

December 2014



To Senior Center Members and Friends,

We wish all of you a Happy Holiday Season and all the best in the coming year!

In the year 2014 the senior center saw record numbers of participants for all of our activities, health and fitness programs, and educational programs. Services have been much in demand, especially relating to the Medicare Prescription Drug Plans and applications for Extra Help with the costs of the plans.

The senior center is open to all Caldwell County adults age 60 and better and their spouses. We operate from 9:00 to 5:00, Monday through Friday, and open an additional hour three days a week for exercise classes. There are no membership fees or costs for services.

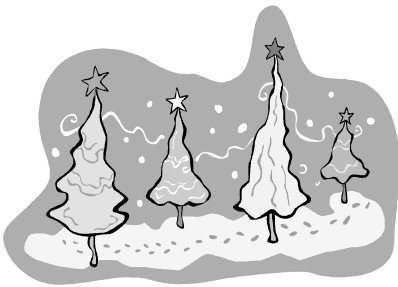
We appreciate the voluntary contributions that some of our members have made in the past and continue to make. These contributions have allowed your senior center to continue to provide the programs and services that are so necessary for you and other older adults of Caldwell County.

The senior center is a private, not-for-profit corporation and operates on a modest budget. All donations are tax deductible. Memorials and honorariums are accepted. We also encourage members to consider our "Sponsor a Day" Program, in which you can participate with a \$30 donation to sponsor a day of your choice. A new calendar for 2015 will be displayed in the lobby with the names of people who sponsor days.

We also appreciate contributions toward the costs of printing and mailing our newsletter. As our membership grows, so do the costs of distributing the newsletter. Not only does it give members our calendar and activity schedule, but it also provides valuable information for seniors to help them know about services and opportunities in other areas of their lives. (If you have email, you can get your newsletter emailed to you, and that saves on the cost of printing and mailing. Send your request to theprimetimes@gmail.com.)

A form is included at the bottom of this sheet for any contribution, sponsorship, memorial, or honorarium bequest that you would like to make. Please let us know if you would like any additional information.

We wish you a Very Merry Christmas and a Happy New Year!



From the Staff and Board of Directors of the
Satie and J. E. Broyhill Caldwell Senior Center

SATIE AND J. E. BROYHILL CALDWELL SENIOR CENTER CONTRIBUTION

Return by mail to P. O. Box 933, Lenoir, NC 28645

ENCLOSED IS MY (OUR) GIFT OF \$ _____ (All gifts are tax deductible to the extent provided by law)

DONOR NAME(S) _____

ADDRESS _____

CITY/STATE/ZIP CODE _____

IF APPLICABLE, PLEASE FILL OUT THE INFORMATION BELOW:

I WOULD LIKE TO SPONSOR THIS DAY (OR DAYS) AT \$30 PER DAY:

(1st choice) _____ (2nd choice) _____ (3rd choice) _____

I WOULD LIKE TO MAKE A CONTRIBUTION TO BE GIVEN IN: (check one)

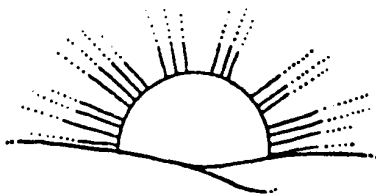
_____ MEMORY OF _____

_____ HONOR OF _____

SEND ACKNOWLEDGEMENT TO _____

ADDRESS/CITY/STATE/ZIP _____

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 2014-January 2015



From The Staff and
Board of Directors at
the Satie and J.E.
Broyhill Caldwell
Senior Center, we wish
everyone a Merry
Christmas!



CHRISTMAS PARTY TO HONOR SENIOR CENTER PARTICIPANTS AND VOLUNTEERS Friday, December 12, 2:00-3:30 pm

Join us to get together with other center participants
and volunteers to celebrate the Christmas Season.

We will have festive refreshments and
Christmas music playing.

The winner of the Christmas Basket will be announced.

Please call 758-2883 to let us know you plan to come.

TAX PREPARATION VOLUNTEERS NEEDED

During tax season every year, many dedicated
tax preparers volunteer to assist low to moderate income
people with simple tax returns.

Training will be provided for anyone
who is interested in being a part of this very
valuable program.



Please call us at 758-2883 if you want to be
contacted when a date for training is scheduled.



Remember, the Annual Enrollment Period for MEDICARE Prescription Drug Plans ends December 7, 2014.

If you did not sign up for a drug plan or if
your plan doesn't cover all the medicines you are cur-
rently taking, you now have the opportunity to enroll in a
new or different plan before December 7. If you want to
stay in your current Medicare Prescription Drug Plan,
you do not have to do anything.

