



**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.**

JANUARY 2014

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



**A UNITED WAY
MEMBER AGENCY**

THE SENIOR CENTER NEWSLETTER

FROM THE DIRECTOR'S DESK

It's hard to believe it is 2014! The New Year means a new start. Most of us make New Year's Resolutions at this time of the year. We can benefit greatly by making healthy resolutions—especially those that help prevent illness and injury. Here are some New Year's resolutions that will keep you feeling young and active:

- 1.) Visit your local senior center. If you haven't been to the Rutherford County Senior Center lately, be sure to come check us out. We have all kind of activities including games, crafts, library, exercise classes, entertainment and dances.
- 2.) Plan to eat regular nutritious meals. We serve a hot lunch every day at 11:30 a.m. at the Senior Center. The menus are approved by a dietician and meet 1/3 of the daily recommended dietary allowance.
- 3.) Increase your social contacts. You can make new friends at the Senior Center. Studies show that people involved with other people stay healthier and live longer.
- 4.) Schedule regular checkups. Making sure you schedule a regular annual checkup can help in early detection and prevention of illness and other complications.
- 5.) Learn how to use the internet. It's never too late to learn! This skill can help you find interesting information. You can also stay in touch with family and friends through e-mail. We have a computer lab you can use at the Senior Center.
- 6.) Schedule regular exercise. As we age, even a little exercise will help us feel better, maintain muscle tone, improve balance and keep our joints loose. We offer several exercise classes and an exercise room at the Senior Center.
- 7.) Make your home safe. In order to prevent falls, move cords out of walkways, have good lighting near beds, and tape down edges of carpet and rugs.
- 8.) Get your papers/affairs in order. Gather and organize important documents such as insurance, wills, financial information, auto and home information.
- 9.) Consider a personal emergency response system. If you live alone, you should consider a device that can immediately summon help for you. You can wear this device around your neck or on your wrist. It may not always be possible to get to a phone to dial 911. With this device, you can press a button and help will be on its way immediately.

These are some resolutions designed to help you maintain your physical and mental health, improve your social life and help you live a happier and fuller life. I would like to wish you a Happy and Healthy New Year! Make the Rutherford County Senior Center part of your activities in 2014.

Angela Egell



REMINDER PRE-REGISTER FOR LUNCH

TO ENSURE THAT YOU WILL BE SERVED LUNCH, PLEASE PRE-REGISTER BY 12:00 NOON THE DAY BEFORE YOU PLAN TO EAT. For your convenience, you may pre-register up to 4 weeks in advance by using your 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.



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 OPPORTUNITY:

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.

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. ***This is YOUR Center and we welcome your feedback.***



SENIOR CENTER CLOSINGS:

HOLIDAY CLOSINGS

WEDNESDAY, JANUARY 1
MONDAY, JANUARY 20

CLASS CANCELLATIONS

YOGA CLASS CANCELLED:
TUESDAY, JANUARY 7 & 14



NEW YEAR'S RESOLUTION "PICTIONARY"

Date: Thursday, January 2

Time: 10:30 a.m.

Location: Art Room

Resolutions...we've all made

them, broken them, and then repeated this same cycle year after year! The 10 most common

resolutions are: lose weight, quit

smoking, seize the day, get fit,

spend less time on facebook, get a

better job, organize your photos,

visit family and friends, get

cultured, stop making resolutions that I'll never keep!

Well today we are not going to MAKE resolutions;

instead we are going to DRAW New Year's

resolutions! Join the fun as we add a fun twist to the

popular game of Pictionary. The ability to draw is not

required...only the ability to laugh and have a great time!



NEW YEAR'S DANCE "TWIST AND SHOUT"

Date: Friday, January 3

Time: 6:00 – 9:00 p.m.

DJ: Pat Nanney

Cost: \$5.00

Join us for a magical night as you "twist and

shout" the night away! You're sure to have a lot of fun,

great fellowship with old and new friends, and start the

new year off having fun and getting exercise! Put on

your dancing shoes, grab a friend, and come on down –

the doors will open at 5:45 p.m.



"USE IT OR LOSE IT"

Date: Tuesday, January 7

Time: 10:30 a.m.

