

Rutherford County Senior Center

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

MAY 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.

Older Americans Month 2015: "Get into the Act"

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," and it is focused on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more. By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act." While the Rutherford County Senior Center provides congregate meals, home-delivered meals, transportation to the Center, and SHIP counseling to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities. Throughout the month, the Rutherford County Senior Center will be conducting activities and events for you to get involved and celebrate Older Americans Month. Be sure to check out the calendar of events for May and come visit the Center or one of our satellite sites!

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.**



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?



COUPONS NEEDED:

Please bring any coupons you don't plan on using for our Coupon Room. You don't even have to clip them out of the inserts – we have volunteers who do this. Also this is a reminder for participants to take advantage of this great service at the Center - whether you're a beginner or a seasoned coupon user, it is a fact that using coupons is a smart and easy way to help stretch your food budget dollars!



SILVER STRIDERS TOTALS:

Sally Glover	1,270 minutes walked
Betty McFarland	1,240 minutes walked
Annabelle Smith	1,260 minutes walked
Nan Thompson	778 minutes walked





**TO ALL OF OUR 2015
SENIOR GAMES SPONSORS:**

GOLD:

Humana MarketPOINT, Inc

BRONZE:

Lifestyle Wellness & Spa
Smith's Drugs of Forest City, Inc
Willow Ridge Rehabilitation & Living Center

COPPER:

Barley's
BB&T
Bennett Classic Museum
Crowe's Mortuary & Crematory
Fat Tracy's Smokehouse
Gentiva Home Health
Golden Valley Missionary Methodist Church
Henson Building Materials
Holland & Hamrick Architects, P.A.
King, Crofts, Duncan, & Jaynes
Billie Lee
Making Ends Meet Consignment Store
Medicine Box of Forest City
Moore's Auto Sales
Moose Vending, Inc
Norville Auction & Real Estate
Pleasant Grove United Methodist Church
PNC Bank of Forest City
R & R Satellite
Scoggin's Seafood & Steak House
Truck Service, Inc.
Ulysses D. Miller Funeral Services, LLC

TORCH CLUB MEMBERS:

Henry Boelens
Walter Caradona
Fast Way Oil Change
Kirk & Nancy Milleman
Arthur (Bill) Scherperreel

**SENIOR GAMES CLOSING &
AWARDS CEREMONY**

Date: Friday, May 1 Time: 6:00 p.m.
Join us tonight for the wrap up of 2015's Senior Games. The winners from the sporting events will be recognized and presented their award(s). All Senior Game participants (SilverArts, Performing Arts, and Sporting Events) are welcome and encouraged to attend, as well as, family members and the general public.



MAY IS OLDER AMERICAN'S

MONTH... the Administration for Community Living celebrates Older Americans Month each May to recognize older Americans for their contributions to the nation. This year, in honor of the 50th anniversary of the Older Americans Act, the focus is on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. This year's theme is now it's the time to **"Get into the Act!"**

In recognition of this special month the Senior Center's calendar is jammed pack with a wide variety of special programs and speakers, as well as, fun games and outings. So mark your calendar and plan on coming to the Center. Call and invite a friend or family member – this would be a great month to start enjoying all that the Center has to offer and celebrate Older American's Month!



WALKING CLUB MEETING

Date: Monday, May 4
Time: 10:00 a.m.

Today will be the first meeting of the new Senior Center walking club. If you would like to participate, and/or to find out more information please plan to attend this first meeting. The Walking Club will be walking together at 8:30 a.m. each Tuesday morning – beginning May 5th.

ZUMBA

Mondays – May 4, 11, 18
Time: 5:30 p.m.

Instructor: Wavolyn Norville

Spring is officially here and the days are longer, so join us for Zumba and shake off any remaining winter blues. 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.*





WALKING CLUB

Dates: Tuesdays, May 5, 12, 19, 26
Time: 8:30 a.m.

There are many benefits of walking with another person. A walking buddy will help motivate you to walk because you now have someone you are accountable to. You can set joint goals and schedules, as well as, having companionship and safety and security while walking. **Join Barbara and Crystal each Tuesday morning and walk together.** You will get encouragement and walking incentives such as healthy walking tips, healthy snacks, and other great surprises!

