



## SENIOR CENTERS ARE CLOSED ON:

**FRIDAY, MARCH 29TH**  
In Observance of Good Friday



**Top (L to R):** Friends of the Senior Center Board Members, WSSC Canasta  
**Bottom (L to R):** WSSC Pat Pennea, 102, attending Lite Exercise, SCSC Christmas Card Boxes, WSSC Valentine's Day Party

### 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/](http://www.stanlycountync.gov/senior-services/)

**Facebook:** [www.facebook.com/stanlycountyseniorcenter](http://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/](http://www.stanlycountync.gov/senior-services/)

**Facebook:** [www.facebook.com/wsseniorcenter](http://www.facebook.com/wsseniorcenter)

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

## ACTIVITIES & EVENTS - STANLY COUNTY SENIOR CENTER (ALBEMARLE)

### STAFF

**Sharon Greene**

*Administrative Specialist*  
sgreene@stanlycountync.gov

**Dondée King**

*Senior Office Specialist*  
dking@stanlycountync.gov

**Emily McCallum**

*Program Supervisor*  
emccallum@stanlycountync.gov

**Sherri Parker**

*Social Worker*  
sparker@stanlycountync.gov

**Joy Richardson**

*Nutrition Supervisor*  
jrichardson@stanlycountync.gov

**Alexa Sells**

*Program Coordinator*  
asells@stanlycountync.gov

**Pamela Sullivan**

*Director*  
psullivan@stanlycountync.gov

### THE FRIENDS OF THE SENIOR CENTER

## Spring Arts & Craft Show



**SATURDAY, MARCH 23, 2024**  
**9:00 AM - 2:00 PM**



Art and Craft Vendors will be displaying and selling their handmade merchandise. The Friends of the Senior Center will have a Hotdog Lunch Fundraiser & a Bake Sale.

If you would like to be a vendor please come by to pick up a vendor application or email, [asells@stanlycountync.gov](mailto:asells@stanlycountync.gov) for an online version to fill out.



This event will be at the Stanly County Senior Center.

283 N. 3rd St  
Albemarle, NC 28001  
704.986.3769



For any questions reach out to Alexa by phone, 704-986-3769 or email [asells@stanlycountync.gov](mailto:asells@stanlycountync.gov).

# MONTHLY LUNCHEONS

## MARCH MONTHLY LUNCHEON

**Thursday, March 21st**

**TOMMY HUNEYCUTT**  
*MUSICAL ENTERTAINMENT*



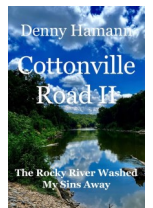
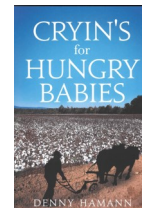
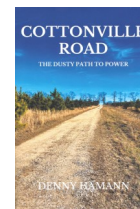
**Lunch will be:**

Chicken Fajitas w/ Toppings, Sautéed Onions & Peppers, Mexican Rice, & Dessert. Tea, water, & coffee included.

## APRIL MONTHLY LUNCHEON

**Thursday, April 18th**

**DENNIS HAMANN, LOCAL AUTHOR**  
*New Release: Cottonville Road II: Rock River Washed My Sins Away*



**Lunch will be:**

Meatloaf, Mashed Potatoes, Green Beans, Roll, & Dessert. Tea, water, & coffee included.

**LUNCH BEGINS AT 11:30AM.**

**COST: \$6.00**

**MUST RSVP BY THE FRIDAY BEFORE THE LUNCHEON.**

**PLEASE SIGN UP BY WRITING YOUR NAME ON THE CLIPBOARD BY THE FRONT DOOR.**



## ACTIVITIES & EVENTS - STANLY COUNTY SENIOR CENTER (ALBEMARLE)

### COOKING WITH HAYLEY

NC COOPERATIVE EXTENSION

TUESDAY, APRIL 23RD

NC COOPERATIVE EXTENSION 2:00 PM

Hayley Cowell from NC Cooperative Extension will be here for a Hands-on Overnight Oats class. You will get to make your own to take home with you. You will get to taste a few recipes too!

**RSVP by Friday, April 19th.**

### WALKING WITH GRIEF WORKSHOP

WITH BAYADA HOPSICE

TUESDAY, MARCH 19TH

10:30 AM  BAYADA Hospice

Florry Hopkins from Bayada Hospice will be here to teach us more about our own grief and explore the things that can help us heal. There is great power in sharing our experiences with others who know the pain of the loss of a loved one, and healing is possible through sharing.

**RSVP by Friday, March 15th.**

### SENIOR GAMES KICKOFF



FRIDAY, MARCH 15TH  
10:00 AM



It is time for Senior Games! We are excited to get you signed up for all of the events you want to compete in! Join us on Friday, March 15th to register! Credit/Debit card payments will be the easiest payment method, but you can pay with cash/check.

**Early Bird Registration is \$20!**



### SPRING TIME STROLL

TUESDAY, MARCH 19TH @ 2:00PM



It's the first day of Spring! Let's take a stroll around the Senior Center. We will begin at the Stanly County Senior Center and walk around the city. Wear your comfortable walking shoes and bring a friend.

### MINDFULNESS & MEDITATION

FRIDAY, APRIL 12TH - MAY 3RD @ 11:15AM

Alia King with Stanly Community college will be back for her Mindfulness & Meditation Class.

**RSVP by Tuesday, April 9th.**



### EUCHRE, CHESS, & BACKGAMMON INTEREST MEETINGS

See March calendar for dates and times.



### BRING YOUR OWN DEVICE

MARCH 5TH & MARCH 7TH  
BY APPOINTMENT ONLY

Free 30 minutes session that you can bring your own device and work one on one to learn more about your device.

