

RICHMOND COUNTY AGING SERVICES  
**NEWSLETTER**

YOUR TRUSTED RESOURCE FOR AGING WELL

**SEPTEMBER 2024**



“September tries it’s best to have us forget summer.”

*-Bernard Williams*

RICHMOND COUNTY AGING SERVICES

## **Veteran's Breakfast**

Sponsored by Richmond County Hospice  
and The Grille Restaurant

**Tuesday, October 1, 2024**

9:00am – 11:00am

LOCATED AT THE COLE AUDITORIUM

1042 West Hamlet Avenue, Hamlet, NC 28345

MUST BE 55 OR OLDER

REGISTER BY:

THURSDAY, SEPTEMBER 24TH BY 5:00PM

CALL 910-997-4491

FREE EVENT





ERSC  
Crew



# Richmond County Agricultural Fair

It's that time of year again, time for fun!

Hamlet Fair Grounds  
106 Louis Breedon Blvd

September 12th-15th

Senior  
Day  
Thursday

Hours  
Thurs. & Fri.  
5pm- 10pm  
Sat. - 1pm-10pm  
Sun. - 1pm - 7pm



Please take a moment of silence on  
Wednesday September 11, 2024

## A DAY OF REMEMBRANCE

Together We Remember Them

REMEMBERING THE HEROES OF 9-11  
Join us in honoring the heroes and victims of 9-11 on this  
solemn and important day.

## GRANDPARENTS DAY

SUNDAY, SEPTEMBER 8, 2024



Gentiva Hospice

& East Rockingham Senior Center of Richmond County Aging Services

Presents

# Hollywood Senior Prom 2024

*A Night With The Stars*

November 1, 2024  
6pm-9pm

Cole Auditorium  
1042 Hamlet Ave, Hamlet, NC  
Call: 910.993.0852 for info  
FREE ENTRY FOR ALL SENIORS



# 13TH ANNUAL SALUTE TO VETERANS

Friday, November 1st, 2024

Richmond County Hospice Campus  
1119 US Highway #1 North  
Rockingham, North Carolina 28379

Registration: 10:30AM  
Event: 11:00AM ~ 2:00PM

(Lunch will be provided)

*Honouring All Who Served*



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**

**1246 E Broad Ave Rockingham, NC 28379**

**Thursday, September 19, 2024**

**5:00pm**

This program is open to any senior who is looking for social support, friendship and great food. We meet at 5pm on the 3rd Thursday of the month at a designated restaurant in Richmond County.

*Please understand that many, if not all, of these restaurants have limited staff. Our group max consists of 25 participants plus staff. Please plan to be patient. It will take longer to get your meal when in a large group versus a table of 2-4 people.*

**Reservations to participate 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 16% - 20% SO WE WILL BE WELCOMED AT THE NEXT EVENT.*

### KOMBUCHA WORKSHOP

**MONDAY, SEPTEMBER 23, 2024**

**10:30AM-12:00PM**

**123 CAROLINE STREET, ROCKINGHAM, N**

**COST \$15.00 INCLUDES KIT**



Kombucha, an ancient drink that dates back to as early as 220 B.C. has become very popular in our culture in recent years. Many people drink it for the antioxidants and polyphenols that protect our bodies from damage. It is also good for gut health. If you love to drink kombucha this is an opportunity for you to learn to make your own from an expert in the field!

Registration for this class is limited.

Call NC Cooperative Extension for more information at 910-997-8255

**REGISTER ON EVENTBRITE HERE:**

<https://youcanmakekombucha.eventbrite.com>

## HOME SAFETY

Presented by the Richmond County Sheriff Office

Meet and greet with Sheriff Office K9 Unit

September 18th @ 12pm at the East Rockingham Senior Center

135 Safie 6th St, Rockingham, NC 28379

Sponsored by Leath Memorial Library



Sandhill Regional Library System  
ARLSON-HOKE-MONTGOMERY-MOORE-RICHMOND

For more information contact us at



910-895-6337



# BOOK SALE



OCT 4: 9AM - 4PM

OCT 5: 9AM - 12PM

**Leath Memorial Library**  
412 East Franklin St.  
Rockingham, NC 28379



**Is your Medicare plan still right for you?**  
**An annual Medicare review may help you save.**

## SHIP can help.

Medicare's Annual Open Enrollment Period is **Oct. 15 – Dec. 7**. During that time, seniors who have Medicare coverage can make plan changes that may lower their costs. You could save by:

- Evaluating eligibility for low-income subsidies
- Choosing the best Part D Drug Plan based on current medications & preferred pharmacy
- Exploring available Medicare Advantage Plans

