



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 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

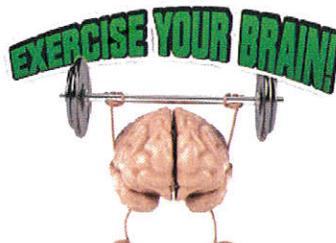
FROM THE DESK OF ANGELA EZELL:

Dear Friends:

We've all heard the saying, "use it or lose it." Seniors need to stay as physically active as possible. In addition, brain exercise for seniors is just as important in helping them maintain mental acuity and alertness. Brain cells don't die as we age, but reaction and processing time may slow down. An older person is fully able to retain the same knowledge and skills as a younger person, but may need some more time to attain the same conclusion.

Mental exercise is the act of performing a mentally stimulating task that is considered beneficial to warding off Alzheimer's disease and dementia. There are many ways in which seniors can participate in mental exercises. According to the National Institutes of Health, one hour per day of mental exercise is enough to keep your memory active and the mind sharp. Seniors who actively exercise their brains are more likely to maintain control over daily tasks. The following is a list of some mental activities: crossword puzzles, painting and drawing, arts and crafts, Bingo, board games and playing cards, telling stories of their lives, and computer activities. Another way to stimulate the brain is by using your non-dominant hand to do everyday tasks like brushing your teeth, eating, dialing the telephone, buttoning buttons or using a computer mouse. The majority of these activities can be done in pairs or groups, which will provide not only mental stimulation, but also social opportunities with other seniors.

We encourage our seniors to increase their mental sharpness by continually learning new things. Learning encourages the growth of brain cells. We also encourage seniors to engage in thinking games, as well as, learning new skills and hobbies to continually keep the brain functioning and alert. Come join us at the Senior Center and participate in our many opportunities for mental exercise, and let's keep those brain cells awake and active!



Angela Ezell



**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.**



COLLECTING SCHOOL SUPPLIES

Dates: August 1-30

We will be collecting school supplies – pencils, crayons, notebook paper, markers, book bags, etc. throughout the **MONTH OF AUGUST** for Spindale Elementary students – who are our Pen Pals each year. Just bring them to the Senior Center and we will deliver them when school begins. Remember, **AUGUST** is an excellent time of year to stock up on school supplies. All the major stores are having their “back to school” sales.

USE IT OR LOSE IT

Day: Thursday

Date: August 1

Time: 10:30 a.m.

This activity is becoming a Center favorite! Bring a friend or come alone, you are guaranteed to have a great time while you give your brain a workout! Barbara and Crystal have lots of new puzzles, tongue twisters, and activities for this fun installment of USE IT OR LOSE IT.



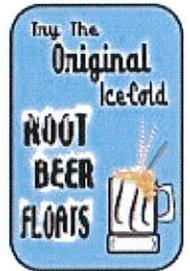
REMEMBER TO EXERCISE YOUR BRAIN DAILY TO KEEP IT SHARP AND STRONG!

NATIONAL ROOT BEER FLOAT DAY

Day: Friday

Date: August 2

Root beer floats have been enjoyed for more than a hundred years, and have evolved to include other flavors of carbonated beverages such as Coke or Orange Crush floats. The unofficial food holiday of “National Root Beer Float Day” is celebrated annually on August 6. To help prepare you so you can have your own celebration at home this year, **each participant at the Center on FRIDAY, AUGUST 2 will receive a root beer soda!**



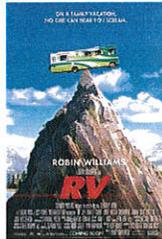
MOVIE TIME: RV

Day: Friday

Date: August 2

Time: 1:00 p.m.

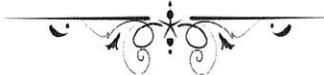
It's that time of year when families are taking a break from it all and going somewhere on a relaxing vacation! Join us this afternoon for a “mini” vacation and watch Robin Williams as an over-worked husband and father trying to keep it all together in **RV**, an outrageous family comedy that everyone can relate to.



The movie shows the Munro family who are really looking forward to their vacation in Hawaii, but plans change when the dad's boss says he must attend a meeting in Colorado or lose his job! The dad devises an alternate plan, and drags his reluctant family on “road trip to Colorado” with the promise that they will bond during their “quality time” together. Right from the start it's obvious that this is going to be a bumpy and hilarious ride!



If you have questions about Medicare, call 287-6409 and schedule a free appointment with one of our certified SHIIP counselors today.