(People who are new to Medicare have a seven-
month window around their birthday month to enroll.)

For a comparison of prescription drug plans, you
need to complete a Plan Finder form we provide, giving
us a list of your maintenance prescription medicines.
Please do that as soon as possible so you can meet the
deadline. When your comparison is finished, we will call
you.

CHRISTMAS GIFT BASKET

Linda Watson is preparing a
Christmas Gift Basket filled with a
variety of donated items and gift
certificates. We will be selling tickets
for \$1 each or 6 for \$5. Proceeds will
be used to support the programs of the senior center. Get
your tickets before December 12 when the basket will be
given to the lucky winner.



KARAOKE !!! Friday, January 9, 2:00-4:00

Teresa Braswell, Karaoke Queen, will lead us in
Karaoke on Friday, January 10, 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 collec-
tion. 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. Please sign up for the fun and
entertainment—758-2883

Google™ Presentation Tuesday, January 6, 1:30 At the senior center

Google associates will be here to demonstrate how to search the
Internet for people who would like to learn more. These experts can
show us the way to learn anything, especially if we search with
Google!

They are conducting this outreach as a way to give back to the
community, and aren't we lucky they chose us?

Please call 758-2883 to sign up. Let us know if you will bring
your own laptop.

CMS Centers for Medicare & Medicaid Services

QUALIFICATIONS & BENEFITS OF EXTRA HELP FOR COSTS OF PRESCRIPTION DRUG PLANS



Income limits to qualify for Extra Help are:

Individual, \$17,505 Couple, \$23,595

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

Individual, \$13,440 Couple, \$26,860

With Extra Help, you save on premium costs, co-pays,
deductibles, and you may avoid a coverage gap. Please call
758-2883 for an appointment with application assistance.

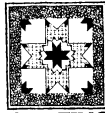
CRAFT CLASSES

Craft Classes will continue this winter! Sign up will be on the first class of the month (see calendar). The cost for a month of 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



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.



Cribbage, Wednesdays, 1:00-3:00pm

New players are always welcome. If you need someone to show you how to play, a member of the group will help you.



Mah Jongg, 2nd & 4th Tuesdays, 2-4pm.
Mah Jongg players of all levels are invited.



Senior Crafters



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.

*A limited number of
The cookbook "Treasured
Recipes Volume III"
Are still available for \$15.
Get copies for gifts for
family and friends
while you can.*



Here is a good, simple recipe from the cookbook that would be wonderful for a Christmas dinner.

5-Cup Fruit Salad

- 1 cup flaked coconut
- 1 cup miniature marshmallows
- 1 cup drained mandarin oranges
- 1 cup drained pineapple tidbits
- 1 cup sour cream

In a medium bowl, combine coconut, marshmallows, oranges, pineapple and sour cream. Cover and chill for 8 hours. Makes about 6 servings.

Correction for Coconut Covered Fruit Balls recipe in last newsletter. Add 2 cups of Rice Krispies, which was left out of the ingredient list.

Empowerment Through Planning,

Learn How to Protect Yourself, Your Family, and Your Assets

Friday, January 30, 10:00 am

Navigating the government rules and evaluating all of the various options for long term care financing can leave you feeling lost and confused. Learn what is fact, what is fiction, and what options are available to help you plan for the future at our informational seminar "Empowerment Through Planning: Learn how to Protect Yourself, Your Family, and Your Assets," presented by Amanda Edwards and Casey Pope, Friday, January 30, at 10:00 am at the senior center.

Family members and caregivers are welcome to attend. We ask that everyone call 758-2883 to sign up so we will know how many to plan for.

GET TO KNOW YOUR TECHNOLOGICAL DEVICES

Cost \$10



Please call if you need to learn about your iPad, iPhone, tablet, or how to transfer and organize digital pictures to your computer. Classes are led by Loes Moore.

A minimum of three people are needed for a one-hour session, and we schedule a class when we have at least 6 people signed up. Classes will be planned so everyone signed up will have the same type of device. Different devices have different features, so classes will be geared to your particular one.

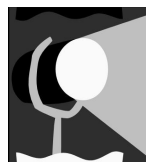
Please call 758-2883 to sign up and as soon as we have enough to schedule a class, we will let you know.

Recipes needed!!!!

As our supply of Volume III Cookbooks diminishes, we are collecting new recipes for the next volume.

Please keep us in mind as you cook favorite recipes or learn of great ones to share.

We will accept written recipes or Word documents from your computer. Send them to office@caldwellseniorcenter.org.



