



August—September 2025

Connections



The Caldwell Senior Center is a non-profit 501(c)(3) organization, not a government agency.



Donating made easy!
Just scan the QR code.

Just a reminder:

You may register:

- at the senior center
- over the phone
- MyActiveCenter.com

HOURS OF OPERATION

Mon.—Thurs.

8:00—4:30

Friday

8:00—2:00

650-A Pennton Ave. SW
Lenoir, NC 28645

Phone: (828) 758-2883

Fax: (828) 758-2348

Senior Center Month is a great time to *reimagine aging*. Senior centers are vibrant hubs of activity where people can learn a new hobby, meet friends, enjoy exercise & educational classes, and obtain valuable information about services for older adults. We welcome you to visit and join us for a variety of exciting activities!

September
SENIOR CENTER MONTH

► Senior Center Month Picnic

Friday, September 5th from 10:30 AM-2:00 PM

Sign up today for our picnic at Tuttle State Educational Forest. The park rangers will provide a short program at 11:00 AM. We will eat lunch sponsored by Senior TLC. Afterward, you may hike, play games, or visit with friends. Bathrooms are handicap accessible and located a short distance from the shelter. There are picnic tables under the shelter, but bring a chair if you have trouble managing benches. **This is open to the first 50 people to sign up, and you must be registered by August 29th to attend.**

► STEP-tember Walking Challenge

To participate: Sign up today by calling 758-2883. Begin writing down your steps each day from Sept. 1–30th. Each Friday, call or email us with your weekly total of steps. Don't forget that steps inside the house and while shopping count too! We will share weekly updates at the senior center & Facebook page and draw for door prizes. You must be registered by August 22nd to participate in the Walking Challenge festivities including the STEP-tember Kickoff and Celebration.

► STEP-tember Kickoff—Friday, August 29th at 1:00 PM

For those participating in the walking challenge, join us for instructions about STEP-tember, a pedometer sponsored by Hopscotch Primary Care, and door prizes. **You must be registered for STEP-tember to sign up for the Kickoff.**

► STEP-tember Celebration—Thursday, October 2nd at 1:30 PM

For those who participated in the walking challenge, we will meet at the senior center for an awards celebration, certificates, and door prizes. Refreshments will be sponsored by Brookdale-Lenoir. **Please register by Sept. 26th to attend.**

Email:

office@caldwellseniorcenter.org

Website:

● caldwellseniorcenter.org ●

Mailing Address:

● PO Box 933 Lenoir, NC 28645 ●



Services Available



Call us if you need help with any of these services.

Housing/Home Repair
Information & Assistance
Job Placement or Job Training
Legal Assistance
Long Term Care/Ombudsman
Medical Equipment
Notary (appointment needed)
NC Seniors Farmers Market Nutrition Program

SHIIP (Seniors' Health Insurance
Information Program; Appointment)
Tax Assistance
Transportation **758-2883**
Voter Registration
Senior Tar Heel Athletic Cards
Senior Nutrition Programs

Join a Group!

Mah Jongg—Join this fun game of skill, Strategy and luck played with tiles.

Rummikub—If you like rummy, you will enjoy this tile-based game on Tuesdays.

BOCCIA—A seated game of rolling your team's ball closest to the "jack ball" on Tuesdays.

Cribbage—Join this social card game where you play and group cards in combinations which gain points.

Bridge/Hand & Foot—These card games are part of our Fun and Friendship Club. This group meets every Thursday from 9:00-1:00. There are yearly club dues. Let us know if you are interested in joining.

EUCHRE—This is a fun card game with the aim being to win at least three of the five tricks played. They would love to teach you!

Quiddler—Join this card game where players spell words using letter cards.

Billiards—The pool table is available during office hours.

I Screammers—A volunteer-led group that is passionate about eating ice cream. This is Dutch treat.

Lunch Bunch—A volunteer-led group that goes to eat lunch together each month.

