

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.

DECEMBER 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



Michelle

Season's Greetings

From the Senior Center Staff Ron A.

Susan Diane Pat

Kay Joyce Luciana Alex Barbara

Angela Crystal Wanda Charles

Debbie Nancy

Carolyn Sandy

Ronnie

Gym

Ambleus



We wish everyone a happy holiday season!



**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.**

BOX TOPS FOR EDUCATION

The Senior Center has an ongoing project of collecting box tops for education for local schools. So clip those box tops and drop them in the jar located in the Center's coupon room. Box Tops for Education is one of the nation's largest school fundraising loyalty programs and has been helping schools succeed since 1996.



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!

DAILY DROP-IN ACTIVITIES

In addition to the many varied activities scheduled throughout the month, the following daily events are always available for participants to enjoy: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Newspaper & Magazines, Coupon Room, Computer Lab, Chair Fitness Videos, Exercise Equipment, TV, Conversation, Library, Puzzles. **The Center is on Transit's Fixed Route Bus Schedule - Times: 10:42 a.m. & 12:53 p.m.**



VOLUNTEER OPPORTUNITIES:

MEALS ON WHEELS PROGRAM

The Senior Center is averaging delivery of approximately 2,000 meals each month to 100 or so seniors currently participating in the Meals on Wheels program. There are additional seniors that could be helped if we had more volunteers to deliver the meals, and/or additional funding. Please contact Diane Allen at 287-1233 for more information.

AARP FOUNDATION TAX-AIDES

Each year the AARP Foundation Tax-Aide offers free face-to-face help for low-to-moderate-income taxpayers – with special attention to those aged 60-plus. Last year seven volunteers working from Rutherford County's Senior Center eFiled a total of (369) Federal and (374) State returns. In addition they assisted approximately 200 people with information and questions. Additional volunteers are needed to help prepare tax returns for the 2014 tax season, as well as, greet people, translate, assist with general office-type work. Training will be provided in December and January. Join this dedicated group of volunteers for the 2014 tax season or recommend this great opportunity to someone. You will get to work your mind and warm your heart by assisting your fellow county members with free tax service and information. Please call Angela Ezell at 287-6411 to volunteer or for more information.

LET US KNOW WHAT YOU THINK

Your opinion and input is so important to us to know how to plan for the future. One way to give us your input is through our **SUGGESTION BOX** – located in the main lobby of the Senior Center. Paper and pen are provided and you do not have to sign your name if you do not want to. Please include the date with your suggestion. Additionally, you can always stop by our Director's office – Angela is always willing to listen to your ideas and suggestions. ***This is YOUR Center and we welcome your feedback.***



SENIOR CENTER CLOSINGS:



CLOSED FOR STAFF TRAINING

MONDAY, DECEMBER 16

HOLIDAY CLOSINGS

TUESDAY, DECEMBER 24

WEDNESDAY, DECEMBER 25

THURSDAY, DECEMBER 26

WEDNESDAY, JANUARY 1



CLASS CANCELLATIONS

NO DECEMBER ZUMBA CLASSES

(Classes will resume in January)

ART CLASS CANCELLED – Dec 23

YOGA CLASS CANCELLED – Dec 31



CARDS, COCOA & CIDER

Date: TUESDAY, DECEMBER 3

Time: 10:00 a.m.

Location: Art Room

Tis' the Season! Everyone is invited to bring your Christmas cards and mailing list and prepare your cards while socializing with your friends. In addition to the great fellowship, you can enjoy some delicious hot cocoa and cider. Barbara and Crystal will be spinning some lively holiday tunes – guaranteed to get everyone in the holiday spirit! Christmas cards will be available for those who don't have their own.



PEN PALS

Date: Wednesday, December 4

Time: 10:30 a.m.

Location: Art Room

The Pen Pals are very lucky and blessed to participate in this program with Mrs. Summey's 3rd grade class at Spindale Elementary. The pals wear many hats as mentors, friends, and "grandparent figures" to these young children. Be here today to write in your Pen Pal book. It is the perfect opportunity to share your special holiday memories, traditions, funny stories, and wishes for the upcoming year with your pal. Don't forget - you will be able to meet your pal face-to-face at the upcoming Christmas party Friday, December 13. Be sure and hold this date – you will not want to miss this opportunity!



