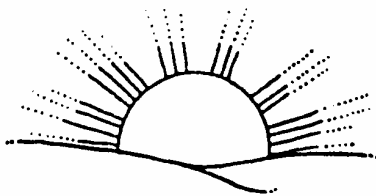


# The Prime Times



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

JUNE 2011-JULY 2011



## KARAOKE !!! Friday, July 8, 2:00-4:00

Teresa Braswell, Karaoke expert, will lead us in Karaoke on Friday, July 8, from 2:00-4:00. Teresa has over 1,000 songs and is going to bring them and her equipment to the senior center so everyone can take part in this fun entertainment.

Pick your favorite song from the ones in her collection. She will play recorded backup music while the words to the song show on a screen, so you can follow along.

Perform as a solo, duet or group. Teresa will sing with you to get you started. She also invites singers who want to practice to visit her. The equipment is always set up and ready to use at her home. Please sign up for the fun and entertainment—758-2883.

## 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.



## TREASURED RECIPES VOLUME III COOKBOOKS ARE STILL AVAILABLE! COST \$15

Here is a recipe that you are  
sure to enjoy this summer.

### FRESH PEACH DESSERT

6 cups sliced fresh peaches mixed with a little sugar  
and set aside

1 (8 oz.) container sour cream

3/4 cup XXXX (powdered) sugar

1 angel food cake, cut in bite size pieces

1 (16 oz.) container peach pie glaze

Mix Cool Whip, sour cream, and powdered sugar. Add angel food cake pieces. Mix 3 cups peaches with the peach pie glaze. Alternate layers of the cake mixture and peaches. Top with remaining 3 cups peach mixture.

Blueberries or strawberries could be used instead of peaches. Page 363 of the cookbook.

A specialty of Sheila Burns

## BBQ LUNCH



It is barbecue time again! Brett Aldred and Roger Hutchings will be slow cooking their delicious barbecue for us on **Friday, June 10.**

Enjoy a lunch of barbecue, coleslaw, baked beans, and a roll for a \$7 donation to the senior center. Senior center board members, staff, volunteers and friends will be serving from 12 noon-1:30.

Tickets may be purchased in advance at the senior center or at the door. You may eat here, or pick up lunches to take out. We will have curb service at the sunroom for people who want to drive by for pickup.

Delivery can be arranged for businesses ordering 10 or more lunches. Call us at 758-2883 by June 3 to place a group order.

Join us for a great day with wonderful food, visiting with friends, and support the senior center at the same time.



All proceeds support the programs of the senior center.

We look forward to seeing you at this  
**18th Annual Event!**

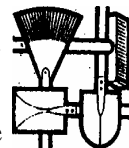
## CAROLINA CROSS CONNECTION

For four weeks every summer, Methodist youth from across the Southeast gather at Camp Carolwood for a summer mission of helping those in need.



Working in teams, these young volunteers help others who need assistance with light construction, painting, yard work, or general house cleaning.

The senior center will be a contact point for Carolina Cross Connection in Caldwell County. If you need their services, call us and we will take your information to pass on to the camp directors. Our number is **758-2883.**



When you call, please be prepared to give us directions to your home so we can tell the volunteers, who are visitors to the area, how to find you.



## Operation Fan/Heat Relief

Each year Duke Power provides funds to purchase fans for people **over age 60 or disabled who have no other means of cooling and whose health and well being is threatened by hot weather.**

These fans were delivered early this year, and we have been distributing them. If you qualify, check with us at 758-2883 to see if we have fans left. They will be distributed on a first come, first served basis.

## CRAFT CLASSES



Craft Classes will continue this summer.

**Oil Painting for Fun**, Mondays, 9:30-12:00

Bring your project and paint with other artists this summer.

**Knitting**, Mondays 9:30-11:30 am



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



## SEW AND SEW CLUB

Quilters and Needlecrafters are invited to come on the third Thursday during the summer to visit with each other and share projects. They meet from 1:00-3:00 in the multi-purpose room, where large tables are available for laying out quilts.

Jeanne Enloe will lead the group and offer advice if needed. Quilters and Needleworkers are encouraged to exhibit in the Needlework Show, which will be held August 15-19 and ends with the annual Banana Split Social on the 19th at 2:00 p.m.



