

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.



VOLUME 12
NUMBER 10
MARCH 2013

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

THE SENIOR CENTER NEWSLETTER

FROM THE DESK OF ANGELA EZELL:

Dear Friends:

Spring time will be a busy time at the Senior Center with all the activities that are planned. We have 115 seniors registered (17 first-timers) to compete in one or a multitude of the Senior Games events. We kicked off the season with the SilverArts participants bringing in their entries. SilverArts categories are: Heritage Arts, Visual Arts, Literary Arts and Performing Arts. We have a multitude of talented seniors who showcased their art in one or all of these categories. We will also enjoy a night of fun on Friday, April 5th for the Senior Performing Arts Follies at 7:00 p.m. Come and support your friends!

Another of our major events coming up is the sporting events! These games help you stay mobile, so join in and enjoy the competition and fellowship. Who knows-- you might win and have a chance to go to state competition. I am personally excited about the games since this will be my first time to observe! The kick-off is on Friday April 12th starting at 9:00 a.m. with the SilverStriders Fun Walk, followed at 10:15 a.m. with the Opening Festivities. We will have the Flame Arrival Ceremony followed by the Lighting of the Torch. Then over the next two weeks, 90 seniors will be competing in the following: bowling, golf, card games, bocce, tennis, badminton, football throw, billiards, horseshoes, bridge, table tennis, softball throw, discus throw, shot put, swimming, Putt-Putt, croquet, shuffleboard, corn hole, Wii bowling, archery, basketball shooting, and spin casting. The sporting events will continue through the end of April, and then we will have the closing gala/athletic awards on Friday, May 3rd at 6:00 p.m. We want to recognize your dedication and commitment to a healthy active lifestyle. So remember to "Go for the Gold," but most of all just have a great time!

Being a Senior Adult means you belong to the fastest growing group of our population, so stay active! A person who exercises regularly will have more strength, more balance and coordination. You will be better able to manage your daily living chores, and this allows you to remain independent. Even if you are not able to be a part of Senior Games, remember we have regularly scheduled exercise activities at the Senior Center.

The possibilities for seniors are growing so remember: Life is filled with possibilities that challenge us each day to take a chance, try something new, or see things in a different way. It's not until we try that we find out what we can do. So don't wait until tomorrow to discover something new!

Angela Ezell

Remember!

We open early every
Monday at 7:30 a.m.



A HUGE THANK YOU to everyone for your patience and cooperation in reserving and/or cancelling your lunch on a daily basis. This helps us in preparing just the right amount of food needed on a daily basis; thereby, saving money and resources.

JUST A REMINDER.....

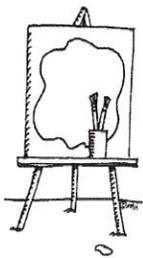
PLEASE CONTINUE
TO PRE-REGISTER
FOR YOUR NEXT DAY'S LUNCH.

You can pre-register, up to 4 weeks, when you scan your card at the Senior Center.

If circumstances change and you are **UNABLE to come for lunch on a day you pre-registered for, please call the Senior Center at 287-6409 between 8:30-9:30 a.m. and inform the receptionist so your meal can be canceled for that day.**

Also, if circumstances change, or you change your mind and **WANT TO COME TO LUNCH** on a day that you have **not pre-registered** for, you **may still reserve lunch for that day as long as you inform the receptionist BY 9:30 a.m. by calling 287-6409 or checking in at the front desk.**

"SENIOR GAMES" Pictionary



Join in on a morning of fun, as seniors match wits against each other in a stimulating game of "SENIOR GAMES" Pictionary. Be here **WEDNESDAY, APRIL 3 at 10:30 a.m.** for fellowship and a lot of laughing, as you "draw" the answer while your teammates try and guess the answer. This is an activity you will not want to miss!

PERFORMING ARTS FOLLIES

Join us for a night of fun and entertainment **FRIDAY, APRIL 5 at 7:00 p.m.** for the **SENIOR PERFORMING ARTS FOLLIES**. This event is open to the public, and admission is only \$2.00. There will be a large variety of acts such as: dance, singing, comedy, and many more surprises! Bring your entire family and support our seniors as they compete for the "Best-Over-All Blue Ribbon" and showcase their talent.



