THE SENIOR CENTER NEWSLETTER

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.

NOVEMBER 2014

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

A UNITED WAY MEMBER AGENCY

From Director Angela Ezell's Desk:

November is the month set aside for national awareness of Alzheimer's disease, and to show special appreciation for family and caregivers of those with Alzheimer's. Caring for someone with Alzheimer's disease can be a long, stressful, and emotional journey. It's easy for caregivers to become overwhelmed and neglect their own health and well-being. The burden of care giving can put caregivers at an increased risk for significant health problems and an estimated 30 to 40 percent will experience depression, and high levels of stress or burnout. Nearly all Alzheimer's caregivers will at some point experience sadness, anxiety, loneliness, and exhaustion. Caregivers need to remember that taking care of themselves is one of the most important things they can do. The National Institute on Aging has some suggestions for ways the Alzheimer's caregiver can take care of themselves:

- Ask for help from family members or friends when you need it.
- Use adult day care services or get help from a local home health care agency.
- Join a caregivers' support group.
- Take breaks each day.
- Spend time with friends.
- Keep up with your hobbies and interests.
- Eat healthy foods.
- Get exercise as often as you can.
- See your doctor on a regular basis.
- Keep your health, legal and financial information up-to-date.

In recognition of Alzheimer's Awareness Month, the Center will host an Alzheimer's "Purple" Walk on Monday, November 3rd at 10:30 a.m. If you would like to walk in honor or recognition for someone with Alzheimer's, please plan to meet Barbara and Crystal at the front entrance. We will have a special program on Project C.A.R.E. (Caregiver Alternatives to Running on Empty) on Tuesday, November 4th at 10:30 a.m. Our special guest speaker will be Nancy Hogan from Land of Sky Regional Council. Dr. Larry Hedgepath from Hospice of Rutherford County will also be at the Center on November 12th at 10:30 to discuss "Knowing the Top 10 Signs of Alzheimer's". Please come out and show your support for these special events planned this month to help raise awareness about Alzheimer's disease!

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.

PRAYER SHAWLS & LAP BLANKETS

The Silver Threads & Needles group is continuing making Prayer Shawls and Lap Blankets to donate to area nursing home residents in December. The Prayer Shawl Ministry began over 15 years ago. The shawl maker begins with prayers and blessings for the recipient of the shawl they are making and continues throughout the creation with a final blessing before it is sent on its way to someone needing comfort and solace.

If you would like to participate but don't know how to crochet, quilt, or knit – don't let that stop you – The Silver Threads and Needles group of crafters love to share and help each other and someone will be glad to show you how to get started on your way to making one of these items to donate.

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 (SHIIP) 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, Medicare Supplement Plans, 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 volunteer.***

AARP FOUNDATION TAX-AIDE VOLUNTEER

Each year the AARP Foundation Tax-Aide offers free face-to-face tax preparation for low-to-moderate income taxpayers – with special attention to those aged 60+. Each year volunteers working from Rutherford County's Senior Center file hundreds of individuals Federal and State tax returns. In addition they assisted approximately 200 people with information and questions. We need (trained*) volunteers to help prepare tax returns for the 2015 tax season, as well as, greet people, translate, and/or assist with general office-type work. **Free training will be provided in December and January.* Please consider joining this dedicated group of volunteers for the 2015 tax season or recommend this great opportunity to someone. You will get to work your mind and warm your heart by assisting your fellow county members. ***Call Angela Ezell at 287-6411 for more information on how you can become an AARP Tax-Aide volunteer.***

AFTERNOON RECEPTIONIST VOLUNTEER

This is the perfect volunteer opportunity for a variety of people. **Our greatest need is 12:30 to 2:30 p.m. each day, but any day and any time between 12:30 – 5:00 p.m. M-F a person could volunteer would be greatly welcomed and appreciated!** Duties include greeting visitors and seniors, and answering the telephone. **For more information on volunteering, please contact Debbie Conard at 287-6409.**

