Senior Centers Closing:
Monday, July 4th - Independence Day

Top L-R: Senior Spirit Day 2022, West Stanly Pizza Party, Fiddler on the Roof Trip
Bottom L-R: Albemarle’s Ladies Lunch Bunch, West Stanly Self-Defense Class, West Stanly Veteran’s Lunch

Stanly County Senior Center
283 N. Third Street
Albemarle, NC 28001
Telephone: 704-986-3769
Fax: 704-986-3776
Hours of Operation:
Office Hours: Mon - Fri 8:30am-5:00pm
Activity Hours Vary

West Stanly Senior Center
YMCA
213 Town Center Drive
Locust, NC 28097
Telephone: 980-354-8056
Hours of Operation:
Office Hours: Mon - Fri 9:00am-5:00pm
Activity Hours Vary

Y
**Events for Summer Camp:**

RSVP for all Activities by Monday, July 25th.
Dates are subject to change for inclement weather.

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Location/Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, August 1st</td>
<td>Kayak/Canoe at Morrow Mountain</td>
<td>Morrow Mountain, 10am</td>
<td>$10/hr</td>
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<tr>
<td>Tuesday, August 2nd</td>
<td>Water Day</td>
<td>Stanly County Senior Center, 11am</td>
<td>N/A</td>
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<tr>
<td>Wednesday, August 3rd</td>
<td>T-Shirt Bar</td>
<td>Stanly County Senior Center, 11am</td>
<td>$10</td>
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<tr>
<td>Thursday, August 4th</td>
<td>Pelicans &amp; Putt-Putt</td>
<td>Pelicans in Albemarle, 10am</td>
<td>$7</td>
</tr>
<tr>
<td>Friday, August 5th</td>
<td>Picnic/Games</td>
<td>Stanly County Senior Center, 12pm</td>
<td>$6</td>
</tr>
</tbody>
</table>

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**SUMMER CAMP**

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**Monthly Luncheon**

**July Luncheon**

Tuesday, July 26th
Singing Americans Performance

Lunch will be:
Hotdog w/ fixins, Chips, Baked Beans & Ice Cream Float. Tea, water, & coffee included.

**August Luncheon**

Thursday, August 18th
Dr. Pilakel - Basic Health & Exercise
Improve posture, balance, & gait

Lunch will be:
BLT, Cucumber Salad, Macaroni Salad, & Watermelon. Tea, water, & coffee included.

Lunch begins at 11:30am
Cost: $6.00
Must RSVP the Friday before the luncheon.
Please sign up at the front desk of the Senior Center.
Mystery Trip
Trip information will be available on July 6th
Where are we going? To the mountains, to the beach, or somewhere in between? No one knows! It will be a day filled with fun and travel. If you like a mystery join us!

Trip Includes:
Luxury motor coach transportation, admission to scheduled stops and all taxes. Your only expense will be your lunch.

Trip Opens:
Wednesday, July 20th @ 8:30am
Last Day to Cancel w/o Penalty:
Friday, August 26th

October Mountain Trip
Tuesday, October 25
Cost: $99

We will be traveling to Black Mountain, NC for lots of fun! We will enjoy our day touring a Coffee Warehouse and even enjoy a coffee tasting! We will tour Lake Tomahawk and the Seven Sisters Mountain Range and even spend time in Downtown Black Mountain. Apple picking is a must so we will stop for apples before returning back to the Senior Center.

Trip Opens:
Friday, August 5th @ 8:30am
Last Day to Cancel w/o Penalty:
September 30th

Holiday Festival of Light in Historic Charleston
Dates: December 12-14, 2022
Price: $509.00

Your 3 day/2 Night Package Includes:
2 Nights’ Hotel Accommodation
Deluxe Motor Coach Transportation
2 Breakfasts at you Hotel & 2 Wonderful Dinners
Standard Taxes, Meal Gratuities & Baggage Handling

Dinner at the Charleston Crab House on Beautiful James Island
1 Holiday Dinner Cruise w/Entertainment aboard: The Spirit of Carolina
Enjoy a three-hour cruise and breathtaking views of Charleston Harbor, as you savor a three-course gourmet meal, table-side service, your favorite beverage, & live entertainment

James Island Holiday Festival of Lights
Over 2 million lights to provide you with an enchanting 3-mile driving tour. In addition there will be a marshmallow roast, gift shops, gingerbread houses, holiday sand sculptures, life size greeting card display, & more.

Guided Tour of Historic Charleston Decorated of the Holidays
Experience American History at its best in “The Most Charming City”

Experience the Holidays at Magnolia Plantation & Gardens
Experience the rich history and beautiful gardens decorated for the holidays.

Holiday Shopping at Charleston’s Historic City Market
You will encounter a wide assortment of vendors selling high quality products including paintings, pottery, Charleston’s famous sweet grass baskets and more.

Flyers will be available July 15th
$100 deposit due at the time of registration.
**End of Summer Cookout**

Friday, August 26th  
@ 12:15pm  
Cost: $6

Join us to End Summer the best way, A Summer Cookout! We will be on the back patio to enjoy a delicious lunch and games. Meal will be Grilled Chicken Breast, Pasta Salad, Fruit, and a Cookie.

Please RSVP by Friday, August 19th

**Uwharrie Bank Classes**

Tuesday, July 5th & 12th  
1:00pm

Tina Townsend from Uwharrie Bank will be here to present a class on Scams and she will bring a Representative from Hartsell’s Funeral Home to present a class on Final Expenses. These will be informative classes for you to learn and ask questions.

