

SENIOR CENTERS ARE CLOSED ON:

FRIDAY, NOVEMBER 10TH

In Observance of Veteran's Day

THURSDAY & FRIDAY, NOVEMBER 23RD & 24TH

In Observance of Thanksgiving

MONDAY - WEDNESDAY, DECEMBER 25TH, 26TH, & 27TH

In Observance of Christmas



21ST ANNUAL CAREFEST

THURSDAY, NOVEMBER 16TH

10:00AM-1:00PM

PAULINA GRAHAM, OTD, OTR/L, CLT
MS OF SCIENCE IN OT



Pfeiffer
UNIVERSITY



SCHEDULE:

Vendor Time 10:00am-11:30am

Lunch 11:30am-12:00pm

Keynote Speaker 12:00pm-1:00pm

Health Screenings will be available.

Lunch will be a Thanksgiving Meal and can be purchased for \$6.

This event is in conjunction with our November Monthly Luncheon.

RSVP by Friday, November 10th.

STANLY COUNTY SENIOR CENTER

283 N. Third Street
Albemarle, NC 28001

Phone: 704-986-3769

Fax: 704-986-3776

Web: www.stanlycountync.gov/senior-services/

Facebook: www.facebook.com/stanlycountyseniorcenter

Mon - Fri: 8:30am - 5:00pm
(Activity Hours Vary)



WEST STANLY SENIOR CENTER YMCA

213 Town Center Drive
Locust, NC 28097



Phone: 980-354-8056

Web: www.stanlycountync.gov/senior-services/

Facebook: www.facebook.com/wsseniorcenter

Mon - Fri: 9:00am - 5:00pm
(Activity Hours Vary)

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NEW YEAR'S EVE

dance

ENTERTAINMENT



SUNDAY, DECEMBER 31, 2023

8:15PM - 12:15AM

Doors Open at 7:30am

\$12 PER PERSON

w/ a Finger Food

TICKET SALES START MONDAY, DECEMBER 4TH!

MONTHLY LUNCHEONS

NOVEMBER MONTHLY LUNCHEON

Thursday, November 16th

21ST ANNUAL CAREFEST



Lunch will be:

Turkey w/ Dressing, Mashed Potatoes & Gravy, Green Bean Casserole, & Yeast Roll. Chocolate Pie for Dessert.

DECEMBER MONTHLY LUNCHEON

Tuesday, December 19th

CHRISTMAS PARTY!



Lunch will be:

Sliced Ham w/ Raisin & Brown Sugar Sauce, Macaroni & Cheese, Lima Beans, & Cornbread. Red Velvet Cake for Dessert.

RSVP by December 12th

LUNCH BEGINS AT 11:30AM.

COST: \$6.00

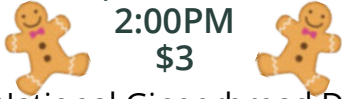
MUST RSVP BY THE FRIDAY BEFORE THE LUNCHEON.

PLEASE REGISTER AT THE FRONT DESK OF THE SENIOR CENTER.

ACTIVITIES & EVENTS - STANLY COUNTY SENIOR CENTER (ALBEMARLE)

GINGERBREAD COOKIE DECORATING

TUESDAY, NOVEMBER 21ST
2:00PM



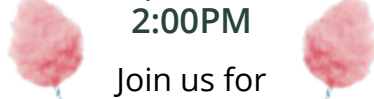
\$3

It's National Gingerbread Day! Come decorate your own Gingerbread Cookie to enjoy with us or save for later! The cost covers the materials for your gingerbread cookie.

RSVP by November 17th to 704.986.3769.

NATIONAL COTTON CANDY DAY

THURSDAY, DECEMBER 7TH
2:00PM



Join us for National Cotton Candy Day! We will have cotton candy for an afternoon snack. Bring a friend and come enjoy the afternoon with us!

RSVP by December 5th to 704.986.3769.

MOVIE & POPCORN

TUESDAY, NOVEMBER 14TH
2:00PM



"Book Club:
The Next Chapter"

Follows the new journey of four best friends as they take their book club to Italy for the fun girls trip they never had.

Come enjoy the afternoon with us!

RSVP by November 10th to 704.986.3769.

CHRISTMAS BINGO

WEDNESDAY, DECEMBER 20TH
3:00PM

Bring a Wrapped Christmas Gift
(\$2.00-3.00 Value)



CHRISTMAS CARD BOXES

CLASS COMING JANUARY 2024

SAVE YOUR CHRISTMAS CARDS!

Annette Starnes is going to be here in January 2024 to show you how to make boxes out of your Christmas Cards.

If you are not sure what to do with your Christmas Cards after the Holidays, you can donate them to the Senior Center.



