

# 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.

**MARCH 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

### FROM DIRECTOR ANGELA EZELL'S DESK

Dear Friends:

Spring is in the air! So that means it is time for the annual tradition of "spring cleaning." Spring is also the time of year that we normally think of when it comes to seasonal allergies. It is important to take the proper precautions to avoid any allergy-related complications this spring. Allergens that are often found inside homes include: pollen, mold, dust mites, and animal dander. For seniors, especially those with respiratory and other chronic illnesses, common allergies can cause serious health complications.

Here are few spring-cleaning tips to reduce exposure to these allergens:

**Filters:** Clean or replace any filters around the home, including air conditioners, humidifiers, and furnaces.

**Box springs:** When cleaning your sheets and pillowcases, vacuum the box spring in order to eliminate any excess dust and allergen build-up.

**Rug bottoms:** Make sure to wash or vacuum both sides of the rug frequently, as they trap dust.

**Windows and door tracks:** Often overlooked, but two prime spots for mildew and mold to grow. Spray the track and wipe it clean to avoid exposure.

**Pets:** Pet dander is a common allergen. Avoid letting your pet in your bedroom; wash and brush your pet frequently, and keep litter boxes clean and isolated from the rest of the home.

**Bathrooms:** Keep bathrooms clean and well-ventilated to minimize the presence of moisture and mold from building.

### **Other tips to avoid allergies:**

Limit the use of ceiling fans and windows. Windows bring in pollen from outside, while ceiling fans circulate it throughout the home; Avoid hanging clothes to dry outside, as allergens may collect on the items; Bathe after coming in from a day outside to remove any allergens that may be trapped on skin and hair; Over-the-counter medications may have harmful effects when combined with other medications. Be sure to contact your physician before taking allergy medication; and Consider using non-toxic cleaning supplies and avoid using bleach, ammonia, and other products that can irritate allergies and respiratory systems.

If you've been in hibernation this winter, do a little "spring cleaning" on yourself and come to the Senior Center for fun interaction with friends and participate in Senior Games this spring!

*Angela Ezell*



## 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 MySenior scan card. **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 and 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. and 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 Angela Ezell at 287-6411 for more information.

## COUPON ROOM

The Senior Center needs volunteers to help in the Coupon Room with clipping coupons, sorting the coupons in the appropriate baskets, and going through the baskets to discard any expired coupons. Please contact Barbara 287-6413 or Crystal 287-1239 for more information.

## AARP FOUNDATION TAX-AIDE

The AARP Foundation Tax-Aide is a program that provides **FREE** tax preparation. This service is for low to moderate income individuals — with special attention to those aged 60 and over. **No drop-ins will be accepted.** **To schedule an appointment, call 287-6409 or see the receptionist at the front desk.**

## SENIOR GAMES

The 2014 Rutherford County Senior Games are here! The Center encourages everyone to get involved with Senior Games this year. Please remember if you want to participate in any aspect of the 2014 Senior Games (SilverArts, Performing Arts, or the Sporting Events) you must register by the March 14th deadline! For more information, or to volunteer during our local senior games, please call Barbara Hill at 287-6413.



## SENIOR GAMES REGISTRATION: MARCH 3 – 14

REGISTRATION COSTS – \$12  
PICK UP A REGISTRATION PACKET FROM  
BARBARA OR CRYSTAL. (They will assist you in  
completing your packet, if needed)

## SILVERARTS

(CATEGORIES & SUBCATEGORIES)

**VISUAL ARTS** (acrylics, drawing, mixed media, oil, pastels, photography, sculpture, watercolor, and charcoal)

**HERITAGE ARTS** (basket weaving, needlework, tole and decorative painting, china painting, thrown or hand built pottery, crocheting, quilting, weaving, jewelry, hooked, braided, or woven rugs, knitting, stained glass, woodturning, dolls, plastic canvas, woodcarving, ceramics, tatting and needle lace, and woodworking)

