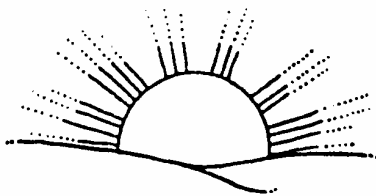


# The Prime Times



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

OCTOBER-NOVEMBER 2010



## 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.



## HALLOWEEN BRIDGE AND CARD PARTY

Friday, October 29  
11:00am-4:00pm

The Halloween Bridge and Card Party will be hosted by the Fun and Friendship Club.

Refreshments and lunch will be served and prizes awarded. Sign up for a table of four. The cost is \$10 per person.

Register at the senior center, 758-2883, or by calling Barbara Lowman, 758-0514, or Sheila Burns, 726-0180.



## BINGO and Covered Dish Friday, October 15th 11:30am-1:30pm

Anyone want to play Bingo? Linda Watson will be our Bingo caller and always has a wide variety of entertaining games to call. Please bring a covered dish for everyone to enjoy. Plan to attend this fun event and call to let us know you are coming—758-2883



## 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 October 14th and November 11th, 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 October and November 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.**

SENIOR CENTER COOKBOOKS ON SALE—\$15

## A Nation's Strength by Walt Whitman

Not gold, but only man can make  
A people great and strong;  
Men who, for truth and honor's sake,  
Stand fast and suffer long.

Brave men who work while others sleep,  
Who dare while others fly --  
They build a nation's pillars deep  
And lift them to the sky.

WE SALUTE OUR  
VETERANS THURSDAY,  
NOVEMBER 11, 2010



VETERANS DAY

## CRAFT CLASSES

Craft Classes will continue this fall. 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.



**Basketweaving**, Wednesdays, 1:00-3:00 pm  
Taught by Mary Ann Clark.



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



**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.

## CRIBBAGE & MAH JONG GAMES

2nd and 4th Tuesdays,



**Cribbage** holds a special place among American submariners, serving as an "official" pastime game. If you enjoy playing and/or would like to learn, come to meet others who enjoy playing.

**Mah Jong** was originated in China and is played with attractive tiles based on Chinese characters and symbols. It is a game of skill, strategy and calculation that will surely get your mind moving!



We need a teacher. Can you show others how to play the game?

We had a request from Cribbage players to organize games at the senior center. We also had a request to teach Mah Jong. 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.



## HEART CHECK PROFILE BLOOD TESTS FOR SENIORS



This semi-annual health check is arranged for you through Quest4Life 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 9:00-5:00, Monday-Friday, October 4th- 8th. Go to the hospital lab between 7 a.m. and 12 noon by October 15th 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.



## Self Defense Class Friday, October 8, 10am

Purse and wallet snatchers will be on the prowl as the holidays approach, and we want you to be prepared to protect yourself. Strength to protect ourselves comes from awareness of our surroundings, understanding our capabilities and having a fearless presence.

**Randy Martin**, self defense expert, will show us how to defend ourselves in many situations. Please don't miss this opportunity to protect yourself from life threatening situations.

Please call if you plan to attend.

## FALL Prevention Friday, November 5, 10am



It's Fall! What better time to talk about fall prevention than the present? We all know that falls can happen to anyone, anytime, anywhere. Karen Hartley, Lifeline Community Outreach Manager, will be with us on **Friday, November 5 at 10am** to talk about how you can prevent a terrible fall as well as show us the new Lifeline equipment that is available. Please invite your family to come. Lifeline is a lifesaving gift you can give to yourself or the ones you love! Please call to sign up for the program, 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.

## Going Green

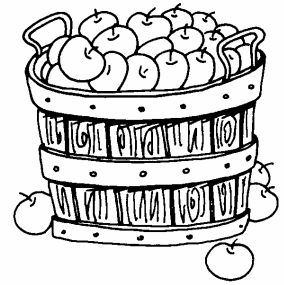
### TREASURED RECIPES VOLUME III ON SALE—\$15






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 [caldwellseniorcenter.org](http://caldwellseniorcenter.org).