Billiards Tournament

Tuesday, August 5th from 8:30 AM-4:30 PM

We are having a singles tournament! Your opponent will be drawn randomly with a double elimination. The winner will get his/her name put on the "Singles Trophy" located in the pool room. Sign up today to secure a spot as you must be registered to play.



Miles & Smiles Hikers

Miles & Smiles celebrates 3 years in September!

We have some amazing statistics to share from our hiking group (from Sept. 2022-June 2025).

- ~Longest Hike—Rich Mtn. Moses Cone Park 5.8 miles
- ~Hiked a total of 30 hikes in 5 counties
- ~Average 13.4 hikers per hike
- ~Total of 149 unduplicated hikers
- ~Total miles hiked by all hikers—1,368
- ~Most hikers on a hike—25 (Lenoir Rail Trail, 2/4/2025)
- ~They only repeated two trails.

Join them each month! Some trails are easy and some are challenging.

* virtual option



August



► Registration required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
► Genealogy Program—Friday, August 29th at 10:00 AM Are you interested in genealogy? Join us at the senior center as John Hawkins shares his tips for beginning your genealogical journey. He is willing to meet with you individually in the future to assist you with research. Bring a friend! Please register.				1 8:30 Senior Cardio * 9:00 Senior Strength * 11:00 Quiddler
4 8:30 Senior Cardio * 9:00 Senior Strength * 10:00 Knitting/Crocheting 10:00 Oil Painting for Fun ► 10:00 Pottery \$ ► 10:00 Senior Planet “Gmail Tips & Tricks” (workshop) 1:00 Mah Jongg 12:30 Let's Dance	5 ► 8:30-4:30 Pool Tournament (Singles) 9:30 Songbirds 10:00 Crafters 10:00 Rummikub 1:00 Boccia	6 8:30 Senior Cardio * 9:00 Balance Builders * 10:00 Line Dance 1 11:00 Line Dance 2 11:00 Pet Therapy ► 12:30 Pottery \$ 1:00 Cribbage 1:00 Wood Carving	7 9:00 Fun & Friendship \$ 1:00 Euchre	8 8:30 Senior Cardio * 9:00 Senior Strength * ► 10:00 Bingo (sponsored by Hopscotch) 10:00 Dulcimer Practice 11:00 Quiddler ► 3:00 I Screammers to Toasted and Rolled \$
11 8:30 Senior Cardio * 9:00 Senior Strength * 10:00 Knitting/Crocheting 10:00 Oil Painting for Fun ► 10:00 Pottery \$ ► 10:00 Senior Planet “Google Maps” (Lecture) 1:00 Mah Jongg 12:30 Let's Dance	12 ► 9:00-12:00 Digital Drop-In (appointments) ► 9:00 Page Turners Book Club 10:00 Crafters 10:00 Rummikub 10:15 Songbirds (away) 1:00 Boccia 6:00 Genealogy & History Society Meeting	13 8:30 Senior Cardio * 9:00 Balance Builders * 9:30 Blood Pressure check 10:00 Line Dance 1 11:00 Line Dance 2 ► 12:30 Pottery \$ 1:00 Cribbage 1:00 Wood Carving	14 9:00 Fun & Friendship \$ 10:00 Phone Bingo * 1:00 Euchre ► 1:30 Advance Care Planning Workshop	15 8:30 Senior Cardio * 9:00 Senior Strength * ► 10:00 Senior Bear program 11:00 Quiddler
18—8:30 Senior Cardio * 9:00 Senior Strength * 10:00 Knitting/Crocheting 10:00 Oil Painting for Fun ► 10:00 Pottery \$ ► 10:00 Senior Planet “Virtual Museum Tours” (Lecture) 1:00 Mah Jongg 12:30 Let's Dance	19 10:00 Crafters 10:00 Rummikub 10:15 Songbirds (away) ► 11:30 Lunch Bunch to Village Inn Pizza-Lenoir \$ 1:00 Boccia	20 8:30 Senior Cardio * 9:00 Balance Builders * 10:00 Line Dance 1 11:00 Line Dance 2 ► 12:30 Pottery \$ 1:00 Cribbage 1:00 Wood Carving 1:00 Pet Therapy	21 9:00 Fun & Friendship \$ 1:00 Euchre ► 2:00 Caregiver Support Group ► 3:00 Medicare 101	22—8:30 Senior Cardio * 9:00 Senior Strength * ► 10:00 Safe & Sound: Hear Better, Live Safer 11:00 Quiddler ► 3:00 I Screammers to Saunders Olde Country Store \$
25—8:30 Senior Cardio * 9:00 Senior Strength * 10:00 Knitting/Crocheting 10:00 Oil Painting for Fun ► 10:00 Pottery \$ ► 10:00 Senior Planet “Google Photos” (workshop) 11:00 Yokefellow Senior Mobile Pantry 1:00 Mah Jongg 12:30 Let's Dance	26 ► 9:00 Hiking Bass Lake at Moses Cone Park 10:00 Crafters 10:00 Rummikub 10:15 Songbirds (away) ► 11:30 Smartphone Help Session 1:00 Boccia	27 8:30 Senior Cardio * 9:00 Balance Builders * 10:00 Line Dance 1 11:00 Line Dance 2 ► 12:30 Pottery \$ 1:00 Cribbage 1:00 Wood Carving	28 9:00 Fun & Friendship \$ 1:00 Euchre ► 1:30 VAYA Health “Personality Disorders: Reaction to Interaction”	29 8:30 Senior Cardio * 9:00 Senior Strength * ► 10:00 Genealogy Program 11:00 Quiddler ► 1:00 STEP-tember Kickoff (must be participating in STEP-tember)

