

February—March 2024

WHAT'S INSIDE

- 02 Programs
- 03 Programs
- 04 Join A Group
- 05 Opportunities
- 06 What To Do?
- 07 Tech Classes
- 08 Thank You
- 09 Medicare
- 10 Services

Thank You. 

Your generosity and support mean the world to us. Thank you for contributing to our campaign and helping us make a positive impact in the lives of Caldwell County's older adults.

Together we are making a difference!
 The total for our Annual Giving Campaign is
\$13,120.99

with \$7,750.89 of that from Giving Tuesday. We appreciate each and every one of you who made this possible.

Please find our list of wonderful donors on page 8.



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

BLACK HISTORY MONTH PROGRAM

February 23rd at 10:00 AM

We invite you to the senior center to hear from local residents who will share their experiences regarding educational opportunities during the time of integration. You will discover what opportunities were available to them, barriers in education, and how integration impacted them. We are excited to feature great speakers to include Dr. Leslie McKesson, Dr. Helen Hall, and Mr. Earl Patterson. Our panel discussion will be moderated by Elaine Setzer-Maxwell. Please register to attend by calling 758-2883 or go online to MyActiveCenter.org.



**February
 19th**

We will be closed for the following holidays:



**March
 29th**



PROGRAMS

Red and Black Masquerade Dance

February 23rd from 5:00-7:30 PM



Don't miss this fun dance at the senior center! Wear red & black and a masquerade mask if you wish. You do not need a partner to attend. This event's food is sponsored by UNC Health Caldwell.

There is a \$5 fee. Please register and pay at the front desk by Feb. 16th. Space is limited to the first 60 people who pay. The fee is non-refundable.

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, February 2nd from 10:00 AM—12 Noon

"Facing the Emotional Challenges of Mental Illness" & "Anxiety: Managing Nervous Energy"

Friday, March 1st from 10:00 AM—12:00 Noon

"PTSD: Healing the Emotional Wound" and "Hoarding Disorder: Hidden Secrets"

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.

PICKLEBALL (at Martin Luther King Jr. Center)

Monday—Friday from 9:30 AM—12:00 PM

Join others at MLK Center to play pickleball.

This is a beginners group, and you will have instruction if needed. Give it a try!

313 Greenhaven Dr., NW
Lenoir, NC 28645



ADVANCE CARE PLANNING WORKSHOP

Thursday, Feb. 8th at 1:30 PM

Thursday, Mar. 14th 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, Feb. 15th at 2:00 PM

Thursday, Mar. 21st 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.

We will make
copies for you.
The cost has
gone up to ...

25¢
EACH

PROGRAMS

It's time again for MARCH MADNESS senior center style with a chance to win \$200!

March 1st—22nd

Join us for our March Madness fundraiser. Beginning March 1st, you may participate in our 10X envelope fundraiser. Here is how it works. Ask us for an envelope, complete the name/info card, put \$1 to \$20 and your info card inside, and seal it. On March 22nd, we will draw one envelope and the amount inside will be multiplied by 10! This amount of cash will be given to the owner of that envelope. You could win \$10 or up to \$200. To increase your chances of winning, you may participate with as many envelopes as you want.



GAME TIME . . .

Friday, March 22nd at 10:00 AM

Join us for Bingo sponsored by Pace @ Home. The winner of our 10X fundraiser will be drawn after Bingo. You must be registered to attend. Please call 758-2883 or go online to MyActiveCenter.com to register.

PROPERTY TAX EXEMPTION PROGRAM

Friday, February 9th at 10:00 AM

Join Alicia Simmons & Josh Angle, Tax Administrator with the Caldwell County Tax Office at the senior center for a FREE program about property tax exemption qualifications. Josh will also discuss what your property taxes go toward. Please register at 758-2883 or by going online to MyActiveCenter.com.

BALLROOM DANCE (Moving to Mondays!)

Mondays, February 12th & 26th at 12:30 PM

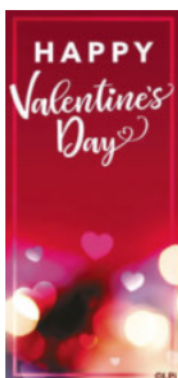
Mondays, March 11th and 25th at 12:30 PM

Join Kathy Laughlin for a FREE Ballroom dance lesson at the senior center. They meet twice monthly with the first lesson introducing the dance and the second to practice. No partner is necessary. Please register by calling 758-2883 or by going online to MyActiveCenter.com.

VALENTINE ADVOCACY DROP-IN EVENT

Wednesday, Feb. 14th during office hours

We are hosting a special event for you to have your voice heard and encourage our legislators to pay close attention to those policies being presented that affect the lives of older adults and senior centers. Stop by, write your card, and pick up a treat. Please register by calling 758-2883 or by going online to MyActiveCenter.com



TOUR OF HISTORY MUSEUM OF BURKE CO.