**Schedule your appointment with the Front desk.**

# MARCH 2024 - ALBEMARLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01
<b>BC - Big Classroom</b> <b>BR - Big Room</b> <b>K - Kitchen</b> <b>L - Library</b> <b>P - Patio</b> <b>RR - Rabe Room</b> <b>SC - Small Classroom</b> <b>\$ - Activity Cost</b> <b>* - Virtual</b>				9:15-Duplicate Bridge 10:00-Line Dancing-BR 12:30-Drums Alive Video-BR 1:00-Pickleball-BR 1:30-Mexican Train Dominos-BC  <b>ROSEBRIAR NIGHT</b> <b>5:00PM - 8:00PM</b>
04	05	06	07	08
9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yoga-BR 1:00-Art w/ Friends-RR 1:00-Intermediate Bridge-SC 1:15-Strength & Stretch-BR 2:30-Pickleball-BR	10:00-Knitting--BC 10:00-Rummikub-K 1:00-Pinochle-K 2:00-Majhong-BC 3:00-Functional Fitness*  <b>BRING YOUR OWN DEVICE</b> <b>APPT</b> <b>NO BIG ROOM ACTIVITES DUE</b> <b>TO ELECTIONS</b>	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 11:45-Pickleball-BR 1:00-Canasta II-RR 3:00-Bingo w/ Wellcare-BR 4:15-Ballroom Dance-BR 5:30-Zumba\$-BR	9:00-Woodcarving-K 9:45-Chair Yoga-BR 11:30-Ladies Lunch Bunch 12:30-Tax Aide Appointments-BR 1:00-Canasta-BR 1:00-1st Thursday Bridge-RR 6:30-Zumba\$-BR  <b>BRING YOUR OWN DEVICE</b> <b>APPT</b>	9:15-Duplicate Bridge 10:00-Line Dancing-BR 12:30-Drums Alive Video-BR 1:00-Pickleball-BR 1:30-Mexican Train Dominos-BC
11	12	13	14	15
9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yoga-BR 1:00-Art w/ Friends-RR 1:00-Intermediate Bridge-SC 1:15-Strength & Stretch-BR 2:30-Pickleball-BR 5:30-Zumba\$-BR	9:45-Chair Yoga-BR 10:00-Knitting--SC 10:00-Rummikub-K 10:45-Euchre Interest Meeting-BC 10:45-Ping Pong-BR 12:30-Tax Aide Appointments-BR 1:00-Pinochle-K 2:00-Majhong-SC 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 11:45-Pickleball-BR 1:00-Canasta II-RR 3:00-Bingo w/ The Sharples-BR 4:15-Ballroom Dance-BR 5:30-Zumba\$-BR	9:00-Woodcarving-K 9:45-Chair Yoga-BR 12:30-Tax Aide Appointments-BR 1:00-Canasta-BR 1:00-Virtual Program* 6:30-Zumba\$-BR	9:15-Duplicate Bridge 12:30-Drums Alive Video-BR 1:00-Pickleball-BR 1:30-Mexican Train Dominos-BC 5:00-Inky Fingers (entire weekend)  <b>SENIOR GAMES KICKOFF</b> <b>10:00AM-12:00PM</b>  Line Dance is canceled due to Kickoff.
18	19	20	21	22
9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yoga-BR 1:00-Art w/ Friends-RR 1:00-Intermediate Bridge-SC 1:15-Strength & Stretch-BR 2:30-Pickleball-BR 5:30-Zumba\$-BR	9:45-Chair Yoga-BR 10:00-Knitting--SC 10:00-Rummikub-K 10:30-Walking w/Grief Workshop w/Bayada- BC 10:30-Caregiver Connection-BC 10:45-Chess Interest Meeting-BC 10:45-Ping Pong-BR 12:30-Tax Aide Appointments-BR 1:00-Pinochle-K 2:00-Majhong-SC 2:00-Spring Time Stroll 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 11:45-Pickleball-BR 1:00-Canasta II-RR 3:00-Bingo-BR 4:15-Ballroom Dance-BR 5:30-Zumba-BR  <b>WHAT'S NEXT DOOR TRIP?</b> <b>ROWAN COUNTY</b> <b>OPENS AT 8:30 AM</b>	9:00-Woodcarving-K 9:45-Chair Yoga-BR 10:30-Blood Pressure Checks 11:30-Monthly Luncheon -BR 1:00-Tax Aide Appointments-BR 1:00-Canasta-BR 6:30-Zumba\$-BR	9:15-Duplicate Bridge 10:00-Line Dancing-BR 1:30-Mexican Train Dominos-BC  <b>BAKE SALE DROP OFF</b> <b>8:30 AM - 5:00 PM</b>  <b>FRIENDS OF THE SENIOR</b> <b>CENTER SPRING CRAFT SHOW</b> <b>SATURDAY, MARCH 23RD</b> <b>9:00 AM - 2:00 PM</b>
25	26	27	28	29
9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yoga-BR 1:00-Art w/ Friends-RR 1:00-Intermediate Bridge-SC 1:15-Strength & Stretch-BR 2:30-Pickleball-BR 5:30-Zumba\$-BR	9:00-Veteran's Club-K 9:45-Chair Yoga-BR 10:00-Knitting--SC 10:00-Rummikub-K 10:45-Backgammon Interest Meeting-BC 10:45-Ping Pong-BR 12:30-Tax Aide Appointments 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 11:45-Pickleball-BR 1:00-Canasta II-RR 1:30-Friends Board Meeting 3:00-Stammtisch-L 3:00-Birthday Bingo-BR 4:15-Ballroom Dance-BR 5:30-Zumba\$-BR	9:00-Woodcarving-K 9:45-Chair Yoga-BR 12:30-Tax Aide Appointments-BR 1:00-Canasta-BR 6:30-Zumba\$-BR	<b>CLOSED FOR</b> <b>GOOD FRIDAY!</b>  

