

# Nash County Senior Center

103 N. Alston Street ~ Nashville, NC 27856

Phone: (252) 459-7681 Fax: (252) 459-7118

## THE NASH NEWS

OCTOBER / NOVEMBER / DECEMBER 2016

*We Are...*

**The New Ageless  
Senior Haven!  
(The NASH)**

### OUR MISSION

The Nash County Senior Center celebrates aging, supports independence in our community, and addresses the needs of the complete individual by offering information, referrals, and access to continued growth and development.

Accredited by   
National Institute of  
Senior Centers



*Fall* into Great Times  
with Great Friends at  
The NASH!



Washington, DC Trip (pg. 9)  
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*...and so much more!*



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**Volunteer of the Year Awards**  
*We're Wild About Our Volunteers!*

On August 31, the Nash County Recreation and Senior Services Department recognized our Volunteer of the Year Award recipients at a safari-themed Volunteer Appreciation Social. This year's award recipients were:

**Nash County Senior Center**  
 James and Cynthia Taylor

**Mount Pleasant Senior Group**  
 Jackie Liles

**Home Delivered Meals Program**  
 Peggy Deans

**Project Lifesaver**  
 Georgia Robbins

*Thank you to all of our wonderful volunteers for your selfless commitment to others!*

**Inclusion**

The Nash County Senior Center is committed to an inclusive approach to recreation and encourages individuals with or without disabilities to participate in programs. In order for individuals with disabilities to participate in programs and services as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. If you or a family member require a reasonable modification in order to participate in a program, please notify Michele McKnight at (252) 459-1375.

**We Want To Hear From You...**

Please write down your suggestions or concerns and submit them using our suggestion box in the lobby!

**How to Join The NASH  
Membership is FREE!**



Whether you're interested in travel, fitness programs, Bingo, cards, crafts, or one of our many social and educational programs, you're bound to find something you enjoy! Eligible participants must be: 60 years of age or older; the spouse of someone 60 or older; or a caregiver for someone 60 or older. Nash County Senior Center allows under age guests of a qualifying member to attend the center a maximum of two times each month.

Qualified participants should stop by our office and fill out a membership registration form. We are located at 103 North Alston Street, Nashville, NC. Hours of operation for senior center facilities are Monday through Thursday, 8:00am to 7:00pm and Fridays from 8:00am to 5:00pm. Offices are open Monday through Friday, 8:00am through 5:00pm. If you have questions concerning membership, please contact us at (252) 459-7681.

**How to Register for Programs and Classes**

The Nash County Senior Center offers a variety of weekly and monthly activities that are tailored especially for seniors. Certain classes and programs require pre-registration. To register for any of our classes and programs, simply call us at (252) 459-7681.

***Don't wait...register early!***

Early registration allows us time to plan appropriately. Classes that do not meet their minimum enrollment are generally cancelled. You could make the difference!

**Register Now!**

***Please bring the correct change!***

When registering for trips, classes, or programs that require payment, please bring the correct amount if you are paying with cash. You are also welcome to write a check.

Checks should be made payable to Nash County.

Thank you!

**Gifting and Donations...You Make the Difference!**



The NASH is overseen by the Nash County Recreation and Senior Services Department which provides programs and services to enhance the lives of older adults who live in Nash County. These programs and services are made possible through county funding, state and federal grants, and private funding sources. Private gifts and donations play a critical role in creating new services and in supporting existing ones. Contributions for memorials and other monetary donations are accepted and appreciated. Please contact Michele McKnight at (252) 459-1375 for more information on gifting and donations. *Please see page 13 for a complete listing of programs*

**ANNOUNCEMENTS**

**Center Closings**

The Nash County Senior Center and the Nash County Recreation and Senior Services Department will be closed on the following days:

- ~ Fri, Nov 11: Veterans Day
- ~ Thurs, Nov 24 and Fri, Nov 25: Thanksgiving Holiday
- ~ Fri, Dec 23 - Tues, Dec 27: Christmas Holiday
- ~ Mon, Jan 2: New Year's

## ANNOUNCEMENTS

### The Nash County Senior Center Welcomes Michelle Daughtridge



Michelle Daughtridge joined our senior center family in August 2016 as the new Activities Specialist. In this position, Michelle is primarily responsible for assisting with planning and facilitation of daily programs and activities at the center in order to enrich our members' overall experiences. Michelle, a native of Nash County, is currently completing her degree in Gerontology. She is a member of Gamma Phi Beta and was recently inducted into the National Society of Leadership and Success. She previously served families for many years while working with a local funeral home.

In her spare time, Michelle enjoys traveling, antique shopping, and painting. She also enjoys volunteering for several charitable organizations. Michelle and her husband have been married for 30 years and have one daughter and a son-in-law. She has two furry babies, twelve year-old Whisk and six year-old Lola.

Michelle has a strong passion for working with older adults, and she is a committed advocate for seniors in our community. She is truly an asset to our center, and we are grateful to have her onboard!

## VOLUNTEER OPPORTUNITIES

### Aging Leadership Planning Team

The Aging Leadership Planning Team is an advisory board that provides senior center participants with a way to assist with the governance and planning at The NASH. A qualified committee member should be an active senior center participant and have a genuine interest in being a part of planning for the center. If you would like to be considered for membership, please contact Senior Center Manager, Michele McKnight, at (252) 459-1375.

## SPECIAL PROGRAMS

### Stockings for Seniors

*Help Spread Some Holiday Cheer!*



The Nash County Senior Center is sponsoring its annual *Stockings for Seniors* program. The goal of this program is to provide Christmas stockings filled with various items to needy seniors in Nash County. We are in need of donations and help from the community in order to make this happen. Suggested items include: gift cards, travel size toiletry items, socks, snack items, hats, scarves, and any other small gift items. **Donations will be accepted Nov. 1 through Dec. 5.** Monetary donations will also be accepted and will go towards the purchase of stocking items.