"MEDICARE FRAUD & ABUSE, SCAMS, IDENTITY THEFT"

Seniors mark your calendars, and be in the dining room **MONDAY, APRIL 8 at 10:30 a.m.** for a program sponsored by SHIP – Senior Health Information Insurance Program. The program will be covering topics especially geared toward the senior population, such as:

- Medicare Fraud and Abuse;
- Current Scams Targeting Seniors;
- Protecting Your Identity; and
- Tips to Prevent Becoming a Victim of a Scam Artist.

Diane Trainor, SHIP's Senior Medicare Patrol Outreach Specialist through the NC Department of Insurance, will present this program and answer questions, as time permits. Diane works out of her Asheville home, and presents programs such as this to senior centers, nutrition sites, retirement centers, church groups, and civic organizations across 22 counties. Materials will be distributed to attendees; so this helpful information can be shared with family and friends.

BLOOD PRESSURE CLINIC

Have your blood pressure checked by the nurse **MONDAY, APRIL 8** between **9-11:00 a.m.** Be sure to stop by the front desk and pick up your Blood Pressure History Card and a number.



“SURE RESPONSE” PROGRAM

Mark your calendar for this special program on **TUESDAY, APRIL 9 at 10:30 a.m.** presented by Jeanna Powell from Verizon Wireless. The Sure Response is much like the Life Alert—

except that it is mobile, whereas the Life Alert works only inside your home. With the Sure Response you wear it (as a watch, belt clip, or necklace) everywhere you go, so you have the assurance of



being able to call for emergency help no matter where you are. The cost for Sure Response is less per month than Life Alert, and it has more features. Come and hear about this life saving product.

DIABETIC SUPPORT GROUP

Lesley Koonce, RPH from Spindale Drug, will conduct our monthly Diabetic Support Group meeting on **TUESDAY, APRIL 9 at 1:00 p.m.**

The topic for this month's meeting is “Metabolic Syndrome.” You do not have to be a diabetic to attend this meeting, everyone is encouraged to come and learn more about this disease.



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CONCORD MILLS SHOPPING TRIP

Reminder to everyone who is signed up for the shopping trip, you will be leaving the Senior Center at 8:30 sharp and travel by Travel Lynx bus to **CONCORD MILLS** on **TUESDAY, APRIL 9, 2013** for a fun-filled day of shopping! Lunch will be on your own at Concord Mills. The bus will leave the mall at 3:00 p.m. and head back to Spindale.

REMINDER: If you haven't completed a “2013 Trip Release Form” be sure to do so before the trip! Everyone wear your comfortable shoes, and plan on having a great time!



PEN PALS

The children only have a few months left until summer break, so enjoy these last few interactions and make them count! The Pen Pals will meet **WEDNESDAY, APRIL 10 at 10:30 a.m.** for correspondence with your Spindale Elementary pen pal.



CRAFT TIME WITH LAVADA WALL

Join Lavada Wall **THURSDAY, APRIL 11 at 10:30 a.m.** and make a one-of-a-kind, beautiful **SEA SHELL VASE**. Perfect for those gorgeous spring blossoms! Cost for this class is \$1, which covers all supplies. Don't forget to sign the sheet outside Barbara's office if you plan on attending.



TAX PREPARATION COUNTDOWN.....

We have had an outstanding number of folks utilizing the free services of the trained AARP Tax-Aide Service tax preparers this tax season. There are a few appointments still available for **THURSDAY, APRIL 11 and FRIDAY, APRIL 12**, but they're going fast! Call 287-6409 or see the Senior Center's front receptionist to check availability, and schedule an appointment before time runs out this year!



MEET AND EAT CLUB

The **MEET AND EAT CLUB** is staying right here in Spindale at the new **HICKORY LOG FAMILY RESTURANT** for their night of food, fellowship, and FUN on **THURSDAY, APRIL 11 at 5:15 p.m.** Don't forget to sign up on the bulletin board outside Barbara's office, so she can reserve a table for the group. You don't want to miss the opportunity to try out one of the newest restaurants in town!



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SILVERSTRIDERS

Keep walking and burning up those miles! You are doing a great job!