CALL 704-982-4217 TO SCHEDULE A TOUR

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NOVEMBER 2023 - ALBEMARLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	02	03
		<p>9:00-Basketweaving-K 9:00-Contract Bridge-RR 9:45-Exercise w/ Frankie-BR 10:30-Book Club-BC 10:45-Tai Chi-BR 11:30-Open Gym-BR 1:00-Money Smart for Older Adults-SC 1:00-Canasta II-RR 3:00-Bingo-BR 5:30-Zumba\$-BR</p>	<p>9:00-Woodcarving-K 9:45-Chair Yoga-BR 11:30-Ladies Lunch Bunch 1:00-Canasta-BR 1:00-1st Thursday Bridge-RR 6:30-Zumba\$-BR</p>	<p>9:15-Duplicate Bridge 10:00-Line Dancing-BR 10:00-Caregiver Connection-BC 11:15-L.I.F.T. 12:00-Creative Coloring-K 1:00-Money Smart for Older Adults-SC 1:30-Mexican Train Dominos-BC 2:00-Open Gym-BR</p>
06	07	08	09	10
<p>9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yogai-BR 1:00-Painting For Fun-RR 1:00-Intermediate Bridge-SC 1:15-Step & Flex-BR 2:15-Open Gym-BR 5:30-Zumba\$-BR</p>	<p>9:45-Chair Yoga-BR 10:00-Knitting--SC 10:00-Rummikub-K 10:45-Ping Pong-BR 1:00-Pinochle-K 2:00-Majhong-BC 3:00-Functional Fitness* 6:30-Zumba\$-BR</p>	<p>9:00-Basketweaving-K 9:00-Contract Bridge-RR 9:45-Exercise w/ Frankie-BR 10:45-Tai Chi-BR 11:30-Open Gym-BR 1:00-Money Smart for Older Adults-SC 1:00-Canasta II-RR 2:00-Pressed Flower Workshop\$-K 3:00-Bingo w/ Russ & Susan-BR 5:30-Zumba\$-BR</p>	<p>9:00-Woodcarving-K 9:45-Chair Yoga-BR 1:00-Canasta-BR 6:30-Zumba\$-BR</p>	<p>CLOSED FOR VETERANS DAY!</p> 
13	14	15	16	17
<p>9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yoga-BR 1:00-Painting For Fun-RR 1:00-Intermediate Bridge-SC 1:15-Step & Flex-BR 2:15-Open Gym-BR 5:30-Zumba\$-BR</p>	<p>9:45-Chair Yoga-BR 10:00-Knitting--SC 10:00-Rummikub-K 10:45-Ping Pong-BR 1:00-Pinochle-K 2:00-Movie & Popcorn-BC 2:00-Majhong-SC 3:00-Functional Fitness* 6:30-Zumba\$-BR</p>	<p>9:00-Basketweaving-K 9:00-Contract Bridge-RR 9:45-Exercise w/ Frankie-BR 10:00-Virtual Program* 10:45-Tai Chi-BR 11:30-Open Gym-BR 1:00-Canasta II-RR 3:00-Bingo w/ Spring Arbor-BR 3:00-Stammtisch-L</p>	<p>9:00-Woodcarving-K 10:30-Blood Pressure Checks 11:30-Monthly Luncheon -BR 1:00-Canasta-BR 6:30-Zumba\$-BR</p> <p style="text-align: center;">CAREFEST 10:30AM-1:00PM</p>	<p>9:15-Duplicate Bridge 10:00-Line Dancing-BR 11:15-L.I.F.T. 12:00-Creative Coloring-K 1:30-Mexican Train Dominos-BC 2:00-Open Gym-BR 5:00-Inky Fingers (entire weekend)</p>
20	21	22	23	24
<p>9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yogai-BR 1:00-Painting For Fun-RR 1:00-Intermediate Bridge-SC 1:15-Step & Flex-BR 2:15-Open Gym-BR 5:30-Zumba\$-BR</p>	<p>9:45-Chair Yoga-BR 10:00-Knitting--SC 10:00-Rummikub-K 10:45-Ping Pong-BR 1:00-Pinochle-SC 2:00-Gingerbread Cookie Decorating-K 2:00-Majhong-BC 3:00-Functional Fitness* 6:30-Zumba\$-BR</p>	<p>9:00-Basketweaving-K 9:00-Contract Bridge-RR 9:45-Exercise w/ Frankie-BR 10:45-Tai Chi-BR 11:30-Open Gym-BR 1:00-Canasta II-RR 3:00-Bingo w/ Bethany Woods-BR 5:30-Zumba-BR</p>	<p>CLOSED FOR THANKSGIVING!</p> 	
27	28	29	30	
<p>9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yoga-BR 1:00-Painting For Fun-RR 1:00-Intermediate Bridge-SC 1:15-Step & Flex-BR 2:15-Open Gym-BR 2:30-Guided Meditation-BC 5:30-Zumba\$-BR</p>	<p>9:00-Veteran's Club-K 9:45-Chair Yoga-BR 10:00-Knitting--SC 10:00-Rummikub-K 10:45-Ping Pong-BR 1:00-Pinochle-K 2:00-Majhong-BC 3:00-Functional Fitness* 6:30-Zumba\$-BR</p>	<p>9:00-Basketweaving-K 9:00-Contract Bridge-RR 9:45-Exercise w/ Frankie-BR 10:45-Tai Chi-BR 11:30-Open Gym-BR 1:00-Canasta II-RR 3:00-Birthday Bingo-BR 5:30-Zumba\$-BR</p>	<p>9:00-Woodcarving-K 9:45-Chair Yoga-BR 1:00-Canasta-BR</p>	

ACTIVITIES & EVENTS - STANLY COUNTY SENIOR CENTER (ALBEMARLE)

BINGO

Wednesdays @ 3:00pm. Bring a \$1 prize every Wednesday except sponsored Wednesdays.

