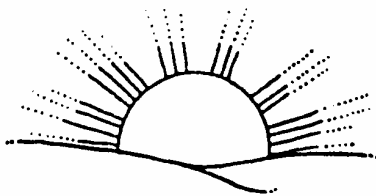


The Prime Times



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

AUGUST-SEPTEMBER 2011



BANANA SPLIT SOCIAL

It is time for one of our favorite traditions, and seniors are invited to come cool off at the Senior Center Ice Cream Shop on **Friday, August 26, from 2:00-3:30pm, suggested donation of \$2.**

We will have a variety of treats to top delicious banana splits. For those on restricted diets, sugar-free and/or fat-free ice cream will be provided.

Be sure to call for reservations – 758-2883!!



Needlework Exhibit

August 22-26, 10:00-4:00



The Needlework and Lap Quilting classes are sponsoring an exhibit of needlecraft from August 22-26. All seniors are invited to bring work to display, and everyone is invited to come by to see all of the creations crafted by the talented artists in the county.

On display will be beautiful quilts, silk ribbon embroidery, cross stitching, knitting, crochet, and much more.

Come by to see the crafts that you can learn in our classes or get some good ideas and inspiration from what others have done.

If you have completed projects at the senior center or on your own and would like to loan them for the display, please let us know.

We will set up the display on Monday, August 22.



Celebrate September, Senior Center Month

COOKBOOK SALE AND TASTING Friday, September 16, 2:00-4:00 pm

Treasured Recipes Volume III from Satie & J. E. Broyhill Caldwell Senior Center was published in 2010 and was a big hit.

We invite the public to come to this Cookbook Sale and Tasting to see the beautiful cookbook and sample some of the special recipes.

The cost is \$20 and, in addition to samples of a variety of foods, will include one copy of the cookbook. This book contains 1,000 recipes from many senior center participants and community friends, and it ranges from old timey to gourmet selections.

If you need a gift for a friend, neighbor, or new bride and groom, this cookbook is a great idea. Additional copies will be for sale for \$15 each.

A limited number of Treasured Recipes Volume II are still available for a special cost of \$10.



**THANK YOU, THANK
YOU!!!**



Much appreciation goes to the participants and volunteers who contributed so much to make our **Annual Barbecue Fundraiser** such a success.

It wouldn't be possible without the "main men," Brett Aldred, Roger Hutchings, Norman Thabit, and Tim Marley who cooked and prepared all of the barbecue for over 700 lunches, as they have done for the past 18 years.

Many thanks to all who helped with this event. We appreciate the many volunteers who work together to make the senior center the best it can be.

We couldn't do it without you!

"RELAY FOR EXTRA HELP"

**With Costs of Medicare Prescription Drug Plans
Tuesday, September 20, 2:00-4:00**

Come learn about the qualifications and benefits of the "Extra Help" program for Medicare Prescription Drug beneficiaries.

The senior center is partnering with NCBAM (North Carolina Baptist Aging Ministry) to spread the word about this program.

Social Security estimates there are over 1,000 people in Caldwell County who qualify for this benefit who have not applied, and we want to reach everyone who could benefit.

Plan to come to learn more about this program. You will need to know your gross income (before deductions) and the amount in bank or retirement accounts. If you own property separate from your house, its value will count as an asset.

If you qualify, we can submit your application.

Refreshments will be served. Call to sign up at 758-2883.

QUALIFICATIONS AND BENEFITS EXTRA HELP FOR COSTS OF PRESCRIPTION DRUG PLANS



Income limits to qualify for Extra Help are:

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

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 come for the September 20 program or call for an appointment, 758-2883.

CRAFT CLASSES

Fall Craft Classes will begin the week of September 5. Sign up will be on the first class of the month. The cost for 4 classes will be \$20.

Oil Painting, Mondays, 10:00-12:00 am
Taught by Marilyn Gragg.



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



SAMPLES OF WORK FROM THESE CLASSES WILL BE ON DISPLAY AT THE SENIOR CENTER. COME BY TO TAKE A LOOK.

Knitting, Mondays 9:30-11:30
Join with the experienced knitters and learn about new projects.



Wood Carving, Wednesdays 1:00-3:00,
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.

BEGINNING LINE DANCE

Wednesdays in September, 10:00 a.m.

To learn Line Dance Beginner Basics, plan to attend the classes at 10:00 Wednesdays in September. In those classes, steps will be taught slowly for beginners. Skills will build in the following months.



