Rutherford County Senior Center

~ North Carolina Certified Center of Excellence ~ United Way Member Agency ~
~Our Mission: Rutherford County Senior Center provides opportunities for senior adults to help them maintain and enhance their quality of life.~

JANUARY 2016 NEWSLETTER

193 Callahan Koon Rd, Suite 132 Spindale NC 28160
Telephone: 828-287-6409
Hours: Monday: 7:30 a.m. – 5:00 p.m. Tuesday – Friday: 8:30 a.m. – 5:00 p.m.

As we begin a new year, it is a great time to reflect over our successes during the past year. The following are some of the highlights from 2015 for the Rutherford County Senior Center:

The Rutherford County Senior Center received recertification on June 19, 2015 as a "Center of Excellence" for the next five years, from June 30, 2015 – June 29, 2020. In order to achieve this highest of certification, a Senior Center must complete a self-evaluation including data gathered over the previous five years, address and correct any recommendations from the previous site visit, and have all the five years worth of documentation reviewed on-site by a team from the NC Division of Aging and Adult Services, UNC-CH School of Social Work's Center for Aging Research and Educational Services (CARES), Area Agency on Aging, senior center staff outside of the applicant's region, and the Senior Tar Heel Legislature delegate from Rutherford County.

The Rutherford County Senior Center received first-time grants from the following organizations: RHI Legacy Foundation ($50,000 for Home Delivered Meals), Rutherford County Endowment ($5,000 for Home Delivered Meals), and Community Foundation of WNC People in Need Grant ($12,000 Pre-packaged meals for Home Delivered clients on weekends)

Senior Games: We had 99 participants in the sporting events and 53 participants in the SilverArts, which included Heritage, Literary, Performing, and Visual – of these 32 were first-time participants. Six seniors represented Rutherford County in the NC State Senior Games in September. Three seniors were medal winners in their division.

We received and awarded 85 sets of vouchers from the Seniors Farmers' Market Nutrition Program to eligible participants. These vouchers are for local produce at the Farmer's Market.

There were 746 contacts made during the Medicare Part D annual election period.

AARP Tax-Aid Foundation Program served 656 tax-payers.

FY 2014-2015 meal statistics are as follows:

Home-Delivered: 22,252 total meals served ~ 89 daily average meals served
157 different participants were served throughout the year

Congregate Meals: 44,032 meals served ~ 176 daily average meals served
738 different participants were served throughout the year

I would like to wish each of you a Happy New Year! Be sure to visit the Rutherford County Senior Center in 2016!

Angela Ezell, Director

DON'T FORGET TO PRE-REGISTER FOR LUNCH TO ENSURE THAT YOU WILL BE SERVED

We ask that you please pre-register by 12:00 noon the day before you plan to eat, or you can pre-register, for several 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, please call the Senior Center at 287-6409 before 9:30 a.m. to 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.

VOLUNTEERS NEEDED:

Volunteers are always welcomed and needed at the Senior Center. Following are the multiple areas that are in need of volunteers:

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 100 participants of this worthwhile program. In addition to delivering a fresh, hot meal M-F, the MOWs volunteer provides a "mini visit" and a warm, friendly smile to individuals who might not see anyone on a daily basis. ***For more information or to volunteer, please contact Michelle Smith at 287-6362.***

SENIORS' HEALTH INSURANCE INFORMATION PROGRAM VOLUNTEER:

SHIIP is a division of North Carolina's Department of Insurance which strives to assist Medicare beneficiaries in making well-informed health insurance choices. Trained SHIIP volunteers offer free unbiased health information and assist seniors with questions regarding Medicare, Supplement Plans, claims processing, Advantage, 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 volunteer.***

TRIPS & SIGN-UP SHEETS

The activity department works very hard to arrange a variety of special programs, activities, and trips. Most trips and some events are limited to a certain number of participants and require pre-registration by signing a sheet posted on the bulletin board outside Barbara's office. **Sign-up sheets are always posted on the FIRST day of the month – this allows everyone a fair and equal opportunity to sign up for a trip or event. Effective January 2015: If you do not show up for a trip, you will not be allowed to sign up for any special trips for the next 3 months. Additionally, you must come in and sign up and pay (if there is a charge.) No phone calls reservations will be accepted for trips or events.**

DID YOU KNOW....*The Senior Center accepts empty toner cartridges from printers and copiers as one of its recycling programs? This helps us extend our office supply budget.*

....The Senior Center accepts old eyeglasses and gives them to a local Lion's Club for recycling? You can drop any of these items off at the front desk of the Senior Center at any time or place in the Center's mailbox.

