



Rutherford County Department of Aging/Senior Center

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

JANUARY 2015 NEWSLETTER

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

The New Year is traditionally a time to reflect on the past year, be thankful for who and what we have in our lives and consider how we can make improvements for the upcoming year. New Year's resolutions are a good way to focus on what is important and to help keep the stress down in the year ahead. Here are a few New Year's resolutions to make the 2015 more manageable and less stressful.

- 1.) **Staying Active** – Going to the gym and staying active is a very popular resolution for all ages. The Rutherford County Senior Center offers low impact exercise classes and equipment so seniors are able to stay in better shape without risking potential injury. Staying active allows seniors to feel the benefits of a healthy and active lifestyle. Exercise can help seniors to stay stronger, live longer, and enjoy a better quality of life.
- 2.) **Better Eating Habits** – Seniors know that they need to eat healthy in order to enjoy a good quality of life and to live longer. Making this commitment to control health and to eat nutritious meals can help to strengthen your immune system and allow seniors to be healthier. We serve a hot lunch every day at 11:30 a.m. at the Senior Center and our satellite sites. The menus are approved by a dietician and meet 1/3 of the daily recommended dietary allowance.
- 3.) **Visit or Write Your Grandchildren** – If you are unable to visit your grandchildren, try starting a pen pal system with them. Seniors who stay connected with family and friends are more likely to feel content. The Senior Center is also a great place to make new friends.
- 4.) **Rekindle or Find a Hobby** – Seniors may forget about hobbies they once enjoyed. Our Senior Center offers many activities and programs. These various activities and services enhance physical and mental well-being, provides support systems to lead active and independent lives, and encourage involvement in and with the community.
- 5.) **Volunteer** – Volunteering is a great way to experience a sense of purpose and satisfaction by helping others in need. The Senior Center offers several volunteer opportunities. Come pick up a volunteer application and give back to the community!

I would like to wish each of you a Happy and Healthy New Year! Be sure to visit the Rutherford County Senior Center in 2015!

Angela Egzell



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

We ask that you please pre-register by 12:00 noon the day before you plan to eat, or you can pre-register, for several weeks in advance, by using your MySenior scan card. If circumstances change and you are **UNABLE** to come on a day that you have pre-registered for, please call the Senior Center at 287-6409 before 9:30 a.m. to cancel.

BOX TOPS FOR EDUCATION

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



VOLUNTEERS NEEDED:

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

MEALS ON WHEELS VOLUNTEER:

Volunteers are the backbone of Rutherford County Senior Center's Meals on Wheels program. Approximately 2,000 meals are delivered each month to an average of 90 participants of this worthwhile program. In addition to delivering a fresh, hot meal M-F, the MOWs volunteer provides a "mini visit" and a warm, friendly smile to individuals who might not see anyone on a daily basis. **For more information or to volunteer, please contact Michelle Smith at 287-6362.**

SENIORS' HEALTH INSURANCE INFORMATION PROGRAM (SHIIP)

VOLUNTEER:

SHIIP is a division of North Carolina's Department of Insurance which strives to assist Medicare beneficiaries in making well-informed health insurance choices. Trained SHIIP volunteers offer free unbiased health information and assist seniors with questions regarding Medicare, Medicare Supplement Plans, Medicare claims processing, Medicare Advantage, Medicare Prescription Drug Plans, and long-term care insurance. **Please contact Angela Ezell at 287-6411 for more information on how you can become a certified SHIIP counselor volunteer.**

AARP FOUNDATION TAX-AIDE VOLUNTEER

Each year the AARP Foundation Tax-Aide offers free face-to-face tax preparation for low-to-moderate income taxpayers – with special attention to those aged 60+. Each year volunteers working from Rutherford County's Senior Center file hundreds of individuals Federal and State tax returns. In addition they assisted approximately 200 people with information and questions. We need (trained*) volunteers to help prepare tax returns for the 2015 tax season, as well as, greet people, translate, and/or assist with general office-type work. **Free training will be provided in December and January.* Please consider joining this dedicated group of volunteers for the 2015 tax season or recommend this great opportunity to someone. You will get to work your mind and warm your heart by assisting your fellow county members. **Call Angela Ezell at 287-6411 for more information on how you can become an AARP Tax-Aide volunteer.**



DID YOU KNOW.... The Senior Center accepts empty toner cartridges from printers and copiers as one of its recycling programs.