“TELL ME SOMETHING GOOD”

Date: Tuesday, May 5
Time: 10:30 a.m.



Too often the daily news and newspapers are focused on reporting “bad or sad events.” **“Tell Me Something Good”** is a wonderful activity that has long-lasting effects and sets an optimistic tone for all who participate by allowing them to share any positive aspect of their life, family, friends, or a special event that changed their life - it also helps individuals get to know each better. **Join us today and help promote a positive atmosphere at the Senior Center by sharing something “good, happy, or fun” that you have experienced recently or a special memory or event that had a positive impact on your life.**

SPECIAL MUSICAL PERFORMANCE

Date: Wednesday, May 6
Time: 10:30 a.m.

Who: 4th & 5th graders
Spindale Chorus Group



The kids have a treat in store for you this morning. Invite a friend and enjoy a special musical performance by the Spindale Elementary 4th and 5th grade Chorus.

PEN PALS

Date: Thursday, May 7
Time: 10:30 a.m.



There are only a few weeks of school left! The Senior Pen Pals will visit their Spindale Elementary Pal in June for the last time this school year! So take this opportunity to share some special thoughts and memories with your pal before the school year is over.

COMPUTER ASSISTANCE

Thursdays – May 7, 14, 21, 28
Time: 12:30 p.m. – 2:00 p.m.

Volunteer: Jim Cole

Take advantage of Jim’s computer knowledge as he assists participants with their computer related questions on Thursday afternoons. This is a perfect opportunity to refresh your computer skills or learn something new.



BUTTERBEAN AUCTION

Date: Thursday, May 7
Time: 1:00 p.m.



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 for this fun activity!

SQUARE DANCE

Thursdays – May 7, 14, 21, 28
Time: 4:00 p.m.



Come out and “doe-see-doe” your partner around the dance floor on Thursday afternoons at the Senior Center – and get some good exercise to boot! If you do not know how to square dance, no problem! – The caller will break down the steps and moves so everyone will be “swinging their partner” in no time at all!

VOLUNTEER APPRECIATION BREAKFAST

Date: Friday, May 8
Time: 8:30 – 10:00 a.m. (drop-in)

The Senior Center would not be able to offer all the numerous activities or serve the thousands of meals without the help from our many, many awesome volunteers! Whether you deliver meals, call tables, serve lunch, fold newsletters, work at the reception desk, library or coupon room plus anything and everything both big and small you do to assist the Center...



TO ALL VOLUNTEERS:

We want to say **THANK YOU** and show you our sincere **APPRECIATION** by inviting you to attend our annual **VOLUNTEER APPRECIATION BREAKFAST**. Please drop by at your convenience between 8:30 – 10:00 a.m.



TRIP TO CRAFT STORES

Date: Friday, May 8

Time: 10:30 a.m. (leaving Center)

Cost: \$1.00

Pre-registration is required. Van riders are limited to the first 11 who sign up on sheet outside Barbara's office.



Crafters today is a shopping trip designed just for you! But hurry, this one is sure to fill up fast! You will leave the Center at 10:30 traveling to Spartanburg where you first have lunch, then spend time shopping at Michael's then on to Hobby Lobby before returning to the Center.

MUFFINS FOR MOMS

Date: Monday, May 11

Time: 9:00 – 10:00 a.m.

Happy Mother's Day to all ladies! We invite all ladies to join us for muffins and coffee in your honor today.



"Happy Mother's Day" means more than have a happy day. Within those words lie lots of things we never get to say. It means I love you first of all, then thanks for all you do. It means you mean a lot to me, and that I honor you. But most of all, I guess it means that I am thinking of your happiness on this, your day, with pleasure and with love.

BLOOD PRESSURE CHECK

Date: Monday, May 11

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.



B-I-N-G-O

Date: Monday, May 11

Time: 1:00 p.m.

B—I—N—G—O! Always a crowd pleaser! Join Barbara and Crystal for a fast paced, fun-filled session of afternoon bingo!



LAKE LURE CLOGGERS

Date: Tuesday, May 12

Time: 10:30 a.m.

Location: Dining Room

The Lake Lure Cloggers are fantastic dancers and put on a great show.

They are always a hit no matter where they perform! Bring a friend and be here for some great entertainment – you will not be disappointed!