## ACTIVITIES & EVENTS - STANLY COUNTY SENIOR CENTER (ALBEMARLE)

### BINGO

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

<b>3/6 Wellcare</b>	<b>4/3 Gentiva Hospice</b>
<b>3/13 The Sharples</b>	<b>4/10 The Sharples</b>
<b>3/27 Birthday Bingo</b>	<b>4/17 Wellcare</b>
	<b>4/24 Birthday Bingo</b>

### INKY FINGERS

**March 15-17 & April 19-21.** Stamping Group. Fridays @ 5:00pm. Saturdays @ 10:00am. Sundays @ 1:00pm.

### LADIES LUNCH BUNCH

**Thursday, 3/7 & 4/4 @ 11:30am.** Come enjoy lunch with a great group of ladies. RSVP by Tuesday before.  
**3/7 - Lillie Ann (Albemarle) 4/4 - Tailgators (Locust)**

### PICKLE BALL

**Mondays @ 2:30pm, Wednesdays @ 11:45am, & Fridays @ 1:00pm.** You can use the Big Room for pickleball. Call you friends and come play. The court is not taped on the floor.

### DRUMS ALIVE VIDEO

**Fridays @ 12:30pm.** The Drums Alive Video will be played on the TV Monitors. Come in and join us!



### MONTHLY VIRTUAL PROGRAM

**Mar 14 @ 1:00pm.** "Healthful Eating" Educated Choices Program.

**Apr 11 @ 1:00pm.** "Our Carbon Footprint" Educated Choice Program.

**Let Alexa know if you attend these trainings.**

**Registration Link:** email [asells@stanlycountync.gov](mailto:asells@stanlycountync.gov) for the links.

### READERS & EATERS BOOK CLUB

**Wednesday, 3/6 & 4/3 @ 10:30am.**

**3/6 Tomorrow, & Tomorrow, & Tomorrow** by Gabrielle Zevin

**4/3 Lessons in Chemistry** by Bonnie Garmus

### VETERAN'S BREAKFAST

**Tuesday, 3/26 & 4/30 @ 9:00am.**

Join us for breakfast. Sponsored by Gentiva Hospice. RSVP by the Friday before.

### CAREGIVER CONNECTION

**Tuesday, 3/19 & 4/16 @ 10:30am.**

A great opportunity for caregivers to connect.



