

# THE SENIOR CENTER NEWSLETTER



## RUTHERFORD COUNTY DEPARTMENT OF AGING/ SENIOR CENTER

*A North Carolina Certified  
Center of Excellence*

193 Callahan-Koon Rd,  
Suite 132  
Spindale, NC 28160  
828-287-6409

Monday  
7:30 a.m. – 5:00 p.m.

Tuesday – Friday  
8:30 a.m. – 5:00 p.m.

**AUGUST 2014**

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



A UNITED WAY  
MEMBER AGENCY

### FROM DIRECTOR ANGELA EZELL'S DESK:

Pet therapy can have a very positive effect on seniors. For elderly pet owners, who often live alone, pets can help reduce stress, lower blood pressure, increase social interaction and physical activity. Pets are seen as loyal companions that do wonders for their owners' well being. Pets make great constant companions for seniors and also increase the frequency and quality of social interactions seniors have. Here are some benefits to having pets as companions:

1. Reduce loneliness - Research shows that individuals who are considered shy, or who tend to be more reserved receive substantial benefit from having pets as companions.
2. Lower anxiety and pain - Pet therapy has been shown to calm moods, increase positive outlooks and even reduce pain.
3. Decreases the onset of depression – Pet therapy is strongly associated with higher levels of contentment and appreciation for life. Interaction with pets can reduce depression.
4. Lower aggressive tendencies in dementia patients – Pets provide mood-enhancing benefits to patients with mental disorders.
5. Increase communication – Having a pet can often become a conversation starter.
6. Increase laughter – Having a pet can help boost your mood.
7. Increase physical activity – Having a pet often encourages physical activity such as walking the dog or taking the cat outside.
8. Improve vital signs – Pet therapy has the ability to stimulate chemical chain reactions in the brain, lowering levels of stress inducing hormones. Simply petting and stroking a pet can bring immediate stress relief. Pet interaction helps in dilating blood vessels, reducing heart rate, and blood pressure.
9. Provide a comfort system, eases grief – Pets have the ability to brighten your day and seniors who are working through grief or loss are comforted by these loyal partners. Pets not only provide companionship, but also the opportunity to give and receive affection, which is so vital to everyone.

There are several factors to consider when deciding on a pet. Be sure to consider your energy level and lifestyle. Some seniors will require lower maintenance pets such as birds or fish. Other seniors can handle more involved pets such as cats or dogs. All potential pet owners should also consider any allergies they may have to dander or allergens that pets might track in from the outside. Finally, make sure that you can afford a pet. In addition to the initial cost of the pet, you will need to factor in the cost of food, vet bills, grooming and medications. With all of the benefits that pet therapy can provide, many seniors should consider having a pet.



## REMINDER PRE-REGISTER FOR LUNCH

**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 MySenior scan card. **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.**

### VOLUNTEERS NEEDED:

Volunteers are always welcomed and needed at the Senior Center. Current volunteer opportunities include:



### **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 each weekday, the Meals on Wheels volunteer is providing a "mini visit" and a warm, friendly smile to individuals who might not see anyone on a daily basis. Please contact Angela Ezell at 287-6411 for information on how to become a volunteer with Meals on Wheels.

### **SENIORS' HEALTH INSURANCE INFORMATON PROGRAM (SHIIP) VOLUNTEER:**

SHIIP volunteers help seniors at the Rutherford County Senior Center with questions regarding Medicare, Medicare supplements, Medicare claims processing, Medicare Advantage, Medicare prescription drug plans, and long-term care insurance. Please contact Angela Ezell at 287-6411 for more information on how you can become a certified SHIIP counselor today.



### **SILVER STRIDERS WALKING MINUTES:**

Betty McFarland	1,800 minutes walked
Annabelle Smith	940 minutes walked
Nan Thompson	611 minutes walked

### **PEN PALS**

A new school year is right around the corner! If you would like to be a Pen Pal to a Spindale Elementary student for the upcoming 2014-2015 school year, see Barbara or Crystal to sign up.



### **COLLECTING SCHOOL SUPPLIES:**

The Senior Center will be collecting school supplies during the entire month of August to donate to Spindale Elementary. A box will be placed at the dining room entrance for anyone to drop off their donations. August is a great time to purchase school supplies at bargain prices. Some of the most needed items are packs of paper, pencils, notebooks, crayons, Kleenex, book bags etc.)



