

April—May 2024



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HOURS OF OPERATION

Monday—Thursday
 8:00 AM - 4:30 PM

Friday
 8:00 AM—2:00 PM

650-A Pennton Ave. SW
 Lenoir, NC 28645

Phone: (828) 758-2883

Fax: (828) 758-2348

office@caldwellseniorcenter.org
 www.caldwellseniorcenter.org



Outstanding Non-Profit of the Year

At the Caldwell County Chamber Annual Meeting on Feb. 29th, we were awarded the "Outstanding Non-Profit of the Year" for our innovative programs and services

that enhance the lives of people as they age. The evening's theme was "Loving Our Community" and we certainly do. We are honored to have been selected and want to thank the Caldwell Chamber for always supporting us.

2024 Volunteer of the Year . . .

Cindy Rogers has served as a volunteer at the Caldwell Senior Center for 5 years. Not only has she given a helping hand with day-to-day tasks, but she began filling in at the reception desk and teaching exercise classes in 2022. Since then, she has become a valuable asset to the senior center teaching exercise classes three days a week, both in-person and virtually. Cindy's cheerful and helpful disposition is something to be emulated. We can always count on her, and she has gone above and beyond in the way of service such as her taking the certification training to become an "A Matter of Balance" Trainer. We are proud to present her as our 2024 Volunteer of the Year! The Caldwell Senior Center appreciates you, Cindy. Congratulations!



VOLUNTEER APPRECIATION EVENT

Friday, April 19th at 10:00 AM (invitation only)

Volunteers help make the senior center a wonderful place, and we have some of the best! A brunch has been planned to celebrate our volunteers by saying, "Thanks a Brunch"! This is an invitation-only event to thank those who helped make the senior center run smoothly by volunteering during 2023.

Thank you, volunteers!

PROGRAMS

VAYA HEALTH PROGRAMS

VAYA Health's Adult & Geriatric Mental Health Specialty Team have FREE monthly trainings planned to increase awareness in the area of mental health.

Friday, April 5th from 10:00 AM—12 Noon

"Facing Substance Use and Misuse in Your World" & "Not as Prescribed: Effects of Medication Misuse"

Friday, May 3rd from 10:00 AM—12:00 Noon

"An Overview of Mental Health Part 1 and 2"

Community individuals, agency staff serving the aged, caregivers and anyone interested in learning about these topics are encouraged to attend. Please register at 758-2883 or go to MyActiveCenter.com.

SMARTPHONE HELP SESSIONS

Monday, April 8th and 15th and at 11:30 AM

Monday, May 13th and 20th and at 11:30 AM

Join representatives from Carolina West/Bark Mobile for these informative sessions to help you with smartphone issues. You may have to wait to have individual questions answered. Please bring your smartphone and questions. Please call 758-2883 or go online to MyActiveCenter.com to register.

SHRED IT, DROP IT & FORGET IT

Thursday, April 11th from 9:00 AM—12:00 PM

Do you have documents and mail containing personal information that you need to shred? Do you have old prescription medications lying around waiting to get into the wrong hands? We have a solution to your problems. Join us for our shredding and medication drop off event at WaterLife Church (old Lenoir Mall parking lot). The shredding service is for individuals only (no businesses) with a limit of 3 boxes of paper per person. The Lenoir Police Department is providing the medication drop. Liquids and needles are not allowed. Registered participant names of those who attend will go into a drawing for a chance at one of several shredders. Goody bags will be available to the first 100 people. Please register by calling 758-2883 or by going online to MyActiveCenter.com.

ADVANCE CARE PLANNING WORKSHOP

Thursday, Apr. 11th at 1:30 PM

Thursday, May 9th at 1:30 PM

Advance Directives: Living Wills and Healthcare Powers of Attorney are gifts to your family. Deciding, discussing, and documenting your healthcare wishes helps ensure your healthcare wishes are known and honored. It also gives you peace of mind that you have made appropriate preparations. Notary services are available onsite to help you complete your documents. Please call 758-2883 or go online to MyActiveCenter.com to register as space is limited.

CAREGIVER SUPPORT GROUP

Thursday, Apr. 18th at 2:00 PM

Thursday, May 16th at 2:00 PM

If you are a caregiver and would like to connect with other caregivers, join us for a time of sharing and emotional support. Learn about community resources while making new friendships with other caregivers. Come and be part of this time just for you, the caregiver! Please register at 758-2883 or by going online to MyActiveCenter.com.