Join us today for this installment of "USE IT

OR LOSE IT" as we increase our brain

power, our attention and focus, our verbal skills, and our

processing speed – let's start the new year off by

keeping those brain cells active!



"NAME THAT ELVIS SONG"

Date: Wednesday, January 8

Time: 10:30 a.m.

No matter your age, everyone remembers Elvis



and all of his accomplishments. Have fun and test your “Elvis” knowledge as we play “Name That Elvis Song.” What is your favorite Elvis song? You might even get inspired to get up and dance a little!

CRAFT TIME WITH LAVADA

Date: Thursday, January 9

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

Do you have trouble keeping up with birthdays of the special people in your life? Be here today as Lavada demonstrates and helps crafters in making a beautiful and practical birthday calendar craft.



- women and children prefer creamy peanut butter, while most men go for the chunky variety;
- it takes approximately 550 peanuts to make a 12 ounce jar of peanut butter;
- peanuts are cholesterol free and an excellent source of protein - the high protein content is what causes it to stick to the roof of your mouth!

ZUMBA

Day: Monday

Dates: January 13

Time: 5:30 p.m.

Instructor: Wavolyn Norville

Welcome back Wavolyn! Whether this will be your first class or you are a regular, come and join everyone for a FUN hour of exercise. No matter what “level” you are; Wavolyn will demonstrate a move that you can do! Bring a friend and start the year off healthier.



BREAKFAST WITH THE DIRECTOR

Date: Friday, January 10

Time: 9:00 a.m.

Location: Conference Room

Pre-registration is required - Limited to the first 10 who sign up on the sheet outside Barbara’s office. Also if you attended breakfast last quarter, please do not sign up this time.

This is the perfect time for participants to meet and talk with Angela in a relaxed and informal setting to share how they feel things are going at the Center. A light breakfast will be served.



CRAFTING WITH CRYSTAL

Date: Tuesday, January 14

Time: 10:30 a.m.

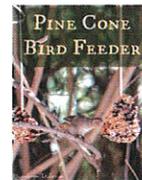
Instructor: Crystal Upton

Cost: \$1.00

Location: Art Room

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

Join Crystal today as she demonstrates and helps crafters making birdfeeders from pine cones. Your feathered friends will appreciate your kindness during the remaining months of winter. This is another great use for PEANUT BUTTER!



BLOOD PRESSURE CHECK

Date: Monday, January 13

Time: 9:00 – 11:00 a.m.

Sponsor: Rutherford Regional Medical Center

To start your new year off healthier, get your blood pressure monitored monthly. Stop by the front desk and pick up a card for the nurse to record your BP.



TEA PARTY

Date: Wednesday, January 15

Time: 9:30 a.m.

Be sure to sign-up at the front desk

January is National Hot Tea Month! Start the new year with a nice cup of hot tea and delicious goodies with friends. Be sure to bring a favorite treat to share with the group.



“BATTERS, SPLATTERS, & PLATTERS” (RECIPE CLUB)

Date: Monday, January 13 (changed this month only)

Time: 10:30 a.m.

Location: Conference Room

Did you know January 24 is “National Peanut Butter Day?” In recognition of this delicious household staple we are asking all recipe club participants to bring in their favorite recipe that uses peanut butter to share with the group. Here are some fun facts about peanut butter:



- it is a staple in over 90% of American households; the average person consumes more than six pounds of peanut products yearly;

WRITING CLUB

Day: Wednesday

Dates: January 15 & January 29

Time: 10:00 a.m.

After a short break in December, Linda Tomblin is back and the writing club resumes meeting twice a month – remember you can join at any time. Linda will assign different topics to write about; as well as give pointers to help enhance your writing.

Linda Tomblin has been writing for over 30 years, and was a contributing editor for Guideposts magazine. She has co-written 2 books, been published in numerous magazines, and has taught writing at conferences and workshops nationwide.



PEN PALS

Date: Thursday, January 16

Time: 10:30 a.m.

Location: Art Room

What a fun time all the pals had last month getting to meet each other face-to-face. Today when you write to your pal, you are sure to have a lot more to "talk" about since you have met and have a face to put with their name. Maybe you can share new year's resolutions with each other!