## 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.



## LINE DANCE SUMMER SCHEDULE

The Wednesday classes will be combined into one **Beginner/Intermediate** class from 11:00-12:00. A **new class for Beginner Basics** will begin in September



## 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.



## “Organ Donation-the Gift of LIFE”

*How do I Become a Donor?\**

*What organs and tissues can I donate?*

*Is there an age limit for donation?*

*Is there any cost to my family if I am a donor?*

*Can I be a donor if I have (or have had) cancer?*

Get answers to these questions and more, on **Friday, July 29 at 10a.m.** Carolina Donor Services is a not-for-profit, federal organization that educates and serves the public with issues related to organ and tissue donation. Please plan to join us as we learn about the options available to us. Please call to register, 758-2883.



## LIVING WILL CLINICS June 9th and July 14th, 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 June and July 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.

## Dental Health and Dry Mouth Friday, July 22, 10am



Dry mouth is an all too common condition among older adults that can result in rampant tooth decay if gone unchecked. Seniors are particularly prone to dry mouth because many medications they take dry out the mouth. It is a problem that can decrease your appetite, crimp your social life, even cause cavities, and unfortunately it's not talked about much.

Brenda Hartley-Ronkin, Dental Hygiene Instructor will be with us to talk about things older adults can do to improve their dental health and prevent dry mouth.

Please call to sign up for this program on **Friday, July 22 at 10:00 a.m.**

## facebook CLASS Thursday, July 7, 1:00-3:00

Have you joined Facebook and want to know more about how to use it? Or do you want to join to connect with friends and family?

Plan to come to a class taught by Loes Moore to learn all about Facebook. Loes is a wonderful dynamic teacher, and everyone loves her classes. The cost is \$10 per person. Class size is limited so 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](mailto: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](http://www.caldwellseniorcenter.org). Thank you!