### **PRAYER SHAWLS & LAP BLANKETS**

**The Silver Threads & Needles group will be making Prayer Shawls and Lap Blankets to donate to area nursing home residents.** The Prayer Shawl Ministry began over 15 years ago. The shawl maker begins with prayers and blessings for the recipient of the shawl they are making and continues throughout the creation with a final blessing before it is sent on its way to someone needing comfort and solace. If you would like to participate but don't know how to crochet, quilt, or knit – don't let that stop you – The Silver Threads and Needles group of crafters love to share and help each other and someone will be glad to show you how to get started on your way to making one of these items to donate.



### **ZUMBA**

**Days: Monday – August 4, 11, 18**  
**Time: 5:30 p.m.**

**Instructor: Wavolyn Norville**

Zumba is a great exercise because it combines fun dance moves and upbeat music – some people say they "do not even feel like they are exercising!" Wavolyn is a "pro" at showing modifications to each movement, so no matter what your fitness level is you can achieve your maximum workout – and have fun doing it! Anyone 55 and older can participate.



#### **Here are a few comments from participants about Zumba:**

*"I like the way Wavolyn demonstrates how you can adjust the movements if there is something you have difficulty with, and how she always reminds the class to do what is comfortable for them."*  
*"I like the friendships I have made in the class, as well as the good overall workout I get."*  
*"I love Zumba because it's a full body work out, and you have to use our mind and body."*

### **PLAY PRACTICE**

A list of cast members for the upcoming play is posted on the board outside Barbara's office. Cast members should consult the schedule Robert gave you for the August dates of rehearsal for your character.

## “STAYING HEALTHY AT HOME”

**Day: Tuesday, August 5**

**Time: 10:30 a.m.**

**Speaker: Barbara Simpson, Director of OneSource Rehab**

Due to the growing popularity of in-home care for seniors, it's important to make sure you and your loved one are aware of the potential dangers present in the home and prepare accordingly. Be here today to learn some tips for general home safety, kitchen safety, as well as drug safety.



## BOWLING WITH THE GRANDKIDS

**Day: Tuesday, August 5**

**Time: 1:00 p.m.**

**Location: Autumn Lanes, Forest City**

Do you want to spend a fun afternoon with the grandkids? If so, meet today at Autumn Lanes bowling alley and spend the afternoon enjoying \$1 bowling with your grandkids. Autumn Lanes is extending special pricing this summer of \$1 per game, plus they have their delicious pizza slices and drinks for only \$1 each as well. It won't be long until the grandkids will be back in school, so take advantage of the inexpensive opportunity for what is sure to be a memorable fun afternoon. Barbara and Crystal will see you there.



## AFFORDABLE CARE ACT

**Date: Wednesday, August 6**

**Time: 10:30 a.m.**

**Speaker: Olivia Williams, Pisgah Legal**

Be here today to learn more about the Affordable Care Act. Although most seniors have Medicare, this is important information - you could share your knowledge with family and friends. The Affordable Care Act puts consumers back in charge of their health care, and the stability and flexibility they need to make informed choices about their health.



## A WORD FROM THE PHARMACIST...

**Date: Thursday, August 7**

**Time: 10:30 a.m.**

Gary Harden, a Pharmacist with the Medicine Box of Rutherfordton will bring medical, health and wellness



disciplines together from a Pharmacist's perspective in the dynamic seminar. He will discuss heart health education, risk factors, statistics on age, pharmacy use, and why this information is critical. He will give a brief update on the misuse/abuse of prescription pain killers and drug interactions. Additional topics to be covered include cholesterol issues, high blood pressure, stomach ailments, joint replacement, and diet and exercise.

## SQUARE DANCE CLASS

**Day: Thursday, August 7, 14, 21, 28**

**Time: 4:00 p.m.**

This new activity has become very popular and is growing each week. Come and join the fun!