NOVEL APPROACH BOOK CLUB

Date: Friday, January 17

Time: 10:30 a.m.

Location: Conference Room

If reading more was one of your New Year's resolutions, the Senior Center book club is a great place to get started. There is not a required book list - you choose whatever book you want to read. Everyone is invited and encouraged to join this fun club at any time.



SLOGAN TRIVIA FUN

Date: Tuesday, January 21

Time: 10:30 a.m.

Most everyone has a favorite phrase from a commercial or when a certain song or jingle is played they immediately think of a specific product. Join the fun day, and test your "slogan" knowledge. We'll give you the slogan and you have to name the product. (ie: "Plop, Plop, Fizz, Fizz" answer: Alka Seltzer)



CRAFTING WITH CRYSTAL

Date: Wednesday, January 22

Time: 10:30 a.m.

Instructor: Crystal Upton

Cost: \$1.00

Pre-registration is required – sign-up sheet on bulletin board outside Barbara's office

Join Crystal as she demonstrates and helps crafters with TWO birdfeeder projects today. First you will make a birdfeeder using a coke bottle. Second you will construct a birdfeeder using Cheerios and a pipe cleaner. The birds are going to love coming to your house this winter!



DIABETIC SUPPORT GROUP

Date: Thursday, January 23

Time: 10:30 a.m.

Location: Conference Room

Anita Phillips, the patient and diabetic educator at Rutherford Regional, will discuss "Nutrition and Carb Counting" as the topic for this meeting. Remember you do not have to be a diabetic to attend this meeting. Stay and learn valuable information about this disease.



WEATHERIZATION ASSISTANCE PROGRAM

Date: Tuesday, January 28

Time: 10:30 a.m.

Speaker: Paula Kempton

The Weatherization Assistance Program helps low-income NC residents save energy and reduce utility bills. Their mission is to improve energy efficiency, household safety, and to educate the public about maintaining energy efficiency. Weatherization assistance is available for single-family homes, apartments, condominiums, and mobile homes. Paula Kempton is the Director of the Community and Economic Development, at Isothermal Planning and Development. She will explain the Weatherization Assistance Program and how it helps seniors. She will also have applications for assistance for those that qualify for this program.



"IMPORTANCE OF GOOD NUTRITION"

Date: Wednesday, January 29

Time: 10:30 a.m.

Speaker: Kim Keever, MS RD LDN

January is "fiber focus month," and the new year is the perfect time to set goals of eating and snacking healthier. Kim will be discussing the why good nutrition and a well balanced diet are important – especially to seniors. This is one program you will not want to miss!

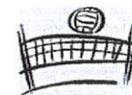


CHAIR VOLLEYBALL

Date: Thursday, January 30

Time: 10:30 a.m.

Start off 2014 with one of the Center's favorites! - A rousing game of chair volleyball. You are guaranteed to have a fun time while getting exercise as a bonus!



BIRTHDAY RECOGNITION

Date: Friday, January 31

Time: 11:30 a.m.

We will recognize all those who celebrated birthdays in January.



SILVERSTRIDERS

November Totals:

Joanie Gaultney	165 minutes walked
Reid Gaultney	210 minutes walked
Betty McFarland	180 minutes walked
Annabelle Smith	960 minutes walked

Walking is an EXCELLENT exercise for all ages. January is the perfect time to start a walking program – see Crystal and she will give you a SilverStrider calendar to record your walking minutes. Keeping a record is a great motivator. Don't delay, enjoy a brisk walk today!

GUESS THE FIRST SNOW OF 2014

Do you have a special "sense" or know an "old wives tale" to predict the first snowfall? **Pick up a "snowflake" from Barbara or Crystal January 2 or 3 and write your prediction of the date, time, and amount of 2014's first snowfall.** The person who predicts the closest wins a "surprise."



GUESS THE SUPER BOWL WINNER

Is your favorite team in the Superbowl this year? Do you watch the Superbowl just to see all the awesome commercials and/or the half-time show? **Pick up a "football" from Barbara or Crystal anytime between January 27 - 31 and write your prediction of the Super Bowl winner and the final score.** The person who predicts the closest will win a "surprise."



