



Stanly County Senior Services Department
CENTER PIECE



September / October 2020

SENIOR CENTERS CLOSING:
Monday, September 7: Labor Day

National Senior Center Month

SEPTEMBER 2020

MIND | BODY | SPIRIT | COMMUNITY

National Senior Center Month is celebrated every year in September. And although we are in challenging times there is still a lot to applaud. During the first days of the pandemic, senior center professionals ensured that vital services were maintained. They stepped up to deliver meals, made wellness calls and creatively connected older adults to activities, exercise and each other. And now, as they scale back to on-site programming, they will continue to be indispensable. Our national celebration theme is Senior Centers: Delivering Vital Connections. This year's theme was chosen to highlight how senior centers deliver vital connections to support older adults aging well. Preventing social isolation is vital and a core senior center mission. Our key words this celebration are Mind, Body, Spirit, Community. Join us over the month of September whether it be Virtually or In-Person to connect with us and others through Mind, Body, Spirit & Community and help us celebrate Senior Center



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 10:00am-4:00pm

Activity Hours Vary



Activities & Events— Stanly County Senior Center (Albemarle)

Registration required for all events!
Please sign up in the lobby or call 704-986-3769.

18th ANNUAL CAREFEST **VIRTUAL STYLE!**

Please join us on Tuesday, October 20th from 2-4pm for our Virtual Carefest event! We will be streaming the following presentations:

"Caregiving While Sheltering in Place" by Melanie Bunn, Dementia Education Specialist

"Brain Health As You Age: You Can Make A Difference" by Dr. Karen Sullivan, founder of Pinehurst Neuropsychology

**There will be a limit as to how many participants can attend. As of right now that number is 10, but could increase by October. Please call 704-986-3769 to have your name added to the list. Anyone is welcome to attend, however there is special emphasis on family caregivers. Information from local agencies regarding resources and caregiving will be available to you. Those in attendance will be entered into a drawing for a chance to win a gift card to Walmart, Food Lion, and Log Cabin. We hope to see you there!

Basketweaving

Wednesday at 9:30am

Basket Weavers are beginning to meet to create beautiful and intricate baskets. If interested in learning please contact the front desk.

Bingo

Wednesdays at 3:00pm

Join us on Wednesdays for an afternoon of fun, fellowship & prizes.

Book Club

Readers & Eaters

Wednesday, Sept 2 & October 7 at 10:30am

Join this wonderful book club the first Wednesday of the month for book discussion. Books for Sept/Oct are Akin by Emma Donoghue and When All is Said by Anne Griffin

Corn Hole & Corn Hole Competition

Every Tuesday at 2:00pm

Competition will be the last Tuesday of the Month

\$1 Fee to compete in the Competition

Singles Corn-Hole Play will be held every Tuesday of the Month. All are welcome to play. Winner of the competition goes home with the prize.

Creative Coloring

Fridays at 11:00am

Looking for a therapeutic activity? This activity is known to be a stress reducer. Join us on Fridays as we color unique pictures.

Kayaking with River Daisy Outdoor Co.

Friday Sept. 18th

Cost is \$35 (\$20 If you have your own kayak)

An Outdoor adventure on Falls Reservoir with Kayaks or Canoes. A guide will take us on a paddle to a hidden gem in the Uwharrie National Forest, you'll see waterfalls, cliffs, and old diversion tunnels also know as "The Caves". Mostly flat water. Easy to moderate paddle. Currents and water levels fluctuate rapidly depending on dam and spillway. We will meet at 10:30am at the Senior Center and Car Pool to our launch site. Bring a packed lunch to enjoy!

Knitting

Tuesdays at 10:00am

Knitters will begin meeting on Tuesdays at the Center starting in September. All levels welcome. Please call if you plan to attend.

Morrow Mountain Hike

Every other Thursday in Sept/Oct. at 2pm

We will get outside and enjoy nature on the trails in Morrow Mountain. We will meet at the gate of Morrow Mountain at 2pm. Moderate Hike.