The Seniors' Health Insurance Information Program (SHIP) offers free individual counseling to assist you in selecting the best Medicare options for you. **Schedule an appointment today to see if you can save!**

**Appointments Only**  
**No walk ins**

Appointments Available at Hamlet & Rockingham Senior Centers

**Call Terry Rush**  
**910-410-1135**



**SHIP**  
NC DEPARTMENT OF  
**INSURANCE**  
MIKE CAUSEY • COMMISSIONER

## Sponsored by: Leath Memorial Library

**Presented by** : Yvonne Norris - Regional Director and Office Manager

September 4th @ 12 pm at the East Rockingham Senior Center

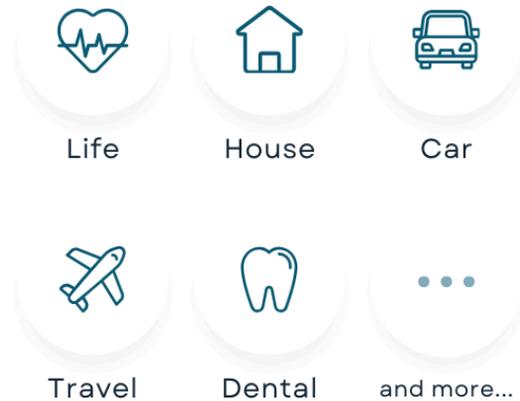
135 Safie 6th ST, Rockingham NC 28379



Sandhill Regional Library System  
ANSON-HOKE-MONTGOMERY-MOORE-RICHMOND

[www.srls.info](http://www.srls.info)

## INSURANCE FRAUD TYPES



For More Information Contact

**910-895-6337**

East Rockingham Senior Center & Hamlet Senior Center

Present

# End Of SUMMER Luau

Fun / Cook Out/ Games

Sept. 25th  
10 AM - 2PM  
WEDNESDAY

Event will be held at The Hamlet Senior Center Event Building:

146 Boyd Lake rd. Hamlet, NC 28345

Registration Opens on August 1st

VISIT HAMLET OR EAST ROCKINGHAM SENIOR CENTER TO REGISTER  
\*\*SIGN-UP IS LIMITED\*\*



Ellerbe Crew



### DID YOU KNOW?

### WHATS HAPPENING

Join us virtually to learn more about this topic on Facebook Live.

TUESDAY, SEPTEMBER 3, 2024 AT 10:00AM

ACCOUNTS AND PASSWORDS TRAINING TO FOLLOW

# SCAN HERE



TO SEE ALL THE FUN

#AGINGISGOOD





# Candy Cavalcade

**DROP BY WITH YOUR CHILDREN  
FOR A MULTI-AGENCY/GROUP  
TRUNK OR TREAT  
THURSDAY OCTOBER 24TH  
5:00PM-8:00PM**

**HOSTED BY RICHMOND COUNTY  
HOSPICE  
ON OUR CAMPUS  
1119 N US HWY 1 ROCKINGHAM,  
NC 28379**



## MONTHLY LUNCH TRIP

**DATE/TIME AND PLACE:  
FRIDAY, SEPTEMBER 27TH  
11 AM  
CASCADE FLOWER FARM TOUR**

**\$5 TRIP FEE  
\$10 TO PICK FLOWERS  
PLEASE NOTE THIS IS A FARM WEAR APPROPRIATE SHOES  
SIGN UP IS LIMITED AND MUST BE DONE IN PERSON**



## ATTENTION SENIORS

**EAST ROCKINGHAM AND HAMLET SENIOR CENTERS  
HAVE JOINED FORCES TO BRING YOU A  
COUNTY COMMISSIONER CANDIDATE FOURM**

**LOCATION:**

**146 BOYD LAKE RD, HAMLET NC 28379**

**DATE AND TIME:**

**TUESDAY, SEPTEMBER 10, 2024 @1PM**

**\*\*\* FRIENDLY REMINDER "NO ARGUING"**

**YOU WILL BE ASKED TO LEAVE IMMEDIATELY**



**Join ERSC and ELL-SC  
on a shopping trip to  
Hamricks**

**Thursday, September 19th @8:30am**

**Register in person at ERSC or ELL-SC no  
phone registration.**

**\$5 trip fee**



DID YOU KNOW, WE CAN  
**SNAIL MAIL**  
OUR NEWSLETTER TO YOU?



Just call us (910) 997-4491.

