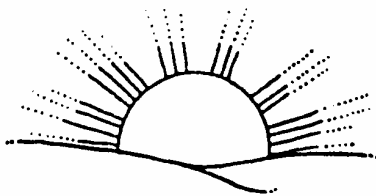


The Prime Times



The Satie and J. E. Broyhill
Caldwell Senior Center, Inc.
650-A Pennton Avenue SW, P.O. Box 933
Lenoir, North Carolina 28645
www.caldwellseniorcenter.org

Phone: 828 758-2883
Fax: 828 758-2348
Medication Assistance Center: 828 758-2566
Information and Assistance for Older Adults: 828 757-8635
E-mail: office@caldwellseniorcenter.org

NC SENIOR CENTER OF EXCELLENCE

APRIL 2011-MAY 2011

Unifour Senior Games April 29–May 20, 2011



Join in the fun of the *Unifour Senior Games!*

Competition is open to everyone age 55 and better, and events are divided into categories based on age and gender.



Opening ceremonies are Monday, May 9th at

9:30 a.m. at the Highland Recreation Center

in Hickory and include a "Silver Striders" Fun Walk for everyone as well as lunch.



Athletic events include Track and Field, Football and Softball throw, Basketball Shoot, Cycling,



Swimming, Bowling, Golf and more. They are held at different sites and on different days in the four county area.

In addition to sports events, the *SilverArts Show* (visual/literary/heritage) will be exhibited at the Hickory Museum of Art April 30, May 1, 3, 4 and 5. Awards will be presented following the



Performing Arts Follies and Showcase on Thursday, May 5 at 5 p.m. in the Hickory Arts and Science Center Auditorium. Admission is FREE!



Also, mark your calendars for the *SilverLiners Line Dance Party* on Friday, May 13,

at 7 p.m., at the Neill W. Clark, Jr. Recreation Center in Hickory. Please bring your favorite covered dish!

Pick up your Unifour Senior Games registration forms with detailed information at the senior center. One \$7 entry fee is all that it takes to enter most events. (Bowling and Golf have an additional fee). **The completed registration form must be received by Friday, April 15 (must be postmarked by April 14).** The entry fee covers a t-shirt, goodie bag, and lunch on most days that you participate!

EXTRA HELP FOR COSTS OF PRESCRIPTION DRUG PLANS

New Income limits to qualify for Extra Help are:

Individual, \$16,335 Couple, \$22,065

New Asset limits: (cash, investments—do not count home)

Individual, \$12,640 Couple, \$25,260

With Extra Help, you save on premium costs, co-pays, deductibles, and you will avoid a coverage gap. We can assist with applications. Please call for an appointment, 758-2883.

If you do not qualify for Extra Help or other sources of help with prescription drugs, you may fit NCRx guidelines.

NCRx is a program for North Carolina Medicare beneficiaries age 65 and over. If you are approved, the benefit will pay up to \$29 of your monthly prescription drug premium.

Income limits are: Individual, \$18,952 Couple, \$25,497

Asset limits are: Individual, \$22,092 Couple, \$33,139

You must be enrolled in one of the 24 Medicare Prescription Drug Plans that participate with NCRx.

To apply, call 1-888-488-6279, and ask that they mail you an application. The application and list of participating Medicare Prescription Drug Plans are also on the www.ncrx.gov website.



CELEBRATE OLDER AMERICANS MONTH
"Connecting the Community"

Older Americans: May is Older Americans Month and connecting the community this year's theme is "Connecting the Community." You are invited to celebrate Older American's Month by joining in the fun at **CELEBRATION OF LIFE on Friday, May 13 from 8:30 AM – 1PM at the Caldwell County Fairgrounds, Hickory Blvd.**

This event is open to all Caldwell County Seniors age 60 or better at no charge. The Department of Social Services and many community agencies work together to provide this wonderful event every year for seniors. The celebration kicks off with a health and information fair at 8:30. Representatives from various county agencies will be on hand to share information on their respective services and programs. Blood pressure checks and other health information will be provided. The health and information fair will be followed by entertainment and door prizes around 10:30 and a delicious meal at noon.

Lunch Buddy!

A donation of \$5 will sponsor lunch for a fellow senior at Celebration of Life. If you would like to be a lunch buddy, you may contribute at the center!