Thursday, March 7th 1:00 PM

Meet at the senior center to carpool and enjoy the 22,000 artifacts at the History Museum of Burke County in Morganton. This is a volunteer led activity. Please bring a \$2 donation. Call 758-2883 or go online to MyActiveCenter.com to register.

ROAD SCHOLAR TRAVEL PROGRAM

Friday, March 8th at 10:00 AM

Join Cindy Harris for an informative presentation on the opportunities to learn & discover with the Road Scholar organization. Road Scholar offers educational & entertaining tours for older adults all over the U.S. and the world. This presentation includes: Road Scholar program basics, details on applying and obtaining a Caregiver grant, financial aid criteria, and Q & A time. Please call 758-2883 or go online to MyActiveCenter.com to register.



**code, stopping by the senior center or mailing one to:
Caldwell Senior Center
PO Box 933
Lenoir, NC 28645**

May be made by scanning the QR



JOIN A GROUP

Be the Change for seniors Fundraiser

February 5th—23rd

Our Board of Directors is sponsoring a FUN-draiser, and anyone may participate. All you do is fill a 20-ounce Gatorade bottle with any type of change (including paper money). Do not use regular water and soda bottles because their openings are not large enough. If you need a 20-oz. Gatorade bottle and/or bottle label, you may pick one up at the senior center. Once you turn in your bottle with monetary donation, your name will go in a drawing for a prize. The biggest prize is helping to fund the senior center's many activities and programs. Please call 758-2883 or see the receptionist to sign up.



GOLDEN TICKET TUESDAY (Dutch Treat)

One Tuesday per month for the 1st showing time

Golden Ticket Cinema Twin Theater

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.



LUNCH BUNCH (Dutch Treat)

Tuesday, February 20th at 11:30 AM at Taste of Havana (Lenoir)

Tuesday, March 19th at 11:30 AM at Ruby Tuesday's (Lenoir)

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.



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, February 6th at 1:00 PM

Yadkin River Greenway— You will enjoy this easy 3-mile hike on a paved surface. Meet at the senior center at 1:00 to carpool. Please call 758-2883 or go online to MyActiveCenter.com to register.

Friday, March 15th at 12:30 PM

Baker's Mountain—This is a moderately challenging 2.2-mile hike in Hickory. Meet at the senior center at 12:30 to carpool. Please call 758-2883 or go online to MyActiveCenter.com to register.

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, February 8th at 10:00 AM with prizes sponsored by the senior center

-Thursday, March 14th 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.

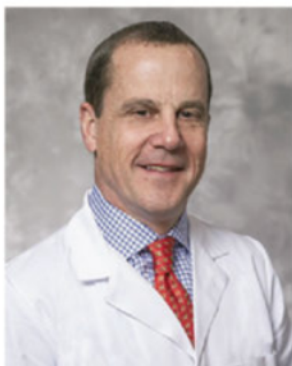


Caldwell Urology Associates is a division of Caldwell Memorial Hospital

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
UHCMedicareSolutions.com
PO Box 3062 Hickory, NC 28603



**THRIVE
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.
MAH JONGG 1:00 PM—2nd and 4th 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

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!
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

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— 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 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. 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)

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, February 5th at 10:00 AM— “Emojis, GIFs and More” (Lecture)

Monday, February 12th at 10:00 AM— “Online Tools for Contacting Lawmakers” (Lecture)

Monday, February 26th at 10:00 AM— “Streaming and Smart TVs” (Lecture)

Monday, February 26th at 11:00 AM— “Introduction to A.I.” (Lecture)

Monday, March 4th at 10:00 AM— “Youtube (Browser)” (Lecture)

Monday, March 11th at 10:00 AM— “Finding Community on Senior Planet Community” (Workshop)

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.

