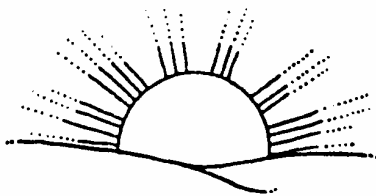


The Prime Times



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

DECEMBER 2010-JANUARY 2011



ANNUAL ENROLLMENT PERIOD FOR MEDICARE PRESCRIPTION DRUG PLANS NOVEMBER 15- DECEMBER 31, 2010

The Medicare Prescription Drug coverage annual election period provides current Medicare beneficiaries with one opportunity each year (between November 15 and December 31) to select a new prescription drug plan.

If you did not sign up for a drug plan or if your plan doesn't cover all the medicines you are currently taking, you now have the opportunity to enroll in new or different plan. If you want to stay in your current Medicare Prescription Drug Plan, you do not have to do anything.

Our staff can help you to find the best plan to fit your needs by using the Medicare website to compare the plans. You will need to list all of your medicines on a form we can provide. Once your comparison is complete, we will make an appointment to explain it and enroll you in the plan of your choice.

For assistance, come by the senior center Monday-Friday, 9-5 to complete the form needed and leave it with us. We will call you when we have your comparison.

Medicare Rx Drug Plan Clinics will be offered on Tuesdays at 1:30 from November 16 through December 14 for people who have had comparisons done.

CHRISTMAS KARAOKE and Party!

Friday, December 17
2:00pm-4:00pm



Teresa Braswell, Karaoke expert, will be with us to help celebrate Christmas this year! You can pick your holiday favorite from her collection and she'll play the recorded back-up music while the words to the song appear on a screen for you to follow along and sing.

You can perform as a solo or with others. Teresa is always ready to sing along and get you started.

Refreshments will be served. Please plan to attend and bring a friend.

Call to sign up, 758-2883!



DRAMA CLUB

If you are interested in joining a senior drama club, please call and let us know, 758-2883!

 Centers for Medicare & Medicaid Services

EXTRA HELP FOR COSTS OF PRESCRIPTION DRUG PLANS

Income limits to qualify for Extra Help are:

Individual, \$16,245 Couple, \$21,855

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

Individual, \$12,510 Couple, \$25,010

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 time—758-2883.



LIVING WILL CLINICS December 9th and January 13th, 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 December and January 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 so we will know how many to plan on, 758-2883.

MEDICARE MADE CLEAR

Educational Seminar

Friday, January 21, 10:30 am

For people who are new to Medicare, soon-to-be-eligible, or those who just want to learn more about the program, plan to attend this presentation.

The seminar will answer important questions like:

1. When am I eligible?
2. Do I want only Original Medicare (Parts A and B)?
3. What are the differences between Original Medicare with (or without) a Prescription Drug Plan (Part D) or Medicare Advantage Plan (Part C)?
4. If I get a Medicare Advantage plan, do I want it with or without prescription drugs?
5. When can I sign up for Medicare?

The information in "Medicare Made Clear" helps individuals determine the option that is best for them.

Refreshments will be served. Please call to sign up if you plan to attend—758-2883.

CRAFT CLASSES

Craft Classes will continue this winter. 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



Come see the Cathedral Window purse on display. Sign up to learn how it is made.

Knitting, Mondays 9:30-11:30 am,
taught by volunteer Susan Helton.

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



Senior Crafters

Tuesdays (see calendar for times)

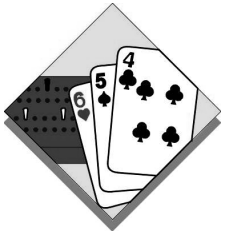
Meeting every Tuesday, the Senior Crafters work on a variety of projects, which they plan and lead.

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 anytime.

They are sure to have some great Christmas ideas for December!



CRIBBAGE & MAH JONG GAMES



CRIBBAGE
Wednesdays, 1-3pm

MAH JONG
2nd and 4th Tuesdays, 2-4pm



Please call us if you plan to join in either game and/or help others learn, 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 computer functions by appointment only. Call us at 758-2883 if you want to arrange an appointment.



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.

- 2 -



FIT AND STRONG

Mondays, Wednesdays & Fridays beginning February 7th, 11:00am 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 behavior change for older adults with **lower extremity arthritis**. Classes will be held at the Quest 4 Life Wellness Center, 1031 Morganton Blvd., Lenoir. Cost for class is \$10. **Please call to register, 758-2883.**

NCBAM!

North Carolina Baptist Aging Ministry is a Christian resource for seniors and their families.

