



**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.**

OCTOBER 2013

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



**A UNITED WAY
MEMBER AGENCY**

THE SENIOR CENTER NEWSLETTER

FROM OUR DIRECTOR ANGELA EZELL:

Dear Friends:

Think pink! We are asking you to wear pink each Friday in October in recognition of Breast Cancer Awareness Month. Jamie Ingraham from Rutherford Regional Cancer Resource Center will be here to do a presentation about Breast Cancer Awareness on October 17th. We will also have a Pink Walk on October 25th where participants will walk “in memory of or honor of” someone affected by breast cancer.

The National Breast Cancer Awareness Month program is dedicated to increasing awareness about the importance of the early detection of breast cancer through a nationwide campaign held in October. Except for skin cancers, breast cancer is the most common cancer in women. Both genetic and non-genetic factors determine an individual’s chance of developing cancer. Non-genetic factors may include diet, exercise, or exposure to other substances, including medication.

However, breast cancer can be successfully treated. Screening tests can find cancer early, when chances for survival are highest. Below are some steps to help lower your risk:

1. Know your risk—Learn about your family health history and talk to your provider about your personal risk of breast cancer.
2. Get screened---Have a mammogram and a clinical breast exam every year. Be sure to talk with your doctor about which screening tests are right for you. Medicare Part B covers a screening mammogram once every 12 months and a diagnostic mammogram when medically necessary.
3. Know what is normal for you---See your health care provider if you notice any of these breast changes:
 - Lump, hard knot or thickening inside the breast or underarm area
 - Swelling, warmth, redness or darkening of the breast
 - Change in the size or shape of the breast
 - Dimpling or puckering of the skin
 - Itchy, scaly sore or rash on the nipple
 - Pulling in of your nipple or other parts of the breast
 - Nipple discharge that starts suddenly
 - New pain in one spot that doesn’t go away
4. Make healthy lifestyle choices---Maintain a healthy weight, add exercise into your routine, limit alcohol intake, and limit menopausal hormone use

Be sure to take part in the different activities we have planned for Breast Cancer Awareness Month. We will also be having our annual Health Fair and flu shots on Thursday, October 31st. A variety of screenings are scheduled, as well as, multiple agencies that will be giving out useful information. I hope you will take advantage of all the health-related events that are being offered at the Senior Center!

Angela Ezell



REMINDER PRE-REGISTER FOR LUNCH EVERYDAY

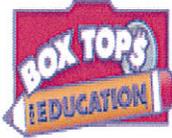
TO ENSURE THAT YOU WILL BE SERVED LUNCH, PLEASE PRE-REGISTER BY 12:00 NOON THE DAY BEFORE YOU PLAN TO EAT.

For your convenience, you may pre-register up to 4 weeks in advance by using your scan card. **Then if circumstances change and you are UNABLE to come on a day that you have pre-registered for, just call the Senior Center at 287-6409 before 9:30 a.m. and cancel.**

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!



Seniors' Health Insurance Information Program

Trained SHIIP counselors are available, by appointment, at the Senior Center to assist Medicare beneficiaries and caregivers with free, unbiased information regarding Medicare health care products. Call 287-6409 to schedule an appointment. Open Enrollment: October 15 – December 7, 2013.

DAILY DROP-IN EVENTS

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, Medical Equipment, Exercise Equipment, TV & Conversation, Library, Puzzles. Additionally the Center is a Public Transportation Stop.

VOLUNTEERS NEEDED

Volunteers are always welcomed and needed at the Senior Center. Two programs that currently have specific needs for volunteers are:



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.

SENIORS' HEALTH INSURANCE INFORMATION PROGRAM (SHIIP)

SHIIP volunteers help senior at the Center with questions regarding Medicare, Medicare supplements, Medicare claims processing, Medicare Advantage, Medicare prescription drug plans and long-term care insurance. Please contact Angela Ezell at 287-6411 for more information.