SPECIAL HOLIDAY MUSICAL PERFORMANCES

Location: Dining Room



MONDAY, DECEMBER 9 10:30 a.m.

Mount Vernon-Ruth 1st & 2nd Grades



TUESDAY, DECEMBER 10 10:30 a.m.

Chase High School Jazz Band



WEDNESDAY, DECEMBER 11 10:30 a.m.

Spindale Elementary 4th & 5th grade Chorus



TUESDAY, DECEMBER 17 10:30 a.m.

Chase Middle School 6th grade Chorus



WEDNESDAY, DECEMBER 18 10:30 a.m.

Ellenboro Elementary 2nd grade class – performing: "Christmas at the OK Corral."



THURSDAY, DECEMBER 19 10:30 a.m.

Burns Middle School 8th grade Chorus



CRAFT TIME WITH LAVADA

Date: Thursday, December 5

Time: 10:30 a.m.

Instructor: Lavada Wall

Cost: \$1.00

Pre-register: Be sure to sign up on the board outside Barbara's office

Lavada will be demonstrating how to make a beautiful Christmas ornament, a Christmas card, and a pretty Christmas gift bag.



CANDY CANE B-I-N-G-O

Date: Tuesday, December 10

Time: 1:00 p.m.

Join us today for a lively game of "Candy Cane Bingo." No matter what variety, Bingo is always a Center favorite with friendly competition and lots of laughter! Everyone wear your Santa hat to help you get into the holiday spirit and maybe even bring you a little "Bingo luck."

BINGO				
13	27	38	47	64
4	20	40	50	70
7	28	48	66	
15	19	43	54	68
7	29	31	55	65

LET'S MAKE A GINGERBREAD HOUSE

Date: Friday, December 6

Time: 10:00 a.m.

Location: Conference Room

We have gingerbread house kits for teams to put together and create their masterpiece. The houses will be put on display in the Senior Center for everyone to enjoy during the holiday season. If you would like to participate please sign up on the bulletin board outside Barbara's office.



SHOPPING TRIP TO HAMRICK'S OF GAFFNEY & THE OUTLET MALL

Date: Thursday, December 12

Times: Leave 8:45 a.m. - Return 2-2:30 p.m.

Cost: \$ 1.00 (due when you sign-up)

Pre-registration is required – the sign-up sheet is located on the board outside Barbara's office. (Van riders are limited to first 11 signed-up)

Do you need a new Christmas outfit?

...or maybe you just need to get some

Christmas shopping done. If so, then

this trip is your answer. We will spend the morning shopping at Hamrick's.

Then travel across the road to Cracker

Barrel for lunch, followed by a little more shopping at the outlet stores before returning to the Center.



BLOOD PRESSURE CHECK

Date: Monday, December 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.



CRAFTING WITH CRYSTAL

Date: Thursday, December 12

Time: 10:30 a.m.

Instructor: Crystal Upton

Cost: \$2.00

Location: Art Room

Pre-registration required – sign-up sheet posted outside Barbara's office

Today Crystal will demonstrate and assist crafters in making two beautiful Christmas ornaments – a Santa and a Reindeer. These are sure to take center stage on your tree this year.



BATTERS, SPLATTERS, & PLATTERS RECIPE CLUB

Date: Monday, December 9 (note: date change)

Time: 9:30 a.m. (note: time change)

Location: Conference Room

For December's meeting everyone will share their favorite Christmas candy or sweet treat recipe with the group. Maybe it's your family's favorite, or a recipe that has become a holiday tradition and must have each year. (Date & time changed this month only)



PEN PAL'S CHRISTMAS PARTY

Date: Friday, December 13

Time: 10:00 a.m.

The Spindale Elementary Pen Pal's will be at the Center for light refreshments and to meet their Senior Pen Pal face-to-face. Pals, this is an opportunity you will not want to miss!

