Stanly County Senior Services Department

Center Piece
November / December 2019

Senior Center Closings:
November 11 - Veterans Day
November 28 & 29 - Thanksgiving
December 24, 25, & 26 - Christmas

New Year's Eve Dance

Music by: The Emeralds
Tuesday, December 31, 2019
8:15pm - 12:15am

Doors Open at 7:45pm
Tickets: $8.00
(Please bring a finger food)
Tickets go on Sale Monday, Dec. 3rd.
You can purchase tickets at both Senior Centers.

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
**Friends Fundraiser**

Envelope Fundraising Campaign beginning Dec. 2
Stop by the Lobby for details on how to help raise funds for our Friends of the Senior Center.
Pick from the Wall of Envelopes and give your contribution matching the number on the envelope you have chosen.

The Friends of the Senior Center is an organization that provides ongoing financial and moral support to the Senior Services Department, and in turn will help to enhance the quality of life for older adults in Stanly County.

To make our vision a reality: We promote the Senior Center, its programs and activities. We provide volunteer time and support of programs and activities. We provide funding for services, equipment, and programs. We conduct a variety of fundraising events throughout the year. We are a volunteer, non-profit, tax exempt organization governed by a 15-member board of directors elected by the membership.

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**Christmas Special**

Thursday, December 12th
4:00pm

Musical entertainment by Pianist Jordan Korzelius
Join us for
Cookies, Cocoa, & Christmas Carols
RSVP in Lobby or by calling

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**Monthly Luncheons**

**November Luncheon**

Thursday, Nov. 21

“Being Thankful”

Lunch will be:
Turkey & Dressing, Red Bliss Potatoes,
Green Bean Casserole, Broccoli Salad
Dessert: Pumpkin Pie

Lunch begins at 11:30am
Cost:$6.00

Must RSVP the Friday before the luncheon.

**December Luncheon**

Thursday, Dec. 19

Join us for a Christmas Party with Games, Goodies, and a Gift as we celebrate the Holidays at the Senior Center!

Lunch will be:
Carved Ham, Macaroni & Cheese, Green Beans & Yeast Roll
Dessert: Holiday Cupcake
Tai Chi
For the Holidays

Looking for a way to reduce stress during the Holiday Season and give back to the Community?

Join us for a free 30 minute Tai Chi Workshop every Tuesday in the Month of November and December.

Nov. 5th-Dec. 17th
2:00-2:30pm

We will collect can goods each week to give to Stanly County Christian Ministry at the end of the workshop. 1 can per class.

Frailty Education Project
By Pfeiffer University
Are you 65 years of age or older?
Do you want to learn how to reduce your risk of developing frailty?

If you answered YES to these questions you may be eligible to participate in the project. Benefits of the project include: A personal frailty risk assessment and fall assessment by an Occupational Therapist, interventions to increase activity and strength, and education on ways to reduce frailty and falls.

Starting Tuesday, November 5th
Study Runs Nov. 12-Jan.6
11-12:30pm

No Classes during the Holiday weeks.

To register, call Dr. Susan Blair at 704-463-3426

Healing Hearts
Support Group provided by Hospice
Join us for a supportive, educational and safe place to share your story with others who have experienced a loss. This is a grief support group for adults who have lost a loved one. Meets the
2nd Wednesday of every month from 2:00-4:00pm
Nov. 13th / No meeting in December
Join us on Dec. 18th at Grace Baptist Church at
11:30am for our Healing Hearts Holiday Luncheon.

Bring your favorite dessert to share.

Christmas Bingo
Monday, December 16th
3:00pm

Break out your Christmas Sweaters for an afternoon of Special Christmas Bingo sponsored by The Taylor House.

Bring a sweet treat to share!
Sign up in Lobby.

Winter Craft
Snowflake Door Hanger
Craft with Marie

Thursday Dec. 5th
at 2:00pm
Cost: $5.00
RSVP Required
Call or Sign Up in Lobby

Happy Feet
Walking Club
The group will be meeting at a different park each month. For inclement weather, the group will meet at Stanly Commons to walk inside. Please call the Senior Center at 704-986-3769 for more information.

