



**RUTHERFORD
COUNTY
DEPARTMENT
OF AGING/
SENIOR
CENTER**

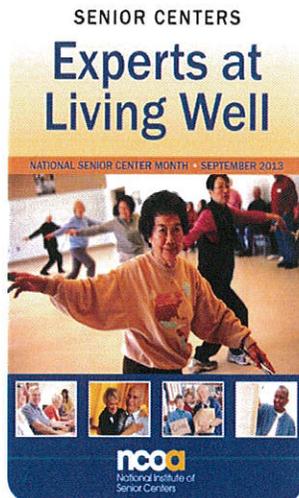
*A North Carolina
Certified Center of
Excellence*

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.

SEPTEMBER 2013



**A UNITED WAY
MEMBER AGENCY**

THE SENIOR CENTER NEWSLETTER

FROM THE DESK OF ANGELA EZELL:

Dear Friends:

September is National Senior Center Month. This year's theme is "Senior Centers: Experts at Living Well." If you have not been to the Rutherford County Senior Center, I would like to personally invite you to come take a tour and become acquainted with the staff and the services the Center offers. Anyone age 55 or older can join and participate in any of our activities or exercise programs. We offer a variety of health and fitness classes and learning opportunities and encourage involvement in the Center and the community. We provide resources to enable seniors to make choices that will enhance their lives and help them become "Experts at Living Well."

Active Aging Week is September 22 – 28, 2013. Older adults are encouraged to discover new places and people during Active Aging Week. This week was organized by the International Council on Active Aging. It was started to give as many older adults as possible the means to experience activities and exercise in a safe, friendly, and fun atmosphere. The theme this year is "Discover Your Community." Studies show that people who continue to participate in activities and interact socially have a higher quality of life and tend to be healthier and live longer. We have all heard that physical activity and exercise are good for you. Physical activity and exercise are important to the physical and mental health of everyone. Exercise can improve your health and help you maintain your independence as you age. Regular exercise can prevent or delay diabetes and heart trouble. Exercise can also improve balance and strengthen your muscles to help prevent falls.

Please come join us in the many activities and programs we have planned at the Senior Center. There is no membership fee required to join in the fun and fellowship at the Senior Center. Be sure to check out the calendar of events for September and come visit the Senior Center or one of our Satellite Sites. Remember to stay healthy and active to help ensure successful aging!

Angela Ezell

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



REMINDER PRE-REGISTER FOR LUNCH EVERYDAY

TO ENSURE THAT YOU WILL BE SERVED LUNCH, PLEASE PRE-REGISTER BY 12:00 NOON THE DAY **BEFORE** YOU PLAN TO EAT. For your convenience, you may pre-register up to 4 weeks in advance by using your scan card. **Then if circumstances change and you are UNABLE to come on a day that you have pre-registered for, just call the Senior Center at 287-6409 before 9:30 a.m. and cancel.**

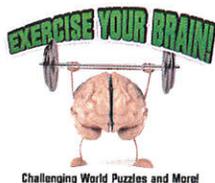


USE IT OR LOSE IT

Date: Tuesday, September 3

Time: 10:30 a.m.

Do you have brain drain? Whether you're balancing your checkbook, learning how to salsa, or playing a mean hand of gin rummy, your brain's "electricity grid" is lit up like Times Square on New Year's Eve! Chemical messages zip along at speeds of up to several hundred miles per hour from one nerve cell to the next along "cables" called axons. There waiting to receive all that information are the nerve cell "branches" called dendrites – and at the center of it all is - YOU. Each individual plays an important role in keeping this complex network humming. How you say? Well, when you challenge your brain with new skills and knowledge, as well as, trying new ways of doing ordinary things it increases connections in the brain and causes them to sprout more and more dendrites, which expand our brain capacity to think, decide, learn, and remember.



Join us today for this installment of "USE IT OR LOSE IT" as we increase our brain power, our attention and focus, our verbal skills, and our processing speed – and have FUN at the same time!

Example of a Word Game: Choose the word from the group that doesn't belong.