“CHRISTMAS TIME” TEA PARTY

Date: Wednesday, December 18

Time: 9:30 a.m.

Be sure to sign the list at the front desk

Winter will officially be here Saturday, and Christmas is not far behind! Come in from the cold and share a spot of tea and delicious goodies with friends.

Be sure to bring one of your favorite treats to share with everyone.



DANCING WITH THE STARS

Date: Tuesday, December 17

Time: 11:15 a.m.

Location: Dining Room

The 2013 winners of Rutherford County's Dancing with the Stars, Keith Ezell and Courtney Arms, will perform their winning dance for everyone's enjoyment.



CHRISTMAS RECEPTION

Date: Thursday, December 19

Time: 2:30 – 4:00 p.m.

Location: Dining Room

All **SENIORS** are invited to the Center's annual Christmas Reception. You will enjoy fellowship, refreshments, and festive entertainment.



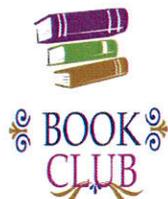
NOVEL APPROACH BOOK CLUB

Date: Friday, December 20

Time: 10:30 a.m.

Location: Conference Room

Everyone is invited and encouraged to join the Senior Center's Book Club. Join at any time – the club is ongoing, and there is not a required reading list. Individuals choose the books they want to read, and then share their thoughts with the group about the book. This is a fun way to meet new people, as well as, target books to add to your reading list.



BIRTHDAY RECOGNITION

Date: Tuesday, December 31

Time: 11:30 a.m.

We will be celebrating all December birthdays today.



NEW YEAR'S DANCE

Date: Friday, January 3

Time: 6:00 – 9:00 p.m.

Location: Dining Room

DJ: Pat Nanney

Cost: \$5.00

Join us for a magical night as you dance the night away, fellowship with friends, and celebrate the new year! Doors will open at 5:45 p.m.



SILVERSTRIDERS

October Totals:

Joanie Gaultney	310 minutes walked
Reid Gaultney	235 minutes walked
Annabelle Smith	1,110 minutes walked
Jerry Thornton	1,225 minutes walked



TOYS FOR TOTS

Toys for Tots is a 71-year-old Christmas toy project for children sponsored by the U.S. Marines. Sgt. Major Don Barrett (Ret.) is helping organize this “new for Rutherford County” event. **During the month of December, the Senior Center will be collecting new, unwrapped toys for the TOYS FOR TOTS.** A collection box will be in the Center's lobby. **NOTE: All the toys collected in Rutherford County will be distributed to a child within the county.** Let's do our part to help with this worthwhile project which benefits our local children!



USED TONER CARTRIDGES

The Senior Center collects empty toner cartridges from printers and copiers for a recycling program that raises money for the Senior Center and its programs. Just drop them off at the front desk or put them in our mailbox if we are closed. Thank you!



THERE'S STILL TIME TO SELECT A 2014 MEDICARE DRUG PLAN

The Annual Election Period to review, compare and choose Medicare prescription drug coverage ends **December 7, 2013**. There are 29 Part D prescription drug plans available in North Carolina for 2014. Drug plans vary from year to year, so it is important that Medicare beneficiaries and their caregivers explore their options during each Annual Election Period. Many Medicare beneficiaries will save several hundred to several thousand dollars in the coming year because they are changing their prescription drug plan. It's worth it to take the time to review and compare. Resources include:

- Trained SHIP counselors are available for one-on-one counseling appointments at the Rutherford County Senior Center - call **828-287-6409 for an appointment**.
- Visit www.medicare.gov/find-a-plan to compare your current coverage with all of the options that are available in your area and enroll in a new plan if you decide to make a change.
- Call 1-800-MEDICARE (1-800-633-4227) 24-hours a day, seven days a week, to find out more about your coverage options. TTY users should call 1-877-486-2048.
- Review the *Medicare & You 2014* handbook that was mailed to all Medicare participants.