Volunteers are needed to stuff stockings on Tuesday, Dec. 6 at 9:00am and to deliver them on Monday, Dec. 12 and Tuesday, Dec 13. If you would like to receive a stocking or more information about this program, please call us at (252) 459-7681. Applications accepted Nov. 1 through Dec. 1.

## SPECIAL PROGRAMS

### Annual Chili Cook-Off



Mark your calendars for one of the *hottest* events of the year! Enter your best batch of chili for a chance to win a \$50 VISA gift card and bragging rights for the entire year. Prizes will also be awarded for 2nd and 3rd places. So whether you want to cook and compete or stay and eat, you're sure to have a smokin' good time! *One entry per contestant.*

**Date/Time:** Wed, Nov 2 at 11:30am  
**Location:** Large Activity Room  
**Registration Deadline:** Fri, Oct 28

### Gardening Series: Fall Foliage and Landscaping

Join Master Gardener Matt Stevens and learn how to maintain your plants and yards during the fall season.

**Date/Time:** Wed, Nov 9; 10am-11am  
**Location:** Room 112  
**Registration Deadline:** Fri, Nov 4

### Self Defense Class

Did you know that a cane or your car keys can effectively prevent or stop an attack? Sign up today for this exclusive one day class and learn these and other life-saving techniques from Allen Clark, a trained martial arts expert.

**Date/Time:** Tues, Nov 1 at 10am  
**Location:** Large Activity Room  
**Cost:** \$5.00 per person (*Students will pay the instructor on the day of class. Cash only please.*)  
**Last Day to Register:** Fri, Oct 28

## HEALTH & EDUCATION

### Flu Shot Clinic

Stop in and receive your flu vaccination. The cost is covered 100% for Medicare recipients. Recipients must bring their Medicare card in order to receive a free flu shot. This clinic is provided in partnership with Walgreens Pharmacy. Pre-registration required.

**Date/Time:** Wed, Oct 12; 10am-12pm  
**Location:** Room 112  
**Registration Deadline:** Mon, Oct 10



### Free Hearing Screenings

Down East Hearing Care Associates will be on-site to offer free hearing screenings to seniors. Appointment slots are limited so please register early.

**Date/Time:** Tues, Dec 6; 9am-12pm  
**Location:** Room 112  
**Registration Deadline:** Fri, Dec 2

*Appointments given on a first-come first-serve basis.*



### Fall Prevention

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. Join us as George Ramos, Physical Therapist with Assisted Care at Home, teaches ways to prevent falls.

**Date/Time:** Wed, Dec 7; 10am-12pm  
**Location:** Large Activity Room  
**Registration Deadline:** Fri, Dec 2

## HEALTH & EDUCATION

### Dine & Discover Health Educational Series: Nutrition and Health Issues

Join us as Jillian Hyttenhove, Registered Dietician and Coordinator of the Nash Outpatient Nutrition Counseling Program, provides helpful education on healthy eating. Come learn about what types of foods boost the immune system and are beneficial for certain types of health issues. There will be a light lunch provided after the presentation. This event is free, but all attendees must pre-register by the deadline.

**Date/Time:** Wed, Oct 12 at 11:30am

**Location:** Large Activity Room

**Registration Deadline:** Friday, Oct 7

Brought to you by:



### Medicare 101 Presentation

Barry Mowbray with the Seniors' Health Insurance Information Program (SHIIP), will be on-hand to explain Medicare basics from when and how to apply to types and kinds of coverage available.

**Date/Time:** Thurs, Dec 15 at 10am

**Location:** Room 112

**Registration Deadline:** Mon, Dec 12



Don't Forget...just call (252) 459-7681  
to register for any of our  
programs, classes, or services.

## SOCIALS

### Christmas Holiday Celebration: Sounds of the Season!



Save the date for our annual Christmas Holiday Celebration! Come and enjoy great food and musical entertainment as we celebrate with sounds of the season. You are welcome to invite family members and friends. Catering will be provided by Doug Sauls BBQ. Meal tickets are \$8.00 per person and will be available for purchase at the front desk beginning November 1. This is a widely attended event and ticket sales will be limited to the first 100 people.

**Date/Time:** Wed, Dec 14 11:30am

**Location:** Large Activity Room

**Last Day to Purchase Tickets:** Mon, Dec 5  
(or earlier if tickets are sold out)

## ARTS & CRAFTS

### Artful Expressions

Join Michelle Silveri for simple, whimsical painting that anyone can do! Students will paint large, festive wooden cut-outs to hang on your door or wall. Choices include a pumpkin, Santa Claus, stocking, or snowman. All supplies are included.

**Date/Time:** Tues, Oct 25, 9am-12:30pm

**Location:** Large Activity Room

**Cost:** \$35.00 per person (*Students will pay the instructor on the day of class. Cash only please.*)

**Last Day to Register:** Tues, Oct 18

**ARTS & CRAFTS**

**Knitting and Crocheting**

Join this group and challenge your mind while stimulating your creativity.

Days: Tuesdays  
 Time: 10am  
 Location: Room 102



**Crafty Quilters**



Join this crafty group for quilting projects and social interaction.

Days: Wednesdays  
 Time: 1:00pm  
 Location: Room 102



Studies show that crafting with needles and/or hooks can soothe your body and mend your mind. Knitting, crocheting, quilting, and similar crafting can:

- ~ Help relieve depression
- ~ Reduce anxiety and stress
- ~ Alleviate insomnia
- ~ Reduce or postpone dementia

Improve your quality of life...let's get crafting today!