CORNHOLE

Dates: Tuesdays, May 12 & 26

Time: 1:00 p.m.

Location: Dance Room

Everyone enjoyed playing Corn Hole so much during the Senior Games that Barbara will set the boards up in the dance room two afternoons this month for your playing pleasure. *Note: this will replace "Table Tennis" on these two Tuesdays.*

If enough participants take advantage of this activity or express interest, this could become a monthly "standing" event – please let Barbara know your thoughts.



FLOWER ARRANGING DEMONSTRATION

Date: Wednesday, May 13

Time: 10:30 a.m.

Instructor: Gerry Roberts

Join Gerry this morning as she demonstrates simple ways to arrange flowers in vases big and small, from flowers grown in her own garden. She will discuss ways to brighten up any room of your home just by adding a few flowers. Gerry is a natural at turning something simple into something beautiful.



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. So don't delay, please join us today!

SPECIAL SPEAKERS: "MENTAL HEALTH"

Date: Thursday, May 14

Time: 10:30 a.m.

Speakers: Becky Brodar &
Debbie Kennedy, St. Luke's Hospital

With each passing year the numbers of seniors rise, in large due to the aging baby boomers. With this increasing number, comes increased senior health care and senior mental health care — although mental health care is one of the most ignored in America. Just because people are older does not mean that they do not face many of the same difficulties as they did earlier in life — in addition to the many added problems that come with aging. Also, May is *Mental Health Month*, so join everyone at the Senior Center and help spread the word that mental health is something everyone should care and learn more about.



MEET & EAT

Date: Thursday, May 14

Time: 5:15 p.m.

Location: Tri-City Café'
(2270 US 74A Bypass, Forest City)

Please sign the sheet posted outside Barbara's office if you plan on attending.

Join everyone tonight for dinner and have great food, fun and fellowship. Remember: You are responsible for paying for your own meal.



ROYAL QUARTET – GOSPEL SINGING

Date: Friday, May 15

Time: 10:30 a.m.

Location: Dining Room

Did you know that Southern Gospel is sometimes called "quartet music" by fans because of the originally all-male, tenor-lead-baritone-bass quartet make-up? Invite a friend, and be here this morning for some good gospel singing by the Royal Quartet. You will not be disappointed!



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

Date: Monday, May 18

Time: 10:30 a.m.

May is *National Salad Month*.

In observance of this special and yummy month, we are asking that you bring your favorite salad recipes. The sky's the limit when it comes to salads – from healthy greens and veggies to decadent dessert



congealed salads, potato or pasta salads, chicken or tuna salads - the list goes on and on. I bet you won't be able to narrow it down to just one!

"CHRONIC DISORGANIZATION: WHAT IS IT? WHAT DO I DO?"

Date: Tuesday, May 19

Time: 10:30 a.m.

Speaker: Jane Armstrong, former
owner of De-Clutter for Real Life

This month Jane will discuss how chronic disorganization affects how we conduct our daily activities. Can we change? Yes, we certainly can! Join us as we learn helpful hints on the "how-to's" of overcoming chronic disorganization. *Coming in June, Jane's topic will be "to keep or not to keep."*



TRIP TO STRAWBERRY HILL

Date: Tuesday, May 19

Time: 10:45 a.m. – leave the Center

Cost: \$1.00

Be sure and sign up on the bulletin board outside Barbara's office – the van riders are limited to first 11 who sign up.

Today you will travel for lunch at Strawberry Hill's old-fashioned café where home-cooked southern meals are always in season. Afterwards the van will transport everyone across the road to the produce sheds where you can purchase some garden fresh produce and delicious vine-ripened strawberries! Yum-Yum!



TEA PARTY

Date: Wednesday, May 20

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



CAROLINA SINGERS & DANCERS

Date: Wednesday, May 20

Time: 10:30 a.m.

Location: Dining Room

Get ready for some toe tapping entertainment when the Carolina Singers & Dancers, from Shelby NC, entertain us this morning.



B-I-N-G-O

Date: Wednesday, May 20

Time: 1:00 p.m.

B-I-N-G-O!

AGAIN? WOW! Always a crowd pleaser! Join Barbara and Crystal for a fast paced, fun-filled SECOND session of afternoon bingo this month!