**LITERARY ARTS** (essay, life experiences, poem, short story-fictional)

**BRING YOUR VISUAL, HERITAGE, & LITERARY  
ARTS ENTRIES TO BARBARA OR CRYSTAL  
THURSDAY or FRIDAY, MARCH 20 or 21  
BETWEEN 9:00 A.M. - 1:00 P.M.**

## SILVERARTS JUDGING – MARCH 24

## EXHIBITS ON DISPLAY – MARCH 25 - 28

## FRIDAY, MARCH 28:

9:30 a.m. SILVERARTS PARTICIPANTS RECEPTION  
10:45 a.m. SILVERARTS AWARDS CEREMONY

## COMING IN APRIL:

### PERFORMING ARTS (THE FOLLIES)

(comedy/drama, vocal, dance, line dance, instrumental)  
SilverArts Follies – 7:00 p.m. Friday, April 4

### SPORTING EVENTS (April 10 – 25)

SilverStriders Fun Walk: 9:00 a.m. - April 10  
Opening Gala: 10:30 a.m. - April 10

## ZUMBA

Day: Mondays

Dates: March 3, 10, 17, & 24

Time: 5:30 p.m.

Instructor: Wavolyn Norville

When attempting to “tone up” or lose weight, finding exercise that is fun, easy, and modifiable for different fitness levels is crucial to a person’s success. Zumba is a great choice because it combines fun dance moves and upbeat music – some people say they “do not even feel like they are exercising” when they are doing Zumba! Join us on any of the above Mondays. Wavolyn is a “pro” at showing modifications to each movement, so no matter what your fitness level is you can achieve your maximum workout – and have fun doing it!



## “OVERCOMING THE CHALLENGES OF HEARING LOSS”

Date: Tuesday, March 4

Time: 10:00 a.m.

Location: Conference Room

Speaker: Cynthia Harmon, HHS

**PRE-REGISTRATION IS REQUIRED**

**CLASS IS LIMITED TO 8 PEOPLE**

**CALL 1-800-999-8915 X 107 TO PRE-REGISTER**

This seminar focuses on helping people learn strategies for better communications during group activities or family gatherings. Assistive listening devices will be available, if needed.



## “POTATO CHIP CHALLENGE”

Date: Tuesday, March 4

Time: 10:30 a.m.

In recognition of the upcoming *National Potato Chip Day*, the Center will be hosting our own “**POTATO CHIP CHALLENGE.**” Join the fun today as we determine the Center’s preferred brand of chips – it is sure to be a “crunchy-munchy” good time!



The history of the potato chip goes that while Commodore Cornelius Vanderbilt was vacationing in New York he was not satisfied with an order of fried potatoes and kept sending them back to the kitchen complaining that they were “too thick.” The Irish chef, George Crum, got irritated and decided to cut the potatoes in thin slices, fry

them in oil, salt them and send them to the customer. Never in his wildest dreams did Chef Crum think that the customer would like them, much less that “potato chips” would become the huge hit they are today!

Below are a few more fun potato chip facts:

- Potato chips are the number one snack food in America - with 1.2 billion pounds (\$6 billion in product) eaten each year!
- It takes 1,000 pounds of potatoes to make 350 pounds of potato chips.
- The most popular potato chips flavors in the United States are sour cream and onion and barbecue.

## “IMPORTANCE OF GOOD NUTRITION”

Date: Wednesday, March 5

Time: 10:30 a.m.

Speaker: Kim Keever, MS RD LDN

This program was originally scheduled in January, during “fiber focus month,” but was cancelled due to snow. Join us today as Kim discusses why good nutrition and a well balanced diet are so important – especially for the senior population.



## “USE IT OR LOSE IT”

Date: Thursday, March 6

Time: 10:30 a.m.

As we get older, our knees start to creak, our skin starts to sag, and our brains start to...shrink? That’s right: between age 20-70, brain weight and blood flow to the brain decrease by 20%. The total number of fibers and nerves in the brain decreases by 37%. Sound scary? Maybe, but the news isn’t nearly as bad as you may think. Many of these changes are subtle - if they’re noticeable at all. People are capable of learning and remembering at any age - it just might take a little longer. Be here today for this month’s “Use It or Lose It” – you are sure to have fun, as well as exercising your brain to help keep it as young as possible!