* virtual option

September

► Registration required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>9:30 Songbirds 10:00 Crafters 10:00 Rummikub</p> <p>1:00 Boccia</p>	<p>3—8:30 Senior Cardio *</p> <p>9:00 Balance Builders *</p> <p>10:00 Line Dance 1 11:00 Line Dance 2 11:00 Pet Therapy</p> <p>► 12:30 Pottery \$</p> <p>1:00 Cribbage 1:00 Wood Carving</p>	<p>4</p> <p>9:00 Fun & Friendship \$</p> <p>1:00 Euchre</p> <p>► 3:00 "Medicaid Qualification for Long Term Care" with Attorney, Angela Clark</p>	<p>5</p> <p>8:30 Senior Cardio * 9:00 Senior Strength *</p> <p>► 10:30-2:00 Senior Center Month Picnic at Tuttle State Forest (must register by Aug. 29th)</p>
<p>8—8:30 Senior Cardio *</p> <p>9:00 Senior Strength *</p> <p>10:00 Knitting/Crocheting 10:00 Oil Painting for Fun</p> <p>► 10:00 Senior Planet "Sharing Photos with a Smartphone" (workshop)</p> <p>► 10:00 Pottery \$</p> <p>1:00 Mah Jongg 12:30 Let's Dance</p>	<p>9</p> <p>► 9:00-12:00 Digital Drop-In (appointments)</p> <p>► 9:00 Page Turners Book Club</p> <p>10:00 Crafters 10:00 Rummikub 10:15 Songbirds (away)</p> <p>1:00 Boccia</p> <p>► 6:00 Genealogy & History Society Meeting</p>	<p>10</p> <p>8:30 Senior Cardio *</p> <p>9:00 Balance Builders *</p> <p>9:30 Blood Pressure check 10:00 Line Dance 1 11:00 Line Dance 2</p> <p>► 12:30 Pottery \$</p> <p>1:00 Cribbage 1:00 Wood Carving</p>	<p>11</p> <p>9:00 Fun & Friendship \$</p> <p>10:00 Phone Bingo *</p> <p>1:00 Euchre</p> <p>► 1:30 Advance Care Planning Workshop</p>	<p>12</p> <p>NO Exercise Classes this morning.</p> <p>► 10:00 CCC&TI Falls Prevention & Balance Screening</p> <p>10:00 Dulcimer Practice 11:00 Quiddler</p> <p>► 3:00 I Screammers to Kilwins at Shoppes on the Parkway \$</p>
<p>15—8:30 Senior Cardio *</p> <p>9:00 Senior Strength *</p> <p>10:00 Knitting/Crocheting 10:00 Oil Painting for Fun</p> <p>► 10:00 Pottery \$</p> <p>► 10:00 Senior Planet "Shopping on Amazon" (workshop)</p> <p>1:00 Mah Jongg 12:30 Let's Dance</p>	<p>16</p> <p>10:00 Retired School Personnel Meeting 10:00 Rummikub 10:15 Songbirds (away)</p> <p>► 11:30 Lunch Bunch to Friendly Lunch \$</p> <p>1:00 Boccia</p>	<p>17</p> <p>8:30 