

December 2023—January 2024



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HOLIDAY PARTY & KARAOKE WITH KEEGAN (Ugly Sweater Contest)

Friday, December 15th at 10:00 AM

If you want to have some great fun, join us for our annual holiday party at the senior center! This year we have a special treat as Keegan Matheson with UNC Health

Caldwell leads us in a great time of karaoke. Many of you know Keegan from our senior center dances. He knows how to get the party started! Dress in an ugly Christmas sweater to enter our contest. The winner gets a prize. Refreshments will be provided by UNC Health Caldwell. You will not want to miss out on lots of laughs and time with friends around the lights of the Christmas tree. **Please register by December 11th** as space is limited, and we need to plan for food. You may call 758-2883 or go online to MyActiveCenter.com.



BE A SANTA TO A SENIOR

If you have taken one of the ornaments to buy gifts for a needy senior, **please return those unwrapped to the senior center by December 8th**. This project is organized by Guardian Home Health, and your items will be distributed by volunteers. Thank you for making this a special time of the year for those who need it most.

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

FREE CHRISTMAS LUNCH

Monday, December 25th from
 11:30 AM-1:00 PM

First Baptist Church in Hudson will host their 15th Annual Christmas Day Lunch. This lunch tradition is one of

sharing the Christmas spirit with the Caldwell County community. They will offer free meals to Caldwell County residents ONLY which may be delivered or will be available for pick-up up at the church. To have a meal delivered, you will need to call the church office at (828) 728-4297 by 5:00 PM, Wednesday, December 20th. Meals to be picked up will be available from 11:30 AM until 1:30 PM on Christmas day at First Baptist Church, 345 Main Street, Hudson.



PROGRAMS

TOUR OF CALDWELL HERITAGE MUSEUM

Friday, December 1st at 1:00 PM

Have you been to the museum? This is your chance to receive a personalized tour with Cindy Day. Whether you are new to the area or have called Caldwell County home for your entire life, there is something to learn and explore. Please arrive at the Caldwell Heritage Museum at 1:00. Register by calling 758-2883 or go online to MyActiveCenter.com.

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, December 1st from 10:00 AM—12 Noon

"Dementia: A Deeper Understanding" & "Not as Prescribed: Effects of Medication Misuse"

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

"Enriching Mental Health Part 1 and Part 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.

HEALTHY EATING OVER THE HOLIDAYS

Thursday, December 7th at 1:00 PM

The holidays are a time when family and friends gather to enjoy each other's company and of course eat! Between the cookie swaps and indulgent meals, it's no surprise that maintaining a healthy weight can be a huge challenge. Eating healthy may seem like another task on the holiday "to do list", but just remembering to do a few small things can help you make or break that bathroom scale. Facts show that between Oct. 1st - Jan. 2nd the average American gains 8 lbs. which have been found to not budge throughout the next year. Keeping in mind some everyday tips to help us choose healthier foods, can also prove to be very useful during the holidays. Join Heather Casey, MS, RD, LDN, for a tasty holiday snack and tips on how to make this 2023 Holiday Season the healthiest ever. Please register by calling 758-2883 or by going online to MyActiveCenter.com.

ESSENTIAL HABITS FOR LIVING YOUR BEST LIFE

Friday, December 8th at 10:00 AM

Join Michael Harmon, Physical Therapist, for a FREE presentation on the essence of his experiences of going into patients homes over the past 31 years. Michael will teach the simple truth about how to live our best life. Learn how to re-think how we sit and how this impacts our health. Understanding proper sitting techniques informs our body that we are active and want to keep our health. Please register by calling 758-2883 or by going online to MyActiveCenter.com.

ADVANCE CARE PLANNING WORKSHOP

Thursday, Dec. 14th at 1:30 PM

Thursday, Jan. 11th 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.

BINGO

Friday, Jan. 19th at 10:00 AM

Join us for bingo at the senior center. PACE @ Home will call the games and provide prizes. Please register at 758-2883 or online at MyActiveCenter.com

CAREGIVER SUPPORT GROUP

Thursday, Dec. 21st at 2:00 PM

Thursday, Jan. 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. Come and be part of this time just for you, the caregiver! Please register at 758-2883 or by going online to MyActiveCenter.com.