COUPONS NEEDED

Please bring any coupons you don't plan on using for our Coupon Room. You don't even have to clip them out of the inserts – we have volunteers who do this. Also this is a reminder for participants to take advantage of this great service. Couponing is a great way to stretch your monthly food and cleaning supply budget.

UPCOMING ADVOCACY EVENT:

Let it be known what Rutherford Senior Center means to you! This February hundreds of seniors from senior centers across NC will be mailing Valentines to their Legislators. The Valentine includes a "Thank You" for funding Senior Centers. On the Valentine you can provide one to two statements of what your local senior center means to you. Participating in this event will put and keep our senior centers on the minds of our Legislators. **Join us and the NC Senior Center Alliance in thanking our legislator(s) for funding the Rutherford County Senior Center by attending our "Valentine Advocacy Event" on Feb. 4 at 10:30 a.m. and completing a Valentine.**

HOLIDAY CLOSINGS:

Friday, January 1
(New Year's Day)
&
Monday, January 18
(Martin Luther King's Day)

B-I-N-G-O

Day: Monday, January 4
Time: 1:00 p.m.

Let's start the year off right with everyone's favorite activity – BINGO! Invite a friend and come for a fun afternoon game of Bingo.

ZUMBA

Mondays: January 4, 11, 25
Time: 6:00 p.m. ****NEW time****
Instructor: Wavolyn Norville

Don't forget Zumba is at the ***new time of 6:00 p.m.*** 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!*"

SILVER STRIDERS TOTALS:

Annabelle Smith	**1,020 minutes walked**

"RED HOT CHILI STEPPERS"

(WALKING CLUB)
Dates: Tuesdays, Jan. 5, 12, 19, 26
Time: 8:45 a.m.

Walking is one of the most effective forms of physical activity that delivers substantial health benefits and improves heart health. Join the "Red Hot Chili Steppers", and connect with others who share your goals, lifestyles, schedules and hobbies, plus it's FREE! **You can join at any time - see Barbara or Crystal.**

"RED HOT CHILI STEPPERS" WALKING CLUB TOTALS:

Cindy Allison	**597 minutes walked**
Judy Baguskis	**1,645 minutes walked**
Shirley Broughton	**602 minutes walked**
Norma Jean Cooper	**945 minutes walked**
Pauline McClellan	**662 minutes walked**
Nan Thompson	**675 minutes walked**

NEW YEAR'S REFLECTIONS

Day: Tuesday, January 5
Time: 10:30 a.m.

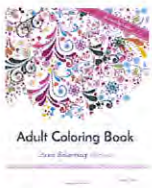
The new year is a great time to look ahead, but it's also a good time to reflect on the previous year. Do you have special people or friends in your life that were helpful and kind to you in 2015? If so, today is your opportunity to write them a thank you card and let them know how much you appreciate them and their thoughtfulness. All of the supplies will be furnished---all you have to bring are the list of people that you want to thank.

ELVIS "FUN" DAY

Date: Wednesday, January 6
Time: 8:30 – 11:15 a.m.

In recognition on Elvis's birthday week, we will give you several opportunities today to see who can look like, sound like, or move like Elvis did. **We will have some special "LIVE" Elvis music at 10:45 in the dining room**. ***Prizes will be awarded to the Elvis winners at 11:15 in the dining room***

ADULT COLORING ACTIVITY



Day: Thursday, January 7
Time: 10:30 a.m.
Speaker: Maria Davis

Join Maria today as she presents a program about the benefits of coloring books for adults. When you imagine a coloring book and a box of crayons...do you immediately think of young children? Do you think back to your own childhood and remember many happy hours choosing just the right crayon for your masterpiece? Coloring stimulates imagination, and introduces children to different shades of colors, while enhancing their motor skills. Most people will say at some time in their life that they outgrew their coloring books - in recent years that have begun to change. Coloring books are being given to the elderly to help maintain motor skills. They are being used in therapy to help adults express emotions. Join Maria today and feel like a kid again with this fun and beneficial adult coloring activity.