SPIRIT NIGHT AT CHICK-FIL-A!

Tuesday, May 14th from 5:00-8:00 PM

Make plans to eat supper with us at Chick-fil-A in Lenoir on May 14th for Spirit Night. Either dine-in or go through the drive-thru between 5:00 and 8:00 PM. The Caldwell Senior Center will receive a percentage of all profits during these hours. It is an easy way to support the senior center and enjoy some great food! Don't forget to invite everyone you know.

BINGO

Friday, May 31st at 10:00 AM

Join us for a fun time of Bingo at the senior center. PACE @ Home is sponsoring the prizes and will call bingo. Please register by calling 758-2883 or by going online to MyActiveCenter.com as space is limited.

PROGRAMS

SERVICES FOR YOU!

Friday, April 12th at 10:00 AM

Join Mindy Goss, Case Manager with Blue Ridge Community Action, to learn all about these programs: The Foster Grandparent Program (FGP), Weatherization, the Senior Community Services Employment Program (SCSEP), and volunteer opportunities within the Home Delivered Meals program. Please register by calling 758-2883 or by going online to MyActiveCenter.com.

TAI CHI INFORMATION SESSION

Friday, April 12th at 11:00 AM

Are you interested in learning more about Tai Chi. A class will be starting in May. If you would like to learn about the class, join April Austin at the senior center for this session to learn what to expect when taking Tai Chi for Arthritis and Fall Prevention. Please call 758-2883 or go online to MyActiveCenter.com to register. You do not have to attend this session to sign up for the class in May.

SELF DEFENSE CLASS

Thursday, May 2nd at 1:00 PM

Would you like some tips about how to defend yourself against an attacker? Join Lt. M. Crisp and Cpl. C. Lynn with the Lenoir Police Department for this hands-on self defense class. They will cover being aware of your surroundings and how to defend yourself in different situations. Please register by calling 758-2883 or by going online to MyActiveCenter.com.

SUCCULENTS CLASS WITH CAROL

Monday, April 29th at 3:00 PM

Join Carol Greene at the senior center for a FREE and informative program about planting succulents. You will leave with the knowledge of caring for these varied plants and will get to pot your own to take home. You must be registered to attend as space is limited. Please call 758-2883 or go online to MyActiveCenter.com to register.

GOURDS: FROM GROWING TO CRAFTING

Friday, May 10th at 10:00 AM

Want to see a gourd change into beautiful art? Join Judi Fleming at the senior center for this special program about gourds. She will provide a hands-on program with many types of gourds along with free seeds and growing tips. Please call 758-2883 or go online to MyActiveCenter.com to register.

TAI CHI FOR ARTHRITIS AND FALL PREVENTION (Caldwell Co. Public Library-Lenoir Branch)

Mon. & Wed., May 13th—July 10th from 2:00 to 3:00 PM

We heard you wanted Tai Chi in the afternoon, so here you go! Join April Austin for this FREE Tai Chi program beginning on May 13th and ending on July 10th at the library (bottom floor). This particular program utilizes Tai Chi's Sun style for its ability to improve relaxation, balance and its ease of use for older adults. Class size is limited and you must be registered to attend. Please register by calling 758-2883 or by going online to MyActiveCenter.com.

BUZZ SESSION WITH THE BOARD

Thursday, May 16th at 3:00 PM

Every other month, your senior center Board members will meet with you to hear activity and program ideas. Refreshments will be provided. Don't miss this chance to lead our senior center into great future programming. Please call 758-2883 or go to MyActiveCenter.com to register so we will have enough snacks.

MINDFULNESS CLASS

Friday, May 24th from 10:00-12:00

Join Marcia Guy, massage therapist and personal trainer, for this fun and interactive program where you will learn the connection between anxiety, mindfulness, and exercise. Marcia Guy focuses on helping active people manage and prevent chronic pain. While helping with the physical issues in muscles and fascia she also gets to the lifestyle factors we've been overlooking that led us into our problems in the first place. Please register at 758-2883 or go online to MyActiveCenter.com.

JUST FOR FUN



WALKING CLUB

Tuesdays and Thursdays at 8:30 AM at the Broyhill Walking Park. We have started walking twice weekly so that you can have an exercise opportunity every day with senior center friends. Registration is not necessary. A volunteer will check you in.