# JUNE 2011



## Father's Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Masquerade \$5 Jewelry and Accessories Sale</b></p> <p>Sponsored by Appalachian RSVP</p> <p><b>Wednesday, June 1st, 10:00 am—6:30 pm</b>  <b>Thursday, June 2nd, 7:00 am – 2:00 pm</b></p> <p><b>Comfort Inn, 970 Blowing Rock Blvd., Lenoir</b>            Proceeds Benefit The Retired and Senior Volunteer Program, a United Way Agency</p>		<p><b>1</b></p> <p>Movin' &amp; Groovin' 8:00 GetDown&amp;Tone Up 8:30</p> <p>Line Dance Level 1&amp;2 11:00-12:00</p> <p>Wood Carving Club 1-3</p> <p>CRIBBAGE, 1-3</p>	<p><b>2</b></p> <p>Fun &amp; Friendship Club 9:15-1:00 (Card games and Socializing)</p>	<p><b>3</b></p> <p><b>JUNE JAMBOREE</b>  <b>Broyhill Walking Park</b>  <b>8am-11am</b></p>  <p>Jammers at Jasper's, 3pm</p>
<p><b>6</b></p> <p>Groovin' &amp; Moves 8-9 Knitting Class 9:30-11:30</p> <p><b>Oil Painting for Fun</b>  <b>10:00-12:00</b></p> <p>Caroliners – 1:30-2:30</p>	<p><b>7</b></p> <p><b>Senior Crafters</b>  <b>10:00</b></p> <p><i>Open 9:00-5:00 For Socializing And Exercise</i></p>	<p><b>8</b></p> <p><b>YOGA</b>  <b>8:00-9:00</b> </p> <p>Line Dance Level 1&amp;2 11:00-12:00</p> <p>Wood Carving Club 1-3</p> <p>CRIBBAGE, 1-3</p>	<p><b>9</b></p> <p>Fun &amp; Friendship Club 9:15-1:00</p> <p><b>LIVING WILL CLINIC</b>  <b>1:30</b>  <b>Call to sign up please</b></p>	<p><b>10</b></p>  <p><b>ANNUAL BBQ FUNDRAISER</b>            12 noon - 1:30pm  <b>TICKETS \$7.00</b>            ** Details on Page 1</p>
<p><b>13</b></p> <p>Groovin' &amp; Moves 8am Knitting Class 9:30-11:30</p> <p><b>Oil Painting for Fun</b>  <b>10:00-12:00</b></p> <p>Caroliners – 1:30-2:30</p>	<p><b>14</b></p> <p><b>Senior Crafters</b>  <b>10:00</b></p> <p>MAH JONG 2-4pm</p>	<p><b>15</b></p> <p>Movin' &amp; Groovin' 8:00 GetDown&amp;Tone Up 8:30</p> <p>Line Dance Level 1&amp;2 11:00-12:00</p> <p>Wood Carving Club 1-3</p> <p>CRIBBAGE, 1-3</p>	<p><b>16</b></p> <p>Fun &amp; Friendship Club 9:15-1:00 (Card games and Socializing)</p> <p><b>"Sew and Sew" Club</b>  <b>1:00-3:00</b></p>	<p><b>17</b></p> <p>Groovin' &amp; Moves 8am</p> <p><b>Blood Pressure Checks</b>  <b>9:00-10:00</b></p> <p>Senior Jammers at Jasper's Place 3:00-4:30</p>
<p><b>20</b></p> <p>Movin' &amp; Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30</p> <p><b>Oil Painting for Fun</b>  <b>10:00-12:00</b></p> <p>Caroliners – 1:30-2:30</p>	<p><b>21</b></p> <p><b>Senior Crafters</b>  <b>10:00</b></p> <p><i>Open 9:00-5:00 For Socializing And Exercise</i></p>	<p><b>22</b></p> <p><b>YOGA</b>  <b>8:00-9:00</b> </p> <p>Line Dance Level 1&amp;2 11:00-12:00</p> <p>Wood Carving Club 1-3</p> <p>CRIBBAGE, 1-3</p>	<p><b>23</b></p> <p>Fun &amp; Friendship Club 9:15-1:00 (Card games and Socializing)</p> <p><i>Open 9:00-5:00 For Socializing And Exercise</i></p>	<p><b>24</b></p> <p>Movin' &amp; Groovin' 8:00 Smooth Moves 8:30</p> <p>Senior Jammers at Jasper's Place 3:00-4:30</p>
<p><b>27</b></p> <p>Movin' &amp; Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30</p> <p><b>Oil Painting for Fun</b>  <b>10:00-12:00</b></p> <p>Caroliners – 1:30-2:30</p>	<p><b>28</b></p> <p><b>Senior Crafters</b>  <b>10:00</b></p> <p>MAH JONG 2-4pm</p>	<p><b>29</b></p> <p>Movin' &amp; Groovin' 8:00 GetDown&amp;Tone Up 8:30</p> <p>Line Dance Level 1&amp;2 11:00-12:00</p> <p>Wood Carving Club 1-3</p> <p>CRIBBAGE, 1-3</p>	<p><b>30</b></p> <p>Fun &amp; Friendship Club 5th Thursday Covered Dish Lunch 9:15-1:00 (Cards &amp; Socializing)</p> <p><i>Open 9:00-5:00 For Socializing And Exercise</i></p>	

### "JUNE WALKING JAMBOREE"

**Friday, June 3, 8 am to 11 am, T.H. Broyhill Walking Park, Lenoir**



This year's **11<sup>th</sup> Annual "June Walking Jamboree"** is scheduled for **Friday, June 3 from 8am to 11am** and is for seniors ages 55 and better! The T.H. Broyhill Walking Park will be the perfect location again for this fun event. You may register ahead of time at the Senior Center by calling 758-2883. You may also register at the park beginning at **8am on Friday, June 3**. Come join in and start your walk any time between 8:00 and 11:00






This event is sponsored by American Red Cross, Caldwell Community College, Caldwell County Health Department, Caldwell Memorial Hospital, Holiday Foods, Lenoir Park Southern Assisted Living, Quest 4 Life Wellness Center, ResCare HomeCare, Caldwell Senior Center and many more.

Please plan to come for **FREE** incentives and **FREE** fun for everyone!