The ministry focuses on providing referrals and information, on connecting seniors and their families with resources to meet needs, and on coordinating practical ministries.

NCBAM seeks to enable seniors to maintain independence and quality life. **NCBAM** works with Baptist churches and associations to meet spiritual and physical needs. This is accomplished through partnerships with existing ministries and by the creation of Care Teams.

The **NCBAM toll free Call Center, 1-877-506-2226**, can be used by any senior age 65+ from all over North Carolina. For more information about NCBAM, please come to a program on **Friday, January 14 at 10am**.

If interested in participating in a Care Team, please mark your calendar for a training on **Friday, January 28 at 10am**.



SHORT TERM REHABILITATION PLANNING

What is **short term rehab**?

When might I need **short term rehab**?

What are my **short term rehab** placement options?

How do I pay for **short term rehab**?

Does Medicare pay for **short term rehab**?

We invite you to learn more about short term rehabilitation services on **Friday, January 7, 10am**.

Please call if you plan to attend, 758-2883.

Senior Jam Sessions

Several local jammers have been meeting for pickin' and singin' together, and you are invited to join in! **Jasper Reese** has graciously opened his Game & Music Room to those interested in makin' some music on **Fridays from 3-4:30 pm**.



If interested, please call Jasper at (828) 728-4848. Jasper's home is located at 2208 Bill Coffey Road, Lenoir. You may call the senior center for more information, 758-2883.

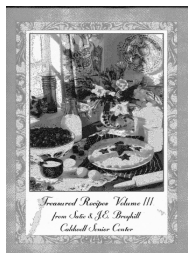




DECEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Movin' & Groovin' 8:00 GetDown &Tone Up 8:30</p> <p>Line Dance Level 1, 10am Line Dance Level 2, 11am Wood Carving Club 1-3</p> <p>CRIBBAGE, 1-3</p>	<p>2</p> <p>Fun & Friendship Club 9:15-1:00 (Card games and Socializing)</p> <p>Lap Quilting and Purse Making 1:30-3:30 \$20 December classes</p>	<p>3</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Senior Jammers at Jasper's Place 3:00-4:30</p>
<p>6</p> <p>Healthy Living Class 6</p> <p>Groovin' & Moves 8-9 Knitting Class 9:30-11:30</p> <p>Caroliners – 1:30-2:30</p>	<p>7</p> <p>Senior Songbirds 9:30</p> <p>Senior Crafters 10:00-12:00</p> <p>MEDICARE Rx DRUG CLINIC 1:30 By Appointment</p>	<p>8</p> <p>YOGA 8:00-9:00 </p> <p>Line Dance Level 1, 10am Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3</p> <p>CRIBBAGE, 1-3</p>	<p>9</p> <p>LIVING WILL CLINIC 1:30 Call to sign up, please</p> <p>Fun & Friendship Club 9:15-1:00</p> <p>Lap Quilting 1:30-3:30</p>	<p>10</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Senior Jammers at Jasper's Place 3:00-4:30</p>
<p>13</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Knitting Class 9:30-11:30</p> <p>Caroliners – 1:30-2:30</p>	<p>14</p> <p>Senior Songbirds 9:30</p> <p>Senior Crafters 10:00-12:00</p> <p>MAH JONG GAMES 2:00-4:00</p> <p>MEDICARE Rx DRUG CLINIC 1:30 By Appointment</p>	<p>15</p> <p>Movin' & Groovin' 8:00 GetDown &Tone Up 8:30</p> <p>Line Dance 1&2, 10:30am Christmas Party 11:30am</p> <p>Wood Carving Club 1-3</p> <p>CRIBBAGE, 1-3</p>	<p>16</p> <p>Fun & Friendship Club 9:15-1:00 (Card games and Socializing)</p> <p>Lap Quilting 1:30-3:30</p>	<p>17</p> <p>Groovin' & Moves 8am Christmas Party 8:30am <i>Blood Pressure Check 9-10</i></p> <p>Christmas Karaoke 2-4pm Senior Jammers at Jasper's Place 3-4:30</p>
<p>20</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Knitting Class 9:30-11:30</p> <p>Caroliners – 1:30-2:30</p>	<p>21</p> <p>Senior Songbirds 9:30</p> <p>Senior Crafters & Christmas Party 10:00-12:00</p> <p>MEDICARE Rx DRUG CLINIC 1:30 By Appointment</p>	<p>22 23 24</p> 		
<p>27</p> <p>CLOSED for the HOLIDAYS</p>	<p>28</p> <p>CLOSED for the HOLIDAYS</p>	<p>29</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</p> <p>CRIBBAGE, 1-3</p>	<p>30</p> <p>Fun & Friendship Club 9:15-1:00 (Card games and Socializing)</p> <p>Lap Quilting 1:30-3:30</p>	<p>31</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Senior Jammers at Jasper's Place 3-4:30</p>