November: City Lake Park-Albemarle
(Meet by the Shelter at the Playground)

December: Darrell Almond Community Park
Norwood
**Readers & Eaters Book Club**

The first Wednesday of the month at 10:30 AM

**November 6th & December 4th**

**November:** Night Over Water by Ken Follett

*Night Over Water* is a fictionalized account of the final flight of the Pan American Clipper passenger airplane during the first few days of World War II, early September, 1939. Follett is careful to state that, though the flight and all of the characters are fictional, the plane, a Boeing 314, was real and was nicknamed the "Pan Am Clipper."

**December:** The Broken Girls by Simone St. James

*Vermont, 1950.* There's a place for the girls whom no one wants—the troublemakers, the illegitimate, the too smart for their own good. It's called Idlewild Hall, and local legend says the boarding school is haunted. Four roommates bond over their whispered fears, their budding friendship blossoming—until one of them mysteriously disappears....

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**Lunch Bunch**

November 7th
Glory Beans

December 5th
Roma's Pizza (by Harris Teeter)

January 2nd
Applebees

First Thursday of the Month (meet at restaurant)
Cost: Lunch  Time: 11:30 am

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**Singles Supper Club**

November 8th
Jay's Downtowner

December 13th
Mama T's Gold Hill

January 10th
73 & Main (Mt. Pleasant)

Second Friday of the Month
Cost: Dinner  Time: 6:00 pm

**We must have at least 6 to sign up for both LLB or SSC in order to have it.**

RSVP by calling 704-986-3769 or signing up in the Lobby

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**MONTHLY BINGO**

Last Monday of the Month at 3 pm
November 25th-United Healthcare
December 16th-Christmas Bingo by the Taylor House

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**Veterans Club**

Last Tuesday of the Month at 9 am
November 26
December 31
Breakfast provided by Bethany Woods

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**Friday Night Dance**

FRIDAY, NOVEMBER 15TH
7:00 PM
DANCE FEE IN NOV
$1.00 WITH FINGER FOOD

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**NYE Dance**

Featuring The Emeralds

Tuesday, Dec. 31
8:15-12:15 am
Admission: $8.00 at the door (with finger food)
Upcoming Trips

Christmas in the Carolinas

Billy Graham Library & Narroway Productions
Tuesday, December 10, 2019
$75 Per Person

Christmas is a special time at the Billy Graham Library & Narroway Productions with exclusive Family Friendly attractions & shows to celebrate the birth of Christ.

Join us as we travel to the Billy Graham Library and enjoy the Graham Family Homeplace, Ruth’s Attic Bookstore, and The Memorial Prayer Garden. From here we will eat dinner at Cracker Barrel (included in trip price) before we enjoy The Real Christmas Story at Narroway Productions. Here you will see two shows in one...see your favorite Christmas scenes! Hear your favorite Christmas songs! Then watch in awe-stricken wonder as Narroway beautifully re-creates "The Real Christmas Story."

Last day to register/cancel is November 22nd

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Christmas at the Beach

Myrtle Beach Christmas Trip:
December 2-4th, 2019
$349.00 (Double Occupancy)
$435.00 (Single Occupancy)

Your 3 Day 2 Night Trip Includes: 2 Nights Hotel Accommodations (Oceanfront Rooms at Beach Cove Resort) 2 Wonderful Breakfasts, 1 Lunch and 2 Delicious Dinners (Dinner at Thoroughbreds & Original Benjamins) 2 Spectacular Shows Standard Taxes, Meal Gratuities and Baggage Handling Deluxe Motor Coach Transportation.

Trip Highlights: Carolina Opry, Alabama Theater, Ripley’s Aquarium & High Tea, Shopping at Tanger Outlet & Barefoot Landing.

Deposit of $100 due at registration
Balance due / Cancellation without penalty by Nov. 8, 2019

Trip Registration for all trips is first come first serve. Call-In and Walk-Ins are allowed once the trip is open. Trip Payment or Deposit is required to reserve your spot.
Medicare Open Enrollment
October 15th-December 7th, 2019

Do you or a loved one have a Medicare Part D or Medicare Advantage Plan? If so, it’s time to review plans during Open Enrollment time from October 15th-December 7th. SHIIP can help you compare Plans and determine if a change is needed. Call 704-986-3813 after Oct. 1st for an appointment and indicated if you want an appointment in Albemarle or Locust. This is an unmanned line so please leave a message and we will return the call within 3 business days or call 1-855-408-1212 to talk to a specialist or visit www.ncshiip.com. Extra help is available for people on Medicare with limited income and assets. Call SHIIP to apply for assistance.