ZUMBA CLASSES

Day: Monday

Dates: August 5, 12, 19, 26

Time: 5:30 p.m.

Instructor: Wavolyn Norville

What a GREAT turn out we have had for the July Zumba classes! Wavolyn has graciously agreed to extend the Zumba classes through August! 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!



NATIONAL BARGAIN HUNTING WEEK

Dates: AUGUST 5 - 11

Who doesn't enjoy the thrill of the hunt for bargains, and the triumph of the "great buy?" Consumers are more value conscious than ever before, as a result, of the current economic situation in this

country. Whether rummaging through boxes at the flea market or the clearance rack of the department store, the **HUNT** for the bargain can be just as exciting as the **DEAL** which is discovered. National Bargain Hunting Week is celebrated the first Monday through the following Sunday in August every year. *And coincidentally.....*

BIG SALE



This week coincides with **NATIONAL SMILE WEEK** which was developed by Heloise, of the *Hints from Heloise* newspaper column.

Although the two celebrations are not affiliated, the date was chosen specifically to overlap because bargain hunting is something to smile about. During this week there will be special programs and activities that incorporate ways to save \$\$\$ and find that special deal or bargain. So **SMILE & SAVE!**

USING COUPONS 101

Day: Tuesday

Date: August 6

Time: 10:30 a.m.

Presenters: Barbara Hill & Crystal Upton

Join us as Barbara and Crystal share their "expert" advice on ways to save \$\$\$ using coupons. They'll show you how to organize your coupons, strategies of maximizing the savings from coupons, and even the best grocery stores and times to shop at them to save even more using coupons! If you're not a "couponer" this is the perfect learning opportunity to jump start your way to BIG savings! Remember to visit the Center's Coupon Room for coupons of products you use, and to drop off coupons to share. Volunteers to help sort and organize the coupons are always welcomed. Start your savings today!



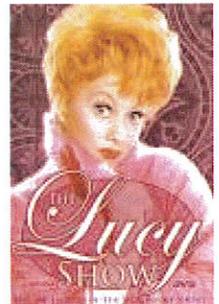
LUCILLE BALL'S BIRTHDAY

Day: Tuesday

Date: August 6

Time: 1:00 p.m.

In recognition of Lucy's birthday we will show some favorite episodes from *The Lucy Show*. Already firmly established as the Lady of American television, the loveable redhead created *The Lucy Show* in 1962 – two years after her divorce from Desi Arnaz. She was immediately embraced by the public and the show ran through 1974. Join us as we feature: *Lucy Meets Sheldon Leonard*; *Lucy Meets the Berles*; and *Lucy the Starmaker*.



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!

TRIP: BARGAIN SHOPPING 101

Day: Wednesday

Date: August 7

Time: 9:00 a.m. – 2:30 p.m.

Cost: Super Bargain Price of \$1

Limit: 11 participants

Pre-registration required

Let's Go Shopping! ...for bargains, of course!

This group is in store for a fun-filled day of shopping the local **COLUMBUS/TRYON THRIFT STORES and CONSIGNMENT**

THRIFT SHOP

SHOPS. But don't delay - the trip is limited to the first 11 participants who sign-up and who pay. (The sign-up sheet is located on the bulletin board outside Barbara's office.) The group will stop for lunch before returning to the Center.



SAVING MONEY 101

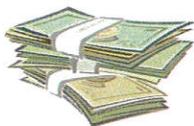
Day: Thursday

Date: August 8

Time: 10:30 a.m.

Share your best tips for saving \$\$\$ today – from clothes shopping, grocery shopping, car insurance, eating out, plus any and everything in between.

This should make for an interesting morning on ways we can all learn to pinch those pennies! Barbara and Crystal will also share some of their own favorite ways to save. Don't miss this one!



BUTTERBEAN AUCTION

Day: Friday

Date: August 9

Time: 1:00 p.m.

How many beans will you bid for the prize? You can be risky and bid only a few beans hoping to claim the prize or "go for broke" and bid all your beans! You will have to decide! Just keep in mind that the auction may end at any time leaving you holding all your beans. Bring a friend, or come alone this is an event that everyone looks forward to! Mark those calendars so you don't let this one slip by.



BLOOD PRESSURE CHECK

Day: Monday

Date: August 12

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.



"HERBS, HERBS, HERBS"- PART II

Day: Tuesday

Date: August 13

Time: 10:15 a.m.

Instructor: Jan McGuinn, Agriculture Agent

In May, Jan shared some great information about growing herbs for your kitchen, and various uses for herbs. Jan continues in Part II discussing the numerous ways people use herbs today, and about growing herbs in your own garden.