**Fun and Friendship Club
Easter Egg Hunt Card Party
Thursday, April 21, 9:15am-1pm
\$10 per person, Table of 4 registration**

Plan on attending this party **Thursday, April 21 from 9:15 am to 1:00 pm**, hosted by the Senior Fun and Friendship Club and volunteers. Lunch will be served and prizes awarded.



To register call Barbara Lowman at 758-0514 or Sheila Burns at 726-0180.



Star Tours invites you to join in their trip to The Barter Theatre to see "Hank and My Honky Tonk Heroes"



Thursday, May 5

They will pick up at Wal-Mart in Lenoir at 7:30 am and make a stop for breakfast. Lunch will be at Piccadilly Cafeteria then on to the theatre for some of Hank Williams' and other singers' favorite songs. The trip is \$89 inclusive. For reservations please call Larry or Susan at 336-838-1001. You may pick up a flyer with more information at the senior center.



Congratulations to our own **Cyndi Akins** who was recognized by the News-Topic as one of the "20 Under 40" exceptional citizens for their contributions to the community. Way to go Cyndi!!! You are very deserving.

CRAFT CLASSES

Craft Classes will continue this spring. Sign up will be on the first class of the month. The cost for 4 classes will be \$20.

Oil Painting, Mondays, 10 am-12 noon
Taught by Marilyn Gragg.



Lap Quilting, Needlework, and Sewing
Thursdays, 1:30-3:30 pm
Taught by Jeanne Enloe



Knitting, Mondays 9:30-11:30 am



Wood Carving, Wednesdays 1:00-3:00 pm,
taught by volunteer Larry Roberts.



Senior Crafters

Tuesdays (see calendar for times)

Meeting every Tuesday, the Senior Crafters work on a variety of projects, which they plan and lead. If you are interested in learning about the group and their projects, or if you would like to share your ideas and crafts with others, please give us a call or plan to join the group any time.



CRIBBAGE
Wednesdays, 1-3pm
MAH JONG

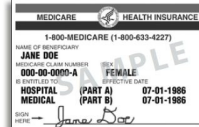
2nd and 4th Tuesdays, 2-4pm

Participation is growing in both games, and they are having a great time. Join in either game at any time.



If you sign up at the senior center, 758-2883, one of the group organizers will give you a reminder call.

Using the "Net" to Learn about Medicare
Friday, April 15, 10:30 am



Many Medicare beneficiaries, or soon-to-be beneficiaries, are very adept with the Internet. There are many excellent resources to find Medicare Prescription Drug Comparisons, Supplement Comparisons, and even your personal health records.

Plan to come on April 15 to learn how to navigate the medicare.gov, ncshiiip.com, and my.medicare.gov websites.

If you have a laptop, bring it and practice along with the demonstration. There will also be an opportunity to practice on our computers. Please call to sign up—758-2883.



COMPUTER TUTORING

One-on-one tutoring is offered at the senior center by Hibriten High School Student Will Long. Learn how to search the Internet, use email, or other

HEART CHECK PROFILE BLOOD TESTS FOR SENIORS



This semi-annual health check is arranged for you through Quest4Life Wellness Center and Caldwell Memorial Hospital. You will get a very comprehensive blood test panel for a **special cost of \$15**.

Pay your fee and pick up your lab slip at the senior center any time between 9:00am-5:00pm, Monday-Friday, **April 18th-22nd**. Go to the hospital lab between the hours of 7 a.m. and 12 noon (deadline is **April 29th**) where blood will be drawn for the test. You must fast for 12 hours before the test for accurate results. (You may drink water as needed and to take any necessary medication.)

Test results and an explanation of normal counts will be mailed to your home within two weeks. For questions or more information, give us a call at 758-2883.

LIVING WILL CLINICS

April 14th and May 12th, 1:30pm

Do you have a **Living Will**?
Do you have a **Health Care Power of Attorney**?
Explanation of advance directives will be given on the **2nd Thursdays of April and May at 1:30pm**.
Please stop by the center before these dates to pick up your documents. This will allow time for you to take them home and talk with your close family and friends about your health care wishes.
Notaries and witnesses will be available at the clinics to help you complete the documents. Please call to sign up.

"Know the 10 Signs of Alzheimer's"

Monday, April 11, 3:00-4:30pm

Early detection, diagnosis and intervention are vital to providing you the best opportunities for treatment, support and planning for your future.