Appointments will be seen:
Nov. 12-15 (Stanly Commons)
Nov. 18-20 (Stanly Commons)
Nov. 5th (Locust Senior Center)

Contact our local SHIIP Office for more information or questions regarding Medicare or these topics.
704-986-3769

VOLUNTEERS NEEDED

Join the TEAM of volunteers who do over 300 tax returns for seniors each year at the Senior Center in Albemarle. Volunteers prepare tax returns on Tuesday and Thursday mornings February through April 14.

Volunteers receive 24 plus hours of training, 4hrs on Tuesday and Thursday for three weeks in January. Volunteers do not need to be an expert in math, computers or taxes. Training covers data entry procedures and tax law related to the returns we complete. Volunteers may work on Tuesdays or Thursdays or both each week from February through April 14. We are looking for counselors who will complete and review returns as well as greeters who meet clients and organize documents to make the process run more efficiently.

Hours for training and tax work are
9:00 AM to 1:00 PM.

If interested in volunteering, or needing more information contact 704-986-3769
The Appointment line will not open until mid-January.

Matter of Balance

Fall Prevention Class
This class is designed to reduce fear of falling and increase activity levels among older adults. If you are concerned about falls or interested in improving your balance, flexibility and strength then this class is for you.

We have to have at least 12 participants for the class to make so please call and RSVP.

If interested in joining the class, please call
704-986-3781 or email
psullivan@stanlycountync.gov

Beginning in January we will meet twice a week for 2 hours each meeting.
Dates & Times TBD

This class will be held at Prospect Baptist Church

Living Healthy with Chronic Pain

This workshop helps people who experience a wide range of chronic pain conditions. Examples include but not limited to: Musculoskeletal pain, Fibromyalgia, Repetitive Strain Injury, Neuropathic Pain.

This interactive workshop includes information on Fitness & Exercise, Pacing & Rest, Healthy Eating, Managing Medications, Working with your Health Care Professional and Communication.

You will receive a copy of:
- Living a Healthy Life w/ Chronic Pain Book
- Moving Easy Program CD
- Relaxation for Mind and Body CD

Classes begin
January 14-February 18
2:00-4:00pm

To register, call 704-986-3769 or email
psullivan@stanlycountync.gov
SENIOR NUTRITION MYTHS

Seniors have unique nutritional needs that can only be addressed when they are understood. Unfortunately, many false beliefs about a senior’s nutritional needs exist. Over the next several publications, we’ll help you become more aware of some of the MYTHS.

**Myth: As long as seniors follow healthy eating guidelines, they will be fine**

Eating guidelines provided by nutrition experts and the US Dept of Agriculture are based on decades of research into health. Unfortunately, most eating guidelines do not provide for the nuances and special needs of seniors:

- A senior’s difficulty chewing or swallowing could make adhering to guidelines challenging.
- Food guidelines may suggest a diet that contains ingredients that interact dangerously with a senior’s medication.
- Food guidelines may suggest a diet that could worsen common conditions among seniors such as diabetes and heart disease.
- Seniors need more of certain vitamins to maintain optimum health and this may not be reflected in guidelines.
- Government food guidelines should serve as a reference point, but seniors must consider the nutritional implications of their medicines and any health problems that can be influenced by diet.
- Seniors who are dealing with food-drug interactions or related problems should speak with their physician about creating personalized guidelines.

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**CAREGIVER CORNER**

Are you interested in learning from other caregivers? Are you feeling isolated or burnt out as a caregiver? Do you experience frustration or guilt and need a safe place to process? If you answered YES to any of these questions, please join us at the Senior Center on the FIRST FRIDAY of each month at 11:00AM.

