

RICHMOND COUNTY AGING SERVICES
NEWSLETTER

YOUR TRUSTED RESOURCE FOR AGING WELL

JANUARY 2022

*Welcome
to*



Want our newsletter emailed or mailed to you,



give us a call (910) 997-4491.



Pamela Hill

Thank you to everyone that participated!

We raised \$ 205

All of our Offices,
Senior Centers, and
Meal Sites will be closed
Monday, January 17, 2022
in Observance of
Martin Luther
King Jr's. Birthday.



Important Announcement

The East Rockingham, Rockingham and Ellerbe Senior Centers will remain open.

There will be restrictions in place.

>>>If you HAVE or HAVE NOT been vaccinated with the Covid-19 vaccine,
you WILL BE ALLOWED IN THE BUILDING, but asked to
practice social distancing and wear face masks.<<<

We have a limited capacity on how many participants we can allow in the buildings at any
given time for meal sites, activities and games!!!

Please check with your local senior center director for more information.

Thank you for your cooperation!

East Rockingham Building Rentals

The East Rockingham Senior Center Building will be available to rent
for the month of January on Saturdays only.

Each month will be evaluated due to Covid-19.

Please call (910) 997-4491 with any questions.

When Richmond County Government Offices are closed due to inclement
weather such as snow or ice, the meal on wheels program will not operate
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.



CONNECT WITH US

@AGINGISGOOD • WWW.RICHMONDNC.COM
AGINGSERVICES@RICHMONDNC.COM



YOUR TRUSTED RESOURCE FOR AGING WELL

**RICHMOND COUNTY
AGING SERVICES/
ROCKINGHAM SENIOR
CENTER**

225 S. Lawrence Street
Rockingham, NC 28379
(910) 997-4491

**EAST ROCKINGHAM
SENIOR CENTER AND
MEAL SITE**

135 Safie 6th Street
Rockingham, NC 28379
(910) 997-8332
(910) 997-8225

**ELLERBE SENIOR
CENTER AND MEAL
SITE**

306 Millstone Road
Ellerbe, NC 28338
(910) 652-6006

**HAMLET SENIOR
CENTER AND MEAL
SITE**

102 Veterans Drive
Hamlet, NC 28345
(910) 582-7985



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.

**Holiday Restaurant
414 S. Hancock St.
Rockingham, NC 28379**

**THURSDAY
JANUARY 20TH
@6:00PM
RSVP BY 1/19/22
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.*

Quick Reference Phone List

- Richmond County's Medicare Counselor- (910) 410-1135
- Report Adult Abuse and/or Fraud- (910) 997-8415
- Richmond County Aging Services- (910) 997-4491
- Richmond County DSS- (910) 997-8480
- Richmond County Health Department- (910) 997-8300
- Richmond County Sheriff's Office- (910) 895-3232



My name:

Date:

Goal Setting

Instructions: Think about the new year ahead, and complete the following questions:

I am most excited for:

Friendships:

This year, I would like to make the following new friends:

Confidence:

I want to improve my confidence in:

A bad habit I want to change is:

Legacy:

At the end of the year, I want people to remember me for:

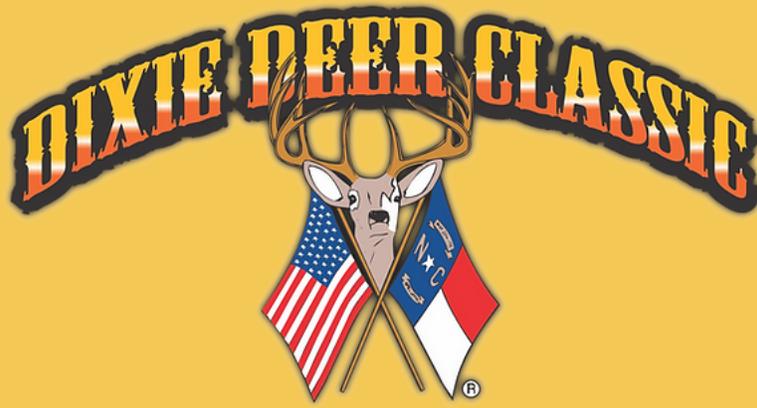
Personal Goals

Health:

Family:

Finances:

Other:



Field Trip

Date: Friday, March 4th

Dixie Deer Classic 2022

Location: NC State Fairgrounds,
Raleigh, NC

Time: Leaving Rockingham SC
@ 8:30am

Cost: \$20.00 (ticket and
transportation)

Tip: Wear comfortable walking
shoes, there is a lot of walking
involved on this trip.