## APPLY FOR SERVICES



- > HOME DELIVERED MEALS
- > IN HOME AIDE
- > ADULT SOCIAL SERVICES

VISIT

[HTTP://RICHMONDNC.COM/340/APPLY-  
FOR-SERVICES](http://richmondnc.com/340/apply-for-services)

OR CALL US FOR A PAPER APPLICATION  
(910) 997-4491

## AGING SERVICES STAFF

### Richmond County Aging Services (910) 997-4491

- > **Jacqueline Welch**, Aging Director- (910) 410-1132
- > **Kim Hall**, Nutrition Director- (910) 410-1133
- > **Sharon Morrison**, Senior Liaison & IHA Liaison- (910) 410-1134
- > **Eric Stedman**, East Rockingham Building Caretaker- (910) 817-5837
- > **Elizabeth Everett**, In Home Aide- (910) 997-4491
- > **Eva Greene**, Hamlet Meal Site Manager- (910) 582-7985
- > **Ginger Hoffman**, Meals on Wheels Driver- (910) 997-4491
- > **Janice Watkins**, East Rockingham Meal Site Manager- (910) 997-8225
- > **Jessica Ludlum**, Accounting Tech- (910) 410-1165
- > **Judy Whitley**, Ellerbe Senior Center Director- (910) 652-6006
- > **Kim Hotter**, East Rockingham Senior Center Director- (910) 997-8332
- > **Lirosia Wall**, Senior Liaison- (910) 997-8439
- > **Mary Wooten**, In Home Aide Supervisor- (910) 410-1663
- > **Pamela Hill**, Nutrition Assistant- (910) 410-1131
- > **Rochelle Martinez**, Meals on Wheels Driver- (910) 997-4491
- > **Terry Rush**, SHIIP Coordinator- (910) 410-1135
- > **Wilemenia Diggs**, In Home Aide- (910) 997-4491

## Rent our Facility

East  
Rockingham  
Senior Center



Rental Fee: \$125  
Damage Deposit:  
\$50

Total due to reserve  
date: \$175

Call  
(910) 997-4491 for  
more information.

## 2024 County Holiday Closings

Monday, September 2, 2024  
Monday, November 11, 2024  
Thursday, November 28, 2024  
Friday, November 29, 2024  
Tuesday, December 24, 2024  
Wednesday, December 25, 2024  
Thursday, December 26, 2024

**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**

**RICHMOND COUNTY DSS INTAKE LINE  
(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
- Billiards Tables
- Day Field Trips
- Senior Club Activities
- Bingo
- Senior Games
- Intergenerational Programs
- Arts and Craft Classes
- Cultural Experiences
- Volunteer Opportunities
- and so much more...

**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
- Housing, Home Repair & Improvement
- Information & Referral
- Legal Services with Legal Aide of NC

**Quick Reference Phone List**

- SHIIP-(855) 408-1212
- 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
- East Rockingham Parks and Recreation Pool- (910) 997-8331
- Regional Long-Term Care Ombudsman-(910)-775-9761
- Area of Richmond Transit- (910) 557-1854
- Richmond County Crime Stoppers- (910) 997-5454
- Social Security- (877)405-7673 (Rockingham Location)

# Richmond County VETERANS Stand Down

(Community Resource/Hiring Event)



- Employers
- Veterans' Organizations
- Resources
- Door Prizes
- Snacks

SATURDAY

07 Sept.  
2024

10:00 AM - 2:00 PM

Cole Auditorium and Community Center  
Richmond Community College  
1042 Hamlet Ave,  
Hamlet, NC 28345



**FYI**

Aging Services will have a booth set up =>  
Stop by to visit us.

"Equal Opportunity Employer/Program"

## ITEMS NEEDED

Do you or your community group want to donate to our agency, but aren't really sure what we need? Below are some things we need on a monthly basis.

- > Adult Pull-ups- sizes Small, Medium, Large, X-Large
  - > Cat Food- Dry, 30 pound bags or smaller
  - > Dog Food- Dry, 50 pound bags or smaller
  - > Ensure Nutritional Drinks- Chocolate Flavor
  - > Water- any size
- If you have any questions, call (910) 997-4491.

## CONNECT WITH US

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



Lunch  
with local  
**LEOs**  
Law Enforcement Officers



Tuesday,  
**September 10th@**  
**11:00am**  
RSVP by 9/9/24  
910-997-4491

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

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 11:00am 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.

# ERSC Announcement

## Class Reminders

Learning Spanish by video starting September 2024.

Bible study for men and women  
Starting September 2024.



## Help Kim

We need  
interactive lunch  
ideas near within  
an hour of  
Richmond County.