Nicole Rieger Thomas, Alzheimer's Association Foothills Area Program Associate, will give us the **10 warning signs** of Alzheimer's Disease and answer questions you have concerning them. Please take advantage of attending this program. Early detection matters!
Call to register, 758-2883.

"Too Close for Comfort"

Friday, April 29, 10am

Extended families living under one roof is a sign of the times. Living together can come with plenty of challenges, such as emotional stress, caregiving dilemmas, space and privacy issues and financial worries.



But there are also rewards, including the closeness that can develop from having a love one nearby. Whether you've already decided to merge households or if you're just thinking about it, now is the time to start discussing the issues.

Please join **Susan Vincent** with Home Instead on Friday, **April 29 at 10am** as she shares tips and guides families to making the right choices. Please call to sign up, 758-2883.





Going Green

Currently we send 2,400 newsletters free to our members. That is a very large expense, and we appreciate donations to help with the cost of printing and mailing the newsletter. We also encourage anyone with an e-mail account to give us your address so you can be sent your newsletter by email. Please send us a note to theprimetimes@gmail.com giving us your e-mail address. We will start sending your newsletter in that way to save on costs and at the same time **GO GREEN** to help protect the environment. The newsletter can also be seen on our website caldwellseniorcenter.org.



APRIL 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ELDERLY/DISABLED TAX EXEMPTION, Friday, April 8, 10:00 am For people who are age 65 or over, totally or permanently disabled, or disabled veterans, you may qualify for an exemption on your property taxes. Tasha Johnston from the Caldwell County Tax office will be at the senior center to explain the exemption and take applications. Qualifying income must be below \$27,100 per household for 2010. Bring all income information. Please call to sign up—758-2883.				1 Movin' & Groovin' 8:00 Smooth Moves 8:30 Senior Jammers at Jasper's Place 3:00-4:30
4 Groovin' & Moves 8-9 Knitting Class 9:30-11:30 <i>Oil Painting 10:00-12:00</i> <i>\$20 for 4 classes</i> Caroliners – 1:30-2:30	5 Senior Songbirds 9:30 Senior Crafters 10:30 VITA (Volunteer Income Tax Assistance) by appointment	6 Movin' & Groovin' 8:00 GetDown&Tone Up 8:30 Line Dance Level 1, 10am Line Dance Level 2, 11am Wood Carving Club 1-3 CRIBBAGE, 1-3	7 Fun & Friendship Club 9:15-1:00 (Card games and Socializing) <i>Lap Quilting 1:30-3:30</i> <i>\$20 for 4 classes</i> VITA by appointment	8 Groovin' & Moves 8am <u>ELDERLY/DISABLED TAX EXEMPTION APPLICATIONS</u> 10:00 am <i>Bring 2010 income info</i> <i>Call to sign up, 758-2883</i> Senior Jammers at Jasper's 3:00-4:30
11 Groovin' & Moves 8am Knitting Class 9:30-11:30 <i>Oil Painting 10:00-12:00</i> Caroliners – 1:30-2:30 <u>Know the 10 Signs of Alzheimer's</u> 3:00-4:30	12 Senior Songbirds, 9:30 Senior Crafters 10:30 MAH JONG 2-4pm VITA (Volunteer Income Tax Assistance) by appointment	13 YOGA  8:00-9:00 Line Dance Level 1, 10am Line Dance Level 2, 11am Wood Carving Club 1-3 CRIBBAGE, 1-3	14 Fun & Friendship Club 9:15-1:00 <u>LIVING WILL CLINIC</u> 1:30 Call to sign up please <i>Lap Quilting 1:30-3:30</i>	15 Groovin' & Moves 8am <i>Blood Pressure Check 9-10</i> <u>Using the "Net" to Learn about Medicare</u> 10:30 am, See page 2. Senior Jammers at Jasper's Place 3:00-4:30
18 Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30 <i>Oil Painting 10:00-12:00</i> Caroliners – 1:30-2:30	19 Senior Songbirds 9:30 <i>Caldwell Retired School Personnel</i> 10:45-12:30 Senior Crafters 1-3	20 Movin' & Groovin' 8:00 GetDown&Tone Up 8:30 Line Dance Level 1, 10am Line Dance Level 2, 11am Wood Carving Club 1-3 CRIBBAGE, 1-3	21  Fun and Friendship Easter Egg Hunt and Card Party 9:15 am-1:00pm <i>Lap Quilting 1:30-3:30</i>	22 ****Heart Check Profile registration all this week. See page 2 of newsletter for details**** CLOSED FOR GOOD FRIDAY <i>Happy Easter</i> 
25 Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30 <i>Oil Painting 10:00-12:00</i> Caroliners – 1:30-2:30	26 Senior Songbirds 9:30 Senior Crafters 10:30 MAH JONG 2-4pm	27 YOGA  8:00-9:00 Line Dance Level 1, 10am Line Dance Level 2, 11am Wood Carving Club 1-3 CRIBBAGE, 1-3	28 Fun & Friendship Club 9:15-1:00 (Card games and Socializing) <i>Lap Quilting 1:30-3:30</i>	29 Movin' & Groovin' 8:00 Smooth Moves 8:30 <u>"TOO CLOSE FOR COMFORT"</u> 10:00 am. See page 2. Senior Jammers at Jasper's 3-4:30