SILVERSTRIDER'S NOVEMBER TOTALS:

Sally Glover	1,185 minutes walked
Annabelle Smith	750 minutes walked
Nan Thompson	455 minutes walked



Did you know....doing little things throughout the day can really add up to a significant calorie burn. An extra 20-30 minutes of movement spread-out each day can lead to a 10 lb. weight-loss over a year! See Crystal to get an Exercise Log and start tracking your minutes!

"WAY TO GO!" Kudos to everyone in the Silver Threads & Needles group who worked so hard these last few months making lap blankets, shawls, hats and gloves for residents of a local Nursing Home. Barbara delivered them to Willow Ridge last week and they will make for a very merry and warm Christmas for many of their residents!



CENTER & SATELITE'S CLOSED:

Thursday, January 1 (New Year's Day)
Monday, January 19 (Martin L. King Day)
Wednesday, January 28 (Staff Training Day)

NEW YEAR'S DANCE

Friday, January 2

Time: 6:00 – 9:00 p.m.

Cost: \$5.00/person

Start 2015 with a bang! Invite your friends and family to come join you while you dance the night away to the musical stylings of the Rusty and Chiquita Collins Band! Be sure to mark your calendars because this is one event you will not want to miss! *Doors will open at 5:45 p.m.*



CRAFTING WITH CRYSTAL: MAKING SNOWMEN

Tuesday, January 6

Time: 10:15 a.m.

Cost: \$1 - covers all supplies

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

Crystal will be demonstrating and assisting crafters in making a beautiful snowman from craft sticks. This will make a beautiful addition to your winter decorations or a great gift for someone.



COMPUTER ASSISTANCE

Tuesdays – January 6, 13, 20, 27

Time: 9:30 a.m. – 11:30 a.m.

We have a new volunteer in our computer lab on Tuesday mornings - stop in to say "hi and welcome" to Sandra Boyd. Sandra retired from ICC and has 32 years of teaching experience. Be sure to take advantage of this opportunity to get the help with any computer questions you may have.



"50 QUESTIONS TO GET TO KNOW SOMEONE"

Date: Wednesday, January 7

Time: 10:30 a.m.

Learning more about your friends and acquaintances at the Senior Center is a great way to kick off the New Year! Join us today for this FUN activity where you will answer a series of questions such as "what is your favorite...." or "what if...." and so on. This activity is a great ice breaker and an interesting way to learn more about each other. It's also a great way to make new friends when you learn you share common interests with others in the group and starting off 2015 with "new" friends is a win-win for everyone!



DID YOU KNOW... *The Senior Center accepts old eyeglasses and gives them to a local Lion's Club for recycling?*

ZUMBA

Wednesdays – January 7 & 14

Mondays – January 12 & 26

Time: 5:30 p.m.

Instructor: Wavolyn Norville

Start the New Year off healthy! Wavolyn has graciously agreed to extend Zumba Wednesdays into January! Zumba is a great exercise because it combines fun dance moves and upbeat music – some people say they "do not even feel like they are exercising!" 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! *Reminder: anyone 55 and older can participate.*



ELVIS CELEBRATION: "MUSIC, FUN & GAMES"

Thursday, January 8

Time: 10:30 a.m.

Elvis was one of those special entertainers whose music and movies will continue to live on and on to be enjoyed for generations to come. In recognition of "King of Rock 'n Roll's" birthday, we have some of his greatest hits along with all sorts of fun and games planned for this special celebration. So dig out your blue suede shoes and be here today to participate in the festivities! We may even have a contest to see who can shake their leg like Elvis!



HIGH BLOOD PRESSURE FACTS:

Did you know.... that 67 million Americans (1 in every 3 adults) have high blood pressure, and that only approximately 43% of these individuals have their condition under control? High blood pressure increases your risks for dangerous health conditions such as heart attacks, strokes, chronic heart failure, and kidney disease. High blood pressure usually has no warning signs or symptoms, so people do not realize they have it, which is why it is important to have your BP checked on a regular basis.

BLOOD PRESSURE CHECK

Date: Monday, January 12

Time: 9:00 – 11:00 a.m. sharp

Sponsor: Rutherford Regional Medical Center
Start the new year off healthy by tracking your BP at our monthly BP clinics. Don't forget to pick up your BP record card at the front desk to have your BP reading recorded on. **Reminder: no cards will be given out after 10:45 so this event can wrap up at 11:00 sharp.**



HOW TO DE-CLUTTER

“PART I: THE DIFFERENCE BETWEEN COLLECTING AND HOARDING”

Date: Tuesday, January 13

Time: 10:30 a.m.