SILVER THREADS & NEEDLES

Beginning in January 2014 ALL needle working crafts will be listed as "**SILVER THREADS & NEEDLES.**" Crafters meet daily at the Senior Center from 9-11:00. They share patterns, ideas for future projects, help each other when someone is "stuck" on an unfamiliar stitch, and just talk and fellowship with each other while they work on their craft project.



COMMUNITY ADVISORY COMMITTEE (CAC) MEMBERS NEEDED:

CAC members serve over 3,000 long term care residents in Rutherford, Cleveland, McDowell, and Polk counties by making personal visits and advocacy but this committee needs MORE volunteers. Are you concerned about the lives in Nursing Homes & Assisted Living Facilities? Are you aware of Resident's Rights? Would you like to help ensure that ALL residents receive QUALITY CARE? Help make a difference by becoming a member of the CAC. **For more information call the Area Agency on Aging at 828-287-2281 ext. 1225 or ext. 1222.**



2014 CHANGES IN MEDICARE A & B:

Each year the federal Centers for Medicare and Medicaid reevaluate the numbers for Medicare Parts A and B to determine if changes need to be made to deductibles, coinsurances and out-of-pocket amounts.

Following is a summary of the changes for 2014:

PART B, MEDICAL INSURANCE

There are no changes in 2014 to the premium or deductible for Part B, Medical Insurance. The

premium remains \$104.90 each month for most beneficiaries; premiums will be higher for people with incomes higher than \$85,000 a year. The deductible for Part B remains \$147 per year.

There will be a change to the coinsurance for Outpatient Mental Health Services. In 2014, the Medicare beneficiary will pay 20 percent of the Medicare-approved cost after the deductible, as opposed to 35 percent in 2013.

PART A, HOSPITAL INSURANCE

Hospitalization costs for Medicare beneficiaries will increase in 2014 – see below:

	2013	2014
First 60 days	\$1,184 deductible	\$1,216 deductible
Days 61-90	\$296 per day	\$304 per day
Days 91-150	\$592 per day	\$608 per day

Medicare will continue to pay 100% 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 increasing to \$152, from \$148 in 2013.

The premium for Medicare Part A will continue to be \$0 for eligible beneficiaries. For those ineligible, the premium for Part A is \$426 per month for those who worked fewer than 30 quarters, and \$234 per month for those who worked between 30 and 40 quarters. These amounts are a decrease from the previous year's charges.

MEDICARE SUPPLEMENT PLANS

There will also be a few changes in 2014 to the Standardized Medicare Supplement Plans in 2014. The out-of-pocket limit for Plan K has increased from \$4,800 to \$4,940, and the out-of-pocket limit for Plan L has increased from \$2,400 to \$2,470. The deductible for the Plan F Prime is increasing slightly, from \$2,110 to \$2,140.



If you have questions about the 2014 changes, trained SHIIP counselors are available, by appointment at the Senior Center, to assist Medicare beneficiaries and caregivers with free, unbiased information about Medicare health care products. **Call 287-6409 to schedule an appointment today.**

TAX PREPARATION

The AARP Tax-Aide Service will be available at the Senior Center. This service is for low to moderate income individuals— with special attention to people age 60 and over. The trained tax preparers will be available, by appointment only, on Thursdays and Fridays beginning in February. No drop-ins will be accepted. To schedule an appointment call 287-6409 or see the receptionist at the front desk. Please bring a copy of your last year's tax return, W-2 forms from each employer, unemployment compensation statements, SSA-1099 form— if you were paid Social Security Benefits, and all 1099 forms showing interest, dividends, and any miscellaneous income you may have received in 2013.



AARP FOUNDATION TAX-AIDES VOLUNTEERS NEEDED

Volunteers are needed to help prepare tax returns for the 2014 season, as well as, greet people, translate, and assist with general office-type work. Training will be provided during the month of January. Join this dedicated group of volunteers or recommend this opportunity to someone. Please call Angela Ezell at 828-287-6411.



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.