The highlight of the presentation is a "field trip" to the beautiful herb garden located behind the Senior Center. You will get to see, smell and maybe even taste various herbs firsthand. This is one you don't want to miss!

KOOL-AID & LAUGHS

Day: Wednesday

Date: August 14

Time: 10:30 a.m.

Did you know that in the early 1900's Edwin Perkins, of southwest Nebraska, started experimenting with home-made drink concoctions in his mother's kitchen, and developed what has evolved into the hugely popular Kool-Aid? Originally Kool-Aid was a liquid concentrate called Fruit Smack, but to reduce shipping costs Perkins discovered a way to remove the liquid leaving only the powder. This powder was originally called Kool-Ade, but in 1927 the name changed to Kool-Aid. Perkins sold Kool-Aid for ten cents a pack and by the early 50's was selling one million packages per day! In 1953 he sold Kool-Aid to General Foods, and it has continued to grow. In 1998 Kool-

Aid was named the official soft-drink of Nebraska. Each year in Hastings, Nebraska a week-long Kool-



Aid Days Festival is held during the second week in AUGUST – where the world’s largest Kool-Aid stand can be found, and a Miss Kool-Aid is crowned! In recognition of this “holiday” we will serve some delicious ice-cold Kool-Aid while you provide the

laughs! **Bring your best jokes, cartoons, and funny stories to share at “Kool-Aid & Laughs today.”**

CHAIR VOLLEYBALL

Day: Thursday

Date: August 15

Time: 10:30 a.m.

Always a favorite at the Senior Center! Chair volleyball is lots of fun to play, and it is hilarious to watch! The hardest rule to follow is that you cannot leave your seat, and the easiest rule to follow is that you have to laugh and have an awesome time! ...but, we have had no complaints from all those

who have enjoyed this sport before.

Most participants are just sad that we only play one time per month! Mark your calendars, invite a friend, and be here ready to have a blast!



MEET & EAT DINNER CLUB

Day: Thursday

Date: August 15

Time: 5:15 p.m.

Location: Mario’s - 515 Hardin Rd, Forest City
Tonight everyone can enjoy a little taste of Italy as they meet at Mario’s. If you want to be authentic

when you thank your waiter, tell him “*grazie*” and if you enjoyed the delicious food tell him everything was “*delizioso cibo.*” Remember to sign up on the bulletin board outside Barbara’s office if you plan on attending, so she can reserve a

table for the entire group. “*Mamma Mia*” it sounds like a fun night!



NOVEL APPROACH

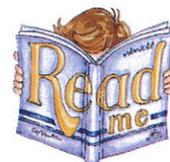
BOOK CLUB

Day: Friday

Date: August 16

Time: 10:30 a.m.

What books have you read this summer – were any worth recommending to someone as a great book to read? Come to the book club whether it’s your first time or you are a regular. You choose the book you want to read, then critique it for everyone, so they can decide if it’s a book they would be interested in reading or not. It’s a great way to make new friends and update your reading list.



BATTERS, SPLATTERS, & PLATTERS RECIPE CLUB

Day: Monday

Date: August 19

Time: 10:30 a.m.

Whether you grow it yourself or buy it at the farmer’s market you are sure to have a special item you preserve to last until the next growing season.

This month everyone will share their favorite canning recipe. From

home-made tomato sauce, crisp green beans, fruity jams and jellies, etc what is your favorite?



www.shutterstock.com 128115536

ICE CREAM SHOP

Day: Monday

Date: August 19

Time: 1:00 p.m.

Cost: 50 cents per scoop/10 cents per topping

In recognition of *National Banana Split Day*, we will be serving ice cream and a large variety of toppings for a very affordable price. What a nice, cool treat to make this hot August weather more bearable! So shake out your piggy bank, save some room when you have lunch, and come and enjoy a nice cool treat this afternoon.



COOKING WITH HERBS

Day: Tuesday

Date: August 20

Time: 10:30 a.m.

Presenter: Tracy Davis, Cooperative Extension

Cooking with herbs is like icing a cake - it makes the dish complete. Using herbs may seem daunting at first because there are so many to choose from. But with a little practice, the magic of cooking with herbs gets easier when you can recognize the unique flavor of a specific herb, and decide what dish it would best compliment.



HAWAIIAN TEA PARTY

Day: Wednesday

Date: August 21

Time: 9:30 a.m.

