

RICHMOND COUNTY AGING SERVICES
NEWSLETTER

YOUR TRUSTED RESOURCE FOR AGING WELL

MAY 2022



**COMMUNITY YARD SALE
FUNDRAISER**

FOR RICHMOND COUNTY AGING SERVICES

SAT. MAY 14TH FROM 8AM - 1PM

LOCATED @ THE FORMER
PLACE OF GRACE CAMPUS
@ 559 AIRPORT RD, ROCKINGHAM, NC 28379



CALL (910) 997-4491 FOR MORE INFO

DONNA,
Life is an Adventure

**AFTER
RETIREMENT!**

ENJOY THE FUN!



Property Tax Exemption

If you are 65 or older, you may qualify for a tax exemption on your property taxes. Please call our office @ 910-997-4491 or stop by Aging Services 225 S. Lawrence St. Rockingham to pick up an application.



Enjoy Your Retirement

Donna,

You have worked so hard for so many years, giving everything you had to give.

May you be proud of the work you have done, the person you are and difference you have made.

But now is the time to put yourself first, to relax, to enjoy, and to live!

Please join us this month in wishing Donna Luther, our valued employee of over 20 years as the Director of the East Rockingham Senior Center, a heartfelt farewell as she goes on to make wonderful memories with her family.

Richmond County Aging Services

Lunch with local
LEOs
Law Enforcement Officers



Tuesday, May 10th @ 11:30am
Godfather's Pizza
1010 E. Broad Ave
Rockingham, NC 28379
RSVP by 5/9/22
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 2nd Tuesday 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 welcomed at the next event.

Connect with members of Richmond County's Law Enforcement.

Walk with Ease

Join Judy & Kim
April 4-May 12
Monday, Tuesday, & Thursday's from 10-11am

We will be utilizing the outdoor walking trail so make sure to wear good shoes.
Bring a bottle of water.



Age my way!



acl.gov/oam



This year, *Aging Services* is excited to celebrate Older Americans Month with *Lumber River Area Agency on Aging* and our partners in the aging community. Follow along throughout the month to find resources on aging in place, planning, and connection.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone.

Please join Aging Services in strengthening our community:

Join us at the East Rockingham Senior Center on

Thursday, May 19, 2022 from 10:00am until 12pm

Join us for Bingo, Chair Volleyball and Refreshments.

Door prizes.

Call Kim Hotter at (910) 997-8225 to RSVP by Friday, May 13, 2022.

Aging Services' celebrating and participating in Richmond County's Spring 2022 Litter Sweep



If you would like to borrow the supplies to clean up your community, contact the Solid Waste Department at (910) 997-8215.



CONNECT WITH US

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



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

REPORT ADULT AND/OR CHILD ABUSE



(910) 997-8415

IF YOU
THINK IT,
REPORT IT!

Realizing the importance of social interaction and physical activity to the vitality of all people, Richmond County Aging Services places special emphasis on this. Some of the social and recreational activities hosted by the Center(s) include:

- Exercise Classes
- Arts and Craft Classes
- Billiards Tables
- Cultural Experiences
- Day Field Trips
- Volunteer Opportunities
- Senior Club Activities
- and so much more...
- Bingo
- Senior Games
- Intergenerational Programs

Richmond County Aging Services is committed to the welfare and well-being of our aging population. In addition to a multitude of social activities, a few of the other services offered on-site or either by Information and Assistance by the Center are:

- In Home Aide Level I
- Nutrition Program- Congregate Meal Sites & Home Delivered Meals
- Seniors' Health Insurance Information Program (SHIIP)
- Adult Social Services
- Dementia Assistance Program
- Nutritional Classes
- Income Tax Preparation Assistance
- Energy Assistance- LIEAP, CIP, Fan & Heater Distribution
- Telephone Reassurance
- Support Groups
- Durable Medical Equipment Loaner Program
- Minor Home Repair & Modification
- Housing Assistance
- Information & Referral
- Legal Services with Legal Aide of NC

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



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.

HWY 55
722 US 74 BUS.
Rockingham, NC 28379

Thursday, May 19th
@ 6pm
RSVP by 5/18/22

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

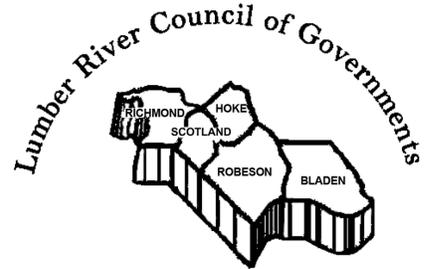
PAY- YOUR-OWN- WAY- MEAL.