November is Alzheimer's Awareness Month

Alzheimer's disease is **not** a normal part of aging. Alzheimer's disease is a progressive, degenerative disorder that attacks the brain's nerve cells, or neurons, resulting in loss of memory, thinking and language skills, and behavioral changes. These neurons, which produce the brain chemical, or neurotransmitter acetylcholine, break connections with other nerve cells and ultimately die. For example, short-term memory fails when Alzheimer's disease first destroys nerve cells in the hippocampus. Language skills and judgment decline when neurons die in the cerebral cortex. Alzheimer's disease is the most common cause of dementia, or loss of intellectual function, among people aged 65 and older.

ALZHEIMER'S "PURPLE" WALK

Date: Monday November 3
Time: 10:30 a.m.

In recognition of Alzheimer's Awareness Month, we are having a "purple walk" today. Barbara and Crystal will be at the front entrance at 10:15 with purple ribbons for you to wear if you would like to walk "in honor or recognition" of someone with Alzheimer's. As a group everyone will walk around the walking trail track together at 10:30.

WEAR PURPLE TODAY

Tuesday, November 4 is Election Day – Don't forget to vote!

Project C.A. R. E.
(Caregiver Alternatives to Running on Empty)
Date: Tuesday, November 4
Time: 10:30 a.m.

Speaker: Nancy Hogan from Land of Sky Regional Council

Within the next ten years, as the first wave of baby boomers reaches the age of greatest risk from Alzheimer's disease, the number of people affected by dementia will increase dramatically. Alzheimer's is the sixth leading cause of death for people of all ages and the fifth leading cause for adults over age 65. In North Carolina, over 170,000 older adults currently have Alzheimer's disease or other types of dementia. By 2030, this number is projected to rise to over 288,000. Most care for people with dementia is provided in the home by family members of friends. This type of care is constant and allows caregivers few opportunities for rest or time to meet the other demands of "normal" life such as work, family, and personal health concerns. Too often, the long term result is the depletion of financial resources along with the deterioration of the caregiver's health and well-being. Project C.A.R.E can assist caregivers of people with dementia by providing a family consultant to help resolve care giving issues. The family consultant can also connect caregivers with community resources and arrange funding (currently very limited) to help pay for temporary relief. Project C.A.R.E helps reduce caregiver stress and exhaustion so that people with dementia can remain at home for as long as possible. Join us today as to learn more about Project C.A.R.E.

WEAR PURPLE TODAY

CRAFTING WITH CRYSTAL

Thursday, November 6
Time: 10:30 a.m.
Cost: $1 - covers all supplies
Pre-registration is required - sign up on the bulletin board outside Barbara's office

Thanksgiving is just around the corner! Join Crystal today as she demonstrates and assists crafters in making some cute thanksgiving cards. These cards would make great invitations, greeting cards, or even place cards for your special Thanksgiving dinner.

SQUARE DANCING

Thursday, November 6, 13, 20
Time: 4:00 p.m.

"*Swing your partner round and round.*"
Join the fun anytime – whether you're a beginner or you've been square dancing for years. This group meets each Thursday, and you can join the fun at any time.

COLLECTING TOYS FOR TOTS

The Senior Center is helping the Marine Corps Reserve collect toys for children in our county for Christmas again this year. If you would like to help, please bring in a new unwrapped toy. Sgt. Major Barrett will pick them up and deliver them to the homes before Christmas. A collection box is located outside the dining room.