OUR SATELITE MEAL SITES CALENDAR OF EVENTS ELLENBORO CONGREGATE MEAL PROGRAM DECEMBER 2013

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Walking & Exercise @ 2 Family Life Center 10:00 Discussion – Holiday Favorites 10:30 Scattergories 11:00 Children's Trivia	9:00 Walking & Exercise @ 3 Family Life Center 10:00 Word Search 10:30 What your favorite fruit says about you 11:00 Bingo	9:00 Walking & Exercise @ 4 Family Life Center 10:00 Making Christmas cards for wounded warriors 11:00 Favorite Holiday Recipes	9:00 Walking & Exercise @ 5 Family Life Center 10:00 Popcorn Party 10:30 Home concoctions for hand cream	9:00 Walking & Exercise @ 6 Family Life Center 10:00 Blood Pressure Check 10:30 St. Nicholas Day – Wear your Santa hat
9:00 Walking & Exercise @ 9 Family Life Center 10:00 Pearl Harbor 10:30 Word Search 11:00 Home concoctions for carpet shampoo	9:00 Walking & Exercise @ 10 Family Life Center 10:00 Trivia Plus 10:30 Discussion – Current Events 11:00 Bingo	9:00 Walking & Exercise @ 11 Family Life Center 10:00 Chili Recipes – Bring yours to share 11:00 Bible History w/Linda McCurry	9:00 Walking & Exercise @ 12 Family Life Center 10:00 Person, Place or Thing 10:30 Winter 2 Word Search 11:00 Home concoctions for detergent	9:00 Walking & Exercise @ 13 Family Life Center 10:00 Blood Pressure Check 10:30 Word Search 11:00 Home Concoctions for Febreze
16 CLOSED (FOR STAFF TRAINING)	9:00 Walking & Exercise @ 17 Family Life Center 10:00 Christmas Crafts 10:30 Bulletin Board Trivia 11:00 Bingo	9:00 Walking & Exercise @ 18 Family Life Center 10:00 Holiday eating tips 11:00 Christmas Carol Quiz	9:00 Walking & Exercise @ 19 Family Life Center 10:00 This was the yr-1955 10:30 Magazine Swap – 11:00 Winter 1 Word Search	9:00 Walking & Exercise @ 20 Family Life Center 10:00 Blood Pressure Check 10:30 Fish Word Search 11:00 Current Events
9:00 Walking & Exercise @ 23 Family Life Center 10:00 Christmas Party 10:30 Bring Christmas CD's 11:00 Recognition Dec b/day	24 CLOSED FOR CHRISTMAS HOLIDAYS	25 CLOSED FOR CHRISTMAS	26 CLOSED FOR CHRISTMAS HOLIDAYS	9:00 Walking & Exercise @ 27 Family Life Center 10:00 Blood Pressure Check 10:30 Coffee & Conversation 11:00 Rutherford Favorites
9:00 Walking & Exercise @ 30 Family Life Center 10:00 Word Search 11:00 Home concoctions for Windex	9:00 Walking & Exercise @ 31 Family Life Center 10:00 Group Discussion – New Year's Resolutions 11:00 Bingo			

HENRIETTA CONGREGATE MEAL PROGRAM DECEMBER 2013

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
9:00 Coffee & Chatter 2 9:30 Blood Pressure Check 10:00 Share about your Thanksgiving 10:30 Decorating for Christmas 11:00 Christmas Music (Radio 98.9)	9:00 Coffee & Chatter 3 9:30 Piano Music w/Barbara Moore 10:00 Decorating for Christmas 10:30 Christmas Jokes 11:00 Craft - Cinnamon Cookie Cutter Ornament	9:00 Coffee & Chatter 4 9:30 Piano Music w/Barbara Moore 10:00 Craft – Making Christmas trees and gingerbread men	9:00 Coffee & Chatter 5 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo	9:00 Coffee & Chatter 6 9:30 Walking Inside 10:00 Trivia Plus 11:00 Biblical History w/Rev. Robert Harris
				Continued next page.....