Speaker: Jane Armstrong, former owner of De-Clutter for Real Life

Do you know the difference between collecting and hoarding? Join Jane today for Part I of this three part series on the “how-to’s of de-cluttering.” She is an expert in helping people get more organized without becoming overwhelmed! Be sure to take advantage of this special series of classes that will help you begin 2015 in a more organized and de-cluttered home:

- Part II: Tips & Techniques for de-cluttering my space (coming in February)
- Part III: How to set goals when I feel overwhelmed with my things (coming in March)



Winter is a spectacular time of the year to enjoy many beautiful sights, and bird watching is at the top of a lot of folks list! Join the fun today in making a pretty pine cone bird feeder. Now you will be able to attract all your feathered friends to watch and enjoy this winter.

SUPERBOWL “GUESS”

Beginning **Tuesday, January 20** and continuing through **Friday, January 30** pick up a paper “football” from Barbara or Crystal and record your **PREDICTION FOR THE WINNER AND SCORE OF THE 2015 SUPER BOWL**. The person who is most accurate will win a prize. Only one entry per person and Good Luck!



MEET & EAT

Date: Tuesday, January 20

Time: 5:15 p.m.

Location: Fat Tracy’s - Spindale

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

Join friends tonight for fun, fellowship, and good food – Dutch treat, of course. Additionally invite a guest to join you that doesn’t come to the Center so they can learn more about us! Fat Tracy’s is located at 135 West Main Street, Spindale.



PEN PALS

Date: Wednesday, January 14

Time: 10:30 a.m.

Start the New Year off on the right foot by



continuing your commitment to your pen pal by writing a new installment in their journal today. Now that you have met your pal face-to-face, it should make writing to each other even more fun.

RUTHERFORD HOUSING PARTNERSHIP (RHP)

Date: Thursday, January 15

Time: 10:30 a.m.

Speaker: Nell Bovender

For 20 years, Rutherford Housing Partnership has provided urgently needed repairs to the homes of qualified low-income homeowners. RHP provides materials and volunteers provide labor, and volunteers are always needed and welcome. Join Nell today as she shares details about a campaign called “Help a Neighbor.”



MAKING PINECONE BIRD FEEDERS

Date: Tuesday, January 20

Time: 10:30 a.m.

Cost: \$1 (covers all supplies)

If you would like to participate please sign up on the bulletin board outside Barbara’s office.



TEA PARTY

Date: Wednesday, January 21

Time: 9:30 a.m.

Join friends today for a cup of your favorite tea and some delicious goodies at this month’s tea party. Don’t forget to bring a treat to share with everyone. A sign-up sheet is located at the front desk if you plan on attending.



HOSPICE: AN OVERVIEW OF SERVICES

Date: Thursday, January 22

Time: 10:30 a.m.

Speaker: Rita Birch, Director

Many people do not have a clear understanding of Hospice or the services they provide. Hospice emphasizes palliative care versus curative care. Their services neither hasten nor postpone death. Their philosophy and goal is death with dignity. Join Rita today as she discusses Hospice services and their discipline, as well as the team concept in supporting the patient and family; spiritual and bereavement care; the patient’s and family’s rights; ethical issues of confidentiality; local funding sources; patient load statistics; and organizational structure.





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

Date: Monday, January 26

Time: 10:30 a.m.



January is National Slow-Cooking month. In recognition of this versatile and time saving appliance, we are asking everyone to bring your favorite slow cooker recipes. Using a slow

cooker has many advantages, such as easy preparation and clean-up and while most people think to only use their slower cookers for meats or soups, most anything that you normally would cook on the stove or in the oven can be cooked in a slow cooker - even desserts and potatoes!

“A WALK THROUGH THE SNOW”

Date: Tuesday, January 27

Time: 10:30 a.m.

You and your imagination are the only requirements for this fun activity. Please join Barbara and Crystal today as they take you on an adventure of walking through the snow. You don't have to be outside in the cold air, you will find out how with just imagination you can be transported on a chilling adventure! You will not want to miss this one.



“USE IT OR LOSE IT”

Date: Thursday, January 29

Time: 10:30 a.m.