SILVERSTRIDERS

August Totals:

Joanie Gaultney	210 minutes walked
Reid Gaultney	210 minutes walked
Betty McFarland	793 minutes walked
Clyde Patterson	921 minutes walked
Marjorie Patterson	803 minutes walked
Annabelle Smith	930 minutes walked
Jerry Thornton	1,112 minutes walked



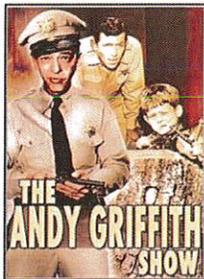
ANDY GRIFFITH SHOW TRIVIA

Day/Date: Tuesday, October 1

Time: 10:30 a.m.

Location: Art Room

The Andy Griffith Show, also known as Andy of Mayberry, is a popular American comedy sitcom that ran from 1960 – 1968 on CBS. The show revolves around Sheriff Andy Taylor and numerous colorful characters in the small fictional community of Mayberry, North Carolina. The show ran for 8 seasons with a total of 249 episodes produced. Join the fun today and test your “Mayberry” knowledge of Andy, Barney, Opie, and Aunt Bee. For example do you remember who: was the county clerk of Mayberry? Who once ate 57 pancakes in a contest?



WRITING YOUR LIFE STORY

Day: Wednesdays

Dates: October 2, 9, 23, 30,
November 6, 13, 20, 27

Time: 10:00 – 11:15 a.m.

Location: Conference Room

Instructor: Linda Tomblin, Author

Cost: Free

This month we will be wrapping up our first 6-week session of classes, and we are glad to announce some GREAT NEWS --- Linda will start another 6 week session on October 23. This second session of classes will be a continuation for the participants of the first session, as well as, a starting point for newcomers. Come join as Linda helps you explore your individual life through the written word. Remember, you don't have to be a writer or even know how to operate a computer to take this class. You can record your memories in your own handwriting. You can share some memories with the group or keep them private - it's your choice, and you will not be pressured to do anything you're not comfortable with.

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



COUNTRY MUSIC MONTH

October is *Country Music Month*. In celebration, the Senior Center will feature great country sounds each day during lunch. If you have a favorite CD that you would like to share with everyone, bring it to Crystal or Barbara.



CRAFTING WITH CRYSTAL

Date: Wednesday, October 2

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

Fall is officially here. Join the crafters today as they make a pumpkin from a dryer hose. Be sure to stop by the bulletin board outside Barbara's office where you can see a finished pumpkin. You will not be able to resist signing up to make one of these beautiful decorative items to beautify your home now and throughout the entire fall season.



PEN PALS

Date: Thursday, October 3

Time: 10:30 a.m.

Location: Art Room

Today the senior pen pals (who signed up last month) will have their first opportunity to write to their brand new pen pals at Spindale Elementary.

PLEASE NOTE: We still have a few children that need a pen pal, so see Barbara or Crystal if you are interested in being a pen pal this school year. The rewards and blessings from this activity are countless.



One hundred years from now
It won't matter
What kind of car I drove
What kind of house I lived in
How much money I had in the bank
Nor what my clothes looked like
BUT
The world may be a little better
Because, I was important
In the life of a child.

Author: (excerpt from "Within My Power" by Forest Witcraft)

“WEAR PINK” FRIDAYS

Dates: October 4, 11, 18, 25



October is *Breast Cancer Awareness Month*. In recognition the Senior Center has proclaimed every Friday in October “**PINK FRIDAY.**” WE ASK THAT EVERYONE WEAR PINK TO SHOW YOUR SUPPORT.

TAILGATE YARD SALE

Date: Friday, October 4

Time: 8:00 – 11:00 a.m.

Cost: \$10 Refundable Deposit*

Pre-registration required: sign up on the bulletin board outside Barbara’s office

The temperatures are cooling down and it’s a great time to clean out those basements and closets to help your journey on the road to being organized and clutter free. Seniors who wish to participate in



this year’s Tailgate Yard Sale should stop by and see Barbara or Crystal and sign a “yard sale agreement and acceptance of conditions” form, and pay a \$10 refundable deposit. (Your

deposit will be refunded if you stay the entire time of the yard sale.) Remember: We do not provide tables. Each participant will be assigned a parking space in the small parking lot. **We will draw for spaces on Thursday, October 3 at 11:15 in the dining room.**

USE IT OR LOSE IT – BRAIN FITNESS ACTIVITY

Date: Tuesday, October 8

Time: 10:30 a.m.