- July 5th - Scams
- July 12th - Final Expenses

RSVP for each class by July 1st.

**Blood Pressure Checks**

3rd Thursday of the Month  
Exception for July: Tuesday, July 26th  
10:30am-11:30am

We will have blood pressure checks after between Chair Yoga and the Monthly Luncheon. We have partnered with Atrium Health Stanly to provide this service free to you. Come out and have your blood pressure checked and to ask any questions you may have for the nurse.

**Chair Volleyball**

Thursday, July 7th  
2:00pm

Whose ready to compete? We will play volleyball while seated in a chair with a beach ball. It will be an afternoon of fun and competition as we see which team has what it takes to come out on top!

**Kayaking Adventure**

More Information to come in the September/October Newsletter!

Who’s ready for a kayaking adventure?

**End of Summer Dance**

Date: September  
Cost: $10 per person

More information on the dance date and time in the September/October Newsletter. What better way to conclude summer than with a dance!

**Hospice of Stanly & the Uwharrie**

**Summer Grief Workshops**

**July Event**  
Painting Workshop  
Thursday, July 14th from 2-4pm

The group will meet and paint a masterpiece to take home.

If you are experiencing grief in any way, these workshops are for you. These workshops will be held at the Stanly County Senior Center in the Big Room. RSVP to Janna Spurr at Hospice of Stanly and the Uwharrie by calling 704.983.4216.
NC SENIOR CENTER
OF EXCELLENCE

The Stanly County Senior Center has been recertified as a Senior Center of Excellence!

We could not have accomplished this goal without all of you. Thank you for all you contribute to the Senior Center from volunteering your time to participating in the classes and events!

Eat Smart, Live Strong

Chelsea Barber from NC Cooperative Extension will be here to provide a free nutrition program for seniors. It is a free 4 week program.

Every Tuesday,
August 16th - September 6th, 2022
2:00pm - 3:00pm

Class Schedule:
August 16th - Reach Your Goals Step by Step
August 23rd - Challenges and Solutions
August 30th - Colorful and Classic Favorites
September 6th - Eat Smart, Spend Less

A tasty snack will be provided with each lesson!

Please register by August 1st by calling the Senior Center, 704-986-3769.

Thank You

To everyone who volunteered their time during May and June.

A special thank you goes out to:

- Thank you to Duke Energy Foundation Allocation for donating 14 fans to the Senior Center.
- Janelle McSwain for 4 fan donations
- Thank you to Chelsie Tucker from Kepro for presenting at the May Monthly Luncheon.
- Carmella Hedrick for the wonderful musical performance at the June Monthly Luncheon.
- Thank you to Albemarle Parks and Recreation for partnering and hosting Senior Spirit Day.
- Thank you to our Senior Spirit Day Sponsors: Spring Arbor, Ally Homecare, Nehemiah Project, and Senior Link
- Thank you to Community Homecare and Hospice for sponsoring our Veteran’s Breakfast.
- Thank you to those who set up and took down for the monthly luncheons.
  - Thank you to the Bingo Callers who were able to call for May and June.
  - Thank you to Cooperative Extension, Hayley Cowell, for partnering to teach our seniors how to make healthy, delicious meals.
NORWOOD NUTRITION CLASSES

Stanly County Senior Nutrition Program is partnering with Uwharrie Bank to present The Golden Years at Norwood Community Center

Workshops to help inform seniors in our community how to avoid scams and how to plan for final expenses. All classes are from 11:15am-12:15pm

Wednesday, July 13  Senior Adult Scams - Tina Townsend of Uwharrie Bank
Wednesday, July 20  Final Expenses - Edwards Funeral Home

Register by calling Joy Richardson at Stanly County Senior Center—704-986-3773.
Lunch is available for folks over 60 who register by Monday July 11 by calling 704-986-3773

SENIOR FARMERS MARKET NUTRITION PROGRAM COUPONS

We are happy to announce that this year Stanly County will receive Senior Farmers Market Nutrition Program (SFNMP) coupons for use at the Monday Stanly County Farmers Market at Stanly Commons and the Wednesday and Saturday Farmers Market at the Depot.

Applications for Coupons will first be offered during early July to Senior Nutrition Program Participants (Congregate/Grab & Go), and if there are any remaining coupons available, we will announce availability.

An application is necessary and there is an income limit. The income limit this year for a single senior is $2096/month; the income limit for a married couple is $2823/month.

Caregiver's Corner

Thank you to everyone who came out for our Alz Walk and Patio Party! The weather cooperated and we had a wonderful time raising awareness for Alzheimer's disease and honoring our loved ones. Because of your generous donations, we will be sending $251 to the Alzheimer's Association!
**Inky Fingers**

**Stamping Group**

**Meets:**
- July 1st, 2nd, 3rd, 4th
- August 19th, 20th, 21st

**Times:**
- Friday at 3:00pm
- Saturday at 10:00am
- Sunday at 1:00pm

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**Ladies Lunch Bunch**

**July 7th & August 4th at 11:30am**

Come enjoy lunch and fellowship with a great group of ladies.

RSVP by Tuesday before.
- July 7th - Mazatlan
- August 4th - Hwy 55

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**Readers & Eaters Book Club**

**July 6th & August 3rd at 10:30am**

**July 6th - Night She Disappeared** by Lisa Jewell. A psychological thriller about the fallout from a young couple's disappearance.