# JULY 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 				<b>1</b> Movin' & Groovin' 8:00 Smooth Moves 8:30  Senior Jammers at Jasper's Place 3:00-4:30
<b>4</b> <b>CLOSED FOR THE HOLIDAY</b>  Have a happy 	<b>5</b> <b>Senior Crafters</b> 10:00  <i>Open 9:00-5:00            For Socializing            And Exercise</i>	<b>6</b> Movin' & Groovin' 8:00 GetDown&Tone Up 8:30  Line Dance Level 1 & 2 11:00-12:00  Wood Carving Club 1-3  CRIBBAGE, 1-3	<b>7</b> Fun & Friendship Club 9:15-1:00  <b>"FACEBOOK"</b> Learn how to use the Internet Social Networking site with Loes Moore 1:00-3:00, Cost \$10 Call to Sign Up	<b>8</b> Movin' & Groovin' 8:00 Smooth Moves 8:30  <b>KAROKE!!!</b> 2:00-4:00 Call to sign up please  Jammers at Jasper's 3:00-4:30
<b>11</b> Movin' & Groovin' 8:00 Smooth Moves 8:30  Knitting Class 9:30-11:30  <b>Oil Painting, 10-12:00</b>  Caroliners – 1:30-2:30	<b>12</b> <b>Senior Crafters</b> 10:00  MAH JONG GAMES 2:00-4:00  <b>Pre-register for AARP            Driver Safety Program</b>	<b>13</b> <b>YOGA</b>  8:00-9:00  Line Dance Level 1 & 2 11:00-12:00  Wood Carving Club 1-3:00  CRIBBAGE, 1-3	<b>14</b> Fun & Friendship Club 9:15-1:00  <b>LIVING WILL CLINIC</b> <b>1:30</b> Call to sign up, please	<b>15</b> Movin' & Groovin' 8:00 Smooth Moves 8:30  <i>BloodPressure            Checks 9-10</i>  Senior Jammers at Jasper's Place 3:00-4:30
<b>18</b> Movin' & Groovin' 8:00 Smooth Moves 8:30  Knitting Class 9:30-11:30  <b>Oil Painting, 10-12:00</b>  Caroliners – 1:30-2:30	<b>19</b> <b>Senior Crafters</b> 10:00  <b>AARP Driver            Safety Program</b> <b>12:30-5:00</b> <b>With Pizza</b> at Noon 	<b>20</b> Movin' & Groovin' 8:00 GetDown&Tone Up 8:30  Line Dance Level 1 & 2 11:00-12:00  Wood Carving Club 1-3  CRIBBAGE, 1-3	<b>21</b> Fun & Friendship Club 9:15-1:00 (Cards and Socializing)  <b>"Sew and Sew" Club</b> <b>1:00-3:00</b>	<b>22</b> Movin' & Grooves 8-9  <b>Dental Health            Program</b> <b>10:00am</b> See page 2. Sign up Please  Senior Jammers at Jasper's Place 3:00-4:30
<b>25</b> Movin' & Groovin' 8:00 Smooth Moves 8:30  Knitting Class 9:30-11:30  <b>Oil Painting, 10-12:00</b>  Caroliners – 1:30-2:30	<b>26</b> <b>Senior Crafters</b> 10:00  MAH JONG GAMES 2:00-4:00	<b>27</b> <b>YOGA</b>  8:00-9:00  Line Dance Level 1 & 2 11:00-12:00  Wood Carving Club 1-3:00  CRIBBAGE, 1-3	<b>28</b> Fun & Friendship Club 9:15-1:00 (Cards and Socializing)  <i>Open 9:00-5:00            For Socializing            And Exercise</i>	<b>29</b> Movin' & Grooves 8-9  <b>Carolina            Donor Services</b> <b>10:00am</b> See page 2. Sign up Please  Senior Jammers at Jasper's Place 3:00-4:30

## **AARP** Driver Safety Program

**July 19**

**Pizza and drinks 12 noon**  
 (Compliments of Captel)  
**Class 12:30-5:00**



The American Association of Retired Persons has developed the **AARP Driver Safety Program** that addresses the needs and concerns of drivers, particularly those who are older. It covers age-related physical changes, declining perceptual skills, rules of the road, local driving problems, and license renewal requirements. You must have a current valid driver's license to enroll. The 4 1/2-hour classroom curriculum will be provided on **Tuesday, July 19, from 12:30-5:00**, and there will be a break with snacks. You must attend the entire session to be awarded a Certificate of Completion. The class will be taught by AARP volunteer Kathy Powell.

Insurance Discount– Some insurance companies offer a discount to people who complete this course. Consult your insurance agent.

Registration– There is a minimal fee of **\$14.00**, which must be prepaid to take the course, to cover instructional materials. AARP Members only pay **\$12.00** and must have their membership number with them. Make check or money order payable to AARP. Pre-registration requested by Tuesday, July 12. Call us to pre-register at 758-2883, and **give us your name as it appears on your driver's license** so it will be accurate on your certificate. Bring or mail your check to Caldwell Senior Center, P.O. Box 933, Lenoir 28645.