**DANCE & ENTERTAINMENT**

**Basic Line Dance Class**

Learn the basic steps in line dancing. New classes start on the first Thursday of each month. Cost is \$18.00 per month.

Days: Thursdays at 1:30pm  
 Location: Large Activity Room

**Book Club**

Read the book of the month, and then share your comments in lively group discussion.



Days: Third Tuesday of each month  
 Time: 10am-11:15am  
 Location: Senior Center Library or Card Room

Book Selections for This Quarter

- October 18 (Card Room): *The Girls of Atomic City* by Denise Kiernan
- November 15 (Card Room): *The Prince of Tides* by Pat Conroy
- December 20 (Library): *Homer's Odyssey* by Gwen Cooper

**Dinner Club**

Join the Dinner Club on the 3rd Tuesday of each month. There's no cost to join, but each person pays for their own meal and tip. Please pre-register to ensure adequate seating.

Tuesday, October 18 - 12:30pm  
 Something Different Café & Catering  
 3342 Airport Blvd, Wilson, NC  
 Carpool available

Tuesday, November 15 - 12:30pm  
 The Nashville Exchange  
 229 W Washington St, Nashville, NC

\*\*The Dinner Club will not meet in December. Members are invited to join us for our Christmas Celebration on Dec. 14.

## DANCE & ENTERTAINMENT

### Friday Afternoon Popcorn & a Movie



Join us on the 4<sup>th</sup> Friday of each month at 2pm in room 112 as we enjoy popcorn and a great movie.

There is no cost to view the movie and popcorn is just 25 cents per bag! **Please pre-register for each movie to ensure adequate seating and refreshments.**

#### Friday, October 28 - *The Martian* (2015)

During a manned mission to Mars, astronaut Mark Watney finds himself stranded and alone on the hostile planet. With only meager supplies, he must find a way to survive. Millions of miles away, a team of international scientists work tirelessly to bring him home while plotting a daring, if not impossible, rescue mission. PG-13 (Drama, Adventure)

#### Friday, November 18 - *What's Cooking?* (2000)

On Thanksgiving day, four ethnically diverse families gather for their traditional family meal. Each family has its own distinct customs and its own set of problems. Turkey and sweet potatoes mixed with drama and sibling rivalry are sure to make this the most interesting Thanksgiving yet! PG-13 (Comedy, Drama)

#### Friday, December 16 - *Christmas with the Kranks* (2004)

With their daughter away, Luther (Tim Allen) and Nora Krank (Jamie Lee Curtis) are alone for the holidays. They plan to skip the Christmas traditions and take a cruise to the Caribbean instead. This doesn't sit well with their Christmas-obsessed neighbors who are determined to win the annual "Best Decorated Street" competition. When their daughter calls on Christmas Eve to announce a surprise visit with her new fiancée, the Kranks have just twelve hours to perform a miracle and pull themselves and their neighbors together to throw the best celebration ever! PG (Comedy)

## TRAVEL

The NASH offers many exciting day and overnight trips. Although we establish deposit and payment deadlines, registration will be closed when each trip reaches its maximum number of passengers. Trips fill up fast so don't wait...sign up early!

### Rocky Hock Playhouse Edenton, NC

The Nash County Senior Center and the Mt. Pleasant Senior Group are sponsoring a festive day trip to the Rocky Hock Playhouse and Dinner



Theater in Edenton, NC, on **Tuesday, December 13, 2016**. Travelers will enjoy a buffet lunch and theatrical production of "The Road to Bethlehem". Mt. Pleasant members should meet at 8am for departure from Bailey and will join Nash Senior Center passengers at 8:45am for registration and breakfast. Anticipated return time is 5pm.

This trip is limited to the first 50 people. Cost is **\$55.00 per person** and includes: deluxe motor coach transportation, breakfast, buffet lunch, and show admission. *Payment in full reserves your seat.*

### ***Please bring the correct change!***

When registering for trips, classes, or programs that require payment, please bring the correct amount if you are paying with cash. You are also welcome to write a check. Checks should be made payable to Nash County. Thank you!

**TRAVEL**

**Washington, DC**

The Nash County Senior Center is sponsoring fabulous 3 day / 2 night vacation to our nation’s capital September 20 - September 22, 2017.

**Trip Pricing:**

\$389.00 per person (double occupancy)

\$469.00 per person (single occupancy)

**Pricing Includes:**

- ~ 2 Nights Hotel Accommodations
- ~ 3 Breakfasts, 1 Luncheon Cruise, & 1 Dinner
- ~ Deluxe Motor Coach Transportation
- ~ All Bus Driver, Guide, & Meal Gratuities
- ~ Baggage Handling & Standard Taxes
- ~ Luncheon Cruise on the Potomac River
- ~ Tour of The White House (*subject to availability and security clearance*)
- ~ Tour of the Smithsonian Institute
- ~ Guided Tour of Washington, DC to include (*as time permits*) The US Supreme Court; US Capitol Building; Washington, Lincoln, FDR, and Jefferson Memorials/Monuments; Vietnam, Korean, and WWII Veterans Memorials; Georgetown; and the new Martin Luther King, Jr. National Memorial



Trip is limited to the first 50 people. A \$75.00 deposit is due by June 12, 2017 in order to reserve a seat. Balance is due by August 7, 2017. *Seats will fill up quickly so please don't wait to register!* Travel insurance available. For more information, please contact Michele McKnight at (252) 459-1375.

**New York City  
New York**

The Nash County Senior is sponsoring an amazing 4 day/3 night holiday vacation to New York City, NY December 4 - December 7, 2017.