**Aug 3rd - Wish You Were Here** by Jodi Picoult. Is about "the resilience of the human spirit in a moment of crisis." The story follows a young woman, Diana O'Toole, who leaves for a vacation to the Galapagos without her boyfriend and gets locked down there as borders close under quarantine during the Covid-19 pandemic. Away from everything and everyone familiar, Diana must adapt to these extraordinary circumstances through a journey of self-reflection, awareness, and connection.

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**Monthly Virtual Program**

**July 27th & August 31st 4:00pm-4:30pm**

July will be a Dementia & Sleep Webinar. August will be an Unknown Unresponsive Emergency: What to do & look for Webinar. Come into the Senior Center or enjoy the webinar from the comfort of your home. **Registration is required.** More information is on the flyer. For any questions on how to register call 704.984.3769 or email asells@stanlycountync.gov.

- **July 27th** - Dementia and Sleep
- **August 31st** - Unknown Unresponsive Emergency: What to do & look for

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**Shuffleboard Club**

**July 28th & August 25th at 2:00pm**

Calling all individuals who play shuffleboard! We will play at the Senior Center. We can play tournament style each month if everyone agrees. This club will replace the hiking club that usually meets. Come out and let's see who is the best shuffleboard player at the Senior Center.

Inclement weather/lack of participation may cancel or change shuffleboard plans.

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**Veteran's Club**

**July 26th & August 30th Last Tuesday of the Month at 9:00am**

We want to welcome our Veteran’s Club and anyone who has served in the military to join us for breakfast. Breakfast is sponsored by Community Home Care and Hospice.

RSVP required by Friday before.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Where events are held:</td>
<td>BR- Big Room</td>
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<tr>
<td>All activities held in the Big Room unless otherwise stated.</td>
<td>BC-Big Classroom</td>
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<td>$-Cost to Activity</td>
<td>SC-Small Classroom</td>
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<td>L-Library</td>
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<td>K-Kitchen</td>
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<td>RR-Rabe Room</td>
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<td><strong>Calendar is subject to change</strong></td>
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<td>*Classes are held Virtually</td>
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<td>CLOSED FOR INDEPENDENCE DAY</td>
<td>9:45-Chair Yoga-BR</td>
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<td>10:00-Knitting-SC</td>
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<td></td>
<td>10:45-Ping Pong-BR</td>
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<td>1:00-Scam Class-BC</td>
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<td>3:00-Functional Fitness*</td>
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<td>5:30-Zumba $-BR</td>
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<tr>
<td>9:15-Duplicate Bridge-RR</td>
<td>9:45-Chair Yoga-BR</td>
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<td>10:00-Line Dancing-BR</td>
<td>10:00-Knitting-SC</td>
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<tr>
<td>10:00-Bunco-SC</td>
<td>10:45-Ping Pong-BR</td>
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<tr>
<td>11:00-Floor Yoga-BR</td>
<td>1:00-Final Expenses Class-BC</td>
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<td>1:00-Painting for Fun-RR</td>
<td>3:00-Functional Fitness*</td>
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<td>1:00-Intermediate Bridge-SC</td>
<td>5:30-Zumba $-BR</td>
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<td>1:15-Step &amp; Flex-RR</td>
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<td>1:45-Sit N’ Fit-BR</td>
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<td>5:30-Zumba $-BR</td>
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<td>9:15-Duplicate Bridge-RR</td>
<td>9:45-Chair Yoga-BR</td>
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<td>10:00-Knitting-SC</td>
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<td>10:00-Bunco-SC</td>
<td>10:45-Ping Pong-BR</td>
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<tr>
<td>11:00-Floor Yoga-BR</td>
<td>1:00-Final Expenses Class-BC</td>
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<tr>
<td>12:00-Painting w/ Teresa $-K</td>
<td>3:00-Functional Fitness*</td>
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<tr>
<td>1:00-Painting for Fun-RR</td>
<td>5:30-Zumba $-BR</td>
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<td>1:00-Intermediate Bridge-SC</td>
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<td>1:45-Sit N’ Fit-BR</td>
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<td>5:30-Zumba $-BR</td>
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<td>9:15-Duplicate Bridge-RR</td>
<td>9:00-Veteran’s Club-K</td>
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<td>10:00-Line Dancing-BR</td>
<td>9:45-Chair Yoga-BR</td>
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<td>10:00-Bunco-SC</td>
<td>10:00-Knitting-SC</td>
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<tr>
<td>11:00-Floor Yoga-BR</td>
<td>10:30-Blood Pressure Checks</td>
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<tr>
<td>1:00-Painting for Fun-RR</td>
<td>11:30-Monthly Luncheon$-BR</td>
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<td>1:00-Intermediate Bridge-SC</td>
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<td>1:15-Step &amp; Flex-RR</td>
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<td>1:45-Sit N’ Fit-BR</td>
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<td>5:30-Zumba $-BR</td>
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<tr>
<td>26</td>
<td>27</td>
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<tr>
<td>9:00-Veteran’s Club-K</td>
<td>9:00-Contract Bridge-RR</td>
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<td>9:45-Chair Yoga-BR</td>
<td>1:00-Canasta II-SC</td>
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<td>10:00-Knitting-SC</td>
<td>1:30-Friends Board Mtg-BC</td>
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<td>10:30-Blood Pressure Checks</td>
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<td>1:15-Duplicate Bridge-RR</td>
<td>9:45-Chair Yoga-BR</td>
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<td>10:00-Line Dancing-RR</td>
<td>10:00-Knitting-SC</td>
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<td>10:00-Bunco-SC</td>
<td>10:45-Ping Pong-BR</td>
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<td>11:00-Floor Yoga-BR</td>
<td>3:00-Functional Fitness*</td>
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<tr>
<td>1:00-Painting for Fun-RR</td>
<td>5:30-Zumba $-BR</td>
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<td>1:00-Intermediate Bridge-SC</td>
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<td>1:15-Step &amp; Flex-RR</td>
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<td>1:45-Sit N' Fit-BR</td>
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<td>5:30-Zumba $-BR</td>
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</tbody>
</table>

