

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.~*

APRIL 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 is in the air! Many people are outside enjoying the warm, sunny days. As the days get longer, there is more time to spend outside with family and friends. There are many activities you can enjoy outdoors that are fulfilling while not being too physically demanding.

Gardening is a great activity for someone who enjoys reaping the "fruits" of their labor. Light work in the garden is an excellent way to exercise while also keeping the mind active. This can be enjoyed all spring and summer long because there are always jobs to be done like watering, pruning, and pulling weeds.

Family get-togethers at the park or cookouts with friends are great ways to socialize with others while being outside this spring. Seniors enjoy spending time with their adult children and grandchildren. Simple pleasures like watching the kids play can make for a perfect spring afternoon.

For some the ideal spring activity might just be being outdoors. Walks and bird watching are a great way to enjoy the beauty of nature while also exercising. You could also go fishing. Bring some sandwiches and cold drinks and enjoy the peace and quiet. These activities are enjoyable and in many cases free.

Please come join us in the many activities and programs we have planned this spring at the Senior Center. Be sure to check out the calendar of events for April and come visit the Senior Center or one of our Satellite Sites for fun and socialization with friends!

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:

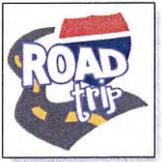
SHIIP is a division of North Carolina's Department of Insurance which strives to assist Medicare beneficiaries in making well-informed health insurance choices. Trained SHIIP volunteers offer free unbiased health information and assist seniors with questions regarding Medicare, Supplement Plans, claims 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

The tax deadline is right around the corner. The AARP Tax-Aide volunteers only have 3 working days in April and there are only a **few appointment times available.** If you want to take advantage of this **free** tax preparation service, call 287-6409 ASAP to check availability.



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!



APRIL CANCELLATIONS:

- “BATTERS, SPLATTERS, & PLATTERS” (RECIPE CLUB)
- TEA PARTY
- MEET & EAT
- FELLOWSHIP & SINGING (*Cancelled April 10 & 17 Only*)



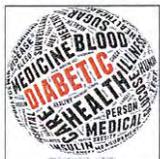
“LIVING HEALTHY WITH DIABETES”

(a six-week series of classes)

Date: April 1 & 8 (weeks 5 & 6)

Time: 9:00 – 11:30 a.m. (snacks provided)

The “Living Healthy with Diabetes” classes will wrap up in April with the final two workshops of this series of six classes. Each 2 ½ hours session is 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.



OPENING DAY FOR THE SENIOR GAMES SPORTING EVENTS

Date: Thursday, April 2

9:00 a.m. - SilverStriders Fun Walk (at the walking trail)

10:30 - Opening Gala (dining room)



SILVER STRIDERS TOTALS:

Sally Glover	1145 minutes walked
Annabelle Smith	180 minutes walked
Nan Thompson	544 minutes walked



SQUARE DANCE

Thursdays – April 2, 9, 16, 23, 30

Time: 4:00 p.m.

It's time to dust off your clogging shoes or boots and “doe-see-doe” your partner around the dance floor once more on Thursday afternoons at the Senior Center. This group took the winter off, but now that spring is here it's time to call a friend and come on out for this fun, popular activity. 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, round and round” in no time flat!



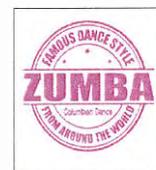
ZUMBA

Mondays – April 6, 13, 20, 27

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.*



COMPUTER ASSISTANCE

Thursdays – April 16, 23, 30

Time: 12:30 p.m. – 2:00 p.m.

Volunteer: Jim Cole

Take advantage of Jim's computer knowledge and join him in the computer lab on Thursday afternoon's as he assists participants with their computer related questions. This is a perfect opportunity to refresh your computer skills or learn something new.



BLOOD PRESSURE CHECK

Date: Monday, April 13

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.**



PEN PALS

Date: Thursday, April 16

Time: 10:30 a.m.

It's that time again to write to your Spindale Elementary Pen Pal. If you have been participating in the Senior Games (and we hope you have) then you will certainly have a lot to tell your Pal about what games you have or are going to participate in and whether you "took home the gold" in your age category, or just had a good time trying!



"USE IT OR LOSE IT"

Date: Tuesday, April 28

Time: 10:30 a.m.

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



"WHAT IS IN YOUR POCKET OR POCKETBOOK"

Date: Wednesday, April 29

Time: 10:30 a.m.

Be here today for a FUN game of "What is in Your Pocket or Pocketbook?" There is no telling what item will be called out to see if you have it.....so come prepared! This is sure to become a Center favorite, so invite a friend and join us for a morning of entertainment and laughter.



CHAIR VOLLEYBALL

Date: Thursday, April 30

Time: 10:30 a.m.

Always a Center's favorite – join us today for a rousing game of chair volleyball. No special skills are necessary, except you must remain seated at all times, and you must be able to laugh at yourself! We promise players and spectators alike will have a fun time and you are getting exercise as a bonus!