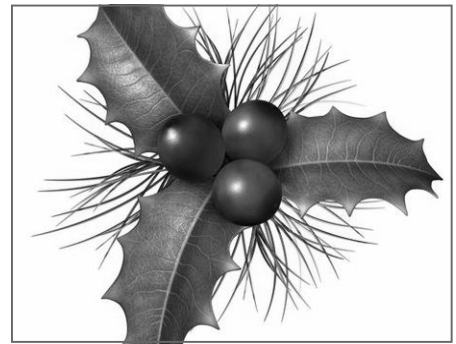
**LIVING WILL CLINICS, 1:30pm
December 11th and January 8th**





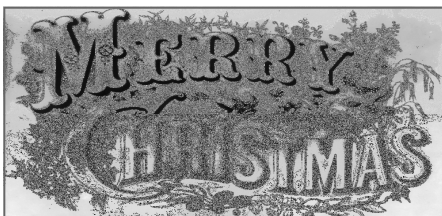
Do you have a Living Will or a Health Care Power of Attorney? Explanation of these documents will be given on **Thursdays, December 11 and January 8**. Notaries and witnesses will be available to help you complete the documents while you are here. You will need to bring a picture ID or drivers license. Please call to sign up, 758-2883.

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



December 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class, 9:30-11:30</p> <p>**Oil Painting 10-12 Sign up for December \$20 for 4 classes</p> <p>Caroliners – 1:30-2:30</p>	<p>2</p> <p>Senior Songbirds, 9:30</p> <p>Caldwell Retired School Personnel Christmas Party 11:00-1:00</p> <p>Senior Crafters 1:30-3:30</p>	<p>3</p> <p>Movin' & Groovin' 8:00 GetDown&Tone Up 8:30</p> <p>Line Dance Level 1 and 2, 11am</p> <p>Wood Carving Club 1-3</p> <p>CRIBBAGE, 1-3</p>	<p>4</p> <p>Fun & Friendship Club 9:30-1:00 (Cards and socializing)</p> <p>**Lap Quilting 1:00-3:00 Sign up for December \$20 for 4 classes</p>	<p>5</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p><i>Open 9-5 for Exercise and Socializing</i></p>
<p>8</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30</p> <p><i>Oil Painting, 10-12</i></p> <p>Caroliners – 1:30-2:30</p>	<p>9</p> <p>Senior Songbirds, 9:30</p> <p>Senior Crafters 10:30-12:00</p> <p>MAH JONGG, 2-4pm</p>	<p>10</p> <p><u>YOGA</u> 8:00-9:00 </p> <p>Line Dance Level 1 and 2, 11am</p> <p>Wood Carving Club 1-3</p> <p>CRIBBAGE, 1-3</p>	<p>11</p> <p>Fun & Friendship Club 9:30-1:00 (Cards and socializing)</p> <p><u>LIVING WILL CLINIC</u> 1:30, Sign up please</p>	<p>12</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p></p> <p>Christmas Party 2-3:30 pm Please call to sign up</p>
<p>15</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30</p> <p><i>Oil Painting, 10-12</i></p> <p>Caroliners – 1:30-2:30</p>	<p>16</p> <p>Senior Songbirds, 9:30</p> <p>Senior Crafters 10:30-12:00</p>	<p>17</p> <p>Movin' & Groovin' 8:00 GetDown&Tone Up 8:30</p> <p>Line Dance 10:30 Line Dance Party 11:30</p> <p>Wood Carving Club 1-3 CRIBBAGE, 1-3</p>	<p>18</p> <p>Fun & Friendship Club 9:30-1:00 (Cards and socializing)</p>	<p>19</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30 <i>Blood Pressure Check 9-10</i></p> <p>Closed at 12 noon today</p> <p></p>
<p>22</p> <p>CLOSED THIS WEEK</p>	<p>23</p> <p></p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>29</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30 <i>Oil Painting, 10-12</i> Caroliners – 1:30-2:30</p>	<p>30</p> <p>Senior Songbirds, 9:30</p> <p>Senior Crafters 10:30-12:00</p>	<p>31</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 CRIBBAGE, 1-3</p>	<p></p>	

amazonsmile

You shop. Amazon gives.

If you or your family shop from Amazon.com, the senior center is registered as a charitable organization with their donation program. When ordering, go to <http://smile.amazon.com>. At Select a Charity, go to Pick your own charitable organization, type in Caldwell Senior Center and Search. Select Caldwell Senior Center, Lenoir, NC (not Caldwell TX or ID) Amazon will then donate 0.5% of the purchases to the senior center. Thank you for your support.