SQUARE DANCE

Day: Thursdays, January 7, 14, 21, 28
Time: 4:00 p.m.

It's time to dust off those clogging shoes and boots and "swing your partner, round and round." Call a friend, or come alone – this is one fun activity that you will not want to miss. You can join at any time.

BOOK CONVERSATIONS

Day: Friday, January 8
Time: 10:30 a.m.
Winter is the perfect season to enjoy relaxing and reading a good book. Join us today and share a little bit about the recent books you have read this winter and whether or not you would recommend them to others to read.

BLOOD PRESSURE CHECK

Date: Monday, January 11
Time: 9:00 – 11:00 a.m. sharp
Sponsor: Rutherford Regional
Keep your health on track by having your Blood Pressure checked at our monthly BP clinic. Don't forget to pick up your BP record card at the front desk to have your BP reading recorded on.
Reminder: no cards will be given out after 10:45

"RED HOT CHILI STEPPERS" WALKING CLUB MEETING

Date: Monday, January 11
Time: 10:30 a.m.
Start the year off right by joining the Senior Center's walking club – the "Red Hot Chili Steppers." Take the first step by attending today's meeting to find out more about this fun energetic group. It's never too late to start walking or to get involved with the walking club – you can join at any time.

"LIVING HEALTHY WITH DIABETES"

(a 6-week series of classes)
Dates: Each Tuesday - January 12, 19, 26, and Feb. 2, 9, 16
Time: 8:45 a.m. – 11:15 a.m.
Cost: FREE plus you will receive an accompanying book.
Registration Deadline: January 11, 2016.
Space is limited – so sign up early.
If you have diabetes, are caring for someone with diabetes, or you just want to learn more about this disease, then this series of classes will be very beneficial for you. "Living Healthy with Diabetes" is a 6-week series of workshops that will help you take control of your diabetes rather than letting it control you. Topics include: managing symptoms, communicating more effectively with your doctor and other health care professionals, lessening your frustration, eating healthier & reading nutrition labels, fighting fatigue & pain, making daily tasks easier, and getting more out of life.

CRAFTING W/CRYSTAL: PINECONE BIRD FEEDERS

Day: Tuesday, January 12
Time: 10:30 a.m. Cost: $1
Please sign up on the bulletin board outside Barbara's office if you plan on attending.
As much as you may love going into a new year, spring seems a long way off and although we can always cheer ourselves while we're waiting with warm clothes, cozy fires and dreams of long summer days and ambitious plans for the garden, what about the birds? How will they cope and can we help? Birds need more food to survive bitterly cold winter days but have less time to find it, with daylight being at a premium. The bonus with bird feeding is that we get to enjoy a variety of beautiful species close up. Join this activity today and make a pine cone bird feeder for you and the birds to enjoy all winter long.

PEN PALS

Day: Wed, Jan. 13 Time: 10:30 a.m.
All pen pals are encouraged to be here today to write an installment in their Pen Pal journal. See Barbara or Crystal to pick up your book if you are unable to attend today's meeting.

SPECIAL SPEAKER: RUTHERFORD REGIONAL EMERGENCY ROOM UPDATE

Day: Thursday, January 14 Time: 10:30 a.m.
Speaker: Jason Carney, Emergency Room Director at Rutherford Regional
Be here today as Jason discusses the emergency room at our local hospital and the many services they provide to the community.

MEET & EAT

Day: Thurs. January 14 Time: 5:15 p.m.
If you plan on attending, please sign the sheet posted outside Barbara's office
Join friends this evening at Fat Tracy's in Spindale for a fun night of socialization and good dining. Fat Tracy's is a popular choice since they offer a variety of delicious menu items. Don't forget it is "Dutch treat" – so bring your wallet.