New Support Group! Caring for the Soul

Last Wednesday of every month at 10:30am

Caring for the Soul is a faith-based support group-offering counseling and open discussion in a group setting. It provides confidential space and opportunity to process and share with one another thoughts and feelings about the challenges and topics of today like the Covid-19 health pandemic, etc.

Pumpkin Painting

Friday, Oct. 30 at 2:30pm

Cost: \$5.00

Join us in for our Autumn Craft! We will paint a pumpkin in interesting designs and colors. All supplies will be provided.

Stanly County Senior Center (Albemarle)

Registration required for all events!
Please sign up in the lobby or call 704-986-3769.

New Exercise Schedule:

Mondays:

Line Dancing at 10:00am *Moderate
Floor Yoga at 11:00am *Low to Moderate
Sit N' Fit at 1:15pm *Moderate
Step & Flex at 1:45 *Moderate

Tuesdays:

Chair Yoga at 9:45am *Low
Chair Yoga at 11:00am *Low

Wednesdays:

Exercise with Frankie at 9:45am *Moderate to Vigorous
Tai Chi at 10:30am *Low

Thursdays:

Chair Yoga at 9:45am *Low
Chair Yoga at 11:00am *Low
Morrow Mountain Hike at 2:00pm (Every other Thursday) *Low to Moderate

Fridays:

Happy Feet at 9:30am *Low to Moderate
Line Dancing at 10:00am *Moderate
Sit N' Fit 1:15pm *Moderate
Step & Flex 1:45 *Moderate



Intensity Level of Exercise
Noted for Each Class
*Low
*Moderate
*Vigorous

News around the Center...

Annual Senior Center Survey: An email will be going out on September 10th with a link for you to click on to take our annual satisfaction survey. Please take 5 minutes to complete it to help us better serve you and our community. If you are not part of our Senior Center email group or do not have email, please feel free to stop by the front desk to pick up a paper copy.

Incontinence Supplies: Recently we have received several generous donations of pull ups, bedpads, sanitary pads, and wipes. If you or someone you know are in need of extra help with these items, please let me know. Also, if you have any of these supplies to donate, we will gladly take them off your hands!

My Senior Center Sign In: If you have moved, changed your email or telephone number, please contact us so that we can update your information in our My Senior Center database. This will help us stay connected with you and keep you informed of Senior Center classes, schedules and services. Please call 704-986-3769 to update!

AmazonSmile: Do you shop on Amazon? Did you know that .5% on eligible purchases could come back to us and support the Senior Center. Make sure you are visiting smile.amazon.com vs amazon.com. Once there, click Get Started. Login using your normal Amazon information (email & password) After you are logged in click on the charity that you are supporting located underneath the search bar. Click on your amazon smile impact and then change charity. Type in Friends of the Senior Center Inc. and begin shopping and supporting!

Annual Card & Game Night: Due to COVID-19, our Annual Fundraiser has been cancelled. We look forward to the day that we can all gather to play cards and games again.

Outdoors Area: The patio area will be having more renovations done to it over the next few months. Be on the look out.

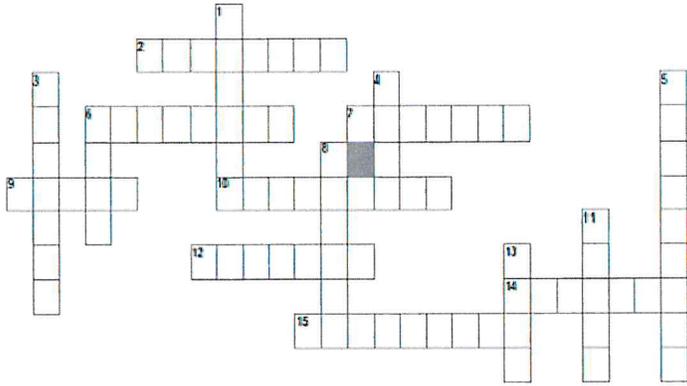
September 2020 — Albemarle

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Autumn Crossword



ACROSS

2. Last month of Autumn
6. An organized day or period of celebration.
7. The process or period of gathering in crops.
9. A variety of this fruit is marketed as "Autumn Glory"
10. Likes to store and eat nuts
12. Spring, Summer, Fall, Winter are the four
14. Another Autumn month
15. First month of Autumn