Our August tea party is a Hawaiian Luau theme.

So dust off your leis and grass skirt, and come join

the fun with a spot of tea and 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. Aloha!



ANGEL CRAFT

Day: Wednesday

Date: August 21

Time: 10:30 a.m.

Location: Conference Room

Instructor: Crystal Upton

Once you learn the simple steps to make this beautiful angel, you will probably end

up with a whole heavenly host of them, because you

will want several to keep

and several to share with friends! The amazing

part of this craft is the inexpensive, everyday

household item that is used in the main

construction of the angel – can you guess what it

is? Be sure put your name to the list outside

Barbara's office if you plan on participating.



BE AN ANGEL DAY

Day: Thursday

Date: August 22

Time: ALL DAY

The objective of BE AN ANGEL DAY is simple - do random acts of kindness, show someone you care, offer support to someone in need - put the needs of others before yourself. These angelic acts are limitless, use your imagination, help you can offer is not defined or limited. It can be something very small or just a kind word at an opportune time. It can be physical, emotional, or spiritual. BE AN ANGEL DAY gives blessings to both the giver and the receiver. Don't forget to say "thank you" if you are on the receiving end of an act of kindness. Recognize all the special angels in your life!



ONEY TOURS INFORMATION

Day: Thursday

Date: August 22

Time: 10:30 a.m.

Presenter: Hazel Appling

Do you need a vacation? Do you long to visit someplace you have never been? 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.



TELL ABOUT YOUR ANGEL

Day: Thursday

Date: August 22

Time: 11:10 a.m.

Today we will share stories of what your "Angel" did for you as we celebrated "Be an Angel Day."

Maybe it was something you really needed to get

you out of a jam, or maybe it was just a small

gesture that touched your

heart in a big way? Big or

small no acts of kindness are

ever wasted. Kindness can

even be "contagious" – so go

out and "infect" someone

today! ☺



RED, WHITE, & TUNA

Under the skilled direction of Mr. Robert Judd, this summer's production comes alive to transport you toward an unforgettable full-filled evening featuring familiar faces, as well as, several debuting drama members. These talented thespians are guaranteed to tickle your funny bone as they take you to Tuna, Texas – the “third-smallest” town in



the state. It is the 4th of July and the hot air is filled with tension as stuck-up social maven, Vera Carp, has all but wrapped up the Reunion queen crown. But used gun store owner, Didi Snavelly, and tough but tender chicken farmer, Pearl Burras, have another idea in mind. Joe Bob

Lipse, Tuna's Little Theater's artistic director, is suicidal, as usual, but with Didi's help, this just might be day. Petey Fisk is standing up for all pests including rattlesnakes and scorpions, and R.R. Snavelly, who left town on a spaceship, has been spotted around town exhibiting bizarre magical powers, which is to say, it's just another typical day in Tuna – where nothing ever changes, while everything does!

MATINEE DRESS REHEARSAL

Day: Thursday
Date: August 22
Time: 1:00 p.m.

Everyone is welcome to come and enjoy this matinee dress rehearsal of *Red, White, and Tuna*.

EVENING PERFORMANCE/ SENIOR CENTER FUNDRAISER

Day: Friday Night
Date: August 23
Time: 7:00 p.m.
Cost: \$ 2.00

The dynamic cast of this summer's production of *RED, WHITE, & TUNA* will delight you with their portrayal of the residents from a small town in Texas, and tickle your funny bone with their zany antics.

The proceeds from this performance will be used to enhance the Senior Center Drama Team's theatrical props and sound equipment.

WHAT'S YOUR JOB LINE?

Day: Tuesday
Date: August 27
Time: 10:30 a.m.

Even though you may sit with the same table of people every day or you speak to them as you pass them in the hall... do you really know them? Do you know what profession they were in before



they hit the glory days of retirement? Today you will share what line of work you did before you retired, and some of the

more unusual and exciting experiences you had during your career. Don't miss this one!

USE IT OR LOSE IT TRIVIA FUN

Day: Wednesday
Date: August 28
Time: 10:30 a.m.

A Center favorite! Let's challenge ourselves and our minds by doing some task that requires us to think, but to have fun at the same time! Keep your mind sharp by learning new things; reading a book, taking a class, playing word or number games like Scrabble or Sudoku, doing crossword puzzles, and even playing Bingo all these things will help keep your brain active, sharp, and alert.



HOW SOUTHERN R U?

Day: Thursday
Date: August 29
Time: 10:30 a.m.