This group serves as a place to process your feelings about caregiving as well as gain insight from others facing similar challenges. Our next two meetings will be held on

**Friday, November 1st and Friday, December 6th.**

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**OPPORTUNITY FOR GIVING:**

The Christmas season is right around the corner! Many of us anticipate the joy of giving above all else. HELPING HANDS program (through Stanly Community Christian Ministry) is in full swing. Over 200 families have applied so far! If you would like to provide gifts to a senior or family in need this Christmas, please contact Jessie Montenegro at 704-985-4615 or email helpinghandsstanly@gmail.com.
## ARTS & CRAFTS
- Baskeweaving: Wed 9:00-12:00pm
- Inky Fingers: 2nd Mon 5:00pm-8:00pm
- Knitting: Tues 10:00am-12:00pm
- Painting for Fun: Mon 1:00pm-5:00pm
- Winter Craft: Thurs 2:00pm-3:00pm
- Woodcarving: Thurs 9:00am-11:30pm

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

## MONTHLY EVENTS
- Monthly Luncheon: 3rd Thurs 11:30am-1:00pm
- Friday Night Dance: $6.00
- 3rd Fri every other month 7:00pm-10:00pm

## HEALTH / FITNESS / DANCE
- Blood Pressure V's: 3rd Thurs 10:30am-11:15am
- Chair Yoga: Tues/Thurs 9:45am-10:30am
- Exercise w/ Frankie: Wed 1:15pm-2:15pm
- Happy Feet Walking: Fri 9:30am-10:30am
- Pickleball: Tues/Fri 9:00am-12:00pm
- Moving w/ Marlyn: Wed 9:45-10:30pm
- Sit N' Fit: Mon 1:45pm-2:15pm
- Step & Flex: Mon 1:15pm-1:45pm
- Tai Chi for the Holidays: Tues 2:00pm-2:30pm
- Zumba: Wed 5:30-6:15pm

## GAMES
- Bingo: Last Mon 3:00pm-4:00pm
- Bunco: Mon 10:00pm-12:00pm
- Canasta: Thurs 1:00pm-8:00pm
- Canasta II: Wed 1:00pm-5:00pm
- Contract Bridge: Wed 9:00am-12:30pm
- Duplicate Bridge (short): Mon 9:30am-12:00pm
- Duplicate Bridge (long): Fri 9:30am-1:00pm
- Intermediate Bridge: Mon 1:00pm-5:00pm
- Mexican Train Dominoes: Fri 1:00pm-5:00pm

## CLUBS / GROUPS
- Book Club: 1st Wed 10:30am-11:30am
- Caregiver Connection: 1st Fri 11:00am-12:30am
- Healing Hearts Support Group: 2nd Wed 2:00pm-4:00pm
- Ladies Lunch Bunch: 1st Thurs 11:30am-12:30pm
- Stammtisch: 4th Wed 3:00pm-4:30pm
- Supper Club: 2nd Fri 6:00pm-7:00pm
- Veterans Club: Last Tues 9:00am-11:00am

## SERVICES
- Caregiver Support Program
- Congregate Nutrition Sites
- Energy Assistance
- Home Delivered Meal Program
- In-Home Aid Services
- Legal Aid
- SHIIP Counseling
- Tax Aide
- Telephone Reassurance
- Transportation
- Information and Options Counseling

For more information on our services please contact 704-986-3769
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<td><strong>Friends Envelop Fundraiser Begins</strong></td>
<td><strong>9:45-Chair Yoga-BR</strong>&lt;br&gt;<strong>10:00-Knitting-SC</strong>&lt;br&gt;<strong>11:30-Frilly Study-BC</strong>&lt;br&gt;<strong>2:00-Tai Chi for the Holidays-BR</strong>&lt;br&gt;<strong>30-Short Duplicate Bridge-R</strong>&lt;br&gt;<strong>0:00-Bunco-SC</strong>&lt;br&gt;<strong>0:00-Int. Bridge-SC</strong>&lt;br&gt;<strong>0:00-Painting-BC</strong>&lt;br&gt;<strong>15-Step &amp; Flex-BC</strong>&lt;br&gt;<strong>45-Sit N' Fit-BC</strong></td>
<td><strong>9:00-Basketweaving-K</strong>&lt;br&gt;<strong>9:00-Contract Bridge-R</strong>&lt;br&gt;<strong>9:45-Moving w/ Marilyn-BR</strong>&lt;br&gt;<strong>10:30-Book Club-BC</strong>&lt;br&gt;<strong>1:00-Canasta II-SC</strong>&lt;br&gt;<strong>1:15-Exercise with Frankie-BR</strong>&lt;br&gt;<strong>5:30-Zumba-BR $</strong></td>
<td><strong>9:00-Woodcarving-K</strong>&lt;br&gt;<strong>9:45-Chair Yoga-BR</strong>&lt;br&gt;<strong>11:30-Ladies Lunch Bunch</strong>&lt;br&gt;<strong>1:00-Canasta-K</strong>&lt;br&gt;<strong>2:00-Winter Graft-BC $</strong></td>
<td><strong>9:00-Pickleball-BR</strong>&lt;br&gt;<strong>9:30-Duplicate Bridge-R</strong>&lt;br&gt;<strong>9:30-Happy Feet Group</strong>&lt;br&gt;<strong>11:00-Caregiver Connection-SC</strong>&lt;br&gt;<strong>1:00-Mexican Train Dominos-BC</strong></td>
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**Tickets go on sale for NYE Dance!**