# APRIL 2024 - ALBEMARLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>
<b>9:15-Duplicate Bridge-RR</b> <b>10:00-Line Dancing-BR</b> <b>10:00-Bunco-SC</b> <b>11:00-Floor Yoga-BR</b> <b>1:00-Art w/ Friends-RR</b> <b>1:00-Intermediate Bridge-SC</b> <b>1:15-Strength &amp; Stretch-BR</b> <b>2:30-Pickleball-BR</b> <b>5:30-Zumba\$-BR</b>	<b>9:45-Chair Yoga-BR</b> <b>10:00-Knitting--SC</b> <b>10:00-Rummikub-K</b> <b>10:45-Ping Pong-BR</b> <b>12:30-Tax Aide</b> <b>Appointments-BR</b> <b>1:00-Pinochle-K</b> <b>2:00-Majhong-BC</b> <b>3:00-Functional Fitness*</b> <b>6:30-Zumba\$-BR</b>	<b>9:00-Basketweaving-K</b> <b>9:00-Contract Bridge-RR</b> <b>9:45-Exercise w/ Frankie-BR</b> <b>10:30-Book Club-BC</b> <b>10:45-Tai Chi-BR</b> <b>11:45-Pickleball-BR</b> <b>1:00-Canasta II-RR</b> <b>3:00-Bingo w/ Gentiva-BR</b> <b>5:30-Zumba\$-BR</b>	<b>9:00-Woodcarving-K</b> <b>9:45-Chair Yoga-BR</b> <b>11:30-Ladies Lunch Bunch</b> <b>12:30-Tax Aide</b> <b>Appointments-BR</b> <b>1:00-Canasta-BR</b> <b>1:00-1st Thursday Bridge-RR</b> <b>6:30-Zumba\$-BR</b>	<b>9:15-Duplicate Bridge</b> <b>10:00-Line Dancing-BR</b> <b>12:30-Drums Alive Video-BR</b> <b>1:00-Pickleball-BR</b> <b>1:30-Mexican Train Dominos-BC</b>
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>9:15-Duplicate Bridge-RR</b> <b>10:00-Line Dancing-BR</b> <b>10:00-Bunco-SC</b> <b>11:00-Floor Yoga-BR</b> <b>1:00-Art w/ Friends-RR</b> <b>1:00-Intermediate Bridge-SC</b> <b>1:15-Strength &amp; Stretch-BR</b> <b>2:30-Pickleball-BR</b> <b>5:30-Zumba\$-BR</b>	<b>9:45-Chair Yoga-BR</b> <b>10:00-Knitting--SC</b> <b>10:00-Rummikub-K</b> <b>10:45-Ping Pong-BR</b> <b>12:30-Tax Aide</b> <b>Appointments-BR</b> <b>1:00-Pinochle-K</b> <b>2:00-Majhong-BC</b> <b>3:00-Functional Fitness*</b> <b>6:30-Zumba\$-BR</b>	<b>9:00-Basketweaving-K</b> <b>9:00-Contract Bridge-RR</b> <b>9:45-Exercise w/ Frankie-BR</b> <b>10:45-Tai Chi-BR</b> <b>11:45-Pickleball-BR</b> <b>1:00-Canasta II-RR</b> <b>3:00-Bingo w/ The Sharples-BR</b> <b>5:30-Zumba\$-BR</b> <b>HELEN, GEORGIA TRIP OPENS AT 8:30 AM</b>	<b>9:00-Woodcarving-K</b> <b>9:45-Chair Yoga-BR</b> <b>12:30-Tax Aide</b> <b>Appointments-BR</b> <b>1:00-Canasta-BR</b> <b>1:00-Virtual Program*</b> <b>6:30-Zumba\$-BR</b>	<b>9:15-Duplicate Bridge</b> <b>10:00-Line Dancing-BR</b> <b>11:15-Mindfulness&amp; Meditation w/ Alia-BR</b> <b>12:30-Drums Alive Video-BR</b> <b>1:00-Pickleball-BR</b> <b>1:30-Mexican Train Dominos-BC</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>9:15-Duplicate Bridge-RR</b> <b>10:00-Line Dancing-BR</b> <b>10:00-Bunco-SC</b> <b>11:00-Floor Yoga-BR</b> <b>1:00-Art w/ Friends-RR</b> <b>1:00-Intermediate Bridge-SC</b> <b>1:15-Strength &amp; Stretch-BR</b> <b>2:30-Pickleball-BR</b> <b>5:30-Zumba\$-BR</b>	<b>9:45-Chair Yoga-BR</b> <b>10:00-Knitting--SC</b> <b>10:00-Rummikub-K</b> <b>10:30-Caregiver Connection-BC</b> <b>10:45-Ping Pong-BR</b> <b>1:00-Pinochle-K</b> <b>2:00-Majhong-BC</b> <b>3:00-Functional Fitness*</b> <b>6:30-Zumba\$-BR</b>	<b>9:00-Basketweaving-K</b> <b>9:00-Contract Bridge-RR</b> <b>9:45-Exercise w/ Frankie-BR</b> <b>10:45-Tai Chi-BR</b> <b>11:45-Pickleball-BR</b> <b>1:00-Canasta II-RR</b> <b>3:00-Bingo w/ Wellcare-BR</b> <b>5:30-Zumba\$-BR</b>	<b>9:00-Woodcarving-K</b> <b>9:45-Chair Yoga-BR</b> <b>10:30-Blood Pressure Checks</b> <b>11:30-Monthly Luncheon-BR</b> <b>1:00-Canasta-BR</b> <b>6:30-Zumba\$-BR</b>	<b>9:15-Duplicate Bridge</b> <b>10:00-Line Dancing-BR</b> <b>11:15-Mindfulness&amp; Meditation w/ Alia-BR</b> <b>12:30-Drums Alive Video-BR</b> <b>1:00-Pickleball-BR</b> <b>1:30-Mexican Train Dominos-BC</b> <b>5:00-Inky Fingers (entire weekend)</b> <b>SENIOR GAMES CROQUET 11:00AM (ASC) &amp; MEXICAN TRAIN 1:00 PM (SCSC)</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>9:15-Duplicate Bridge-RR</b> <b>10:00-Line Dancing-BR</b> <b>10:00-Bunco-SC</b> <b>11:00-Floor Yoga-BR</b> <b>1:00-Art w/ Friends-RR</b> <b>1:00-Intermediate Bridge-SC</b> <b>1:15-Strength &amp; Stretch-BR</b> <b>2:30-Pickleball-BR</b> <b>5:30-Zumba\$-BR</b>	<b>9:45-Chair Yoga-BR</b> <b>10:00-Knitting--SC</b> <b>10:00-Rummikub-K</b> <b>1:00-Pinochle-K</b> <b>2:00-Cooking w/ Hayley-K</b> <b>2:00-Majhong-BC</b> <b>3:00-Functional Fitness*</b> <b>6:30-Zumba\$-BR</b>	<b>9:00-Basketweaving-K</b> <b>9:00-Contract Bridge-RR</b> <b>9:45-Exercise w/ Frankie-BR</b> <b>10:45-Tai Chi-BR</b> <b>11:45-Pickleball-BR</b> <b>1:00-Canasta II-RR</b> <b>1:30-Friends Board Meeting-BC</b> <b>3:00-Stammtisch-L</b> <b>3:00-Birthday Bingo-BR</b> <b>5:30-Zumba\$-BR</b>	<b>9:00-Woodcarving-K</b> <b>9:45-Chair Yoga-BR</b> <b>1:00-Canasta-BR</b> <b>6:30-Zumba\$-BR</b>	<b>9:15-Duplicate Bridge</b> <b>10:00-Line Dancing-BR</b> <b>11:15-Mindfulness&amp; Meditation w/ Alia-BR</b> <b>12:30-Drums Alive Video-BR</b> <b>1:00-Pickleball-BR</b> <b>1:30-Mexican Train Dominos-BC</b> <b>SENIOR GAMES MINI GOLF 1:00PM (PELICANS) &amp; Swimming 3:00 PM (YMCA)</b>
<b>29</b>	<b>30</b>			
<b>9:15-Duplicate Bridge-RR</b> <b>10:00-Line Dancing-BR</b> <b>10:00-Bunco-SC</b> <b>11:00-Floor Yoga-BR</b> <b>1:00-Art w/ Friends-RR</b> <b>1:00-Intermediate Bridge-SC</b> <b>1:15-Strength &amp; Stretch-BR</b> <b>2:30-Pickleball-BR</b> <b>5:30-Zumba\$-BR</b>	<b>9:00-Veteran's Club-K</b> <b>9:45-Chair Yoga-BR</b> <b>10:00-Knitting--SC</b> <b>10:00-Rummikub-K</b> <b>10:45-Ping Pong-BR</b> <b>1:00-Pinochle-K</b> <b>2:00-Majhong-SC</b> <b>3:00-Functional Fitness*</b> <b>6:30-Zumba\$-BR</b>	<b>BC - Big Classroom</b> <b>BR - Big Room</b> <b>K - Kitchen</b> <b>L - Library</b> <b>P - Patio</b> <b>RR - Rabe Room</b> <b>SC - Small Classroom</b> <b>\$ - Activity Cost</b> <b>* - Virtual</b>	<b>UWHARRIE SENIOR GAMES TRACK &amp; FIELD EVENTS ARE ON SATURDAY, APRIL 27TH BEGINNING AT 8:00AM (AHS)</b>	<b>AHS-Albemarle High School</b> <b>ASC- Albemarle Soccer Complex</b> <b>CLP- City Lake Park</b> <b>EEWC - EE Waddell Center</b> <b>SCPL-Stanly County Public Library</b> <b>SCSC-Stanly County Senior Center</b> <b>TMSC-Troy-Montgomery Senior Center</b>
<b>SENIOR GAMES HERITAGE/VISUAL ARTS DROP OFF 10:00AM (SCPL)</b>	<b>SENIOR GAMES HORSESHOES/ SHUFFLEBOARD 10:00AM (TMSC)</b>  <b>SENIOR GAMES TABLE TENNIS 2:00PM (SCSC)</b>			