National Volunteer Week ~ April 10-16



We salute our volunteers for all they do for us every day, and especially wish to recognize them during **National Volunteer Week**. At the senior center over 100 volunteers help with our program. We could not offer the many opportunities we provide without all of the volunteers who contribute in so many ways.



Appalachian RSVP Retired and Senior Volunteer Program volunteers serve the senior center at the reception desk, teaching classes, and leading and performing with the chorus and line dancers. They provide prescription assistance counseling, insurance counseling, income tax preparation, assistance with maintenance and with the fundraising barbecue. Many senior center volunteers assist as leaders in the clubs and committees meeting here and on the board of directors.

The annual **Recognition Breakfast for the Appalachian RSVP Retired and Senior Volunteer Program** will be Saturday, April 9, at the First Presbyterian Church, Lenoir, Fellowship Hall. The doors will open at 8:30am, and the program will include recognition of the RSVP Volunteer of the Year, door prizes and entertainment. Breakfast will be served. For reservations, call Appalachian RSVP at 754-3000.



MAY 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Knitting Class 9:30-11:30</p> <p><i>Oil Painting, 10-12:00</i> \$20 for 4 classes</p> <p>Caroliners – 1:30-2:30</p>	<p>3</p> <p>Senior Songbirds 9:30</p> <p>Senior Crafters 10:30-12:00</p>	<p>4</p> <p>Movin' & Groovin' 8:00 GetDown&Tone Up 8:30</p> <p>Line Dance Level 1, 10am Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3:00</p> <p>CRIBBAGE, 1-3</p>	<p>5</p> <p>Fun & Friendship Club 9:15-1:00 (Cards and Socializing)</p> <p><i>Lap Quilting</i> \$20 for 4 classes 1:30-3:30</p>	<p>6</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Senior Jammers at Jasper's Place 3:00-4:30</p>
<p>9</p> <p>No Exercise Class Today EXERCISERS GOING TO SENIOR GAMES OPENING CEREMONIES Meet at senior center at 8</p> <p>Knitting Class 9:30-11:30</p> <p><i>Oil Painting, 10-12:00</i></p> <p>Caroliners – 1:30-2:30</p>	<p>10</p> <p>Senior Songbirds 9:30</p> <p>Senior Crafters 10:30-12:00</p> <p>MAH JONG GAMES 2:00-4:00</p>	<p>11</p> <p><i>YOGA</i> 8:00-9:00 </p> <p>NOTE: Line Dance Levels 1 & 2 10:30-11:30</p> <p>GOLF TOURNAMENT <i>At Orchard Hills</i></p> <p>Wood Carving Club 1-3:00 CRIBBAGE, 1-3</p>	<p>12</p> <p>Fun & Friendship Club 9:15-1:00</p> <p>LIVING WILL CLINIC 1:30 Call to sign up, please</p> <p><i>Lap Quilting 1:30-3:30</i></p>	<p>13</p> <p>Groovin' & Moves 8:00</p> <p>CELEBRATION OF LIFE at the CALDWELL COUNTY FAIRGROUNDS 8:30am-1:00pm</p> <p>Senior Jammers at Jasper's 3:00-4:30</p>
<p>16</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Knitting Class 9:30-11:30</p> <p><i>Oil Painting, 10-12:00</i></p> <p>Caroliners – 1:30-2:30</p>	<p>17</p> <p>Senior Songbirds, 9:30</p> <p>Caldwell Retired School Personnel 10:45-12:30</p> <p>Senior Crafters 1-3</p>	<p>18</p> <p>Movin' & Groovin' 8:00 GetDown&Tone Up 8:30</p> <p>Line Dance Level 1, 10am Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3:00</p> <p>CRIBBAGE, 1-3</p>	<p>19</p> <p>Fun & Friendship Club 9:15-1:00 (Cards and Socializing)</p> <p><i>Lap Quilting</i> 1:30-3:30</p>	<p>20</p> <p>Groovin' & Moves 8-9 <i>BloodPressureChecks 9-10</i></p> <p>CPR/AED TRAINING By VA Medical Center 10am-12noon</p> <p>Senior Jammers at Jasper's 3:00-4:30</p>