11/8 Russ & Susan Sharples

11/15 Spring Arbor

11/22 Bethany Woods

11/29 Birthday Bingo

12/13 Russ & Susan Sharples

12/20 Christmas/Birthday Bingo



INKY FINGERS

Nov 17-19 & Dec 15-17. Stamping Group. Fridays @ 5:00pm. Saturdays @ 10:00am. Sundays @ 1:00pm.

LADIES LUNCH BUNCH

Thursday, 11/2 & 12/7 @ 11:30am. Come enjoy lunch and fellowship with a great group of ladies. RSVP by Tuesday before.

11/2 - Hwy 55 (Albemarle)

12/7 - Delights Steak and Ramen (Albemarle)



OPEN GYM

Mondays @ 2:15pm, Wednesdays @ 11:30am, & Fridays @ 2:00pm. You can use the Big Room for any activity you would like. Walking, pickleball, exercise, etc. Bring a friend and enjoy our space!

MONTHLY VIRTUAL PROGRAM

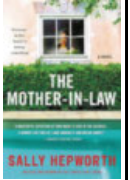
Nov 15 @ 10:00am. Navigating the Ups and Downs of Caring for an Older Adult: Tools for Taking Care of Yourself.

Registration Link: [https://us06web.zoom.us/webinar/register/WN_SgghWVYDQhmZq-p7WY7Qxg#/registration](https://us06web.zoom.us/join/https://us06web.zoom.us/webinar/register/WN_SgghWVYDQhmZq-p7WY7Qxg#/registration)

Dec 20 @ 10:00am. All About Arthritis.

Link: <https://www.youtube.com/watch?v=VJ5dxljmbPo&t=1s>

Let Alexa know if you register for these trainings.

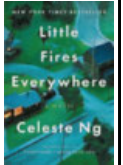


READERS & EATERS BOOK CLUB

Wednesday, 11/1 & 12/6 @ 10:30am.

11/1 *The Mother-In-Law* by Sally Hepworth

12/6 *Little Flies Everywhere* by Celeste Ng



VETERAN'S BREAKFAST

Tuesday, 11/28 @ 9:00am. We will have a Holiday Breakfast in November. Sponsored by Gentiva Hospice. RSVP by the Friday before. We will **NOT** meet in December due to the Christmas Holiday.



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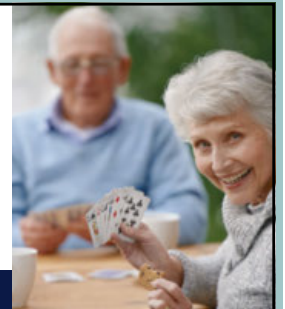


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DECEMBER 2023 - ALBEMARLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01
				9:15-Duplicate Bridge 10:00-Caregiver Connection-BC 12:00-Creative Coloring-K 1:30-Mexican Train Dominos-BC GIVING TREE BEGINS BIG ROOM ACTIVITIES CANCELED
04	05	06	07	08
9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yogai-BR 1:00-Painting For Fun-RR 1:00-Intermediate Bridge-SC 1:15-Step & Flex-BR 2:15-Open Gym-BR 5:30-Zumba\$-BR	9:45-Chair Yoga-BR 10:00-Knitting--SC 10:00-Rummikub-K 10:45-Ping Pong-BR 1:00-Pinochle-K 2:00-Majhong-BC 3:00-Functional Fitness* 6:30-Zumba\$-BR	9:00-Basketweaving-K 9:00-Contract Bridge-RR 9:45-Exercise w/ Frankie-BR 10:30-Book Club-BC 10:45-Tai Chi-BR 12:00-Friends Board Holiday Meeting-BR 1:00-Canasta II-RR 3:00-Bingo-BR 5:30-Zumba\$-BR	9:00-Woodcarving-K 9:45-Chair Yoga-BR 11:30-Ladies Lunch Bunch 1:00-Canasta-BR 1:00-1st Thursday Bridge-RR 2:00-National Cotton Candy Day-K 6:30-Zumba\$-BR	9:15-Duplicate Bridge 10:00-Line Dancing-BR 11:15-L.I.F.T. 12:00-Creative Coloring-K 1:30-Mexican Train Dominos-BC 2:00-Open Gym-BR
11	12	13	14	15
9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yogai-BR 1:00-Painting For Fun-RR 1:00-Intermediate Bridge-SC 1:15-Step & Flex-BR 2:15-Open Gym-BR 5:30-Zumba\$-BR	9:45-Chair Yoga-BR 10:00-Knitting--SC 10:00-Rummikub-K 10:45-Ping Pong-BR 1:00-Pinochle-K 2:00-Majhong-BC 3:00-Functional Fitness* 6:30-Zumba\$-BR	9:00-Basketweaving-K 9:00-Contract Bridge-RR 9:45-Exercise w/ Frankie-BR 10:45-Tai Chi-BR 11:30-Open Gym-BR 1:00-Canasta II-RR 3:00-Bingo w/ Russ & Susan-BR 5:30-Zumba\$-BR	9:00-Woodcarving-K 9:45-Chair Yoga-BR 1:00-Canasta-BR 6:30-Zumba\$-BR	9:15-Duplicate Bridge 10:00-Line Dancing-BR 11:15-L.I.F.T. 12:00-Creative Coloring-K 1:30-Mexican Train Dominos-BC 2:00-Open Gym-BR 5:00-Inky Fingers (entire weekend)
18	19	20	21	22
9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yogai-BR 1:00-Painting For Fun-RR 1:00-Intermediate Bridge-SC 1:15-Step & Flex-BR 2:15-Open Gym-BR 5:30-Zumba\$-BR	9:45-Chair Yoga-BR 10:00-Knitting--SC 10:00-Rummikub-K 10:00-Caregiver Connection-BC 10:30-Blood Pressure Checks 11:30-Monthly Luncheon-BR 1:00-Pinochle-K 2:00-Majhong-BC 3:00-Functional Fitness* 6:30-Zumba\$-BR	9:00-Basketweaving-K 9:00-Contract Bridge-RR 9:45-Exercise w/ Frankie-BR 10:00-Virtual Program* 10:45-Tai Chi-BR 11:30-Open Gym-BR 1:00-Canasta II-RR 3:00-Christmas/Birthday Bingo-BR 3:00-Stammtisch-L 5:30-Zumba\$-BR	9:00-Woodcarving-K 9:45-Chair Yoga-BR 1:00-Canasta-BR 6:30-Zumba\$-BR	9:15-Duplicate Bridge 10:00-Line Dancing-BR 11:15-L.I.F.T. 12:00-Creative Coloring-K 1:30-Mexican Train Dominos-BC 2:00-Open Gym-BR
25	26	27	28	29
			9:00-Woodcarving-K 9:45-Chair Yoga-BR 1:00-Canasta-BR 6:30-Zumba\$-BR	9:15-Duplicate Bridge 10:00-Line Dancing-BR 11:15-L.I.F.T. 12:00-Creative Coloring-K 1:30-Mexican Train Dominos-BC 2:00-Pickleball-BR NYE DANCE 12/31/2023 8:15PM