TRIP TO WNC FARMER'S MARKET & MOOSE CAFÉ

Friday, November 7
Time: 10:15 a.m. (leaving Center)
Cost: $1.00

Pre-registration is required – van riders are limited to the first 11 who sign up. You can follow in your own car if you like. Please sign up on the bulletin board outside Barbara's office if you plan on going

Join us today for a fun fall outing. Our first stop will be lunch at the Moose Café - where farm fresh food is served with a smile, reasonable prices, and a beautiful view! After lunch we will shop at the Farmer's Market, which is located on a thirty-six-acre site with a beautiful panoramic view of the mountains, and the Biltmore Estate. The retail area features displays of high quality fresh fruits and vegetables, mountain crafts, jams, jellies, preserves, sourwood honey, fresh baked breads, cookies and dozens of other farm fresh items.

VETERAN'S PROGRAM

Date: Monday, November 10
Time: 10:15 a.m.

Join us today in honoring our veteran's in a very special program. All veterans and their family members are encouraged to attend. Gentiva Home Health will sponsor this event again this year, and members of the R-S Central ROTC and Spindale Elementary Pen Pal class will be assisting with this special program.

IF YOU ARE A VETERAN AND PLAN ON ATTENDING THIS PROGRAM, PLEASE SIGN YOUR NAME AND BRANCH OF SERVICE ON THE SIGN-UP SHEET OUTSIDE THE DINING ROOM OR CALL BARBARA HILL AT 287-6413 BY FRIDAY, NOVEMBER 7. WE WANT TO RECOGNIZE ALL OUR VETERANS.

ZUMBA

Mondays – November 10, 17, 24
Time: 5:30 p.m.
Instructor: Wavolyn Norville

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 - everyone 55 and older can participate.

WE WILL BE CLOSED TUESDAY, NOVEMBER 11 FOR VETERAN'S DAY

"KNOWING THE TOP 10 SIGNS OF ALZHEIMER'S"

Wednesday, November 12
10:30 a.m.
Location: Dining Room
Speaker: Dr. Larry Hedgepath, Hospice of Rutherford County

Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. Every individual may experience one or more of these signs in different degrees:

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work, or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with works in speaking and writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdraw from work or social activities
10. Changes in mood and personality

Join us today as Dr. Hedgepath discusses this important health topic.

PEN PALS

Date: Thursday, November 13
Time: 10:30 a.m.

All Pals are encouraged to be here today to write your next installment to your Pen Pal's Journal. Thank you for being a positive role model for these young students.

TRIP TO SOUTHERN CHRISTMAS SHOW

Date: Thursday, November 13
Time: Leaving Center at 8:00 a.m. sharp
Cost: $27.00
Pre-registration is required – limited to first 27 individuals who sign up on the bulletin board outside Barbara's office

Every stop offers magic, shopping and fun. Your journey begins at Olde Towne with tall trees, tempting treats, tiny houses, and toe-tapping entertainment. There are over 500 hand-selected merchants with gifts for even those hard to please people. You will find Christmas at every turn!

BLOOD PRESSURE CHECK

Monday, November 17
Time: 9:00 – 11:00 a.m. sharp
Sponsor: Rutherford Regional Medical Center

Don't forget to pick up your BP record card at the front desk to have your BP reading recorded on. **NO CARDS WILL BE GIVEN OUT AFTER 10:45 SO THIS EVENT CAN WRAP UP AT 11:00 SHARP.**

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

Monday, November 17
Time: 10:30 a.m.

With Thanksgiving just around the corner, it's the perfect time for you to begin planning your menu for that special day and deciding what delicious delights you will serve along with your traditional turkey. Bring your favorite side dish recipes to share with the group.

CRAFTING WITH CRYSTAL

Tuesday, November 18
Time: 10:30 a.m.
Cost: $1.00 (for supplies)
Pre-registration is required – please sign up on the bulletin board outside Barbara's office

Crystal will demonstrate how to make a braided paper bag wreath. This craft will be just in time for the holiday season and make a great addition to your Thanksgiving decorations.

THANKSGIVING TEA PARTY

Wednesday, November 19
Time: 9:30 a.m.