CRAFTING W/CRYSTAL: COFFEE COZY & COASTER SET

Day: Tuesday, January 19
Time: 10:30 a.m.
Cost: $1 (covers all supplies)
Please sign up on the board outside Barbara's office if you plan on attending.

Winter is a great time to think of hot beverages like coffee, hot tea, and hot chocolate. Join Crystal as she demonstrates and assists crafters in creating their own personal coffee cozy and coaster set.

TEA PARTY

Date: Wednesday, January 20
Time: 9:30 a.m.
A sign-up sheet is at the front desk if you plan on attending.

January is National Hot Tea month. Join friends today for a cup of your favorite tea and some delicious goodies at this month's tea party. Don't forget to bring a treat to share with everyone.

HEALTHY STEPS

Date: Thursday, January 21
Time: 10:30 a.m.
Facilitator: Sally Dimuzio

A productive way to start a new year is by being more active and healthy. Join in today's activity as Sally leads a fun class of bending, wiggling, jiggling, tapping, clapping, turning, stretching and laughing.

CRAFT SALE & BAKE SALE FUNDRAISER

Date: Friday, January 22
Time: 9:00 a.m. – 2:00 p.m.
Cost: $5/table to participate
If you would like to participate in this craft sale/bake sale please sign up on the bulletin board outside Barbara's office.

There will be a $5 charge for each table and everyone who would like to sell their crafts or baked goods needs to agree to stay the entire time of sale. ***No yard sale items***. All items must be either handmade/homemade. And.....

SAUSAGE BISCUIT SALE

We will also be selling sausage biscuits in the dining room from 9-11 a.m. (Cost for biscuits will be $2.)

The money raised will be used for the activity department.

"BATTERS, SPLATTERS, & PLATTERS" (RECIPE CLUB)

Date: Monday, January 25
(date change for this month's meeting ONLY)
Time: 10:30 a.m.

January is National Soup Month. Most everyone loves a good bowl of hot soup – especially during the winter season. Each country has its own special soup recipes and family traditions. In fact it comes as no surprise that soup is probably one of the oldest forms of food - right up there with bread. What's your favorite soup? Today we are asking the recipe club to bring in their favorite soup recipes to share with the group.

AFTERNOON TEA RECEPTION FOR PARTICIPANT'S AGED 90+

Day: Monday, January 25 Time: 2:00 p.m.
If you plan on attending please sign up on Barbara's bulletin board or call the Senior Center at 287-6409.

Let's celebrate our 90's participants. **All seniors aged 90 years old or older** are invited to a reception today held especially in your honor. Light refreshments will be served.

CRAFTING W/CRYSTAL: SNOWMAN BRACELET & SNOWFLAKE ORNAMENT

Day: Tuesday, January 26
Time: 10:30 a.m. Cost: $2
Please sign up on the board outside Barbara's office if you plan on attending.

January is a great time to think of snow and today's craft will certainly put you in that frame of mind. Join Crystal as she demonstrates and assists crafters in making a snowman bracelet and snowflake ornament. This activity is guaranteed to be "snow" fun!

M & M CONVERSATIONS

Date: Wed., Jan. 27 Time: 10:30 a.m.

In this interactive activity you will be given the opportunity to discuss different topics while you enjoy some M & M's. It's a win--win! Don't miss the fun.

CHAIR VOLLEYBALL

Date: Thurs, Jan. 28 Time: 10:30 a.m.

Always a Center's favorite – join us today for a rousing game of chair volleyball. No special skills are necessary, except you must remain seated at all times, and you must be able to laugh at yourself! We promise players and spectators alike will have a fun time and you are getting exercise as a bonus!

BIRTHDAY RECOGNITION

Date: Fri, Jan. 29 Time: 11:30 a.m.

Join us in the dining room today as we celebrate all the January birthdays.

SHIIP NEWS: 2016 Changes to Medicare Part A and B

Every year the Centers for Medicare & Medicaid Services reevaluate the costs for Medicare Parts A and B to determine if changes need to be made to deductibles, co-pays and out-of-pocket maximums. SHIIP, the Seniors' Health Insurance Information Program, is available to North Carolina's Medicare beneficiaries, their families and caregivers to help them understand how the coming changes will affect them in 2016.