PROGRAMS

RUMMIKUB

Tuesdays, Dec. 12, 19 at 10:00 AM

Tuesdays, Jan. 9, 16, 23, 30 at 10:00 AM

Back by popular demand! If you have missed playing Rummikub or want to learn to play, you will have lots of chances to do so as the weather gets cooler. The game is similar to Rummy but is played with tiles. You try to get rid of all your tiles by forming numbers into runs or 3 tiles or more, or 3 to 4 of a kind. The colors of the numbers on the tiles are like card suits. You will love it! We will provide space in the sunroom on the Tuesday mornings listed above at 10:00 AM.

GLAUCOMA: A SILENT THIEF OF SIGHT

Tuesday, January 2nd at 11:00 AM

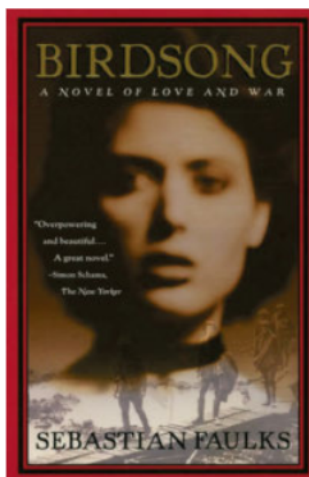
January is Glaucoma Awareness Month. Join us at the senior center **or** via Zoom (online) to learn more about Glaucoma, healthy habits for Glaucoma patients, and treatments available. We will show a series of videos from professionals in the field and a panel discussion with Glaucoma patients and their reaction to treatment. Please register either for the in-person event or online event by calling 758-2883 or by going online to MyActiveCenter.com.

BOOK CLUB

Tuesday, January 9th at 9:00 AM

Rose Frame is starting a book club for anyone interested. She will select books available through the library to prevent having to buy them. The first book is [Birdsong: A Novel of Love and War](#). At the first meeting, you will receive a copy and discuss what other types of books you are interested in reading.

The Book Club will meet on the second Tuesday of each month to discuss the selection. Registration is required as space is limited. You may call 758-2883 or go online to MyActiveCenter.com.



BUZZ SESSION WITH THE BOARD

Friday, January 12th at 10:00 AM

Every other month, your Caldwell Senior Center Board Members will take turns meeting with you at a "Buzz Session" to hear ideas. Refreshments will be provided as you share activity and program ideas. Don't miss this chance to lead our senior center into a future of great programming. Please call 758-2883 or go online to MyActiveCenter.com to register so that we know how many snacks to prepare.



SCAMS & YOUR SAFETY

Friday, January 26th at 10:00 AM

Scams are part of our lives these days. We get lots of calls and often wonder if what is being relayed is real especially when it seems "local". Join Cpl. Lynn with the Lenoir Police Department for a FREE informative program about scams in our area and safety in the community. Please call 758-2883 or go online to MyActiveCenter.com to register.

Thanks to Brianna and Hannah, our Teen Tech Time Volunteers! We appreciate your dedication each week and will miss you. Best of luck in your studies.



JOIN A GROUP



GOLDEN TICKET TUESDAY

One Tuesday per month for the 1st showing time
Golden Ticket Cinema Twin Theater

Once monthly on a Tuesday, you are invited 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.

WHAT'S FOR LUNCH?

LUNCH BUNCH

Tuesday, December 5th at 11:30 AM at Friendly Lunch

Tuesday, January 9th at 11:30 AM at Los Izotes

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 put on the Lunch Bunch call list.



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.



MILES AND SMILES—Hikes for every ability level!

Linda Grandle is our volunteer hiking group leader and has fun hikes planned!

Tuesday, December 12th at 1:00 PM

Lenoir Greenway—The group will meet at the senior center at 1:00 PM to carpool, or you may meet us at Wilson Athletic Park (1010 Powell Rd. NE Lenoir) at 1:10 PM. There are 2-mile, 3-mile, or 4-mile options on a paved trail. Please call 758-2883 or go online to MyActiveCenter.com to register.

Friday, January 12th at 1:00 PM

Oak Hill Community Park—We will meet at the senior center at 1:00 PM, or you may meet us at Oak Hill Community Park (Morganton) at 1:30 PM to hike. This is a 3-mile hike on a natural surface through the woods. You can shorten the hike by turning around at any time. Please call 758-2883 or go online to MyActiveCenter.com to register.

HOLIDAY CLOSINGS

The senior center will close for the following holidays.



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, December 14th at 10:00 AM with prizes sponsored by Lenoir HealthCare

-Thursday, Jan. 11th at 10:00 AM with prizes sponsored by Guardian Home Health.

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

We are taking applications for the Senior Center Advisory Board at this time. If interested, please complete an application by December 15th.

