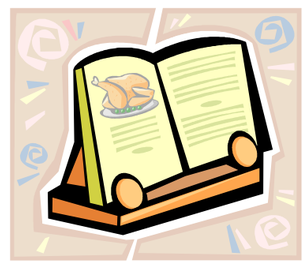
Coming Soon

Valentine's Day Social
Fat Tuesday Breakfast
Chinese New Year
Tax Preparation
Senior Games Workshops
Super Bowl Party

Recipe of the Month

Black Eyed Pea Dip



1 (15 oz) can black eyed peas, rinsed and drained
4 green onions, chopped
2 tablespoons white sugar
¼ cup olive oil
2 cloves garlic, minced
2 Roma tomatoes, chopped
½ bunch fresh cilantro, chopped
3 tablespoons balsamic vinegar
¼ teaspoon salt

Stir the black-eyed peas, green onions, sugar, olive oil, garlic, tomatoes, cilantro, balsamic vinegar and salt together in a mixing bowl. Cover and refrigerate for at least 6 hours before serving. Great with tortilla chips or crackers.

WILSON COUNTY SENIOR ACTIVITY CENTER
1808 GOLDSBORO STREET, SW
WILSON, NC 27893

January

WILSON COUNTY SENIOR ACTIVITY CENTER **JANUARY 2013**

INSIDE THIS ISSUE

STAFF & PHONE NUMBERS 1
STATEMENT OF PURPOSE 1
JANUARY HAPPENINGS 2
CLUB & GROUP SCHEDULE 3
FOR YOUR INFORMATION 4
TRIPS & TRIP UPDATES 5
AARP NEWS 5
BRIDGE CLUB NEWS 6
RED HAT SOCIETY 7
JANUARY BIRTHDAYS 7
COMING SOON 8
RECIPE OF THE MONTH 8

IMPORTANT NUMBERS

OFFICE 206-4059
FAX 206-1987
HALLWAY 246-9024
CAREGIVERS 206-4067
SERVICES FOR BLIND 237-5471
EMAIL ..... scarterforseniors@yahoo.com
WEBSITE ..... www.wilson-co.com
(click on departments)
FACEBOOK ..... www.facebook.com
(search Wilson County Senior Activity Center)

OUR HOURS

Monday – Friday ..... 7:30 – 4:00 pm
Tuesday Extended Hours ..... 5:00 – 8:30 pm
Thursday Extended Hours ..... 4:00 – 8:00 pm

OUR STAFF

Sandra Carter, Director
Carla Tash, AM Title V
Betty Ferrell, Program Assistant
Bob Amedeo, General Utility Worker
Bill Sharpe, Computer Specialist
Natashia Shelley, Caregiver Coordinator
Regina McClain, Services for the Blind

OUR STATEMENT OF PURPOSE

IT IS THE GOAL OF THE WILSON COUNTY SENIOR ACTIVITY CENTER TO PROVIDE EDUCATIONAL, RECREATIONAL AND OUTREACH ACTIVITIES FOR SENIORS OF ALL AGES TO ENHANCE THEIR LEISURE LIFESTYLE AND PROVIDE AN ENVIRONMENT WHERE SOCIALIZATION IS MET.

January Happenings

HOLIDAY CLOSING

The Senior Center will be closed on Monday, January 21st in observance of Martin Luther King Jr.'s Birthday. We will re-open on Tuesday, January 22nd.

PRODUCE DAY

Produce bags will be distributed on Friday, January 18th beginning at 12:45 pm. Please remember that you must sign up each month and be a regular member of the center. If someone is picking up a bag for you, please call the office in advance to let us know. We never know what will be availbele from the food bank, but we will make every effort to get a good bag for everyone.

DINE OUT

In January we will travel to Rocky Mount and the Hunter Hill Café. We leave the center at 11:00 am on Tuesday, January 22nd. Van transportation is availbele or you may drive your own vehicle. Lunch is on your own. Everyone is welcome to join us. Please sign up on the board if you will attend, so that we can make reservations.

FUNDRAISER

In April, the center will be holding an auction. Start thinking ahead. We are asking all of our seniors to donate at least one nice item for this sale. We will accept furniture, artwork, glassware, household items, etc. (in good shape please). Pick up can be arranged for any item that you are unable to transport to the center. Let us know when yous tart your new year cleanup.

SHAG SCHEDULE

Shag will begin again for the new year on Tuesday, January 8th. Beginners meet at 6:30 pm and Intermediates are at 7:30 pm. Call the office if you would like more information about classes.

BREAKFAST CHANGE

Beginning in January, our monthly breakfast will be held on the last Tuesday of the month. Many of you don't get a chance to attend because Monday's tend to be a bit slow. We start at 9:00 am on January 28th. Please sign up on the board if you would like to join us.

CLASSES

We were a little off schedule because of the holidays, but all classes are now back on their regular schedules.

Red Hat Society

Monthly Meeting: The regular meeting for the Red Hat Society is held on the first Monday of the month at 9:00 am in the kitchen. For January we will meet on the 7th. It is important for all members to attend this meeting, because we will be planning the activities and outings for the remainer of the year. New members are always welcome.

January Meeting: Our outing will be held, as always, on the 3rd Tuesday of the month. On January 15th, we will travel to Raleigh and the Museum of Natural Sciences for the exhibit "Titanic: The Artifact Exhibit". We will leave the center at 9:00 am to travel to Raleigh, visit the exhibit, have lunch (on your own) at an area restaurant and maybe have time for a little shopping. More details will be available at the January meeting.