Part B: Medical Insurance:

Due to the announcement by the Social Security Administration that there will be no Cost of Living Adjustment, most people with Medicare Part B will be "held harmless" from any increase in premiums for 2016. The premium remains at $104.90 each month for most beneficiaries. For those beneficiaries not subject to the "hold harmless" provision, the monthly premium will be $121.80. Those not subject to the hold harmless provision are beneficiaries not collecting Social Security benefits, those enrolling in Medicare for the first time in 2016, dual-eligible beneficiaries who have their premiums paid by Medicaid and beneficiaries who pay an additional income-related premium.

Part A: Hospital Insurance:

Hospitalization cost for Medicare beneficiaries will increase slightly in 2016.

Hospitalization Cost	2015	2016
First 60 days	$1,260 deductible	$1,288 deductible
Days 61-90	$315 per day	$322 per day
Days 91-150	$630 per day	$644 per day

Medicare will continue to pay 100 percent of approved costs for the first 20 days of Post-Hospital Skilled Nursing Facility Care. For Skilled Nursing Care between 21 and 100 days, the charge per day is $161.00 for 2016, an increase from the 2015 charge of $157.50. The premium for Medicare Part A will continue to be $0 for eligible beneficiaries. For those ineligible, the premium for Part A increased slightly to $411 per month for those who worked fewer than 30 quarters, and $226 per month for those who worked between 30 and 40 quarters.

Medicare Supplement Plans:

The Standardized Medicare Supplement Plans in 2016 will increase slightly for the out-of-pocket limit for Plan K at $4,960, and the out-of-pocket limit for Plan L at $2,480. The deductible for the Plan F Prime is remaining the same at $2,180.

The Seniors' Health Insurance Information Program (SHIIP) is a consumer information division of the NC Department of Insurance that provides free, unbiased counseling about Medicare not just to seniors, but also to people on Medicare due to disability. They assist with questions about your health insurance options, Medicare, Medicare Part D, Medicare supplements, Medicare Advantage and long term care insurance. **For free, unbiased counseling and to answer questions you may have about Medicare or the LIS Program, call Rutherford County Senior Center at 287-6409 and schedule an appointment with our trained SHIIP counselor** – or contact SHIIP direct at 1-855-408-1212 or www.ncshiip.com.

Prescription Drug Assistance for Low-Income Medicare Beneficiaries

The Low-Income Subsidy (LIS) program, also known as *Extra Help*, assists qualified Medicare beneficiaries with out-of-pocket expenses associated with Medicare Part D prescription drug expenses. To qualify for *Extra Help*, a Medicare beneficiary must meet certain income, resource and asset level requirements. The income and asset limits for Extra Help are $1,458.75 per month with assets up to $*13,640* if you are single, and $1,966.25 per month with assets up to *$27,250* if you are married. This includes your monthly earnings, Social Security and Veterans' benefits, disability payments, cash contributions, retirements and pensions. Resources and assets include the value of items you own, such as cash, stocks, bonds, retirement accounts, the value of a second car, boats and any real property that is not the primary residence and does not produce income. Depending on your income and asset levels and the Part D plan you choose, you may have either a reduced premium or no premium; your deductible may be covered or lowered; and your prescription copayments will be very small – from $2.55 for a generic drug and up to $6.35 for a brand-name drug. But perhaps the two biggest benefits to any amount of Extra Help/LIS assistance will be the elimination of a Part D coverage gap, also known as the "donut hole," and the opportunity to change Prescription Drug Plans at any time.

