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.

DECEMBER 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

Christmas Is Forever

by: Norman W. Brooks

Christmas is forever, not for just one day,
for loving, sharing, giving, are not to put away
like bells and lights and tinsel, in some box upon a shelf.
The good you do for others is good you do yourself.

Season's Greetings

From All Senior Center Staff & Advisory Board Members

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.**

DECEMBER'S SPECIAL HOLIDAY PERFORMANCES

All performances will be in Dining Room

Wednesday, December 3 - 10:30 a.m.
Chase High School's Chorus
Led by Michael Henderson
Performing "*Forever Christmas*"

Friday, December 12 - 10:30 a.m.
Rutherford Elementary 4th grade
Special Christmas Performance

Tuesday, December 16 - 10:30 a.m.
Burns Middle School
Special Christmas Performance

Wednesday, December 17 - 10:30 a.m.
All 1st grade classes Ellenboro Elementary
Performing "The Grinch"

Thursday, December 18 - 10:30 a.m.
Chase Middle 7th & 8th grade Chorus

Monday, December 22 - 10:30 a.m.
Opal Lowery
Special Christmas Music

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.

HOLIDAY CLOSINGS:

DECEMBER 24, 25, 26
(Wednesday - Friday)
JANUARY 1 (Thursday)

CLASS CANCELLATIONS:

Yoga Cancelled – Dec. 16, 23, & 30
Art Group Cancelled – Dec. 22
Square Dance Cancelled until spring 2015

ZUMBA

NEW

Mondays – December 1, 8, 15, 29
Wednesdays – December 3, 10, 17
Time: 5:30 p.m.
Instructor: Wavolyn Norville

Here is your perfect opportunity to get ahead of those "holiday calories" – ***Zumba TWO TIMES A WEEK!*** Wavolyn has graciously agreed to add several Wednesdays into the December schedule. 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.

SILVERSTRIDER'S

OCTOBER TOTALS:

Sally Glover	1,814 minutes walked
Annabelle Smith	900 minutes walked
Nan Thompson	852 minutes walked

Did you know….Research shows people are more motivated when they keep track of their exercise minutes? Seeing your goals and watching your progress can help give you the energy you need to keep on exercising! See Crystal to get an Exercise Log and start tracking your minutes!

"MANAGING GRIEF DURING THE HOLIDAYS"

Date: Monday, December 1
Time: 10:30 a.m.
Speaker: Travis Smith
While many folks look forward to yearly holiday traditions, gatherings with friends and family, and the general over-all good feelings associated with the season – there are others who dread the holidays or have mixed emotions. For those who have lost a loved one, the holidays may emphasize their grief. Join us today as Travis discusses what to expect when experiencing grief during the holiday season and some practical tips to help take care of yourself or to assist a grieving friend or family member.

Travis Smith operates Blue Ridge Hope, a grief center providing grief counseling located in Rutherford County. Travis has over 11 years experience in the field of grief and loss.

LET'S BAKE CHRISTMAS COOKIES

Date: Tuesday, December 2
Time: 9:30 a.m.
Location: Co-Op Kitchen
Cost: $2.00 covers all supplies. Bring a container to take your cookies home in.
If you would like to participate in the fun-filled activity please sign up on the bulletin board outside Barbara's office. This activity will be limited to the first 10 people who sign up.
What is a sure-fired guaranteed way to get in the Christmas Spirit? Bake some delicious, aromatic Christmas Cookies – that's how! Join us today as we roll, sprinkle, bake and have a GREAT TIME – but hurry, this event is limited to the first 10 who sign up. All the ingredients will be provided - just bring a container to take your cookies home in.

SHOPPING TRIP TO CONCORD MILLS MALL

Date: Thursday, December 4
Time: Leaving the Senior Center at 8:00 a.m. <u>sharp</u>
The sign-up sheet is located outside Barbara's office.
Just in time for your holiday shopping! This will be a perfect outing to get you into the holiday spirit. Invite a friend and have an awesome day shopping and making special holiday memories!

CRAFTING WITH CRYSTAL

Thursday, December 4
Time: 10:15 a.m.
Cost: $1 - covers all supplies
Pre-registration is required - sign up on the bulletin board outside Barbara's office
Crystal will be demonstrating and assisting crafters in making a beautiful Christmas tree from a large pine cone. This will make a beautiful addition to your Christmas decorations or a great gift for someone.