January is Brain Teaser Month. Teasing your brain keeps it foolproof - no kidding. The phrase “*use it or lose it*” is a cliché, but it's only a cliché because it's true! If we don't exercise our muscles as we age, we lose the muscle tone. Likewise, if seniors don't exercise their mind, the mind becomes weaker as well. What better reason to celebrate brain teaser month than to exercise that brain every day and keep it sharp. Whether you're a senior or a caregiver for a senior loved one, there are numerous brain games you can play to keep your brain strong. You can play solitaire, card matching games, crossword puzzles, Sudoku, or even watch TV game shows that allow you to solve the puzzles before the contestant. Join Barbara and Crystal and see what fun exercises they have planned to give your brain a great workout!

BIRTHDAY RECOGNITION

Friday, January 31 at 11:30 a.m.

Join us as we celebrate all the January birthdays.



SNOWFALL “GUESS”

Do you think it will snow during the month of January? If we all wish hard enough maybe our wishes will come true! Pick up a paper “snowflake” from Barbara or Crystal and write the dates you think it will snow during the month of January. ***The person who is the most accurate will win a special prize. Let it Snow, Let it Snow, Let it Snow!***

COMING IN FEBRUARY...

- The 2nd Annual Parade of Tables
- Senior Games Registration
- Tax Preparation - AARP Tax-Aide is a free tax preparation service 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. You will need to bring a copy of your last year's tax return, W-2 forms from all employers, 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 2014.

IMPORTANT NEWS ABOUT TRIPS & SIGN-UP SHEETS

The activity department works very hard to arrange a variety of special programs, activities, and trips. Most trips and some events are limited to a certain number of participants and require pre-registration by signing a sheet posted on the bulletin board outside Barbara's office. **All sign-up sheets are always posted on the FIRST day of the month – this allow everyone a fair and equal opportunity to sign up for a trip or event.**

Also, we have been experiencing an increasing problem with participants signing up for an event or trip and then not showing up or calling and cancelling in a timely manner - this prevents us from contacting those on the waiting list and delays the departure time while we wait to see if you are just running a little late.

Effective January 2015: If you do not show up for a trip, you will not be allowed to sign up for any special trips for the next 3 months. Additionally, you must come in and sign up and pay (if there is a charge) – THERE WILL BE NO PHONE CALLS RESERVATIONS ACCEPTED FOR TRIPS OR EVENTS.



SHIIP NEWS... CHANGES TO MEDICARE PART A & B IN 2015



PRESCRIPTION DRUG ASSISTANCE FOR LOW- INCOME MEDICARE BENEFICIARIES

Each year, the federal government reevaluates the costs for Medicare Parts A and B to determine if changes need to be made to deductibles, co-pays and out-of-pocket amounts. These changes are based on many factors, including health care costs. SHIIP, the Seniors' Health Insurance Information Program, is a program of the North Carolina Department of Insurance that can help Medicare beneficiaries, their families and caregivers understand how the coming changes will affect them in 2015.

Part B – Medical Insurance:

For the second year in a row, there are no changes to the premium or deductible for Medicare Part B, Medical Insurance. The premium remains at \$104.90 each month for most beneficiaries; premiums for people with incomes higher than \$85,000 will also remain the same as 2014 premiums for those groups.

Part A – Hospital Insurance:

Hospitalization cost for Medicare beneficiaries will increase slightly in 2015. Hospitalization costs will increase for the first 60 days from a \$1,216 deductible to a \$1,260 deductible. Days 61-90 will increase from \$304 per day, to \$315 per day, and days 91-150 will increase from \$608 per day to \$630 per day. Medicare will continue to pay 100 percent of approved costs for the first 20 days of Post-Hospital Skilled Nursing Facility Care. For Skilled Nursing Care between 21 and 100 days, the charge per day is \$157.50 for 2015, an increase from the 2014 charge of \$152 per day. The premium for Medicare Part A will continue to be \$0 for eligible beneficiaries. For those ineligible, the premium for Part A has decreased to \$407 per month for those who worked fewer than 30 quarters, and \$224 per month for those who worked between 30 and 40 quarters.

Medicare Supplement Plans:

The Standardized Medicare Supplement Plans in 2015 will remain the same for the out-of-pocket limit for Plan K at \$4,940, and the out-of-pocket limit for Plan L at \$2,470. The deductible for the Plan F Prime is increasing slightly, from \$2,140 to \$2,180.