SENIOR 1-MILE FUN WALK

Tuesday, April 23rd from 10:00 AM

Attention, all walkers! Want to participate in the Unifour Senior Games for fun? Join us at the Broyhill Walking Park to walk a mile at your own pace. Refreshments will be provided. Please register by calling 758-2883 or by going online to MyActiveCenter.com so that we can notify you in case of cancellation.



MILES AND SMILES—Hikes for every ability level!

Linda Grandle is our volunteer hiking group leader and has fun hikes planned! Please call 758-2883 or go online to MyActiveCenter.com to register for the hikes.

Tuesday, April 30th at 9:30 AM

Rocky Face Mountain (Taylorsville)— This hike is located at the Rocky Face Mtn. Recreational Area. We will hike a 3.5-mile moderate hike on natural surface, but you can turn back early and shorten the hike to 2 miles. Or, you may walk the short loop that is flat and paved. Meet at the senior center at 9:30 to carpool.

Friday, May 17th at 9:30 AM

Hawksbill Mountain (Linville Gorge)—Don't miss this hike in the beautiful Linville Gorge! We will walk a 2.1-mile moderately challenging hike with 360° views at the top. Meet at the senior center at 9:30 AM to carpool.

WHAT'S FOR LUNCH?

LUNCH BUNCH (Dutch Treat)

Tuesday, April 9th at 11:30 AM at Shake-N-Dog (Lenoir)

Tuesday, May 7th at 11:30 AM at Huffy's (Granite Falls)

Would you like to meet friends for lunch? It will be a different restaurant each month and Dutch treat. If interested, please call the senior center and register so we can give the restaurant a head count. We will use the automated call system to call you with details about where to meet and the date/time. Call 758-2883 to be placed on the Lunch Bunch call list.



GOLDEN TICKET TUESDAY at the Golden Ticket Cinema Twin Theater

One Tuesday per month for the 1st showing time

Once monthly on a Tuesday, you are invited to meet at the Golden Ticket Cinema at 1966 Morganton Blvd. in Lenoir to see a movie. The monthly movie details will be sent through email, automated calls for those who wish, and will be available at the senior center by the first of each month. Call 758-2883 to be put on the automated call list to receive information as plans are made. Please register at 758-2883 or by going online to MyActiveCenter.com so that we can let you know of changes.

OPPORTUNITIES

FACEBOOK & Email Virtual Opportunities

Travel Tuesday—Do you want to visit exciting and exotic places but can't go for a variety of reasons? Our Travel Tuesday is the answer. A new place to visit will arrive in your email each Tuesday. Sit back and enjoy the adventures!

Wellness Wednesday—Each Wednesday an exercise video with wellness tips on important topics will come to your email.

PHONE BINGO (over the telephone)

-Thursday, April 11th at 10:00 AM with prizes sponsored by the senior center

-Thursday, May 9th at 10:00 AM with prizes sponsored by the senior center

If you want to play, call the senior center and ask for Ingrid. You will receive two bingo cards and a phone number to call on the dates listed above. It is a great way to socialize while wearing your pajamas! Call 758-2883 to register.

VOLUNTEER OPPORTUNITIES

The senior center is looking for volunteers in the following areas:

- Senior Center Advisory Committee Members
- SHIP Counselors (Seniors' Health Insurance Information Program)
 - Technology Assistance Volunteers
 - Newsletter Delivery Volunteers

Call us for more information or opportunities with other organizations in our community.

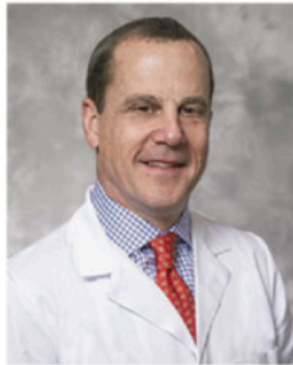


Caldwell Urology Associates is a division of Caldwell Memorial Hospital

INTRODUCES

**Caldwell Urology Associates
Ralph H. Duckett, MD**

Dr. Duckett received his Doctor of Medicine at Wake Forest University School of Medicine and completed his residency at Wake Forest University Baptist Medical Center, Department of Urology. Dr. Duckett has been practicing medicine for more than 21 years and treats all Urological conditions including: Urinary incontinence (Leakage) male and female, Pelvic Prolapse female (commonly seen in elderly patients).



Dr. Duckett looks forward to helping you.

Call for an appointment: 828-757-6431

Caldwell Urology Associates
401 Mulberry Street SW, Ste 210
Lenoir, NC 28645

Local help with your Medicare questions.