# OCTOBER

## 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><i>For a comparison of Medicare Prescription Drug Plans for 2011, bring a list of your current medicines and complete an information form to leave with us. Volunteers and staff will prepare a comparison and schedule a time to explain it after November 15.</i></p> 				<p><b>1</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>4</b></p> <p>****Heart Check Profile registration all this week. See page 2 of newsletter for details****</p> <p>Movin' &amp; Groovin' 8:00 Smooth Moves 8:30</p> <p>Knitting Class 9:30-11:30</p> <p>Oil Painting 10:00-12:00</p> <p>Caroliners – 1:30-2:30</p>	<p><b>5</b></p> <p>Senior Songbirds 9:30</p> <p><b>Senior Crafters</b> 10:00-12:00</p>	<p><b>6</b></p> <p>Movin' &amp; Groovin' 8:00 GetDown&amp;Tone Up 8:30</p> <p>Line Dance Level 1, 10am Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3 <i>Basketweaving 1-3</i></p>	<p><b>7</b></p> <p>Fun &amp; Friendship Club 9:15-1:00 (Card games and Socializing)</p> <p><i>Lap Quilting 1:30-3:30</i></p>	<p><b>8</b></p> <p>Groovin' &amp; Moves 8-9</p> <p><b>Self Defense Program</b> By Randy Martin 10am, Sign up please</p> <p>Senior Jammers at Jasper's Place 3:00-4:30</p>
<p><b>11</b></p> <p>Movin' &amp; Groovin' 8:00 Smooth Moves 8:30</p> <p>Knitting Class 9:30-11:30</p> <p>Oil Painting 10:00-12:00</p> <p>Caroliners – 1:30-2:30</p>	<p><b>12</b></p> <p>Senior Songbirds 9:30</p> <p><b>Senior Crafters</b> 10:00-12:00</p> <p>CRIBBAGE AND GAMES 2:00-4:00</p>	<p><b>13</b></p> <p><u>YOGA</u> 8:00-9:00 </p> <p>Line Dance Level 1, 10am Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3 <i>Basketweaving 1-3</i></p>	<p><b>14</b></p> <p>Fun &amp; Friendship Club 9:15-1:00</p> <p><b>LIVING WILL CLINIC</b> <b>1:30</b> Call to sign up, please</p> <p><i>Lap Quilting 1:30-3:30</i></p>	<p><b>15</b></p> <p>Groovin' &amp; Moves 8-9 <i>Blood Pressure Check 9-10</i></p> <p><b>BINGO &amp; Covered Dish</b> <b>11:30am-1:30pm</b> Call to sign up please</p> <p>Senior Jammers at Jasper's Place 3-4:30</p>
<p><b>18</b></p> <p>Movin' &amp; Groovin' 8:00 Smooth Moves 8:30</p> <p>Knitting Class 9:30-11:30</p> <p>Oil Painting 10:00-12:00</p> <p>Caroliners – 1:30-2:30</p>	<p><b>19</b></p> <p>Senior Songbirds 9:30</p> <p><i>Caldwell Retired School Personnel</i> 10:45-12:30</p> <p><b>Senior Crafters</b> 1:00-3:00</p>	<p><b>20</b></p> <p>Movin' &amp; Groovin' 8:00 GetDown&amp;Tone Up 8:30</p> <p>Line Dance Level 1, 10am Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3 <i>Basketweaving 1-3</i></p>	<p><b>21</b></p> <p>Fun &amp; Friendship Club 9:15-1:00 (Card games and Socializing)</p> <p><i>Lap Quilting 1:30-3:30</i></p>	<p><b>22</b></p> <p>Groovin' &amp; Moves 8-9</p> <p><b>FLU CLINIC</b> <b>10 am-1 pm</b> <b>By appointment</b></p> <p>Senior Jammers at Jasper's Place 3-4:30</p>
<p><b>25</b></p> <p>Movin' &amp; Groovin' 8:00 Smooth Moves 8:30</p> <p>Knitting Class 9:30-11:30</p> <p>Oil Painting 10:00-12:00</p> <p>Caroliners – 1:30-2:30</p>	<p><b>26</b></p> <p>Senior Songbirds 9:30</p> <p><b>Senior Crafters</b> 10:00-12:00</p> <p>CRIBBAGE AND GAMES 2:00-4:00</p>	<p><b>27</b></p> <p><u>YOGA</u> 8:00-9:00 </p> <p>Line Dance Level 1, 10am Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3 <i>Basketweaving 1-3</i></p>	<p><b>28</b></p> <p>Fun &amp; Friendship Club 9:15-1:00 (Card games and Socializing)</p> <p><i>Lap Quilting 1:30-3:30</i></p>	<p><b>29</b></p> <p>Groovin' &amp; Moves 8-9</p> <p> <b>BRIDGE AND CARD PARTY</b> 11:00-4:00 Refreshments, Lunch, Prizes. Cost \$10. Call 758-2883 for information Jammers at Jasper's 3-4:30</p>