The Low-Income Subsidy (LIS) program, also known as *Extra Help*, assists qualified Medicare beneficiaries with out-of-pocket expenses associated with Medicare Part D prescription drug expenses. To qualify for *Extra Help*, a Medicare beneficiary must meet certain income, resource and asset level requirements. The income and asset limits for Extra Help are \$1,458.75 per month with assets up to \$13,440 if you are single, and \$1,966.25 per month with assets up to \$26,860 if you are married. This includes your monthly earnings, Social Security and Veterans' benefits, disability payments, cash contributions, retirements and pensions. Resources and assets include the value of items you own, such as cash, stocks, bonds, retirement accounts, the value of a second car, boats and any real property that is not the primary residence and does not produce income.

Depending on your income and asset levels and the Part D plan you choose, you may have either a reduced premium or no premium; your deductible may be covered or lowered; and your prescription copayments will be very small – from \$2.55 for a generic drug and up to \$6.35 for a brand-name drug.

But perhaps the two biggest benefits to any amount of Extra Help/LIS assistance will be the elimination of a Part D coverage gap, also known as the “donut hole,” and the opportunity to change Prescription Drug Plans at any time.

Call Rutherford Senior Center at 287-6409 and schedule an appointment with our trained SHIIP counselor for free, unbiased counseling and to answers to questions you may have about Medicare costs and coverage. Or you can contact SHIIP direct at 1-855-408-1212 or visit www.ncshiip.com.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ELLENBORO CONGREGATE MEAL PROGRAM - JANUARY EVENTS Location: Bethel Baptist Church 479 Main Street, Ellenboro Site Manager: Diane Hill Telephone: 453-8668			1 CLOSED FOR NEW YEARS DAY	2 9:00 Walking & Exercise 10:00 Word Search 10:30 Discuss your New Year's resolutions 11:00 Scattergories
9:00 Walking & Exercise 5 10:30 Blood Pressure Ck 11:00 Word Search	9:00 Walking & Exercise 6 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 7 0:00 Calcium – Good or Bad? 11:00 Word Search	9:00 Walking & Exercise 8 10:00 Word Search 11:00 Elvis: Music/Memories	9:00 Walking & Exercise 9 10:00 Word Search 11:00 Scattergories
9:00 Walking & Exercise 12 10:30 Blood Pressure Ck 11:00 Word Search	9:00 Walking & Exercise 13 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 14 10:00 Hot Tea Day 11:00 Word Search	9:00 Walking & Exercise 15 10:00 Word Search 11:00 Making snowman pins	9:00 Walking & Exercise 16 10:00 Word Search 11:00 Scattergories
19 CLOSED: MARTIN LUTHER KING DAY	9:00 Walking & Exercise 20 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 21 10:00 Science of Snow Flakes 11:00 Word Search	9:00 Walking & Exercise 22 10:00 Word Search 11:00 Working Puzzles	9:00 Walking & Exercise 23 10:00 Word Search 11:00 Scattergories
9:00 Walking & Exercise 26 10:30 Blood Pressure Ck 11:00 Word Search	9:00 Walking & Exercise 27 10:00 Word Search 11:00 Bingo	28 CLOSED STAFF TRAINING DAY	9:00 Walking & Exercise 29 10:00 Word Search 11:00 Dressing Warm	9:00 Walking & Exercise 30 10:00 Word Search 11:00 Scattergories