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

THANK YOU, DONORS

Jackie Hooper	Johnny Crouch	Fun & Friendship Club	Senior Crafters
Kristin Pope	Betty Richardson	Susan Morgan	Ann F. Miller
Ethan Gilley	Barbara Freiman	Kathy Whittington	Ronnie Price
Alfred Stark	Deborah Raina	Jane Cummings	Nadine Hood
Sue Roberts	Thomas Pasquale	Deborah Cerminaro	William Walker
Evelyn Beam	Linda Triplett	Ronald Hutchinson	Keith Hindman
Joyce Price	Brittany Bonn	Patricia Pritchard	Joe Miller
Curtis Reid	Maynard Joplin	Mary Alice Norwood	Rachel Coffey
Mary Logan	Carolyn Speagle	Art & Mary Farmer	Sharon Herman
Cathy Taylor	Louise Bradshaw	Roger & Retha Greene	Elva Tallent
Dorothy Little	Janet Williams	Margie Merchant	Dennis Lockhart
Thomas Greer	Harold Johnson	Watt & Debbie Smith	Emily Mabe
Carol Greene	James Leechan	Charles & Nickie Creger	Brenda Smith
Cindy Rogers	Holiday Pools	Johnny & Cornelia Warren	Lesley Campbell
Cliff Miller	Dewitt Pritchard	Dr. Myra Dickson	Pat Trivette
Mary Small	Diane Bonaker	Noel & Lorna Lemere	Carolyn Woodie
Dawn Donovan	Janice Greene	Irv & Verna Eurto	Jim Muir
Mary Kemp	William Salsbury	Michelle Mielke	Lois Dula
Sue Gurley	Cindy Younce	Don & Bonnie Bowie	Wade Heffner
Benny West	John Woody	Jeff & Ingrid Farrar	Rachel Church
Alana Clark	Shirley Koontz	Robert & Debra Land	Martha White
Judy McDade	Joyce Reid	Jerry & Joann Jenkins	Linda Grandle
Patsy Reid	Mandy Pearce	Phil & Sheila Burns	Betty Carlton
Helen Ollis	Lida Martinat	Dale & Bonita Simmons	Linda Myers
Dot Fairchild	Donna Benge	Mark & Deb Kastner	Judy McLean
Eva Triplett	Connie Wallace	Graham & Ann Gilley	Felicia Wood
Anne Smith	Janie Mangum	Russell & Lee Ann Beaver	Pat Miller
Jackie Heim	Patricia Grant	Sam & Jean Jones	Cam Riddle
Sandy Triplett	Cynthia Knotts	Gary & Caroline Bradford	Beverly Clark
Gail Reid	Janice Leatherman	Regonald & Patricia Bryant	Lorraine O'Keefe
Kathy Laughlin	Donna Staples	Ronald & Brenda Smith, Sr.	Phyllis Fields
Joyce Stewart	Joan Suddreth	Sarah Sheckells	Julia Corpening
Jeff & Rita Joines	Alvin Daughtery, Jr.	Patricia Lynn Rothrock	Exercise Classes
		Jimmie & Sarah Watson	Line Dancers
		Bill & Sharon Berry	Rachel Church
		Heike Annucci & Roy Baughman	

In Memory of . . .

Steve Austin by Reba Austin
 Theresa V. Hooper by Marielouise Brei
 Ruth Davis Greene by Janice Driscoll
 Helen Kovachi by Fran Fox
 Bruce & Dale Hall by Jeanne Hall
 Charles Hathcock by Danny & Adrian Kincaid
 Catherine Phillips, Ruth Davis Greene and Bill & Mary Austin by Miranda Morris
 Richard Speagle by Lori Speagle Price
 Bill & Mary Austin and Ruth Davis Green by April Austin
 Helen Sullivan Kincaid by Barbara Starr
 Tripp Triplett and Glenn Byrd by Sandy Triplett

In Honor of . . .

Linda Grandle
 by April Austin
 Liz Gray & Sharon Berry
 by Bob & Carolyn Lingle
 Staff & volunteers
 by Martha Livingston
 The Amazing Senior Center Staff
 by Jerry & Jan Pritchard
 Fun & Friendship and Cindy Rogers
 by Rob & Ellen Hooper

MEDICARE

MEDICARE 101

Friday, March 15th at 10:00 AM-12:00 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.



(828) 256-0184

HomeInstead.com/628

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME
Rich Fernbach**

rfernbach@lpicommunities.com

or (800) 477-4574 x3675



**FREE
AD DESIGN**
with purchase
of this space

CALL 800-477-4574

SUPPORT OUR ADVERTISERS!

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.



AMOREM QUALITY. COMPASSION. SUPPORT.

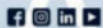
Bringing Burke and Caldwell organizations together to maintain the legacy of community-based hospice care.

As AMOREM, we offer our communities

more quality.
more compassion.
more support.



828.754.0101 • 1.844.4AMOREM
WWW.AMOREMSUPPORT.ORG



FORMERLY BURKE HOSPICE AND PALLIATIVE CARE & CALDWELL HOSPICE AND PALLIATIVE CARE

Forever Stage IV



By Millie Lintell
An Inspiring Story About Thriving Against the Odds
In paperback at amazon.com



meripointbooks.com



Evans Funeral Service

Where Friends and family have gathered to celebrate

memories since 2005

1070 Taylorsville Road
Lenoir, NC

828-754-7979

evansfuneralservice.com

Family Owned and Locally Operated

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.



Scan to contact us!

Visit lpicommunities.com

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

BUSH AND ASSOCIATES

**Thinking about insurance?
Get in touch with us!**

Free Quotes!

• MEDIGAP • VISION • DENTAL • INDIVIDUAL HEALTH

(828) 754-2601

Text Us: 828-493-5821

quotes@bushandassociates.net | www.mynchealthplan.com



For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1643



Post Office Box 933, Lenoir, North Carolina 28645

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
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.