## THANK YOU



- |  |                                   |
|--|-----------------------------------|
| <i>Marisue Haigler</i>                                       | <i>Bradley and Betty Soots</i>    |
| <i>Mary Bellinger</i>  | <i>Melodie Mathes</i>             |
| <i>Dene Eller</i>  | <i>Charles and Betty Hathcock</i> |
| <i>Catherine Abernathy</i>                                   | <i>Nancy Madison</i>              |
| <i>Ann George</i>  | <i>Helen Kincaid</i>              |
| <i>Mae Fleming</i>   | <i>Carolyn Taylor</i>             |
| <i>James and Lillie Lackey</i>                               | <i>Joycene Dula</i>               |
| <i>Judy Perry</i>  | <i>Mary Ruth Wilson</i>           |
| <i>John Goudas</i>   |                                   |
| <i>Joyce Fare in honor of Sharon and Cyndi</i>               |                                   |
| <i>Christine Baker in honor of Sharon and Cyndi</i>          |                                   |
| <i>Mary Bellinger in honor of Jack Thomas</i>                |                                   |
| <i>Art and Mary Farmer in honor of Jack Thomas</i>           |                                   |
| <i>Jacqueline Storie in memory of Cindy Collins Woodcock</i> |                                   |
| <i>and in honor of Lorraine Collins</i>                      |                                   |
| <i>Frances Fox in memory of Helen Kovach</i>                 |                                   |
| <i>James Melton in memory of Mae Melton</i>                  |                                   |
| <i>Dot Little in memory of Pat Blair</i>                     |                                   |

## New Members

- |                 |                 |                    |
|-----------------|-----------------|--------------------|
| JoAnn Annas     | Loretta Fillers | Helen Norris       |
| Kristin Bolles  | Dianne Frisk    | Johanna O'Brien    |
| Dianne Caldwell | Sonny Gentry    | Daniel Prestwood   |
| Danny Caudill   | Ronnie Griggs   | Sherry Richey      |
| Peggy Church    | David Haynes    | Rose Adams-Reid    |
| Linda Clark     | Rosemarie Hood  | Lola Schweitzer    |
| Judy Coffey     | Nellie Lackey   | Delorise Scroggins |
| Sondra Davis    | Pamela Lackey   | Elaine Stewart     |
| Anita Enloe     | Nan McCall      | Dixie Stoltz       |
| Commodore Enloe | Sandra McKinney | Joan Suddreth      |

The **Caldwell County Public Library** has much to offer in addition to books. They have a selection of books-on-CD, videos and DVD's, magazines, even jigsaw puzzles for sale.

They also offer Computer and Internet classes and classes about the NC Digital Library eBooks and Audiobooks. Visit the Reference Desk at the Lenoir Library or call 757-1270 for information about the class schedules or to register. Their website is [www.ccpl.us](http://www.ccpl.us).

## PROTECT YOURSELF FROM FRAUD

We receive emails every week from the Attorney General's office about the new ways crooks find to take your money. There are too many to list, but keep these things in mind:

- Don't respond or open unsolicited emails asking you to donate. Contact a charity at a website or phone number you know to be valid.
- Watch out for pushy telemarketers. Your money will go further if you give directly to the organization, not to hired fundraisers.
- Protect your personal information. Never give your Medicare, credit card or bank account number to someone you don't know who calls you.
- After a catastrophe like the Japanese tsunami or storms and tornadoes, scammers often try to solicit money to help the cause. Give only to known disaster relief funds like the Red Cross, your church organization or United Way.
- Fraudulent door-to-door magazine salespeople are being reported. Don't open your door to anyone you haven't invited.
- Seniors are being called and addressed as Grandpa or Grandma, with the caller pretending to be a grandchild who is in trouble and needs money wired immediately. Question carefully before you act.

## 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!

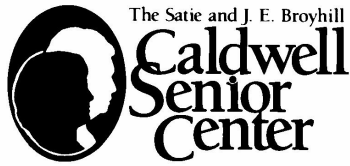
## INFORMATION AND ASSISTANCE FOR OLDER ADULTS

**757-8635**

**Cyndi Akins**  
[cyndi.akins@caldwellseniorcenter.org](mailto: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.

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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 3<sup>rd</sup> 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.