Join friends today for a cup of your favorite tea and some delicious goodies at the monthly tea party! This month's theme is "Thanksgiving" so keep that in mind when you plan your outfit and treat to share with everyone. *Be sure to sign-up on the sheet at the front desk if you plan on attending.*

CHAIR VOLLEYBALL

Date: Thursday, November 20
Time: 10:30 a.m.
Location: Art Room

Join us this morning for a Center favorite! Just remember you must remain in your seat at all times!

MEET & EAT

Thursday, November 20
Time: 5:15 p.m.
Location: Mayflower Restaurant

Join friends tonight for fun, fellowship, and good food – Dutch treat, of course. Additionally invite a guest to join you that doesn't come to the Center so they can learn more about us!

"NOVEL APPROACH" Book Club

Date: Friday, November 21
Time: 10:30 a.m.

Book groups are a great way to meet new people while exploring and discussing good books. What's more, being a part of a book club helps keep you motivated to read and gives your brain a "workout" to boot! You can join at any time – This club meets monthly on the 3rd Friday.

"FALL PREVENTION, HAND WASHING & WINTER SAFETY TIPS" PROGRAM

Date: Tuesday, November 25
Time: 10:30 a.m.
Location: Art/Music Room
Speakers: Courtney Marlowe & Jessica Harris, Gardner Webb nursing students

Join us today for these important safety programs. Courtney will discuss how to help prevent falls with some simple fall-prevention measures - from reviewing your medications to hazard-proofing your home. She will also discuss ways we all can be safer at home. Next Jessica will present a program on hand washing and safety tips for upcoming winter season. Proper hand washing is one of the best ways to remove germs and prevent the spread of germs to others – which in turn, reduces the spread of diseases such as diarrhea and respiratory illness. Hand washing is like a "do-it-yourself" vaccine. It involves five simple and effective steps: Wet, Lather, Scrub, Rinse, & Dry.

"WHAT I AM THANKFUL FOR…."

Date: Wednesday, November 26
Date: 11:15 a.m.
Location: Dining Room

We are so blessed and fortunate each day of our lives. Today you will have an opportunity to share what you are thankful for.

BIRTHDAY CELEBRATION

Date: Wednesday, November 26
Time: 11:30 a.m.

Join us as we celebrate all the November birthdays.

The Senior Center will be closed Thursday, November 27 and Friday, November 28 for the Thanksgiving Holiday

SILVERSTRIDER'S SEPTEMBER TOTALS:

Annabelle Smith	885 minutes walked
Nan Thompson	845 minutes walked

Since the weather is cooler it's a great time to walk and get involved with the SilverStriders---please see Barbara or Crystal if you would like to find out more about this program or to get a calendar to record your walking minutes.

ANNUAL MEDICARE OPEN ENROLLMENT October 15 – December 7

This year's annual enrollment runs from October 15 to December 5. During open enrollment 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.

There is still time – but appointments are filling up fast! We strongly encourage you to take advantage of SHIIP's one-on-one free, unbiased counseling about Medicare, offered through the Senior Center. They will review your current plan(s) and ensure they are the best Medicare health care products for your individual needs. ***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 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 $13,440 if you are single, and $1,966.25 per month with assets up to $26,860 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 owns, 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.

COMING IN DECEMBER.....

TRIP TO CONCORD MILLS SHOPPING MALL

Date: Thursday, December 4
Time: 8:00 a.m. sharp (leaving Center)
Cost: $20 – make checks payable to Travel Lynx
Pre-registration is required - Sign up on the sheet located outside Barbara's office. Payment is due when you sign up to ensure your seat.
Deadline to sign up for this trip is December 1
Just in time for your holiday shopping! This will be a great outing to get you into the holiday spirit. Invite a friend and have a fun day making a special memory!

TRIP TO OMNI GROVE PARK INN

Tuesday, December 9
Time: 8:30 a.m. leaving Center
Cost: $2.00
Pre-registration is required – van riders are limited to the first 12 who sign up on the bulletin board outside Barbara's office – others can follow in their own vehicles.