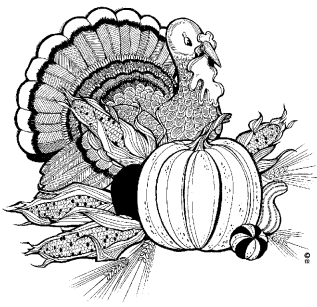
## FLU SHOTS !!! October 22, 2010

Last year a new flu virus began spreading around the world and triggered the first flu pandemic in 40 years. The 2009 H1N1 flu virus caused thousands of hospitalizations and deaths in the U.S. It hasn't gone away. Health experts expect the virus to continue circulating in the U.S. this fall and winter. Because of that, the Centers for Disease Control and Prevention (CDC) recommends **everyone** six months of age and older get vaccinated against the flu. Flu vaccine makers will include protection from 2009 H1N1 virus in this year's seasonal flu vaccine. So only one vaccination is necessary for most people.



**Kerr Drug Community Healthcare Center will give flu vaccines at the senior center by appointment only.** Please call for an appointment between 10 am and 1 pm. We will schedule in 30-minute time blocks so no one will have a long wait. The vaccine is free of charge for people with Medicare Part B or the Humana Gold plan. Kerr is not contracted with other Advantage (Part C plans), and they cannot file for those plans. Be sure to bring your insurance card with you. The cost for private pay is \$30 payable to Kerr Drug.



*The Caldwell Health Department provides Drive-By Flu Clinics each fall. For information about **dates and times**, please call the Health Department hotline, 426-8456, or visit [www.caldwellcountync.org](http://www.caldwellcountync.org).*