## Closed

Monday, September 2nd



## Quote of the Month

"Success is loving life  
and daring to live it." -  
Maya Angelou



**B**  
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# Bingo

4th Tuesday of the month  
Rockingham Senior Center  
10:00am - 11:00am  
September 24th

THURSDAY PLAZA JAM  
ROCKINGHAM

ROCKINGHAM  
A CITY LOOKING FORWARD  
**2024**

May 2<sup>nd</sup> – Gary Lowder & Smokin'Hot  
June 6<sup>th</sup> – Chocolate Chip & Company  
July 3<sup>rd</sup> – North Tower Band  
August 1<sup>st</sup> – Too Much Sylvia  
September 5<sup>th</sup> – The Tams  
October 3<sup>rd</sup> – The Embers featuring Craig Woolard

State Farm  
Tina Miller

FirstHealth  
OF THE CAROLINAS

RICHMOND COUNTY  
ECONOMIC DEVELOPMENT AUTHORITY

Fidelity  
Bank  
Right By You

Dieffenbach  
GM SUPERSTORE

Starts at 6:30pm

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

# September 2024

"Live life to the fullest because it only happens once." - Maddi Jenkins



ERSC Calendar Page 1 of 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <i>Closed</i> <b>Thank you!</b> FOR YOUR <b>Hardwork</b> 	3 <b>Yoga 9:30 am</b> Nail Time 10:30am <b>Chair volleyball 12</b> Color me Calm 1pm <b>Bible Study 2pm</b> Cornhole 2pm	4 <b>Gerifit 9:30am</b> Insurance Fraud 12pm by Leath Library <b>Jessica with Troy</b> <b>BINGO 1pm</b>  <b>National Spice Blend Day</b>	5 Chair Exercise 9:30 <b>Mosaic Art 12pm</b> Contract Rummy 1pm <b>Spanish CD 2pm</b>	6 Gerifit Video 9:30am <b>Infinity Hoop Challenge 10:30 am</b> Barbara Trivia 12pm <b>Handwaxing 12pm</b>
9 <i>Closed for Maintenance</i>	10 <b>Closed to attend Canidate Forum</b> <b>1pm Hamlet</b>	11 <b>Gerifit Video 9:30 am</b> <b>BINGO</b> with Craig 12pm <b>Pumpkin Craft 1pm</b>  <b>Leath Library 9/11 Presentation 3pm</b>	12 <b>Chair Exercise 9:30 am</b> Contract Rummy 1pm <b>Spanish CD 2pm</b> <b>Diamond Art \$2</b>  <b>National Chocolate Milkshake Day</b>	13 <b>Gerifit Video 9:30am</b> Handwaxing 10am <b>Word Search 12pm</b> Rummikub 1pm
16 Seated Tai Chi 9:30am <b>New Puzzle 10am</b> <b>** Bingo with Valerie</b> <b>Cornerstone Ins. 12</b> Painting Rochell 1pm <b>Women's Billiards 2-3pm</b>  <b>National Play DOH Day</b>	17 <b>Yoga 9:30 am</b> Nail Time 10:30am <b>Chair Volleyball 12pm</b> Color me Calm 1pm <b>Bible Study 2-3pm</b> Cornhole 2pm	18 <b>Gerifit Video 9:30 am</b> Pastor Robbie 10:30am <b>Home Safety by the Sheriff's Department 12pm</b> Learn with Kim 1:15pm <b>Spanish CD 2:15pm</b>	19 <b>Chair Exercise 9:30</b> Shelia Raye 12:15pm <b>Contract Rummy 1pm</b>  <b>Hamricks Trip 9am</b>	20 <b>Gerifit Video 9:30am</b> Handwaxing 10am <b>Movement BINGO 12pm</b>  Rummikub 1pm

**Legend:**

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>23</p> <p>Tai Chi 9:30am</p> <p><b>New Puzzle 10 am</b></p> <p>Women's Billiards 2-3pm</p>	<p>24</p> <p><b>Yoga 9:30 am</b></p> <p>Nail Time 10:30am</p> <p><b>Chair volleyball 12</b></p> <p>Color me Calm 1pm</p> <p><b>Bible Study 2-3PM</b></p> <p>Cornhole 2pm</p>	<p>25</p> <p><b>Closed for Senior Luau</b></p>  <p><b>National Lobster Day</b></p>	<p>26</p> <p><b>Chair Exercise 9:30</b></p> <p>TikTok on the clock 12:00pm</p> <p><b>Contract Rummy 1pm</b></p> <p>Spanish By CD 2pm</p> 	<p>27</p> <p><b>Gerifit video 9:30am</b></p> <p><b>Lunch Trip 11am</b></p> <p><b>Handwaxing 12pm</b></p> <p>Rummikub 1pm</p>
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<p>30</p> <p>Seated Tai Chi 9:30am</p> <p><b>New Puzzle 10am</b></p> <p>Fall Craft Time 12pm</p> <p>Women's Billiards 2-3pm</p>				
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**SPECIAL TRIPS**