For more info: go to
www.dixiedeerclassic.org

DID YOU KNOW?

Pets can help reduce stress, lower blood pressure, and increase social interaction and physical activity among the elderly. They also provide an astounding effect on symptoms of depression and feelings of loneliness.



Richmond County Aging Services is proud of our pet food program, Meals for Pets. Older adults, who are 55 or older, are able to receive quality food for their pets, at no charge.

If you are interested in receiving pet food, please call us at (910)997-4491 or (910)410-1133 to sign-up.

If you are a meals on wheels volunteer driver, please share this news with the folks on your route!

Please donate unopened and unexpired food and treats for dogs and cats as well as cat litter. Donations can be dropped off at Richmond County Aging Services 225 S. Lawrence St. beside the Rockingham Fire Department.

Richmond County Aging Services

Lunch
with local
LEOs
Law Enforcement Officers



Godfather's Pizza
1010 E. Broad Ave
Rockingham, NC 28379

WEDNESDAY
JANUARY 12TH
@11:30AM
RSVP BY 1/11/22
BY 5PM
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 2nd Wednesday at 11:30am at Godfather's Pizza restaurant in Richmond County.

Reservations for lunch will close 24 hours before actual event so the venue will know how many participants to expect. RSVP's are required, 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.

Connect with members of Richmond County's Law Enforcement.



Fun Fact

Bubble Wrap Appreciation Day

Monday, January 31, 2022

According to

DaysOfTheYear.com, Bubble Wrap appreciation day can best be spent by taking a big old roll of Bubble Wrap and popping every single bubble in the sheet. Share these with your friends and family who need a bit of stress relief, and then share another sheet with them, popping away.

A Priceless Gem

Healing Is a Gift by: Alexandra Vasiliu

Don't kill time, for this is a priceless gem. Time is God's gift, so you can heal. Make something beautiful with every unique moment of your life. Turn time into love. Turn time into hope.

Turn every moment into a healing time.

Let kindness be your goal. Do something unique with your heart. Infuse it with beauty.

Aspire to love more, and let kindness be your mission on earth. These are the only ways you will never waste the time of your life. And you will heal.



Leaving a Legacy

Your Legacy, Richmond County Aging Services Future.

Most of us, if given a chance, would like to leave some kind of legacy to show that our lives made a difference to others in this world. In the past, only a privileged few could think about leaving legacies. But now, with tax-favored ways of giving, many of us can experience the joy that comes from making a difference in the lives of others. Many of you tell us the Senior Center is your "Home Away From Home," and others mention that this place has been a true blessing in your lives. With these thoughts in mind, if you want to help sustain Richmond County Aging Services for others to enjoy for years to come, please talk to your attorney or financial planner about providing a gift now or in the future! Your gift at any time enables us to offer first-rate social services, lifelong learning classes and programs, and scores of exercise classes and other activities at RCAS every month. If you have questions, please give us a call at 910-997-4491.



Lee Anne Sago

A DONATION OF \$50 WAS MADE IN HONOR OF MRS. SAGO
BY MELODIE ALLISON FOR THE SENIORS OF RICHMOND COUNTY.



Lyndol Long Beachum

A DONATION OF \$50 WAS MADE IN MEMORY OF MRS. BEACHUM BY
HILDA C. MCDONALD FOR
RCAS'S DEMENTIA FRIENDLY COMMUNITY.

A DONATION OF \$50 WAS MADE IN MEMORY OF MRS. BEACHUM BY NANCY
ROBBINS FOR RCAS'S DEMENTIA FRIENDLY COMMUNITY.

... Honor or Memorialize your friend or loved one today! ...

**East Rockingham
Senior Center**
135 Safie 6th Street
Rockingham, NC 28379
(910) 997-8332
@agingisgood • www.richmondnc.com
agingservices@richmondnc.com