# NOVEMBER

## 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>Movin' &amp; Groovin' 8:00 Smooth Moves 8:30</p> <p><b>Healthy Living 9:00-11:30 at the Library (see below)</b></p> <p>Knitting Class 9:30-11:30 <i>Oil Painting, 10-12:00</i> Caroliners – 1:30-2:30</p>	<p><b>2</b></p> <p>Senior Songbirds 9:30</p> <p><b>Senior Crafters</b> 10:30-12:00</p>	<p><b>3</b></p> <p>Movin' &amp; Groovin' 8:00 GetDown&amp;Tone Up 8:30</p> <p>Line Dance Beginners, 10 Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3:00 <i>Basketweaving 1-3:00</i></p>	<p><b>4</b></p> <p>Fun &amp; Friendship Club 9:15-1:00 (Cards and Socializing)</p> <p><i>Lap Quilting 1:30-3:30</i></p>	<p><b>5</b></p> <p>Movin' &amp; Groovin' 8:00 Smooth Moves 8:30</p> <p><b>Fall Prevention with Lifeline, 10am</b> Call to sign up</p> <p>Senior Jammers at Jasper's Place 3:00-4:30</p>
<p><b>8</b></p> <p>Movin' &amp; Groovin' 8:00 Smooth Moves 8:30</p> <p><b>Healthy Living 9:00-11:30 at the Library (see below)</b></p> <p>Knitting Class 9:30-11:30 <i>Oil Painting, 10-12:00</i> Caroliners – 1:30-2:30</p>	<p><b>9</b></p> <p>Senior Songbirds 9:30</p> <p><b>Senior Crafters</b> 10:30-12:00</p> <p>CRIBBAGE AND GAMES 3:00-4:00</p>	<p><b>10</b></p> <p><b>YOGA</b> 8:00-9:00 </p> <p>Line Dance Beginners, 10 Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3:00 <i>Basketweaving 1-3:00</i></p>	<p><b>Veterans' Day 11</b></p> <p>Fun &amp; Friendship Club 9:15-1:00 (Cards and Socializing)</p> <p><b>LIVING WILL CLINIC 1:30</b> Call to sign up, please <i>Lap Quilting 1:30-3:30</i></p>	<p><b>12</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>15</b></p> <p>Movin' &amp; Groovin' 8:00 Smooth Moves 8:30</p> <p><b>Healthy Living 9:00-11:30 at the Library (see below)</b></p> <p>Knitting Class 9:30-11:30 <i>Oil Painting, 10-12:00</i> Caroliners – 1:30-2:30</p>	<p><b>16</b></p> <p>Senior Songbirds 9:30</p> <p><b>Senior Crafters</b> 10:30-12:00</p> <p><b>MEDICARE Rx DRUG CLINIC 1:30</b> By Appointment</p>	<p><b>17</b></p> <p>Movin' &amp; Groovin' 8:00 GetDown&amp;Tone Up 8:30</p> <p>Line Dance Beginners, 10 Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3:00 <i>Basketweaving 1-3:00</i></p>	<p><b>18</b></p> <p>Fun &amp; Friendship Club 9:15-1:00 (Cards and Socializing)</p> <p><i>Lap Quilting 1:30-3:30</i></p>	<p><b>19</b></p> <p>Groovin' &amp; Moves 8-9 <i>Blood Pressure Checks 9-10</i></p> <p>~~~~~ <b>CRAFT BAZAAR 10:00-2:00</b> ~~~~~</p> <p>Senior Jammers at Jasper's Place 3:00-4:30</p>
<p><b>22</b></p> <p>Movin' &amp; Groovin' 8:00 Smooth Moves 8:30</p> <p><b>Healthy Living 9:00-11:30 at the Library (see below)</b></p> <p>Knitting Class 9:30-11:30 <i>Oil Painting, 10-12:00</i> Caroliners – 1:30-2:30</p>	<p><b>23</b></p> <p>Senior Songbirds 9:30</p> <p><b>Senior Crafters</b> 1:00-3:00</p> <p>CRIBBAGE &amp; GAMES 2:00-4:00</p> <p><b>MEDICARE Rx DRUG CLINIC 1:30, By Appt.</b></p>	<p><b>24</b></p> <p><b>YOGA</b> 8:00-9:00 </p> <p>Line Dance Beginners, 10 Line Dance Level 2, 11am</p> <p>Wood Carving Club 1-3 <i>Basketweaving 1-3:00</i></p>		
<p><b>29</b></p> <p>Movin' &amp; Groovin' 8:00 Smooth Moves 8:30</p> <p><b>Healthy Living 9:00-11:30 at the Library (see below)</b></p> <p>Knitting Class 9:30-11:30 <i>Oil Painting, 10-12:00</i> Caroliners – 1:30-2:30</p>	<p><b>30</b></p> <p>Senior Songbirds 9:30</p> <p><b>Senior Crafters</b> 10:30</p> <p><b>MEDICARE Rx DRUG CLINIC 1:30</b> By Appointment</p>	<p><b>MEDICARE PRESCRIPTION DRUG CLINICS - Tuesdays, November 16 through December 14, 1:30 p.m.</b> Clinics will be held for people who brought their list of medicines for us to compare, and their comparison is complete for review. If the comparison shows that a different plan would be better for you in 2011, we will assist with changing your enrollment. Please bring your list of medicines to us beginning October 11, so a comparison can be done. You will be called to schedule an appointment at one of the clinics.</p>		

**Now is the time for LIVING HEALTHY**  
FEEL BETTER..... TAKE CHARGE  
Mondays, 9:00-11:30 am, November 1-December 6  
Caldwell County Public Library Room 3

Are you sick and tired of being sick and tired?  
Ongoing health conditions such as arthritis, high blood pressure, diabetes and heart disease can affect your quality of life.  
The free, six-week **Living Healthy** series is designed to help you better manage chronic conditions and live a happier, healthier life.