Senior Cardio *</p> <p>9:00 Balance Builders *</p> <p>10:00 Line Dance 1 11:00 Line Dance 2</p> <p>► 12:30 Pottery \$</p> <p>1:00 Cribbage 1:00 Wood Carving 1:00 Pet Therapy</p>	<p>18</p> <p>9:00 Fun & Friendship \$</p> <p>1:00 Euchre</p> <p>► 2:00 Caregiver Support Group</p>	<p>19</p> <p>8:30 Senior Cardio * 9:00 Senior Strength *</p> <p>► 10:00-12:00 Flu Shot Clinic</p> <p>11:00 Quiddler</p>
<p>22—8:30 Senior Cardio *</p> <p>9:00 Senior Strength *</p> <p>10:00 Knitting/Crocheting 10:00 Oil Painting for Fun</p> <p>► 10:00 Pottery \$</p> <p>► 10:00 Senior Planet "Using Google Calendar" (workshop)</p> <p>► 11:00 Yokefellow Senior Mobile Pantry</p> <p>1:00 Mah Jongg 12:30 Let's Dance</p>	<p>23</p> <p>10:00 Crafters 10:00 Rummikub 10:15 Songbirds (away)</p> <p>► 11:30 Smartphone Help Session</p> <p>1:00 Boccia</p>	<p>24</p> <p>8:30 Senior Cardio *</p> <p>9:00 Balance Builders *</p> <p>10:00 Line Dance 1 11:00 Line Dance 2</p> <p>► 12:30 Pottery \$</p> <p>1:00 Cribbage 1:00 Wood Carving</p>	<p>25</p> <p>9:00 Fun & Friendship \$</p> <p>1:00 Euchre</p> <p>► 1:00 Hiddenite Arts & Heritage Center's Lucas Mansion Tour \$</p> <p>► 1:30 VAYA Health "Suicide and Aging . . . Conversations for Life"</p>	<p>26</p> <p>8:30 Senior Cardio * 9:00 Senior Strength *</p> <p>► 10:00 Pictionary Social (coffee & cookies)</p> <p>11:00 Quiddler</p> <p>► 3:00 I Screammers to The Local Bean \$</p>
<p>29</p> <p>8:30 Senior Cardio *</p> <p>9:00 Senior Strength *</p> <p>10:00 Knitting/Crocheting 10:00 Oil Painting for Fun</p> <p>► 10:00 Pottery \$</p> <p>1:00 Mah Jongg 12:30 Let's Dance</p>	<p>30</p> <p>► 9:00 Hiking Catawba Falls (580 stair steps)</p> <p>10:00 Crafters 10:00 Rummikub 10:15 Songbirds (away)</p> <p>1:00 Boccia</p>	<p>► Caldwell County Genealogy & History Society</p> <p>Tuesday, August 12th at 6:00 PM (<i>time may change</i>)</p> <p>Tuesday, September 9th at 6:00 PM (<i>time may change</i>)</p> <p>If you are interested in genealogy and history, this is the group to join! They meet monthly at the senior center to have a short meeting followed by discussion. Everyone is invited to join. Please register.</p>		