February Totals:

Sally Glover	645 minutes walked
Betty McFarland	790 minutes walked
Annabelle Smith	450 minutes walked
Kay Smith	675 minutes walked
Jerry Thorton	958 minutes walked

- Send your email address to: debbie.conard@rutherfordcountync.gov and you will be emailed a full-color copy of the Newsletter each month.
- If you move and wish to continue to receive the Newsletter, please call 287-6409 and let us know your new address.

We sincerely appreciate your assistance with updating our mailing lists, and welcome any comments and/or suggestions for improvements, changes, or additions to the Newsletter.



BIRTHDAY RECOGNITION

Join in the fun as we celebrate all April birthdays on **TUESDAY, APRIL 30 at 11:30 a.m.**

NEWSLETTER MAILING LIST UPDATE

We are very excited that more folks have started viewing our electronic Newsletter. Rutherford County is currently updating their Webpage, and this ties in perfectly with informing folks about all the new features and services accessible, for the Senior Center and ALL the county departments. We love producing the newsletter each month, and knowing that folks are excited to read all the latest news. We just want to do this in a cost-effective manner! We were concerned that many names and addresses on our mailing list were no longer valid. We mailed the March newsletters with "Return Service Requested" and 15% of the mailing was returned as undeliverable. This is a great start in getting our mailing list revised and updated! Remember, if you come to the Center, **PLEASE** pick up a Newsletter instead of asking us to mail you a copy—also tell an office staff member so we can remove your name from the master mailing list. You can also:

- View the newsletter online. Go to: **rutherfordcountync.gov**; select **departments**; select **Senior Center**;

COMING SOON...

THE TAIL-GATE YARD SALE

Sellers start cleaning out those closets, shoppers start saving up your dollars—this year's **TAIL-GATE YARD SALE** is scheduled for **FRIDAY, MAY 10 from 8-11:00 a.m.**

If you plan on participating, you must sign a "Tail-Gate Yard Sale Agreement form" and pay a \$10 deposit to reserve your spot. Your deposit will be refunded if you stay the entire time of the sale, or give a 24-hour notice if you are unable to attend. A drawing for spaces will be held **THURSDAY, MAY 9 at 11:15 a.m.**, and remember no tables will be provided.



RECYCLE YOUR EYE GLASSES

Reminder, a collection box to recycle your prescription, reading, and sun glasses, as well as, plastic and metal frames is located in the Senior Center's library. This on-going recycle program is sponsored by the Lion's Club. They collect used eyeglasses and frames and deliver them to this area's Regional Lion's Eyeglass Recycling Center. The glasses are cleaned, sorted by prescription strength, and packaged so they can be redistributed to those with the greatest need.





NEW SERVICE AVAILABLE:

“DIAL 211”

Rutherford County recently joined the regional center of the NC 2-1-1 system, based in Asheville. 2-1-1 is free, 24/7 community service information line. It's an easy to remember telephone number that connects people with health and human services. 2-1-1 referral specialists provide confidential, personal assistance to help people prioritize their needs and direct them to appropriate services. Its HELP WHEN YOU NEED IT MOST. Dial 211 to connect with a network of over 18,000 resources right here in North Carolina. Our agency partners can assist you with:

- Food, Housing, and Utilities
- Child Care and Education Services
- Financial Education/Credit Counseling
- Health Care
- Job Training
- Counseling/Support Groups
- Mental Health and Substance Abuse
- Senior Services
- Volunteer Opportunities
- Disaster Services
- and so much more

Again, all information is free and confidential, and is available 24 hours a day, 7 days a week, in any language. You can also visit: www.NC211.org.

RECYCLE OPPORTUNITIES



The Senior Center accepts empty toner cartridges from your printers and copiers, as well as, your old cell phones for recycling programs that raise money for the Senior Center and its programs. Just drop your items off at the Senior Center any time between 8:30 and 5:00 Monday-Friday.



PRACTICES SCHEDULED:

BASKETBALL PRACTICE

TUESDAY, APRIL 2

9:30-11:30 a.m.

CALLISON RECREATION CENTER

You can meet everyone there, or sign up on the sheet posted outside Barbara's office if you want to ride in the van leaving from the Senior Center at 9:00 a.m.



HORSESHOE PRACTICE

TUESDAY, APRIL 2

1:00 p.m.