**Trip Pricing:**

\$585.00 per person (double occupancy)

\$735.00 per person (single occupancy)



**Pricing Includes:**

- ~ 3 Nights Hotel Accommodations
- ~ 4 Breakfasts
- ~2 Dinners at a New York City Restaurant
- ~ Deluxe Motor Coach Transportation
- ~ Bus Driver, Guide, & Meal Gratuities
- ~ Baggage Handling & Standard Taxes
- ~ Guided Tour of New York City Including Rockefeller Center Featuring the Christmas Tree, Ice Skating Rink, St. Patrick’s Cathedral, Chinatown, Greenwich Village, Ground Zero, Little Italy, Soho, and more!
- ~ Orchestra Seating for the Radio City Music Hall Christmas Spectacular
- ~ Visit to the National 9/11 Memorial
- ~ Holiday Shopping in New York City to include upscale Madison Avenue and the Bargain-Friendly Lower East Side

Trip is limited to the first 50 people. A \$75.00 deposit is due by September 6, 2017 in order to reserve a seat. Balance is due by October 16, 2017. *Seats will fill up quickly so please don't wait to register!* Travel insurance available. For more information, please contact Michele McKnight at (252) 459-1375.

## TRAVEL

### UPDATE: New England Trip 2017

The Martha's Vineyard/Cape Cod, MA trip is sold out, and we are currently maintaining a waiting list. As seats become available, individuals on the waiting list will be contacted in the order in which they appear. Call (252) 459-7681 if you would like to be added to the waiting list.

### Travel Club

If you enjoy traveling and would like to give your input on trips that are planned at The NASH, then join the Travel Club and let's plan an adventure together!



**Days:** 4th Wednesday of each month

**Time:** 11am

**Location:** Room 112

#### Meeting Dates This Quarter

*Dates this quarter will vary due to the Thanksgiving and Christmas holidays.*

**Oct 26; Nov 30; No meeting in December**

### Cancellation & Refund Policy

If any trip is cancelled by the Center, a full refund will be given to all registrants. For day and overnight trips, refunds will only be given if a participant's space can be filled by someone from the waiting list or if a participant is able to find someone else to fill their space. If the space cannot be filled, no refund will be given. Participants are encouraged to purchase Travel Insurance when offered in order to protect their investment in the event of unforeseen circumstances. In all instances where a refund is warranted, participants should allow 2-3 weeks for processing.

## FUN AND GAMES

### Men's Open Pool Tournament

Join us at the Nash Senior Center for our Semi-Annual Men's Open Pool Tournament. All males age 55 and older may participate, regardless of county of residence. A lunch of hotdogs, chips, and drink will be available for \$3.00. All players must be present by 10am in order to participate. Call (252) 459-7681 to register.

**Date/Time:** Fri, Oct 14; 10am-until

**Location:** Large Activity Room

**Registration Deadline:** Tues, Oct 11

### Game Day

Join us for a fun-filled morning of assorted board, card and puzzle games. We will have an assortment of games available, and players are welcome to bring their favorite games to share with others. A light breakfast will be provided. Pre-registration is required.

**Date/Time:** Wed, Nov 16; 9am-12pm

**Location:** Large Activity Room

**Registration Deadline:** Mon, Nov 14



### Billiards Tournaments

*Nash County Residents Only*

#### Men's Pool Tournaments

**Days/Time:** Last Friday of the month at 11am

#### Women's Pool Tournaments

**Days/Time:** Friday before Men's Tournament at 11am

#### 9 Ball Tournament (Open to Non-County Residents)

**Days/Time:** 2<sup>nd</sup> Wed of each month at 11am



## FUN AND GAMES

### Bingo

Join us for Bingo Mondays! No registration required. No cost to play, but all players are asked to bring one item for the prize table.

**Days/Time:** Every Monday at 2pm

**Location:** Large Activity Room

## COMPUTER LEARNING

### Computer Classes

All computer classes are offered through a partnership with Nash Community College. The \$130.00 fee is waived for any North Carolina resident who is unemployed, under employed, or seeking employment. Register for all classes by calling (252) 459-7681.

#### Basic Computer Skills & Keyboarding

10/4-11/3 T,W,TH 3pm-6pm

#### Document Prep for the Job Search

10/11-11/10 T,W,TH 9am-12pm

#### Microsoft IT Academy Certification

11/8-12/5 T,W,TH 3pm-6pm

#### Internet and Email for the World of Work

11/15-12/15 T,W,TH 9am-12pm

### Genealogy Computer Class

If you are interested in researching your family tree, then sign up for this informative Genealogy Computer Class. There is no cost for this 4-week class, but pre-registration is required. Class size is limited to 10 people.

**Days/Dates:** Mondays & Fridays, Oct 17-  
Nov 14

**Times:** Mondays - 3pm-6pm;

Fridays - 2:30pm-4:30pm

**Location:** Computer Lab

**Instructor:** Donald Cooper

**Registration Deadline:** Fri, Oct 14



## RESOURCES FOR SENIORS

### Medicare Part D Open Enrollment

Medicare Part D prescription drug plans are provided by private insurance companies that have contracted with and have plans approved by Medicare. Plans will vary from year to year. The 2016 Medicare Part D open enrollment period begins October 15th and ends December 7th. This is your opportunity to review your Part D plan choices and compare current plans to new ones in order to maximize your savings.

The Seniors Health Insurance Information Program (SHIIP) answers seniors' questions and counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage Plans, Medicare prescription drug plans, long-term care insurance and other health insurance concerns. A SHIIP volunteer can assist you in finding a Medicare Part D prescription drug plan that meets your needs.

To schedule a one-on-one appointment with a SHIIP volunteer, call the Nash County Senior Center at (252) 459-7681. You may also call the State SHIIP office toll free at 855-408-1212.