We have all heard the saying “you can’t teach an old dog new tricks,” right? Well this statement is not exactly true. In fact, aging alone does nothing to affect our capacity to learn, remember, and think clearly. We actually get better at remembering new information as we age - - that’s right, better! When we’re young, our memory “file cabinets” are relatively empty. There is no filing system, so the information gets thrown in willy-nilly, and it doesn’t seem to make a lot of sense in there all by itself. Then as we age, the “file cabinets” become stuffed full of fabulous



records of lives well-lived. The brain makes more complex associations between ideas and puts new learning in the context of a vast reservoir of experience -- which allows new ideas to “stick” better. So YES, old dogs CAN learn new tricks— but hey, who wants to be called an old dog! ☺ During this fun brain fitness activity we will share some proven ways to help maintain your mind and memory. Come on and give it a try so you can “*Stay sharp all day long, all life long.*”

MEN & WOMEN’S Wii BOWLING TOURNAMENT

Date: Wednesday, October 9

Time: 9:30 a.m.

Pre-registration required – sign up on bulletin board outside Barbara’s office

During this tournament, the men and women will play **Wii’s 100 PIN BOWLING**. The highest total score of 3 games will be the winner. Let’s see who can “out-bowl” their competitors in this fun activity.



SPECIAL SPEAKER - “ARE YOU REHAB READY?”

Date: Thursday, October 10

Time: 10:00 a.m.

Speaker: Jamy Parris & Scott Compton, Willow Ridge

Today’s speakers will answer questions, as well as, discuss some of the more common myths surrounding short-term rehab therapy in a skilled nursing facility. Additionally, the speakers want to hear feedback from the senior community about what they expect and/or want from a short-term rehab stay. Be here today and make your views known about this important subject.



BLOOD PRESSURE CHECK

Date: Monday, October 14

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.



ARCHERY

Date: Monday, October 14

Time: 1:00 p.m.

Instructor: Jim Venerra

Always a Center favorite! Be here to practice your form and technique of this noble sport under the skilled mentoring of Jim Venerra. Jim is a National Archery Coach and Master.



PINK ZUMBA CLASSES

Day: Monday

Dates: October 14 & 28

Time: 5:30 p.m.

Instructor: Wavolyn Norville

Wear your favorite pink t-shirt or exercise clothes as we Pink Zumba in recognition of Breast Cancer Awareness month. Anyone age 55 or older can participate. Come on and have some fun while burning those calories and toning those muscles!



AARP SAFE DRIVING CLASS

Day: Tuesday

Date: October 15

Times: 9:00 a.m. - 11:30 a.m. – break for lunch class resumes – 12:30 p.m. - 2:00 p.m.

Instructor: Mike Martin

Cost: \$12 for AARP members; \$14 non-AARP members (make checks to AARP or have the correct change, please)

This class is designed specifically for older drivers. You will learn research-based safety strategies that can reduce the likelihood of you having a crash, such as:

- Understand the links among the driver, vehicle, and road environment, and how this awareness encourages safer behavior;
- Learn how aging, medications, alcohol, and other health-related issues affect driving ability, and ways to adjust to allow for these changes;
- Increase confidence;
- Know how to drive safely when sharing the road with other road users;
- Learn the newest safety and advanced features in vehicles;
- Learn when driving may no longer be safe; and
- Explore other ways to travel.



“TICKLE ME PINK” TEA PARTY

Date: Wednesday, October 16

Time: 9:30 a.m.

Pre-register: Don't forget to sign the list at the front desk

In recognition of Breast Cancer Awareness Month, October's theme will be “Tickle Me Pink.” Dress in your prettiest pink outfit, bring in your favorite treat, and share a spot of tea, fun, and fellowship for a “tickled pink” morning.



BREAST CANCER AWARENESS PROGRAM

Date: Thursday, October 17

Time: 10:30 a.m.

Location: Dining Room

Speaker: Jamie Ingram

Jamie Ingram is the Cancer Outreach Program Manager at The Cancer Resource Center in Forest City. She will be presenting a program on breast cancer awareness today. Come out and hear the valuable health information.