## ACTIVITIES & EVENTS - WEST STANLY SENIOR CENTER (LOCUST)

**RED CROSS BLOOD DRIVE WILL BE MONDAY, APRIL 1ST AND JUNE 18TH FROM 12:30PM TO 4:30PM.**

LITE EXERCISE WILL BE THE ONLY CLASSES HELD ON MONDAY, APRIL 1ST.

### LET'S EAT:

**Pot Luck Lunches:** Friday, 3/29 & 4/26 @12:00pm. Bring your best dish and enjoy sharing with friends.

**Monthly Birthday Celebration:** Last Thursday of the Month @ 1:00pm.

**3/28** Come in for a piece of cake to celebrate the March birthdays!

**4/25** Come and help us celebrate April birthdays. Everyone is welcome...bring your singing voice!

**Veteran's Lunch: Wednesday, 3/6 & 4/3 @ 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 Tillery Compassionate Care for our March and April Lunches for our Veterans.**

### NEVER STOP LEARNING:

**Herb of the Month w/ Kelley: Wednesday, 3/22 & 4/26 @ 11:00am.**

**3/22 Yellow Dock.** Yellow dock (*Rumex crispus*) is a common weed found in Serbia, Korea, and China. The leaf stalks are used in salads. The root and fruits are used as medicine.

**4/26 Dandelion.** Dandelion leaves, roots, and flowers may offer health benefits. These can include promoting liver health and fighting inflammation.

**State Employees Credit Union: Tuesday, 4/23 @ 1:00pm.** Credit Basics.

**Partners Health Care: Monday, 3/18, 4/22 @ 2:30pm.** LaQuisha Martin-Hillian will be here to present these subjects each month. **3/18** Mental Health 101 **4/22** Chronic Stress

**Med instead of Meds: Tuesday, 3/19 & 4/16 @ 2:00pm.** We are again having Hayley Cowell from NC Cooperative Extension here for her ongoing "Med Instead of Meds" program. This is the Mediterranean style of healthy eating! This is a 6 week program. The remaining dates are March 19, April 16 and May 7th.

**Medicare 101: Wednesday, 3/13 & 4/10 @ 11:30am.** He will also discuss patient advocacy. Important issues.

**Eagle Rock Camp: Wednesday, 3/6 @ 11:30am.** Betty Pruden will be here to do a presentation about Eagle Rock Camp. Eagle Rock Camp, through faith in action, brings military families together to heal, reconnect in their communities, restore their hope and emerge as an empowered, purpose driven unit. Eagle Rock Camp's Mission Statement is something we hear "around the campfire", within our Team and is the message we share within our communities. The statement is more than what we do. It's what our military families say they need. It is ever changing as we strive to meet each military family at their exact point of need. It is who we are. It is what we believe.