January 2015

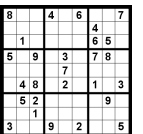


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>INCLEMENT WEATHER POLICY</p> <p>Please note our inclement weather policy. If Caldwell County Schools are closed due to dangerous weather conditions, the Senior Center will also be closed. If the Caldwell County Schools are delayed one hour, the Senior Center will open at 9:00am. If the schools are delayed two hours, we will open at 10:00am. You may call 758-2883 for a voice mail update about opening times in bad weather. If you are unsure about driving in icy conditions, please do not take a chance.</p>			<p>1</p> <p>Closed for New Year's Day</p>	<p>2</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p><i>Open 9-5 for Exercise and Socializing</i></p>
<p>5</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class, 9:30-11:30</p> <p>**Oil Painting 10-12 Sign up, \$20, for 4 classes</p> <p>Caroliners – 1:30-2:30</p>	<p>6</p> <p>Senior Songbirds, 9:30</p> <p>Senior Crafters 10:30-12noon</p> <p>GOOGLE PROGRAM 1:30—See Page 1 Call 758-2883 to Register</p>	<p>7</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>8</p> <p>Fun & Friendship Club 9:30-1:00 (Cards and Socializing)</p> <p>Lap Quilting & Needlework 1:30-3:30 Sign Up, \$20, 4 classes</p> <p>LIVING WILL CLINIC 1:30, Sign up please</p>	<p>9</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p>KARAOKE 2:00-4:00 <i>Please call 758-2883 To sign up</i></p>
<p>12</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30</p> <p><i>Oil Painting, 10-12</i></p> <p>Caroliners – 1:30-2:30</p>	<p>13</p> <p>Senior Songbirds, 9:30</p> <p>Senior Crafters 10:30-12:00</p> <p>MAH JONGG, 2-4pm</p>	<p>14</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>15</p> <p>Fun & Friendship Club 9:30-1:00 (Cards and Socializing)</p> <p>Lap Quilting 1:00-3:00</p>	<p>16</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p><i>Blood Pressure Check 9-10</i></p> <p>SODUKU WORKSHOP 10:00 am to noon Call 758-2883 o sign up</p>
<p>19</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30</p> <p><i>Oil Painting, 10-12</i></p> <p>Caroliners – 1:30-2:30</p>	<p>20</p> <p>Senior Songbirds, 9:30</p> <p>Senior Crafters 10:30-12:00</p>	<p>21</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>22</p> <p>Fun & Friendship Club 9:30-1:00 (Cards and Socializing)</p> <p>Lap Quilting 1:00-3:00</p>	<p>23</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p><u>Standing Up, Fighting Back</u> 10:00 am <i>Please call to sign up.</i></p>
<p>26</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30</p> <p><i>Oil Painting, 10-12</i></p> <p>Caroliners – 1:30-2:30</p>	<p>27</p> <p>Senior Songbirds, 9:30</p> <p>Senior Crafters 10:30-12noon</p> <p>MAH JONGG, 2-4pm</p>	<p>28</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>29</p> <p>Fun & Friendship Club 9:30-1:00 (Cards and Socializing)</p> <p>Lap Quilting 1:00-3:00</p>	<p>30</p> <p>Movin' & Groovin' 8:00 Smooth Moves 8:30</p> <p><u>Empowerment Through Planning. Learn How to Protect Yourself, Your Family, and Your Assets.</u> <i>(See Page 2 for details) Call 758-2883 to sign up</i></p>

Standing Up, Fighting Back ***Friday, January 23, 10:00 am***

A video presentation by the NC Dept. of Justice and Attorney General Roy Cooper, will be shown. It features real situations of fraud and scams perpetrated on North Carolina seniors. Protect yourself from scammers by learning about some of their tactics and how to avoid them. Please call 758-2883 to sign up

Sudoku Workshop **Friday, January 16** **10am-12noon**



Beginners are invited to learn how to master Sudoku puzzles! If you are an experienced Sudoku player, you are also invited to share your techniques and knowledge! Call to register, 758-2883. Fun for all!