CHRISTMAS CARDS & COCOA

Friday, December 5
Time: 10:30 a.m.
Location: Conference Room
If you enjoy mailing Christmas cards to special friends and family members this fun activity is the perfect time for you to get your holiday cards addressed and ready to distribute or mail. You can bring your own special cards, or choose from the Christmas cards we have on hand. If you need help addressing the envelopes, Barbara and Crystal will be able to assist you during this time. Additionally, a delicious cup of hot cocoa will be available for you to sip on while you work on your cards. Please join us today for what is sure to be a fun time, and don't forget your address book.

BLOOD PRESSURE CHECK

Date: Monday, December 8
Time: 9:00 – 11:00 a.m. <u>sharp</u>
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.
<u>NO CARDS WILL BE GIVEN OUT AFTER 10:45 SO THIS EVENT CAN WRAP UP AT 11:00 SHARP.</u>

TRIP TO HOSPITAL $5.00 JEWELRY SALE

Date: Monday, December 8
Time: 1:00 p.m.
Pre-registration is required – van riders are limited to the first 12 who sign up on the bulletin board outside Barbara's office.
This will be a great time to do some Christmas shopping or get a perfect accessory for your Christmas outfit!

DID YOU KNOW.... The Senior Center accepts empty toner cartridges from printers and copiers as one of its recycling programs.

TRIP TO OMNI GROVE PARK INN

Date: 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.

PEN PALS

Date: Tuesday, December 9
Time: 10:30 a.m.

Be here today to write your next installment to your Pen Pal's Journal. Then be back tomorrow….

CHRISTMAS PARTY WITH OUR PEN PALS

Date: Wednesday, December 10
Time: 10:00 a.m.

Mrs. Summey is bringing the Spindale Elementary Pen Pals to the Center this morning for them to meet their "Senior" pal. The pals will spend some quality face-to-face time with each other, as well as, sharing some Christmas refreshments and fun. We encourage <u>ALL</u> the pen pals to be here today for this very special opportunity to meet your Spindale Elementary pen pal and learn more about each other while making a lasting memory.

TRIP TO HAMRICK'S OF GAFFNEY

Date: Thursday, December 11
Time: Leaving 8:45 a.m. <u>sharp</u>
Cost: $1.00

Pre-registration is required – limited to first 11 individuals who sign up on the bulletin board outside Barbara's office & pay.

Join us for a fun morning of Christmas shopping at Hamrick's followed by lunch at Chick-Fil-A. Afterwards we will spend a little time at the outlet mall before returning home around 3:00 p.m.

<u>PLEASE ONLY SIGN UP IF YOU ARE SURE YOU CAN GO.</u>

CRAFTING WITH CRYSTAL

Date: Thursday, December 11
Time: 10:15 a.m.
Cost: $2.00 (for supplies)
Pre-registration is required – please sign up on the bulletin board outside Barbara's office

Join Crystal today as she demonstrates and assists crafters in making a "too cute" Santa from a paint brush. This is one you will not want to miss!

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

Date: Monday, December 15
Time: 10:30 a.m.

For this month's meeting please bring a favorite Christmas morning breakfast recipe to share with the group. We will also be doing a "cookie exchange" today, so bring some Christmas cookies and their recipe to share with the group.

BUTTERBEAN AUCTION

Date: Monday, December 15
Time: 1:00 p.m.
Location: Big Craft Room

It's a fine line to not bid all your beans too soon, on the other hand, who wants the auction to end and still have a handful of beans! Whew….this can be a nail-bitter! But it's great fun, so be sure and join us today and bring a friend! This is a Center favorite!

CHRISTMASTEA PARTY

Date: Wednesday, December 17
Time: 9:30 a.m.

Join friends today for a cup of your favorite tea and some delicious goodies at the Christmas tea party. Don't forget to bring a treat to share with everyone. *A sign-up sheet is at the front desk if you plan on attending.*

CHRISTMAS RECEPTION

Date: Thursday, December 18
Time: 2:30 p.m.

Everyone is invited to our annual Christmas Reception. There will be delicious snacks, entertainment, and a special gift for all who stay for the entire event.

CHRISTMAS "NAME THAT TUNE"

Date: Friday, December 19
Time: 10:30 a.m.

Join Rodney Green today as he spins out Christmas tunes for you to guess in the Center's version of "Name That Tune."

"DIABETES & CHRISTMAS – WHAT TO DO"

Date: Tuesday, December 23
Date: 10:30 a.m.
Location: Dining Room
Speaker: Anita Phillips
Anita is the Diabetes Educator from Rutherford Regional Medical System and she will share how to make good food choices during the holidays – especially for those who have diabetes.