## BLOOD PRESSURE CHECK

Date: Monday, March 10

Time: 9:00 – 11:00 a.m.

Sponsor: Rutherford Regional

It’s time for the nurse from Rutherford Regional to come and conduct our monthly blood pressure checks. Don’t forget to pick up your BP record card at the front desk for the nurse to record on.



## ARCHERY PRACTICE

Date: Monday, March 10

Time: 1:00 p.m.

Location: Green Creek Family Center

**PRE-REGISTRATION IS REQUIRED – sign-up sheet located outside Barbara’s office.**

**LIMIT: first 12 who sign up**

The sporting events of Senior Games will be held April 10 - 25. Today we will travel by the Center’s van to the indoor shooting range at the Green Creek Family Center. This would be a great opportunity to get some shooting practice. Don’t delay; van seats limited to 12.



## PEN PALS

Date: Tuesday, March 11

Time: 10:30 a.m.

Join your fellow senior Pen Pals today and write to your Spindale Elementary Pen Pal. The Center is so proud of our senior pals - you are making a difference in the life of a child by caring and sharing your wisdom.



## WRITING CLUB

Day: Wednesday  
Dates: March 12 & 26  
Time: 10:00 a.m.

Location: Conference Room

The writing club, led by Linda Tomblin, meets twice a month. Writers will be given pointers to help enhance their writing, and time to share with the group if they would like to. Remember this is an ongoing group, and participants can join at any time.



## DIABETES PROGRAM

Date: Wednesday, March 12  
Time: 10:30 a.m.

Speaker: Bill Koonce, RPH – Spindale Drug

Today we will be recognizing the American Diabetes Association Alert Day. It is a one-day “wake-up call” asking American’s to take the Diabetes Risk test to find out if they are at risk for developing type 2 diabetes. The test asks simple questions about weight, age, family

history and other potential risk factors for pre-diabetes or type 2 diabetes. Preventive tips are provided for everyone who takes the test, and those at high risk are encouraged to talk with their health care provider. Everyone is encouraged to join Bill as he helps us all

become more aware of diabetes.



## MOTORIST AWARENESS PROGRAM

Date: Thursday, March 13  
Time: 10:30 a.m.

Speaker: Sue Huffman, NC District Educator from the Gold Wing Road Riders

Join us today for this very important safety program. Rider Education trains and educates motorcycle riders, and the Motorist Awareness Division focuses on education to the motorist community. Their primary goal in motorist awareness is to reduce the number of motorcycle crashes with other highway users, a reduction in the loss of life, and reduction in injuries. Don't miss this!



## MEET and EAT DINNER CLUB

Date: Thursday, March 13  
Time: 5:15 p.m.  
Location: Mi Pueblito's, Rutherfordton  
Pre-registration is required – sign-up sheet outside Barbara's office.

What FUN the Meet and Eat Dinner Club has! Who would NOT like going to a different local restaurant each month with a great group of friends! Remember ANYONE can join in the fun at anytime – you just have to pre-register so Barbara will know how many seats to reserve. Tonight the group will dine at the beautiful new Mi Pueblito's in Rutherfordton. This is one you will not want to miss! NOTE: You are responsible for paying for your own meal.



## TRIP TO HAMRICK'S

Date: Friday, March 14  
Departing from Center at 8:45 a.m.  
Pre-registration is required – van riders are limited to the first 11 who sign up on the sheet outside Barbara's office.

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

It's Bus Week at Hamrick's, which means even **extra savings** to all seniors! If you would like to take advantage of this great deal or could just use a fun day out with friends come and join us! We promise a fun-filled day! Additionally, we will stop for lunch at the Strawberry Hill Restaurant – you will have time after lunch to shop for fresh produce before we head back to Spindale. Don't delay this trip is sure to fill up fast!



## “BATTERS, SPLATTERS, and PLATTERS” (RECIPE CLUB)

Date: Monday, March 17  
Time: 10:30 a.m.