B-I-N-G-O

Date: Tuesday, May 26

Time: 10:30 a.m.

Morning B-I-N-G-O! Barbara and Crystal know that everyone LOVES Bingo... so for the third time this month, join us for a fun-filled session of bingo fun! Only this time is in the morning vs. afternoon.



SPECIAL SPEAKER "SENIOR WELLNESS & STROKE AWARENESS"

Date: Thursday, May 21

Time: 10:30 a.m.

Speaker: Amanda Shires, EMS

Location: Dining Room

May 18 -24 is *National EMS Week*. This special week has been set aside, since 1974, to honor the dedication of those individuals who provide the day-to-day lifesaving services of emergency medicine's "front line." Additionally these medical professionals give back to the community by raising awareness of health concerns by conducting special speaking events. Please join Amanda today to learn more about "Senior Wellness & Stroke Awareness." Also be sure to thank her and all the EMS personnel who protect and serve Rutherford County each and every day.



"MEDICARE 101"

Date: Thursday, May 21

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.



"USE IT OR LOSE IT"

Day: Thursday, May 27

Time: 10:30 a.m.

Your brain is no different from any other muscle in your body – either *use it or lose it!* The brain is a learning machine. To keep it strong you must continually develop new skills. Keep activities challenging and progressive. Join us today for the Center's version of "USE IT OR LOSE IT." We will exercise and challenge your brain to help keep it working at its optimal level!



SHOPPING TRIP

Date: Wednesday, May 27

Time: 10:45 a.m. – leaving the Center

Cost: \$1.00

Be sure and sign up on the bulletin board outside Barbara's office – the van riders are limited to first 11 who sign up.

Bargain shoppers get ready! Today you will travel to the Pizza Inn in Shelby for lunch, followed by an afternoon of shopping fun at K-mart, Goodwill, miscellaneous thrift stores, and the Cleveland Mall. Don't delay – this one will fill up early!



DIABETIC SUPPORT GROUP

Date: Thursday, May 28

Time: 10:30 a.m.

Speaker: Anita Phillips, RN

Location: Conference Room

Anita Phillips, RN and Diabetes Educator from Rutherford Regional will lead this support group today with a discussion on "*Diabetes and How It Impacts Your Eyes.*"

Remember you do not have to be a diabetic to attend this meeting. This is good health information for everyone.



**MONDAY, MAY 25:
CLOSED IN OBSERVANCE
MEMORIAL DAY**

Do you know why we observe Memorial Day each year? *Memorial Day is a day in which those who died in active military service are remembered; whereas Veteran's Day celebrated each November honors everyone who has served in the U.S. Armed Forces.*

Did you know....diabetic eye disease has no warning signs? Finding and treating the disease early, before it causes vision loss or blindness, is the best way to control diabetic eye disease. If you have diabetes, make sure to get a yearly dilated eye examination.

DRAWING FOR SPACES/TAILGATE SALE

Day: Thursday, May 28

Time: 11:15 a.m.

Sellers in tomorrow's Tailgate Yard Sale will draw a number to determine the space you will be assigned. **You must have signed up on the sign-up sheet outside Barbara's office, completed a "Tail-Gate Yard Sale Agreement form" and paid a \$10 deposit to participate.** Your deposit will be refunded after you stay the entire length of the sale, or give a 24-hour notice if you are unable to attend. **NO TABLES WILL BE PROVIDED.**



TAIL-GATE YARD & CRAFT SALE

Day: Friday, May 29

Time: 8:00 a.m. – 11:00 a.m.

Shoppers tell your friends and neighbors and everyone come and support the Center's **TAIL-GATE YARD & CRAFT SALE!** There will be a large variety of items for sell by multiple "sellers." There is sure to be something for everyone!



BIRTHDAY RECOGNITION

Date: Friday, May 29

Time: 11:30 a.m.

Join us in the dining room today as we celebrate all the May birthdays.



DANCE

Day: Friday, May 29

Time: 6:00 – 9:00 p.m.

Cost: \$5.00/person

Come and dance the night away with someone special to the musical renderings of the **Rusty and Chiquita Collins Band!** Mark your calendar, and call your friends and family to join you for this special evening. Light refreshments will be served, and doors will open at 5:45 p.m.