## BLOOD PRESSURE CHECK

**Date: Monday, August 11**

**Time: 9:00 – 11:00 a.m. sharp**

**Sponsor: Rutherford Regional Health System**

Don't forget to pick up your BP record card at the front desk to have your reading recorded on. Rutherford Regional Medical System is very gracious to allow one of their employees to come and provide this free service for us; therefore, we need to be accommodating and understand they have obligations and need to get back to work in a timely manner. **NOTE: NO CARDS WILL BE GIVEN OUT AFTER 10:45 SO THIS EVENT CAN WRAP UP AT 11:00 SHARP.**



## DOG DAYS OF SUMMER EVENTS...

In our region the “dog days of summer” occur between early July and early September. This is when we experience the hottest, muggiest, most sultry part of the season. With a nod toward our 4-legged friend, join us for some fun “dog”-related events.....



## MAKING DOG TREATS

**Day: Tuesday, August 12**

**Time: 10:00 a.m.**

**Cost: \$1.00**

**Location: Co-Op Extension Kitchen**

**Pre-registration is required by signing up on the board outside Barbara's office.**

Join the fun today as we whip up some healthy, homemade dog treats in cute shapes for your “best friend.” All of the supplies will be furnished – you will be “barking mad” if you miss out on this fun activity.



## “BOW-WOW B-I-N-G-O”

**Day: Tuesday, August 12**

**Time: 1:00 p.m.**

A fun, new way to play a senior center favorite! In order for your “WIN” to count you must yell out “Bow Wow” instead of Bingo! This one will keep you on your toes...or should we say “paws!” (Dog biscuits will be given for prizes.)



## “USE IT OR LOSE IT”

**Day: Wednesday, August 13**

**Time: 10:30 a.m.**

For reasons that science has been unable to pinpoint, our short-term memory, also called working memory, gets worse with age. Older adults have fantastic long-term memories and are capable of remembering things that happened many years ago! Join us today for this month’s “Use It or Lose It” as we practice some fun exercises that can help with short-term memory challenges.



## SOME FUN, EASY WAYS TO LEARN SOMETHING NEW:

- Go to the zoo and actually stop to read all the signs to learn about the animals.
- Join [www.veryshortlist.com](http://www.veryshortlist.com) for a free daily e-mail with links to new and fascinating advances in science.
- Take a one day first aid class.
- Pick a random topic---*how to grow tomatoes, improve your gas mileage, open a flower shop*--- Google it, and follow the links for 20 minutes to see where they take you.
- Read a different genre of book---if you’re a mystery reader, try a memoir or biography; if you’re a novel reader try a thriller.
- Learn to say hello, please, and thank you in a new language every week.
- Hang a bird feeder by your window and keep a field guide to birds handy to identify visitors.

## CRAFTING WITH CRYSTAL

**Date: Thursday, August 14**

**Time: 10:30 a.m.**

**Cost: \$1.00** (covers all supplies)

**Pre-registration is required –**

**sign-up sheet posted outside Barbara’s office**

This month’s craft of flip-flop magnets is “cute, darling, and precious!” Join Crystal as she demos and assists crafters with this unique and fitting craft for August!



## RECIPE CLUB

**Date: Monday, August 18**

**Time: 10:30 a.m.**

Bananas are one of the most loved and versatile fruits. They can be eaten as is, or cooked, grilled, or fried. They come in a large variety of sizes, colors and flavors, such as yellow, purple, and red colored bananas, fuzzy and striped bananas, or bananas that taste like strawberries when they’re cooked. The average person eats approximately 33 pounds each year. In fact each August there is a designated day called “Banana Lovers



Day!” In honor of this yummy fruit, we will be sharing our favorite recipes using bananas this meeting. (For example: banana bread, banana pudding, homemade banana ice cream, etc.)



## CELEBRATING HAWAIIAN DAYS

Hawaii was officially proclaimed as the United States’ fiftieth state by President Eisenhower in August of 1959. Throughout this week the Senior Center will be “Celebrating Hawaiian Days” with numerous fun events.

## LET’S DRESS HAWAIIAN

To set the mood for this special week let’s wear our Hawaiian shirts and/or tropical “vacation” outfits each day of this upcoming week.



## HAWAIIAN GAMES

**Date: Tuesday, August 19**

**Time: 10:30 a.m.**

Join the Hawaiian games this morning as we play “Pass the Coconut,” do some Hula Dancing, and have a “Spear Throwing Contest.” We will wrap up the fun with a refreshing glass of Hawaiian punch. This is one you will not want to miss!