Don't Forget...just call (252) 459-7681

to register for any of our  
programs, classes, or services.

We're standing by to assist you!

## RESOURCES FOR SENIORS

### Foot Care Clinic

The Nash County Senior Center offers the Foot Care Clinic on the 1st, 2<sup>nd</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Mondays of each month from 9am to 12pm. Basic toe nail trimming and foot care is provided by a registered nurse. This service is available for seniors age 60 years and older for \$20.00 per visit. To receive more information or to schedule an appointment, call 252-459-7681.



### Legal Aid



Attorney Richard Trottier from Legal Aid of NC is available at the Senior Center once per quarter to provide free, civil legal services to low income residents. His next appointment day is Tues, October 25. Call 252-459-7681 to schedule an appointment.

### Caregiver Support Group

For many caregivers, the responsibility of caring for an elderly parent or frail spouse can be overwhelming at times. Meet others who can relate to what you're going through. For more information, contact Ashley Winstead, Caregiver Services Coordinator, at (252) 459-1365.

**Days:** 3<sup>rd</sup> Tuesday of each month  
**Time:** 3:00pm  
**Location:** Room 112



## FITNESS & WELLNESS

*Did you know that The NASH has an on-site Fitness Room complete with treadmills, exercise bikes, elliptical machines, and other fitness equipment? Call (252) 459-7681 today and learn how you can get started on the path to a healthier you!*



### Tai Chi

Tai Chi is an ancient, health enhancing exercise whose benefits include relief from arthritis, stronger immune system, improved circulatory function, and increased stamina. Cost is \$3.00 per class.

**Days:** Mondays at 9am & Thursdays at 9:30am  
**Location:** Large Activity Room  
**Instructor:** Howard Tang

### Walking Club

Lace up those sneakers and join the Walking Club! Free to join.

**Days:** Tuesdays & Thursdays  
**Time:** 8:15am

Contact Ashley Winstead at (252) 459-1365 for more information.

### Chair Aerobics

Chair exercises assist individuals with gently improving flexibility and movement without putting undue stress on joints and muscles.

**Days/Times:** Mondays at 3:15pm  
**Location:** Room 112

**DEPARTMENT INFORMATION**

**Staff Directory**

|   |              |
|---|--------------|
| Stacie Shatzer<br>Recreation & Senior Services Director             | 252-462-2672 |
| Michele McKnight<br>Senior Center Manager                           | 252-459-1375 |
| Michelle Daughtridge<br>Activities Specialist                       | 252-462-2730 |
| Brenda Shields<br>Aging Services Coordinator                        | 252-459-1367 |
| Ashley Winstead<br>Caregiver Services Coordinator                   | 252-459-1365 |
| Sherry Leonard<br>Accounting/Administrative Specialist              | 252-459-7681 |
| Amy Thomasine Farmer<br>Aging Services Assistant                    | 252-459-7681 |
| Hollistine Edwards<br>Mt. Pleasant Activity Specialist              | 252-459-7681 |
| Margie Lewis<br>Congregate Nutrition Site Manager<br>Covenant Homes | 252-443-2323 |
| Frances Alston<br>Receptionist/Senior Center Support                | 252-459-7681 |
| Dollie Parker<br>Receptionist                                       | 252-459-7681 |
| Joyce Bartley<br>Receptionist                                       | 252-459-7681 |
| Bruce Joyner<br>Maintenance   | 252-459-7681 |

**Hours of Operation**

**Senior Center Facilities**  
 Monday - Thursday, 8am - 7pm  
 Friday, 8am - 5pm

**Offices**  
 Monday - Friday, 8am - 5pm

**Services**

**Senior Center**

- Recreational Activities
- Fitness Room
- Computer Lab
- Legal Services
- Foot Care Clinic
- Medicare/SHIIP Counseling
- Informational Programs
- Volunteer Opportunities

**Aging Services**

- Home Delivered Meals
- Congregate Nutrition
- Transportation
- Special Needs Sheltering Information
- Cold Facts Medical Information
- Information and Referral
- Project Lifesaver

**Family Caregiver Services**

- Caregiver Support Group
- Caregiver Video Library
- Powerful Tools for Caregiving
- Respite Service for Caregivers





# MOUNT PLEASANT SENIOR GROUP



The Mount Pleasant Senior Group, a satellite program of The NASH, is located inside the Mount Pleasant Community Building at **7637 Harris Road in Bailey, NC**. We provide quality leisure activities and services to senior adults age 60 and older who live in the southern parts of Nash County. We are committed to enhancing and enriching the lives of our participants by offering relevant information, assistance and entertainment. Come visit us today and discover what the buzz is all about! For more information, please contact Holly Edwards at (252) 459-7681.

- Video Aerobics
  - Bingo
  - Cards and Crafts
  - Day Trips
  - Entertainment
  - Holiday Celebrations
  - Workshops



Birthday Socials

The Free Will Baptist Children's Home, Inc. (FWBCH) located at 7907 Buck Deans Road, Middlesex, has made its fitness facility and other spaces available for use by the Mt. Pleasant Senior Group.

The Walking Club will meet each Wednesday from 9:00am - 12:00pm at FWBCH in the Whitley Center gym. Please contact Holly Edwards at (252) 459-7681 for more information regarding senior programs offered at FWBCH.