DOWN

1. What falls from a tree in Autumn.
3. You can use it to make a pie or for carving
4. You can gather fallen leaves with this
5. Used to scare the crows from fields
6. Another name for Autumn
8. Autumn leaves color
11. Fruit of the oak tree
13. Vegetable that grows in stalks

FALL WORD SEARCH

Fall Word Search

C U W V B F K S Q S W H A R V E S T I H G
 O Y S M A N T A T O U U O G K R P M L E
 A C F D F O O T B A L L W B T Q W O Z B
 S E E Z Z A G E R Y N T U E N I B E X R
 W J P N X T B U W A A P P L E C I D E R
 E A U O A H U D C N U T U U U N C T A Q
 A P R V S A U U R K K P P Z M H R B C T
 T P L E A N N O J Y S R P C U P A G I C
 E L E M I K C A D B E F W K E U K Y M K
 R E A B U S K F Y O P L I O H Z E I Y B
 P S V E L G P H L N T Z H P S I S Q N O
 Q Q E R S I Q A W F E Y E M U W E Q J O
 J N S O M V V C N I M C O Q N R M W K T
 T B M E K I F Z B R B R Y C F K N L J S
 V Y A P N N Q K G E E A V G L U T A A O
 V N R R D G H N A B R U Q T O O N I G V
 C Y A O O P I Q O N H T X F W I Z Y P E
 L C X F E A L T K O E U W Z E S U P P B
 R D E F I D C W K O Q M Z Q R B F Z U S
 D R Q R I O V Z O Y W N C I G R K N E U



CORN
 AUTUMN
 BONFIRE
 BOOTS
 OCTOBER
 RAKE

THANKSGIVING
 HARVEST
 LEAVES
 CARNIVAL
 APPLES
 APPLE CIDER

PUMPKIN
 FOOTBALL
 SWEATER
 NOVEMBER
 SEPTEMBER
 SUNFLOWER



Activities & Events— West Stanly Senior Center YMCA (Locust)

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

Exercise is in Demand!!!!

We have added several more classes so that everyone can be active with others. Be sure to read calendar completely, as some times have changed in order to accommodate more classes. Please be sure to call or come by to sign-up and secure your place in each class(es).

Lite Exercise

Lite Exercise has been scheduled for Monday, Wednesday and Fridays! Another dvd is on its way so that more participants can exercise in the front room!

Flex & Stretch

Jamie Hedrick will be teach two classes each week! On Mondays at 11:30 she will teach Flex and Stretch. On Wednesdays, she will teach Strength Training at 11:30.

Stretch, Tone and Pray

Angie Buchanan will be teaching two Stretch, Tone and Pray classes on Tuesdays. She will teach the same class twice in order to give more participants a chance to participate. \$3/class

Tai Chi

Ronnie Tucker will be teaching Intro to Tai Chi on Mondays at 2:00. He will then teach two Tai Chi classes on Tuesdays in order to accommodate more students.

Dancing Thru the Decades

Pamela will lead participants in an hour of engaging fun, popular dances. Be sure to wear your dancing shoes and dress in your favorite decade! Don't miss the fun on the second Friday of each month at 2:00 pm.

Line Dancing

Line Dancing is a great way to start off your weekend! Pamela will be teaching some popular and new dances on the fourth Friday of each month at 2:00 pm.

Movies

On the third Wednesdays of each month:

“Last Flight Out” will be shown in September. A clean family movie of action, humor, and love. Pilot Dan's mission: rescue a woman working a jungle clinic in midst of warfare. She and another are willing to sacrifice their lives for villagers. A daring rescue results in a changed life.

Movies Cont.

“The Pursuit of Happiness” will be shown in October. Based on a true story about a man named Christopher Gardner.

The Smart Phone class is back!