BOCCE PRACTICE

WEDNESDAY, APRIL 3

1:00 p.m.



PERFORMING ARTS

TECHNICAL WORKSHOP

THURSDAY, APRIL 4

1:00 p.m.

This is a REQUIRED workshop for all people who are in the Performing Arts Show.



TABLE TENNIS PRACTICE

WEDNESDAY, APRIL 10

1:00 p.m.



SENIOR GAMES

FRIDAY, APRIL 12

9:00 SilverStriders Fun Walk

10:15 Participants assemble in dining room

10:30 OPENING GALA



Please refer to the enclosed sheet titled “RUTHERFORD COUNTY SENIOR GAMES SCHEDULE OF EVENTS” for the dates and times of each individual game. The first individual Senior Game will begin at 1:00 p.m. on Friday, April 12, and conclude at 1:00 p.m. on Friday, April 26. “Rain Dates” of April 29—May 1 have been reserved, if needed.

FRIDAY, MAY 3

6:00 p.m. CLOSING GALA and ATHLETIC AWARDS followed by “Just Deserts” at approximately 7:30 p.m.



APRIL EVENTS FOR:

ELLENBORO NUTRITION CENTER BETHEL BAPTIST CHURCH

- | | |
|--|--|
| April 1 10:30 Riddles 11:00 Tell a Joke | April 16 10:00 Chat Time 10:30 Magazine Swap |
| April 2 10:00 Cookies w/Tea & Coffee 10:30 Funny Talk/w L. Goforth | April 17 10:00 Spelling Bee 11:00 Biblical History w/Linda McCurry |
| April 3 10:00 Fellowship & Popcorn Party 11:00 Remembering your favorite pet – Bring a picture or story to share | April 18 11:00 Discussion: Getting Our Flower Garden Ready |
| April 4 10:00 Bible History w/L. Goforth 11:00 You're Important – Tell Something That's Happening With You | April 19 10:00 Master Detective Game 11:00 Word Games |
| April 5 10:00 Blood Pressure Check 11:00 Scattergories | April 22 10:00 Word Search 10:30 Puzzles 11:00 National Jelly Bean Day |
| April 8 10:00 Scrabble 10:30 Word Search 11:00 Ad Slogans Game | April 23 10:00 Exercises for the Mind 10:30 Monopoly |
| April 9 10:00 Puzzles 10:30 Listening to Gospel CDs | April 24 10:00 Recognition of Aprils Birthdays w/ birthday cake |
| April 10 10:00 Coupon Exchange 10:30 Mind Games 11:00 Tell a Joke | April 25 10:00 Monopoly 10:30 Bridge 11:00 Current Events Discussion |
| April 11 11:00 Discussion: Getting Our Vegetable Garden Ready | April 26 10:00 Chat Time w/Popcorn 11:00 Master Detective Game |
| April 12 10:00 Monopoly 11:00 Biblical History w/Leonard Goforth | April 29 10:00 This was the year-1945 10:30 Riddles 11:00 Recipe Exchange – Bring Your Favorite Cake Recipe to Share |
| April 15 10:00 Puzzle Time 10:30 Word Games 11:00 Scattergories | April 30 10:00 Coffee & Cookies 10:30 Biblical History w/Leonard Goforth |

Also, Walking & Team Spirit Exercise every day at 9:00 at the Life Center; Bingo every Tuesday at 11:00; games, puzzles, coffee, conversation, fellowship, and much more. Call Betty at 453-8668 for more information.