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**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

# September 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>Closed for Labor Day</b>	3 Walk @ 9:00am <b>Aggravation @ 10:00am</b>	4 <b>Walk @ 9:00am</b> <b>Chair Volleyball Practice @ 10:00am</b>	5 Walk @ 9:00am <b>Bingo with Cornerstone Ins@ 12:00pm</b>	6 Walk @ 9:00am <b>Scrabble @ 10:00am</b>
9 <b>Bingo with Gentiva @ 12:00pm</b>	10 Walk @ 9:00am <b>Sheila Raye with Theraputic Alternatives @ 12:00pm</b>	11 Walk @ 9:00am <b>Chair Volleyball Practice @10:00am</b> <b>Bingo with Richmond Co. Hospice @ 12:00pm</b>	12 Walk @ 9:00am <b>Bingo with First Carolina Care and Birthday Party @ 12:00pm</b>	13 Walk @ 9:00am <b>Aggravation @ 10:00am</b>
16 Walk @ 9:00am <b>Bingo with Blue Cross Blue Shield @ 12:00pm</b>	17 Walk @ 9:00am <b>Craft with Sarah @ 10:00am</b>	18 Walk @ 9:00am <b>Chair Volleyball Practice @10:00am</b>	19 Walk @ 9:00am <b>Trip to Hammericks@ 8:00am</b> <b>Bingo with First Health Pallitive Care @ 12:00pm</b>	20 Walk @ 9:00am <b>Contract Rummy @ 10:00am</b>
23 Walk @ 9:00am <b>Bingo with Judy @ 12:00pm</b>	24 Walk @ 9:00am <b>Bingo with Sensational Hearts @ 12:00pm</b>	25 Walk @ 9:00am <b>Chair Volleyball Practice @ 10:00am</b>	26 Walk @ 9:00am <b>Bingo with Troy Medicare @ 12:00pm</b>	27 Walk @ 9:00am <b>Rummikub @ 10:00 am</b>
30 Walk @ 9:00am <b>Bingo with Judy @ 12:00pm</b>				

**Legend:**

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

# Rockingham Senior Center

225 S Lawrence St  
 Rockingham, NC 28379

(910) 997-4491  
 @agingisgood • www.richmondnc.com  
 agingservices@richmondnc.com

# September 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>CLOSED</b> <b>Happy Labor Day</b>	3 Exercise Room 7:30am-6:30pm	4 Exercise Room 7:30am-6:30pm <b>SHIIP-by appt. only</b>	5 Exercise Room 7:30am-6:30pm	6 Exercise Room 8:00am-4:00pm
9 Exercise Room 7:30am-6:30pm	10 Exercise Room 7:30am-6:30pm <b>Lunch with LEO's@ Godfather's Pizza@11:00am \$</b>	11 Exercise Room 7:30am-6:30pm <b>SHIIP-by appt. only</b>	12 Exercise Room 7:30am-6:30pm	13 Exercise Room 8:00am-4:00pm
16 Exercise Room 7:30am-6:30pm	17 Exercise Room 7:30am-6:30pm	18 Exercise Room 7:30am-6:30pm <b>SHIIP-by appt. only</b>	19 Exercise Room 7:30am-6:30pm <b>Supper Club Captain D's 5:00pm</b>	20 Exercise Room 8:00am-4:00pm
23 Exercise Room 7:30am-6:30pm	24 Exercise Room 7:30am-6:30pm <b>Bingo 10:00am-11:00am</b>	25 Exercise Room 7:30am-6:30pm <b>SHIIP-by appt. only</b>	26 Exercise Room 7:30am-6:30pm	27 Exercise Room 8:00am-4:00pm
30 Exercise Room 7:30am-6:30pm	0	0	0	0

Enjoy the Benefits of  
Adult Coloring

2024  
September



# Grandparents Day

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

**Appreciation**  
**Cherish**  
**Gift**  
**Granny**  
**Kisses**  
**Mother**  
**Respect**

**Blessed**  
**Children**  
**Grandfather**  
**Grateful**  
**Laugh**  
**Nana**  
**Stories**

**Card**  
**Family**  
**Grandma**  
**Heritage**  
**Love**  
**Parents**  
**Strength**

**Caring**  
**Father**  
**Grandmother**  
**Honor**  
**Memaw**  
**Play**  
**Visit**

**Celebrate**  
**Fun**  
**Grandpa**  
**Hugs**  
**Memories**  
**Present**  
**Wise**