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 computer functions by appointment only. Please call for an appointment, 758-2883.



Now What Was I Saying??

Presented by Nicole Reiger-Thomas
Foothills Area Project Manager Western
Carolina Alzheimer's Association

Tuesday, August 30, 1:00pm

Join us for a seminar on learning how your **brain** and **memory** works and ways that you can maintain a healthy brain as you age. This will be a fun, interactive program, and... you may even learn something about yourself. Please plan to come and call 758-2883 to sign up!

"Cooking for One?"

Friday, September 9, 11am

Lenoir Park Southern Assisted Living will be giving you a program and demonstration on "Cooking for One."



Do you cook too much food and end up wasting it? Do you want to have a few creative and tasty meals that can be portioned for one or two?

Well, we can help you out! Come to the **Cooking for One** class and you will enjoy the taste of your efforts. There will be plenty of samples, recipes to take home, and tips to make cooking for one (or two) more economical and easier.

Call to sign up, 758-2883.



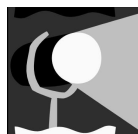
Falls Prevention Program

Friday, September 23, 10am

"Falls Prevention Awareness Day" is **Friday, September 23, 2011**. Recognize and learn about ways to prevent falls by coming to a program at the center.

The number of people who fall with injury is rising. When you look at the statistics for people over 60 and their ability to remain independent after falling, the numbers are downright frightening. Does it worry you to see your friends over 60 who fall, and then have to depend on others for their basic needs?

Well, come to our fall prevention class and learn some basic techniques and ideas that will decrease your risk of falling and help keep you independent longer. Please call to sign up at 758-2883.



LIVING WILL CLINICS

August 11th and September 8th, 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 August and September 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.




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 www.caldwellseniorcenter.org. Thank you!



AUGUST 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Groovin' & Moves 8-9 Knitting Class 9:30-11:30</p> <p>Painting for Fun 10:00-12:00</p> <p>Caroliners – 1:30-2:30</p>	<p>2</p> <p>Senior Crafters 10:30</p> <p><i>Open 9:00-5:00 for Socializing and Exercise</i></p>	<p>3</p> <p>Movin' & Groovin' 8:00 GetDown&Tone Up 8:30</p> <p>Line Dance Level 1&2, 10am</p> <p>Wood Carving Club 1-3</p> <p>CRIBBAGE, 1-3</p>	<p>4</p> <p>Fun & Friendship Club 9:15-1:00 (Card games and Socializing)</p>	<p>5</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Senior Jammers at Jasper's Place 3:00-4:30</p>
<p>8</p> <p>Groovin' & Moves 8-9 Knitting Class 9:30-11:30</p> <p>Painting for Fun 10:00-12:00</p> <p>Caroliners – 1:30-2:30</p>	<p>9</p> <p>Senior Crafters 10:30</p> <p><i>Open 9:00-5:00 for Socializing and Exercise</i></p>	<p>10</p> <p>YOGA 8:00-9:00 </p> <p>Line Dance Level 1&2, 10am</p> <p>Wood Carving Club 1-3</p> <p>CRIBBAGE, 1-3</p>	<p>11</p> <p>Fun & Friendship Club 9:15-1:00</p> <p>LIVING WILL CLINIC 1:30, Sign up please</p> <p>Hearing Evaluations <i>By appointment</i> Call 758-2883 for a time</p>	<p>12</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Senior Jammers at Jasper's Place 3:00-4:30</p>
<p>15</p> <p>Groovin' & Moves 8am Knitting Class 9:30-11:30</p> <p>Painting for Fun 10:00-12:00</p> <p>Caroliners – 1:30-2:30</p>	<p>16</p> <p>Senior Crafters 10:30</p> <p><i>Open 9:00-5:00 for Socializing and Exercise</i></p>	<p>17</p> <p>Movin' & Groovin' 8:00 GetDown&Tone Up 8:30</p> <p>Line Dance Level 1&2, 10am</p> <p>Wood Carving Club 1-3</p> <p>CRIBBAGE, 1-3</p>	<p>18</p> <p>Fun & Friendship Club 9:15-1:00</p> <p>"Sew and Sew Club" 1:30-3:30</p> <p>Hearing Evaluations <i>By appointment</i> Call 758-2883 for a time</p>	<p>19</p> <p>Groovin' & Moves 8am <i>Blood Pressure Check 9-10</i></p> <p>Senior Jammers at Jasper's Place 3:00-4:30</p>
<p>22</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Knitting Class 9:30-11:30</p> <p>Painting for Fun 10:00-12:00</p> <p>Caroliners – 1:30-2:30</p>	<p>NEEDLEWORK EXHIBIT TUESDAY-FRIDAY, 10:00-4:00. STOP IN AND VISIT</p>			<p>26</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>BANANA SPLIT SOCIAL 2:00-3:30, \$2 Make Reservations Please Call 758-2883 to sign up.</p>
<p>29</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Knitting Class 9:30-11:30</p> <p>Painting for Fun 10:00-12:00</p> <p>Caroliners – 1:30-2:30</p>	<p>30</p> <p>Senior Crafters 10:30</p> <p>"Now What Was I Saying?" (Alzheimer's Program) 1pm, Sign up please</p>	<p>31</p> <p>YOGA 8:00-9:00 </p> <p>Line Dance Level 1&2, 10am</p> <p>Wood Carving Club 1-3</p> <p>CRIBBAGE, 1-3</p>	<p> ZUMBA <small>FITNESS</small> Friday, August 19, 8am</p> <p>ZUMBA is the hottest new exercise for all ages! The cardio workout is set to Latin and International music that is sure to make you want to dance! Cheryl Watts, ZUMBA Instructor, will lead the class at the center Friday, August 19, 8-9am.</p>	