NEW YEAR'S RESOLUTIONS FUN & GAMES

Date: Wednesday, December 31
Time: 10:30 a.m.
Can you tell the difference between a real resolution and a fake resolution? Well, be here today and you will find out in this fun activity. Invite a friend and join in for this and some other fun New Year's games.

BIRTHDAY CELEBRATION

Date: Wednesday, December 31
Time: 11:30 a.m.
Join us as we celebrate all the December birthdays.

COMING IN JANUARY.....

NEW YEAR'S DANCE

Date: Friday, January 2
Time: 6:00 – 9:00 p.m.
Time: 9:30 a.m.
Start 2015 dancing the night away with family and friends! Go ahead and mark your calendars, and tell your friends because this is one event you will not want to miss!

SHIIP NEWS: There's Still Time to Select a 2015 Medicare Drug Plan

The Annual Election Period to review, compare and choose Medicare prescription drug coverage ends December 7, 2014.

Medicare beneficiaries are encouraged to call SHIIP at 1-855-408-1212 or 1-800-MEDICARE for free and unbiased help in choosing a drug plan. There are 28 Part D prescription drug plans available in North Carolina for 2015. Drug plans vary from year to year, so it is important that Medicare beneficiaries and their caregivers explore their options during each Annual Election Period.

- Visit www.medicare.gov/find-a-plan to compare your current coverage with all of the options that are available in your area and enroll in a new plan if you decide to make a change.
- Call 1-800-MEDICARE (1-800-633-4227) 24-hours a day, seven days a week, to find out more about your coverage options. TTY users should call 1-877-486-2048.
- Get one-on-one help from SHIIP, the Seniors' Health Insurance Information Program, by calling 1-855-408-1212, Monday through Friday, from 8 a.m. to 5 p.m.

Please Note: All SHIIP appointments are booked through the end of the enrollment period at the Rutherford Senior Center. Call 287-6409 to be placed on the waiting list – we will make every effort to accommodate you as openings become available. The January 2015 schedule for SHIIP appointments is now available for those new enrollees to Medicare who will need to sign up for their Part D plan for the first time.

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.

ELLENBORO CONGREGATE MEAL PROGRAM DECEMBER EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Walking & Exercise **1** 10:30 **Blood Pressure** 11:00 Word Search	9:00 Walking & Exercise **2** 10:00 Word Search 11:00 **Bingo**	9:00 Walking & Exercise **3** 10:00 **Making Ornaments** 11:00 Word Search	9:00 Coffee & Chatter **4** 10:00 Word Search 11:00 **Making Ornaments**	9:30 Walking & Exercise **5** 10:00 Word Search 11:00 **Scattergories**
9:30 Walking & Exercise **8** 10:30 **Blood Pressure** 11:00 Word Search	9:00 Walking & Exercise **9** 10:00 Word Search 11:00 **Bingo**	9:00 Walking & Exercise **10** 10:00 Word Search 11:00 **Managing Diabetes**	9:00 Coffee & Chatter **11** 10:00 Word Search 10:30 Bible History	9:30 Walking & Exercise **12** 10:00 Word Search 11:00 **Scattergories**
9:30 Walking/Exercise**15** 10:30 **Blood Pressure** 11:00 Word Search	9:00 Walking & Exercise **16** 10:00 Word Search 11:00 **Bingo**	9:00 Walking & Exercise **17** 10:00 Word Search 11:00 Bible History	9:00 Coffee & Chatter **18** 10:30 **Christmas Carols** 11:00 **Recognize B'Days**	9:30 Walking & Exercise **19** 10:00 Word Search 11:00 **Scattergories**
9:30 Walking/ Exercise **22** 10:00 **Christmas Story** 10:30 **Blood Pressure**	9:00 Walking & Exercise **23** 10:00 **Christmas Party** 11:00 **Bingo**	**24** **CLOSED FOR CHRISTMAS**	**25** **CLOSED FOR CHRISTMAS**	**26** **CLOSED FOR CHRISTMAS**
9:30 Walking/Exercise **29** 10:30 **Blood Pressure** 11:00 Word Search	9:00 Walking & Exercise **30** 10:00 Word Search 11:00 **Bingo**	9:00 Walking & Exercise **31** 10:00 Word Search 11:00 **Christmas: What I did**	**Location: Bethel Baptist Church** **479 Main Street, Ellenboro Site** **Manager: Diane Hill Telephone: 453-8668**	

