



Richmond County Aging Services Newsletter

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July 2018

Richmond County Aging Services

Raffle!

Drawing will take place on
Thursday, September 27, 2018
at 3:00pm

TICKETS:

1 for \$1.00
6 for \$5.00

**ALL PROCEEDS BENEFIT
EAST ROCKINGHAM &
ELLERBE SENIOR CENTER'S
ART PROGRAM.**

For more information call 910-997-4491.

Thank you for your support!



"FINISHED FARM CHORES"

*30" x 40" Oil on Canvas Painting.
Image shown above is the
actual painting being raffled.
Artist: John Moore of Ellerbe, NC.*

Thank You!

Thank you to everyone who came out to support our car wash and yard sale/hotdog sale. Combined we raised a little over \$ 1,900.00 to go towards our senior programs and activities.

Upcoming Trips

*Seating is limited on trips

Senior Center	Trip Location	Date	Time Leaving	Cost
Ellerbe/East Rockingham	Moore County Hair Day/Pamper Day*	Wednesday, July 11 th	8:00am	\$5.00
Ellerbe	Maxton Campbell Soup*	Wednesday, July 25 th	9:00am	\$5.00

Upcoming Events

Event Name	Event Location	Date	Time
Tai-Chi Class	East Rockingham Senior Center	Fridays	1:30pm-2:30pm
Dementia Workshop	Cole Auditorium	Tuesday , July 17 th	9:00am-11:00am
Arthritis Class	Ellerbe Senior Center	Mondays and Thursdays May 14 – July 12	1:00pm-2:00pm
Alive after 55	Bella Italy	Thursday, July 19 th	6:00pm

Upcoming Closings

East Rockingham Senior Center	East Rockingham Meal Site	Ellerbe Senior Center/ Meal Site	Hamlet Meal Site	Rockingham Senior Center
Wednesday, July 4 th	Wednesday , July 4 th	Wednesday, July 4 th	Wednesday, July 4 th	Wednesday, July 4 th
Tuesday, July 17 th 9:00am-12:00pm	Tuesday, July 17 th	Tuesday, July 17 th	Wednesday, July 11 th	Tuesday, July 17 th 8:30am-11:30pm
		Wednesday, July 25 th	Tuesday, July 17 th	

What a Pair

How many familiar pairs can you make from the clues below?

1. Hemoglobin...and Clinton's vice president.
2. Under the weather...and weary.
3. Activity on Goggle...and to save someone.
4. Mr. Hope...and to use a loom.
5. Liberated...and transparent.

Answers on page 4

Richmond County Aging Services

Water Aerobics Class

Held at the East Rockingham Park Pool

Beginning June 2018 – August 2018

One-time charge of **\$15.00**

Mondays & Thursdays

5:00 pm - 6:00 pm

Lifeguard on duty



Call Donna Luther East Rockingham Senior Center at 910-997-8332 to sign up. Must be at least 55 or older.



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 for more information:
910-652-6006

Sponsored by :
Lumber River Council of
Governments

Answers from page 3

1. Blood and Gore
2. Sick and Tired
3. Search and Rescue
4. Bob and Weave
5. Free and Clear



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.

Bella Italy
107 W. Broad Ave.
Rockingham, NC 28379

THURSDAY,
JULY 19TH
@ 6:00PM
RSVP BY 7/18/18
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.*

Ice Cream Social

Hamlet Senior Center

Tuesday, July 26th

2:00pm-4:00pm

Free Event for Seniors 55+

Call or stop by to register:

Hamlet Senior Center 582-7985, East Rockingham Senior Center

997-8332, Ellerbe Senior Center 652-6006, Aging Services 997-4491





Community Dementia Workshop

**Tuesday,
July 17, 2018
9:00 am -11:00 am**

**RC Cole Auditorium
1042 W. Hamlet Ave.
Hamlet, NC 28345**

**Please register by
Thursday, July 12**

**For more info
and to register:**

**Call Richmond
County Aging
Services**

(910) 997-4491

**Light refreshments
will be served**

What Happens Next?

Understanding the progression of dementia can help us learn what to expect and how to better interact with those we care about.

Follow the story of one family as they move through the stages of dementia. Learn along with them what works, what doesn't work, and how to keep the peace along the way.

Featuring:

**Melanie Bunn, RN, MS, GNP
Dementia Training Specialist,
Dementia Alliance of North Carolina**

Lumber River Council of Governments