## HAWAIIAN TEA PARTY

**Date: Wednesday, August 20**

**Time: 9:30 a.m.**

**Sign-up sheet located at the front lobby desk**

Join friends today and share a cup of your favorite tea and delicious goodies at the August Hawaiian-themed tea party. Go “island” when planning your outfit and treat that you will bring to share with everyone!



## HAWAIIAN SCAVENGER HUNT

**Date: Wednesday, August 20**

**Time: 8:30 – 11:15 a.m.**

Hawaiian symbols will be hidden throughout the building today for a fun “Hawaiian Scavenger Hunt.” **Each participant may only find ONE symbol. Bring it into the dining room at 11:15 and exchange it for a prize.**



## HAWAIIAN Pictionary

**Date: Thursday, August 21**

**Time: 10:30 a.m.**

Have fun drawing and guessing Hawaiian items in today’s game. It is great exercise for your brain, and entertaining to watch people try and guess what the others are drawing! Laughter is guaranteed!



## NATIONAL SENIOR CITIZENS DAY

**Date: Thursday, August 21**

Today is National Senior Citizens Day! A day to celebrate the fastest-growing demographic in the world! President Reagan proclaimed the first National Senior Citizens Day in 1988. Seniors, enjoy your day!



## ICE CREAM SHOP

**Date: Thursday, August 21**

**Time: 1:00 p.m.**

**Cost: .50 per scoop & .10 per topping**

Join us after lunch today for a Senior Center favorite – our very own **ICE CREAM SHOP**. We will have a large variety of delicious toppings. YUMMY!



## THE ROYAL QUARTET

**Date: Friday, August 22**

**Time: 10:30 a.m.**

Join us this morning for some inspiring and uplifting music as The Royal Quartet performs. This gospel group's members are: Ray Poteat, Garland Green, Max Toney, and Angie Wilson.



## "BE AN ANGEL" DAY

**Date: Friday, August 22**

**Time: 11:15 a.m.**

This year marks the 20<sup>th</sup> annual "Be an Angel Day". This day encourages us to give thanks, be kind, and help others. Today at the Senior Center be an angel to one or many with random acts of kindness. (Open a door, give a sincere compliment, carry their lunch tray, etc.) Before lunch we will give you an opportunity to tell about how someone was an "angel" to you or how you were an angel to someone else today.



## INTERGENERATIONAL DANCE

**Date: THURSDAY, AUGUST 14**

**Time: 2:00 – 3:30 p.m. (note date)**

Bring the grandkids and have a blast dancing the afternoon away to fun songs like YMCA, Chicken Dance, Hokey Pokey, Electric Slide, etc. D.J. Pat Nanney has a huge selection of music that young and "young at heart" will enjoy dancing to!



## "COKE VS. PEPSI" CHALLENGE

**Date: Tuesday, August 26**

**Time: 10:30 a.m.**

One of the fiercest rivalries in the history of business is the one between the two beverage giants! **Verify**

**YOUR favorite "cola" at today's "Blind Taste Test Challenge."** You might be surprised at the results! We will have other soft drink "challenges" to test as well.



## SCAM JAM

**Date: Wednesday, August 27**

**Time: 10:00 – 11:15 a.m.**

**Speakers: Caroline Farmer, Attorney General's office  
Barbara Bennett, Investor Education Program  
Specialist w/the Securities Division of the NC  
Department of the Secretary of State  
Diane Trainor, NC SMP Outreach Specialist**

According to the National Council on Aging financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21<sup>st</sup> century." Wealthy and low-income seniors are all at risk of financial abuse – and often times it's the person's own family members who are at fault. Following are 10 of the most common "scams:"

- ❖ Health Care/Medicare/Health Insurance Fraud
- ❖ Counterfeit Prescription Drugs
- ❖ Funeral & Cemetery Scams
- ❖ Fraudulent Anti-Aging Products
- ❖ Telemarketing (The Pigeon Drop, The Fake Accident Ploy, Charity Scams)
- ❖ Internet Fraud
- ❖ Investment Schemes
- ❖ Homeowner/Reverse Mortgage Scams
- ❖ Sweepstakes & Lottery Scams
- ❖ The Grandparent Scam

This is one event that you cannot afford to miss! Bring a friend and learn ways to protect yourself against becoming a victim of fraud.