### OCTOBER 2016

**Monday, October 3, 2016**

- 9:00am Video Aerobics
- 10:00am Field Trip - Zebulon
- 12:00pm Return to Mt. Pleasant

**Thursday, October 6, 2016**

- 9:00am Video Aerobics
- 10:00am FWBCH -Fitness & Recreation

**Monday, October 10, 2016**

- 9:00am Video Aerobics
- 10:00am Birthday Social
- 10:15am Massages By Dixie-\$
- 11:00am Cards/Crafts



**Thursday, October 13, 2016**

- 9:00am Video Aerobics
- 10:00am FWBCH - Fitness & Recreation

**Monday, October 17, 2016**

- 9:00am Video Aerobics
- 10:00am Bingo
- 11:00am Cards/ Crafts

**Thursday, October 20, 2016**

- 9:00am Video Aerobics
- 10:00am FWBCH - Fitness & Recreation

**Monday, October 24, 2016**

- 9:00am Video Aerobics
- 10:00am Cooking Contest
- 11:15am Cards



**Thursday, October 27, 2016**

- 9:00am Video Aerobics
- 10:00am FWBCH - Fitness & Recreation

**Monday, October 31, 2016**

- 9:00am Video Aerobics
- 10:00am Cards
- 11:15am Lunch Club - Olive Garden \$



## MOUNT PLEASANT SENIOR GROUP



### NOVEMBER 2016

#### Thursday, November 3, 2016

9:00am Video Aerobics  
10:00am FWBCH - Fitness & Recreation  
11:00am Cards

#### Monday, November 7, 2016

9:00am Video Aerobics  
10:00am Bingo  
11:00am Cards/Crafts

#### Thursday, November 10, 2016

9:00am Video Aerobics  
10:00am FWBCH - Fitness & Recreation  
11:00am Cards

#### Monday, November 14, 2016

9:00am Video Aerobics  
10:00am Birthday Social  
10:15am Massages By Dixie- \$  
11:00am Cards

#### Thursday, November 17, 2016

9:00am Video Aerobics  
10:00am FWBCH - Fitness & Recreation  
11:00am Cards

#### Monday, November 21, 2016

9:00am Video Aerobics  
10:00am Thanksgiving Program Prep  
10:45am Thanksgiving Pot Luck Luncheon

#### Thursday, November 24, 2016

NO PROGRAM  
HAPPY THANKSGIVING



#### Monday, November 28, 2016

9:00am Video Aerobics  
10:00am Program Discussion  
10:30am Cards  
11:15am Lunch Club - Wangs \$

Live,  
love  
&  
enjoy  
life

### DECEMBER 2016

#### Thursday, December 1, 2016

9:00am Video Aerobics  
10:00am FWBCH - Fitness & Recreation

#### Monday, December 5, 2016

9:00am Video Aerobics  
10:00am Bingo  
11:00am Cards/Christmas Crafts

#### Thursday, December 8, 2016

9:00am Video Aerobics  
10:00am FWBCH - Fitness & Recreation

#### Monday, December 12, 2016

9:00am Video Aerobics  
10:00am Edenton Trip Prep & Discussion  
10:15am Massages By Dixie - \$  
10:30am Birthday Social  
11:30am Christmas Craft

#### Tuesday, December 13, 2016

#### Day Trip to the Rocky Hock Dinner Theater

8:30am Depart from Mt. Pleasant  
5:10pm Return to Mt. Pleasant

#### Thursday, December 15, 2016

9:00am Video Aerobics  
10:00am FWBCH - Fitness & Recreation

#### Monday, December 19, 2016

9:00am Video Aerobics  
10:00am Christmas Party Prep  
10:30am Christmas Party



#### Thursday, December 22, 2016

9:00am Video Aerobics  
10:00am FWBCH - Fitness & Recreation

#### Monday, December 26, 2016

NO PROGRAM - Christmas Holiday

#### Thursday, December 29, 2016

9:00am Video Aerobics  
10:00am FWBCH - Fitness & Recreation

**Join the Mount Pleasant Senior Group Today  
and Add LIFE to Your Years!**

## COMMUNITY NEWS

### Senior Activities at Spaulding Gym

The Nash County Recreation and Senior Services Department offers activities to seniors at the Spaulding Gym in Spring Hope, NC. Class registration forms are available at the office located at 120 West Washington St, Nashville, NC. For more information, please call (252) 462-2628.

#### Seniors Open Play Pickleball

Dates: Mon/Wed, 8:15am-10:15am  
Oct 3-31; Nov 2-30; Dec 5-21  
Cost: FREE

#### Seniors Walking

Dates: Tues/Thurs, 8:15am-9:00am  
Oct 4-27; Nov 1-29; Dec 1-20  
Cost: FREE

#### Seniors Video Zumba Gold®

Dates: Thurs, 10am-11am  
Oct 6-27; Nov 3-17; Dec 1-15  
Cost: FREE

#### Seniors Video Chair Yoga

Dates: Thurs, 9am-10am  
Oct 6-27; Nov 3-17; Dec 1-15  
Cost: FREE

### Volunteers Needed: Bowling League for the Blind

The Bowling League for the Blind is in need of volunteers on Fridays from 12:30pm to 3:00pm to help spot the ball for visually impaired bowlers. Interested persons should contact Mr. Charles Parker at (252) 977-1960.



### Hospice Volunteers Needed

3HC Home Health and Hospice is currently in need of volunteers to serve hospice patients in the Nash County area. The primary need is for people who are willing to go into the home and sit with a hospice patient to relieve their primary caregiver for a few hours. The only special skills requirement is a compassionate heart and warm smile. A minimum commitment of two hours per week is requested.

If you are interested in volunteering, please contact Cyndi Shimer, Hospice Volunteer Coordinator, at (919) 583-1741.

### Newsletter Contributors

If you are a representative of a community agency or group that serves senior adults and you have information that you would like included in our Community News Section, please contact Michele McKnight at (252) 459-1375 or via email at [michele.mcknight@nashcountync.gov](mailto:michele.mcknight@nashcountync.gov).