MEET AND EAT CLUB

Date: Thursday, October 17

Time: 5:15 p.m.

Location: Spake's Drive-In, 440 US Hwy, 221A, Forest City (or what locals call Sandy Mush)

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

Cost: PRICE OF YOUR OWN MEAL

Join the group tonight at Spake's Drive-In for some delicious food and relaxed family atmosphere. This is a great activity for couples and singles alike – additionally, it helps you experience restaurants that you might not have visited before, as well as, socialize with people outside the Senior Center setting.



REMINDER: WEAR PINK ON FRIDAYS

NOVEL APPROACH

BOOK CLUB

Date: Friday, October 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.



BATTERS, SPLATTERS, & PLATTERS RECIPE CLUB

Date: Monday, October 21

Time: 10:30 a.m.

Since October is *National Chili Month*, the recipe club will be sharing their favorite chili recipes today. Nothing satisfies the comfort cravings like a piping hot bowl of chili. Whether serving as a hotdog or burger topping, or stand alone meal, this classic stew has been adapted in countless ways and has been the theme of many heated cook-offs.



CHILI COOK-OFF CONTEST

Date: Monday, October 21

Time: 1:00 p.m. - Have chili at Center

Pre-registration required – Sign-up sheet posted outside Barbara's office – LIMIT 12.

Do you have a mouth-watering chili recipe? Do folks call you the "chili master?" Let's put that to the test! Men and women are encouraged to enter this fun Chili Cook-Off. Contestants will bring their crock pot of chili to the Center by 1:00 p.m. - then

come back between 4-5 p.m. and pick it back up. The judging will be done at 1:30 p.m. by a panel of "unbiased, mystery" judges.

The winner will be announced **TUESDAY, OCTOBER 22** in the

dining room and awarded a blue ribbon and a special prize. Who do you think will be crowned "Chili Master of the Senior Center?"



CRAFT TIME WITH LAVADA

Date: Tuesday, October 22

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

Welcome back Lavada, we have missed you! Crafters join Lavada today as she demonstrates and assists you in making a cute bat for your Halloween decor.



TRIP TO STRAWBERRY HILL

Date: Wednesday, October 23

Time: 10:45 a.m.

Cost: \$10.00 + cost of your lunch

Pre-registration required. The sign-up sheet is posted outside Barbara's office – Van riders limited to first 11 who sign up. Others can follow in their own vehicle.

Let's go on a fabulous fall adventure and hayride! You will arrive at Strawberry Hill just in time for lunch - (which you are responsible for yourself.) Strawberry Hill's tour theme this year is: "Quality Family Fun on the Farm." You will:

- Take a tractor-drawn wagon ride through the farm;
- Cross the famous Troll Bridge to meet Mr. Troll and his farm animals;
- Pick a pie pumpkin;
- Cow Feedin', Pig Chasin', Tire Swingin', & Rope Climbin.'

All this adds up to a terrific value for the fun afternoon, but hurry this is sure to fill up fast.



"WHO WILL WIN" THE 2013 WORLD SERIES (GUESSING GAME)

Guessing Dates: Mon - Wed, October 21-23

Who do you think will win this year's World Series?

See Barbara or Crystal and pick up a "baseball" -

you will then predict the winner of the World Series and what the final score will be. A prize will be given to the person who comes closest. The winner will be announced in the dining room after the final game.



COUNTRY MUSIC NAME THAT TUNE

Date: Thursday, October 24

Time: 10:30 a.m.

Location: Dining Room

In recognition of Country Music Month, we will play country music "Name That Tune." Come out and have fun guessing all your favorite old and new country songs.



"PINK" WALK

Date: Friday, October 25

Time: 10:00 a.m.

Pre-registration: Please sign up on the bulletin board outside Barbara's office

Walk "in memory of or in honor of" someone affected by breast cancer. Everyone who participates will be given a pink memory/honor ribbon - with a place to write the name of the person you are walking for. If you plan on walking, meet Barbara and Crystal at the front entrance at 9:45 a.m.



PUMPKIN BOCCÉ

Date: Tuesday, October 29

Time: 10:00 a.m.

