



Newsletter

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January 2019

Richmond County Aging Services

We are having

★ SPIRIT NIGHT



at Captain D's

THURSDAY, JANUARY 17, 2019

5:00PM - 8:00PM

1246 E. BROAD AVENUE
ROCKINGHAM, NC 28379

Eat at Captain D's in Rockingham and 10% of ALL inside sales will benefit senior programs and activities.

If you use the drive-thru, be sure to tell the cashier that you want to support Richmond County Aging Services.

Prize Wheel- \$1.00 to spin & everyone is a winner!

CALL RCAS AT 910-997-4491 FOR MORE INFORMATION.

Winter Weather Announcement

When Richmond County Government Offices are closed due to inclement weather such as snow or ice, the senior centers and meal sites will be closed as well.

Check with local TV channels 9 and 14. Local AM radio stations WAYN 900, WKDX 1250, WLWL 770, and FM radio station WJSG 104.3 for weather related announcements.

**Richmond County
Aging Services
would like to wish
you and your family a
Happy New Year.**

Upcoming Trips

*Seating is limited on trips

Senior Center	Trip Location	Date	Time Leaving	Cost
Ellerbe	*Pamper Day Southern Pines	Tuesday, Jan. 15 th	8:30am	Free
East Rockingham	*Girls Day Out Southern Pines	Tuesday, Jan. 29 th	8:00am	Free

Upcoming Events

Event Name	Event Location	Date	Time
Alive After 55 / Fundraiser	Captain D's Rockingham	Thursday, Jan. 17 th	5:00pm- 8:00pm

Upcoming Closings

East Rockingham Senior Center	East Rockingham Meal Site	Ellerbe Senior Center/ Meal Site	Hamlet Meal Site	Rockingham Senior Center
Tuesday, Jan. 1 st	Tuesday, Jan. 1 st	Tuesday, Jan. 1 st	Tuesday, Jan. 1 st	Tuesday, Jan. 1 st
			Wednesday, Jan. 9 th	
Monday, Jan. 21 st	Monday, Jan. 21 st	Monday, Jan. 21 st	Monday, Jan. 21 st	Monday, Jan. 21 st

"I" exam

All of the answers in this quiz begin with the letter I.

1. Anti-inflammatory drug used for pain relief
2. Time or space without end.
3. Remote, cut off from others.
4. A travel plan document.
5. Smitten, besotted, crazy about someone.
6. Unachievable, unworkable, impractical.

Answers on bottom of page

Rock Of Love Fundraiser Winners

1 st Place	Dianne King
2 nd Place	Ed O'Neal
3 rd Place	Nancy Woodall
4 th Place	Larry Woodall
5 th Place	Norma Garris

On behalf of Aging Services, we would like to thank everyone who participated in our fundraiser. We raised \$ 1,758.83. All funds will go back into our programs and activities helping to keep costs low to seniors.

Thank you again to our sponsors. 😊



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Call to schedule an
appointment with a
SHIIP counselor today.
910-410-1135

Answers from top of page: 1. Ibuprofen 2. Infinity 3. Isolated 4. Itinerary 5. Infatuated 6. Impossible

Drugs Uncovered / For the Health of It

WHAT: Workshop and Exhibit

WHO: ADULTS ONLY!

- Parents/Guardians
- Educators
- Counselors
- Government and Community Professionals

WHERE: Second Baptist Church
518 4th Street
Hamlet, NC 28435

WHEN: January 29th, 2019
6:00 pm - 6:30 pm refreshments
6:30 pm - 8:00 pm program

COST: FREE!

RSVP: by December 20 *Space is limited.*

"For the Health of It" for 6th-8th graders will be offered at the same time.

REGISTER: <https://bit.ly/2zy50V9>

QUESTIONS? Melinda 910-997-7105 ext 0
Childcare will be provided

www.poehealth.org

A great program for Grandparents raising Grandkids.

- Learn ways to talk to kids about alcohol, tobacco and other drugs.
- Learn current drug trends.
- Identify signs of substance use and much more.



Field Trip Survey:

What location(s) are you most interested in visiting? *Please select all that apply*

- NC Museum of Natural Science
- NC Museum of History
- Outlets or any shopping trips
- NC Museum of Dolls, Toys and Miniatures
- Beach (shopping and/ or live lunch theater)
- Discovery Place Downtown Charlotte
- Matinee Movie and lunch
- Other: _____

Please turn into Donna Luther, Jacqueline Welch or Judy Whitley OR CALL US AT 910-997-4491 with your response by January 31, 2019.



A NEW YEAR.
a fresh start.

1. Exercise 10 minutes every day
1. Explore local Volunteer Opportunities
2. Revive old friendships
3. Spend more time with family
4. Be conscious about your overall health
5. Establish a regular sleep schedule
6. Be more positive, Keep a positive outlook