Patrick Miller
Licensed Sales Agent
828-455-0301, TTY 711
patrickmiller1979@gmail.com
UHC Medicare Solutions.com
PO Box 3062 Hickory, NC 28603



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LOCALLY**

* denotes virtual

WHAT TO DO?

MONDAYS

SENIOR CARDIO * 8:30-9:00 AM—Low-Moderate impact aerobics (\$1 donation) Cindy Rogers is the instructor for Senior Cardio, Senior Strength and Balance Builders.

SENIOR STRENGTH * 9:00-9:30 AM—Exercises to increase strength and flexibility. (\$1 donation)

KNITTING & CROCHETING GROUP 10:00 AM—Noon—Instructors available for beginners.

BALLROOM DANCE LESSONS 12:30 PM—Mondays—Kathy Laughlin is the instructor.

MAH JONGG 1:00 PM—Mondays in the sunroom.

LINE DANCE LEVEL 3 1:30-2:30 PM— If you have some experience, come give this afternoon class a try! Sharon Berry is the instructor. (\$1 donation)

TUESDAYS

WALKING CLUB 8:30 AM—Meet at the Broyhill Walking Park to walk with friends.

SENIOR SONGBIRDS 9:30 AM - Travel to local nursing homes to sing. Meet at senior center on first Tuesday. No singing on any 5th Tuesdays. Jane Simmons and Kevyn Amos are the Directors.

SENIOR CRAFTERS 10:00 AM—12:00 Noon—New project each week!

RUMMIKUB 10:00 AM—Join the group in the sunroom for a fun game!

BOCCIA 1:30 PM—Join us for this seated game similar to Bocce. Hojo, our instructor, will be absent for several months, but we will continue to play.

WEDNESDAYS

SENIOR CARDIO * 8:30-9:00 AM—Low-Moderate impact aerobics. (\$1 donation appreciated)

BALANCE BUILDERS * 9:00-9:30 AM—Exercises to improve balance. (\$1 donation appreciated)

BLOOD PRESSURE CHECKS (2nd Wednesday) 9:30—10:00 AM—Provided by Caldwell County EMS Community Paramedics.

LINE DANCE LEVEL 1 10:00—11:00 AM— Join this beginner basics class. Liz Gray is the instructor. (\$1 donation appreciated)

LINE DANCE LEVEL 2 11:00 AM—Noon— Practice what you have learned in Beginner Basics in this class. Sharon Berry is the instructor. (\$1 donation appreciated)

PET THERAPY WITH CASEY & BEAU 1st Wed. at 11:00 AM; 3rd Wed. at 1:00 PM (lobby)

POTTERY CLASS 12:30-3:30 PM—There is a \$10 per class fee. There is a waiting list.

CRIBBAGE 1:00-3:00 PM—Come learn to play Cribbage!

WOOD CARVING Wednesdays, 1:00-3:00 PM— Bring a carving knife or sharp pocket knife and explore your hidden talents with wood carving. Randy Madison is the instructor.

THURSDAYS

WALKING CLUB 8:30 AM—Meet at the Broyhill Walking Park to walk with friends.

SENIOR FUN AND FRIENDSHIP CLUB 9:00 AM—1:00 PM—Bridge and Hand & Foot card games. Yearly dues. Call 758-2883 before attending.

EUCHRE 1:00—3:30 PM—Join us and learn to play this fun card game. They will teach you!

FRIDAYS

SENIOR CARDIO * 8:30-9:00 AM—Low-Moderate impact aerobics. (\$1 donation)

SENIOR STRENGTH * 9:00-9:30 AM—Exercises to increase strength and flexibility (\$1 donation)

TECH CLASSES

Stay Connected with FREE Technology Classes!



Caldwell Senior Center is excited to team up with OATS (Older Adults Technology Service) and its flagship program Senior Planet, to bring us all together again! If you or someone you know is an older adult in the area, join us for FREE class sessions on health & wellness technology, socialization, and much more. Check out all we have to offer this quarter: All classes listed below will be 75 minutes in length.

Details about each class may be found on the newsletter insert.

Monday, April 8th at 10:00 AM— "Tips for Being New Savvy Online" (Lecture)

Monday, April 15th at 10:00 Am—"Tech Tips for Disaster Preparedness" (Lecture)

*Monday, May 13th at 10:00 AM— "IoT: Healthcare" (Lecture)

*Monday, May 20th at 10:00 AM— "IoT: Wearables" (Lecture)

*IoT = Internet of Things, referring to the network of connected devices and the technology that facilitates communication between devices and the cloud or between other devices. If you have technology interests, please let us know for future class planning.