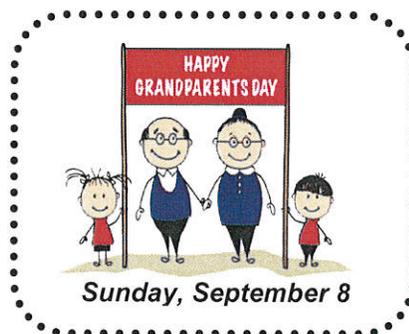
1. **TV, Magazine, Baseball game, Movie**
Answer- Magazine (not something you watch)
2. **Plant, Pipe, Brain, Toenail**
Answer- Pipe (it doesn't grow)

GRANDPARENT WISDOM

Date: Wednesday, September 4

Time: 10:30 a.m.

They say when a child is born, so is a grandparent. In honor of the upcoming National Grandparent's Day, we are having a very special activity – Grandparents we want you to share words of wisdom that you have passed on to your grandchildren and/or great grandchildren, or maybe someone wants to share something special they learned from their grandparent's. This is sure to be a fun and educational activity that you will not want to miss!



HOW TO WRITE YOUR LIFE STORY

Day: Wednesdays (6 weeks)

Dates: September 4, 11, 18, 25, October 2, 9

Time: 10:00 – 11:15 a.m.

Instructor: Linda Tomblin, Author

Pre-Registration required - sign up on bulletin board outside Barbara's office

Price: FREE



This NEW six-week long program will take you on a unique journey as you explore your individual life through the written word. Learn to



write about your personal experiences, struggles and hardships, as well as, your achievements and blessings. Discover your personal life's lessons either for your own satisfaction or to leave as a legacy for your children and grandchildren. Share with your family (and discover for yourself) who you are, what you are about, and what you believe in. You will come away with a feeling of true satisfaction in a life well-lived. You don't have to be a writer or even know how to operate a computer to take this class. You can record your memories in your own handwriting. You can share some memories with the group or keep them private - it's your choice, and you will not be pressured to do anything you're not comfortable with. Your stories can take the shape of lessons learned, inspirational tales, records of life events, observations and opinions, historical records, or just plain front porch talk. You can focus just on a specific life period with things like military experiences, an adventure or a once-in-a-lifetime trip, or concentrate on achievements, say in athletics or your career. No matter the shape, this collection of life stores will be valued by you, your family, and your friends.

Linda Tomblin will be leading and instructing this six-week class. She has been writing for over thirty years, and was a contributing editor for Guideposts magazine. She has co-written two books, been published in numerous magazines, and has taught writing at conferences and workshops nationwide.

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!

CORNHOLE

**Date: Thursday, September 5
Time: 9:00 -11:00 a.m.**

The corn hole boards will be set up outside near the shuffleboard courts for practice.



CRAFTING WITH CRYSTAL

**Date: Thursday, September 5
Time: 10:30 a.m. Cost: \$1
Instructor: Crystal Upton
Pre-registration required – the sign-up sheet is outside Barbara's office.**



Let's welcome the new season with a colorful fall door hanger. Crystal will demonstrate and assist you in making a beautiful fall decoration to hang at your home's entrance to welcome family and friends.

SENIOR SHINERS GO VISITING

**Date: Friday, September 6
Time: leave from Center at 9:45 a.m.
Location: LifeCare Adult Day Care, 859 Thunder Road, Spindale**



The Senior Shiners will go visiting the residents at Lifecare Adult Day Care to entertain and spread some sunshine.

BREAKFAST WITH THE DIRECTOR

**Date: Friday, September 6
Time: 9:00 a.m.
Pre-registration is required - limited to the first 10 who sign up on the sheet outside Barbara's office.
No Cost.**

This event provides the perfect opportunity to become better acquainted with our director, Angela Ezell. It's a time for seniors to just sit down and talk about how they feel things are going at the Center.



This will all be done in a relaxed and informal atmosphere. A light breakfast will be served.

BLOOD PRESSURE CHECK

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



The nurse will be taking blood pressures this morning. Be sure to stop by the front desk, and pick up your Blood Pressure History Card and a number from the receptionist.

PEN PAL SIGN UP

Date: Monday, September 9

Time: 10:30 a.m.