# MARCH 2024 - LOCUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>01</b>
				<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:00</b> -Connect, Create, Serve <b>2:00</b> -Line Dancing w/ Pamela <b>6:00</b> -Bingo (door open at 5:00pm) <b>WORLD DAY OF PRAYER</b>
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>
<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:20</b> -Stretch, Tone, Pray\$ <b>1:00</b> -Men's Pool/ Cornhole	<b>10:00</b> -Step to the Beat <b>11:30</b> -Bible Study w/ Mary <b>1:00</b> -Rae Uwharrie Senior Games Q&A & Sign-up <b>1:00</b> -Tai Chi <b>2:00</b> -Paint w/ Lindy Sellars\$ <b>3:00</b> -Lite Exercise	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:30</b> -Veteran's Lunch <b>11:30</b> -Eagle Rock Camp News <b>1:00</b> -Men's Pool/ Cornhole <b>NATIONAL OREO DAY</b>	<b>9:00</b> -Beginner Tai Chi <b>10:00</b> -Strength Training <b>11:30</b> -Canasta <b>1:00</b> -Men's Pool/ Cornhole	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>1:00</b> -Movie "Walk The Line" <b>6:00</b> -Bingo (door open at 5:00pm)
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:20</b> -Stretch, Tone, Pray\$ <b>1:00</b> -Bingo w/ Faye <b>1:00</b> -Men's Pool/ Cornhole <b>2:30</b> -Lily Insurance <b>JOHNNY APPLESEED DAY</b>	<b>10:00</b> -Step to the Beat <b>11:30</b> -Bible Study w/ Mary <b>1:00</b> -Tai Chi <b>2:00</b> -Table Games <b>3:00</b> -Lite Exercise <b>PLANT A FLOWER DAY</b>	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:30</b> -Medicare 101 w/Sal <b>1:00</b> -Men's Pool/ Cornhole <b>2:00</b> -Wood Shapes Painting\$	<b>9:00</b> -Beginner Tai Chi <b>10:00</b> -Strength Training <b>11:30</b> -Canasta <b>1:00</b> -Men's Pool/ Cornhole <b>NATIONAL POTATO CHIP DAY</b> <b>FOOD PANTRY-ALBEMARLE 4:30PM-6:00PM</b>	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>1:00</b> -St. Patrick's Day Dessert <b>6:00</b> -Bingo (door open at 5:00pm) <b>ST. PATRICK'S DAY</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:20</b> -Stretch, Tone, Pray\$ <b>1:00</b> -Men's Pool/ Cornhole <b>2:30</b> -Partners Healthcare	<b>10:00</b> -Step to the Beat <b>11:30</b> -Bible Study w/ Mary <b>1:00</b> -Tai Chi <b>2:00</b> -Med Instead of Meds <b>3:00</b> -Lite Exercise <b>FIRST DAY OF SPRING</b>	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:00</b> -Herb of the Month-Yellow Dock <b>1:00</b> -Men's Pool/ Cornhole <b>INTERNATIONAL DAY OF HAPPINESS</b>	<b>9:00</b> -Beginner Tai Chi <b>10:00</b> -Strength Training <b>11:30</b> -Canasta <b>1:00</b> -Men's Pool/ Cornhole	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>12:00</b> -Potluck Lunch <b>6:00</b> -Bingo (door open at 5:00pm)
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:20</b> -Stretch, Tone, Pray\$ <b>12:30</b> -Scriptures w/ Faye <b>1:00</b> -Men's Pool/ Cornhole <b>1:15</b> -Bingo w/ Sal & Medicare	<b>10:00</b> -Step to the Beat <b>11:30</b> -Bible Study w/ Mary <b>1:00</b> -Tai Chi <b>3:00</b> -Lite Exercise	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>1:00</b> -Making Easter Card\$ <b>1:00</b> -Men's Pool/ Cornhole <b>3:00</b> -Book Club	<b>9:00</b> -Beginner Tai Chi <b>10:00</b> -Strength Training <b>11:30</b> -Canasta <b>1:00</b> -Men's Pool/ Cornhole <b>1:00</b> -March Birthday Party <b>FOOD PANTRY-LOCUST 4:30PM-6:00PM</b>	<b>CLOSED FOR GOOD FRIDAY!</b> 



# APRIL 2024 - LOCUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>
<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>RED CROSS BLOOD DRIVE</b> <b>12:30pm-4:30pm</b> Stretch, Tone, Pray & Men's Pool/Cornhole classes are canceled.	<b>10:00</b> -Step to the Beat <b>11:30</b> -Bible Study w/ Mary <b>1:00</b> -Tai Chi <b>2:00</b> -Paint w/ Lindy Sellers\$ <b>3:00</b> -Lite Exercise  NATIONAL PB&J DAY	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:30</b> -Veteran's Lunch <b>1:00</b> -Men's Pool/ Cornhole  NATIONAL WALKING DAY	<b>9:00</b> -Beginner Tai Chi <b>10:00</b> -Strength Training <b>11:30</b> -Canasta <b>1:00</b> -Men's Pool/ Cornhole	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:00</b> -Connect, Create, Serve <b>2:00</b> -Line Dancing w/ Pamela <b>6:00</b> -Bingo (door open at 5:00pm)  DEEP DISH PIZZA DAY
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:20</b> -Stretch, Tone, Pray\$ <b>1:00</b> -Men's Pool/ Cornhole <b>1:00</b> -Bingo w/ Faye	<b>10:00</b> -Step to the Beat <b>11:30</b> -Bible Study w/ Mary <b>1:00</b> -Tai Chi <b>2:00</b> -Table Games <b>3:00</b> -Lite Exercise	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:30</b> -Medicare Seminar w/Sal <b>1:00</b> -Men's Pool/ Cornhole	<b>9:00</b> -Beginner Tai Chi <b>10:00</b> -Strength Training <b>11:30</b> -Canasta <b>1:00</b> -Men's Pool/ Cornhole  FOOD PANTRY-ALBEMARLE 4:30PM-6:00PM	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>1:00</b> -Movie "Harry Potter" <b>6:00</b> -Bingo (door open at 5:00pm)
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:20</b> -Stretch, Tone, Pray\$ <b>1:00</b> -Men's Pool/ Cornhole <b>2:30</b> -Table Games  INCOME TAXES DUE	<b>10:00</b> -Step to the Beat <b>11:30</b> -Bible Study w/ Mary <b>1:00</b> -Tai Chi <b>2:00</b> -Med Instead of Meds <b>3:00</b> -Lite Exercise	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:00</b> -Herb of the Month -Dandelion <b>1:00</b> -Men's Pool/ Cornhole <b>1:00</b> -Making Cards\$	<b>9:00</b> -Beginner Tai Chi <b>10:00</b> -Strength Training <b>11:30</b> -Canasta <b>1:00</b> -Men's Pool/ Cornhole	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>10:30</b> -Basketweaving\$ <b>6:00</b> -Bingo (door open at 5:00pm)
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:20</b> -Stretch, Tone, Pray\$ <b>1:00</b> -Men's Pool/ Cornhole <b>2:30</b> -Partners Health Care "Chronic Stress"  NATIONAL JELLY BEAN DAY	<b>10:00</b> -Step to the Beat <b>11:30</b> -Bible Study w/ Mary <b>1:00</b> -Tai Chi <b>1:00</b> -SECU Credit Basics <b>3:00</b> -Lite Exercise	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>1:00</b> -Men's Pool/ Cornhole <b>3:00</b> -Book Club	<b>9:00</b> -Beginner Tai Chi <b>10:00</b> -Strength Training <b>11:30</b> -Canasta <b>1:00</b> -Men's Pool/ Cornhole <b>1:00</b> -April Birthday Party  FOOD PANTRY-LOCUST 4:30PM-6:00PM	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>12:00</b> -Pot Luck Lunch <b>6:00</b> -Bingo (door open at 5:00pm)  NATIONAL PRETZEL DAY
<b>29</b>	<b>30</b>			
<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:20</b> -Stretch, Tone, Pray\$ <b>12:30</b> -Scriptures w/ Faye <b>1:00</b> -Men's Pool/ Cornhole <b>1:15</b> -Bingo w/ Sal	<b>10:00</b> -Step to the Beat <b>11:30</b> -Bible Study w/ Mary <b>1:00</b> -Tai Chi <b>3:00</b> -Lite Exercise			

