favorite Barbie** 11:00 Exercise **Barbie's 56th Birthday**	10 CLOSED	9:00 Coffee & Chatter 11 9:30 Piano Music w/B.Moore 10:15 **Play Jeopardy** 11:00 Exercise	9:00 Coffee & Chatter 12 9:30 Piano Music w/B.Moore 10:00 **Best time to plant a garden** 10:50 **Bingo**	9:30 Walking Inside 13 10:45 Exercise 11:00 Biblical History w/B.Moore **Barbie's boyfriend Ken.....1961**
9:30 **Blood Pressure Ck** 16 10:15 **Arranging Spring Flowers** 11:00 Exercise	9:00 Coffee & Chatter 17 9:30 Piano Music w/B.Moore 10:00 **St. Patrick's Day** **WEAR GREEN**	9:00 Coffee & Chatter 18 9:30 Piano Music w/B.Moore 10:00 **Things that make you happy** 11:00 Exercise	9:00 Coffee & Chatter 19 9:30 Piano Music w/B.Moore 10:00 **Remembering your 1st job** 10:50 **Bingo**	9:30 Walking Inside 20 10:00 **1st Day of Spring** 10:45 Exercise 11:00 Biblical History w/B.Moore **Big Birds Birthday.....1969**
9:30 **Blood Pressure Ck** 23 10:30 **Bird Quiz & Trivia** 11:00 Exercise	9:00 Coffee & Chatter 24 9:30 Piano Music w/B.Moore 10:00 **Pay a compliment** 11:00 **Chat w/the director**	9:00 Coffee & Chatter 5 9:30 Piano Music w/B.Moore 10:00 **Share fave Pecan Recipe** 10:45 Exercise	9:00 Coffee & Chatter 26 9:30 Piano Music w/B.Moore 10:00 **You are a garden of Love** 10:50 **Bingo**	9:30 Walking Inside 27 10:00 **My favorite part of Spring is?** 10:45 Exercise 11:00 Biblical History w/B. Moore
9:30 **Blood Pressure Ck** 30 10:30 **Take a walk in the park day** 11:00 Exercise	9:00 Coffee & Chatter 31 9:30 Piano Music w/B.Moore 10:00 **On the hunt for Spring**	**HENRIETTA CONGREGATE MEAL PROGRAM - MARCH EVENTS** **Henrietta First Baptist Church 2736 Harris-Henrietta Rd,** **Site Manager: Kay Aldridge Telephone: 657-5441**		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Coffee & Chatter 2 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter 3 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 4 9:30 Walking 10:00 Word Search 10:30 **A to Z Food Trivia** 11:00 **Tell A Joke**	9:00 Coffee & Chatter 5 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet – Stephanie Deese, Instructor**	9:30 Coffee & Chatter 6 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
9:30 Coffee & Chatter 9 10:00 Walking 10:50 **Singing** 11:00 Biblical History	10 CLOSED	9:00 Coffee & Chatter 11 9:30 Walking 10:00 Word Search 10:30 **This was the year.....1942** 11:00 **Chores you did growing up**	9:00 Coffee & Chatter 12 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet – Stephanie Deese, Instructor**	9:30 Coffee & Chatter 13 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
9:30 Coffee & Chatter 16 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter 17 9:30 **Choir** 10:00 Walking 10:30 Word Search **Wear Green Day**	9:00 Coffee & Chatter 18 9:30 Walking 10:00 Word Search 10:30 **1st frozen food you bought?**	9:00 Coffee & Chatter 19 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet – Stephanie Deese, Instructor**	9:30 Coffee & Chatter 20 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
9:30 Coffee & Chatter 23 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter 24 9:30 **Choir** 10:00 Walking 10:30 Word Search 11:00 **Recognition of Birthdays**	9:00 Coffee & Chatter 25 9:30 Walking 10:00 **Word Search** 10:30 **Craft Time**	9:00 Coffee & Chatter 26 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet – Stephanie Deese, Instructor**	9:30 Coffee & Chatter 27 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
9:30 Coffee & Chatter 30 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter 31 9:30 **Choir** 10:00 Walking 10:30 Word Search	**SHINGLE HOLLOW CONGREGATE MEAL PROGRAM - MARCH EVENTS** **Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton** **Site Manager: Joyce Bailey Telephone: 287-0960**		

Senior Center Advisory Board Members:

Amideus Athougies; Kim Freeman; Wanda Harris; Junior Johnson (President);
Jeanette Klutts (President-Elect); Sylvester McDowell; Grace Quick
Ex Officio members: Carl Classen; Alan Toney; Sybil Walker

Senior Center Staff:

Amideus Athougies, SHIIP Counselor
Kay Aldridge, Henrietta Site Manager
Joyce Bailey, Shingle Hollow Site Manager
Ron Atchley, Meal Deliveries
Wanda Bland, Exercise Instructor
Michael Carpenter, Meal Deliveries
Louann Camilletti, Senior Center Site Manager
Debbie Conard, Admin. Assist./Transportation Coord.
Ronnie Driver, Meal Deliveries
Frank Ensley, Custodian
Angela Ezell, Director
Helen Hamilton, Title V Food Service Worker
Lee Henderson, Title V Custodian
Barbara Hill, Activity & Senior Games Coordinator
Charles Hill, Meal Deliveries
Diane Hill, Ellenboro Site Manager
Selena McEntrye, Title V Morning Receptionist
Helen Mudge, Title V Food Service Worker
Michelle Smith, Nutrition/Home-Delivered Meals Coord.
Mary Street, Food Service Supervisor
Kayla Traver, Data Entry
Susan Toney, Food Service Assistant
Crystal Upton, Activity & Senior Games Assistant
Sandy White, Nutrition Assistant

well hello, march

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