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<td><strong>9:45-Chair Yoga-BR</strong>&lt;br&gt;<strong>10:00-Knitting-SC</strong>&lt;br&gt;<strong>11:30-Frilly Study-BC</strong>&lt;br&gt;<strong>2:00-Tai Chi for the Holidays-BR</strong>&lt;br&gt;<strong>30-Short Duplicate Bridge-R</strong>&lt;br&gt;<strong>0:00-Bunco-SC</strong>&lt;br&gt;<strong>0:00-Int. Bridge-SC</strong>&lt;br&gt;<strong>0:00-Painting-BC</strong>&lt;br&gt;<strong>15-Step &amp; Flex-BC</strong>&lt;br&gt;<strong>45-Sit N' Fit-BC</strong>&lt;br&gt;<strong>0:00-Inky Fingers-BC</strong>&lt;br&gt;<strong>CHRISTMAS DAY TRIP</strong>&lt;br&gt;<strong>CHRISTMAS SPECIAL</strong>&lt;br&gt;<strong>CHRISTMAS BINGO</strong></td>
<td><strong>9:00-Basketweaving-K</strong>&lt;br&gt;<strong>9:00-Contract Bridge-R</strong>&lt;br&gt;<strong>9:45-Moving w/ Marilyn-BR</strong>&lt;br&gt;<strong>12:00-Friends Board Christmas Social</strong>&lt;br&gt;<strong>1:00-Canasta II-SC</strong>&lt;br&gt;<strong>1:15-Exercise with Frankie-BR</strong>&lt;br&gt;<strong>5:30-Zumba-BR $</strong>&lt;br&gt;<strong>6:00-Single Supper Club $</strong></td>
<td><strong>9:00-Woodcarving-K</strong>&lt;br&gt;<strong>9:45-Chair Yoga-BR</strong>&lt;br&gt;<strong>11:30-Advisory Bd Meeting</strong>&lt;br&gt;<strong>1:00-Canasta-K</strong>&lt;br&gt;<strong>4:00-Christmas Special-BR</strong></td>
<td><strong>9:00-Pickleball-BR</strong>&lt;br&gt;<strong>9:30-Duplicate Bridge-R</strong>&lt;br&gt;<strong>9:30-Happy Feet Group</strong>&lt;br&gt;<strong>1:00-Mexican Train Dominos-BC</strong></td>
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<td><strong>9:00-Basketweaving-K</strong>&lt;br&gt;<strong>9:00-Contract Bridge-R</strong>&lt;br&gt;<strong>9:45-Moving w/ Marilyn-BR</strong>&lt;br&gt;<strong>1:00-Canasta II-SC</strong>&lt;br&gt;<strong>1:15-Exercise with Frankie-BR</strong>&lt;br&gt;<strong>3:00-Stammtisch</strong></td>
<td><strong>19:00-Woodcarving-K</strong>&lt;br&gt;<strong>9:45-Chair Yoga</strong>&lt;br&gt;<strong>0:30-BP Checks-L</strong>&lt;br&gt;<strong>11:30-Monthly Luncheon-BR $</strong>&lt;br&gt;<strong>1:30-Canasta-K</strong></td>
<td><strong>9:00-Pickleball-BR</strong>&lt;br&gt;<strong>9:30-Duplicate Bridge-R</strong>&lt;br&gt;<strong>9:30-Happy Feet Group</strong>&lt;br&gt;<strong>1:00-Mexican Train Dominos-BC</strong></td>
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<td><strong>Closed for Christmas</strong>&lt;br&gt;<strong>Closed for Christmas</strong>&lt;br&gt;<strong>Closed for Christmas</strong></td>
<td><strong>9:30-Short Duplicate Bridge-R</strong>&lt;br&gt;<strong>10:00-Bunco-SC</strong>&lt;br&gt;<strong>1:00-Int. Bridge-SC</strong>&lt;br&gt;<strong>1:00-Painting-BC</strong>&lt;br&gt;<strong>1:15-Step &amp; Flex-BC</strong>&lt;br&gt;<strong>1:45-Sit N' Fit-BC</strong>&lt;br&gt;<strong>NYE DANCE</strong>&lt;br&gt;<strong>Where events are held:</strong>&lt;br&gt;<strong>BR-Big Room</strong>&lt;br&gt;<strong>BC-Big Classroom</strong>&lt;br&gt;<strong>SC-Small Classroom</strong>&lt;br&gt;<strong>R-Rabe Room</strong>&lt;br&gt;<strong>K-Kitchen</strong>&lt;br&gt;<strong>MC-Media Center</strong>&lt;br&gt;<strong>L-Lobby</strong>&lt;br&gt;<strong>$-Cost to Activity</strong>&lt;br&gt;<strong>Calendar is subject to change</strong></td>
<td><strong>30</strong>&lt;br&gt;<strong>9:30-Short Duplicate Bridge-R</strong>&lt;br&gt;<strong>10:00-Bunco-SC</strong>&lt;br&gt;<strong>1:00-Int. Bridge-SC</strong>&lt;br&gt;<strong>1:00-Painting-BC</strong>&lt;br&gt;<strong>1:15-Step &amp; Flex-BC</strong>&lt;br&gt;<strong>1:45-Sit N' Fit-BC</strong>&lt;br&gt;<strong>9:00-Veterans Club-K</strong>&lt;br&gt;<strong>9:45-Chair Yoga-BR</strong>&lt;br&gt;<strong>10:00-Knitting-SC</strong>&lt;br&gt;<strong>8:15-Dance-BR</strong></td>
<td><strong>31</strong>&lt;br&gt;<strong>9:00-Veterans Club-K</strong>&lt;br&gt;<strong>9:45-Chair Yoga-BR</strong>&lt;br&gt;<strong>10:00-Knitting-SC</strong>&lt;br&gt;<strong>8:15-Dance-BR</strong></td>
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**LIFELONG IMPROVEMENTS THROUGH FITNESS TOGETHER**

