

May-June 2012 News

May is
Older Americans Month

This year's theme:
"We're never too old to play"

NC Alliance For Retired
Americans Program—
Elder Index Advocacy on 5/8

Resource Fair on 5/9

CLOSINGS: May 28, Memorial Day

June 15 is World Elder Abuse Awareness Day



Seniors and staff will be distributing
purple lapel pins to the community
to promote awareness
and provide information
about Elder Abuse throughout the
month of June.

Everyday

8:00-5:00 Body Shop
8:30-12:30 Craft Room
8:00-4:30 Computer Lab
(closed during scheduled class times)

Monday

8:30 Low-Impact Aerobics— Level 2
10:00 Low-Impact Aerobics— Level 1
10:00 Decorative Painting— Les Tryon
10:30 Basic Exercise/Strength Training
10:30 Acrylic Painting— John Duzs
11:00 Intro to Line Dance (5/14—6/18)
11:30 Bingo
3:30 Chair Yoga

Tuesday

8:30 Pilates/Yoga
9:30 SHELL ART— Rose Bunch
9:30 Intermediate Line Dance (Linda)
10:30 Performing Line Dance
12:00 Acrylic Painting— John Duzs
12:30 Mahjong
1:00 Scrabble
1:00 (New!) Walking Group
1:00 Wood Carving

Wednesday

8:30 Low-Impact Aerobics— Level 2
9:00 Computer Class (registration reqd.)
9:00 Ceramics & Clay Class
9:45 Low Impact Aerobics-level 1
10:15 Basic Exercise/Strength Training
10:45 Sing-Along
11:00 Bridge
11:00 Intro to Line Dance (5/14—6/18)
1:00 Bell Chimes

Wednesday (continued)

1:00 Quilt! Quilt! Stitch and Gab
1:00 Pinochle
1:00 Pottery

Thursday

8:30 (New!) Walking Group
9:30 Beg. /Inter. Line Dance (Sharon)
10:00 Intro to Bridge (sign up)
10:30 Bingo
1-3 Computer Tutor (available by appt.)
1:00 Canasta / Hand & Foot / Pinochle
1:00 Wood Carving
1:00 Watercolor Open Studio
2:00 Chi gong (video)
2:30 Tai Chi (video)
3:15 Yoga

Friday

8:30 (New!) Zumba Gold
9:00 Computer Class (registration reqd.)
10:00 Low Impact Aerobics— Level 1
10:00 Acrylic Painting—Alma Burke
10:30 Balance Training
10:30 Ballroom Dancing
12:00 Bridge
12:00 (New!) Treasures, Antiques, Collectibles Club



SPECIAL EVENTS

May

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| 5/2 | Wednesday, 10 AM | Newcomer's Tea and Laughter: Orientation for our new members |
| 5/8 | Tuesday, 12-2 PM | Computer Presentation: Intro to the Apple iPad. |
| 5/8 | Tuesday, 11:30 AM | NC Alliance for Retired Americans Program: Follow up to the Elder Index Advocacy event. Pastries and coffee will be served. Registration required. |
| 5/9 | Wednesday, 9 -12PM | Resource Fair. Don't miss this big event! Vendors here to display their services. Prizes raffled every 30 minutes |
| 5/12 | Saturday, 7 PM | Ballroom Dance: Admission \$5. Music provided by Larry Carringer. |
| 5/14 | Mon and Wed, 11 AM | Intro to Line Dance: 5 week session. Runs Mons. & Weds. 5/14—6-18 |
| 5/15 | Tuesday, 11:30 AM | Lion's Club Presentation. Learn services provided by Lion's Club. |
| 5/18 | Friday | RSVP banquet (by invitation) |
| 5/21 | Monday, 1 PM | Young at Heart Meeting: Anybody age 55 & older can join this social Club. Refreshments served. NEW TIME - 3rd Mondays each month |
| 5/22 | Tuesday, 11:30 AM | Pre-diabetes Discussion: By RFS pharmacist, Casey Gardner. Learn What to watch for. |
| 5/24 | Thursday, 3 PM | Senior Palooza: RFS Staff will be traveling down to the Gardens at Wakefield to share about our center. Line dance performance. |
| 5/28 | Monday | Senior Center CLOSED for Memorial Day. |
| 5/31 | Thursday, 9:45 AM | Blood Pressure Clinic: Hosted by RFS MEDS Dept. |

Special Notes:

New! Walking Group Tuesdays at 1 pm and Thursdays at 8:30 am. Come join us. We'll be walking outside (weather permitting)

June

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| 6/5 | Tuesday, 11:30 AM | Stroke & Stroke Recovery: Learn about first signs of stroke and the recovery process. |
| 6/5 | Tuesday, 3 PM | Senior Advisory Board Meeting |
| 6/6 | Wednesday, 10 AM | Newcomers' Tea and Laughter: Orientation for our new members. |
| 6/8 | Friday, 8:30-11:30 AM | Balance Screening by Mobile Rehab, sign up please |
| 6/9 | Saturday, 7 PM | Ballroom Dance: Admission \$5. Music provided by Larry Carringer. |
| 6/13 | Wednesday, 12-2 PM | Computer Program: Ebay & Craig's List, cell phone & gadgets |
| 6/14 | Thursday, 11:30 AM | Ice Cream Social: Escape the heat with a sweet treat! Bring a topping to share!! |
| 6/15 | Friday | World Elder Abuse Awareness Day: Wear purple or purple ribbons |
| 6/18 | Monday, 1 PM | Young at Heart Meeting: Anybody age 55 & older can join this social club. Refreshments served. |
| 6/19 | Tuesday, 11:30 AM | NEW TIME—(3rd Monday each month) |
| 6/25 | Monday, 10:30 AM | Brand vs. Generic: What is the REAL difference brand -name meds and generics? Casey Baldwin RFS Pharmacist. |
| 6/26 | Tuesday, 11:30 AM | Blood Pressure Clinic: Hosted by RFS Meds Dept. |
| | | Balance Presentation by Mobile Rehab |

NOTE: Intro to Line Dance—May 14 and ends June 18.