**39th Annual Harambee Arts Festival
Senior Citizens Banquet,
Tuesday, August 2nd, 6-8 pm
at the Martin Luther King Center**

Seniors age 60 and better are invited to attend. For more information about this and other Festival events, call the MLK Center 757-2170.

HEARING EVALUATIONS

Thursdays, August 11, and August 18 by appointment





Do you have difficulty hearing normal conversations in noisy environments, have the perception that others are mumbling, difficulty understanding phone conversations, frequently asking others to speak up? If so, you may need a hearing test to learn the severity of your loss, its possible cause, and if there is a solution. An instrument specialist from Miracle Ear will be at the senior center to provide a hearing evaluation for you. Please call 758-2883 to make an appointment.



SEPTEMBER 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SEPTEMBER IS SENIOR CENTER MONTH. This year's theme is "It Happens at My Senior Center. My Life. My Time. My Way." Recognized by the Older Americans Act (OAA) as a community focal point, senior centers have become one of the most widely used services among America's older adults.</p>			1	2
<p>5 Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30 **Oil Painting, 10-12 \$20 for four September classes Caroliners – 1:30-2:30</p>	6 Senior Songbirds 9:30 Senior Crafters 10:30	7 Movin' & Groovin' 8:00 GetDown&Tone Up 8:30 Line Dance Beginners , 10 Line Dance Level 2, 11am Wood Carving Club 1-3:00 CRIBBAGE, 1-3	8 Fun & Friendship Club 9:15-1:00 LIVING WILL CLINIC 1:30 Call to sign up, please **Lap Quilting 1:30-3:30 \$20 for four September classes	9 Movin' & Groovin' 8:00 Smooth Moves 8:30 Cooking for One 11am Sign up 758-2883 ATTRACTING BIRDS TO YOUR FEEDERS 1:30 Sign Up
12 Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30 Oil Painting, 10-12:00 Caroliners – 1:30-2:30	13 Senior Songbirds 9:30 Senior Crafters 10:30 MAH JONG GAMES 2:00-4:00	14 YOGA 8:00-9:00  Line Dance Beginners , 10 Line Dance Level 2, 11am Wood Carving Club 1-3:00 CRIBBAGE, 1-3	15 Fun & Friendship Club 9:15-1:00 (Cards and Socializing) Lap Quilting 1:30-3:30	16 Groovin' & Moves 8-9 <i>BloodPressureChecks 9-10</i> COOKBOOK SALE AND TASTING 2-4, \$20 for cookbook and samples!!! Senior Jammers at Jasper's 3:00-4:30
19 Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30 Oil Painting, 10-12:00 Caroliners – 1:30-2:30	20 Senior Songbirds 9:30 Caldwell Retired School Personnel 10:45-12:30 *Relay for Extra Help 2:00-4:00	21 Movin' & Groovin' 8:00 GetDown&Tone Up 8:30 Line Dance Beginners , 10 Line Dance Level 2, 11am Wood Carving Club 1-3 CRIBBAGE, 1-3	22 Fun & Friendship Club 9:15-1:00 Lap Quilting 1:30-3:30 Council On Aging Meeting Open to the Public 2:00-3:00 Call to sign up please	23 Movin' & Groovin' 8:00 Smooth Moves 8:30 Falls Prevention Program, 10am Sign up, 758-2883 Senior Jammers 3:00-4:30
26 Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30 Oil Painting, 10-12:00 Caroliners – 1:30-2:30	27 Senior Crafters 10:30 MAH JONG GAMES 2:00-4:00	28 YOGA 8:00-9:00  Line Dance Beginners , 10 Line Dance Level 2, 11am Wood Carving Club 1-3 CRIBBAGE, 1-3	29 Fun & Friendship Club 5th Thursday Covered Dish Lunch 9:15-1:00 (Cards and Socializing) Lap Quilting 1:30-3:30	30 Movin' & Groovin' 8:00 Smooth Moves 8:30 Senior Jammers at Jasper's Place 3:00-4:30