Today you will take a fun quiz to find out “How Southern Are You?” For example: *Have you said hello to a stranger in the last 24 hours? Do you know the difference between dinner and supper?* These are just a couple of the questions you will need to answer on “The Southern” test. It'll be as easy as “sliding off a greasy log backwards.”

BIRTHDAY RECOGNITION

Day: Friday

Date: August 30

Time: 11:30 a.m.

Today we will celebrate all birthdays in August.



BEACH PARTY DANCE

Day: Friday

Date: August 30

Time: 7:00 – 10:00 p.m. (doors open 6:30)

Cost: \$5.00

Performers: The Band of Rocky Guarriello

Come prepared to dance the night away and enjoy a fun-filled night of great entertainment! You can enjoy a large variety of music such as: country, the oldies, beach, and jazz. You will not have a problem getting to shake your toes to all your favorite styles of dancing. Bring your sweetie or come alone, it promises to be a night in paradise – without the worry of getting sand between your toes!



SENIORS' HEALTH INSURANCE INFORMATION PROGRAM (SHIIP)

SHIIP is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare prescription drug coverage or Part D, Medicare Advantage, long-term insurance, and other health insurance - issues. Call 287-6409 and make an appointment with one of our certified volunteers, Amideus Athougies or Pat Zito.



SILVERSTRIDERS JUNE TOTALS

Betty McFarland	765 minutes walked
Clyde Patterson	951 minutes walked
Marjorie Patterson	951 minutes walked
Annabelle Smith	690 minutes walked
Jerry Thorton	1,020 minutes walked

SHIIP ANNUAL REGIONAL AWARDS

Last month SHIIP announced the honorees recognized for their outstanding serve to North Carolina Medicare beneficiaries, and we are very proud to report the following award:



AMIDEUS ATHOUGIES VOLUNTEER OF THE YEAR Western North Carolina

Amideus graciously volunteers countless hours counseling individuals about their Medicare related questions, as well as, coordinating the annual AARP Free Tax Service, which operates from the Senior Center, from January – April each tax season. The Senior Center considers Amideus “part of the staff”, and we congratulate him on a honor well deserved!



MEMORIALS, HONORARIUMS, & GIFTS

Support the work of the Rutherford County Senior Center by making a donation “In Memory Of” or “In Honor Of” that special person you want to remember and honor. **All donations are tax deductible.** If you would like us to send an acknowledgement letter, please list the person or persons and their address on a separate sheet. Thank you for your support.

Make checks payable to: *Rutherford County Senior Center*
Return to: 193 Callahan Koon Rd, Spindale NC 28160

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

In Memory of: _____

In Honor of: _____

ELLENBORO NUTRITION CENTER

AUGUST 2013

Located at: Bethal Baptist Church - 479 Main Street, Ellenboro NC 28040
 Site Manager: Betty Dodson Telephone: 453-8668

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Walking & Exercise @ 5 Family Life Center 10:30 Chat & Fun time w/coffee, tea & cookies 11:00 Spelling Bee	9:00 Walking & Exercise @ 6 Family Life Center 10:00 Word Search 10:30 This was the year.....1963 11:00 Bingo	9:00 Walking & Exercise @ 7 Family Life Center 10:00 Newspaper Reading 10:30 Rutherford Weekly Reader 11:00 Current Event Discussion	9:00 Walking & Exercise @ 1 Family Life Center 10:00 Blood Pressure Check 10:30 Current Events Discussion 11:00 What Do You Enjoy Doing the Most?	9:00 Walking & Exercise @ 2 Family Life Center 10:00 Puzzles & Fun 11:00 Signs & Symptoms of Depression
9:00 Walking & Exercise @ 12 Family Life Center 10:00 Puzzles & Brain Teasers 10:30 Monopoly Game 11:00 Funny Talk w/Leonard Goforth	9:00 Walking & Exercise @ 13 Family Life Center 10:00 Bulletin Board Trivia 10:30 Word Search 11:00 Bingo	9:00 Walking & Exercise @ 14 Family Life Center 9:30 Chat & Fun 10:00 Puzzles & Word Search 11:00 Biblical History w/Linda McCurry	9:00 Walking & Exercise @ 15 Family Life Center 10:00 Blood Pressure Check 11:00 Best Friend Day – Share something about your best friend	9:00 Walking & Exercise @ 16 Family Life Center 10:00 Puzzles & Scattergories 11:00 Bring one of your favorite canning recipes to share
9:00 Walking & Exercise @ 19 Family Life Center 10:00 Master Detective Game 11:00 Share something about yourself that others don't know	9:00 Walking & Exercise @ 20 Family Life Center 10:00 Chat & Fun Time w/Popcorn 11:00 Bingo	9:00 Walking & Exercise @ 21 Family Life Center 10:00 Magazine Swap 10:30 Craft Time – Making bird feeders out of paper cups	9:00 Walking & Exercise @ 22 Family Life Center 10:00 Blood Pressure Check 10:30 Recognition of August birthdays w/cake	9:00 Walking & Exercise @ 23 Family Life Center 10:00 Word Search 10:30 Share your vacation stories 11:00 Eight Tips for improving your memory
9:00 Walking & Exercise @ 26 Family Life Center 10:00 Vinegar Word Search 11:00 Kool-Aid Sampling	9:00 Walking & Exercise @ 27 Family Life Center 10:00 Chat Time & Word Search 11:00 Bethel Singers	9:00 Walking & Exercise @ 28 Family Life Center 10:00 Biblical History w/Leonard Goforth 11:00 Share your favorite Sugar Cookie recipe	9:00 Walking & Exercise @ 29 Family Life Center 10:00 Blood Pressure Check 10:30 Fun Time Share a riddle 11:00 Singing & playing music w/Nancy Frady	9:00 Walking & Exercise @ 30 Family Life Center 10:00 Puzzles & Fun 11:00 Scattergories