Location: Conference Room

Sauces enhance the flavor and texture of whatever it's being served with. March is *National Sauce Month*. In recognition we are asking the Recipe Club to **bring your favorite sauce recipes today**. Whether it's one of your grandma's delicious gravies, or your husband's “secret” BBQ sauce – the list is almost endless for all the different types of “sauces.” This is sure to be a very “flavorful” meeting. Remember can join at any time.



**HAPPY ST. PATRICK'S DAY**  
MONDAY, MARCH 17  
**DON'T FORGET TO WEAR GREEN TODAY!**



## ST. PATRICK'S DAY SCAVENGER HUNT

Date: Monday, March 17  
Time: 8:30 – 11:00 a.m.  
ONE shamrock per participant please!  
“Top O' the Mornin' to Ya!” Throughout the Senior Center shamrocks have been hidden.  
FIND A SHAMROCK AND BRING IT TO THE DINING ROOM AT 11:00 TO EXCHANGE FOR A “GREEN” PRIZE!



## CRAFTING WITH CRYSTAL

Date: Tuesday, March 18  
Time: 10:30 a.m.  
Instructor: Crystal Upton  
Pre-register: Sign-up sheet outside Barbara's office Cost: \$1.00

In honor of spring, Crystal will be demonstrating and assisting crafters in making beautiful paper flowers. You will be so inspired that you will go home and make a whole bouquet!



## “ST. PATRICK’S DAY” TEA PARTY

Date: Wednesday, March 19

Time: 9:30 a.m.

Join friends today and share a cup of your favorite tea and delicious goodies at our festive “St. Patrick’s Tea Party.”

Be sure to sign-up at the front desk if you plan on attending. Also, don’t forget to wear something GREEN, and to also bring your favorite treat to share.



## SPECIAL SPEAKER: “SKIN CANCER”

Date: Wednesday, March 19

Time: 10:30 a.m.

Location: Dining Room

Speaker: Dr. Diego F. Pabon

Dr Pabon is a general surgeon with Rutherford Surgical Associates and a member of the Rutherford Regional

Health System medical staff. Join us today as Dr. Pabon addresses the topic of “Skin Cancer.” Skin cancer is the most common of all cancers, and accounts for nearly half of all cancers in the United States. More than 3.5 million cases of basal and squamous cell skin cancer are diagnosed each year, with Melanoma being the most serious type of

skin cancer. **Fortunately, all skin cancers are highly treatable, if found early.** The best ways to lower your risk of skin cancer are to avoid long exposure to intense sunlight and practice sun safety.



## SPRING FLING DANCE

Date: Friday, March 28

Time: 6:30 – 9:30 p.m.

DJ: Pat Nanny

Cost: \$5.00 each

Join us this evening for a fun-filled night of dancing, socializing with friends - both new and old, and listening to some great music! Bring a friend and dance the night away.



## BIRTHDAY RECOGNITION

Date: Monday, March 31

Time: 11:30 a.m.

We will recognize all those who celebrated March birthdays.



## “Don’t Become a Victim of a Scam”

In the world of internet, e-mail, phone calls, blogs and the postal service, Medicare beneficiaries are bombarded with advertisements about free medical services, free equipment and more. Other times, Medicare beneficiaries receive frightening post cards that lead them to believe they will lose their benefits if they don’t respond and provide personal information.

Beware of products that seem too good to be true; they usually are. And if someone is using scare tactics to get you to buy something or share personal information, you may be the target of a Medicare scam. Every day, there are people coming up with ways to defraud the Medicare system and its beneficiaries. They may call you on the phone, come to your home unannounced or send you information through the mail or email.

How can you protect yourself? Do not give anyone personal information such as your Medicare number, Social Security number, or banking and financial information. Medicare will not call you and ask you to verify your claim number for them. If someone claims to be from Medicare and calls you to verify your claim number, it’s a scam! When you do have to provide your Medicare card, such as at a visit to your medical provider, turn the card face down to hand to the receptionist so no one else can see your number or capture your number with their camera phone. If you suspect you have been a victim of Medicare fraud or a scam, call 1-877-99NCSMP (1-877-996-2767). Additionally, local 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.