103 North Alston Street,  
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aging@nashcountync.gov  
[www.co.nash.nc.us](http://www.co.nash.nc.us)

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**I would like to receive The NASH News!**

I would like to pick up the newsletter from the senior center.

I would like to receive the newsletter via email at this address:

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

I would like to receive the newsletter in the mail at this address:

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

If you are not already receiving The NASH News or would like to change your method of receipt, please return this portion of the newsletter to the Senior Center at 103 N. Alston Street, Nashville, NC 27856.



**Please help support  
our activities and  
services by making a  
donation today!**

# October 2016

**PLEASE CALL (252) 459-7681 FOR MORE INFORMATION ABOUT ANY OF THESE PROGRAMS. \$ DENOTES FEE FOR PROGRAM.**

Enjoy everyday drop-in activities such as pool tables, fitness equipment, computer lab, card tables & more! Appointments are required for **Foot Clinic**, **SHIIP Insurance Counseling**, and **Legal Aid**. Pre-registration is required for **Computer Classes**.

Room #'s listed by each activity. LR=Large Room, RO=Rotating Office, CR=Card Room

## WEEKLY ACTIVITIES

| Sun | Mon  | Tue  | Wed   | Thu   | Fri   | Sat |
|-----|--|--|---|---|---|-----|
|     | 8:30am Aerobics II (112)<br>8:30am Hand & Foot (CR)<br>9:00 am Tai Chi (LR) \$<br>10:30am TOPS Meeting (112) \$<br>2pm Bingo (LR)<br>3:15pm Chair Aerobics (112)<br>5-7pm All Request Line Dance (LR) \$ | 8:15am Walking Club<br>8:30am Aerobics II (112)<br>8:30am Hand & Foot (CR)<br>10am Knitting & Crocheting (102)<br>12pm Pinochle (CR)<br>5:30pm Aerobics II (112) | 8:30am Aerobics II (112)<br>1pm Crafty Quilters (102)<br>5:30pm Aerobics II (112) | 8:15am Walking Club<br>8:30am Aerobics II (112)<br>8:30am Hand & Foot (CR)<br>9:30am Tai Chi (LR) \$<br>12pm Pinochle (CR)<br>1:30pm Basic Line Dance (LR) \$ | 8:30am Aerobics II (112)<br>8:30am Hand & Foot (CR)<br>1:00pm Bridge (CR) |     |

| Sun | Mon   | Tue  | Wed  | Thu   | Fri  | Sat |
|-----|---|--|--|---|--|-----|
|     |   |  |  |   |  | 1   |
| 2   | 3<br>9am-12pm Foot Care Clinic (RO)\$<br>*Caribbean Cruise              | 4<br>3pm-6pm Computer Class (108)<br>*Caribbean Cruise   | 5<br>11am 9 Ball Tournament<br>3pm-6pm Computer Class (108)<br>*Caribbean Cruise   | 6<br>3pm-6pm Computer Class (108)<br>*Caribbean Cruise  | 7<br>*Caribbean Cruise   | 8   |
| 9   | 10<br>9am-12pm Foot Care Clinic (RO)\$                                  | 11<br>9am-12pm Computer Class (108)<br>3pm-6pm Computer Class (108)  | 12<br>9am-12pm Computer Class (108)<br>10am-12pm Flu Shots (112)<br>11:30am Dine & Discover (LR)<br>1pm Front Desk Staff Meeting (Lib)<br>1:30-2:30pm HDM Luncheon (112)<br>2pm Blind Support Group (LR)<br>3pm-6pm Computer Class (108) | 13<br>9am-12pm Computer Class (108)<br>3pm-6pm Computer Class (108)                                   | 14<br>10am Men's Open Pool Tournament  | 15  |
| 16  | 17<br>9am-12pm Foot Care Clinic (RO)\$<br>3pm-6pm Genealogy Class (108) | 18<br>8am DAY TRIP: State Fair Trip<br>9am-12pm Computer Class (108)<br>9am-1pm SHIIP Counseling (Lib)<br>10am-11:15am Book Club (CR)<br>12:30pm Dinner Club-Something Different \$<br>3pm Caregiver Support Group (112)<br>3pm-6pm Computer Class (108) | 19<br>9am-12pm Computer Class (108)<br>1:15pm Staff Meeting (112)<br>3pm-6pm Computer Class (108)  | 20<br>9am-2pm SHIIP Counseling (Lib)<br>9am-12pm Computer Class (108)<br>3pm-6pm Computer Class (108) | 21<br>11am Women's Pool Tournament<br>2:30pm-4:30 Genealogy (108)                                      | 22  |
| 23  | 24<br>3pm-6pm Genealogy Class (108)                                     | 25<br>9am-12pm Computer Class (108)<br>9am-4pm Legal Aid (Lib)<br>9am-1pm SHIIP Counseling (RO)  | 26<br>9am-12pm Computer Class (108)<br>9am-1pm SHIIP Counseling (Lib)<br>11am Travel Club (112)  | 27<br>9am-12pm Computer Class (108)<br>1pm-5pm SHIIP Counseling (Lib)<br>3pm-6pm Computer Class (108) | 28<br>11am Men's Pool Tournament<br>2pm Friday Movie: The Martian (112)<br>2:30pm-4:30 Genealogy (108) | 29  |
| 30  | 31<br>9am-12pm Foot Care Clinic (RO)\$<br>3pm-6pm Genealogy Class (108) | 9am-12:30pm Artful Expressions (LR) \$<br>10am Walmart Shopping Trip<br>3pm-6pm Computer Class (108)   | 3pm-6pm Computer Class (108)   |   |  |     |