## ACTIVITIES & EVENTS - WEST STANLY SENIOR CENTER (LOCUST)

### GET MOVING:

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

**Stretch, Tone & Pray:** Mondays @ 11:20am. \$3 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. Fantastic group to exercise with! Besides exercising, you will meet a lot of new friends.

**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 to tone & strengthen your muscles. Again, a wonderful group to come and exercise with. You will be among friends! Everyone is welcome!

**Dancing with Pamela:** Friday, 3/1 & 4/5 @ 2:00pm. Pamela Sullivan, Sr. Center Director, will lead fun and upbeat line dances.



### CREATIVITY:

**Connect, Create, Serve:** Friday, 3/1 & 4/5 @ 11:00 am. Join this group of talented artisans to make beautiful, needed items for organizations—small quilts for donation to various local organizations. Not good at crafting? Come anyway! They love to teach also!

**Basket Weaving:** Friday, 4/19 @ 10:30 am. Sign up & join Cindy Russell to make a fun basket. Sign up & Pay in advance. Example of the basket is at the Senior Center. \$

**Card Making:** Wednesday, 3/27 & 4/17 @ 1:00 pm. Do you know how expensive cards are at the store? It's crazy! Join us to make custom cards that you create! Let's make some Easter cards in March and pick your theme in April! \$5

**Painting w/ Lindy:** Tuesday 3/5 & 4/2 @ 2:00pm. Lindy Sellers is a local Stanfield resident. Paint a Spring Bunny in March and a Flower Shop in April. Always a fun painting class with Lindy! \$20

**Wood Crafts Painting:** Wednesday 3/13 @ 2:00pm. We have a lot of wood shapes to paint..join us! Paint your choice! \$

**Movies:** @1:00pm.

3/8 "Walk the Line" The story of American Music legend, Johnny Cash and his rise to fame with his hits such as "A Boy Named Sue" and "Ring of Fire"

4/17 "Harry Potter and The Sorcerers Stone" Harry Potter, an eleven-year-old orphan, discovers that he is a wizard. As he enters a world of magic, he finds trouble awaiting him.

**Book Club:** Last Wednesday @ 3:00pm.

3/20 "Mothers and Daughters of the Bible Speak" by Shannon Bream. *The Mothers and Daughters of the Bible Speak* shows that faith is more often a twisting road than a straight line. Yet, as the stories of biblical families attest, at the end of the end of these journeys lies a greater peace and joy than we could ever imagine.

4/24 "Cozy Mystery" Your choice.

### 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. Bring Food and share if you would like.

**Bingo:** 1:00 pm 3/11 & 4/8 with Faye. Come and play for fun and cool prizes!

1:15 pm 3/25 & 4/29 with Sal w/ Medicare



**Table Game Day:** Tuesday, 3/12 & 4/9 @ 2:00pm. Bring a friend and play some of your favorite board games. We have a great collection to choose from. Or any day you choose. We always have room for you to play.

**Friday Night Bingo:** Friday @ 6:00pm. Doors open at 5 pm. Play for cash prizes. This bingo supports the WSSC. Please come out and support them!

### CELEBRATE

**St. Patrick's Day:** Friday 3/15 @ 1:00pm. Join us for a green St. Patrick's Day dessert.



### FAITHFUL:

**Scriptures with Faye:** Monday, 3/25 & 4/29 @ 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. We would love to see you there!

### 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

3/14 & 4/11

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

3/28 & 4/25

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

# ACTIVITIES & EVENTS - STANLY COUNTY SENIOR CENTER (ALBEMARLE)

## REGULAR SCHEDULED ACTIVITIES

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

## ACTIVITIES & EVENTS - STANLY COUNTY SENIOR CENTER (ALBEMARLE)



### WHAT'S NEXT DOOR? ROWAN COUNTY

TUESDAY, MAY 14, 2024

\$65



We are headed to Rowan County, North Carolina for a day of fun and travel! We will see many attractions throughout the day.

**Stops include the NC Transportation Museum, A Historic Trolley Tour, The Salisbury National Cemetery, and Patterson Farms.**

Lunch will be own your own in Downtown Salisbury.

We hope you are as excited as we are to travel and learn more about What's Next Door to Stanly County.

#### Trip Opens:

Wednesday, March 20th @ 8:30am  
(In-person registration)

**Last Day to Cancel w/o Penalty:**  
Tuesday, April, 30th



### HELEN, GEORGIA

JULY 17TH - JULY 19TH

\$555 - Double Occupancy

\$755 - Single Occupancy

(\$100 deposit due at the time of registration)



It's time to travel to a Bavarian Village!  
This village will make you feel like you are roaming the streets of Germany.