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

Want our newsletter
emailed or mailed to you,



give us a call
(910) 997-4491.



Area Agency on Aging



Save the Date

The next Veteran's program sponsored by Lumber River Area Agency on Aging will be held on Thursday, June 30, 2022.

Time is to be determined. Located at the Cole Auditorium. *Additional sponsors are needed.*

**TRIP TO BACKPACK PALS IN HAMLET
TO HELP PACK FOOD BAGS
FRIDAY, MAY 6TH @ 10 AM**

Contact Kim Hotter at the East Rockingham Senior Center for more information on available slots.

910-997-8225
8-3pm M-F

Those who would like to drive themselves are welcome to however please still contact Kim Hotter for open spots

Upcoming Field Trips

Trip Location	Date	Time Leaving	Cost	Register By
Godfather's Pizza	Tuesday, May 10th	Leaving ELL-SC at 11am	Free <i>does not include lunch</i>	5/9/22 by 5pm
McKinney Fish Hatchery	Friday, May 27th	Leaving your assigned senior center at 8:00am	\$ 3.00 <i>if riding the van</i>	5/23/22 by 5pm
Depot at Gibson Mill (Antique Mall) & Lunch Concord, NC	Friday, June 10th	Leaving your assigned senior center at 8:00am <i>Seating is limited</i>	\$ 5.00 <i>does not include lunch</i>	6/7/22 by 5pm
Fishing at Hinson Lake in Rockingham	Friday, June 24th	Leaving your assigned senior center at 8:00am	\$ 5.00 <i>does not include lunch</i>	6/17/22 by 5pm

Richmond County Aging Services

LET'S GO FISHING!

Sponsored by
McKinney Fish Hatchery &
Richmond County Ducks
Unlimited

**FRIDAY,
MAY 27TH**

8:30AM - 1:00PM

McKinney Fish Hatchery
220 McKinney Lake Road
Hoffman, NC 28347

To Register, call (910) 997-4491
Deadline: Monday, May 23rd

Fishing Poles provided by
Richmond County Ducks
Unlimited

Porta Potty Provided by
Shorty's Septic Tank Service &
Portable Toilets



May 2022

Senior Center of Excellence



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Donna Dawkins Birthday Cake 12pm