HENRIETTA NUTRITION CENTER

AUGUST 2013

Located at: Henrietta 1st Baptist Church Social Hall 2736 Harris-Henrietta Rd, Henrietta, NC 28076
 Site Manager: Kay Aldridge Telephone: 657-5441

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Chatter 9:30 Blood Pressure Check 10:00 Learn to Crochet w/Gene Blanton, Instructor 10:30 Riddle of the day	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:30 Ways to pamper yourself 11:00 Lucille Ball's Birthday Word Search	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Uses for vinegar	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo	9:00 Coffee & Chatter 9:30 Walking Inside 10:00 Trivia Plus 10:30 Biblical History w/Rev. Glen Wilson
9:00 Coffee & Chatter 9:30 Blood Pressure Check 10:00 Learn to Crochet - Gene Blanton, Instructor 11:00 Justin McCluney to speak on "Are You OK" program	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:30 Left Handers Day Word Search 11:00 Bambi's Birthday	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:30 Recognizing Elvis Day w/music 11:00 Making & Celebrating Root Beer Floats	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo	9:00 Coffee & Chatter 9:30 Walking Inside 10:00 This Was The Year.....1999 11:00 Biblical History w/Rev. Glen Wilson
9:00 Coffee & Chatter 9:30 Blood Pressure Check 10:00 Learn to Crochet - Gene Blanton, Instructor 11:00 Bring pictures of your old home place to share	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Day at the beach – Wear shorts & sandals 11:00 Full Moon Discussion	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:30 Cindy Street, Master Gardner to present program	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo	9:00 Coffee & Chatter 9:30 Walking Inside 10:00 Bulletin Board Trivia 11:00 Biblical History w/Rev. Glen Wilson
9:00 Coffee & Chatter 9:30 Blood Pressure Check 10:00 Learn to Crochet - Gene Blanton, Instructor 11:00 Word Search	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Recognition of August Birthdays 10:30 Group Discussion – Current Events	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Discussion: The Amish Dress Code 11:00 "Famous Dogs" Crossword	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo	9:00 Coffee & Chatter 9:30 Walking Inside 10:00 Favorite Carnival Foods Discussion 11:00 Biblical History w/Rev. Glen Wilson

SHINGLE HOLLOW NUTRITION CENTER

AUGUST 2013

Located at: Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton NC 28139
 Site Manager: Joyce Bailey Telephone: 287-0960

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Recognition of August Birthdays	9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Marshmallow Snowball Fight 11:00 Marshmallow Mania Trivia Game	9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/ Stephanie Deese, Instructor 11:00 Making Root Beer Floats	9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Craft Time – Making Deco Wreaths	9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/ Stephanie Deese, Instructor	9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo ENJOY ELIVIS MUSIC
9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Family Meal Month – What’s Your Favorite Meal? Bring Family Recipes & Secrets to share	9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/ Stephanie Deese, Instructor	9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 The History of Duncan Hines Cake Mix & sharing of recipes	9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/ Stephanie Deese, Instructor	9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo

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**, SHIIP Volunteer

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Our Motto: Someone to Love, Something to Do, Somewhere to Go



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