We greatly appreciate the donations from:

Thomas Proffit	Jackie Storie
Clara Andrews	Joycene Dula
Jack and Jodie Michie	Stephen McCorkle
Movers and Groovers	Line Dancers
Mildred Jo Cline	J.D. and Mae Cottrell
Alvin and Betty Williams	Phil Carter
Sue Jaynes	Barbara Love
Donna Belk	Mary Miller
John Lewis	Daniel and Nancy Wyke
Frances Dotson	Stevens Family Foundation
Caldwell County Library	Fun & Friendship Club
Di'lishi Frozen Yogurt	
Best Value Hearing Care Center in honor of Donna Young	
Helen Dula in memory of Teddy Dula, Sr.	
Louise Wrike in memory of Mary Woods	
Sheila Cooke in memory of Mary Woods	
Bill and Beverly Salsbury in memory of Mary Woods	
Rachel Church in memory of Mary Woods	
Barbara Hart in memory of Mary Woods	
John Picton in memory of Mary Woods	
Tom and Pat Bolick in memory of Mary Woods	
Jackie Storie in memory of Mary Woods	
Jackie Storie in memory of Lorraine Collins	
Mary Bellinger in memory of Mary Woods	
Jasper Reese in memory of Mary Woods	
Cleo Justice in memory of Mary Woods	
Fun & Friendship Club in memory of Mary Woods	
Sheila Burns in memory of Mary Woods	
Ophelia Stallings in memory of Mary Woods	
Oscar and Ann Smith in memory of Mary Woods	
Barbara Lowman in memory of Mary Woods	
Ina Martin in memory of Mary Woods	

New Members

Lois Andes	Judith LeFever	Wanda Smith
Mary Bishop	Sandra Leopard	Edna Springs
Barbara Bryant	Woodrow Leopard	Pat Swanner
Sandra Castle	Dagnata Mann	Audrey Tate
C. Richard Celil	Sally McCarthy	Arita Townsel
Irv Eurto	Ken Pickeral	Carl Walsh
Amy Gragg	Leroy Pinckney Sr.	Gordon Wells
Pat Greene	Nancy Pope	Carol Wells
Patricia I. Greene	Charlie Setzer	Leonard West
Debbie Hartley	Gary Sherrill	Linda West
Bill Honeycutt	Dennis Smith	Joyce White
Carolyn Johnson	Howard Smith	Ronnie Williams
Virginia Knouse	Sandra Smith	Judy Wilson

Low Income Energy Assistance Program

The LIEAP program assists families with heating. LIEAP focuses on households with individuals age 60 and older and those receiving services from Aging and Adult Services Programs. Applications start December 1, 2014 and go through March 31, 2015, as long as funds permit.

You must apply at the Department of Social Services, 2345 Morganton Blvd. SW Suite A, Lenoir, 2nd floor. Office hours are Mondays through Fridays from 8 a.m. to 5 p.m. If you have additional questions, please call **426-8200** and ask for the **Low Income Energy Assistance Program**.

Crisis Intervention Program

The Department of Social Services is taking applications for the **Crisis Intervention Program (CIP)** that provides families with heating assistance. Applications are taken on the 2nd floor at DSS, Mondays through Fridays from 8 a.m. to 5 p.m. Eligible households can receive assistance with their electric bills, fuel oil, kerosene, natural gas, propane and wood.

SPONSOR A DAY AT THE SENIOR CENTER-

A donation of \$30 will sponsor a day at the Senior Center!

Donations may be made in honor or in memory of someone on a day of your choice. Your gift may also be made to support the cost of printing and mailing of your newsletter, "The Prime Times."

The operation of the center depends on contributions and we sincerely thank you for any and all support!

CONTINUING ACTIVITIES/PROGRAMS

Senior Fun and Friendship Club - The Fun and Friendship Club meets every Thursday between 9-9:30 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. Bring light refreshments to share. 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, 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.

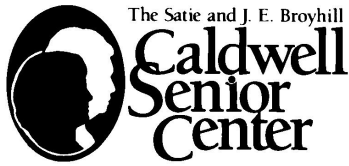
Puzzle Table - A table is ready with a picture puzzle to put together between 9:00-5:00, Monday-Friday.

Senior Crafters - The group meets each Tuesday, usually at 10:30. Crafters teach and learn from each other.

Mah Jongg - Players meet on the 2nd and 4th Tuesday afternoon from 2:00-4:00. New players are welcome to come and learn.

Cribbage - Players meet on Wednesday afternoon from 1:00-3:00. New players are welcome to come and learn.

Wood Carving - Classes are on Wednesday afternoon from 1:00-3:00



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

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MISSION STATEMENT

The mission of Caldwell Senior Center is to provide services and activities which enhance the lives of older adults, encouraging their involvement in the community, and providing advocacy.

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

Nancy Holmes. 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 Volunteer RN

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. Good for free entry to county school sporting events.

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.

Transportation— Transportation is provided by Greenway Transit. Call 757-8679 to schedule a ride. After the message, a customer service agent will come on the line.

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 **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.