CLOSED FOR CHRISTMAS!

ACTIVITIES & EVENTS - WEST STANLY SENIOR CENTER (LOCUST)

LET'S EAT:

Pot Luck Lunches: Friday, 11/17 & 12/22 @12:00pm. Bring your best dish and enjoy sharing with friends.

Lunch Out: 11/6 & 12/4 @ 12:30pm.

11/6 200 North. Join us for a delicious meal. 12/6 **Pizza Beyond.** Join us for lunch!

Monthly Birthday Celebration: Last Friday of the Month @ 1:30pm.

11/30 Come in for a piece of cake to celebrate the November birthdays. Everyone is welcome to help celebrate!

12/28 Come and help us celebrate December birthdays. Everyone is welcome...bring your singing voice!

Veteran's Lunch: Wednesday, 11/1 & 12/6 @ 11:30am. All veterans are invited to join us for a wonderful meal and great conversations. Please let us know you are coming by calling 980.354.8056. **A huge ***THANK YOU*** to Pinnacle Bank for the November lunch and Hospice for the December lunch for our Veterans!**



FUN AND GAMES:

Men's Pool: Monday, Wednesday, & Thursday @ 1:00pm until.. Whether you played yesterday or years ago, come on out and join the fun! Bring your own equipment or play with ours.

Hand and Foot Canasta: Thursday @ 11:30am-4:30pm. All are welcome, beginners and advanced players.

Bingo: 1:00 pm 11/13 & 12/11 with Faye
1:15 pm 11/27 & 12/18 with Sal



Table Game Day: Monday, 11/13 & 12/4 @ 2:30pm. Bring a friend and play some of your favorite board games. We have a great collection to choose from.

Friday Night Bingo: Friday @ 6:00pm. Doors open at 5 pm. Play for cash prizes.

Drive-thru Food Pantry:

Anyone in need of food is welcome to participate in our monthly drive-thru food pantry located at The Crutchfield Center in Locust. 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 fresh produce.



Locations:

At Stanly Commons parking lot in Albemarle (by Health Department) 4:30-6:00 pm

11/9 & 12/14

In Locust at The Crutchfield Center (off 24/27 right past Bojangles) 4:30-6:00 pm

11/16 & 12/28

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

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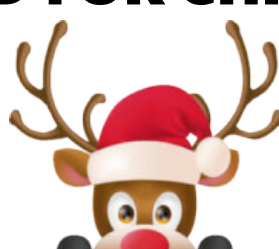
**THRIVE
LOCALLY**