If you thought regular bocce was an interesting and fun game, then you will love "pumpkin" bocce! Playing pumpkin bocce is very similar; except each game only lasts one round, and you are playing with actual pumpkins. Every player rolls their small pumpkin towards the target pumpkin and whoever is closest is the winner.



LAST MAN STANDING B-I-N-G-O

Date: Tuesday, October 29

Time: 1:00 p.m.

This is bingo with a "twist." Why? Because you DO NOT want to hear your number called - the last one standing is the winner. Come out and play this unusual bingo and get some exercise at the same time!



HALLOWEEN SCAVENGER HUNT

Date: Wednesday, October 30

Time: 8:30 a.m. - 11:15 a.m.

Throughout the building are hidden Halloween symbols, like pumpkins, black cats, ghosts, etc. Find your spooky symbol and bring to the dining room at 11:15 to trade for a prize. **NOTE: LIMIT ONE SYMBOL PER PARTICIPANT, PLEASE.**



WEAR ORANGE & BLACK

Date: Thursday, October 31

Time: all day

Join the FUN! Let's see who can be the most creative and channel the most Halloween spirit by dressing in orange and black today.



BIRTHDAY RECOGNITION

Date: Thursday, October 31

Time: 11:30 a.m.

We will be celebrating all October birthdays today.



UPCOMING EVENTS IN NOVEMBER:

CRAFT SALE & BISCUIT SALE

Date: Friday, November 8

Time: 8:30 a.m. - 11:30 a.m.

SOUTHERN CHRISTMAS SHOW TRIP

Date: Thursday, November 14

Cost: \$24 (Admission & Travel Lynx bus fare)

MEDICARE ANNUAL ELECTION PERIOD: OCT. 15 - DEC. 7

Your health needs change, and the benefits and costs of your health plan may change each year. That's why it's important to evaluate your Medicare choices. The Annual Election Period is the one time of year when all people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage.

There's never been a better time to check out Medicare coverage. There are new benefits available for all people with Medicare, whether you choose Original Medicare or a Medicare Advantage plan, including lower prescription costs, wellness visits, and preventive care. Take advantage of the Annual Election Period, and you may be able to save money, improve your coverage, or both.

Any changes you make will become effective on January 1. It's worth it to take the time to review and compare, but you don't have to do it alone. Remember that representatives from Medicare and SHIIP, the Seniors' Health Insurance Information Program, are available to help. Call for an appointment today to talk with our trained SHIIP counselors at the Senior Center for a one-on-one counseling session. The number is: 287-6409 or stop by and see the receptionist at the front desk.

ANNUAL HEALTH FAIR

Date: Thursday, October 31

Time: 8:30 – 11:30 a.m.

There is a large variety of health screenings available for you today, as well as multiple agencies giving out useful information. We hope you take advantage of all the health-related offerings at this event.



Blood Work

The Rutherford Health Department will be offering blood profiles which include: a complete Metabolic Panel (14 different tests including kidney, liver, blood sugar, and electrolytes) and a Lipid Panel (cholesterol, triglycerides, hemoglobin, white and red cells, and platelets.)

- **Cost for the blood profiles is \$9.00.** If you plan to have blood work, you will need to pick up a registration form at the Senior Center's front desk to complete before the Health Fair.
- **YOU MUST BE FASTING (no food or drink for 12 hours, except water)**
- **If you are planning on getting the flu shot today—BE SURE AND HAVE YOUR BLOOD TEST FIRST.**

ORGANIZATIONS REPRESENTED:

Amazing Grace Home Care

Carolina Community Care

Gentiva Home Health

Rutherford Community Health Center

Seniors' Health Ins. Info. Program (SHIIP)

White Oak

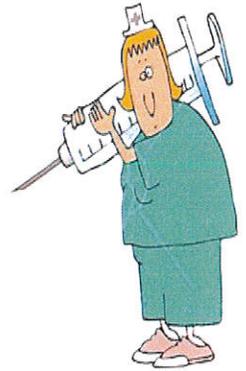
.....and many more

FLU SHOT CLINIC

Date: Thursday, October 31

ALL DAY: 8:30 a.m. – 4:30 p.m.