## DIABETIC SUPPORT GROUP

**Date: Thursday, August 28 Time: 10:30 a.m.**

**Speaker: Anita Phillips from Rutherford Regional**

When you have diabetes, sick days often mean more than a simple runny nose and sneezing. An infection or an illness such as a cold, the flu or any "bug" that includes nausea, vomiting, or diarrhea, can cause your blood sugar levels to increase. Therefore, it is extra important to test your blood sugar when you are sick. Anita will provide a few guidelines to follow when you are ill. Everyone is encouraged to attend this program to learn more about diabetes.

## MEET AND EAT

**Date: Thursday, August 28 Time: 5:15 p.m.**

**Location: King's Court, Rutherfordton**

**Pre-registration is required – the sign-up sheet is outside Barbara's office**

Who doesn't enjoy having a good meal at a local restaurant with friends? Join us tonight for some delicious cuisine. Note: You are responsible for paying for your own meal.

## BIRTHDAY RECOGNITION

**Date: Friday, August 29 Time: 11:30 a.m.**

Today we will recognize all those with August birthdays.





### EXTRA HELP/MEDICARE SAVINGS PROGRAM

Medicare recipients with limited income and assets may qualify for money-saving programs, called EXTRA HELP and MEDICARE SAVINGS PROGRAM. These programs may save you money on the following:

**EXTRA HELP:** Medicare Prescription Drug premiums and Medicare prescription drug deductibles and copays.

**MEDICARE SAVINGS PROGRAM:** Medicare medical covered deductibles and copays and Medicare medical coverage premiums. **For assistance call the Senior Center at 287-6409 for an appointment with a trained SHIIP counselor.**

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. For more information call 287-6409.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ELLENBORO CONGREGATE MEAL PROGRAM – August Events</b> LOCATION: Bethel Baptist Church 479 Main St, Ellenboro Site Manager: Diane Hill Telephone: 453-8668				9:30 Walking & Exercise 1 at Family Life Center 10:00 Person, Place, or Thing 11:00 Bring in Something Odd
9:30 Walking & Exercise 4 at Family Life Center 10:00 "Nautical" Trivia 11:00 Word Search	9:00 Walking & Exercise 5 at Family Life Center 10:00 "Louisville Marine Hospital" Word Search 11:00 Bingo	9:00 Walking & Exercise 6 at Family Life Center 10:00 August Word Pictures 11:00 Bible History/LGoforth	9:00 Coffee & Chatter 7 10:00 "Roller Coasters" Word Search 11:00 Discussion – "Boy Was I in Trouble..."	9:30 Walking & Exercise 8 at Family Life Center 10:00 Discussion – "What I Did to My Hair" 11:00 Logic Puzzle
9:30 Walking & Exercise 11 at Family Life Center 10:00 Humor 10:30 Blood Pressure 11:00 Word Search	9:00 Walking & Exercise 12 at Family Life Center 10:00 Word Search 10:30 "I Never....." Things you've never done 11:00 Bingo	9:00 Walking & Exercise 13 at Family Life Center 10:00 August Birthday Quiz 11:00 Logic Puzzle	9:00 Discussion - 14 Current Events 10:00 "Treasure Island" Word Search 11:00 Word Teasers	9:30 Walking & Exercise 15 at Family Life Center 10:00 "50 States" Word Search 11:00 Scattergories
9:30 Walking & Exercise 18 at Family Life Center 10:00 Crossword Puzzle 11:00 Show & Tell – Bring pictures of your grandkids	9:00 Walking & Exercise 19 at Family Life Center 10:00 Word Search 10:30 Blood Pressure 11:00 Bingo	9:00 Walking & Exercise 20 at Family Life Center 10:00 Bulletin Board Trivia 11:00 Bible History w/Linda	9:00 What's New In 21 Rutherford County 10:00 "How Well Do You Know the States?"	9:30 Walking & Exercise 22 at Family Life Center 10:00 "Hawaii" Word Search 11:00 Scattergories
9:30 Walking & Exercise 25 at Family Life Center 10:00 "National Parks" Word Search	9:30 Walking & Exercise 26 at Family Life Center 10:00 "Sizeable States" Word Search 11:00 Bingo	9:30 Walking & Exercise 27 at Family Life Center 10:00 This was the year..1985 11:00 Word Teasers	9:00 Who was your 28 Favorite Teacher? & Why? 10:30 Word Search	9:30 Walking & Exercise 29 at Family Life Center 10:30 Recognition of Aug. Birthdays 11:00 Word Search