Location: Conference Room

If you are interested in becoming a pen pal for the new school year, please meet with Crystal and Barbara in the conference room to sign up. **Please remember that you must be committed to be a pen pal throughout the entire school year.**



PHOBIAS & SUPERSTITIONS

Date: Tuesday, September 10

Time: 10:30 a.m.

Does Friday the 13th make you leery to even leave your house? Have you walked under any ladders, or crossed paths with a black cat lately? Be here for this fun and educational activity as we discuss phobias and superstitions – maybe some you have never even heard of. For example, do you know what *novercaphobia* is? It's the fear of stepmothers! The word *phobia* comes from the Greek word *phobos* that means fear of certain situations, activities, things, or persons. Although some phobias have funny sounding names, they are not funny to the people who suffer from them.



SHOPPING TRIP

Date: Thursday, September 15

Time: 8:45 a.m. leave from Center

Location: Hamrick's of Gaffney

Pre-registration required – only the first 11 who sign up and pay can ride in the van –

**The sign-up sheet is outside Barbara's office
Cost: \$1**

It's "Bus Week" at Hamrick's, and that also means seniors receive a special discount each day as well! We will leave the Center at 8:45 a.m. and have a fun morning of shopping, then lunch at a nearby restaurant, then finish with a final stop at Strawberry Hill to shop for some yummy fall produce before heading back to Spindale. Note: you can follow in your own vehicle if you do not want to ride in the van.



DIABETIC SUPPORT GROUP

Date: Friday, September 13

Time: 10:30 a.m.

Instructor: Anita Phillips, RN

Anita Phillips, the Patient Education Coordinator and Diabetes Educator from Rutherford Regional Medical Center, will be with us today for a diabetes update. There will also be time to answer if you have questions or concerns about your diabetes. You do not have to be a diabetic to attend, simply come to learn more about this disease.

ARCHERY PRACTICE

Date: Wednesday, September 11

Time: 10:00 a.m.

Instructor: Jim Venerra

Our "archer extraordinaire" will be here to assist and coach this morning. Do you think you can hit the target? Come on out and give it your best shot!



Seniors' Health Insurance Information Program

Trained SHIIP counselors are available, by appointment, to assist Medicare beneficiaries and caregivers with free, unbiased information regarding Medicare health care products. Call 287-6409 to schedule an appointment.

BATTERS, SPLATTERS, & PLATTERS RECIPE CLUB

Date: Monday, September 16

Time: 10:30 a.m.

September is *National Chicken Month*. The Recipe Club will share their favorite chicken recipes. From pies, casseroles, salads, to dumplings - it's almost impossible to choose just one favorite recipe starring our fowl friend!



For over two decades, the National Chicken Council has banded together all of the major chicken producers in the U.S. to promote chicken sales in September, turning a once slow month, as the summer grilling season waned, into one of the year's best performing sales periods.

ZUMBA CLASSES

Day: Monday

Dates: September 16, 30

Time: 5:30 p.m.

Instructor: Wavolyn Norville

Remember you can start anytime, even if you can only come for one

class. Anyone age 55 or older can participate.

Come on and have some fun while burning those calories and toning those muscles!



TEA PARTY

Date: Wednesday, September 18

Time: 9:45 a.m.

Theme: *Fall is in the Air*

Our *Fall is in the Air* Tea Party is sure to be a hit. Come and join the party for a spot of tea, some nibbles, and friendly fellowship. Be sure and sign-up on the sheet posted at the front desk if you plan on attending, and remember to bring your favorite treat to share with the entire group.



NINTH ANNUAL PRIME OF LIFE FESTIVAL

Date: Tuesday, September 17

Time: 9:00 a.m. – 12:30 p.m.

Location: The Foundation Performing Arts Center on ICC's campus (new venue)

This much anticipated annual event provides mature adults 50+ with resources for a healthy and productive lifestyle. It includes: health screenings, exhibits, entertainment, free lunch for attendees, shuttle service, prizes and much more! Note: The Senior Center will have an exhibit representing the Center – be sure to stop by and check us out!

LET'S PLAY SCRUPLES!

Date: Thursday, September 19

Time: 10:30 a.m.