NOVEMBER 2023 - LOCUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	02	03
		9:15 -Lite Exercise 10:20 -Lite Exercise 11:30 -Veteran's Lunch 1:00 -Men's Pool/ Cornhole	9:00 -Beginner Tai Chi 10:00 -Strength Training 11:30 -Canasta 1:00 -Men's Pool/ Cornhole	9:00 -Blood Pressure Checks 9:15 -Lite Exercise 10:20 -Lite Exercise 11:00 -Connect, Create, Serve 2:00 -Line Dancing w/ Pamela 6:00 -Bingo (door open at 5:00pm)
06	07	08	09	10
9:15 -Lite Exercise 10:20 -Lite Exercise 11:20 -Stretch, Tone, Pray\$ 12:00 -Lunch Out 200 North 1:00 -Men's Pool/ Cornhole	10:00 -Step to the Beat 11:30 -Bible Study w/ Mary 1:00 -Tai Chi 3:00 -Lite Exercise	9:15 -Lite Exercise 10:20 -Lite Exercise 1:00 -Men's Pool/ Cornhole 1:00 -Discussion on Medicare w/ Sal	9:00 -Beginner Tai Chi 10:00 -Strength Training 11:30 -Canasta 1:00 -Men's Pool/ Cornhole FOOD PANTRY-ALBEMARLE 4:30PM-6:00PM	CLOSED FOR VETERANS DAY! 
13	14	15	16	17
9:15 -Lite Exercise 10:20 -Lite Exercise 11:20 -Stretch, Tone, Pray\$ 12:30 -Bingo w/ Faye 1:00 -Men's Pool/ Cornhole 2:30 -Table Games 3:00 -Diabetes Prevention	10:00 -Step to the Beat 11:00 -Make Moravian Stars\$ 11:30 -Bible Study w/ Mary 1:00 -Tai Chi 2:00 -Paint w/ Lindy Sellars\$ 3:00 -Lite Exercise 4:00 -Flow Yoga\$	9:15 -Lite Exercise 10:20 -Lite Exercise 1:00 -Men's Pool/ Cornhole 2:00 -Making Cards\$ 3:00 -Book Club "Remarkably Bright Creatures" CHRISTMAS FAMILY WILL BE CHOSEN	9:00 -Beginner Tai Chi 10:00 -Strength Training 11:30 -Canasta 1:00 -Men's Pool/ Cornhole FOOD PANTRY-LOCUST 4:30PM-6:00PM	9:15 -Lite Exercise 10:20 -Lite Exercise 10:30 -Basketweaving \$10 Snowflakes 12:00 -Pot Luck Lunch (Thanksgiving) 1:30 -Movie "Grumpy Old Men" 6:00 -Bingo (door open at 5:00pm)
20	21	22	23	10
9:15 -Lite Exercise 10:20 -Lite Exercise 11:20 -Stretch, Tone, Pray\$ 1:00 -Men's Pool/ Cornhole 2:30 -Partner's Healthcare Grief & Loss During the Holidays SECRET SANTA DRAWING	10:00 -Step to the Beat 11:30 -Bible Study w/ Mary 1:00 -Tai Chi 2:00 -Hayley-Apples 3:00 -Lite Exercise 4:00 -Flow Yoga\$	9:15 -Lite Exercise 10:20 -Lite Exercise 11:00 -Herb of the Month-Chives 1:00 -Men's Pool/ Cornhole	CLOSED FOR THANKSGIVING! 	
27	28	29	30	
9:15 -Lite Exercise 10:20 -Lite Exercise 11:20 -Stretch, Tone, Pray\$ 12:30 -Scriptures w/ Faye 1:00 -Men's Pool/ Cornhole 1:15 -Bingo w/ Sal	10:00 -Step to the Beat 11:30 -Bible Study w/ Mary 1:00 -Tai Chi 1:00 -Learn About Scams-SECU 3:00 -Lite Exercise 4:00 -Flow Yoga\$	9:15 -Lite Exercise 10:20 -Lite Exercise 1:00 -Men's Pool/ Cornhole 11:00 -Volunteer Celebration	9:00 -Beginner Tai Chi 10:00 -Strength Training 10:00 -Photo ID 11:30 -Canasta 1:00 -Men's Pool/ Cornhole 1:30 -November Birthday Party	