HENRIETTA CONGREGATE MEAL PROGRAM DECEMBER EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 **Blood Pressure Ck** **1** 10:00 **Thanksgiving Share** 10:45 **Christmas Decorating** 11:00 Exercise	9:00 Coffee & Chatter **2** 9:30 Piano Music w/ Barbara 10:00 **Christmas Decorating**	9:00 Coffee & Chatter **3** 9:30 Piano Music w/ Barbara 10:15 **Candy Cane Poem** 11:00 Exercise	9:00 Coffee & Chatter **4** 9:30 Piano Music w/ Barbara 10:00 **This was the Yr..1979** 10:50 **Bingo**	9:30 Walking Inside **5** 10:45 Exercise 11:00 Biblical History **National Blue Jean Day**
9:30 **Blood Pressure Ck** **8** 10:30 **History of the Christmas Tree** 11:00 Exercise	9:00 Coffee & Chatter **9** 9:30 Piano Music w/ Barbara 10:00 **History of the Christmas tree ornament**	9:00 Coffee & Chatter **10** 9:30 Piano Music w/ Barbara 10:15 **Christmas Card Origin** 11:00 Exercise	9:00 Coffee & Chatter **11** 9:30 Piano Music w/ Barbara 10:00 **Poem** 10:50 **Bingo**	9:30 Walking Inside **12** 10:00 **Poinsettias Day** 10:45 Exercise 11:00 Biblical History
9:30 **Blood Pressure Ck** **15** 10:15 **Christmas Craft** 11:00 Exercise	9:00 Coffee & Chatter **16** 9:30 Piano Music w/ Barbara 10:00 **Christmas Past & Now**	9:00 Coffee & Chatter **17** 9:30 Piano Music w/ Barbara 10:00 **Sing Caroles** 11:00 Exercise	9:00 Coffee & Chatter **18** 9:30 Piano Music w/ Barbara 10:00 **Christmas Jokes** 10:50 **Bingo**	9:30 Walking Inside **19** 10:45 Exercise 11:00 Biblical History **Wear Red or Green Friday**
9:30 **Blood Pressure Ck** **22** 10:00 **1st Day of Winter (Winter Scenes)** 11:00 Exercise	9:00 Coffee & Chatter **23** 9:30 Piano Music w/ Barbara 10:15 Christmas Party **Wear Red or Green**	**24** **Closed For Christmas**	**25** **Closed For Christmas**	**26** **Closed For Christmas**
9:30 **Blood Pressure Ck** **29** 10:15 **Share about your Christmas Holiday** 11:00 Exercise	9:00 Coffee & Chatter **30** 9:30 Piano Music w/ Barbara 10:15 **Christmas Blahs**	9:00 Coffee & Chatter **31** 9:30 Piano Music w/ Barbara 10:00 **Share Resolutions** 11:00 Exercise	**Location: Henrietta First Baptist Church** **2736 Harris-Henrietta Rd, Henrietta** **Site Manager: Kay Aldridge Telephone: 657-5441**	

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM DECEMBER EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Coffee & Chatter **1** 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter **2** 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter **3** 9:30 Walking 10:00 Word Searches 10:30 **Music & Cider**	9:00 Coffee & Chatter **4** 9:30 Walking 10:30 **Learn How to Crochet** 11:00 **Chat w/the director**	9:30 Coffee & Chatter **5** 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
9:30 Coffee & Chatter **8** 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter **9** 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter **10** 9:30 Walking 10:00 Word Search 10:30 Decorate Candles	9:00 Coffee & Chatter **11** 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet – S. Deese, Instructor**	9:30 Coffee & Chatter **12** 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
9:30 Coffee & Chatter **15** 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter **16** 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter **17** 9:30 Walking 10:00 **Christmas Party** 11:00**Recognize Birthdays**	9:00 Coffee & Chatter **18** 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	9:30 Coffee & Chatter **19** 10:15 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
9:30 Coffee & Chatter **22** 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter **23** 9:30 **Choir** 10:00 Walking 10:30 Word Search	**24** **CLOSED FOR CHRISTMAS**	**25** **CLOSED FOR CHRISTMAS**	**26** **CLOSED FOR CHRISTMAS**
9:00 Coffee & Chatter **29** 9:30 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter **30** 9:30 Choir 10:00 Walking	9:00 Coffee & Chatter **31** 9:30 Walking 10:30 **Your New Years Plans** 11:00 **Jokes**	**Location: 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); 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
Kayla Traver, Data Entry
Susan Toney, Food Service Assistant
Crystal Upton, Activity/Senior Games Assistant
Sandy White, Nutrition Assistant

December

RUTHERFORD COUNTY SENIOR CENTER
193 CALLAHAN-KOON RD, SUITE 132
SPINDALE NC 28160

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