**Treasured Recipes
Volume III Cookbooks!
On Sale Now, \$15**

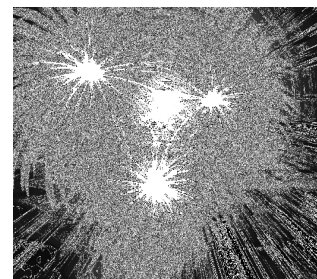
The newest edition of Treasured Recipes includes 1,000 tried and true favorites from senior center participants and friends. Including dishes from down-home to gourmet, this cookbook will make a terrific gift for friends, family and neighbors. Everyone would appreciate it for Christmas or birthday, and it would be a great wedding gift. Come by the center and pick up your copies.

“GLOW” Calendars 2011 Good Looking Older Women

If you are in the calendar, or even if you missed the photo shoots, you will want a copy of this calendar picturing ladies from the senior center. (Good Looking Ones!!!)

The calendars will sell for **\$15** each or two for **\$25**. In addition to the pictures, they have a large appointment page for each month.

Get yours while the supply lasts.







JANUARY

2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</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 January classes</p> <p>Caroliners – 1:30-2:30</p>	<p>4</p> <p>Senior Songbirds 9:30</p> <p>Senior Crafters 10:30-12:00</p>	<p>5</p> <p>Movin' & Groovin' 8:00 GetDown&Tone Up 8:30</p> <p>Line Dance Beginner Basics, 10-10:45 Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3:00</p> <p>CRIBBAGE, 1-3</p>	<p>6</p> <p>Fun & Friendship Club 9:15-1:00 (Cards and Socializing)</p> <p><i>Lap Quilting and Purse Making 1:30-3:30</i> \$20 January classes</p>	<p>7</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>Short Term Rehab 10:00am</p> <p>Senior Jammers at Jasper's Place 3:00-4:30</p>
<p>10</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>11</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>12</p> <p><i>YOGA 8:00-9:00</i></p> <p>Line Dance Beginner Basics, 10-10:45 Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3:00</p> <p>CRIBBAGE, 1-3</p>	<p>13</p> <p>Fun & Friendship Club 9:15-1:00 (Cards and Socializing)</p> <p>LIVING WILL CLINIC 1:30 Call to sign up, please</p> <p><i>Lap Quilting 1:30-3:30</i></p>	<p>14</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>NCBAM! (NC Baptist Aging Ministry) 10:00 am (see page 2) Please call to sign up.</p> <p>Senior Jammers at Jasper's 3:00-4:30</p>
<p>17</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>18</p> <p>Senior Songbirds 9:30</p> <p>Senior Crafters 10:30-12:00</p> <p>"No Reservations" Movie 2:00-4:00 See Below</p>	<p>19</p> <p>Movin' & Groovin' 8:00 GetDown&Tone Up 8:30</p> <p>Line Dance Beginner Basics, 10-10:45 Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3:00</p> <p>CRIBBAGE, 1-3</p>	<p>20</p> <p>Fun & Friendship Club 9:15-1:00 (Cards and Socializing)</p> <p>Ancestry.com (at the County library) 11:00 am. See below</p> <p><i>Lap Quilting 1:30-3:30</i></p>	<p>21</p> <p>Groovin' & Moves 8-9 <i>Blood Pressure Checks 9-10</i></p> <p>MEDICARE MADE CLEAR—10:30 am Please call 758-2883 to sign up.</p> <p>Senior Jammers at Jasper's 3:00-4:30</p>
<p>24</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>25</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>26</p> <p><i>YOGA 8:00-9:00</i></p> <p>Line Dance Beginner Basics, 10-10:45 Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3:00</p> <p>CRIBBAGE, 1-3</p>	<p>27</p> <p>Fun & Friendship Club 9:15-1:00 (Cards and Socializing)</p> <p><i>Lap Quilting 1:30-3:30</i></p>	<p>28</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>NCBAM! Care Team Training 10:00 am (see page 2) Please call to sign up.</p> <p>Senior Jammers at Jasper's</p>
<p>31</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></p> <p>Line Dance Beginner Basics will be taught in the January classes at 10 on Wednesdays. If you want to learn line dance, be sure to come for the Beginner Basics in January.</p> <p></p>			



Movie, "No Reservations" Tuesday, January 18, 2:00-4:00pm

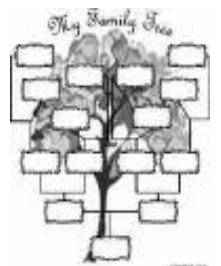
Achieving balance in one's life can be a difficult process, but Catherine Zeta-Jones leads a regimented, very ordered existence running the kitchen of an exclusive restaurant and revels in the sense of power and control her career affords.