**SUMMER CAMP**

| 9:45-Chair Yoga-BR                         | 9:00-Contract Bridge-RR                     | 9:00-Woodcarving-K                       | 10:00-Line Dancing-RR                    |
| 10:00-Knitting-SC                          | 9:45-Exercise w/ Frankie-BR                | 9:45-Chair Yoga-BR                       | 10:00-Caregiver                          |
| 10:45-Ping Pong-BR                         | 10:30-Tai Chi-BR                            | 11:30-Ladies Lunch Bunch                | Connection-RR                            |
| 3:00-Functional Fitness*                   | 10:30-Book Club-BC                         | 11:30-Drums Alive-BC                    | 11:15-Drums Alive-RR                     |
| 5:30-Zumba $-BR                            | 1:00-Canasta-SC                             | 12:00-Creative                           | 12:00-Mexican Train                      |
|                                              | 1:00-Canasta-SC                             | 1:30-Creative                            | 1:30-Mexican Train Dominos-BC            |
|                                              | 1:00-Canasta-SC                             |                                              |                                          |                                          |
|                                              | 3:30-Zumba $-BR                             |                                              | 3:30-Zumba $-BR                          |                                          |

**MOUNTAIN TRIP OPENS**

| 3:15-Duplicate Bridge-RR                   | 9:45-Chair Yoga-BR                         | 9:00-Contract Bridge-RR                 | 9:00-Woodcarving-K                       | 10:00-Line Dancing-RR                    |
| 10:00-Line Dancing-RR                      | 10:00-Knitting-SC                           | 9:45-Exercise w/ Frankie-BR             | 9:45-Chair Yoga-BR                       | 10:00-Caregiver                          |
| 10:00-Bunco-SC                             | 10:45-Ping Pong-BR                          | 10:30-Tai Chi-BR                        | 10:30-Tai Chi-BR                        | Connection-RR                            |
| 11:00-Floor Yoga-BR                        | 3:00-Eat Smart, Live Strong-K               | 11:30-Book Club-BC                      | 11:30-Drums Alive-BC                    | 11:15-Drums Alive-RR                     |
| 1:00-Painting for Fun-RR                   | 3:00-Functional Fitness*                    | 1:00-Canasta-SC                         | 12:00-Creative                           | 12:00-Mexican Train                      |
| 1:00-Intermediate Bridge-SC                | 5:30-Zumba $-BR                             | 1:00-Canasta-SC                         | 1:30-Creative                            | 1:30-Mexican Train Dominos-BC            |
| 1:15-Step & Flex-RR                        |                                              | 1:00-1st Thursday Bridge-RR             | 3:30-Zumba $-BR                          |                                          |
| 1:45-Sit N' Fit-BR                         |                                              | 1:00-1st Thursday Bridge-RR             | 5:30-Zumba $-BR                          |                                          |
| 5:30-Zumba $-BR                            |                                              | 5:30-Zumba $-BR                          | 5:30-Zumba $-BR                          |                                          |

**ALASKA TRIP**

| 9:15-Duplicate Bridge-RR                   | 9:45-Chair Yoga-BR                         | 9:00-Contract Bridge-RR                 | 9:00-Woodcarving-K                       | 10:00-Line Dancing-RR                    |
| 10:00-Line Dancing-RR                      | 10:00-Knitting-SC                           | 9:45-Exercise w/ Frankie-BR             | 9:45-Chair Yoga-BR                       | 10:00-Caregiver                          |
| 10:00-Bunco-SC                             | 10:45-Ping Pong-BR                          | 10:30-Tai Chi-BR                        | 10:30-Tai Chi-BR                        | Connection-RR                            |
| 11:00-Floor Yoga-BR                        | 2:00-Eat Smart, Live Strong-K               | 11:30-Book Club-BC                      | 11:30-Drums Alive-BC                    | 11:15-Drums Alive-RR                     |
| 1:00-Painting for Fun-RR                   | 3:00-Functional Fitness*                    | 1:00-Canasta-SC                         | 12:00-Creative                           | 12:00-Mexican Train                      |
| 1:00-Intermediate Bridge-SC                | 5:30-Zumba $-BR                             | 1:00-Canasta-SC                         | 1:30-Creative                            | 1:30-Mexican Train Dominos-BC            |
| 1:15-Step & Flex-RR                        |                                              | 1:00-1st Thursday Bridge-RR             | 3:30-Zumba $-BR                          |                                          |
| 1:45-Sit N' Fit-BR                         |                                              | 1:00-1st Thursday Bridge-RR             | 5:30-Zumba $-BR                          |                                          |
| 5:30-Zumba $-BR                            |                                              | 5:30-Zumba $-BR                          | 5:30-Zumba $-BR                          |                                          |