Technology Assistance Opportunities

► Digital Drop-In (30-minute appointments)

Tuesday, August 12th from 9:00 AM—12:00 PM

Tuesday, September 9th from 9:00 AM—12:00 PM

Join Shelly Smith (Western Piedmont Council of Governments) for FREE digital navigator services at the senior center. She will answer questions about topics such as online bill paying, housing recertification, online appointment scheduling, job search/resumes, online shopping, etc. and help you learn to navigate them. Due to increased interest, we do require that you make an appointment to ensure being seen. Call 758-2883 to register for a 30-minute appointment.

► Smartphone Help Session

Tuesday, August 26th at 11:30 AM

Tuesday, September 23rd at 11:30 AM

Representatives from Carolina West/Bark Mobile will be at the senior center to answer smartphone questions. Please bring your device if you need assistance.



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

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► **VAYA Health Trainings**—These 1-hour programs are open to anyone in the community including caregivers, those working with the aged, and for professionals needing CEUs. They meet monthly at the senior center.

Thursday, Aug. 28th at 1:30 PM—"Personality Disorders: Reaction to Interaction"

Thursday, Sept. 25th at 1:30 PM—"Suicide and Aging . . . Conversations for Life"



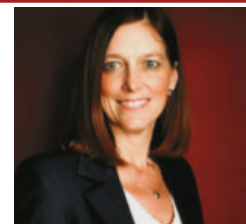
Need food?

758-2883

The Yokefellow Senior Mobile Pantry comes to the senior center once monthly usually on the 4th Monday from 11:00-11:15 AM. Call to sign up if you are in need of an extra bag of food monthly. **Please do not arrive before 10:45 to line up.** You may drive through once the truck arrives.

► **Medicaid Qualification for Long Term Care**

Thursday, Sept. 4th at 3:00 PM
Attorney Angela Clark will present a free program about the requirements to qualify for Medicaid and how to arm yourself with the knowledge so that if the need arises, you will know what to expect. Please register.



► **Senior Bear Program with L-R U—Friday, August 15th at 10:00 AM**



Join Maggie Sime Murray, Director of Online Admission, to learn about Lenoir-Rhyne's Senior Bear Program. The Senior Bear Program is an exclusive membership program for adults ages 55 and older who want to stay engaged, keep learning and enjoy the vibrant Lenoir-Rhyne campus community. Maggie will also share about LR's new fully online bachelor degree programs which are great for the working adult. Options are RN to BSN, Professional Studies programs in business, health and human services, cybersecurity, and Business Administration. Please register to learn about all the perks of the Senior Bear program.



► Join the fun with a game of Bingo!
Friday, August 8th at 10:00 AM
(sponsored by Hopscotch Primary Care)
Register today as space is limited.



Want to play Bingo over the phone? Call for cards and instructions. We play at 10:00 AM.

Thursday, Aug. 14th (Prize Sponsor: The Greens Hickory & Viewmont/Valley Nursing & Rehab)

Thursday, Sept. 11th (Prize Sponsor: Brookdale)

► **Safe & Sound: Hear Better, Live Safer**

Friday, August 22nd at 10:00 AM

Join the NC Division of Services for the Deaf and Hard of Hearing at the senior center for a free, informative session on services and equipment available to individuals who are Deaf, Hard of Hearing, or experiencing hearing loss. **Learn how to: Qualify** for free hearing equipment like amplified phones, alerting devices, and hearing aids, **Prepare** for emergencies with weather alert radios and safety tools, and **Connect** with local resources and support through the Division of Services for the Deaf and Hard of Hearing. Everyone is welcome—bring your questions and a friend! Please register at 758-2883 or online at www.MyActiveCenter.com.



NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Services for the Deaf and Hard of Hearing

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.



MILES AND SMILES—Hiking Club (Linda Grandle is the volunteer leader.) Don't forget to wear comfortable shoes, bring water and a snack, and dress for the weather. If you are unsure about your ability to hike the distance, terrain, or trail difficulty specifications, please choose another activity.