Let's play Scruples! The game of moral dilemmas! *For example: You are buying a house from an old lady, and she is asking much too little. Do you tell her? Or, you and your best friend are looking for jobs in the same field. You hear of an excellent, little known opportunity. Do you inform your friend?* The question of scruples is a game based on moral dilemmas like these. There is a lot of laughter, a lot of interesting discussion, and you get to know each other real fast.

MEET AND EAT CLUB

Date: Tuesday, September 17

Time: 5:15 p.m.

Location: Scott's on Broadway - 753 South Broadway, Forest City

Join the group tonight for some great "home-cooking" style food at Scott's on Broadway. Be sure to sign the list posted outside Barbara's office if you plan on attending so she can reserve enough seating.

NOVEL APPROACH BOOK CLUB

Date: Friday, September 20

Time: 10:30 a.m.

Who's your favorite author?

Nicholas Sparks, Mary Kay

Andrews, Beth Harbison, Danielle Steele, Stephen King, etc. Come and join the Senior Center Book Club as we discuss some of our favorite authors.

You can join at any time – the club is ongoing.

There is not a required reading list, you choose the book you wish to read, then come and share your likes and/or dislikes with the group.



SENIOR SHINERS GO VISITING

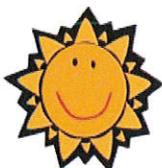
Date: Wednesday, September 18

Time: 9:45 a.m. leave the Center

Location: Creek Side Crossing Apts.

358 West Street, Spindale

The Senior Shiners will go visiting the residents at Creek Side Crossing to entertain and spread some sunshine.



SILVERSTRIDERS

July totals:

Betty McFarland	894 minutes walked
Clyde Patterson	1,041 minutes walked
Marjorie Patterson	1,041 minutes walked
Annabelle Smith	870 minutes walked
Jerry Thorton	1,186 minutes walked



B-I-N-G-O

Date: Friday, September 20

Time: 1:00 p.m.

We will be officially welcoming Autumn this coming Sunday, so today's B-I-N-G-O theme is *Bye, Bye Summer*. Your "price of admission" for BINGO is that you must have something on that depicts "summer" – from a colorful Hawaiian outfit, a beach towel and flip flops, or just a pair of cool sunglasses. A "special" prize will be given to the most creative ensemble, so think outside the box for your own unique way that represents how you say "bye-bye to summer."



ACTIVE AGING WEEK

DISCOVER YOUR COMMUNITY
SEPTEMBER 22 – 28

CAR MAINTENANCE TIPS

Date: Tuesday, September 24

Time: 10:30 a.m.

Speaker: Larry Bailey, Rutherford County Garage Supervisor

Location: Dining Room

Leaves are falling, the air is cooler, and inclement weather will be here before we know it!



Fall is officially here, and the hot summer days are coming to a close. Be here as Larry shares maintenance tips to be aware of for the upcoming winter months – in regard to the wiper blades, tire pressure, battery terminals, lights, and the various fluids your vehicle uses. He will also discuss what seniors need to know about their vehicles, to prevent being taken advantage of when repairs are necessary. This is a program that you will not want to miss!

BUTTERBEAN AUCTION

Date: Tuesday, September 24

Time: 1:00 p.m.

Location: Big Craft Room

A Center favorite! 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!



SPECIAL SPEAKER – DR. RUSS

Date: Wednesday, September 25

Time: 10:30 a.m.

Location: Dining Room

Dr. Peter Russ is a family practitioner from Rutherford Regional Medical Center's Chase Family Care Center. He will speak on several medical topics, and answer your general questions.

CHAIR VOLLEYBALL

Date: Thursday, September 26

Time: 10:30 a.m.

Everyone's favorite...chair volleyball! Come out and have fun while getting exercise to boot!

TONY TOURS INFORMATION

(Rescheduled from August 22)

Date: Friday, September 27

Time: 10:30 a.m.

Location: Dining Room

Presenter: Hazel Appling

Do you need a vacation? Let's talk travel! A representative from Toney Tours will be with us today to share some of the latest information about fun and exciting travel opportunities.



BIRTHDAY RECOGNITION

Date: Monday, September 30

Time: 11:30 a.m.

We will be celebrating all September birthdays.