COMING SOON……

- **3rd Annual Parade of Tables** (February 2016)
- **Scam Jam** (February 2016)
- **Senior Games Registration** (Begins March 1)

ELLENBORO CONGREGATE MEAL PROGRAM – JANUARY EVENTS
Bethel Baptist Church 479 Main Street, Ellenboro Site Manager: Diane Hill (453-8668)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Friday's Biblical History is with Leonard Goforth				1 **CLOSED FOR NEW YEAR'S**
9:00 Walking and Exercise 4 10:00 Word Search 11:00 **Discussion – What I want to do in the New Year?**	9:00 Walking and Exercise 5 10:00 Coffee & Chatter 11:00 **Bingo**	9:00 Walking and Exercise 6 10:00 Word Search 11:00 Biblical History w/Linda McCurry	9:30 Walking and Exercise 7 10:00 Word Search 11:00 **Elvis Day**	9:30 Walking and Exercise 8 10:00 Word Search 11:00 Biblical History
9:30 Walking and Exercise 11 10:30 **Blood Pressure Check** 11:00 Word Search	9:00 Walking and Exercise 12 10:00 Word Search 11:00 **Bingo**	9:00 Walking and Exercise 13 10:00 Coffee & Chatter 11:00 **All about birds**	9:00 Walking and Exercise 14 10:00 Word Search 11:00 **Make bird feeder**	9:30 Walking and Exercise 15 10:00 Word Search 11:00 Biblical History
18 **CLOSED FOR MARTIN LUTHER KING JR. BIRTHDAY**	9:00 Walking and Exercise 19 10:00 Word Search 11:00 **Bingo**	9:00 Walking and Exercise 20 10:00 Coffee & Chatter 11:00 **Celebrate Birthdays**	9:00 Walking and Exercise 21 10:00 Word Search 11:00 **Scattergories**	9:30 Walking and Exercise 22 10:00 Word Search 11:00 Biblical History
9:30 Walking and Exercise 25 10:30 **Blood Pressure Check** 11:00 Word Search	9:00 Walking and Exercise 26 10:00 Word Search 11:00 **Bingo**	9:00 Walking and Exercise 27 10:00 Coffee & Chatter 11:00 **Snowman Craft**	9:00 Walking and Exercise 28 10:00 Word Search 11:00 **Scattergories**	9:30 Walking and Exercise 29 10:00 Word Search 11:00 Biblical History

HENRIETTA CONGREGATE MEAL PROGRAM – JANUARY EVENTS
Henrietta 1st Bpt 2736 Harris-Henrietta Rd, Henrietta Site Manager: Kay Aldridge (657-5441)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Friday Bible History is taught by Barbara Moore				1 **CLOSED FOR NEW YEAR'S**
9:30 **Blood Pressure** 4 10:15 **Favorite New Year's Foods** 11:00 Exercise	9:00 Coffee & Chatter 5 9:30 Piano Music w/ B. Moore 10:30 **Baby Boomers Birthday..... (1946)**	9:00 Coffee & Chatter 6 9:30 Piano Music w/ B. Moore 10:30 **Are you keeping your New Year's resolutions?**	9:00 Coffee & Chatter 7 9:30 Piano Music w/ B. Moore 10:15 **Memories of 2015** 10:50 **Bingo**	9:30 Walking Inside 8 10:00 **Elvis Pressley's Birthday** 10:45 Exercise 11:00 Biblical History
9:30 **Blood Pressure** 11 10:15 **Getting Organized** 11:00 Exercise	9:00 Coffee & Chatter 12 9:30 Piano Music w/ B. Moore 10:30 **The biggest snowfall you remember**	9:00 Coffee & Chatter 13 9:30 Piano Music w/ B. Moore 10:30 **Snow Storms of Snow Words** 11:00 Exercise	9:00 Coffee & Chatter 14 9:30 Piano Music w/ B. Moore 10:15 **Best months to buy** 10:50 **Bingo**	9:30 Walking Inside 15 10:00 **Strawberry Ice Cream** 10:45 Exercise 11:00 Biblical History
18 **CLOSED FOR MARTIN LUTHER KING JR. BIRTHDAY**	9:00 Coffee & Chatter 19 9:30 Piano Music w/ B. Moore 10:30 **Dolly Parton's Birthday.....(1946)**	9:00 Coffee & Chatter 20 9:30 Piano Music w/ B. Moore 10:15 **Winter Thoughts** 10:45 Exercise	9:00 Coffee & Chatter 21 9:30 Piano Music w/ B. Moore 10:15 **How to prepare for winter storms** 10:50 **Bingo**	9:30 Walking Inside 22 10:00 **Science Riddles** 10:45 Exercise 11:00 Biblical History
9:30 **Blood Pressure** 25 10:15 **Beach Boys Trivia Quiz** 11:00 Exercise	9:00 Coffee & Chatter 26 9:30 Piano Music w/ B. Moore 10:30 **Who can give the most compliments?**	9:00 Coffee & Chatter 27 9:30 Piano Music w/ B. Moore 10:15 **Favorite Chocolate Cake Recipe** 10:45 Exercise	9:00 Coffee & Chatter 28 9:30 Piano Music w/ B. Moore 10:15 **Favorite Home Rememdies** 10:50 **Bingo**	9:30 Walking Inside 29 10:00 **What do you do for fun?** 10:45 Exercise 11:00 Biblical History