DECEMBER 2023 - LOCUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01
				9:15 -Lite Exercise 10:20 -Lite Exercise 11:00 -Connect, Create, Serve 11:30 -Money Smarts 2:00 -Line Dancing w/ Pamela 6:00 -Bingo (door open at 5:00pm)
04	05	06	07	08
9:15 -Lite Exercise 10:20 -Lite Exercise 11:20 -Stretch, Tone, Pray\$ 12:00 -Lunch Out Pizza Beyond 1:00 -Men's Pool/ Cornhole 2:00 -Partners Healthcare Social Isolation & Loneliness	10:00 -Step to the Beat 11:30 -Bible Study w/ Mary 1:00 -Tai Chi 2:00 -Paint w/ Lindy Sellers\$ 3:00 -Lite Exercise 4:00 -Flow Yoga\$	9:15 -Lite Exercise 10:20 -Lite Exercise 11:30 -Veteran's Lunch 1:00 -Men's Pool/ Cornhole 2:00 -Hayley-Easy Christmas Dish	9:00 -Beginner Tai Chi 10:00 -Strength Training 11:30 -Canasta 1:00 -Men's Pool/ Cornhole	9:15 -Lite Exercise 10:20 -Lite Exercise 11:30 -Money Smarts 1:00 -Movie "Four Christmas" 6:00 -Bingo (door open at 5:00pm)
11	12	13	14	15
9:15 -Lite Exercise 10:20 -Lite Exercise 11:20 -Stretch, Tone, Pray\$ 12:30 -Bingo w/ Faye 1:00 -Men's Pool/ Cornhole	10:00 -Step to the Beat 11:30 -Bible Study w/ Mary 1:00 -Tai Chi 3:00 -Lite Exercise 4:00 -Flow Yoga\$	9:15 -Lite Exercise 10:20 -Lite Exercise 1:00 -Men's Pool/ Cornhole 1:00 -Sal 2:00 -Making Cards\$	9:00 -Beginner Tai Chi 10:00 -Strength Training 11:30 -Canasta 1:00 -Men's Pool/ Cornhole FOOD PANTRY-ALBEMARLE 4:30PM-6:00PM	9:15 -Lite Exercise 10:20 -Lite Exercise 1:00 -Wrapping Party 6:00 -Bingo (door open at 5:00pm)
18	19	20	21	22
9:15 -Lite Exercise 10:20 -Lite Exercise 11:20 -Stretch, Tone, Pray\$ 12:30 -Scriptures w/ Faye 1:00 -Men's Pool/ Cornhole 1:15 -Bingo w/ Sal	10:00 -Step to the Beat 11:30 -Bible Study w/ Mary 1:00 -Tai Chi 1:00 -Financial Advisory w/SECU 4:00 -Flow Yoga\$	9:15 -Lite Exercise 10:20 -Lite Exercise 1:00 -Men's Pool/ Cornhole 3:00 -Book Club "The Christmas List" or "Christmas Promise"	9:00 -Beginner Tai Chi 10:00 -Strength Training 11:30 -Canasta 1:00 -Men's Pool/ Cornhole	9:15 -Lite Exercise 10:20 -Lite Exercise 12:00 -Pot Luck Lunch & Secret Santa Exchange 6:00 -Bingo (door open at 5:00pm)
25	26	27	28	29
<h2 style="margin: 0;">CLOSED FOR CHRISTMAS!</h2> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>			9:00 -Beginner Tai Chi 10:00 -Strength Training 11:30 -Canasta 1:00 -Men's Pool/ Cornhole 1:30 -December Birthday Party FOOD PANTRY-LOCUST 4:30PM-6:00PM	9:15 -Lite Exercise 10:20 -Lite Exercise 6:00 -Bingo (door open at 5:00pm)

ACTIVITIES & EVENTS - WEST STANLY SENIOR CENTER (LOCUST)

GET MOVING:

Flow Yoga: Tuesdays @ 4:00. Join us for a 45 minute Yoga class with Flow Yoga. \$4.00 charge per class.

Lite Exercise: Monday, Wednesday, Friday @ 9:15 & 10:20am & Tuesdays @ 3:00pm. Chair & standing video exercises with friends

Stretch, Tone & Pray: Mondays @11:15am. \$4 Led by Angie Buchanan.

Step to the Beat: Tuesdays @ 10:00am. Led by Pam Norwich, a fun upbeat class of walking & dancing to fun, familiar tunes

Tai Chi: Tuesdays @ 1:00 pm. All abilities are welcome to learn the benefits of Tai Chi. Led by Ronnie Tucker.

Beginner Tai Chi: Thursdays @ 9:00am. Led by Ronnie Tucker.

Strength Training: Thursdays @ 10:00am. Pam Norwich leads the class using light dumbbells and bands to tone & strengthen your muscles.

Dancing with Pamela: Friday, 11/3 & 12/1 @ 2:00pm. First Friday of each month. Pamela Sullivan, Sr. Center Director, will lead fun and upbeat line dances.

Blood Pressure Checks: Friday, 11/3 @ 9:00-10:30am. Come get your Blood Pressure checked.



CREATIVITY:

Connect, Create, Serve: Friday, 11/3 & 12/1 @ 11:00 am. Join this group of talented artisans to make beautiful, needed items for organizations. Not good at crafting? Come anyway! They love to teach also!

Basket Weaving: Friday, 11/17 @ 10:30 am. Learn to make Snowflakes \$10.00

Learn to Make Moravian Stars: Tuesday, 11/14 @ 11:00am. 3 for \$5.00 or \$2.00 each

Card Making: Wednesday, 11/15 & 12/13 @ 2:00 pm Let's make some cards! Pick your theme...you can always do cards to have on hand! We have the paper and supplies! \$5



Movies: @1:00pm.

11/17 "Grumpy Old Men" Two neighbors (Jack Lemmon and Walter Matthau) have nothing better to do than to continue their lifelong feud. But when Ariel (Ann-Margret) moves in across the street, it ignites an all-out competition to win her favor.

12/8 "A Christmas Candle" Legend has it every 25 years an angel touches a single candle, and whomever lights this candle receives a miracle on Christmas Eve. But in 1890, at the dawn of the electric age, this centuries old legend may come to an end when a progressive young minister arrives. Now, the fiery candlemaker must fight to preserve the legacy of the Christmas Candle. From bestselling author, Max Lucado.

Book Club: Last Wednesday @ 3:00pm.

11/15 "Remarkably Bright Creatures" After Tova Sullivan's husband died, she began working the night shift at the Sowell Bay Aquarium, mopping floors and tidying up. Keeping busy has always helped her cope, which she's been doing since her eighteen-year-old son, Erik, mysteriously vanished on a boat in Puget. Sound over thirty years ago. Tova becomes acquainted with curmudgeonly Marcellus, a giant Pacific octopus living at the aquarium. Marcellus knows more than anyone can imagine but wouldn't dream of lifting one of his eight arms for his human captors--until he forms a remarkable friendship with Tova. Ever the detective, Marcellus deduces what happened the night Tova's son disappeared. And now Marcellus must use every trick his old invertebrate body can muster to unearth the truth for her before it's too late.