The smell of gingerbread fills the air – this will be what your day is like when you join us for this special trip to see the Gingerbread House Display at the 22nd Annual National Gingerbread House Competition this year at the Omni Grove Park Inn. It will be a "sweet treat" to tour all the amazing displays this year where all of the entries are constructed entirely of edible materials except the base. This will be a great day to help get you in the Christmas Spirit. After we visit the display we will have lunch before returning to the Center.

ELLENBORO CONGREGATE MEAL PROGRAM NOVEMBER EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Walking & Exercise **3** At Family Life Center 10:30 **Blood Pressure** 11:00 Word Search	9:00 Walking & Exercise **4** At Family Life Center 10:00 Word Search 10:30 **Veteran's Day Celebration** 11:00 **Bingo**	9:00 Walking & Exercise **5** At Family Life Center 10:00 **Piano Sing-A-Long w/ Brenda Hubbard** 11:00 Word Search	9:00 Coffee & Chatter **6** 10:00 Word Search 10:30 **Mark Twain Story** 11:00 **Chat with Director**	9:30 Walking & Exercise **7** At Family Life Center 10:00 Word Search 10:30 **Read/Discuss Thanksgiving Quotations** 11:00 **Scattergories**
9:30 Walking & Exercise **10** At Family Life Center 10:30 **Blood Pressure** 11:00 Word Search	**11** **CLOSED FOR VETERAN'S DAY**	9:00 Walking & Exercise **12** 10:00 Word Search 10:30 **Special Music – Wagner Family**	9:00 Coffee & Chatter **13** 10:00 Word Search 10:30 **Discussion – Current Events**	9:30 Walking & Exercise **14** At Family Life Center 10:00 Word Search 11:00 **Scattergories**
9:30 Walking & Exercise **17** At Family Life Center 10:00 **Piano Sing-A-Long w/Brenda Hubbard** 10:30 **Blood Pressure** 11:00 Word Search	9:00 Walking & Exercise **18** At Family Life Center 10:00 Word Search 10:30 **Recognition of November Birthdays** 11:00 **Bingo**	9:00 Walking & Exercise **19** At Family Life Center 10:00 Word Search 11:00 **Story of Thanksgiving**	9:00 Coffee & Chatter **20** 10:00 Word Search 10:30 **Pumpkin Discussion**	9:30 Walking & Exercise **21** At Family Life Center 10:00 Word Search 10:30 **Party – Bring in treats made with Pumpkin** 11:00 **Scattergories**
9:30 Walking & Exercise **24** Family Life Center 10:30 **Blood Pressure** 11:00 **Bingo**	9:00 Walking & Exercise **25** 10:00 Word Search 10:30 **Hospice – Medicare Benefits**	9:00 Walking & Exercise **26** Family Life Center 10:00 Word Search 11:00 Devotion with Ed Rogers	**27** **Happy Thanksgiving**	**28** **Happy Thanksgiving**

HENRIETTA CONGREGATE MEAL PROGRAM NOVEMBER EVENTS

Location: Henrietta First Baptist Church 2736 Harris-Henrietta Rd, Henrietta Site Manager: Kay Aldridge Telephone: 657-5441