January 2022

Senior Center of Excellence



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
Closed

4
Senior Exercise
9:30am
"JUST CRAFTS"
9:00am

5
Senior Exercise
9:30am
Contract
Rummy 2:00pm
Cornhole 3:00pm

6
Senior Exercise
9:30am
Color Me Calm
1:00pm

7
Senior Exercise
9:30am
Hand Wax Therapy
10:30am
Scrabble 1:00pm

10
Senior Exercise
9:30am
Trivia Questions
12:00pm

11
Senior Exercise
9:30am
"JUST CRAFTS"
9:00am

12
Senior Exercise
9:30AM
Contract
Rummy 2:00PM

13
Senior Exercise
9:30am
Color Me Calm
1:00pm

14
Senior Exercise
9:30am
Scrabble 1:00pm

17
Closed for
Martin
Luther King,
Jr's. Birthday

18
Senior Exercise
9:30am
"JUST CRAFTS"
9:00am

19
Senior Exercise
9:30am
Contract
Rummy 2:00pm
Cornhole 3:00pm

20
Senior Exercise
9:30am
Color Me Calm
1:00pm

21
Senior Exercise
9:30am
**Hand Wax
Therapy 10:30am**
Scrabble 1:00pm

24
Senior Exercise
9:30am
Trivia Questions
12:00pm

25
Senior Exercise
9:30am
"JUST CRAFTS"
9:00am

26
Senior Exercise
9:30am
Contract
Rummy 2:00pm

27
Senior Exercise
9:30am
Color Me Calm
1:00pm

28
Senior Exercise
9:30am
Scrabble 1:00pm
BINGO 2:00pm

31
Senior Exercise
9:30am
Trivia Questions
12:00pm

Legend:

\$ = Fee or cost for program/ activity * = Seating is limited

Ellerbe Senior Center

306 Millstone Road

Ellerbe, NC 28338

(910) 652-6006

@agingisgood • www.richmondnc.com

agingservices@richmondnc.com

January 2022



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| 3 Closed | 4 Walk @ 9:00am Sheila Raye with Therapeutic Alternatives @ 12pm | 5 Walk @ 9:00am | 6 Walk @ 9:00am Cooking with Cheri @10:30am Bingo Valeri with Cornerstone @ 12pm | 7 Walk @ 9:00am |
| 10 Walk @ 9:00am Bingo Richmond Co Hospice @12:00pm | 11 Walk @ 9:00am Birthday Party with First Carolina Care @ 12:15pm | 12 Walk @ 9:00am Trip to Hamrick's in Florence \$ * | 13 Walk @ 9:00am Cooking with Cheri @10:30am Bingo with Richmond Pines @ 12pm | 14 Walk @ 9:00am Bingo with Community Hospice @ 12:15pm |
| 17 Closed for Martin Luther King, Jr's. Birthday | 18 Walk @ 9:00am Crafts with Sarah @ 10am | 19 Walk @ 9:00am | 20 Walk @ 9:00am Cooking with Cheri @10:30am Bingo with Humana @ 12pm | 21 Walk @ 9:00am |
| 24 Walk @ 9:00am Bingo with Simply Medical Supply @ 12pm | 25 Walk @ 9:00am Hand Waxing @ 12:15pm | 26 Walk @ 9:00am | 27 Walk @ 9:00am Cooking with Cheri @10:30am Bingo with Autumn Care @ 12pm | 28 Walk @ 9:00am |
| 31 Walk @ 9:00am Bingo with Judy@12pm | Legend: \$ = Fee or cost for program/ activity * = Seating is limited | | | |

ELL-SC

Rockingham Senior Center

225 S Lawrence St
Rockingham, NC 28379

(910) 997-4491

@agingisgood • www.richmondnc.com

agingservices@richmondnc.com

January 2022



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--------------------------------------|
| 3 Exercise Room 7:30am-4:00pm | 4 Exercise Room 7:30am-4:00pm | 5 Exercise Room 7:30am-4:00pm SHIIP-by appt. only | 6 Exercise Room 7:30am-4:00pm | 7 Exercise Room 7:30am-4:00pm |
| 10 Exercise Room 7:30am-4:00pm | 11 Exercise Room 7:30am-4:00pm | 12 Exercise Room 7:30am-4:00pm SHIIP-by appt. only Lunch with LEO's @ Godfather's Pizza @ 11:30am \$ | 13 Exercise Room 7:30am-4:00pm | 14 Exercise Room 7:30am-4:00pm |
| 17 Closed for Martin Luther King, Jr's. Birthday | 18 Exercise Room 7:30am-4:00pm | 19 Exercise Room 7:30am-4:00pm SHIIP-by appt. only | 20 Exercise Room 7:30am-4:00pm Supper Club @Holiday Restaurant @ 6pm | 21 Exercise Room 7:30am-4:00pm |
| 24 Exercise Room 7:30am-4:00pm | 25 Exercise Room 7:30am-4:00pm | 26 Exercise Room 7:30am-4:00pm SHIIP-by appt. only | 27 Exercise Room 7:30am-4:00pm | 28 Exercise Room 7:30am-4:00pm |
| 31 Exercise Room 7:30am-4:00pm | Legend: \$ = Fee or cost for program/ activity * = Seating is limited SHIIP = Senior Health Insurance Information Program 410-1135 for an appointment Appt. = appointment | | | |