These classes for seniors are a collaboration between the North Carolina Cooperative Extension, AARP, and the senior center.  
They are taught by Deborah Cox, Extension Educator, and Nell Causby, AARP Health Educator. For more information or to register, call the Extension Service at 757-1257.  
Pick up a brochure at the senior center for further details.

**CRAFT BAZAAR AND BAKE SALE**  
**Friday, November 19**  
**10:00am-2:00pm**

Seniors are invited to bring crafts and baked goods to sell at our **Annual Bazaar**.  
Please call to reserve a table,  
758-2883.

If you aren't creative with making crafts or baking, plan to come shop for holiday gifts ... and invite all of your friends.  
Many beautiful and tasty items will be for sale at very good prices.



## THANK YOU

We are grateful for the donations from:

Jackie Heim	Movers & Groovers
Dan Bryant	Jack and Ramona Thompson
Ben Pearson	Annie and Cecil Braswell
Dorothy Simmons	Fun & Friendship Club
Anne Birckhead	Linda Livingston
Christine Baker	Ann George
Ann Koebberling	Janet Stamey
Deane Lindsay	Darryl and Dottie Lloyd
Sandra Hamby	Mary Bellinger
Gayle Key	Judy Gilbert
Joycene Dula	Kenneth and Monteen Hoyle
Annie Osborne	Oscar and Ann Smith
Carolyn Taylor	Nancy Madison
C P Scheil	United Way of Caldwell County
Jan Stoots	Mary Cox
Bernhardt Furniture Foundation	
Jerry McFelea in honor of Mary Woods	
Art and Mary Farmer in memory of Marjorie Pringle	
Lois Dula in memory of Rosa Dula	
Anonymous donation made in honor of Mark Thomas and in memory of Shawn Woodruff and Philip Thomas	

### **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.

### **Low Income Energy Assistance Program (L.I.E.A.P.)**

LIEAP provides a one-time cash payment (in February) to help eligible families with their heating bills. Applications will be taken **November 1-12, with the exception of Veteran's Day, November 11** at the Caldwell County Department of Social Services. If you received food stamps in October, you are automatically signed up! If you have additional questions, please call **426-8200** and ask for the **Low Income Energy Assistance Program**.

## New Members

Linda Austin	Katie Greene	Barbara Kirby
Bobbie Binder	Lynn Greene	Rayford Kissler
Thomas Blevins	Ralph Greene	Jackie Medford
Elaine Bush	Rose Greer	Helen Moore
Willard Church	Anne Hagan	Carol Nelson
Rachel Cloer	Pat Harper	Sylvia Perkins
Coleen Coffey	Ronald Harper, Jr.	Rachel Price
Larry Correll	Shelby Harrison	Shirley Saurage
CC Crabb	Jackie Heim	Cathy Settlemeyre
Juanita Deal	Mary Hodge	Ralph Settlemeyre
Cindy Fischer	Dot Honeycutt	Suzette Roe
Judy Forbes	Judy Jones	Mary Ann Smith
Peggy Frazier		Evelyn Thomas



### **Public Transportation**

**Greenway Transit** is a public transportation service available in Caldwell County. The service requires a reservation to be made by 12noon the business day before the requested time. Passengers may call up to one month in advance to reserve a seat.

**Greenway** can drive you to work, grocery store, pharmacy, doctor's office or even visits to your friends and family who live nearby. Vehicles are equipped with ramps or lifts for those persons with walkers, canes and wheelchairs.

Cost is \$2.50 per ride.

Please call **757-8679** or **464-9444** to schedule for transportation.

### **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 5th 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.

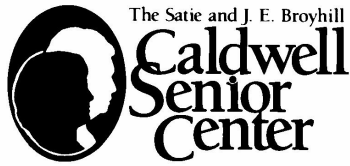
**Fitness Equipment** - A variety of exercise equipment is available for your use in the Fitness Room of the senior center. Staff will provide training on your first visit; then you can work out at your convenience between 9:00-5:00 Monday-Friday.

**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.

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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. For more information about any of the activities, classes or programs, give us a call at 758-2883.**