"A LEGAL MINUTE"

Sponsored by: Pisgah Legal Services

By: Molly Maynard, Staff Attorney

The difficult economic times our community has faced lately have left many residents with debts that they cannot afford to pay - often people who never imagined that they would be in this situation. This can create great stress and anxiety for people, especially when creditors make harassing phone calls to try to collect payments. Anyone facing this kind of treatment should know that they have a legal right to be free of harassment, and should consult an attorney.



Unfortunately, scams targeting people dealing with debt issues have also become increasingly common in the last few years. Sometimes these scams offer to negotiate with your creditors for an

upfront fee, or encourage you to make your monthly payments directly to them. In many cases this is what is known as illegal debt adjusting in North Carolina; it costs people money they cannot afford, and does not help them get out of debt. NC has laws in place to protect people from these kinds of scams.

If you are facing debt problems, you should seek the advice of an accredited credit counseling agency like Foothills Credit Counseling in Spindale NC. These organizations can help you prioritize your debts, and can also help with issues like loan modifications for people facing foreclosure.

If you are being harassed by your creditors, are facing a debt related lawsuit, or believe you may have been the victim of a debt adjusting scam, it is important to consult an attorney about your legal rights and options. If you are interested in this kind of assistance, Pisgah Legal Services may be able to help you at no charge. Last year PLS helped more than 13,000 people meet their basic needs, such as food, shelter, protection from abuse and health care. For more information, please call 247-0297 or visit www.pisgahlegal.org.

COLLECTING BOX TOPS FOR EDUCATION

Beginning in September the Senior Center will begin collecting box tops for education. A jar will be in the Center's coupon room that you can drop your box tops in. Box Tops for Education is one of the nation's largest school fundraising loyalty programs and has been helping schools succeed since 1996.



WEEK OF CARING

Dates: October 19 – 26

APPLICATIONS DUE BY SEPTEMBER 23

The Week of Caring is a partnership between the United Way of Rutherford County and Rutherford Housing Partnership (RHP) in conjunction with National Make a Difference Day. **It is an effort to meet both the urgent repair needs of QUALIFIED LOW-INCOME homeowners and the**

more simple needs of yard work and light housekeeping using volunteers who want to help neighbors in need. BECAUSE OF THE RISING INTEREST IN THIS PROGRAM, ALL REQUESTS FOR SERVICE MAY NOT BE ABLE TO BE DONE. First priority will be given to those senior adults with limited income or physical disabilities who did not receive help during last year's Week of Caring. Examples of services include: cleaning out flower beds, changing light bulbs, cleaning or repairing gutters, exterior painting*, planting flowers/shrubs*, spring cleaning, washing windows, yard or basement cleanup, and yard mowing.* (*homeowner must provide paint, plants, and/or mower and gas)

For your convenience, applications are available at the Senior Center. For questions and assistance completing the application, see Debbie Conard or call 287-6409. **All applications must be turned into the Senior Center by Friday, September 20.**

STATE FINAL SENIOR GAMES

Dates: September 23 – 29

Location: Raleigh, NC

The following participants will be representing Rutherford County Senior Center this year in a variety of events:

Diana Alverson	Heritage Arts
Cindy Ammons	Billiards
Rita Biggerstaff	Billiards
Henry Boelens	Golf
Judy Creighton	Billiards
Mike Daniel	Bowling
Leroy Forney	Billiards
Robert Judd	Literary & Performing Arts
Tommy Kimbrell	Billiards
William McCullough	Table Tennis
Geraldine Morgan	Shuffleboard
Roger Pleasant	Billiards
Al Urban	Golf
Paulette White	Bowling
Thomas White	Bowling
James Whiteside	Billiards

GOOD LUCK AND BRING HOME THE GOLD!



The Senior Center's August 23rd performance of *RED, WHITE, AND TUNA* was an outstanding success! Robert Judd did a phenomenal job of both directing the production and portraying three very colorful and unique characters!

Cast members included: LaVonda Hill, Robert Judd, Victoria Ekelund, Louann Camilletti, Missy Hughes, Rhonda Norris, Ruth Bennett, Keith Ezell, Patty Eisenhardt, Junior Johnson, Ruth Kurkendall, Betty Sears, Frank Ensley and Judy Creighton.