### SILVERARTS DATES TO REMEMBER:

**BRING IN YOUR SILVERARTS ENTRIES  
BETWEEN 9:00 a.m. – 1:00 p.m. on THURSDAY,  
MARCH 20 & FRIDAY, MARCH 21**

**SILVERARTS JUDGING - MONDAY, MARCH 24**

**EXHIBITS WILL BE ON DISPLAY ALL DAY TUESDAY,  
MARCH 25 – NOON FRIDAY, MARCH 28**

**FRIDAY, MARCH 28:**

**9:30 a.m. SILVERARTS PARTICIPANTS RECEPTION**

**10:45 a.m. SILVERARTS AWARDS CEREMONY**

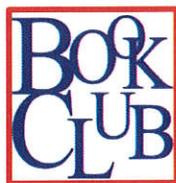
## BOOK CLUB (NOVEL APPROACH)

Date: Friday, March 21

Time: 10:30 a.m.

Location: Conference Room

Do you love to read? The Senior Center Book Club is a great place to get started. There is not a required book list - you choose what you want to read. Everyone is invited and encouraged to join any time.



## SILVERSTRIDERS JANUARY WALKING TOTALS:

David Adkins	975 minutes walked
Bobby Davis	540 minutes walked
Rachel Davis	540 minutes walked
Joanie Gaultney	685 minutes walked
Reid Gaultney	460 minutes walked
Betty McFarland	695 minutes walked
Annabelle Smith	840 minutes walked



## PARADE OF TABLE FUNDRAISING EVENT SUMMARY

A HUGE Thank You to everyone who supported our first ever Parade of Tables Event! It was a huge success! We cleared over \$1200, and this money is slated to purchase exercise equipment for the Center. All 22 tables in our dining room were completely sold – and IF we would have had more room we could have sold several more tables! Special thanks to: the Senior Center's Advisory Board Members and Senior Center staff who decorated the tables; Gentiva – table sponsor & desserts; US. Foods – desserts; WillowRidge – desserts and door prize; Flowers by Terry – door prize; Junior Johnson – door prize; Addie Medford – door prize; PNC Bank – door prize; Betty Sears – door prize; Smith's Drug – door prize; and Spindazzle – door prize. We are already talking about the next one!

## ELLENBORO CONGREGATE MEAL PROGRAM MARCH 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
9:00 Walking & Exercise 3 at Family Life Center 10:00 Trivia Cards 11:00 Discussion – Questions I forgot to ask loved ones?	9:00 Walking & Exercise 4 at Family Life Center 10:00 Word Search Land- mark International Cities 11:00 Bingo	9:00 Walking & Exercise 5 at Family Life Center 10:00 This was the year.....1970 11:00 Bring Sweet Potato Recipes to share	9:00 Walking & Exercise 6 at Family Life Center 10:00 Famous March Birthdays 11:00 Memories of hometown fairs	9:00 Walking & Exercise 7 at Family Life Center 10:00 Blood Pressure Check 11:00 Story of Hawaii
9:00 Walking & Exercise 10 at Family Life Center 10:00 Person, Place, or Thing 11:00 Discussion – What's your favorite restaurant?	9:00 Walking & Exercise 11 at Family Life Center 10:00 North Carolina Word Search 11:00 Bingo	9:00 Walking & Exercise 12 at Family Life Center 10:00 Best time to plant garden 11:00 Biblical History w/Linda McCurry	9:00 Walking & Exercise 13 at Family Life Center 10:00 Facts about Chicago 11:00 Chat time with the Director	9:00 Walking & Exercise 14 at Family Life Center 10:00 Blood Pressure Check 11:00 "Wedding Registry" Word Search
9:00 Walking & Exercise 17 at Family Life Center 10:00 Trivia Cards 11:00 St. Prick's Day WEAR GREEN	9:00 Walking & Exercise 18 at Family Life Center 10:00 Bulletin Board Trivia 11:00 Bingo	9:00 Walking & Exercise 19 at Family Life Center 10:00 Telephones 11:00 Recognition of March Birthdays	9:00 Walking & Exercise 20 at Family Life Center 10:00 Peanut facts 11:00 Game Day	9:00 Walking & Exercise 21 at Family Life Center 10:00 Blood Pressure Check 11:00 Word Search
9:00 Walking & Exercise 24 at Family Life Center 10:00 Facts about New Mexico 11:00 Word Search	9:00 Walking & Exercise 25 at Family Life Center 10:00 Dr. Seuss Crossword Puzzle 11:00 Bingo	9:00 Walking & Exercise 26 at Family Life Center 10:00 Trivia Plus Word Pictures 11:00 Word Search	9:00 Walking & Exercise 27 at Family Life Center 10:00 Tax Time Tips 11:00 Word Search	9:00 Walking & Exercise 28 at Family Life Center 10:00 Blood Pressure Check 11:00 Trivia Cards
9:00 Walking & Exercise 31 at Family Life Center 10:00 Spring Time Is Here Word Search 11:00 Garden Stories				

