



Newsletter

225 South Lawrence Street
Rockingham, NC 28379

Phone: 910-997-4491
Fax: 910-410-1136

Email: agingservices@richmondnc.com

September 2019

Webpage: www.richmondnc.com

Facebook: [@agingisgood](https://www.facebook.com/@agingisgood)

RICHMOND COUNTY AGING SERVICES &
RICHMOND COMMUNITY COLLEGE

VETERAN'S BREAKFAST & OUR HEROES' TREE

THURSDAY, SEPTEMBER 26, 2019

9:00AM-10:30AM VETERAN'S BREAKFAST- MUST BE 55 TO ATTEND

10:30AM-11:00AM HEROES' TREE PROGRAM OPEN TO THE PUBLIC

FREE EVENT



FREE EVENT

LOCATED AT
THE COLE AUDITORIUM

1042 West Hamlet Avenue, Hamlet, NC 28345

REGISTER BY FRIDAY, SEPTEMBER 20
CALL 910-997-4491



Richmond County Dementia Capable Action Team

We are having
**SPIRIT
NIGHT**

at Captain D's

THURSDAY, SEPTEMBER 19, 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
the 2nd Annual Alzheimer's Walk 2019.

The walk will be held on 10/19/19 at the
Cole Auditorium in Hamlet.

If you use the drive- thru, be sure to tell the cashier
that you want to support the Alzheimer's Walk.

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



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



See your senior center director for pick up location

Age=55& up

Upcoming Trips

*Seating is limited on trips

Trip Location	Date	Time Leaving	Cost
Girl's Day Out	Wednesday, Sept. 4 th	Leaving East Rockingham Center @ 8:30am	\$3.00
Lunchtime Discovery Raleigh, NC	Wednesday, Sept. 4 th	Leaving Rockingham Center @ 8:30am	\$5.00
Shopping & Lunch Gabe's and Hamrick's Greensboro, NC	Monday, Sept. 9 th	Leaving your assigned center @ 8:00am	\$5.00

Upcoming Events

Event Name	Event Location	Date	Time
Hamlet Health Fair The Key to Aging Well	Hamlet Senior Center 102 Veteran's Dr. Hamlet, NC	Thursday, September 5th	9:00am-1:00pm
Cooking Class with Janice Roberts (Co-op)	Ellerbe Senior Center 306 Millstone Rd. Ellerbe, NC	Every Tuesday Starting September 10th	1:00pm-3:00pm
Fundraiser/Alive after 55 Supper Club	Captain D's Rockingham, NC	Thursday, September 19th	5:00pm-8:00pm
Veteran's Breakfast/ Our Hero's Tree	Cole Auditorium Hamlet, NC	Thursday, September 26th	9:00am-10:30am/ 10:30am-11:00am

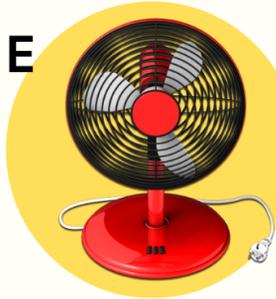
Upcoming Closings

East Rockingham Senior Center	East Rockingham Meal Site	Ellerbe Senior Center/ Meal Site	Hamlet Meal Site	Rockingham Senior Center
Monday, Sept. 2 nd	Monday, Sept. 2 nd	Monday, Sept. 2 nd	Monday, Sept. 2 nd	Monday, Sept. 2 nd
Thursday, Sept. 5 th	Thursday, Sept. 5 th	Thursday, Sept. 5 th	Thursday, Sept. 5 th	
Tuesday, Sept. 10 th	Tuesday, Sept. 10 th	Monday, Sept. 9 th	Tuesday, Sept. 10 th	
		Tuesday, Sept. 10 th	Wednesday, Sept. 11 th	

"PACK THE VAN WITH A FAN"

Summer FAN DRIVE

As the Summer heat continues, Carolina Hearts Home Care and Richmond County Aging Services is collecting new donated fans for Seniors in our area. Your support of our Summer Fan Drive will do more than give someone relief from the heat; for our seniors, it could save their lives!



Drop off fans at
Carolina Hearts Home Care
526 E. Broad Ave.
Rockingham

FRIDAY, SEPTEMBER 27TH
8:00am - 4:00pm



Committed to providing affordable community transportation services. Give ART a call if you are in need of a ride (910) 895-1313 or for more information you can visit

<https://www.richmondnc.com/173/Area-of-Richmond-Transit>

RICHMOND COUNTY AGING SERVICES

50/50 Raffle Fundraiser

Tickets \$2.00 each

or

3 for \$5.00

50% of the proceeds go to the winner the other 50% go to help purchase fans for seniors.