12/20 "The Christmas List" by Richard Paul Evans or "The Christmas Promise" by Donna Van Liere. Both wonderful and heart warming holiday reads!



NEVER STOP LEARNING:

Herb of the Month w/ Kelley: Wednesday, 11/22 & 12/20 @ 11:00am.

11/22 Chives **12/27** Garlic

Cooking with Hayley Cowell from NC Cooperative Extension: Tuesday, 11/21 @ 1:00pm. Learn all about apples varieties, nutritional value, recipes.

Wednesday, 12/6 @ 2:00pm. Learn easy Christmas dishes that won't break the bank or take too much time.

Financial Security Topics with Angel Roscoe from State Employees Credit Union: Tuesday, 11/28 & 12/19 @ 1:00pm. Learn how to protect yourself from financial scams and a discussion about financial advisors.

Diabetes Prevention with Wendy Growcock from Stanly County Health Department: Monday, 11/13 @ 3:00pm. Learn how to make good nutritional decisions that may help you avoid or learn to live with diabetes.

Money Smarts with Wanda Gilbert from SCC: Fridays, 12/1 & 12/8 @ 11:30am. Learn how to better use your income while learning about discounts for seniors, scams for seniors, financial strategies and terminology.

FAITHFUL:

Scriptures with Faye: Monday, 11/27 & 12/18 @ 12:30pm. Faye will lead participants in a group discussion on specific Bible verses.

Bible Study with Mary: Tuesdays @11:30am. Join Mary for a weekly bible study.



ACTIVITIES & EVENTS - STANLY COUNTY SENIOR CENTER (ALBEMARLE)

REGULAR SCHEDULED ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Duplicate Bridge 9:15am	Chair Yoga 9:45am	Basketweaving 9:00am	Woodcarving 9:00am	Duplicate Bridge 9:15am
Line Dancing 10:00am	Knitting 10:00am	Contract Bridge 9:00am	Chair Yoga 9:45am	Line Dancing 10:00am
Bunco 10:00am	Rummikub 10:00am	Exercise w/ Frankie 9:45am	Canasta 1:00pm	Creative Coloring 12:00pm
Floor Yoga 11:00am	Ping Pong 10:45am	Tai Chi 10:45am	Zumba\$ 6:30pm	Mexican Train Dominos 1:30pm
Painting for Fun 1:00pm	Pinochle 1:00pm	Open Gym 11:30am	1st Thursday Ladies Lunch Bunch 11:30am	Pickle Ball 2:00pm
Intermediate Bridge 1:00pm	Mahjong 2:00pm	Canasta II 1:00pm	3rd Thursday Blood Pressure Checks 10:30am	1st Friday Caregiver Connection
Step & Flex 1:15pm	Functional Fitness* 3:00pm	Bingo 3:00pm	Monthly Luncheon 11:30am	One Weekend of the Month Inky Fingers Times Vary
Open Gym 2:15pm	Zumba\$ 6:30pm	Zumba\$ 5:30pm		
Zumba\$ 5:30pm	3rd Tuesday Caregiver Connection 10:00am	1st Wednesday Book Club 10:30am		
	Last Tuesday Veteran's Club 9:00am	4th Wednesday Friends Board Meeting 1:30pm		
		Stammtisch 3:00pm		



**SUPPORT THE
ADVERTISERS**
that Support our
Community!



Explore the Mediterranean

Cruise with us in 2024 Aboard
Royal Caribbean's Oasis of the Seas

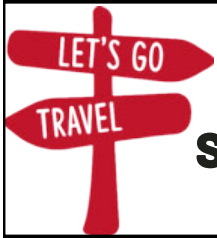
May 31st, 2024-June 9th, 2024

Inside Cabin: \$3999.00 - Double Occupancy
Central Balcony: \$4199.00 - Double Occupancy
Ocean View Balcony: \$4499.00 - Double Occupancy



This journey will begin in the vibrant city of Barcelona, with an included guided city tour and overnight hotel accommodation. The next included private guided tour is in Pisa, visiting the iconic Leaning Tower with opportunities to stroll along the charming streets, savor authentic Italian gelato, and capture those classic leaning tower photos! Additionally, there is a private guided tour of the eternal city of Rome, where history comes alive at every corner immersing you in the grandeur of ancient and modern wonders.

TRIP IS OPEN. SPOTS ARE STILL AVAILABLE FOR THE TRIP.
See the flyer for further details on Trip Package & Stops.



THANK YOU FOR A GREAT 2023 TRAVEL YEAR!
WE ARE EXCITED TO TRAVEL AGAIN IN 2024!
STAY TUNED FOR 2024 TRIPS TO BE ANNOUNCED IN
THE UPCOMING YEAR!



PRESSED FLOWERS WORKSHOP

WEDNESDAY, NOVEMBER 8TH
2:00PM-4:00PM
\$25



Ruth Moose who studied floral art at the John C. Campbell Folk School will teach a 2 hour workshop using pressed flowers. Many options to choose from including framed works, Christmas gifts, cards, and bookmarks.