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HENRIETTA CONGREGATE MEAL PROGRAM – August Events</b> LOCATION: Henrietta 1 <sup>st</sup> Baptist Church 2736 Harris-Henrietta Rd Site Manager: Kay Aldridge Telephone: 657-5441				9:30 Walking Inside 1 10:00 Men Discuss Old Girlfriends 10:45 Exercise 11:00 Biblical History w/Barbara Moore
9:30 Blood Pressure 4 10:00 How is your garden growing? 10:45 Exercise 11:00 Recognition of Aug. Birthdays	9:00 Coffee & Chatter 5 9:30 Piano Music w/ Barbara Moore 10:00 Discuss Old Wise Tales 10:45 Exercise	9:00 Coffee & Chatter 6 9:30 Piano Music w/ Barbara Moore 10:00 Biography of Lucille Ball 10:45 Exercise	9:00 Coffee & Chatter 7 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:30 Exercise 10:50 Bingo	9:30 Walking Inside 8 10:00 Bday of Odie (1978) 10:45 Exercise 10:50 Bulletin Board Trivia 11:00 Biblical History w/Barbara Moore

CONT. HENRIETTA CONGREGATE MEAL AUGUST CALENDAR				
9:30 <b>Blood Pressure 11</b> 10:00 <b>Uses for Vinegar</b> 10:45 Exercise 11:00 <b>Share a smile with Everyone</b>	9:00 Coffee & Chatter 12 9:30 Piano Music w/ Barbara Moore 10:00 <b>Kool-Aid Sampling</b> 10:45 Exercise	9:00 Coffee & Chatter 13 9:30 Piano Music w/ Barbara Moore 10:00 <b>Family Day – Spend Time With Family</b> 10:45 Exercise	9:00 Coffee & Chatter 14 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:30 Exercise 10:50 <b>Bingo</b>	9:30 Walking Inside 15 10:00 <b>Celebrating the Life Of Elvis</b> 10:45 Exercise 11:00 Biblical History w/Barbara Moore
9:30 <b>Blood Pressure 18</b> 10:00 <b>1st Mail Order Catalog</b> 10:30 <b>Memories of American Bandstand</b> 10:45 Exercise	9:00 Coffee & Chatter 19 9:30 Piano Music w/ Barbara Moore 10:00 <b>Potatoes – Share Recipes</b> 10:45 Exercise	9:00 Coffee & Chatter 20 9:30 Piano Music w/ Barbara Moore 10:00 <b>B'day of Lemonade – Serve Lemonade</b> 10:45 Exercise	9:00 Coffee & Chatter 21 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:30 Exercise 10:50 <b>Bingo</b>	9:30 Walking Inside 22 10:00 <b>Cadillac's Bday 1901</b> 10:30 <b>Thought of the Day</b> 10:45 Exercise 11:00 Biblical History w/Barbara Moore
9:30 <b>Blood Pressure 25</b> 10:00 <b>Old Time Gardening Tip of the Day</b> 10:45 Walking Inside	9:00 Coffee & Chatter 26 9:30 Piano Music w/ Barbara Moore 10:00 <b>Discussion – What is your favorite dogs</b> 10:45 Exercise	9:00 Coffee & Chatter 27 9:30 Piano Music w/ Barbara Moore 10:00 <b>History Duncan Hines Cake Mix/Share recipes</b> 10:45 Exercise	9:00 Coffee & Chatter 28 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:30 Exercise 10:50 <b>Bingo</b>	9:30 Walking Inside 29 10:00 <b>Discussion – What friends mean to us</b> 10:30 <b>Riddle of the Day</b> 10:45 Exercise 11:00 Biblical History w/Barbara Moore