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 contact SHIIP direct at 1-855-408-1212 or www.ncshiip.com.**

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.



DOCUMENT SHREDDING

In order to protect your identity, it is recommended that you shred any documents that you want to discard that have personal information on them such as: Social Security numbers, Medicare numbers, bank or credit card numbers, your name, telephone or address, and/or medical and legal documents. **The Senior Center has a paper shredder that you may use (at no charge) to shred your documents to ensure you are protecting your identity.**

2015 SENIOR GAMES SILVERARTS WINNERS



HERITAGE ARTS:

Crocheting:

- 1st: Nancy Milleman
2nd: Mary A Jones
3rd: Brenda Burton

Jewelry:

- 1st & 3rd: Norma Cooper
2nd: Libbie Donevan

Needlework:

- 1st: Mary Long
2nd: Vernia McDowell
3rd: Betty Greene

Pottery:

- 1st: Deborah Gerard
2nd: Linda McGregor
3rd: Jim Suttle

Quilting:

- 1st & 2nd: Susie Harris
3rd: Brenda Burton

Plastic Canvas (unsanctioned):

- 1st/2nd/3rd: Louise Selvey

Woodcarving:

- 1st/2nd/3rd: Kirk Milleman

LITERARY ARTS:

Life Experience:

- 1st: Nancy Hartley
2nd: Maonie Littlejohn
3rd: Libbie Donevan

Poetry:

- 1st: Nancy Hartley
2nd: Robert Judd
3rd: Hank Heun

Short Story:

- 1st: Robert Covert
2nd: Robert Judd
3rd: Mary A Jones

PERFORMING ARTS:

Best Overall:

- Robert Judd (comedy act)

VISUAL ARTS:

Acrylics:

- 1st: Cherrill Moshier
2nd & 3rd: Syble Hill

Drawing:

- 1st: Bonnie Manion
2nd & 3rd: Elsie Allen

Mixed Media:

- 1st & 2nd: Bonnie Manion
3rd: Barbara Rectenwald

Oil Painting:

- 1st & 3rd: Cherrill Moshier
2nd: Linda McGregor

Watercolor:

- 1st: Linda McGregor
2nd & 3rd: Cherrill Moshier

Photography:

- 1st & 2nd: Donald Graham
3rd: Mary A Jones





COMING IN JUNE...
PICTURES FROM
THE SPORTING
EVENTS AND
LISTING OF
WINNERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ELLENBORO CONGREGATE MEAL PROGRAM - MAY EVENTS Bethel Baptist Church 479 Main Street, Ellenboro Site Manager: Diane Hill Telephone: 453-8668				9:30 Walking and Exercise 1 10:00 Word Search 11:00 Scattergories
9:30 Walking and Exercise 4 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking and Exercise 5 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 6 10:00 Coffee & Chatter 11:00 Word Search	9:00 Walking and Exercise 7 10:00 Word Search 11:00 Wood Carving/J. Weber	9:30 Walking and Exercise 8 10:00 Word Search 11:00 Recognition of Mothers
9:30 Walking and Exercise 11 10:30 Blood Pressure Check 11:00 Chat w/ the Director	9:00 Walking and Exercise 12 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 13 10:00 Word Search 11:00 Recognize May Birthdays	9:00 Walking and Exercise 14 10:00 Word Search 11:00 Wood Carving/J. Weber	9:30 Walking and Exercise 15 10:00 Word Search 11:00 Scattergories
9:30 Walking and Exercise 18 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking and Exercise 19 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 20 10:00 All about butterflies & moths/Make butterflies	9:00 Walking and Exercise 21 10:00 Word Search 11:00 Wood Carving/J. Weber	9:30 Walking and Exercise 22 10:00 Word Search 10:30 History of Memorial Day Wear Red, White or Blue
CLOSED FOR MEMORIAL DAY 25	9:00 Walking and Exercise 26 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 27 10:00 Word Search 11:00 Coffee & Chatter	9:00 Walking and Exercise 28 10:00 Word Search 11:00 Wood Carving/J. Weber	9:30 Walking and Exercise 29 10:00 Word Search 11:00 Scattergories