<p>23</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Knitting Class 9:30-11:30</p> <p><i>Oil Painting, 10-12:00</i></p> <p>Caroliners – 1:30-2:30</p>	<p>24</p> <p>Senior Songbirds 9:30</p> <p>Senior Crafters 10:30-12:00</p> <p>MAH JONG GAMES 2:00-4:00</p>	<p>25</p> <p><i>YOGA</i> 8:00-9:00 </p> <p>Line Dance Level 1, 10am Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3 CRIBBAGE, 1-3</p>	<p>26</p> <p>Fun & Friendship Club 9:15-1:00 (Cards and Socializing)</p> <p><i>Lap Quilting</i> 1:30-3:30</p>	<p>27</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Senior Jammers at Jasper's Place 3:00-4:30</p>
<p>30</p> <p>Memorial Day</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Knitting Class 9:30-11:30</p> <p><i>Oil Painting, 10-12:00</i></p> <p>Caroliners – 1:30-2:30</p>	<p>31</p> <p>Senior Songbirds 9:30</p> <p>Senior Crafters 10:30-12:00</p>	<p>MARK YOUR CALENDARS FOR THESE SPECIAL EVENTS COMING IN JUNE</p> <ul style="list-style-type: none"> • “JUNE WALKING JAMBOREE,” Friday, June 3, 8-11am • Masquerade \$5 Jewelry Sale to benefit Appalachian RSVP, Thursday and Friday, June 2 and 3 • ANNUAL SENIOR CENTER FUNDRAISING BARBECUE Friday, June 10 Make plans to attend and support the senior center. Tickets are \$7. We will need many volunteers that day. Let us know if you can help. <p>LOOK FOR DETAILS IN THE JUNE NEWSLETTER</p>		

CPR AND AED TRAINING Friday, May 20, 10:00-12:00



Staff from the VA Medical Center in Asheville will conduct CPR and AED (Automated External Defibrillators) training at the senior center.

You never know when you might need to know these life saving techniques, and this is a great opportunity to learn. There is no charge for the class.

Veterans or caregivers of veterans are especially invited to attend. Please call to sign up at 758-2883.



CHARITY CLASSIC GOLF TOURNAMENT May 11, 1:00 p.m. at Orchard Hills Golf Club

Organizers of the Charity Classic have designated the proceeds of the tournament to benefit the senior center.

The entry fee is \$50 per person and includes lunch, golf cart, prizes and more. The format is Four (4) Person Captain's Choice.

Entry forms can be picked up at the senior center. Get a foursome, plan to play, and tell your golfing friends about this fun tournament!



THANK YOU



We are grateful for the donations from:

- Trilla Annas*
- Carolyn Taylor*
- Mary Bellinger*
- Nell Rader*
- Lynn Hennessee*
- Shirley Saurage*
- Dorothy Bumgarner*
- Ernest and Peggy Jenkins*
- Betty Mathews*
- June Wilson*
- Mark Starin*
- Sarah Eckard*
- Glenn Byrd in honor of Lorraine Collins*
- Mary Small in appreciation for Cyndi Akins*
- Mary Todd in honor of Evelyn Beam*
- Caldwell County Rotary Club in memory of Con Starin*
- Bill and Vivian Armfield in memory of Con Starin*
- Karen Evans in memory of Cindy Collins Woodcock*
- Doyle Johnson in memory of Frankie Johnson*
- Teet Culbreth in memory of Joe Culbreth*
- Sheila Burns*
- Joycene Dula*
- Zelma Foutz*
- Janet Snodgrass*
- Judy McLean*
- BJ Setzer*
- Betty Mahaffey*
- Ruth Eiholzer*
- Lorraine Collins*
- Raymond Triplett*
- Bart Griffin*
- Wanda Swanson*