JANUARY 7 - FEBRUARY 27, 2020
TUESDAYS & THURSDAYS FROM 10-11AM
TUESDAY LOCATION: LOCUST NUTRITION SITE
THURSDAY LOCATION: WEST STANLY SENIOR CENTER

For registration & information, contact Hayley Cowell at 704-983-3987 or hayley_cowell@ncsu.edu

**Info Session**

THURSDAY, DECEMBER 12, 2019
10:30 AM - 11 AM

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**Monthly Health Topic**

Thursday, November 7th
11:00am

Diabetes Discussion with Atrium Health

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**Pot Luck Luncheons**

November 19th
12:00pm

&

December 31st
(New Year’s Eve Party)
11:30am

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**Coping with the Holidays**

Join us on Monday, November 18th
At 1:00pm to meet with Hospice of Stanly and the Uwharrie

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**Craft Class**

Friday, Nov. 1st
1:00pm

Bottle Lights

Tuesday, Nov. 19th
5:00 pm

Wreath Class

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Thursday, Dec. 5th
10:30am

Bow-Making Class

---

There is a cost to the classes. Please register for them at the WSSC.
**Medicare 101**

**November 5th**
2:00pm

Are you turning 65 or know someone who is currently or will soon start to receive Medicare benefits? **What does it all mean?**

Join us for this informational program presented by a certified SHIIP Counselor that will cover the basics of Medicare and parts A, B, & D. Please register for this event.

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**Movies of Month**

**Nov. 22nd – “You’ve Got Mail”**
Struggling boutique bookseller Kathleen Kelly (Meg Ryan) hates Joe Fox (Tom Hanks), the owner of a corporate Foxbooks chain store that just moved in across the street. When they meet online, however, they begin an intense and anonymous Internet romance, oblivious of each other's true identity.