The Rutherford Health Department will be administering **flu shots** during the Health Fair for seniors 60 years of age or older. **Medicare B will cover the cost of the shot, so be sure and bring your Medicare card. If you do not have Medicare, the cost of the shot will be \$30.**



NOTE: There are limited funds available to assist the seniors who are not qualified for Medicare, and would like to receive a flu shot. See Angela Ezell, Senior Center Director or call her at 828-287-6411.

SCREENINGS SCHEDULED:

Blood Pressure (*Autumn Care*)

Hearing Screening (*Auditory Advantage*)

Spinal Alignment (*Carolina Chiropractic Plus*)

Vision Screening (*Morganton Eye*)

Blood Profile (*Rutherford Health Department*)

Flu Shots (*Rutherford Health Department*)

Oral Screenings (*Rutherford Health Department*)

Bone Density Questionnaire (*Rutherford Internal*)

Skin Cancer (*The Cancer Resource Center*)

Foot Evaluations (*Smith Drug*)

Medication Management (*Smith Drug*)

Depression Screenings (*St. Luke's Hospital*)

Height & Weight (*Willow Ridge*)



OCTOBER 2013

ELLENBORO CONGREGATE MEAL PROGRAM

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

Site Manager: Sandy White, Interim Telephone: 453-8668 Hours: 9:00 a.m. – 1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 This was the year.....1949</p> <p>11:00 Bingo</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Name That Candy</p> <p>11:00 Discussion – All About Macular Degeneration</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Word Search</p> <p>11:00 Biblical History w/Linda McCurry</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Craft – Wreath Making</p> <p>10:30 Craft Day</p> <p>11:00 Scattergories</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Blood Pressure Check</p> <p>10:30 Do you know your cars?</p>
<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Falls in the home</p> <p>10:30 Gonna Be A Bear Poem</p> <p>11:00 Craft – Making of Boo bags</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Discussion – Exercise tips for older Americans</p> <p>10:30 Magazine Swap – Bring your old ones to trade</p> <p>11:00 Bingo</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Word Search</p> <p>11:00 The Story behind Taps</p> <p>10:30 Bring a pumpkin to decorate</p> <p>11:00 Scattergories</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Word Search</p> <p>10:30 Discussion - Current Events</p> <p>11:00 Craft Day – Bring in what you are working on</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Blood Pressure Check</p> <p>10:30 Bulletin Board Trivia</p>
<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Ten Commandments for High Blood Pressure</p> <p>10:30 Jewelry Making</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Puzzles</p> <p>10:30 Discussion – Celebrating Fall</p> <p>11:00 Bingo</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 The Story behind Taps</p> <p>10:30 Bring a pumpkin to decorate</p> <p>11:00 Scattergories</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Hymn Humor</p> <p>10:30 Word Search</p> <p>11:00 Craft Day</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Blood Pressure Check</p> <p>10:30 What's on a Lincoln penny?</p>
<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Discussion – What is Pre-Diabetes?</p> <p>11:00 Historic October Birthdays</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Word Search</p> <p>10:30 Coffee & Conversation</p> <p>11:00 Bingo</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Puzzles</p> <p>10:30 Share a riddle</p> <p>11:00 Tell A Joke</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Trivia Plus</p> <p>11:00 Recognition of October Birthdays</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Blood Pressure Check</p> <p>10:30 Trivia Plus</p>
<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Discussion – Proper portions for weight loss</p> <p>11:00 Puzzles</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Monopoly</p> <p>10:30 Swap Shop – Bring something to swap</p> <p>11:00 Bingo</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 All About Apples – Show & Tell - Bring your favorite to share</p> <p>11:00 Apple Word Search</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Fall Harvest Party</p>	