New Members


- Pansy Absher
- James Ashley
- Sandra Barlowe
- Nancy Benfield
- Sandra Boone
- Fred Buchanan
- Donna Calloway
- Virginia Chester
- Shirly Craig
- Mickey Davis
- Dana Gullett
- Tessie Gullett
- Earlene Hoyle
- Earl Jenkins
- Dexter Kirby
- Frances Kirby
- Melodie Mathes
- Louise McCrary
- Myra Mercer
- Gail Perkins
- Beverly Salsbury
- William Salsbury
- Vivian Satterwhite
- Charles Scheil
- Fran Scheil
- Ron Sime
- Rebecca Sime
- Charles Suddreth
- Judith Suddreth
- Margaret Thomason
- Ray Walker

NC Donated Dental Services ~ ~ ~ ~ ~
 If you have "major" dental work that needs to be performed, there is a program that may help meet that need. If you call **1-877-650-9001**, they will link you with dentists who have offered to provide service to one or two clients for major dental work at no charge. This is not intended for "routine" dental work, but for major problems in order to help those who otherwise can't afford it.

Get Connected with Senior Community Partners



Senior Community Partners is an outreach service (via e-mail) to interested seniors, senior service providers, churches and anyone interested in learning about resources and current events for seniors in Caldwell County. If you would like to be included on a listserv to receive informative e-mails about senior resources, programs related to senior issues, and senior related "happenings," please call the Senior Center and give us your e-mail address. You may also reply by e-mailing your e-mail address to: **caldwellseniors@gmail.com**
 Your e-mail address will remain confidential and will not be passed along to anyone!



FIT AND STRONG

Mondays, Wednesdays & Fridays, 2-3pm
at the Quest 4 Life Wellness Center

Fit and Strong is an evidence-based exercise program. The class combines flexibility, strength training and aerobic walking with health education for older adults with **lower extremity arthritis**.

The sessions will give you the tools to make a difference in your health and well-being.

The first class filled quickly, and a waiting list was started. Two more sessions are planned from April 4-May 27 and from June 6-July 29. The 8-week classes will be held at the Quest 4 Life Wellness Center, 1031 Morganton Blvd., Lenoir.

There are no fees for these classes. **Please call to register, 758-2883**

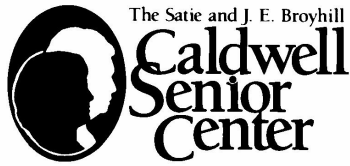
**INFORMATION AND ASSISTANCE
 FOR OLDER ADULTS**

757-8635

Cyndi Akins
 cyndi.akins@caldwellseniorcenter.org

CONTINUING ACTIVITIES/PROGRAMS

- Senior Fun and Friendship Club** - The Fun and Friendship Club meets every Thursday at 9:15 a.m. for socializing and card playing. Card games begin at 9:30, and played regularly are Bridge, Canasta, Skip-Bo, and Phase 10. Join one of these games or start one of your own. Light refreshments are served each week. A covered-dish lunch is scheduled on fifth Thursdays. Club dues are \$15 a year.
- Caldwell Senior Songbirds** - The Senior Songbirds meet from September-May at 9:30 every Tuesday morning. They practice singing together and then go to one of the area nursing homes to entertain the residents. If you enjoy singing with a group and giving joy to others, come join the chorus.
- Movin' & Groovin'** - 8:00-8:30. Low-moderate impact aerobics, great music and moves every Monday, Wednesday, and Friday.
- Smooth Moves** - 8:30-9:00. Class using hand weights and stretch bands to increase strength and flexibility, every Monday and Friday.
- Get Down & Tone Up** - 8:30-9:00. Floor exercises designed to tone and stretch - 1st, 3rd and 5th Wednesdays.
- Yoga** - 8:00-9:00am. Beginner-intermediate Yoga for Seniors, 2nd and 4th Wednesdays
- Line Dancing** - Classes are offered in three levels of pace and difficulty - Level 1, beginners to moderate; Level 2, intermediate to advanced (both on Wednesdays); Caroliners, Level 3 fastest paced and most difficult (on Monday). New beginner basics are taught in the Level 1 class during the months of September and January.
- Billiards** - A table is ready to use 9:00-5:00 Monday-Friday. Make your own games with old friends or come meet new ones.
- Fitness Equipment** - A variety of exercise equipment is available for your use in the Fitness Room of the senior center. Staff will provide training on your first visit; then you can work out at your convenience between 9:00-5:00 Monday-Friday.
- Puzzle Table** - A table is ready with a picture puzzle to put together between 9:00-5:00, Monday-Friday.
- Senior Crafters** - The group meets each Tuesday, usually at 10:30. Crafters teach and learn from each other.
- Brain Games** - Bring friends and join the group for card or board games of your choice. Exercise your brain and have fun too!
- Senior Jammers** - Meet Fridays 3:00-4:30 pm at Jasper's Game and Music Room, 2208 Bill Coffey Rd., Lenoir.