HENRIETTA NUTRITION CENTER HENRIETTA FIRST BAPTIST CHURCH

- | | |
|---|--|
| April 1 10:00 I Never Lie! April Fool's Day "Foolery" | April 17 10:30 Cindy Street – Master Gardner |
| April 2 10:00 Piano Music w/Barbara Moore 11:00 Holy Humor | 11:00 Wear Your Favorite Straw Hat |
| April 3 11:00 Famous Poets Crossword | April 18 10:00 Getting Your Yard Ready for Spring |
| April 4 10:00 Bulletin Board Trivia | April 19 10:45 It Was the Year - 1995 |
| April 5 10:00 Puzzle Time | April 22 10:00 DOG APPRECIATION MONTH - Famous Dogs and Breeds |
| April 8 10:00 Person, Place, or Thing | 10:30 Remembering Your Favorite Pet with Stories and Pictures |
| April 9 10:00 Cherish an Antique Day-Bring a Small Antique to Show | April 23 10:00 Ways to Recycle |
| April 10 10:30 Name the Songs of Nature | 10:30 Craft - Making a Family Tree |
| April 11 10:00 Person, Place, or Thing | April 24 11:00 Recognizing April's Birthdays |
| April 12 10:00 Indian Word Search | April 25 10:00 Decorating Word Search |
| April 15 10:00 Income Tax Day 10:30 Tax Laugh Lines | April 26 10:30 Wild Life Crossword Puzzle |
| April 16 10:00 Name Game 10:30 Favorite Ways to Make Peanut Butter and Jelly Sandwiches | April 29 10:00 Share a Riddle Day |
| | April 30 10:00 Lawn & Garden Month – Planting Flowers |

Also, Coffee & Chatter every day at 9:00; Blood Pressure Check at 9:30 every Monday; Walking Inside at 9:30 every Tuesday-Fridays; Scattergories every Wednesday at 10:00; Bingo every Thursday at 11:00; Biblical History w/Rev. Glenn Wilson 1st, 3rd, & 4th Friday at 11:00 and 10:50 the 2nd Friday; games, fellowship, and more daily. Call Kay at 657-5441 for more information.

SHINGLE HOLLOW NUTRITION CENTER SHINGLE HOLLOW COMMUNITY BUILDING

- | | |
|---|---|
| April 3 10:30 Jewelry Making – Betty Parker, Instructor | April 17 10:30 Jewelry Making – Betty Parker, Instructor |
| April 4 10:30 Learn How to Crochet – Stephanie Deese, Instructor | April 18 10:30 Learn How to Crochet – Stephanie Deese, Instructor |
| April 9 11:00 Group Discussion: Spring Plans – What are Yours? | April 23 11:00 Magazine Swap – Bring Yours To Trade |
| April 10 10:30 Discussion: Ready, Set, Grow – Planting a Garden | April 24 10:30 Making Spring Flower Arrangements with Joyce |
| 11:00 Tell A Joke | April 25 10:30 Getting Ready to BBQ – Bring Favorite Recipes to Share |
| April 11 10:30 Simple Things that Make Your Day 11:00 Spring Cleaning Ideas | |

Also, you'll find Coffee & Chatter every day at 9:00; Walking every day at 10:00; Singing every Monday at 10:50 followed by Biblical History at 11:00; Choir every Tuesday at 9:30; Word Search everyday at 9:30 except Tuesdays at 10:30; Bingo every Friday at 10:50; Blood Pressure Checks every Fridays at 10:30 ; fun, fellowship, and much more every day. Call Joyce at 287-0960 for more information.

SENIOR CENTER ADVISORY BOARD MEMBERS:

President, **Sybil Walker**; President-Elect, **Kim Freeman**;
Leon Godlock; **Chuck Hill**; **Junior Johnson**; **Robert Judd**; **Jeanette Klutts**;
Grace Quick; **Lila Simpson**; 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
Lou 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 **Amideus Athoughes**, SHIP Volunteer