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM – JANUARY EVENTS
Shingle Hollow Community Cnt 2630 Cove Rd, Rfdton Site Manager: Joyce Bailey (287-0960)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Thursdays "Learn to Crochet" is taught by Stephanie Deese				1 **CLOSED FOR NEW YEAR'S**
9:30 Coffee & Chatter 4 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter 5 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 6 9:30 Walking 10:00 Word Search 10:30 Craft – Snowmen Pins	9:00 Coffee & Chatter 7 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	9:30 Coffee & Chatter 8 10:00 Word Search 10:15 Walking 10:50 **Bingo** 10:30 **Blood Pressure Check**
9:30 Coffee & Chatter 11 10:00 Walking 10:50 **Singing** 11:00 **Chat w/ the director**	9:00 Coffee & Chatter 12 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 13 9:30 Walking 10:00 Word Search 10:30 Snow Information 11:00 Tell A Joke	9:00 Coffee & Chatter 14 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	9:30 Coffee & Chatter 15 10:00 Word Search 10:15 Walking 10:50 **Bingo** 10:30 **Blood Pressure Check**
18 **CLOSED FOR MARTING LUTHER KING JR. BIRTHDAY**	9:00 Coffee & Chatter 19 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 20 9:30 Walking 10:00 Word Search 10:30 Share Crock Pot Recipes 11:00 Celebrate Pooh's Birthday	9:00 Coffee & Chatter 21 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	9:30 Coffee & Chatter 22 10:00 Word Search 10:15 Walking 10:50 **Bingo** 10:30 **Blood Pressure Check**
9:30 Coffee & Chatter 25 10:00 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter 26 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 27 9:30 Walking 10:00 Word Search 10:30 Enjoying Peanut Butter **National Peanut Butter Month**	9:00 Coffee & Chatter 28 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet**	9:30 Coffee & Chatter 29 10:00 Word Search 10:15 Walking 10:50 **Bingo** 10:30 **Blood Pressure Check**

Senior Center Advisory Board Members:

Amideus Athougies; Kim Freeman; Wanda Harris (Vice Chair); Junior Johnson; Jeanette Klutts (Chair); Sylvester McDowell; Grace Quick; Sybil Walker; Ex Officio: Steve Garrison; Alan Toney

Senior Center Staff:

Kay Aldridge, Henrietta Site Manager

Tom Allen, Title V Receptionist

Danny Arrowood, Title V Food Service Worker

Ron Atchley, Meal Deliveries

Joyce Bailey, Shingle Hollow Site Manager

Wanda Bland, Exercise Instructor

John Blanton, Title V Food Service Worker

Louann Camilletti, Senior Center Site Manager

Michael Carpenter, Meal Deliveries

Debbie Conard, Admin. Assist./Transportation

Frank Ensley, Custodian

Angela Ezell, Director

Alex Goodman, Meal Deliveries

Lee Henderson, Title V Custodian

Barbara Hill, Activity & Senior Games Coordinator

Charles Hill, Meal Deliveries

Diane Hill, Ellenboro Site Manager

Michelle Smith, Nutrition/Home-Delivered Meals

Mary Street, Food Service Supervisor

Ron Tomlinson, Title V Receptionist

Susan Toney, Food Service Assistant

Kayla Traver, Data Entry

Crystal Upton, Activity & Senior Games Assistant

Sandy White, Nutrition Assistant

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

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