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 **Blood Pressure Ck** **3** 10:00 "Twas the night before Thanksgiving" Word Search 11:00 Exercise	9:00 Coffee & Chatter **4** 9:30 Piano Music w/ Barbara 10:00 **Discussion - What is your Favorite Comedy? National Comedy Day**	9:00 Coffee & Chatter **5** 9:30 Piano Music w/ Barbara 10:00 **Thought for the Day** 10:30 **Military Slang** 11:00 Exercise	9:00 Coffee & Chatter **6** 9:30 Piano Music w/ Barbara 10:00 **Peanut Butter Trivia** 10:50 **Bingo**	9:30 Walking Inside **7** 10:00 **Bulletin Board Trivia** 10:45 Exercise 11:00 Biblical History/BMoore
9:30 **Blood Pressure Ck** **10** 10:45 **Recognition of Veterans**	**11** **Closed for Veteran's Day**	9:00 Coffee & Chatter **12** 9:30 Piano Music w/ Barbara 10:00 **This year's predictions** 11:00 Exercise	9:00 Coffee & Chatter **13** 9:30 Piano Music w/ Barbara 10:00 **Tongue Twisters** 10:50 **Bingo**	9:30 Walking Inside **14** 10:00 **This was the yr-1976** 10:45 Exercise 11:00 Biblical History/BMoore
9:30 **Blood Pressure Ck** **17** 10:00 **What is your middle name?** 10:30 **Food Jokes** 11:00 Exercise	9:00 Coffee & Chatter **18** 9:30 Piano Music w/ BMoore Moore 10:00 **Mickey Mouse Birthday (1928)**	9:00 Coffee & Chatter **19** 9:30 Piano Music w/ Barbara 10:00 **Fun with Fondue** 11:00 Exercise	9:00 Coffee & Chatter **20** 9:30 Piano Music w/ Barbara 10:00 **Farm Jokes** 10:50 **Bingo**	9:30 Walking Inside **21** 10:00 **Person, Place, Thing** 10:45 Exercise 11:00 Biblical History/BMoore
9:30 **Blood Pressure Ck** **24** 10:00 Thanksgiving Trivia 10:30 **Favorite Memories?** 11:00 Exercise	9:00 Coffee & Chatter **25** 9:30 Piano Music w/ Barbara **Shopping Day Reminder-29 Days till Christmas**	9:00 Coffee & Chatter **26** 9:30 Piano Music w/ Barbara 10:00 **What you're thankful for?** 11:00 Exercise	**27** **Happy Thanksgiving**	**28** **Happy Thanksgiving**

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM NOV. EVENTS

Location: Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton Site Manager: Joyce Bailey Telephone: 287-0960

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Coffee & Chatter **3** 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter **4** 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter **5** 9:30 Walking 10:00 Making Christmas Trees	9:00 Coffee & Chatter **6** 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet.**	9:30 Coffee & Chatter **7** 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
9:30 Coffee & Chatter **10** 10:00 Walking 10:50 **Singing** 11:00 Biblical History	**11** **Closed for Veteran's Day**	9:00 Coffee & Chatter **11** 9:30 Walking 10:00 Word Search 10:30 Weather Forecasting	9:00 Coffee & Chatter **13** 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	9:30 Coffee & Chatter **14** 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
9:30 Coffee & Chatter **17** 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter **18** 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter **19** 9:30 Walking10:00 Word Search10:30 Things you enjoy about Fall 11:00 Jokes	9:00 Coffee & Chatter **20** 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	9:30 Coffee & Chatter **21** 10:00 Word Search 10:15 Walking10:30 **Blood Pressure Check** 10:50 **Bingo**
9:30 Coffee & Chatter **24** 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter **25** 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter **26** 9:30 Walking 10:00 Word Search 10:30 What you're thankful for? 11:00 Favorite Thanksgiving food	**27** **Happy Thanksgiving**	**28** **Happy Thanksgiving**

Senior Center Advisory Board Members:

Amideus Athougies; Kim Freeman; Wanda Harris; Junior Johnson (President); Robert Judd; Jeanette Klutts (President-Elect); Grace Quick. Ex Officio members: Carl Classen; 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
Alex Goodman, Title V Food Service Worker
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
Michelle Smith, Nutrition/Home-Delivered Meals Coord.
Mary Street, Food Service Supervisor
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
PERMIT NO. 34

RETURN SERVICE REQUESTED

SUNDAY, NOVEMBER 2
DAYLIGHT SAVINGS ENDS
SET CLOCKS BACK 1 HOUR