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

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

- Front Desk Receptionist
- SHIP Counselors (Seniors' Health Insurance Information Program)

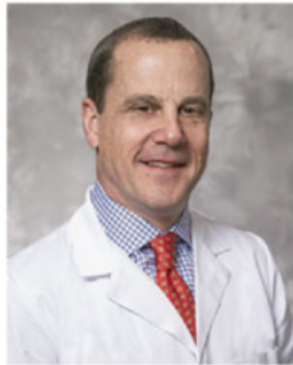


Caldwell Urology Associates is a division of Caldwell Memorial Hospital

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.



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828-455-0301, TTY 711
patrickmiller1979@gmail.com
UHCMedicareSolutions.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)
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.
COLORING CLUB 10:00 AM—Noon—Coloring sheets provided or color the bulletin board.
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

TRAVEL TUESDAY * (Email)—Offers a weekly virtual travel experience.
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!
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

WELLNESS WEDNESDAY * (Email)—Offers weekly wellness information and an exercise video to do at home.
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— December will be a Christmas music theme review. Beginner Basics will start over in January. 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 1st Wednesday at 11:00 AM; 3rd Wednesday at 1:00 PM (lobby)
POTTERY CLASS 12:30-3:30 PM—There is a \$10 per class fee. Slots are limited.
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, December 4th at 10:00 AM— “Introduction to Social Media” (Lecture)

Monday, December 11th at 10:00 AM— “Exploring and Downloading Apps” (Workshop)

Monday, January 8th at 10:00 AM— “Intro to AI” (Lecture)

Monday, January 22nd at 10:00 AM— “Getting to Know Your Smartphone” (Workshop)

Monday, January 29th at 10:00 AM— “Tips for Being News Savvy Online” (Lecture)

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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Exercise Classes
Senior Crafters
Rob & Ellen Hooper
Marilee McDonald
Pat Miller
Phil and Sheila Burns
Walmart #1064—Lenoir

In memory of . . .

Rick Rash by Rachel Church

Thanks to our
Board Members
who provided
snacks for our
SHIP counselors!

Thanks to Susan
Morgan for filling
in as an exercise
instructor!

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 & supplies, etc. Thank you for your kindness.



Join our Fall Giving Campaign and donate today by scanning this QR code with your smartphone. Thanks for your support to the Caldwell Senior Center.



Community Support

We are very fortunate to have community partners who support us in many ways.

October/November—Amorem, Brookdale Assisted Living, Caldwell Community Paramedics, Carolina West/Bark Mobile, Clark & Clark Law, Dr. Hamilton-Brandon, Frye Regional Medical Center's Jessica Bumgarner, Grace Heights, NC Tar Heel Legislator Delegate Linda Vitsyn, PACE @Home, VAYA Health, WPCOG AAA, Yokefellow Senior Mobile Pantry, Lynda Campbell and Silvia Coffey

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



may be made online at www.caldwellseniorcenter.org
or by mailing your check to PO Box 933 Lenoir, NC 28645.



Please cut and return this portion with your donation.

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****If you would like an acknowledgment sent to the family, please provide the information below.*

Name: _____

Address: _____

If you DO NOT wish to receive a thank you letter/receipt, please check this box. ☐

MEDICARE

MEDICARE 101

Monday, January 22nd at 3:00 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 certified *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—\$1,843.00

Couple—\$2,485.00

Resource/Asset Limits:

Individual—\$16,660.00

Couple—\$33,240.00

Call (828) 758-2883 for assistance.
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+, 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 758-2883 for information on how 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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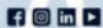
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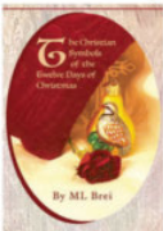
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Limited scholarships may be available to those needing assistance with fee-based activities. Please see April Austin or Ingrid Farrar if you are in need.



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



STAFF & FRONTLINE VOLUNTEERS

April Austin,
Executive Director

Ingrid Farrar,
Assistant Director

Debbie Clark.
Administrative Assistant/
SHIIP

Rose Frame (Receptionist/
Notary)

Rob Hooper (SHIIP)

Michelle Mielke (SHIIP)

Cindy Rogers (Receptionist)

Joyce Stewart (Receptionist)

Vicki Wyckoff (SHIIP/Notary)

BOARD MEMBERS

Rob Hooper, Chairperson

Ethan Gilley, Vice Chairperson

Sheila Burns, Treasurer

Linda Grandle, Secretary

Mike Bonin

Phyllis Fields

Mark Kastner

Kristen 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.