You must be registered for each of these classes to attend as space is limited.

Please call 758-2883 or go online to www.MyActiveCenter.com.

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emailed to you.



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THANK YOU, DONORS

Faye Higgins
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Exercise Classes
Line Dancers
Linda Hendrix
Patsy Felts
Bill & Sharon Berry
Donna West
Patricia Young
Rachel Church
Art & Mary Farmer

James & Lena Peel
Georgianna Bland
C. Vicki Gold
Celeste Christy
Tommy Greer
Rob & Ellen Hooper
Sharon Logan
Linda Livingston
Sara Triplett
Patsy Pilkenton
Annette Beam

Thanks

There are many generous donors who give anonymously to the senior center. We appreciate the monetary donations that support your center and in-kind gifts of puzzles, candy, coffee supplies, books, medical equipment & supplies, etc. Thank you for your kindness.

In memory of . . .

Jim Donovan by the Senior Crafters
Jim Donovan by the Pottery Class
Cecil & Helen Herman by Donna West

Kathy Lefevre Davis by Barbara Starr
Charlotte Dula Coffey by Barbara Starr
Ophellia Jones Stallings by Barbara Starr

We want to express our gratitude to everyone who participated in our "Be the Change for Seniors" fundraiser. Our Board of Directors raised \$2,586 for the senior center. Thanks to those who filled bottles with change and to these businesses who graciously allowed us to place collection containers and encouraged people to donate.

Mi Carreta Mexican Grill
Huffy's Soups, Sandwiches & Creamery
Perkz Café
Liquid Roots Brewing Project
Holiday Pools & Fireside, Inc.
Princess Nail Salon
Italy Grill
4440 Ranch & Cattle Co.
Side Street Pour House & Grill
Moonjoy Meadery
Taste of Havana
Los Izotes Restaurant
Jersey Mike's Subs
Brews/Mews Cat Café
Camp Coffee Roasters & Café
Hog Wild Bar-B-Que
Mi Molcajete
The Shake-N-Dog

1841 Café
Poncho Villa
Frankie's Pizza
Judy's Café
Dos Amigos
Paula's Diner
Friendly Lunch
Chubby's
Tybrisa Books
Lenoir Fun & Friendship Club
Valmead Fire Rescue
Little River Fire Dept.
Rhodhiss Fire Dept.
Lenoir Fire Station 3
Collettsville Fire and Rescue
Gamewell Fire Dept.
North Catawba Fire Rescue
Lenoir Fire Station 2

Yadkin Valley Volunteer Fire Rescue
Hudson Fire & Rescue
Sawmills Volunteer Fire & Rescue, Inc.
Granite Falls Fire Dept.
Patterson Fire Rescue Dept., Inc.
Grace Chapel Volunteer Fire Dept.
Lenoir Fire Dept. Headquarters
Kings Creek Fire Dept.

Donated prizes for our drawing:

Wolf Moon Salt Cave
Main Street Magic Café
The Shake-N-Dog
Mayflower Seafood



may be made online at

www.caldwellseniorcenter.org

or by mailing your check to PO Box 933 Lenoir, NC 28645.

Scan this QR code with your smartphone for easy donating.



MEDICARE

MEDICARE 101

Thursday, April 4th 2:30 -4:00 PM

Are you new to Medicare or have a lot of confusion around Parts A, B, C, and D? Don't worry. The senior center is Providing this FREE Medicare "The Basics" class. Bring your questions and plan to gain a better understanding in order to make the best decisions for you. This class is provided by a trained *SHIIP counselor. If you are a State retiree, please let them know when you call to register. Please call 758-2883 or go online to MyActiveCenter.com to register. **Seniors' Health Insurance Information Program*



855-408-1212 or www.ncshiip.com

You may qualify for Extra Help paying for your Medicare prescription drug plans.

With Extra Help, you save on premium costs, co-pays, deductibles, and you may avoid the coverage gap. Our SHIIP counselors can help you complete the application.

Monthly Limits:

Individual—\$1,903.00

Couple—\$2,575.00

Resource/Asset Limits:

Individual—\$17,220.00

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Services by appointment.



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SERVICES

BLOOD PRESSURE CHECKS

Paramedics with the Caldwell Co. Community Paramedics will be at the senior center monthly on the 2nd Wednesday at 9:30-10:00 AM to check blood pressures. No registration is needed.