Sunday, September 11, 2011
~National Grandparent's Day~

Are you a grandparent raising your grandchild? If so, you are invited to come to Bo's Family Entertainment in Lenoir from 1-4pm to share the afternoon with your grandchildren! Cost is \$10 and includes pizza and unlimited play. Many local agencies will be available with information to share with you regarding issues related to raising grandchildren. Included are: legal, medical care, counseling, financial help, school, emergency assistance and more. This invitation is shared with you from **GRASP (Grandparents Relatives Advocacy Support Partnership)**. For more information call the Senior Center, 758-2883.

ATTRACTING BIRDS TO YOUR BACK-YARD FEEDER

Friday, September 9, 1:30pm

A most enjoyable fall and winter activity is watching all the beautiful birds that come to your feeders. Walt Kent, who is a member of the Caldwell Bird and Wildflower Club, has sixty years experience attracting birds to his feeders, and he often has twenty species. He will tell us about the type of food, feeders, and cover to bring the biggest variety and most desirable birds to your yard. Sign up for this program by calling 758-2883.



THANK YOU



Lyndal Davis
Joycene Dula
Judi Sale
Bil and Gen Phillips
Jack and Ramona Thompson
Jack and Jodie Michie in honor of the Movers & Groovers Class
Louise Wrike in honor of Dot Little

SPONSOR A DAY AT THE SENIOR CENTER

A donation of \$25 will sponsor a day at the senior center. This donation supports our programs and services, which are provided to seniors at no cost. It also helps with the cost of printing and mailing newsletters every other month.

As a private-not-for-profit agency, we depend greatly on donations from friends and participants to operate the senior center.

We welcome Honorariums or Memorials, and we notify the honoree or family members of your gift.

We sincerely thank you for your support!



2011 UNIFOUR SENIOR GAMES

CONGRATULATIONS TO UNIFOUR SENIOR GAMES PARTICIPANTS AND MEDALISTS

**who competed in the 2011 Unifour games.
Many who earned Gold medals will represent us in the state games in September.**

We wish you great success!!!

**Pictures of the Unifour Senior Games are at
www.facebook.com/unifourseniorgames**



New Members

Harold Austin	James Coffey	Phyllis Hedrick
Roberta Blinson	Jeanne Combs	Jr. Moore
Delphia Bright	Nancy Craig	Rita Powell
Mary Bryant	Patricia Curtin	Vickie Swanson
Joe Cable	Paul Curtin	Jackie Ward
Phillip Carter	Barbara Depew	Jim Ward
Jane Carver	Mildred Fields	Jerry Wheatley
Linda Clark	Linda Greene	Sherry Wheatley
Rita Clark	Ronald Greene	Carolyn Winkler
Esther Coffey	Carolyn Harris	



NEW!! Alzheimer's Association Caregiver Support Group

Location: Caldwell County Library
120 Hospital Avenue, NW, Lenoir

Date/Time: 4th Mondays, 3:00 p.m.

Contact Information: 1-800-272-3900

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!

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.

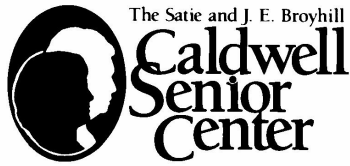
Fitness Equipment - A variety of exercise equipment is available for your use in the Fitness Room of the senior center. Staff will provide training on your first visit; then you can work out at your convenience between 9:00-5:00 Monday-Friday.

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

A Caldwell County



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 Office of Rural Health 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.

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.