► **Bass Lake at Moses Cone Park**

August 26th at 9:00 AM (Meet at Bass Lake parking lot, Blowing Rock)

Join us for this 5-mile loop around Bass Lake, Deer Park Road, and Duncan Road. The hike is easy to moderate. You may opt for the 1.1-mile loop around Bass Lake which is easy.

► **Catawba Falls in Old Fort, NC**

Sept. 30th at 9:00 AM (Meet at the trailhead; 1 hour/50 miles from senior center.) This is a moderate/strenuous hike for experienced hikers only. Join us for a 3.6-mile loop up Ridge Trail to Upper Falls; 580 stairs down to Lower Falls.

► The **I Screammers** invite you to join them for ice cream. Dutch treat and volunteer-led by Irv Eurto. Please register. They meet at 3:00 PM at the location listed.

Friday, Aug. 8th to Toasted and Rolled (109 N Sterling St. Morganton, NC 28655)

Friday, Aug. 22nd to Saunders Olde Country Store (3637 Blowing Rock Blvd. Lenoir, NC 28645)

Friday, Sept. 12th to Kilwins (278 Shoppes on the Parkway Rd. Blowing Rock, NC 28605)

Friday, Sept. 26th to The Local Bean (120 Cedar Valley Rd. Hudson, NC 28638)

► **Lunch Bunch** (Volunteer led and Dutch treat)

Tues., Aug. 19th at 11:30 AM—Meet at Village Inn Pizza (1234 Morg. Blvd. SW Lenoir, NC 28645)

Tuesday, Sept. 16th at 11:30 AM—Meet at Friendly Lunch (1871 Norwood St. SW Lenoir, NC 28645)

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Thank You!

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, & incontinence supplies, etc. Thank you for your kindness.

Monetary Donations (May—June)

Senior Crafters	Kathy Coyle-Graves
Exercise Classes	Phyllis Fields
All Dance Classes	Kris Mehrmann
Christine Woodrum	JR Boughman
Daniel Hendrix	Roger Austin
Art & Mary Farmer	Dawn Donovan
Rob & Ellen Hooper	
Linda Livingston	
Lou Ann Burns	
Joyce Stewart	
Edward Jones Foundation	

In memory of . . .

Pat Miller by Rachel Church
Loretta Stringam

Community Support

Community supporters for June/July:

Amorem	Yokefellow
WPCOG AAA	Orchard Hills
UNC Health Caldwell	
Guardian Home Health	
Hearing Life	
Lenoir Healthcare	
Caldwell Co. Sheriff's Office	
Carolina West/Bark Mobile	
Hopscotch Primary Care	
NC MedAssist	
American Cancer Society	
VAYA Health	
Caldwell Co. Health Department	
Caldwell County	

We appreciate each and every one of you. Your kindness makes a difference in our community!



A special thank you goes to our golf sponsors, golfers, & Golf Tournament Committee. A great time was had by all, and your generous support is greatly appreciated!

Thank you for donations of jigsaw puzzles, incontinence supplies, and certain types of medical equipment.

We do not accept medical supplies, crutches, hospital beds, or electronic equipment.

Call 758-2883 for details.

THANK YOU for your generosity

We are honored to be the recipients of grants from the following organizations:

**Bernhardt Furniture Foundation
Coffey Foundation
Lenoir Service League
NC Community Foundation**

We have the "coolest" community!

Thanks to everyone who has donated money and/or fans to our needy population during this extreme heat. You have truly been a lifesaver, and we appreciate your generosity!



MEDICARE

► Medicare 101

Thursday, August 21st at 3:00 PM

Are you new to Medicare or have questions about the oftentimes confusing Parts A, B, C & D? This is your chance to attend a FREE session to learn the basics. April Austin, trained SHIP* counselor, will provide you with a better understanding of how to make the best decisions regarding your Medicare plans. Please register by calling 758-2883 or online at MyActiveCenter.com. If you are a State retiree, please let them know when you call to register.