**Dec. 6th – “Elf”**
Buddy (Will Ferrell) was accidentally transported to the North Pole as a toddler and raised to adulthood among Santa’s elves. Unable to shake the feeling that he doesn't fit in, the adult Buddy travels to New York, in full elf uniform, in search of his real father.

**Dec. 20th – “Miracle on 34th Street”**
In this Christmas classic, an old man going by the name of Kris Kringle (Edmund Gwenn) fills in for an intoxicated Santa in Macy’s annual Thanksgiving Day parade. Kringle proves to be such a hit that he is soon appearing regularly at the chain’s main store in midtown Manhattan.

**Dec. 27th – “Must Love Dogs”**
Sarah (Diane Lane), is 40 and recently divorced. Believing Sarah needs to date more, her sister, Carol (Elizabeth Perkins), creates an online dating profile for her. Simultaneously, Jake (John Cusack) reluctantly decides to try Internet dating. Sarah and Jake meet, and though both agree they are not interested in a serious relationship, their chemistry is undeniable.

**Movies begin at 1:00pm**

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**YMCA Mission:**

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

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**Arts & Crafts:**
- **Art Class:** Rock Painting – Friday, Nov. 15th at 1:00pm
- **Craft Class:** Friday, Nov. 1 at 1:00pm
- **Craft Class:** Wreath Making Class - Tuesday, Nov. 19 @ 5:00pm
- **Craft Class:** Bow Making Class – Thurs. Dec. 5th at 10:30am
- **Jewelry Making:** Wednesdays at 1:00pm

**Health / Fitness**
- **Chair Yoga:** Tuesdays at 11:30am-$
- **Flex’n Stretch:** Mondays at 11:00am
- **Lite Exercise DVD:** Monday, Wednesday & Fridays at 10:00am
- **Tai Chi:** Tuesdays at 2:00pm

**Games**
- **Bingo:** Every Friday Night at 6:00pm
- **Bridge/Canasta:** Mondays at 1:00pm
- **Bunco:** 1st & 3rd Monday of the Month at 2:00pm $ 2nd Tuesday of the Month at 6:30pm $
- **Canasta:** Thursdays at 12:00pm
- **Chicken Foot Dominos:** Tuesdays at 2:00pm
- **Scrabble:** Wednesdays at 3:00pm

**Clubs / Groups**
- **Bible Study Group:** Tuesdays at 1:00pm
- **Book Club:** 3rd Wednesday of the Month at 3:00pm
- **Connect, Create, Serve:** Friday, Nov. 8th & Dec. 13th at 10:30am-3:00pm
- **Veterans Club Luncheon:** 2nd Wednesday of the Month at 12:00pm

**Monthly Events**
- **Birthday Party:** 3rd Thursday of the Month at 2:00pm
- **Meet for Lunch at Noon:** Friday, Nov. 5 @ Sogo’s Dec. 13 @ Wayside, Oakboro
- **Pot Luck Lunch:** Nov. 19 & Dec. 31 at 11:30am
- **Prayerful Meditation:** 2nd Thursday of the Month at 10:15am
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| 10:00-Lite Exercise | 11:00-Flex 'n Stretch | 1:00-Bridge/Canasta | 2:00-Bunco $ | **1**  
| 10:00-Lite Exercise | 11:00-Flex 'n Stretch | 1:00-Bridge/Canasta | 2:00-Bunco $ | 10:00-Lite Exercise  
| 11:30-Chair Yoga-$ | 12:00-Lunch at Emricci's  
1:00-Bible Study  
2:00-Tai Chi  
2:00-Medicare 101  
2:00 Chicken Foot Dominoes | 10:00-Lite Exercise  
1:00-Jewelry Club  
3:00-Scrabble | 11:00-Monthly Health  
Topic: Diabetes / Atrium Health  
12:00-Canasta | **10:00-Lite Exercise**  
**10:00- Connect, Create, Serve**  
6:00-Bingo $ |

**11**  

Closed for Veterans Day  
**Veterans Day**

11:30-Chair Yoga-$  
1:00-Bible Study  
2:00-Tai Chi  
2:00 Chicken Foot Dominoes  
6:30-Bunco $

10:00-Lite Exercise  
11:00-Flex 'n Stretch  
1:00-Bridge/Canasta  
1:00-Coping with the Holidays w/ Hospice  
2:00-Bunco $