COMPUTER/INTERNET

Computers are available for your use Mon.– Fri. during office hours. You may attend our virtual programs via telephone if you have no internet/computer. Look for classes on P. 7.

HEALTH SCREENINGS

Various screenings & health promotional programs are scheduled and noted on our Calendar throughout the year.

HOUSING AND HOME IMPROVEMENT

The senior center assists with referrals for housing and home improvement (ramps/floor repair). Please call 758-2883 for information.

INFORMATION & ASSISTANCE

The senior center Information & Assistance Program links families and caregivers to valuable services and resources. Call 757-8635.

JOB PLACEMENT AND JOB TRAINING

The senior center serves as a host site for SCSEP. Assistance with online job applications by appointment.

LEGAL ASSISTANCE

Legal services are provided through Legal Aid of NC. Simple will clinics are hosted annually by appointment only. Healthcare Power of Attorney and Living Will assistance is provided monthly.

LONG TERM CARE/OMBUDSMAN PROGRAM

We maintain a list of facilities and connect as needed to the regional Ombudsman residents' rights advocate.

MEDICAL EQUIPMENT

The senior center accepts donations of gently used durable medical equipment and either loans or gives it away to those in need. Please call 758-2883 before bringing items to donate.

MOBILE FOOD PANTRY

We are a monthly food distribution site for the Yokefellow Senior Mobile Pantry on the 4th Monday at 11:00 AM. Please register at 758-2883.

NC SENIORS FARMERS' MARKET NUTRITION PROGRAM

This program provides low-income older adults with coupons to purchase fresh fruit and vegetables at their local farmers markets from July-September. Call 758-2883 for information.

NOTARY SERVICES

If you are in need of a notary for a Healthcare Power of Attorney or Living Will and are 50+ and a registered participant of the senior center, please call the senior center at 758-2883 to make an appointment. There is no charge.

SENIOR NUTRITION PROGRAMS

There are three congregate meal sites in the county: Koinonia, Martin Luther King Recreation Center & Kings Creek Baptist Church. Home delivered meals are also available. Call Blue Ridge Community Action at 828-438-6255, Ext. 0, for more information.

SENIOR TAR HEEL ATHLETIC CARDS

No longer provided by the senior center. Please call 919-855-3402 to obtain one.

SHIIP (SENIORS' HEALTH INSURANCE INFORMATION PROGRAM)

Provide counseling and enrollment services for older adults and qualified Medicare recipients interested in Medicare, supplemental insurance, and long-term care insurance information. Services are provided by appointment only.

TAX ASSISTANCE

Please call 758-2883 for information. Volunteers are needed.

TRANSPORTATION

Call the senior center at 758-2883 for transportation contacts.

VOTER REGISTRATION

The senior center provides assistance with registering to vote and checking your voter registration.

The Satie and J. E. Broyhill Caldwell Senior Center is open to all Caldwell County residents age 50 and better and their spouses. A full schedule of activities is offered five days a week. There are no membership fees, but donations are accepted to support the programs. For more information about any of the activities, classes or programs, give us a call at 758-2883.



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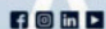
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Limited scholarships may be available to those needing assistance with fee-based activities. Please see April Austin or Ingrid Farrar if you are in need.



Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-814-5400. The license is not an endorsement by the State.

CENTER INFORMATION



ALERT

Inclement Weather Policy: We follow the Caldwell County Schools inclement weather closure and delay schedule, unless otherwise specified. Please refer to our website

or Facebook page for Updates.

facebook.com/caldwellseniorcenternc

Website: www.caldwellseniorcenter.org

Call the senior center to sign up for our automated weather delay/closing calls.



STAFF

April Austin,
Executive Director

Ingrid Farrar,
Assistant Director

Vicki Wyckoff
Office Administrator/
SHIIP Counselor

Volunteers

(SHIIP/Notary)

Rose Frame (Notary)
Rob Hooper (SHIIP)
Michelle Mielke (SHIIP)

BOARD MEMBERS

Rob Hooper, Chairperson
Ethan Gilley, Vice Chairperson
Sheila Burns, Treasurer
Linda Grandle, Secretary

Mike Bonin
Phyllis Fields
Mark Kastner
Kristy Money
Kristin Pope

Caldwell Senior Center's

VISION

A community where people continue to thrive as they age.

MISSION

To provide innovative programs and services that enhance the lives of people as they age.