Kathy Johnson will return for a six week class to help participants more efficiently use their smart phone. If you were registered in the spring, you will not need to pay for the class, but will need to register. New students will need to pay and register. Apple phone users will meet at 1:00. Android users will meet at 2:15.

Book Club

If you love to read and share your thoughts with others, join the Book Club. Each month's book title will be announced on the first of each month. The group meets on the fourth Friday of each month.

Men's Pool

If you haven't played pool in years or want to learn how, join the guys on Thursdays at 1:00 for Men's Pool. It's a great time to get together and have fun. New players are always welcome.

Prayerful Meditation

If you are finding these times to be difficult and could use some help centering your thoughts, please consider attending Prayerful Meditation on the second and fourth Thursday of each month. Participants may sit in a chair or on a mat.

Devotions with Faye

has moved to the second Friday of each month at 11:00. Come and be blessed by the thought and discussion.

Rock Painting

Cookie will lead Rock Painting on the third Friday of each month at 1:00 pm. Participants always have such fun painting their seasonal stones.

Fall Crafts

A fun time for friends to come together and make something pretty to take home and enjoy. Sign-up for classes on the second Wednesday of each month at 1:00. Cost is \$5. September's craft will be wine glass candle holders. In October, we will make ball jar pumpkins.

YMCA Mission:

“To put Christian principals into practice through programs that build a healthy spirit, mind and body for all.”

September 2020 — Locust

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	1 10:30 -Stretch, Tone & Pray \$ 11:30 -Stretch, Tone & Pray \$ 1:00 -Tai Chi 2:00 -Tai Chi	2 10:00 -Lite Exercise 11:30 -Strength Training 1:00 -Bingo	3 11:00 -Masterpiece Coloring 1:00 -Men's Pool	4 10:00 -Lite Exercise 12:00 -Connect, Create, Serve
7 CLOSED FOR LABOR DAY 	8 10:30 -Stretch, Tone & Pray \$ 11:30 -Stretch, Tone & Pray \$ 1:00 -Tai Chi 2:00 -Tai Chi	9 10:00 -Lite Exercise 11:30 -Strength Training 1:00 -Fall Craft	10 10:15 -Prayerful Meditation 1:00 -Men's Pool	11 10:00 -Lite Exercise 11:00 -Devotion with Faye 2:00 -Dancing through the Decades (dress-up)
14 10:00 -Lite Exercise 11:00 -Flex & Stretch 2:00 -Intro to Tai Chi	15 10:30 -Stretch, Tone & Pray \$ 11:30 -Stretch, Tone & Pray \$ 1:00 -Tai Chi 2:00 -Tai Chi	16 10:00 -Lite Exercise 11:30 -Strength Training 1:00 -Movie "Last Flight Out"	17 11:00 -Masterpiece Coloring 1:00 -Men's Pool	18 10:00 -Lite Exercise 1:00 -Rock Painting
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October 2020 — Locust

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Medicare Open Enrollment

October 15-December 7

Stay tuned for more detailed information!

2021 ANNUAL ENROLLMENT PERIOD DATES

Dates and deadlines you need to know



Falls Prevention Awareness Week

September 21-25, 2020

Take Control of Your Health: 6 Steps to Prevent a Fall

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

- 1** Find a good balance and exercise program. Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.
- 2** Talk to your health care provider. Ask for an assessment of your risk of falling. Share your history of recent falls.
- 3** Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
- 4** Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
- 5** Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
- 6** Talk to your family members. Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

Did you know that 1 in 4 Americans aged 65+ falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly—in dollars and in quality of life. However, falling is not an inevitable part of aging. Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among seniors can be reduced substantially.

Services Information

Nutrition

Grab & Go Meals available Monday-Friday at all 4 Lunch Sites.

Call Joy Richardson to sign up 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

Volunteers are Needed for our Home Delivered Meal Program. If you are willing to volunteer your time, please contact Joy Richardson at 704-986-3773

HOME DELIEVERED MEALS are available to home-bound adults & are delivered by volunteers each week day. (There is a waiting list)

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.

TAX AIDES

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

SHIIP (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.