OUR SATELITE MEAL SITES CALENDAR OF EVENTS

ELLENBORO CONGREGATE MEAL PROGRAM JANUARY 2014

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
		1 NEW YEARS DAY CLOSED	2 9:00 Walking & Exercise @ Family Life Center 10:00 Word Search 11:00 Group - Sharing New Year's Resolutions	3 9:00 Walking & Exercise @ Family Life Center 10:00 Blood Pressure Check 11:00 Group Discussion – New Year's diet
6 9:00 Walking & Exercise @ Family Life Center 10:00 Autumn Word Search 11:00 Biblical History w/Leonard Goforth	7 9:00 Walking & Exercise @ Family Life Center 10:00 Sudoku Puzzle 11:00 Bingo	8 9:00 Walking & Exercise @ Family Life Center 10:00 Best of 2013 11:00 Favorite home remedy? Bring yours in to share	9 9:00 Walking & Exercise @ Family Life Center 10:00 Hot Tea Party 11:00 Organization ideas for the New Year - discussion	10 9:00 Walking & Exercise @ Family Life Center 10:00 Blood Pressure Check 11:00 Discussion – Current Events
13 9:00 Walking & Exercise @ Family Life Center 10:00 Pictures from the past 11:00 Group Discussion – The nicest thing anyone has ever done for you	14 9:00 Walking & Exercise @ Family Life Center 10:00 Recognition of January Birthdays 11:00 Bingo	15 9:00 Walking & Exercise @ Family Life Center 10:00 Favorite Poetry? Bring yours in to share with others 11:00 Biblical History with Linda McCurry	16 9:00 Walking & Exercise @ Family Life Center 10:00 What was your favorite pet? (Past or present) 11:00 Game Day	17 9:00 Walking & Exercise @ Family Life Center 10:00 Blood Pressure Check 11:00 Remembering Martin Luther King - discussion
20 OBSERVANCE OF MARTIN LUTHER KING DAY CLOSED	21 9:00 Walking & Exercise @ Family Life Center 10:00 What is your favorite pickles? 11:00 Bingo	22 9:00 Walking & Exercise @ Family Life Center 10:00 What old coins do you have? Bring your old coins in to share 11:00 Group Discussion – Share memories of cast iron skillet	23 9:00 Walking & Exercise @ Family Life Center 10:00 Most unusual item in your purse or billfold 11:00 What was your most memorable snow fall? Bring snow pictures to share	24 9:00 Walking & Exercise @ Family Life Center 10:00 Blood Pressure Check 11:00 How far have you traveled from home
27 9:00 Walking & Exercise @ Family Life Center 10:00 Your favorite old car? 11:00 Discussion – How do you deal with solicitors?	28 9:00 Walking & Exercise @ Family Life Center 10:00 Hot Cocoa Day 11:00 Bingo	29 9:00 Walking & Exercise @ Family Life Center 10:00 Your favorite book? 11:00 Your favorite team?	30 9:00 Walking & Exercise @ Family Life Center 10:00 Super Bowl Predictions 11:00 Joke Day – Bring a joke to share with others	31 9:00 Walking & Exercise @ Family Life Center 10:00 Blood Pressure Check 11:00 Coffee & Conversation