## HENRIETTA CONGREGATE MEAL PROGRAM MARCH 2014

Located: Henrietta 1<sup>st</sup> 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 3 9:30 Blood Pressure Check 10:00 St. Patrick's Day Crafts	9:00 Coffee & Chatter 4 9:30 Piano Music w/ Barbara Moore 10:30 Peanut Butter Lovers Day WEAR YOUR JEANS DAY	9:00 Coffee & Chatter 5 9:30 Piano Music w/ Barbara Moore 10:30 How did you get to School? 11:00 Call a shut-in today?	9:00 Coffee & Chatter 6 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Bingo	9:00 Coffee & Chatter 7 9:30 Walking Inside 10:30 Creative Musing 11:00 Biblical History w/Rev. Robert Harris
9:00 Coffee & Chatter 10 9:30 Blood Pressure Check 10:30 Favorite Middle Name Word Search Monopoly's 81 <sup>ST</sup> Birthday	9:00 Coffee & Chatter 11 9:30 Piano Music w/ Barbara Moore 10:00 Debut of Barbie-1959 10:50 Person, Place, Thing	9:00 Coffee & Chatter 12 9:30 Piano Music w/ Barbara Moore 10:00 St. Prick's Day Facts 10:50 Tree Quiz	9:00 Coffee & Chatter 13 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Bingo	9:00 Coffee & Chatter 14 9:30 Walking Inside 10:00 "M" Things 11:00 Biblical History w/Rev. Robert Harris

**CONTINUED - HENRIETTA CONGREGATE MEAL PROGRAM MARCH 2014 CALENDAR**

9:00 Coffee & Chatter 17 9:30 <b>Blood Pressure Check</b> 10:00 <b>Spring Cleaning Tips</b> 11:00 <b>Recognition of March Birthdays</b> <b>RED CROSS MONTH – WEAR RED</b>	9:00 Coffee & Chatter 18 9:30 Piano Music w/ Barbara Moore 10:00 <b>Group Discussion – What was your 1<sup>st</sup> TV &amp; the cost of it?</b> 10:50 <b>Handy Word Game</b>	9:00 Coffee & Chatter 19 9:30 Piano Music w/ Barbara Moore 10:00 <b>Cindy Street, Master Gardner</b> 10:50 <b>Who was your best childhood friend &amp; why?</b>	9:00 Coffee & Chatter 20 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 <b>Bingo</b> <b>ST. PATRICK'S DAY – WEAR GREEN</b>	9:00 Coffee & Chatter 21 9:30 Walking Inside 10:00 <b>This was the year.....1946</b> 11:00 Biblical History w/Rev. Robert Harris
9:00 Coffee & Chatter 24 9:30 <b>Blood Pressure Check</b> 10:00 <b>Discussion – When will you start planting your garden?</b> 10:30 <b>What will you plant?</b>	9:00 Coffee & Chatter 25 9:30 Piano Music w/ Barbara Moore 10:30 <b>What's your Nickname?</b> 11:00 <b>Puns Galore</b>	9:00 Coffee & Chatter 26 9:30 Piano Music w/ Barbara Moore 10:00 <b>Favorite "I Love Lucy" TV shows</b>	9:00 Coffee & Chatter 27 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 <b>Bingo</b>	9:00 Coffee & Chatter 28 9:30 Walking Inside 10:00 <b>Trivia Plus</b> 11:00 Biblical History w/Rev. Robert Harris
9:00 Coffee & Chatter 31 9:30 <b>Blood Pressure Check</b> 10:00 <b>Crossword Puzzle</b>				