SEPTEMBER 2013

ELLENBORO CONGREGATE MEAL PROGRAM

Located at: Bethal Baptist Church - 479 Main Street, Ellenboro NC 28040

Site Manager: Betty Dodson Telephone: 453-8668 Hours: 9:00 a.m. – 1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LABOR DAY CLOSED</p> <p>2</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Enjoying Gospel Music/Bring your favorite CD to share</p> <p>11:00 Bingo</p> <p>3</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 - 11:00 Coffee & Cookies/Bring a sample of your favorite cookie and recipe to share</p> <p>4</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Biblical History w/Leonard Goforth</p> <p>11:00 Scattergories</p> <p>5</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Blood Pressure Check</p> <p>11:00 Master Detective Game</p> <p>6</p>
<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Joke Telling/Come prepared</p> <p>11:00 Share a riddle today</p> <p>9</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Reading & Sharing of Current Events - Newspaper/Rutherford Weekly</p> <p>11:00 Bingo</p> <p>10</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Popcorn Party</p> <p>10:30 Puzzles & Word Search</p> <p>11:00 Biblical History w/Linda McCurry</p> <p>11</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Word Search</p> <p>10:30 Root Beer Float Day</p> <p>11:00 Biblical History w/Leonard Goforth</p> <p>12</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Blood Pressure Check</p> <p>11:00 Discussion: Fun times at the fair</p> <p>13</p>
<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Exercise for the mind</p> <p>11:00 Spelling Bee</p> <p>16</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Magazine Swap/Bring your old ones to trade</p> <p>11:00 Bingo</p> <p>17</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Chat time w/tea & coffee</p> <p>10:30 This was the year.....1964</p> <p>11:00 Bulletin Board Trivia</p> <p>18</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Playing your favorite board games</p> <p>11:00 Piano Music & Singing with Nancy Frady</p> <p>19</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Blood Pressure Check</p> <p>11:00 Enjoying music - Bring your favorite CD to share</p> <p>20</p>
<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Puzzles</p> <p>10:30 Word Search</p> <p>11:00 Discussion – How many uses for apple cider vinegar can you come up with?</p> <p>23</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Puzzles</p> <p>10:30 Discussion: Remembering your first car</p> <p>11:00 Bingo</p> <p>24</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Coffee & Conversation</p> <p>10:30 Puzzles & Word Search</p> <p>11:00 Scattergories</p> <p>25</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Family Discussion: Share pictures & stories of Siblings, Children, Grandchildren & Great Grandchildren</p> <p>11:00 Master Detective Game</p> <p>26</p>	<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Blood Pressure Check</p> <p>11:00 Spelling Bee</p> <p>27</p>
<p>9:00 Walking & Exercise at Family Life Center</p> <p>10:00 Monopoly</p> <p>10:30 Recognition of September Birthdays w/cake</p> <p>11:00 Sharing of how you enjoy celebrating your birthday</p> <p>30</p>				