HENRIETTA CONGREGATE MEAL PROGRAM JANUARY 2014

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
		1 NEW YEARS DAY CLOSED	9:00 Coffee & Chatter 2 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Bingo	9:00 Coffee & Chatter 3 9:30 Walking Inside 10:30 Chocolate Covered Cherry Day – Will serve cherries 11:00 Biblical History w/ Rev. Robert Harris
9:00 Coffee & Chatter 6 9:30 Blood Pressure Check 10:00 Decorate Snowmen 10:30 Biggest snow fall you can remember discussion	9:00 Coffee & Chatter 7 9:30 Piano Music w/ Barbara Moore 10:30 Winter Humor	9:00 Coffee & Chatter 8 9:30 Piano Music w/ B. Moore 10:00 Elvis Trivia 10:50 Crossword Puzzle Elvis Pressley's Birthday	9:00 Coffee & Chatter 9 9:30 Piano Music w/ B. Moore 10:00 Scattergories 10:50 Bingo	9:00 Coffee & Chatter 10 9:30 Walking Inside 10:50 Biblical History w/ Rev. Robert Harris
9:00 Coffee & Chatter 13 9:30 Blood Pressure Check 10:00 Group Discussion – Current Events 10:30 Trivia Plus	9:00 Coffee & Chatter 14 9:30 Piano Music w/ B. Moore 10:00 Trivia Plus 11:00 How to make your own laundry detergent	9:00 Coffee & Chatter 15 9:30 Piano Music w/ B. Moore 10:00 Group Discussion – Things that start with "J"	9:00 Coffee & Chatter 16 9:30 Piano Music w/ B. Moore 10:00 Scattergories 10:50 Bingo	9:00 Coffee & Chatter 17 9:30 Walking Inside 10:00 This was the yr--1980 10:50 Biblical History w/ Rev. Robert Harris
9:00 Coffee & Chatter 20 9:30 Blood Pressure Check 10:30 Beatitudes for friends Word Search	9:00 Coffee & Chatter 21 9:30 Piano Music w/ B. Moore 10:00 Person, Place, or Thing 10:30 Favorite pizza restaurant	9:00 Coffee & Chatter 22 9:30 Piano Music w/ B. Moore 10:30 Tupperware Birthday – Bring your favorite to share	9:00 Coffee & Chatter 23 9:30 Piano Music w/ B. Moore 10:00 Scattergories 10:50 Bingo	9:00 Coffee & Chatter 24 9:30 Walking Inside 10:00 Compliment Someone 10:50 Biblical History w/ Rev. Glen Wilson
9:00 Coffee & Chatter 27 9:30 Blood Pressure Check 10:00 Moth Balls in my attic 10:50 Geography Quiz	9:00 Coffee & Chatter 28 9:30 Piano Music w/ Barbara Moore 10:30 What is your favorite crock pot recipe? Bring yours in to share with others	9:00 Coffee & Chatter 29 9:30 Piano Music w/ Barbara Moore 11:00 Recognition of January Birthdays	9:00 Coffee & Chatter 30 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Bingo	9:00 Coffee & Chatter 31 9:30 Walking Inside 10:00 Discussion - The 1st Social Security check.....1940 10:50 Bingo

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM JANUARY 2014

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
		1 NEW YEAR'S DAY CLOSED SLOW COOKER MONTH	9:00 Coffee & Chatter 2 9:30 Word Search 10:00 Walking 10:30 New Year Folklore 10:50 Discussion – How did you celebrate the New Year?	9:00 Coffee & Chatter 3 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:00 Coffee & Chatter 6 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 7 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 8 9:30 Word Search 10:00 Walking 10:30 Bring crock pot recipes 11:00 Tell Jokes REMEMBERING ELVIS w/MUSIC	9:00 Coffee & Chatter 9 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:00 Coffee & Chatter 10 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:00 Coffee & Chatter 13 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 14 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 15 9:30 Word Search 10:00 Walking 10:30 Hobby Month – What is your favorite hobby?	9:00 Coffee & Chatter 16 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:00 Coffee & Chatter 17 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
20 CLOSED FOR MARTIN LUTHER KING JR. BIRTHDAY	9:00 Coffee & Chatter 21 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Recognition Jan Birthdays	9:00 Coffee & Chatter 22 9:30 Word Search 10:00 Walking 10:30 What was your 1st job & what were you paid?	9:00 Coffee & Chatter 23 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:00 Coffee & Chatter 24 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:00 Coffee & Chatter 27 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 28 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 29 9:30 Word Search 10:00 Walking 10:30 Group Discussion – Vision Impaired w/Diane Parker	9:00 Coffee & Chatter 30 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:00 Coffee & Chatter 31 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 11:00 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 **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
Selena McEntrye, 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

JANUARY

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

NON-PROFIT ORGANIZATION
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Save a Stamp

Sign up to receive your newsletter electronically. Just e-mail a request to debbie.conard@rutherfordcountync.gov

RETURN SERVICE REQUESTED

The Senior Center strives to offer free programs and services that will best meet the needs of the aging adults in Rutherford County regardless of economic status, race, creed, education, or other circumstances. Anyone 55 or older can become involved in our activities. For more information call 287-6409.