**SHINGLE HOLLOW CONGREGATE MEAL PROGRAM MARCH 2014**

Located: 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 3 9:30 Word Search 10:00 Walking 10:50 <b>Singing</b> 11:00 Biblical History	9:00 Coffee & Chatter 4 9:30 <b>Choir</b> 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 5 9:30 Word Search 10:00 Walking 10:30 <b>Discussion – Tell about your first or favorite car you've had</b> 11:00 <b>Tell Jokes</b>	9:00 Coffee & Chatter 6 9:30 Word Search 10:00 Walking 10:30 <b>Learn How to Crochet – Stephanie Deese, Instructor</b>	9:00 Coffee & Chatter 7 9:30 Word Search 10:00 Walking 10:30 <b>Blood Pressure Check</b> 10:50 <b>Bingo</b>
9:00 Coffee & Chatter 10 9:30 Word Search 10:00 Walking 10:50 <b>Singing</b> 11:00 Biblical History	9:00 Coffee & Chatter 11 9:30 <b>Choir</b> 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 12 9:30 Word Search 10:00 Walking 10:30 <b>Kitchen less Cooking – Cooking with something other than a stove</b> 10:50 <b>Bingo</b>	9:00 Coffee & Chatter 13 9:30 Word Search 10:00 Walking 10:30 <b>Learn How to Crochet – Stephanie Deese, Instructor</b>	9:00 Coffee & Chatter 14 9:30 Word Search 10:00 Walking 10:30 <b>Blood Pressure Check</b> 10:50 <b>Bingo</b>
9:00 Coffee & Chatter 17 9:30 Word Search 10:00 Walking 10:50 <b>Singing</b> 11:00 Biblical History  <b>WEAR GREEN DAY</b>	9:00 Coffee & Chatter 18 9:30 <b>Choir</b> 10:00 Walking 10:30 Word Search 11:00 <b>Recognition of March Birthdays</b>	9:00 Coffee & Chatter 19 9:30 Word Search 10:00 Walking 10:30 <b>Discussion – Getting ready for Spring</b> 11:00 <b>Do you Spring Clean?</b>	9:00 Coffee & Chatter 20 9:30 Word Search 10:00 Walking 10:30 <b>Learn How to Crochet – Stephanie Deese, Instructor</b>	9:00 Coffee & Chatter 21 9:30 Word Search 10:00 Walking 10:30 <b>Blood Pressure Check</b> 10:50 <b>Bingo</b>
9:00 Coffee & Chatter 24 9:30 Word Search 10:00 Walking 10:50 <b>Singing</b> 11:00 Biblical History	9:00 Coffee & Chatter 25 9:30 <b>Choir</b> 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 26 9:30 Word Search 10:00 Walking 10:30 <b>Group Discussion – Vision Impaired w/Diane Parker</b>	9:00 Coffee & Chatter 27 9:30 Word Search 10:00 Walking 10:30 <b>Learn How to Crochet – Stephanie Deese, Instructor</b>	9:00 Coffee & Chatter 28 9:30 Word Search 10:00 Walking 10:30 <b>Blood Pressure Check</b> 10:50 <b>Bingo</b>
9:00 Coffee & Chatter 31 9:30 Word Search 10:00 Walking 10:50 <b>Singing</b> 11:00 Biblical History				

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the aging adults in Rutherford County  
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education, or other circumstances. Anyone 55  
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