BIRTHDAY RECOGNITION

Date: Thursday, April 30

Time: 11:30 a.m.

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



SPRING CLEANING

Please help us get the Senior Center spruced up and de-cluttered! If you have any personal items at the Center, please take them home. This especially includes any personal items left in the art/craft room, needlework/craft room, the men and women's dressing rooms, and the two coat rack stations. Thank you for your assistance in our "spring cleaning" efforts!

Spring Cleaning
Just Ahead

© Can Stock Photo

LET US KNOW WHAT YOU THINK

Your opinion and input is important to us, and helps us plan for the future. An easy way to give us your input is through our **SUGGESTION BOX** – located in the main lobby of the Senior Center. Paper and pen are provided and you do not have to sign your name – please include the date with your suggestion though. Additionally, you can always stop by our Director's office – Angela is willing to listen to your suggestions or comments.



COMING IN MAY.....



WALKING CLUB (NEW)

Walking can be a solo journey, but finding a "walking companion" or "walking club" can keep it interesting and keep you motivated. On days when it is cold, rainy, windy, hot, muggy or days when it is hard to make yourself go out the door, having a companion who you can't let down makes a **big** difference. 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. If you would like to get started walking - take the first STEP by joining the **Senior Center's Walking Club** - see Barbara or Crystal for more information. Walking Club members that walk with Barbara and Crystal will get encouragement and walking incentives such as healthy walking tips, healthy snacks, and other great surprises!

OLDER AMERICAN' MONTH

We will celebrate "Older American's Month" the entire month of May with a jammed packed schedule of special programs, speakers, and fun entertaining activities.

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). A reception will follow at the close of the ceremony.

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.

Thank
you!

TO 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, Crotts, Duncan, & Jaynes
Billie Lee
Making Ends Meet Consignment Store
Medicine Box of Forest City
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

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.

BARBARA HILL GRADUATES FROM THE ANN JOHNSON INSTITUTE FOR SENIOR CENTERS.....

Congratulations to Barbara Hill, Activity & Senior Games Coordinator on her March 19th graduation from the Ann Johnson Institute for Senior Center Management. This is a three-year certificate management training program, initiated by the Division of Aging and Adult Services, designed for senior center managers and leaders. The objective of the program is to support senior center personnel by providing a means to increase management skills, upgrade credentials, and enhance the senior center management profession. The UNC-Chapel Hill School of Social Work's Center for Aging Research and Educational Services (CARES) assists the Division of Aging and Adult Services in developing, facilitating, and evaluating the training for this program. Way to go Barbara! You certainly earned your "wings" and we are proud of your accomplishment.



MEMORIALS, HONORARIUMS, AND GIFTS

You can support the work of the Rutherford County Senior Center by making a donation "In Memory Of" or "In Honor Of" a senior or someone that you would like to remember or honor in special way. **All donations are tax deductible and you will be mailed a receipt for tax purposes.** Letters will also be sent to the person or their family acknowledging that a donation was made in their memory/honor – the amount is not disclosed. Please make checks payable to: *Rutherford County Senior Center*. Fill out the information below and return with your donation to: 193 Callahan-Koon Rd, Suite 132, Spindale NC 28160.

Your Name: _____

Address: _____

City: _____ State _____ Zip _____

In Memory of: _____

In Honor of: _____

ELLENBORO CONGREGATE MEAL PROGRAM - APRIL EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Walking and Exercise 1 10:00 Coffee & chatter Easter Bunny Day	9:00 Walking and Exercise 2 10:00 Word Search 11:00 Easter Party	3 CLOSED FOR GOOD FRIDAY
9:30 Walking and Exercise 6 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking and Exercise 7 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 8 10:00 Word Search 11:00 Coffee & chatter	9:00 Walking and Exercise 9 10:00 Word Search 11:00 What are your week-end plans?	9:30 Walking and Exercise 10 10:00 Word Search 11:00 Share your sibling stories
9:30 Walking and Exercise 13 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking and Exercise 14 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 15 10:00 Word Search 11:00 Recognition of April Birthdays	9:00 Walking and Exercise 16 10:00 Word Search 11:00 Crochet w/Grace Blanton	9:30 Walking and Exercise 17 10:00 Word Search 11:00 Scattergories
9:30 Walking and Exercise 20 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking and Exercise 21 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 22 10:00 Word Search 11:00 Discussion - Coffee	9:00 Walking and Exercise 23 10:00 Word Search 11:00 Crochet w/Grace Blanton	9:30 Walking and Exercise 24 10:00 Word Search 11:00 Scattergories
9:30 Walking and Exercise 27 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking and Exercise 28 10:00 Word Search 11:00 Bingo	9:00 Walking and Exercise 29 10:00 Word Search 11:00 Biblical History w/Linda McCurry	9:00 Walking and Exercise 30 10:00 Word Search 11:00 Discussion - Clichés & Idioms	