If your address has changed, please call us so we can correct our mailing list—758-2883.

Non-Profit Org.
U. S. Postage Paid
Permit #3
Lenoir NC

Return Service Requested

Post Office Box 933, Lenoir, North Carolina 28645

You are a vital part of the Satie and J. E. Broyhill Caldwell Senior Center! The center strives to continue to provide a linking together of existing community services and resources to meet the needs of Caldwell County's older adults. We want to offer activities and programs that you want to take part in. If you have suggestions, please let us know.

OFFICE HOURS—9:00-5:00 Monday-Friday PHONE 758-2883

Prescription Assistance Center Phone—758-2566

Information and Assistance for Older Adults—757-8635

Fax—758-2348

***Email—office@caldwellseniorcenter.org

Staff: Sharon Berry Executive Director
Cyndi Akins Assistant Director
Barbara Hart Prescription Assistance Specialist
Mary Woods Receptionist/Prescription Assistant
Lorraine Collins Receptionist
Provided by Senior Community Service Employment Program



Participating Agency

SERVICES

S.H.I.I.P. (Seniors Health Insurance Information Program) Volunteers

Staff and volunteers are trained by the S.H.I.I.P. division of the North Carolina Department of Insurance to answer questions about Medicare, Medicare Advantage Plans, and Medicare Prescription Drug coverage. Also, Medicare Supplement policies, and Long Term Care Insurance. Please call for information or an appointment with a counselor – 758-2883.

Blood Pressure Checks Appalachian RSVP Volunteer

A volunteer will be at the senior center on the 3rd Friday of each month from 9:15-10:00 to check blood pressures.

Legal Assistance Legal Aid of North Carolina Morganton Office

Staff from Legal Aid of N. C. Morganton Office comes one Tuesday of the month (as long as annual funding lasts) to make simple wills for persons over age 60 and their spouses. An appointment is necessary. Legal services for civil matters are provided by the Morganton office for seniors who qualify financially. Call us for information 758-2883.

Notary Service Senior Center Staff

We notarize documents such as Living Wills. Please call for an appointment – 758-2883.

Computer/Internet – Computers are available for your use Monday-Friday, 9:00-5:00. One-on-one tutoring is arranged by appointment.

Senior Tar Heel Cards – For people over 60, these cards may be picked up at the senior center to identify you as a senior citizen. Many businesses give discounts to seniors, so ask about their discount policy when you make a purchase.

Senior Meal Sites – There are four congregate meal sites in the County: Koinonia and Martin Luther King Recreation Center in Lenoir, Kings Creek Baptist Church, and Shuford Recreation Center in Granite Falls. Nutrition Services Director for Blue Ridge Community Action is Mary Wright, who can be reached at 754-9085, Ext. 226.

Medication Assistance Program – This program is funded by a grant from the NC Health and Wellness Trust Fund Commission and provides assistance with Medicare Prescription Drug plans and applications to pharmaceutical manufacturers programs. Call 758-2566 for information. Additional support is provided by the Unifour Foundation, a component fund of the North Carolina Community Foundation, and United Way of Caldwell County



Information and Assistance for Older Adults- Call us at 757-8635 for information about services or resources in Caldwell County.

Volunteer Income Tax Assistance (VITA) – Trained Appalachian RSVP volunteers assist with completing Income Tax Returns by appointment. Call 758-2883 for an appointment.

The Satie and J. E. Broyhill Caldwell Senior Center is open to all Caldwell County residents age 60 and better and their spouses. A full schedule of activities is offered five days a week. There are no membership fees, but donations are accepted to support the programs. For more information about any of the activities, classes or programs, give us a call at 758-2883.