#### Trip Includes:

**2 Night/3 Day Hotel Accommodation, 2 Group Dinners, Guided Bus Tour of Helen GA, A train trip on the Blue Ridge Scenic Railway, time for shopping and exploring in Helen & Blue Ridge, GA.**

Travel Insurance cannot be bought through the travel agency. If this is something you want, you can purchase it own your own.

#### Trip Opens:

Wednesday, April 10th @ 8:30am (In-person registration)

**Last Day to Pay/Cancel w/o Penalty:**  
Monday, June 10th.

## SENIOR SPIRIT DAY 2024

### LUAU EDITION



WEDNESDAY, MAY 1ST  
10:30AM - 1:00PM

Wear your best Luau themed attire!



### Entertainment is TBD.

Health Screenings & other local agencies will provide information regarding valuable resources located in Stanly County and surrounding areas.



### BBQ Lunch Provided

**Must pre-register for meal by Wednesday, April 24th to 704.986.3769.**

#### This event is sponsored by:

Stanly County Senior Services Department  
in partnership with

Albemarle Parks and Recreation, and  
the Stanly County Arts Council.



## BINGOCIZE

@ THE ALBEMARLE NUTRITION SITE

March 27th & 28th

April 3rd, 4th, 10th, 11th,  
24th & 25th

May 1st, 2nd, 8th, 9th, 22nd, 23rd,  
29th, & 30th

11:00 AM

40-60 MINTUES PER SESSION



The Stanly County Senior Nutrition Program and NC Cooperative Extension are partnering to offer BINGOCIZE at the Albemarle Nutrition Site.

**Registration Required. Space is Limited. Please call Joy Richardson or Sandy Glaspell at the Stanly County Senior Center for more information and to register - 704-986-3769.**



## FRIENDS OF THE SENIOR CENTER INFORMATION (ALBEMARLE)

FRIENDS OF THE SENIOR CENTER

### ROSEBRIAR NIGHT

*FRIDAY NIGHT WITH THE "FRIENDS"*



**FRIDAY, MARCH 1, 2024  
5:00PM - 8:00PM**



**Special will be  
Country Style Steak Dinner**

Regular Menu Items will be available.

**A percentage of the proceeds go to the Friends  
of the Senior Center who help increase  
programming and funding for the Senior Services  
Department.**

This event will be at Rosebriar  
528 Wiscassett St  
Albemarle, NC 28001

### SPRING CLEANING CARWASH

**\$10 PER TICKET**



The pollen is getting ready to fall and The Friends of the Senior Center have the perfect solution for you! They are selling car washes from Tidal Wave Auto Spa in Albemarle, NC. These make for great gifts for others or for yourself! There is NO limit to how many you can buy! All proceeds go to the Friends of the Senior Center.



### BAKE SALE



**THE FRIENDS OF THE SENIOR CENTER  
WILL BE ACCEPTING BAKE SALE  
DONATIONS ON FRIDAY, MARCH 22, 2024.**

Donations can be dropped off during regular hours of operation (8:30am-5:00pm).  
If you plan to donate, call 704.986.3769.

## THANK YOU TO ALL VOLUNTEERS OF THE SENIOR SERVICES DEPARTMENT!

**The Stanly County Senior Services Department staff would like to thank all of our volunteers.**

The Senior Services Department could not run without you. You are an exceptional component of our department! April is Volunteer Appreciation Month, but we like to celebrate you each and every month!

## 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



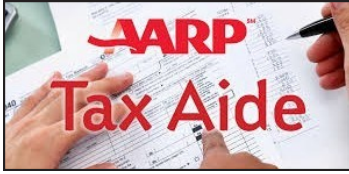
### LEGAL AIDE

Legal 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. Legal Aid Number: 1.877.579.7562



**For more information on our services, please contact 704.986.3769.**

## PROGRAM INFORMATION & MORE



# ATTENTION!

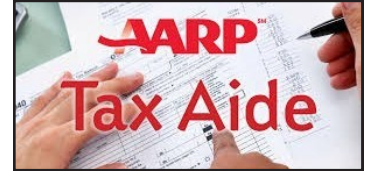
**Tax Aide Appointments**

**Thru April 11th**

**Tuesdays & Thursdays from 12:30pm-3:00pm**

**Appointment Line is Open, Call to make an appointment: 704-986-3813**

**Cost: Free of Charge**



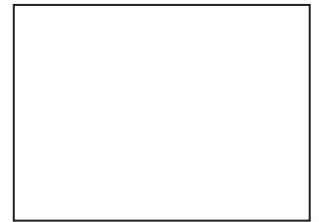
In 2024, you can make an appointment to have your income tax returns prepared with Tax Aide Volunteers by calling **704-986-3813**. The appointment line is open. The appointment line is not manned so leave a message with your name and number so we can call you back to set up an appointment. Allow 2-3 business days for a return call. Please only call once to leave a message. Scheduling will be done by the Tax Aide volunteers through the Tax Aide Appointment Line only. Appointments will be seen here at the Senior Center every Tuesday and Thursday from 12:30pm-3:00pm thru April 11th. First priority is given to seniors & low income individuals, as taxes are prepared free of charge. Calls will be taken and returned in the order they are received. Please remember to bring the following items to your appointment: Social Security Card or official documentation for the taxpayer and any dependents, tax payers' photo ID's, copies of last year's tax return, W-2's, 1099 Dividends, 1099 Miscellaneous Income, unemployment compensation documents, other documents showing earned/other income, 1099 Social Security, 1099 Pension or Annuity. For direct deposit or debit, bring a check (need not to be canceled) only needed for recording routing and account numbers.



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**