3 Chair Volleyball Practice 12:00pm Senior Exercise 9:30am "JUST CRAFTS" 9:00am

4 Tina from Sandhills Home Care BINGO 12pm



National Orange Juice day

5 Senior Exercise 9:30am Color Me Calm 1:00pm Cinco de Mayo



6 Senior Exercise 9:30am Hand Wax Therapy 10:30am Scrabble 1:00pm Backpack Pals Trip 10-11am

9 CLOSING FOR SENIOR GAMES



10 Chair Volleyball Practice 12:00pm Senior Exercise 9:30am "JUST CRAFTS" 9:00am

11 Ellerbe Host Erock 1:30pm Chair Volleyball



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

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

13 Closed

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

17 Closed for Voting



18 Senior Exercise 9:30AM Contract Rummy 2:00PM Just Crafts 9:00am

19 Older Americans Month event 10-12 Come have some fun!!

20 Senior Exercise 9:30am Scrabble 1:00pm Hand Waxing 10:30

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

24 Chair Volleyball Practice 12:00pm Senior Exercise 9:30am "JUST CRAFTS" 9:00am

25 Erock hosts Hamlet 1:30pm Senior Exercise 9:30AM Contract Rummy 2:00PM



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



27 Walk @ 9:00am Donna's Bingo 2pm Lake McKinney Fishing Trip 8am



30 Closed for Memorial Day

31 Chair Volleyball Practice 12:00pm Senior Exercise 9:30am "JUST CRAFTS" 9:00am

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Ellerbe Senior Center

306 Millstone Road

Ellerbe, NC 28338

(910) 652-6006

@agingisgood • www.richmondnc.com

agingservices@richmondnc.com

May 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Walk @ 9:00am Bingo Richmond Co Hospice @12:00pm	3 Walk@9:00am  National Chocolate Custard Day	4 Walk@9:00am Chair Volleyball Practice@10am	5 Walk@9:00am Bingo with Cornerstone Ins@12:00pm	6 Walk @ 9:00am  National Beverage Day
9 Walk@9:00am Bingo Premier Benefits@ 12pm	10 Walk @ 9:00am Birthday Party with First Carolina Care @ 12:15pm	11 Walk @ 9:00am Chair Volleyball Game@1:30 Home	12 Walk @ 9:00am Exercise with Cheri @ 10:00am Bingo with Richmond Pines @ 12pm	13 Closed
16 Walk @ 9:00am Bingo with Simply Medical Supply 12pm	17 Walk @ 9:00am Crafts with Sarah @ 10am	18 Walk @ 9:00am Chair Volleyball Game v/s hamlet@ 1:30pm Away	19 CLOSED	20 Walk @ 9:00am  National Pick Strawberries Day
23 Walk@9:00am Bingo Sandhills Communtiy Care@12:00pm	24 Trip to Hammericks in Florence	25 Walk @ 9:00am Chair Volleyball Practice@9:00am	26 CLOSED	27 Walk @ 9:00am National Grape Popsicle Day Lake McKinney fishing Trip 8am 
30 Closed for Memorial Day	31 Walk @ 9:00am  National Save Your Hearing Day	0	0	0

Rockingham Senior Center

225 S Lawrence St
 Rockingham, NC 28379
 (910) 997-4491
 @agingisgood • www.richmondnc.com
 agingservices@richmondnc.com

May 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Exercise Room 7:30am-4:00pm	3 Exercise Room 7:30am-4:00pm	4 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	5 Exercise Room 7:30am-4:00pm	6 Exercise Room 7:30am-4:00pm
9 Exercise Room 7:30am-4:00pm	10 Exercise Room 7:30am-4:00pm Lunch with LEO's @Godfather's Pizza @ 11:30am \$	11 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	12 Exercise Room 7:30am-4:00pm	13 Exercise Room 7:30am-4:00pm
16 Exercise Room 7:30am-4:00pm	17 Exercise Room 7:30am-4:00pm	18 Exercise Room 7:30am-4:00pm SHIIP-by app. only	19 Exercise Room 7:30am-4:00pm Supper Club @ HWY 55 @ 6pm \$	20 Exercise Room 7:30am-4:00pm
23 Exercise Room 7:30am-4:00pm	24 Exercise Room 7:30am-4:00pm	25 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	26 Exercise Room 7:30am-4:00pm CLOSED from 11am - 2pm	27 Exercise Room 7:30am-4:00pm Lake McKinney fishing Trip 8am
30 Closed for Memorial Day	31 Exercise Room 7:30am-4:00pm	0	0	0

R-SC

Legend:

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

Mother's Day

U S M B O H O N E S T Y H Q I W H X T C I O G O
 F T E D O F E L A M E F T A H H E L P E R Q G Q
 U N M W U N F R R Y L E I H A W A E X D Z Z Q R
 H A O P Y X D S O E U G U M M V R T U O M K Q S
 A L R R T O N K P Q H U E O L E T A N I D Y D C
 Q P I E Y Q X G U R H C D U U J R N F C P B E O
 R F E C S G G O A L I S A Z F Y U O O B C C T U
 U B S I Q O B B C K I N B E I T R I D N H J A R
 H S R O C L J S C W L M G X T L U T I A F E C A
 J S G U T P R T E C I V D A U A N C U I W L I G
 O P I S B E K T P J J Y A T A Y I E E F A T D E
 Q R L R U J Z R T T J Z H W E O Q F J Y U N E W
 U C Q N E P A E A J Q N D T B L U F G H W E D J
 E X I G G H F V N G I F T S R D E A K N H G M F
 E O A S E M C O C R Q L Z A J O G F N C I G T D
 N H W U M H G L E B D P I E L N W A H V A R E P
 Q R I O O Z Y A N G E L Y L I M A F A T R V A P
 S R E W O L F G L L P F Y V W Z V P H S O F Q C
 A L C E L E B R A T E U I U N J O E N T G K M O
 O L A I C E P S U L N G R M M W R O E S Q U O Z
 D O O H R E H T O M R Q T E G I S D F V W K H R
 L A N O I T I D N O C N U I N S G Z O X J E V H
 L U F H T U O Y F G L Q J G E G C A N D Y Y E T
 Z E V I T C E T O R P U S L S S E N R E D N E T

Acceptance
 Bond
 Courage
 Forgiving
 Helper
 Memories
 Pure
 Tenderness

Adore
 Bouquet
 Dedicated
 Gathering
 Honesty
 Motherhood
 Queen
 Unconditional

Advice
 Candy
 Devoted
 Gem
 Hug
 Offspring
 Reunion
 Unique

Affectionate
 Caring
 Family
 Gentle
 Lessons
 Plants
 Special
 Wisdom

Angel
 Celebrate
 Female
 Gifts
 Love
 Precious
 Sweet
 Worthy

Beautiful
 Cherish
 Flowers
 Heart
 Loyalty
 Protective
 Teacher
 Youthful

BUTTERFLIES