**VETERAN'S WEEK**

| 9:00-Veteran's Club-SC                     | 9:00-Contract Bridge-RR                    | 9:00-Woodcarving-K                       | 10:00-Line Dancing-RR                    |
| 9:45-Chair Yoga-BR                         | 9:45-Exercise w/ Frankie-BR                | 9:45-Chair Yoga-BR                       | 10:00-Caregiver                          |
| 10:00-Knitting-SC                           | 10:30-Tai Chi-BR                            | 10:30-Tai Chi-BR                        | Connection-RR                            |
| 10:45-Ping Pong-BR                          | 10:30-Canasta-SC                            | 11:30-Drums Alive-BC                    | 11:15-Drums Alive-RR                     |
| 2:00-Eat Smart, Live Strong-K               | 1:00-Canasta-SC                             | 12:00-Creative                           | 12:00-Mexican Train                      |
| 3:00-Functional Fitness*                    | 1:30-Friends Board Mtg-BC                  | 1:30-Mexican Train Dominos-BC           | 1:30-Mexican Train Dominos-BC            |
| 5:30-Zumba $-BR                             | 3:00-Stammtisch-RR                          |                                          |                                          |                                          |
|                                              | 3:00-Bingo-RR                               |                                          |                                          |                                          |
|                                              | 4:00-Virtual Webinar*                       |                                          |                                          |                                          |
|                                              | 5:30-Zumba $-BR                             |                                          |                                          |                                          |
# Regular Scheduled Activities

## ARTS & CRAFTS
- Creative Coloring: Fri, 12:00pm-1:00pm
- Inky Fingers: Weekend, times change
- Knitting: Tues, 10:00am-12:00pm
- Painting for Fun: Mon, 1:15pm-5:00pm
- Woodcarving: Thurs, 9:00am-11:30pm

## BOARDS/COMMITTEES
- Friends Board: 4th Wed, 1:30pm-2:30pm
- Advisory Board: Quarterly, 11:30am-1:00pm

## MONTHLY EVENTS
- Monthly Luncheon (details near front): 3rd Thurs, 11:30am-1:00pm, $6.00
- Virtual Webinar: Last Wed, 4:00-4:30pm

## GAMES
- Bingo: Every Wed, 3:00pm-4:00pm
- Bunco: Mon, 10:00pm-12:00pm
- Bridge Club: 1st Thurs, 1:00pm-4:00pm
- Canasta: Thurs, 1:00pm-8:00pm
- Canastall: Wed, 1:00pm-5:00pm
- Contract Bridge: Wed, 9:00am-12:30pm
- Duplicate Bridge (short): Mon, 9:15am-12:00pm
- Intermediate Bridge: Mon, 1:00pm-5:00pm
- Mexican Train Dominoes: Fri, 1:30pm-5:00pm

## HEALTH / FITNESS / DANCE
- Chair Yoga: Tues/Thurs, 9:45am-10:30am
- Drums Alive: Fri, 11:15am-12:00pm
- Exercise w/ Frankie: Wed, 9:45am-10:30am
- Floor Yoga: Mon, 11:00am-12:00pm
- Functional Fitness *Virtual: Everyday, 3:00pm-3:30pm
- Line Dancing: Mon/Fri, 10:00am-11:00am
- Ping Pong: Tues, 10:45am-12:00pm
- Shuffleboard Club: 4th Thurs, 2:00pm-3:00pm
- Sit N' Fit: Mon, 1:45pm-2:15pm
- Step & Flex: Mon, 1:15pm-1:45pm
- Tai Chi: Wed, 10:30am-11:15am
- Zumba: Mon, 5:30pm-6:30pm
- Tues, 5:30pm-6:30pm
- Wed, 5:30pm-6:30pm
- Thurs, 5:30pm-6:30pm, $4.00 per class

## CLUBS / GROUPS
- Book Club: 1st Wed, 10:30am-11:30am
- Caregiver Connection: 1st Fri, 10:00am-11:00am
- 3rd Tues
- Fidget Friends: 2nd Mon, 10:00am-11:00am
- Ladies Lunch Bunch: 1st Thurs, 11:30am-12:30pm
- (locations on other page)
- Stammtisch: 4th Wed, 3:00pm-4:30pm
- Veterans Club: Last Tues, 9:00am-11:00am

For more information on our services and events please contact 704-986-3769
EXERCISE/MOVEMENT CLASSES:
LITE EXERCISE: Mondays, Wednesdays, & Fridays @ 10am. Chair & standing video fitness with friends.
STEP TO THE BEAT: Tuesdays @ 10:15am. Led by Pam, a fun upbeat class of walking and dancing to familiar and new tunes.
TAI CHI: Tuesdays @ 1pm. Led by Ronnie Tucker, all abilities are welcome.
STRENGTH TRAINING: Thursdays @ 10:15am. Led by Pam, using bands and dumbbells, get stronger in a fun group.
LINE DANCING: 1st Friday of the month @ 2pm. Led by Pamela Sullivan.

GAMES:
Table Games: Mon, 7/18, 8/1, & 8/15 @ 1pm. Bring your friends to play your choice of games.
Bingo: Monday 7/11 & 8/8 @ 1pm. Join Faye for an afternoon of fun and prizes.
Dominoes: Wednesday, 7/6 & 8/3 @ 2pm. Mexican Train Dominoes with friends.
Canasta: Thursdays @ 11:30am-3:30pm. Bring snacks to share and play with friends. If you’re learning the game, join a table to observe.
Men’s Pool: Thursdays @ 1:00pm. Join the guys for an afternoon of pool and fellowship.
Friday Night Bingo: Fridays @ 5:00pm. Doors open at 5:00pm. Play for cash prizes.
Scrabble: Tuesday 7/26 & 8/23 at 2:00pm

FAITH:
Scriptures with Faye: 4th Monday of the month @ 1:00pm. Join Faye Love for a time to reflect & discuss chosen scriptures.