All materials will be furnished.

RSVP by November 3rd.

GUIDED MEDITATION WORKSHOP

MONDAY, NOVEMBER 27TH
2:30PM

FREE WORKSHOP W/ SHARON HAMILTON

Stressed out? Looking for some inner peace?

Guided meditation is a mindfulness practice where you'll be led by an experienced practitioner's soothing voice through a journey of relaxation and self-discovery. Suitable for everyone. No equipment or prior meditation experience is necessary.



This is a FREE workshop designed to help participants understand the benefits of meditation in various areas such as stress reduction, relaxation, pain reduction, break bad habits, improved focus, emotional balance, better sleep, and increased self-awareness. The presentation will open with a brief explanation of what meditation is and how it works. There will be a short question and answer period following the group guided meditation.

It's like a spa for your mind!

RSVP by November 24th.

FRIENDS OF THE SENIOR CENTER INFORMATION (ALBEMARLE)



FRIENDS GIVING TREE

BEGINS DECEMBER 1ST



Pick an envelope off the Christmas Tree 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.

MEMBERSHIP DRIVE 2024

FRIENDS OF THE SENIOR CENTER

We are coming up on a New Year, which means it's time to renew your Friends Membership! Starting at CareFest, November Monthly Luncheon, and December Monthly Luncheon, Friends Board Members will have a table set up for you to renew your Friends Membership for 2024.

Friends Membership:

Individual - \$15	Family - \$25
Donor - \$50	Patron - \$100
Benefactor - \$500	Angel - \$1,000

This Membership includes one free luncheon in January and one free social in September. Your membership helps with projects around the Senior Center, which in turn helps keep the Senior Center nice and up-to-date.



THE PERFECT "STOCKING STUFFER"

The Friends of the Senior Center have Tidal Wave Car Wash Tickets for sale! It is a \$20 wash for ONLY \$10. This would be a great stocking stuffer for a spouse, children, grandchildren, or friends! Come by the Stanly County Senior Center to pick yours up!

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Rich Fernbach

rfernbach@lpicommunities.com

(800) 477-4574 x3675



SERVICES INFORMATION

NUTRITION

CONGREGATE/GRAB & GO MEALS are available to seniors 60 years old and older. Please contact the Senior Center Nutrition Program Supervisor, Joy Richardson, at 704.986.3773 for program specifics.

HOME-DELIVERED MEALS are available to homebound seniors 60 years old and older; these meals are delivered by volunteers. Please contact the Senior Center Social Worker, Sherri Parker, at 704.986.3769 to be added to the waitlist for this service.

Albemarle Nutrition Site	Locust Nutrition Site	Norwood Nutrition Site	Oakboro Nutrition Site
1816 E. Main St. Albemarle, NC 28001 704.984.9418	2890 Ofcr Jeff Shelton Dr Locust, NC 28097 704.888.4265	247 West Turner St Norwood NC 28128 704.474.5177	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, helps 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 OKAY?"

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

AARP TAX AIDE

Provides 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.

NC SHIIP Helpline Number: 1.855.408.1212



LEGAL AIDE

Legal Aide 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. Legal Aid Number: 1.855.579.7562



For more information on our services, please contact 704.986.3769.

PROGRAM INFORMATION & MORE

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 15th.

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 15th. 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
1:00 PM to 4:00 PM.**

Training dates:

Tuesday & Thursday, January 9th - 25th

If interested in volunteering, or needing more information contact 704-986-3769.

**The Appointment line will not open until
mid-January.**

CAREGIVER CORNER

CAREGIVER CONNECTION

Meets the 1st Friday and 3rd Tuesday of every month.

Meeting Dates:

November 3rd

December 1st

December 19th



CareFest will take the place of the 2nd November Meeting.

VOLUNTEERS OF THE YEAR

The Senior Services Department would like to thank each volunteer for volunteering their time to help make the Senior Services Department so successful. We could not be the department we are with out the help of each one of you!

NUTRITION VOLUNTEER OF THE YEAR

Audrey Riggsbee

SENIOR CENTER VOLUNTEER OF THE YEAR

Aaron Burriss

BOARD MEMBER VOLUNTEER OF THE YEAR

Penny Bates

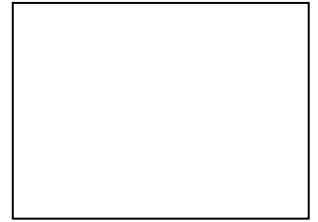
NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



A NC Certified Senior Center of Excellence
283 N. Third Street
Albemarle, NC 28001
704-986-3769

<https://www.stanlycountync.gov/senior-services/>

Don't forget to like us on Facebook!
<https://www.facebook.com/stanlycountyseniorcenter>

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 2024 MEMBERSHIP APPLICATION

JANUARY 1 - DECEMBER 31, 2024

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: _____

*Email Address: _____

*Telephone: _____

*=Required Information

TYPE OF MEMBERSHIP

- Individual (\$15)
- Family (\$25)
- Donor (\$50)
- Patron (\$100)
- Benefactor (\$500)
- Angel (\$1,000)

**FRIENDS OF THE
SENIOR CENTER**