11:30-Chair Yoga-$  
12:00-Pot Luck Lunch  
1:00-Bible Study  
2:00-Tai Chi  
2:00 Chicken Foot Dominoes  
5:00-Wreath Class $

10:00-Lite Exercise  
11:00-Christmas Float Decorations  
1:00-Jewelry Club  
3:00-Scrabble  
3:00-Book Club

12:00-Canasta  
2:00-Birthday Party

10:00-Lite Exercise  
1:00-Movie of the Month ."You've Got Mail"  
6:00-Bingo $

Closed for Thanksgiving

Closed for Thanksgiving
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<td>2</td>
<td>10:00-Lite Exercise 11:00-Flex 'n Stretch 1:00-Bridge/Canasta 2:00-Bunco</td>
<td>3</td>
<td>10:00-Lite Exercise 1:00-Bible Study 2:00-Tai Chi 2:00-Chicken Foot Dominoes 6:00-Dinner at Emricci's</td>
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<td>9</td>
<td>10:00-Lite Exercise 11:00-Flex 'n Stretch 1:00-Bridge/Canasta</td>
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<td>11:30-Chair Yoga 1:00-Bible Study 2:00-Tai Chi 2:00-Chicken Foot Dominoes 6:30-Bunco</td>
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<td>10:00-Lite Exercise 11:00-Flex 'n Stretch 1:00-Bridge/Canasta 2:00-Bunco</td>
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<td>11:30-Chair Yoga 1:00-Bible Study 2:00-Tai Chi 2:00-Chicken Foot Dominoes</td>
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<td>23</td>
<td>10:00-Lite Exercise 11:00-Flex 'n Stretch 1:00-Bridge/Canasta</td>
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<td>CLOSED FOR CHRISTMAS</td>
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<td>30</td>
<td>10:00-Lite Exercise 11:00-Flex 'n Stretch 1:00-Bridge/Canasta</td>
<td>31</td>
<td>11:30- Pot Luck Lunch/ NYE Party 1:00- Bible Study 2:00-Tai Chi 2:00-Chicken Foot Dominoes</td>
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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.

Thank You

To everyone who volunteered their time in September/October
A special thank you goes out to:

- To those who participated in our Annual Friends of the Senior Center Card & Game Benefit.
- Brenda Spencer for performing for us for our September Monthly Luncheon.
- Mary Ann Drummond for being our Guest Speaker during our Annual Carefest.
- Hospice of Stanly for providing our Healing Hearts program and the lunch and learn at West Stanly Senior Center.
- Charlotte Eye Ear Nose & Throat for their September Lunch and Learn at WSSC.
- Bethany Woods for providing breakfast for our veterans.
- Walgreens for hosting our October Bingo.
- Kathy Johnson for providing our Intro to Smart Phones class.
- Board of Elections for our Voter ID Session.
- Marie Smith for our Fall Craft project.
- Thank you to all of our Vendors and Sponsors for Carefest.
Friends of the Senior Center 2020 Membership Application
January 1 - December 31, 2020

The nominal membership entitles all members to two meetings (1 free luncheon & 1 social) a year which includes great entertainment. 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) ____________________________

Friends of the Senior Center
Stanly County
Senior Services
Department

West Stanly Community Foundation (Senior Center)
January 1 - December 31, 2020

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

Your membership supports the Senior Center in Locust. Please make check payable to
West Stanly Community Center Foundation.

Memo line note Friends Membership. You can mail it to PO BOX 164 Locust, NC 28097 or drop it by the Center.

NAME: ____________________________
MAILING ADDRESS: ____________________________ City: ______________ State: ______ Zip Code: ______
E-MAIL ADDRESS: ____________________________
TELEPHONE: ____________________________

* = REQUIRED INFORMATION

TYPE OF MEMBERSHIP:
INDIVIDUAL = $12 ______________
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BENEFACCTOR = $500 ______________
ANGEL = $1000 ______________

DATE: (MEMBERSHIP IS DUE ANNUALLY) ____________________________

Senior Center Newsletter, “Center Piece” Subscription
Please make checks payable to “Stanly County Senior Center.”

Name: ____________________________
Mailing Address: ____________________________ City: ______________ State: ______ Zip: ______

$10, one year $18, two years