HENRIETTA CONGREGATE MEAL PROGRAM - APRIL EVENTS
Henrietta First Baptist Church 2736 Harris-Henrietta Rd, Henrietta NC
Site Manager: Kay Aldridge Telephone: 657-5441

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Coffee & Chatter 1 9:30 Piano Music w/B.Moore 10:30 Easter Party April Fool's Day (Foolery)	9:00 Coffee & Chatter 2 9:30 Piano Music w/B.Moore 10:00 History of Easter, Easter Baskets & Easter Lilies 10:50 Bingo	3 CLOSED FOR GOOD FRIDAY
9:30 Blood Pressure Ck 6 10:30 The Egg & I Word Game 11:00 Exercise	9:00 Coffee & Chatter 7 9:30 Piano Music w/ B.Moore No Housework Day	9:00 Coffee & Chatter 8 9:30 Piano Music w/B.Moore 10:15 Favorite Egg Salad Recipe	9:00 Coffee & Chatter 9 9:30 Piano Music w/B.Moore 10:00 Person, Place or Thing 10:50 Bingo	9:30 Walking Inside 10 10:45 Exercise 11:00 Biblical History w/B.Moore Safety Pin Birthday.....1849
9:30 Blood Pressure Ck 13 10:15 Getting our veggie & flower garden ready 11:00 Exercise	9:00 Coffee & Chatter 14 9:30 Piano Music w/ B.Moore 10:00 John's Laugh Lines – "Income Tax" 11:00 Chat w/ Director	9:00 Coffee & Chatter 15 9:30 Piano Music w/B.Moore 10:00 Master Gardener w/Cindy Street 11:00 Exercise Income Tax Day	9:00 Coffee & Chatter 16 9:30 Piano Music w/B.Moore 10:50 Bingo Husband Appreciation Day – Thank Him	9:30 Walking Inside 17 10:45 Exercise 11:00 Biblical History w/B.Moore Daffy Duck's Birthday....1937 Ford Mustang Day.....1964
9:30 Blood Pressure Ck 20 10:30 Church Bulletin Bloopers 11:00 Exercise	9:00 Coffee & Chatter 21 9:30 Piano Music w B.Moore 10:00 Celebrity Dogs	9:00 Coffee & Chatter 22 9:30 Piano Music w/B.Moore 10:00 "Jelly Bean Day" Word Search 10:45 Exercise	9:00 Coffee & Chatter 23 9:30 Piano Music w/B.Moore 10:00 Advice from a tree 10:50 Bingo	9:30 Walking Inside 24 10:45 Exercise 11:00 Biblical History w/B.Moore National Arbor Day
9:30 Blood Pressure Ck 27 10:30 "T" Word Game 11:00 Exercise	9:00 Coffee & Chatter 28 9:30 Piano Music w B.Moore 10:00 History/Math 101 11:00 Recognition of April Birthdays	9:00 Coffee & Chatter 29 9:30 Piano Music w/B.Moore 10:00 Patent of the Zipper 10:45 Exercise	9:00 Coffee & Chatter 30 9:30 Piano Music w/B.Moore 10:50 Bingo Oatmeal Cookie Day Serve Cookies	

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM - APRIL EVENTS
Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton
Site Manager: Joyce Bailey Telephone: 287-0960

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Coffee & Chatter 1 9:30 Walking 10:00 Word Search 10:30 Discussion – Garden Tips 11:00 What's your favorite flower?	9:00 Coffee & Chatter 2 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	3 CLOSED FOR GOOD FRIDAY
9:30 Coffee & Chatter 6 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 7 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 8 9:30 Walking 10:00 Word Search 10:30 Spring Flower Arrangements	9:00 Coffee & Chatter 9 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 10 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 13 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 14 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 15 9:30 Walking 10:00 Word Search 10:30 Getting ready to grill – Bring your favorite recipes 11:00 Tell A Joke	9:00 Coffee & Chatter 16 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 17 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 20 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 21 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 22 9:30 Walking 10:00 Word Search 10:30 Craft Time – Decorating Candle Holders	9:00 Coffee & Chatter 23 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 24 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 27 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 28 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Recognition of April Birthdays	9:00 Coffee & Chatter 29 9:30 Walking 10:00 Word Search 10:30 Grab Bag Bingo	9:00 Coffee & Chatter 30 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	

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
Joyce Bailey, Shingle Hollow Site Manager	Diane Hill, Ellenboro Site Manager
Ron Atchley, Meal Deliveries	Selena McEntrye, Title V Morning Receptionist
Wanda Bland, Exercise Instructor	Helen Mudge, Title V Food Service Worker
Michael Carpenter, Meal Deliveries	Joe Ryan, Title V Food Service Worker
Louann Camilletti, Senior Center Site Manager	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



RUTHERFORD COUNTY SENIOR CENTER
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SPINDALE NC 28160

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debbie.conard@rutherfordcountync.gov

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