# November 2016

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## MONTHLY ACTIVITIES

| Sun | Mon  | Tue  | Wed   | Thu   | Fri  | Sat |
|-----|--|--|---|---|--|-----|
|     |  | 1<br>9am-12pm Computer Class (108)<br>10am Self Defense Class (LR) \$<br>3pm-6pm Computer Class (108)  | 2<br>9am-12pm Computer Class (108)<br>11:30am Chili Cook Off (LR)<br>3pm-6pm Computer Class (108)   | 3<br>9am-12pm Computer Class (108)<br>9am-2pm SHIIP Counseling (RO)<br>9am-4pm SHIIP Counseling (Lib)<br>3pm-6pm Computer Class (108) | 4<br>8am-4pm Staff Retreat<br>2:30pm-4:30 Genealogy (108)  | 5   |
| 6   | 7<br>9am-12pm Foot Care Clinic (RO)\$<br>3pm-6pm Genealogy Class (108)   | 8<br>9am-12pm Computer Class (108)<br>9am-4pm SHIIP Counseling (Lib)<br>3pm-6pm Computer Class (108)   | 9<br>9am-12pm Computer Class (108)<br>10am Gardening Program (112)<br>11am 9 Ball Tournament<br>2pm Blind Support Group (112)<br>3pm-6pm Computer Class (108)   | 10<br>9am-12pm Computer Class (108)<br>9am-2pm SHIIP Counseling (Lib)<br>3pm-6pm Computer Class (108)                                 | 11<br><b>CLOSED<br/>VETERANS DAY</b>   | 12  |
| 13  | 14<br>9am-12pm Foot Care Clinic (RO)\$<br>3pm-6pm Genealogy Class (108)  | 15<br>9am-12pm Computer Class (108)<br>9am-1pm SHIIP Counseling (Lib)<br>10am-11:15am Book Club (CR)<br>12:30pm Dinner Club-Nashville Exchange \$<br>3pm Caregiver Support Group (112)<br>3pm-6pm Computer Class (108) | 16<br>9am-12pm Computer Class (108)<br>9am-12pm Game Day (LR)<br>9am-1pm SHIIP Counseling (Lib)<br>1pm Front Desk Staff Meeting<br>3pm-6pm Computer Class (108) | 17<br>9am-12pm Computer Class (108)<br>2pm ALPT Meeting (112)<br>3pm-6pm Computer Class (108)   | 18<br>10am Women's Pool Tournament<br>11:15am Men's Pool Tournament<br>2pm Friday Movie: What's Cooking? (112) | 19  |
| 20  | 21<br>9am-12pm Foot Care Clinic (RO)\$<br>9am-4pm SHIIP Counseling (Lib) | 22<br>9am-12pm Computer Class (108)<br>10am Walmart Shopping Trip<br>3pm-6pm Computer Class (108)  | 23<br>9am-12pm Computer Class (108)<br>3pm-6pm Computer Class (108)<br><b>Closing at 5pm</b>  | 24<br><b>CLOSED<br/>THANKSGIVING HOLIDAY</b>  | 25<br><b>CLOSED<br/>THANKSGIVING HOLIDAY</b>   | 26  |
| 27  | 28   | 29<br>9am-12pm Computer Class (108)<br>3pm-6pm Computer Class (108)  | 30<br>9am-12pm Computer Class (108)<br>9am-2pm Blood Drive (LR)<br>9am-4pm SHIIP Counseling (Lib)<br>11am Travel Club (112)<br>3pm-6pm Computer Class (108)     |   |  |     |

# December 2016

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## MONTHLY ACTIVITIES

| Sun | Mon  | Tue   | Wed   | Thu  | Fri   | Sat |
|-----|--|---|---|--|---|-----|
|     |  |   |   | 1<br>9am-12pm Computer Class (108)<br>9am-2pm SHIIP Counseling (Lib)<br>3pm-6pm Computer Class (108) | 2   | 3   |
| 4   | 5<br>9am-12pm Foot Care Clinic (RO)\$<br>10am-3pm SHIIP Counseling (Lib)<br>3pm-6pm Computer Class (108) | 6<br>9am-12pm Computer Class (108)<br>9am Stuff Stockings (LR)<br>9am-12pm Hearing Screenings (112)                                   | 7<br>9am-12pm Computer Class (108)<br>10am-12pm Fall Prevention (LR)<br>1:15pm Staff Meeting (112)          | 8<br>9am-12pm Computer Class (108)   | 9   | 10  |
| 11  | 12<br>9am-12pm Foot Care Clinic (RO)\$   | 13<br>8:30am DAY TRIP: Rocky Hock Theater<br>9am-12pm Computer Class (108)  | 14<br>9am-12pm Computer Class (108)<br>11:30 Christmas Celebration (LR) \$<br>2pm Blind Support Group (112) | 15<br>9am-12pm Computer Class (108)<br>10am Medicare 101 (112)                                       | 16<br>11am Women's Pool Tournament<br>2pm Friday Movie: Christmas with the Kranks (112) | 17  |
| 18  | 19<br>9am-12pm Foot Care Clinic (RO)\$<br>10am Newsletter Printing                                       | 20<br>9am Newsletter Help Day (LR)<br>10am-11:15am Book Club (Lib)<br>10am Walmart Shopping Trip<br>3pm Caregiver Support Group (112) | 21<br>11am 9 Ball Tournament  | 22<br><b>Closing at 5pm</b>  | 23<br><b>CLOSED<br/>CHRISTMAS HOLIDAY</b>   | 24  |
| 25  | 26<br><b>CLOSED<br/>CHRISTMAS HOLIDAY</b>  | 27<br><b>CLOSED<br/>CHRISTMAS HOLIDAY</b>   | 28  | 29   | 30<br>11am Men's Pool Tournament  | 31  |