FOR THE CREATIVES:
Painting with Tammy: Tuesday, 7/12 @ 12:30pm. Tammy will guide you in painting a canvas of daisies in boots. $5
Creative Coloring: Wednesday, 7/20 & 8/17 @ 1pm. Relax with friends and color seasonal pictures.
Connect, Create, Serve: 1st Friday of the month @ 11am-3pm. Join this group of talented artisans to make beautiful, needed items for organizations.
Monthly Craft: 4th Friday of the month
7/22 Flip Flop Door Hanger. 1:00pm. Celebrate the summer season with a fun greeting for your door. $3
6/24 Canning Lid Flower. 2:00pm. Make a sweet bouquet of flowers for your window sill or table. $3
Rock Painting: Wednesday, 8/10 @ 1:00pm

Movie of the Month
End the week with a good movie and friends.
Friday, 7/8 @ 1pm “Secondhand Lions” A coming-of-age story about a shy, young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas. Starring Michael Caine & Robert Duvall.
Friday, 8/12 @ 1pm “ET: The Extra Terrestrial” A trouble child summons the courage to help a friendly alien escape from Earth and return to his home planet. Starring Henry Thomas & Drew Barrymore.

Book Club
4th Wednesday of the month @ 3pm. If you like to read books and share your thoughts and ideas with friends, this is the group for you!
July 27th Second Choice by Janice Cole
Aug. 24th Chicken Soup Series - Reader’s Choice

VETERAN’S LUNCH:
1st Wednesday of each month @ 11:30am. All who have served are welcome to join us the First Wednesday of each Month for lunch at 11:30am. Please let us know you are coming by the Monday before to ensure there is enough food.
7/6 & 8/3 @11:30am
<table>
<thead>
<tr>
<th>Monday</th>
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<tr>
<td></td>
<td>10:00-Lite Exercise 11:15-Step to the Beat</td>
<td>10:00-Lite Exercise 11:15-Hoarding &amp; OCD Behaviors by Partners Health Mgt. 1:00-Tai Chi 2:00-National Blueberry Month-Blueberry Shortcakes</td>
<td>10:15-Strength Training 11:30-3:30-Canasta 1:00-Men's Pool</td>
<td>10:00-Lite Exercise 11:00-Connect, Create, Serve 2:00-Line Dancing w/ Pamela 5:00-Bingo (doors open)</td>
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<td>12:00-Sneaky Sodium-Tame Your Salt Habits 1:00-Bingo</td>
<td>11:15-Painting w/ Tammy 1:00-Tai Chi</td>
<td>11:00-Veteran's Lunch 2:00-Dominoes</td>
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<td>11</td>
<td>11:00-Lite Exercise 12:00-Table Games 2:00-National Watermelon Month-Enjoy Watermelon w/us</td>
<td>10:00-Lite Exercise 11:15-Self-Defense Class 2:00-Fun w/ Fruits</td>
<td>10:15-Strength Training 11:30-3:30-Canasta 1:00-Men's Pool</td>
<td>10:00-Lite Exercise 2:00-National Ice Cream Day 5:00-Bingo (doors open)</td>
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<td>19</td>
<td>10:15-Step to the Beat 1:00-Tai Chi 3:00-National Daiquiri Day-Nonalcoholic daiquiris for all 5:00-Dinner Out-The Brew Room</td>
<td>10:00-Lite Exercise 11:15-Self-Defense Class 1:00-Creative Coloring 2:00-First to the Moon Documentary</td>
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<td>10:00-Lite Exercise 1:00-Craft-Flip flop Door Hanger 5:00-Bingo (doors open)</td>
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<td>25</td>
<td>10:00-Lite Exercise 12:00-Stretch your grocery dollars 1:00-Scriptures w/ Faye</td>
<td>10:00-Lite Exercise 11:15-Self-Defense Class 1:00-Herb of the Month-Basil 3:00-Book Club</td>
<td>10:15-Strength Training 11:30-3:30-Canasta 1:00-Men's Pool</td>
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<td>26</td>
<td>10:15-Step to the Beat 1:00-Tai Chi 2:00-Scrabble</td>
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<td>10:00-Lite Exercise 12:00-Pot Luck Lunch 1:00-World of Discovery-Tiger: Lord of the Wild 5:00-Bingo (doors open)</td>
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<tr>
<td>27</td>
<td>10:00-Lite Exercise 11:15-Self-Defense Class 1:00-Herb of the Month-Basil 3:00-Book Club</td>
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<td>28</td>
<td>10:00-Lite Exercise 11:15-Self-Defense Class 1:00-Herb of the Month-Basil 3:00-Book Club</td>
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<td>29</td>
<td>10:00-Lite Exercise 12:00-Pot Luck Lunch 1:00-World of Discovery-Tiger: Lord of the Wild 5:00-Bingo (doors open)</td>
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**Drive-thru Food Pantry**
4:30pm-6:30pm
<table>
<thead>
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<tr>
<td>10:00-Lite Exercise</td>
<td>9:30-Disc Golf 101 at Oakboro Park</td>
<td>10:00-Lite Exercise</td>
<td>10:15-Strength Training</td>
<td>10:00-Lite Exercise</td>
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<td>11:15-Stretch, Tone, Pray$</td>
<td>10:15-Step to the Beat</td>
<td>11:30-Veteran's Lunch</td>
<td>11:30-3:30-Canasta</td>
<td>11:00-Connect, Create, Serve</td>
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<td>12:00-Fall Asleep, Stay Asleep</td>
<td>1:00-Tai Chi</td>
<td>11:15-Empowering Seniors w/ Anxiety</td>
<td>1:00-Men's Pool</td>
<td>2:00-Line Dancing w/ Pamela</td>
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<td>1:00-Bingo</td>
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<td>1:00-Rock Painting</td>
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<td>5:00-Bingo (doors open)</td>
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</tbody>
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| **8**                                       | **9**                                             | **10**                                            | **11**                                            | **12**                                           |
| 10:00-Lite Exercise                        | 10:15-Step to the Beat                           | 10:00-Lite Exercise                               | 10:15-Strength Training                          | 10:00-Lite Exercise                              |
| 11:15-Stretch, Tone, Pray$                  | 11:30-Vary Your Veggies                         | 11:15-Empowering Seniors w/ Anxiety              | 11:30-3:30-Canasta                               | 1:00-Movie-ET: The Extra Terrestrial            |
| 12:00-Fall Asleep, Stay Asleep              | 1:00-Tai Chi                                     | 1:00-Rock Painting                               | 1:00-Men's Pool                                  | 5:00-Bingo (doors open)                          |
| 1:00-Bingo                                  |                                                   |                                                   |                                                   |                                                  |