9:00 Coffee & Chatter 9 9:30 Piano Music w/Barbara Moore 10:00 Glamour Shots for Christmas 10:30 Group Discussion – Your favorite Christmas memory	9:00 Coffee & Chatter 10 9:30 Piano Music w/Barbara Moore 10:00 Group Discussion – Christmas Past and Present	9:00 Coffee & Chatter 11 9:30 Piano Music w/Barbara Moore 10:00 Poinsettia Day – Explain the different parts of the flower 10:30 Make Christmas cards from Glamour pictures	9:00 Coffee & Chatter 12 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo	9:00 Coffee & Chatter 13 9:30 Walking Inside 10:50 Christmas Word Search 11:00 Biblical History w/Rev. Robert Harris
16 CLOSED (FOR STAFF TRAINING)	9:00 Coffee & Chatter 17 9:30 Piano Music w/Barbara Moore 10:00 Craft - Paper Dollie Angel 11:00 Left, Right, Right Before Christmas Game	9:00 Coffee & Chatter 18 9:30 Piano Music w/Barbara Moore 10:00 Twelve Days of Christmas Poem 10:30 Share your favorite Christmas cookie recipe	9:00 Coffee & Chatter 19 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo	9:00 Coffee & Chatter 20 9:30 Walking Inside 10:00 This was the year.....1943 11:00 Biblical History w/Rev. Robert Harris
9:00 Coffee & Chatter 23 9:30 Blood Pressure Check 10:00 Christmas Carols w/Barbara Moore & Gaynell Murray 10:30 Christmas Party Wear Red & Green Day	24 CLOSED FOR CHRISTMAS HOLIDAYS	25 CLOSED FOR CHRISTMAS	26 CLOSED FOR CHRISTMAS HOLIDAYS	9:00 Coffee & Chatter 27 9:30 Walking Inside 10:00 Winter Scenes 11:00 Biblical History w/Rev. Robert Harris
9:00 Coffee & Chatter 30 9:30 Piano Music w/Barbara Moore 10:00 Discussion – How was your Christmas Holiday? 10:30 Discussion – The after Christmas “Blahs”	9:00 Coffee & Chatter 31 9:30 Blood Pressure Check 10:00 Write New Year's Resolutions, read aloud & guess who wrote them			

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM 2013 DECEMBER

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Chatter 2 9:30 Word Search 10:00 Walking 10:30 Singing 11:00 Biblical History	9:00 Coffee & Chatter 3 9:30 Choir 10:00 Walking	9:00 Coffee & Chatter 4 9:30 Walking 10:00 Craft – Making Christmas trees 11:00 Discussion – Your holiday plans	9:00 Coffee & Chatter 5 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/Stephanie Deese, Instructor	9:00 Coffee & Chatter 6 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:00 Coffee & Chatter 9 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 10 9:30 Choir 10:00 Breakfast with the Director	9:00 Coffee & Chatter 11 9:30 Walking 10:00 Enjoying Christmas music w/hot choc. & cider 11:00 Discussion – Your favorite Christmas music	9:00 Coffee & Chatter 12 9:30 Word Search 10:00 Walking 10:30 Craft – Making snowflakes	9:00 Coffee & Chatter 13 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
16 CLOSED (FOR STAFF TRAINING)	9:00 Coffee & Chatter 17 9:30 Choir 10:00 Walking 11:00 Recognition of December birthdays	9:00 Coffee & Chatter 18 9:30 Word Search 10:00 Walking 10:30 Christmas Party	9:00 Coffee & Chatter 19 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/Stephanie Deese, Instructor	9:00 Coffee & Chatter 20 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:00 Coffee & Chatter 23 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	24 CLOSED FOR CHRISTMAS HOLIDAYS	25 CLOSED FOR CHRISTMAS	26 CLOSED FOR CHRISTMAS HOLIDAYS	9:00 Coffee & Chatter 27 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:00 Coffee & Chatter 30 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 31 9:30 Choir 10:00 Walking			

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 **Susan Toney**, 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
Title V Morning Receptionist **Lynn Scruggs**, Title V Afternoon Receptionist
Wanda Bland, Exercise Instructor **Frank Ensley**, Custodian **Lee Henderson**, Title V Custodian
Amideus Athougies, Pat Zito SHIP Counselors



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193 CALLAHAN-KOON RD, SUITE 132
SPINDALE NC 28160

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