DRAWING WILL BE HELD:
OCTOBER 1, 2019 AT 3PM



WINNER NEED NOT BE PRESENT TO WIN.

Thank you for your support!



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.

Captain D's
1219 E. Broad Ave.
Rockingham, NC 28379

THURSDAY,
SEPT. 19, 2019
@ 6:00PM
RSVP BY 9/18/19
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.

Richmond County's Dementia Capable Action Team

Sponsor - Start a Team - Walk - Raise Awareness

2nd Annual Alzheimer's Walk

Saturday, October 19, 2019

9:00 a.m. Registration/ 10:00 a.m. Event

at the Cole Auditorium on the campus of

Richmond Community College

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Proceeds from the fundraiser will be distributed as follows:

65% stays locally in Richmond County &

35% goes to the Alzheimer's Association

pre-order T-shirts by Friday, September 20, 2019

For more information

call: 910-997-4491 or

click the link below

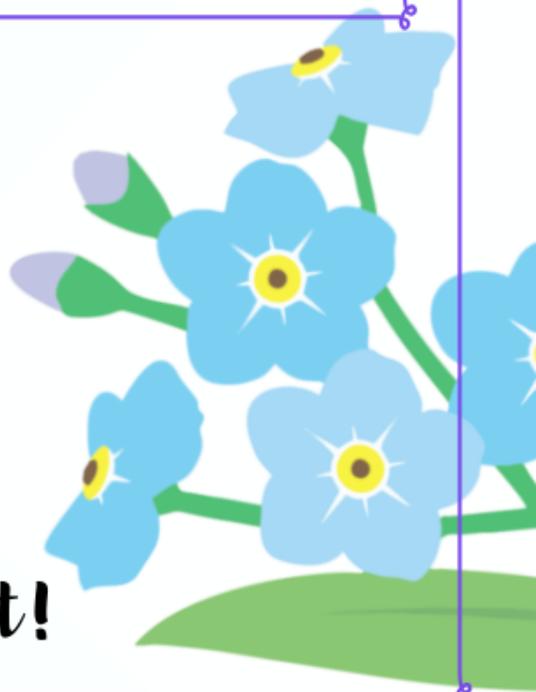
[www.richmondnc.com/4](http://www.richmondnc.com/426/Alzheimers-Walk)

[26/Alzheimers-Walk](http://www.richmondnc.com/426/Alzheimers-Walk)

Dementia Friendly Richmond
County NC @DFRCO



*Live with purpose
and be the Light!*



TALK AND BOOK SIGNING WITH

David Mizejewski

author of *Attracting Birds, Butterflies and Other Backyard Wildlife*,
Expanded Second Edition

LUNCHTIME DISCOVERY *Series*

MEET WELL-KNOWN TELEVISION
HOST, MEDIA PERSONALITY,
AUTHOR, BLOGGER AND
NATURALIST WITH THE NATIONAL
WILDLIFE FEDERATION

One of the joys of gardening is creating a beautiful, natural space that both you and the local birds, butterflies and bees can enjoy. Join National Wildlife Federation naturalist and TV host David Mizejewski for a fun and informative talk on creating wildlife-friendly gardens based on his award-winning book *Attracting Birds, Butterflies and Other Backyard Wildlife*, Expanded Second Edition.

SECU DAILY PLANET THEATER

September 4, 2019

Noon to 1 p.m.

Brought To You By:

THE OFFICE OF ENVIRONMENTAL
EDUCATION AND PUBLIC AFFAIRS

NORTH CAROLINA
Museum of Natural Sciences



David Mizejewski

National Wildlife Federation



#LunchTimeDiscovery

@NorthCarolinaEE

@NorthCarolinaEE



Over 130 Americans overdose on opioids each day. Do you or someone you know need help?



JOIN THE VOICES FOR RECOVERY:
TOGETHER WE ARE STRONGER

recoverymonth.gov



Local Resources

- Call 2-1-1 to get connected to local resources in your area
- Kelly Kirk- Peer Support Specialist with Richmond County DSS (910) 997-8424
- Samaritan Colony- (910) 895-3243
- Daymark Recovery Services- (910) 895-2462

>>> Recovery Is Possible >>>