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

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RETURN SERVICE REQUESTED

**RUTHERFORD COUNTY SENIOR GAMES AT A GLANCE
2013 SCHEDULE OF EVENTS**

EVENT	LOCATION	TIME
FRIDAY, APRIL 12		
SilverStriders Fun Walk	Senior Center Walking Trail	9:00 a.m.
Participants Assemble for Opening Ceremony	Senior Center (dining room stage area)	10:15 a.m.
Opening Gala	Senior Center (dining room)	10:30 a.m.
Bowling Singles (Men & Women)	Autumn Lanes	1:00 p.m.
MONDAY, APRIL 15		
Golf (Choose your day and time M-T)	Red Fox Country Club	8:00 a.m.
Rummy-O, Mexican Train, Skip-Bo, Hand & Foot	Senior Center (card room)	9:00 a.m.
Bocce Ball (Men)	Senior Center (outside court)	9:00 a.m.
Bowling Doubles (Men & Women)	Autumn Lanes	1:00 p.m.
TUESDAY, APRIL 16		
Bocce (Women) Ages 55-59, 60-64, 65-69	Senior Center (outside court)	8:45 a.m.
Bocce (Women) Ages 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100 and up	Senior Center (outside court)	12:45 p.m.
Continuation of Card Games Check w/Louann Camilletti for scheduling time(s)	Senior Center	9:00 a.m.
Tennis (Men & Women)	ICC Campus (outside courts)	1:00 p.m.
WEDNESDAY, APRIL 17		
Badminton (Men)	ICC Campus (Inside building 10, Gym)	9:00 a.m.
Badminton (Women)	ICC Campus (Inside building 10, Gym)	9:30 a.m.
Football Throw (Men)	Senior Center	10:00 a.m.
Football Throw (Women)	Senior Center	10:30 a.m.
Billiards (Men)	Senior Center (billiards room)	1:00 p.m.
Continuation of Card Games Check w/Louann Camilletti for scheduling time(s)	Senior Center	1:00 p.m.
THURSDAY, APRIL 18		
Horseshoes (Men)	Senior Center (outside courts)	8:45 a.m.
Horseshoes (Women)	Senior Center (outside courts)	12:45 p.m.
Bridge (Men & Women)	Senior Center (card room)	1:00 p.m.
Table Tennis (Women)	Senior Center	9:00 a.m.
Table Tennis (Men)	Senior Center	1:00 p.m.
FRIDAY, APRIL 19		
Softball Throw (Men)	Senior Center (across creek from bldg)	8:45 a.m.
Softball Throw (Women)	Senior Center (across creek from bldg)	9:15 a.m.
Discus Throw (Men)	Senior Center (across creek from bldg)	9:45 a.m.
Discus Throw (Women)	Senior Center (across creek from bldg)	10:15 a.m.
Shot Put (Women & Men)	Senior Center (across creek from bldg)	10:45 a.m.
Swimming (All Events)	ICC Campus (Building 10, Gym)	1:00 p.m.
Putt Putt (Women & Men)	Putt & Go Video	1:00 p.m.

**RUTHERFORD COUNTY SENIOR GAMES AT A GLANCE
2013 SCHEDULE OF EVENTS**

EVENT	LOCATION	TIME
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MONDAY, APRIL 22

Golf (Choose your day/time M-T)	Red Fox Country Club	8:00 a.m.
All Card Games (except Bridge) continued	Senior Center	9:00 a.m.
Croquet (Men)	Senior Center	8:45 a.m.
Croquet (Women)	Senior Center	9:15 a.m.
Bowling (Mixed Doubles)	Autumn Lanes	1:00 p.m.

TUESDAY, APRIL 23

Shuffleboard (Women)Ages 55-59, 60-64, 65-69	Senior Center (outside courts)	8:45 a.m.
Shuffleboard (Women)Ages 70-74, 75-79,80-84, 85-89, 90-94, 95-99, 100 and up	Senior Center (outside courts)	12:45 p.m.

WEDNESDAY, APRIL 24

Corn Hole (Men)	Senior Center	8:45 a.m.
Corn Hole (Women)	Senior Center	12:45 p.m.

THURSDAY, APRIL 25

Shuffleboard (Men)	Senior Center (outside courts)	8:45 a.m.
Wii Bowling (Women)	Senior Center	9:00 a.m.
Archery---All Events (Men & Women)	Senior Center	1:00 p.m.

FRIDAY, APRIL 26

Basketball Shooting (Men)	Callison Recreation (Forest City)	9:00 a.m.
Basketball Shooting (Women)	Callison Recreation (Forest City)	10:00 a.m.
Spincasting (Women)	Callison Recreation (Forest City)	9:00 a.m.
Spincasting (Men)	Callison Recreation (Forest City)	10:00 a.m.
Wii Bowling (Men)	Senior Center	1:00 p.m.
Billiards (Women)	Senior Center (billiards room)	1:00 p.m.

MONDAY, APRIL 29-WEDNESDAY, MAY 1

Open for Rain Dates	Senior Center	9:00-12:00 noon 1:00-5:00 p.m.
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FRIDAY, MAY 3

Closing Gala/Athletic Awards	Senior Center (dining room)	6:00 p.m.
“Just Desserts”	Senior Center (dining room)	Approx. 7:30 p.m.