SEPTEMBER 2013

HENRIETTA CONGREGATE MEAL PROGRAM

Located at: Henrietta 1st Baptist Church Social Hall 2736 Harris-Henrietta Rd, Henrietta, NC 28076
 Site Manager: Kay Aldridge Telephone: 657-5441 Hours: 9:00 a.m. – 1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY CLOSED	3 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Recognition of September Birthdays 10:30 Group Discussion: Current Events/Newspaper & Rutherford Weekly	4 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Recalling your favorite part of the "County Fair" 10:30 School Humor	5 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 10:30 Bingo	6 9:00 Coffee & Chatter 9:30 Walking Inside 10:30 Trivia Plus 11:00 Biblical History w/Rev. Robert Harris
9 9:00 Coffee & Chatter 9:30 Blood Pressure Check 10:00 Learn to Crochet - Gene Blanton, Instructor 10:30 Riddle of the day 11:00 Birthday of the Hot Dog	10 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Potato Word Search 11:00 Discussion: How to avoid scams	11 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Tribute to 9/11	12 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo	13 9:00 Coffee & Chatter 9:30 Walking Inside 10:00 Fortune Cookie Day – Sharing of Fortunes 10:50 Biblical History w/Rev. Robert Harris
16 9:00 Coffee & Chatter 9:30 Blood Pressure Check 10:00 Learn to Crochet - Gene Blanton, Instructor 11:00 Apple Tasting	17 9:00 Coffee & Chatter 9:30 Piano Music w/B. Moore 10:00 Constitution Day 11:00 Blame Someone Else Day/ Would This Apply To You? (HAHA!)	18 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Angel Craft 11:00 Box Trivia	19 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo	20 9:00 Coffee & Chatter 9:30 Walking Inside 10:00 This was the year.....1952 11:00 Biblical History w/Rev. Robert Harris
23 9:00 Coffee & Chatter 9:30 Blood Pressure Check 10:00 Learn to Crochet - Gene Blanton, Instructor 11:00 Ice Cream Cone Day	24 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Fall Craft 11:00 George Gershwin Crossword Puzzle	25 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:30 Master Gardner, Cindy Street to present program	26 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo	27 9:00 Coffee & Chatter 9:30 Walking Inside 10:00 Bulletin Board Trivia 11:00 Biblical History w/Rev. Robert Harris
30 9:00 Coffee & Chatter 9:30 Blood Pressure Check 10:00 Learn to Crochet - Gene Blanton, Instructor 11:00 Chewing Gum Day – Enjoying & remembering your first "chew"				

SEPTEMBER 2013

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM

Located at: Shingle Hollow Community Center 2630 Cove Rd, Rutherfordon NC 28139

Site Manager: Joyce Bailey Telephone: 287-0960 Hours: 9:00 a.m. – 1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY CLOSED	3 9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Magazine Swap/Bring your old ones to trade	4 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Family Discussion: Share pictures & stories of Siblings, Grandchildren & Great Grandchildren	5 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/ Stephanie Deese, Instructor 11:00 Biblical History	6 9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Blood Pressure Check 11:00 Bingo
9 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	10 9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search	11 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:00 Discussion: Fall projects to do 11:00 Your favorite part of Fall	12 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/ Stephanie Deese, Instructor	13 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
16 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	17 9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Enjoying music – Bring your favorite CD to share	18 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Fall flower arrangements – Bring your own flowers	19 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Learn How to Crochet w/ Stephanie Deese, Instructor	20 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
23 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Singing 10:50 Biblical History	24 9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Recognition of September Birthdays	25 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Remembering school days – Favorite teacher & subjects	26 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Learn How to Crochet w/ Stephanie Deese, Instructor	27 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
30 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Singing 10:50 Biblical History				

SENIOR CENTER ADVISORY BOARD MEMBERS:

President, Kim Freeman; President-Elect, Junior Johnson;
Lee Allen; Wanda Harris; Robert Judd; Jeanette Klutts; Grace Quick; Lila Simpson; Sybil Walker
Ex Officio members, Carl Classen; Bill Eckler

SENIOR CENTER STAFF:

Angela Ezell, Director

Diane Allen, Nutrition Coordinator/Home-Delivered Meals Coordinator **Sandy White**, Nutrition Assistant
Mary Street, Food Service Supervisor **Carolyn Jamerson**, Food Service Assistant
Helen Hamilton, Alex Goodman, Title V Food Service Workers
Louann Camilletti, Senior Center Site Manager **Betty Dodson**, Ellenboro Site Manager
Kay Aldridge, Henrietta Site Manager **Joyce Bailey**, Shingle Hollow Site Manager
Ron Atchley, Michael Carpenter, Ronnie Driver, Charles Hill, Meal Deliveries
Barbara Hill, Program/Activity Coordinator **Crystal Upton**, Program/Activity Assistant
Debbie Conard, Administrative Assistant/Transportation Coordinator **Michelle Smith**, Data Entry
Gloria Nance, Title V Morning Receptionist **Ruby Baker**, Title V Afternoon Receptionist
Wanda Bland, Exercise Instructor **Frank Ensley**, Custodian
Amideus Athougies, Pat Zito SHIIP Counselors



RUTHERFORD COUNTY SENIOR CENTER
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