| **15**                                      | **16**                                            | **17**                                            | **18**                                            | **19**                                           |
| 10:00-Lite Exercise                        | 11:15-Step to the Beat                           | 10:00-Lite Exercise                               | 10:15-Strength Training                          | 10:00-Lite Exercise                              |
| 11:15-Stretch, Tone, Pray$                  | 1:00-Tai Chi                                     | 11:30-Pinnacle Bank                               | 11:30-3:30-Canasta                               | 1:00-Mahjong                                     |
| 12:00-10 Tips to Boost Your Energy         | 2:00-Tell a Joke Day!                            | 1:00-Creative Coloring                            | 1:00-Men's Pool                                  | 5:00-Bingo (doors open)                          |
| 1:00-Scriptures w/Faye                     | 5:00-Dinner Out-Five Points                      |                                                   |                                                   |                                                  |

| **22**                                      | **23**                                            | **24**                                            | **25**                                            | **26**                                           |
| 10:00-Lite Exercise                        | 10:15-Step to the Beat                           | 10:00-Lite Exercise                               | 11:15-Strength Training                          | 10:00-Lite Exercise                              |
| 11:15-Stretch, Tone, Pray$                  | 11:30-Cooking w/ Herbs                           | 11:00-Herbs of the Month-Rosemary                 | 11:00-3:30-Canasta                               | 12:00-Pot Luck Lunch                            |
| 12:00-10 Tips to Boost Your Energy         | 1:00-Tai Chi                                     | 1:00-Men's Pool                                  | 1:00-Men's Pool                                  | 2:00-Craft-Canning                             |
| 1:00-Scriptures w/Faye                     | 2:00-Tell a Joke Day!                            | 2:00-National Banana Split Day                    | 2:00-National Banana Split Day                    | Lid Flower                                      |
|                                               | 3:00-Scrabble                                    |                                                   |                                                   | 5:00-Bingo (doors open)                          |

| **29**                                      | **30**                                            | **31**                                            |                                                  |                                                  |
| 10:00-Lite Exercise                        | 10:15-Step to the Beat                           | 10:00-Lite Exercise                               |                                                  |                                                  |
| 11:15-Stretch, Tone, Pray$                  | 1:00-Tai Chi                                     | 11:00-Hot Dog Cookout$                            |                                                  |                                                  |
| 12:00-10 Tips to Boost Your Energy         | 2:00-Jenga                                       |                                                   |                                                  |                                                  |
| 1:00-Scriptures w/Faye                     |                                                   |                                                   |                                                  |                                                  |

**Drive-thru Food Pantry 4:30pm-6:30pm**
Activities & Events—West Stanly Senior Center YMCA (Locust)

To register for events, please sign up in the lobby or call 980-354-8056

NEVER STOP LEARNING:

Partners Health Management: Mental Health education.
- Tues., 7/5 @ 11:15am  “Hoarder & OCD Behaviors”
- Wed., 8/10 @ 11:15am  “Empowering Seniors with Anxiety Disorders”

Education with Bob Panek: Mr. Panek is from Humana. Snacks will be served each session.
- All classes are at 12:00pm
  - Mon, 7/11  “Sneaky Sodium: Tame your Salt Habit”
  - Mon 7/25  “Stretch Your Grocery Dollars”
  - Mon, 8/8  “Fall Asleep, Stay Asleep”
  - Mon, 8/22  “Tips to Boost Your Energy”

Healthy Eating with Hayley Cowell: Hayley is from NC Cooperative Extension.
- Wed, 7/13 @ 2:00pm  “Fun with Fruit”
- Tues, 8/9 @ 11:30am  “Vary Your Veggies”
- Tues, 8/23 @ 11:30am  “Cooking with Herbs”

Herb of the Month with Kelley Bigger: Did you know the herbs are not only a pretty plant in the garden, but also have medicinal uses and many are great as food? Come and learn more about a specific herb each month.
- Wed, 7/27 @ 1:00pm  Basil
- Wed, 8/24 @ 11:00am  Rosemary

Self-Defense with Stanly County Sheriff’s Dept: Wed., 7/13 from 11:15am-12:45pm Learn how to be safe and defend yourself. Dress comfortably, as you will be practicing moves.