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HENRIETTA CONGREGATE MEAL PROGRAM - JANUARY EVENTS Location: Henrietta First Baptist Church 2736 Harris-Henrietta Rd, Henrietta Site Manager: Kay Aldridge Telephone: 657-5441			1 CLOSED FOR NEW YEARS DAY	2 9:30 Walking Inside 10:00 Sharing your Resolution 10:45 Exercise 11:00 Biblical History w/B.Moore
9:30 Blood Pressure Ck 5 10:30 Baby Boomers Birthday (1946) 11:00 Exercise	9:00 Coffee & Chatter 6 9:30 Piano Music w/B.Moore 10:00 Favorite New Year's Food	9:00 Coffee & Chatter 7 9:30 Piano Music w/B.Moore 10:15 Memories of 2014	9:00 Coffee & Chatter 8 9:30 Piano Music w/B.Moore 10:00 Celebrate Elvis' B'day 10:50 Bingo	9:30 Walking Inside 9 10:00 Riddles 10:45 Exercise 11:00 Biblical History w/B.Moore
9:30 Blood Pressure Ck 12 10:15 Winter Craft – Snowman 11:00 Exercise	9:00 Coffee & Chatter 13 9:30 Piano Music w/B.Moore 10:00 Favorite Place to Eat Pizza	9:00 Coffee & Chatter 14 9:30 Piano Music w/B.Moore 10:00 The Biggest Snowfall You Remember 11:00 Exercise	9:00 Coffee & Chatter 15 9:30 Piano Music w/B.Moore 10:00 Favorite Home Remedy 10:50 Bingo	9:30 Walking Inside 16 10:00 How do you deal with Solicitors? 10:45 Exercise 11:00 Biblical History w/B.Moore
19 CLOSED: MARTIN LUTHER KING DAY	9:00 Coffee & Chatter 20 9:30 Piano Music w/B.Moore 10:00 Bring Pictures of Past Snowflakes	9:00 Coffee & Chatter 21 9:30 Piano Music w/B.Moore 10:00 Are you keeping your New Year's resolution? 10:45 Exercise	9:00 Coffee & Chatter 22 9:30 Piano Music w/B.Moore 10:00 Mom's Best Advice 10:50 Bingo	9:30 Walking Inside 23 10:00 Fig Newton Sampling Social 10:45 Exercise 11:00 Biblical History w/B.Moore
9:30 Blood Pressure Ck 26 10:15 Remember Your 1st Day of School 11:00 Exercise	9:00 Coffee & Chatter 27 9:30 Piano Music w/B.Moore 10:00 Favorite Lone Ranger Movies	28 CLOSED STAFF TRAINING DAY	9:00 Coffee & Chatter 29 9:30 Piano Music w/B.Moore 10:00 Corn Chip Day 10:50 Bingo	9:30 Walking Inside 30 10:00 Fav. Cho. Cake Recipe 10:45 Exercise 11:00 Biblical History w/B.Moore

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SHINGLE HOLLOW CONGREGATE MEAL PROGRAM - JANUARY EVENTS Location: Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton Site Manager: Joyce Bailey Telephone: 287-0960			1 CLOSED FOR NEW YEAR'S DAY	2 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 5 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 6 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 7 9:30 Walking 10:00 Word Search 10:30 This was the year - 1940 11:00 Share Crock Pot Recipes	9:00 Coffee & Chatter 8 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet/ S. Deese, Instructor	9:30 Coffee & Chatter 9 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 12 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 13 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 14 9:30 Walking 10:00 Word Search 10:30 Tell A Joke 11:00 Favorite Part of Winter	9:00 Coffee & Chatter 15 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet/ S. Deese, Instructor	9:30 Coffee & Chatter 16 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
19 CLOSED: MARTIN LUTHER KING DAY	9:00 Coffee & Chatter 20 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 21 9:30 Walking 10:00 Word Search 10:30 Soup Bingo – Bring Cans of Soup	9:00 Coffee & Chatter 22 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet/ S. Deese, Instructor	9:30 Coffee & Chatter 23 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:00 Coffee & Chatter 26 9:30 Walking 10:00 Word Search 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 27 9:30 Choir 10:00 Walking 10:30 Word Search	28 CLOSED STAFF TRAINING DAY	9:00 Coffee & Chatter 29 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet/ S. Deese, Instructor	9:30 Coffee & Chatter 30 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo

SENIOR CENTER ADVISORY BOARD MEMBERS:

Amideus Athougies; Kim Freeman; Wanda Harris; Junior Johnson (President);
Jeanette Klutts (President-Elect); Grace Quick. Ex Officio members: Carl Classen; Sybil Walker.

SENIOR CENTER STAFF:

Amideus Athougies, SHIP Counselor

Kay Aldridge, Henrietta Site Manager

Joyce Bailey, Shingle Hollow Site Manager

Ron Atchley, Meal Deliveries

Wanda Bland, Exercise Instructor

Michael Carpenter, Meal Deliveries

Louann Camilletti, Senior Center Site Manager

Debbie Conard, Admin. Assist./Transportation Coord.

Ronnie Driver, Meal Deliveries

Frank Ensley, Custodian

Angela Ezell, Director

Alex Goodman, Title V Food Service Worker

Helen Hamilton, Title V Food Service Worker

Lee Henderson, Title V Custodian

Barbara Hill, Activity/Senior Games Coordinator

Charles Hill, Meal Deliveries

Diane Hill, Ellenboro Site Manager

Selena McEntrye, Title V Morning Receptionist

Michelle Smith, Nutrition/Home-Delivered Coord.

Mary Street, Food Service Supervisor

Kayla Traver, Data Entry

Susan Toney, Food Service Assistant

Crystal Upton, Activity/Senior Games Assistant

Sandy White, Nutrition Assistant



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

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debbie.conard@rutherfordcountync.gov

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