Her life is completely and suddenly turned upside down when her 9-year old niece comes to live with her. Aaron Eckhart, a fun-loving, opera-singing sous chef enters the scene and brings a clashing, yet nice chemistry between he and Catherine.

Join us as we watch this romantic comedy. Popcorn and hot chocolate will be served! Call if you plan to attend, 758-2883.

Ancestry.com

Computer Genealogy Research
Thursday, January 20, 11:00 am



The Caldwell County Public Library is pleased to offer an introductory course for new users of Ancestry.com.

Students will learn to use this powerful genealogy resource to find census records, birth records, marriage records, death records, military records and more.

Join us as we go on a treasure hunt through your family's past. Remember to bring a family tree or any family research that you have already done.

(This class requires some computer experience or completion of the library's Beginning Computers class. Alternatively, you may bring a friend or family member who has computer experience to help you.)

Ancestry.com will be taught in the computer lab at the Caldwell County Library on Hospital Avenue in Lenoir. Seats are limited, so be sure to call us at 758-2883 by January 6 to reserve your space. After that the class will be publicized to the public.



THANK YOU

We are grateful for the donations from:

- Rosa Greene*
- Bush and Associate*
- Ina Martin*
- Elizabeth Dula*
- Lillian Turnmire*
- Larry Bryant*
- Stevens Family Foundation*
- Walter and Sonja Howell in honor of Cyndi Akins*
- Dora Lee Caudle in honor of Logan Arnold*
- Jack and Jodie Michie in honor of Movers and Groovers*
- Linda Phipps in honor of Joanna Phipps*
- Jerry McFelea in honor of Mary Woods*
- Sheila Burns in memory of Elaine Klipfel Story*
- Fun and Friendship Club in memory of Elaine Klipfel Story*
- Barbara Lowman in memory of Elaine Klipfel Story*
- Larry Crouch in memory of Linda Crouch*
- Linda Phipps in memory of Ferne, Emmett and Paul*
- Fun and Friendship Club in memory of Marjorie Pringle*
- Eddie and Judy McLean in memory of John Roy and Gladys Andrews*

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.

Thank you for your support of the programs of the senior center.



Legal Aid of North Carolina SENIOR LEGAL HELPLINE

Serving those who are 60 years of age or older.

You can call an attorney by telephone for information and advice about legal questions in civil (non-criminal) matters:

1-877-579-7562 (toll-free)

Intake hours for callers:

9:00am-11:00am

1:00pm-3:00pm

Monday-Friday

New Members

- | | | |
|-------------------|-------------------|-------------------|
| Grace Arnold | Wanda Clark | Steve Parrish |
| Ed Benfield | Sharon Cushing | Margaret Parson |
| Brenda B. Bentley | Libby Edwards | Charlotte Powell |
| Margaret Bentley | Robert Gibbons | Robert Powell |
| Edith Bivens | Rosa Greene | Dare Pruette |
| Grace Arnold | David Guera | Charlie Shatley |
| Ed Benfield | Betty Jean Helton | Carol Smith |
| Brenda B. Bentley | Chuck Helton | Mildred Smith |
| Margaret Bentley | Betty Kanipe | Wade Stamey |
| Edith Bivens | Shari Kidd | Becky Stevens |
| Irene Brown | Karen King | Gwyn Sullivan |
| Shelva Bryant | Mary Kiziah | Carolyn Sullivan |
| Marilyn Caldwell | Martha McGee | Carolyn Taylor |
| Linda Campbell | Helen L. Ollis | Clyde Whittington |
| Benny Clark | Carol Parrish | Beverly Wood |

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 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 (January 31, May 29, July 31, and October 30). Club dues are \$12 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. Toning and stretching using small 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.

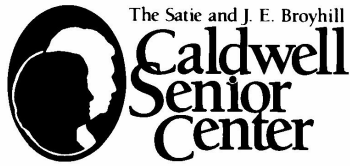
Fitness Equipment - A variety of exercise equipment is available for your use in the Fitness Room of the senior center. Staff will provide training on your first visit; then you can work out at your convenience between 9:00-5:00 Monday-Friday.

Puzzle Table - A table is ready with a picture puzzle to put together between 9:00-5:00, Monday-Friday.

Senior Crafters - Meet 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.

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.