



Richmond County Aging Services Newsletter

225 South Lawrence Street
Rockingham, NC 28379

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May 2018

Richmond County Aging Services *presents*



LAW ENFORCEMENT & FIRST RESPONDERS

APPRECIATION BREAKFAST

SPONSORED BY

FIRST UNITED METHODIST CHURCH

410 East Washington Street

HELD AT: Rockingham, NC 28379

RSVP by

Thursday, May 24, 2018

by calling 910-997-4491

THURSDAY, MAY 31, 2018

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Join us as we celebrate
Richmond County's older adult
Law Enforcement & First Responders!

FREE Event
Must be at least
55 years old

Richmond County Aging Services

DURALAST 2 TON JACK



RAFFLE

Tickets: \$ 1 each or
6 tickets for \$ 5.00

All proceeds will go towards
senior center programs
and activities.

DRAWING HELD:

JUNE 29, 2018 3:00PM



\$ 80.00 value
call 910-997-4491
for more information.

Upcoming Trips

*Seating is limited on trips

Senior Center	Trip Location	Date	Time Leaving	Cost
East Rockingham	Campbell Soup Maxton *	Tuesday, May 22 nd	9:30am	\$5.00
Ellerbe	Moore County Pamper Day *	Wednesday, May 23 rd	8:30am	\$5.00

Upcoming Events

Event Name	Event Location	Date	Time
Tai-Chi Class	East Rockingham Senior Center	Wednesdays starting May 2 nd	1:30pm-2:30pm
Alive after 55	Ellerbe Springs Restaurant	Thursday , May 17 th	6:00pm
Arthritis Class	Ellerbe Senior Center	Mondays and Thursdays May 14 – July 12	1:00pm-2:00pm

Upcoming Closings

East Rockingham Senior Center	East Rockingham Meal Site	Ellerbe Senior Center/ Meal Site	Hamlet Meal Site	Rockingham Senior Center
Tuesday, May 8 th	Tuesday, May 8 th	Wednesday, May 23 rd	Tuesday , May 1 st	Monday, May 28 th
Monday, May 28 th	Monday, May 28 th	Monday, May 28 th	Wednesday, May 2 nd	
			Thursday, May 3 rd	
			Wednesday, May 9 th	
			Monday, May 28 th	
			Wednesday, May 30 th	2

good going

All of the answers in this quiz contain the word GOOD.

1. Candy-coated licorice pieces.
2. This women's magazine published its first issue in 1885.
3. A nonprofit organization that provides job training and other services largely through a large network of retail thrift stores.
4. According to poet Robert Frost, "good fences make..." these.
5. The first African American Supreme Court justice.

10 Benefits of Tai-Chi for Seniors

1. Relieves Pain
2. Fights Depression
3. Eases Arthritis Discomfort
4. Promotes Deep Breathing
5. Lowers Blood Pressure
6. Improves Mental Clarity
7. Improves Balance
8. Strengthens Lower Body
9. Raises Energy Levels
10. Improves Sleep



Join us at the East Rockingham Senior Center for Tai-Chi classes every Wednesday from 1:30pm-2:30pm starting May 2nd.

Free program.

For more information call Donna Luther 997-8332.

SERVICES OFFERED AT RICHMOND COUNTY
AGING SERVICES

Realizing the importance of social interaction and physical activity to the vitality of all people, Richmond County Aging Services places special emphasis on this and can provide information and assistance. Call 910-997-4491 for more information. Some of the social and recreational activities hosted by the Center(s) include:

Health Screenings	Medicaid Benefits
Fitness and Health Promotions	Medicare Parts A & B
Insurance Counseling	Medicare Part D
Tax Preparation Counseling	Social Security Benefits
Legal Services	Job Training
General Transportation	Job Placement
Medical Transportation	Congregate Meals
Support Groups or Classes for Caregivers	Home Delivered Meals
Housing Assistance	Adult Day Care/ Day Health
Reverse Mortgage Counseling	Mental Health
Home Repair/ Modification	Disaster Preparedness, Planning or Response
Home Health Services	Durable Medical Equipment/ Assistive Devices
In Home Aide Services	Hospice Care
Long Term Care Facilities	Rehabilitation Services
Report Suspected Abuse, Neglect or Exploitation	Respite
Senior Games	Telephone Reassurance
Energy Assistance	Food Distribution

Answers from page 3

1. Good & Plenty
2. Good Housekeeping
3. Goodwill Industries
4. Good neighbors
5. Thurgood Marshall

Upcoming Arthritis Class

The arthritis exercise class is a group exercise and education program designed to help reduce pain and stiffness due to arthritis, helps to maintain or improve mobility, helps with muscle strength and functional abilities of everyday tasks.

Location Name:
 Ellerbe Senior Center

Address:
 306 Millstone Rd.
 Ellerbe, NC 28338

Class Dates :
 May 14, 2018 - July 12, 2018
 Mondays and Thursdays
 1:00pm-2:00pm

Free Program. Call today to register!
 Ellerbe Senior Center
 910-652-6006

Sponsored by :
 The Lumber River Council of
 Governments



Introducing



RICHMOND COUNTY AGING SERVICES

Alive after 55

SUPPER CLUB

LET'S GET TOGETHER FOR SUPPER
AND
ENJOY A NIGHT OUT WITH OTHER
SENIORS OVER 55 YEARS OLD.

Ellerbe Springs Restaurant

2537 N US HWY 220
ELLERBE, NC 28338

THURSDAY,
MAY 17TH
@ 6:00PM

RSVP BY 5/16/18
910-997-4491

This program is open to any senior who is looking for social support, friendship and great food. We will meet once a month on the 3rd Thursday at 6:00pm at a designated restaurant in Richmond County.

Reservations for Dinners will close 24 hours before actual event so the venue will know how many members to expect.
RSVP's are a must, call 910-997-4491

PAY- YOUR-OWN- WAY- MEAL.

*PLEASE REMEMBER TO TIP THE WAIT STAFF GENEROUSLY,
A MINIMUM OF 15% - 20% SO WE WILL BE WELCOME AT THE NEXT EVENT.*

Walkie Talkies

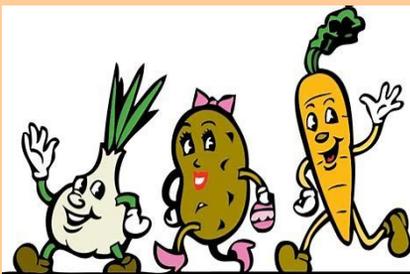
If you find it difficult to get active, why not start walking? Join us on Thursday mornings at 9:00am at the East Side Cemetery. Call 997-4491 to let us know you are joining us.



Like
us on
Facebook

Richmond County
Aging Services
@agingisgood

May's recipe can be found on our Facebook page and our county website.



Did you know?

Our newsletter, monthly activity calendars and meal site menus are available on-line at www.richmondnc.com/245/aging-services and on our Facebook page @agingisgood