OCTOBER 2013

HENRIETTA CONGREGATE MEAL PROGRAM

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
	<p>9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:30 Memories of trick or treat 11:00 What's your favorite pretzel?</p>	<p>9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Breast Cancer Month – Wear Pink 10:30 Pink Word Search</p>	<p>9:00 Coffee & Chatter 9:00 BREAKFAST WITH THE DIRECTOR-ANGELA EZELL 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 10:30 Bingo</p>	<p>9:00 Coffee & Chatter 9:30 Walking Inside 10:30 Trivia Plus 11:00 Biblical History w/Rev. Robert Harris</p>
<p>7 9:00 Coffee & Chatter 9:30 Blood Pressure Check 10:00 Learn to Crochet w/Gene Blanton 10:30 World Smile Day – Make someone smile 11:00 Riddle of the day</p>	<p>8 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 National Popcorn Month 10:30 Discussion - Ways to pop popcorn 11:00 Recognition of October Birthdays</p>	<p>9 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Things that start with "O" 11:00 Discussion - Your favorite thing about fall</p>	<p>10 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo</p>	<p>11 9:00 Coffee & Chatter 9:30 Walking Inside 10:00 Chili Word Search 10:50 Biblical History w/Rev. Robert Harris</p>
<p>14 9:00 Coffee & Chatter 9:30 Blood Pressure Check 10:00 Learn to Crochet w/Gene Blanton 11:00 Teddy Bear Show & Tell – Bring yours</p>	<p>15 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Discussion – Fall foliage 11:00 Time pieces Quiz</p>	<p>16 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Sharing old wives tails 11:00 October dates to celebrate</p>	<p>17 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo</p>	<p>18 9:00 Coffee & Chatter 9:30 Walking Inside 10:00 This was the year.....1965 11:00 Biblical History w/Rev. Robert Harris</p>
<p>21 9:00 Coffee & Chatter 9:30 Blood Pressure Check 10:00 Learn to Crochet w/Gene Blanton 11:00 Recipe Swap – Anything Caramel</p>	<p>22 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Fall Craft 11:00 Halloween now & then</p>	<p>23 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:30 Singing pumpkin carols</p>	<p>24 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo</p>	<p>25 9:00 Coffee & Chatter 9:30 Walking Inside 10:00 Book Month Crossword Puzzle 11:00 Biblical History w/Rev. Robert Harris</p>
<p>28 9:00 Coffee & Chatter 9:30 Blood Pressure Check 10:00 Learn to Crochet w/Gene Blanton 11:00 What was your favorite Halloween costume?</p>	<p>29 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Business Signs 11:00 Trick or Treat Trivia</p>	<p>30 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 11:00 Candy Corn Day – Guess how many are in the jar?</p>	<p>31 9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Boo Bingo WEAR ORANGE AND BLACK DAY</p>	

OCTOBER 2013

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search	2 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Enjoying music – Bring your favorite CD to share 11:00 Discussion on Current Events	3 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/ Stephanie Deese, Instructor	4 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 11:00 Bingo
7 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	8 9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 All About Apples – Which is your favorite? 11:00 Apple Word Search	9 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:00 National Desert Month – What's your favorite? 11:00 Tell A Joke	10 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/ Stephanie Deese, Instructor	11 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
14 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	15 9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search	16 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Craft – Making pumpkin center pieces – Bring canning rings	17 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 11:00 Learn How to Crochet w/ Stephanie Deese, Instructor	20 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
21 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Singing 11:00 Biblical History	22 9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Magazine Swap – Bring your old ones to trade	23 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Craft Time – Making Trick or Treat Bags	24 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Learn How to Crochet w/ Stephanie Deese, Instructor	27 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
28 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Singing 11:00 Biblical History	29 9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Recognition of October Birthdays	30 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Telling Ghost Stories 11:00 Discussion – Your favorite costume	31 9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Halloween Party & Games	

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 **Sandy White**, Interim Ellenboro Site Manager
Kay Aldridge, Henrietta Site Manager **Joyce Bailey**, Shingle Hollow Site Manager
Ron Atchley, **Michael Carpenter**, **Ronnie Driver**, **Charles Hill**, Meal Deliveries
Barbara Hill, Program/Activity Coordinator **Crystal Upton**, Program/Activity Assistant
Debbie Conard, Administrative Assistant/Transportation Coordinator **Michelle Smith**, Data Entry
Gloria Nance, Title V Morning Receptionist **Ruby Baker**, Title V Afternoon Receptionist
Wanda Bland, Exercise Instructor **Frank Ensley**, Custodian
Amideus Athougies, **Pat Zito** SHIP Counselors



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