GROUPS/SOCIALS:

National Blueberry Month: Tuesday, 7/5 @ 2pm We are celebrating national blueberry month. Learn all about this fruit while enjoying blueberry ice cream.

Pot Luck Lunchees: Friday, 7/29 & 8/26 @ 12pm Bring your best dish to share with friends for lunch.

Hot Dog Cookout: Wednesday, 8/31 @ 12pm What’s better than a grilled hot dog & all the fixins? Let us grill while you enjoy! $$

Dinner with Friends: 3rd Tuesday, 7/19 & 8/16 @ 5pm
- 7/19  The Brew Room Let’s check out the new restaurant in town, The Brew Room, just across from WSSC.
- 8/26  Five Points in Albemarle has a great variety of appetizers and entrees.

NEW SPORT:

Tuesday, 8/2 @ 9:30am. Want to learn to play a fun, outdoor sport for any level? Disc Golf is growing in popularity for these over 50 years of age. Peter Asciutto will be teaching Disc Golf 101 on Tuesday, 8/2 at 9:30am at the Oakboro Park. Bring a friend and learn how to play. Stanly County has numerous courses for all skill levels.

FOOD PANTRY AT TOWN CENTER

4th Thursday of the Month @ 4:30pm-6:00pm
Anyone in need of food is welcome to participate in our monthly drive-thru food pantry located in Locust Town Center, beside Pinnacle Bank. You do not even need to get out of your car. We will ask a few simple questions and load your car with canned goods and produce.

Upcoming dates:  July 28th  August 25th  September 22nd

We are always in need of volunteers to help. If interested, please contact Kelley bigger at kbigger@stanlyymca.org

BEAT THE HEAT:

Starting July 1st, WSSC will start “Beat the Heat” summer attendance campaign. Pick up a card form staff at the beginning of each month. Each time you come in during the month, ask staff to stamp your card. Turn your card into staff by the 5th of the next month. If you have at least 10 stamps, your card will be placed in a drawing for a $20 gift card to a local business. Don’t let the heat keep you from staying active. At WSSC, it’s always sunny and cool! We look forward to seeing you soon!

WELCOME CHRIS:

We are happy to welcome Chris Matson to the WSSC staff! Chris has been a wonderful participant. She also has 9 years experience as Director of Resident Services at Gardens of Annapolis in Maryland. Please Stop in on Fridays to say “hi” and introduce yourself.

YMCA Mission:
“To put Christian principals into practice through programs that build a healthy spirit, mind and body for all.”
HOME-DELIVERED MEALS are available to home-bound adults & are delivered by volunteers each week day. (There is a waiting list) Please contact Joy Richardson at 704-986-3773.

Albemarle Nutrition Site
1816 E. Main St.
Albemarle, NC 28001
704-984-9418

Locust Nutrition Site
101 Park Drive
Locust, NC 28097
704-888-4265

Norwood Nutrition Site
247 West Turner St.
Norwood, NC 28128
704-474-5177

Oakboro Nutrition Site
626 N. Long St.
Oakboro, NC 28129
704-485-8211

In-Home Services

IN-HOME AIDE SERVICES provide home management assistance, limited personal care, & respite for unpaid caregivers. (There is a waiting list).

FAMILY CAREGIVER SUPPORT PROGRAM provides information & assistance, help in receiving services, educational events, short-term respite, and supplemental services (such as incontinence supplies) to eligible caregivers of older adults.

Transportation

SCUSA TRANSPORTATION offers transportation by appointment to medical appointments, shopping, human service agencies, & nutrition sites.

Information & Options Counseling

Helps link seniors and those who assist them with resources, services, and supports through informed decision-making about options to help individuals maintain sufficient functional capacity to remain at home.

"ARE YOU OK?"

Is a free telephone contact to senior adults who live alone and desire this added sense of security.

AARP TAX AIDE

Provide free income tax preparation for older adults during tax season.

S H I I P (Senior Health Insurance Information Program)

Offers help in explaining Medicare, Medicare Supplements, Medicare Part D & Long-Term Care Insurance as well as individual counseling for problems encountered in this area.

LEGAL AID

Legal Aid of NC provides free legal help to North Carolinians who are 60 years of age or older and need assistance with housing, consumer rights, public benefits, elder abuse and other civil (non-criminal) legal matters.

For more information on our services, please contact 704-986-3769.
The mission of the Senior Services Department is to enhance the quality of life for older adults in Stanly County by providing a range of services, programs, supports, and opportunities for adults 60 years old and older.

**Friends of the Senior Center 2022 Membership Application**

January 1-December 31, 2022

Most importantly, membership in the Friends of the Senior Center supports YOUR senior center in Stanly County.

**Membership donations that exceed the individual or family membership fees are tax deductible.**

*NAME:__________________________________________

*MAILING ADDRESS:__________________________________________

City________________________State_________Zip Code______________

*E-MAIL ADDRESS:__________________________________________

*TELEPHONE:__________________________________________

**REQUIRED INFORMATION**

**TYPE OF MEMBERSHIP:**

- INDIVIDUAL=$12
- FAMILY=$20
- DONOR=$50
- PATRON=$100
- BENEFACCTOR=$500
- ANGEL=$1000

DATE: (MEMBERSHIP IS DUE ANNUALLY) ____________