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HENRIETTA CONGREGATE MEAL PROGRAM - MAY EVENTS Henrietta First Baptist Church 2736 Harris-Henrietta Rd, Henrietta NC Site Manager: Kay Aldridge Telephone: 657-5441				9:30 Walking Inside 1 10:00 Mother Goose Day –10:45 Exercise 11:00 Biblical History w/B.Moore
9:30 Blood Pressure Check 4 10:30 Motherly Sayings 11:00 Exercise	9:00 Coffee & Chatter 5 9:30 Piano Music w/ B.Moore 10:30 Mother Songs	9:00 Coffee & Chatter 6 9:30 Piano Music w/B.Moore 10:15 Mom-isms – Things mother used to say	9:00 Coffee & Chatter 7 9:30 Piano Music w/B.Moore 10:00 Who is mother? 10:50 Bingo	9:30 Walking Inside 8 10:00 Mother's Day Recognition – Brings pictures of mothers 10:45 Exercise 11:00 Biblical History w/B.Moore
9:30 Blood Pressure Check 11 10:00 May Craft 10:30 Your favorite picnic foods 11:00 Exercise	9:00 Coffee & Chatter 12 9:30 Piano Music w/B.Moore 10:00 Nutty Fudge Day – Serve Ice Cream	9:00 Coffee & Chatter 13 9:30 Piano Music w/B.Moore 10:00 Favorite Apple Pie Recipes 11:00 Exercise	9:00 Coffee & Chatter 14 9:30 Piano Music w/B.Moore 10:50 Bingo Thank a Receptionist Day	9:30 Walking Inside 15 10:00 Chocolate Chip Day – Serve Cookies 10:45 Exercise 11:00 Biblical History w/B.Moore
9:30 Blood Pressure Check 18 10:15 Medicare Fraud:DTrainer 11:00 Exercise Visit a relative today & tell them you love them	9:00 Coffee & Chatter 19 9:30 Piano Music w/B.Moore	9:00 Coffee & Chatter 20 9:30 Piano Music w/B.Moore 10:00 Master Gardener – Cindy Street 10:45 Exercise	9:00 Coffee & Chatter 21 9:30 Piano Music w/B.Moore 10:00 A Recycled Senior Citizen 10:50 Bingo	9:30 Walking Inside 22 10:00 Memorial Day Program 10:45 Exercise 11:00 Biblical History w/B.Moore
CLOSED FOR MEMORIAL DAY 25	9:00 Coffee & Chatter 26 9:30 Piano Music w/B.Moore Grape Popsicle Day	9:00 Coffee & Chatter 27 9:30 Piano Music w/B.Moore 10:00 May Day Flowers 11:00 Recognition of May Birthdays	9:00 Coffee & Chatter 28 9:30 Piano Music w/B.Moore 10:00 When did school end? Before/after Memorial Day? 10:50 Bingo	9:30 Walking Inside 29 10:45 Exercise 11:00 Biblical History w/B.Moore Bing Crosby recorded "White Christmas" in 1942

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SHINGLE HOLLOW CONGREGATE MEAL PROGRAM - MAY EVENTS Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton Site Manager: Joyce Bailey Telephone: 287-0960				9:00 Coffee & Chatter 1 9:30 Walking 10:00 Word Search 11:00 Bingo 10:30 Blood Pressure Check
9:30 Coffee & Chatter 4 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 5 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 6 9:30 Walking 10:00 Word Search 10:30 Mother's Day Tea	9:00 Coffee & Chatter 7 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 8 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 11 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 12 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 13 9:30 Walking 10:00 Word Search 10:30 Share Recipes 11:00 Tell A Joke	9:00 Coffee & Chatter 14 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 15 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 18 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 19 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 20 9:30 Walking 10:00 Word Search 10:30 Medicare Fraud w/Diane Trainer	9:00 Coffee & Chatter 21 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 22 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
CLOSED FOR MEMORIAL DAY 25	9:00 Coffee & Chatter 26 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Recognize May B'days	9:00 Coffee & Chatter 27 9:30 Walking 10:00 Word Search 10:30 Craft Time – Make Cards	9:00 Coffee & Chatter 28 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet	9:30 Coffee & Chatter 29 10:00 Word Search 10:15 Walking 10:50 Bingo 10:30 Blood Pressure Check

SENIOR CENTER ADVISORY BOARD MEMBERS:

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

SENIOR CENTER STAFF:

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



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