**SHIP—Seniors' Health Insurance Information Program*



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

855-408-1212 or www.ncship.com

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

Monthly Limits:

Individual—\$1,903.00

Couple—\$2,575.00

Resource/Asset Limits:

Individual—\$17,220.00

Couple—\$34,360.00

Call (828) 758-2883 for assistance.

Services by appointment.

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SENIOR PLANET

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Check out our great Senior Planet technology classes on the newsletter insert!

► Hiddenite Arts & Heritage Center's Lucas Mansion Tour \$

Thursday, Sept. 25th at 1:00 PM

Join us for this volunteer-led tour of Lucas Mansion in Hiddenite. Meet there (316 Hiddenite Church Rd. Hiddenite, NC 28636) to enjoy a guided tour of the 3-story Victorian mansion which is listed on the National Register of Historic Places. It features a 1914 House Museum of antiques, collectibles, and local gems & minerals telling Hiddenite's unique geological formulation. In addition, changing art galleries and a toy and doll collection are available. **The cost is \$5** for senior adults. Please register.

► CCC&TI Falls Prevention & Balance Screening

Friday, Sept. 12th from 10:00-12:00

Sign up today to attend this screening at the senior center. Students from CCC&TI's Physical Therapist Assistant Program will guide you through several balance-related tasks to determine what you might consider doing for strength, balance, and maintaining a safe environment to prevent falls. Drop in between 10:00 and 11:45. Please register.



Caldwell Senior Center is selling

Tidal Wave Graph-X4 car wash coupons for only

\$10 each.

This is a great savings off the regular price of \$30. Stop in at the reception desk to purchase them.

► Pictionary Social

Friday, September 26th at 10:00 AM

Start your day with some laughter, light-hearted competition, and a little creativity! Join us for a relaxed morning of Pictionary with cookies and coffee. Whether you're an artistic pro or a proud stick-figure specialist, Pictionary is a fun way to connect and unwind. You may also just sit and talk with friends while enjoying a fresh-brewed coffee. This is about enjoying each other's company and sharing a few laughs over coffee and sketches. Just bring your imagination and your morning energy! Please register at 758-2883.

► Flu Shot Clinic

Friday, Sept. 19th from 10:00-12:00

The Caldwell County Health Department will be at the Caldwell Senior Center to give flu

vaccinations. The CDC recommends getting your flu shot during September or October. You will have a short form to fill out. Please bring your Medicare card and drop in any time between 10:00 and 11:50 AM. Please register so the nurses will know how many doses to bring.



► Advance Care Planning Workshops

Thurs., Aug. 14th at 1:30 PM

Thurs., Sept. 11th at 1:30 PM

Healthcare Powers of Attorney and Living Wills are gifts to your family.

Amorem offers this FREE workshop each month at the senior center to give you peace of mind that you have made the appropriate preparations. Notary services are available onsite to help you complete your documents.



► Page Turners

Tuesday, Aug. 12th & Sept. 9th at 9:00 AM

There may be a spot left to join the book club. Rose Frame is the leader. Books are chosen from the public library's book club selection. Enjoy great discussion and time with friends! Call to register and check on availability.

► Caregiver Support Group

Thurs., Aug. 21st at 2:00 PM

Thurs., Sept. 18th 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. This is a professional-facilitated support group.



It's no secret that we are all aging.
The question is: What can you do to age as functionally and independently as possible?

C. VICKI GOLD, PT, MA

Author, Speaker, Trainer

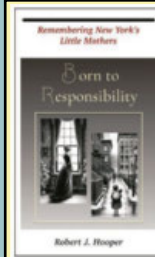
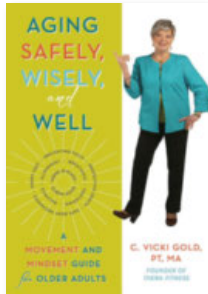
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VISION

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.