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SHINGLE HOLLOW CONGREGATE MEAL PROGRAM – August Events</b> Location: Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton Site Manager: Joyce Bailey Telephone: 287-0960				9:30 Coffee & Chatter 1 10:00 Word Search 10:15 Walking 10:30 <b>Blood Pressure Check</b> 10:50 <b>Bingo</b>
9:30 Coffee & Chatter 4 10:00 Walking 10:50 <b>Singing</b> 11:00 Biblical History	9:00 Coffee & Chatter 5 9:30 <b>Choir</b> 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 6 9:30 Word Search 10:00 Walking 10:30 <b>Decades 1950's &amp; 1960's</b> 11:00 <b>Foods from 1950's &amp; 1960's</b>	9:00 Coffee & Chatter 7 9:30 Word Search 10:00 Walking 10:30 <b>Learn How to Crochet – Stephanie Deese, Instructor</b> 11:00 <b>Chat w/Director</b>	9:30 Coffee & Chatter 8 10:00 Word Search 10:15 Walking 10:30 <b>Blood Pressure Check</b> 10:50 <b>Bingo</b>
9:30 Coffee & Chatter 11 10:00 Walking 10:50 <b>Singing</b> 11:00 Biblical History	9:00 Coffee & Chatter 12 9:30 <b>Choir</b> 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 13 9:30 Word Search 10:00 Walking 10:30 <b>Ice Cream Sandwich Treats</b> 11:00 <b>Elvis Day – Listen to Elvis CD's</b>	9:00 Coffee & Chatter 14 9:30 Word Search 10:00 Walking 10:30 <b>Learn How to Crochet – Stephanie Deese, Instructor</b>	9:30 Coffee & Chatter 15 10:00 Word Search 10:15 Walking 10:30 <b>Blood Pressure Check</b> 10:50 <b>Bingo</b>
9:30 Coffee & Chatter 18 10:00 Walking 10:50 <b>Singing</b> 11:00 Biblical History	9:00 Coffee & Chatter 19 9:30 <b>Choir</b> 10:00 Walking 10:30 Word Search 11:00 <b>Recognition of August Birthdays</b>	9:00 Coffee & Chatter 20 9:30 Word Search 10:00 Walking 10:30 <b>Share your favorite Salad Recipes</b>	9:00 Coffee & Chatter 21 9:30 Word Search 10:00 Walking 10:30 <b>Learn How to Crochet – Stephanie Deese, Instructor</b>	9:30 Coffee & Chatter 22 10:00 Word Search 10:15 Walking 10:30 <b>Blood Pressure Check</b> 10:50 <b>Bingo</b>
9:30 Coffee & Chatter 25 10:00 Walking 10:50 <b>Singing</b> 11:00 Biblical History	9:00 Coffee & Chatter 26 9:30 <b>Choir</b> 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 27 9:30 Word Search 10:00 Walking 10:30 <b>National Root Beer Float Day – Making Floats</b>	9:00 Coffee & Chatter 28 9:30 Word Search 10:00 Walking 10:30 <b>Learn How to Crochet – Stephanie Deese, Instructor</b>	9:30 Coffee & Chatter 29 10:00 Word Search 10:15 Walking 10:30 <b>Blood Pressure Check</b> 10:50 <b>Bingo</b>

## SENIOR CENTER ADVISORY BOARD MEMBERS:

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

## SENIOR CENTER STAFF:

**Angela Ezell, Director**

Diane Allen, Nutrition Coordinator/Home-Delivered Meals Coordinator Sandy White, Nutrition Assistant  
Mary Street, Food Service Supervisor Susan Toney, Food Service Assistant  
Helen Hamilton, Alex Goodman, Title V Food Service Workers  
Louann Camilletti, Senior Center Site Manager Diane Hill, 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, Activity & Senior Games Coordinator Crystal Upton, Activity & Senior Games Assistant  
Debbie Conard, Administrative Assistant/Transportation Coordinator Michelle Smith, Data Entry  
Selena McEntrye, Title V Morning Receptionist Wanda Bland, Exercise Instructor  
Frank Ensley, Custodian Lee Henderson, Title V Custodian  
Amideus Athougies, SHIP Counselor



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

NON-PROFIT ORGANIZATION  
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