Happy January Birthdays

1st	Larry Langston
	Jane Alexander
2nd	Toni McKeel
	Jean Evans
	Dorothy Johnson
5th	Ernest Farmer, Jr.
6th	Cathy Sullivan
	Tom Sheen
	John Lee
	Margie Mercer
7th	Diana McFadden
	Lou Batchelor
8th	Anne Bailey
11th	Rosa Evans
	Bill Babcock
	Carolyn Ferrell
12th	Mel Dove
13th	Donald Hodge
14th	Louise Morton
15th	Betty Winstead
16th	Pat Finch
17th	Barbara Bullock
18th	Mary Brantley
19th	Fred Kearney
	Kitty Barnes
20th	Fannie Applewhite
	Virginia Downing
21st	Marjorie Jenkins
22nd	Mary Ann Neitzelt
23rd	Faye Taylor
24th	Warren Mitchell
	James Lyndon
25th	Libby Bowen
	Jennette Morris
26th	Harry Dunn
	Linda Bynum
	Ray Geiger
27th	Alice Young
	Elizabeth Horne
	Dorothy Speight
	Carolyn Luckett
	Vance Barnes, Jr.
28th	Dennis Carter
	Charles Meacomes
	Rose Bass
30th	Mary Whitley
	James Boykin

****** Please joins us on the 1st Tuesday of the month beginning immediately after Bingo (around 2:30 pm) in the kitchen for cake and drink to celebrate the birthdays for the month. You do not need to have a birthday in the month to attend. For January, the date will be the 18th.**

For Your Information

RECYCLING

Remember when you are cleaning out this new year, that the center is accepting old cell phones, glasses and ink cartriges for recycling. Also be aware that there are recycle bins located throughout the center for your cans and bottles. can't find one? Ask a staff member. The Senior Center is committed to helping our environment by recycling.

UPCOMING CRAFT CLASSES

January
29th – Valentine Mesh Wreath @ 10:00 am
Join JoAnn Harris in making a beautiful mesh wreath for your Valentine decorating. Cost is $15.00 per wreath.

February
5th – Heart Shapped Wreath @ 10:00 am
Join Sandra Carter in making a wreath out of ball ornaments, beads and more. Cost is $15 per wreath.
12th – Valentine Candy
Join Sandra Carter to make homemade candy for your special valentine. Cost for the class is $10.00

For all craft classes, participants must sign up and pay in advance so that we have enough supplies for everyone.

JANUARY HEALTH SCREENINGS

Blood Pressure
Wednesday, January 9th @ 10:30 am and is sponsored by Action Health Staffing.
Friday, January 11th @ 11:00 am and is sponsored by 3HC.

Hearing
Wednesday, January 16th @ 10:00 am and is sponsored by Pitt-Greene Center for Hearing.

SANTA FOR SENIORS

A special thank you to all who donated gifts and time to help with our first ever Santa for Seniors. An extra thank you to Walgreen's Pharmacy who had our trees in their stores and helped us deliver to each senior. I wish that you all could have seen the faces of the seniors when we delivered their gifts. We had 68 seniors adopted from the trees and everyone who was recommended got gifts. We hope to be able to help more seniors in 2013.

AARP TAX PREPARATION

We will once again have AARP preparers at the center from February through April 15th for your tax preparation needs. We are finalizing the schedule now, so please keep your eyes on the board for further details.

Trips & Trip Updates

Now is the time that we ask for your input for day and overnight trips for 2013. Here are a few ideas that we have. Please let a staff member know if you are interested in these or other trips:

Day Trips
Old Salem
NC Coast
Raleigh Museums
Barn Dinner Theatre

One Night Trips
Biltmore in the Spring
Williamsburg (Shopping and Sightseeing)
Myrtle Beach

1-4 Nights
Amish Counrtry, Pennsylvania
Washington, DC
Savannah, Charlteston
Atlantic City/New York
Cruise

Extended Trips (Brochures are available in the office)
Grand Canyon
Alpine Christmas Markets (Austria & Germany)

The brochure for all trips will be available by January 31st.

AARP News

The local chapter of the AARP meets every second Thuraday of the month at the Bill Ellis Convention Center beginning at 11:30 am. The meeting for January is scheduled for the 14th. Lunch (on your own) and a short business will be followed by a speaker and a topic affecting seniors. All seniors 55 and older are eligible to join the AARP. New members are always welcome. Plan to come early to the meeting to socialize.

Bridge Club News

On November 29th, Don Kline won 1st, Ray Geiger placed 2nd and Lynn Bland came in 3rd. The results for December 6th were: Don Klime, 1st (5,130); Carol Tarpenning, 2nd and Jean Fisher, 3rd. After 24 hands on December 13th, Don Kline won 1st, Mel Dove placed 2nd and Joe Lamonica came in 3rd. The results for December 20th were: 1st – Lynn Bland; 2nd – Barbara Bell; and 3rd – Marjorie Moore. On December 27th, after 18 hands, Lynn Bland won 1st, Carol Tarpenning placed 2nd and Don Kline came in 3rd.

MILLION AND ALMOST MILLION CLUB

1.	Don Kline	1,822,750
2.	Doris Griffin	1,016,560

SUMMARY STATISTICS
JANUARY 1ST THRU DECEMBER 27, 2012

CUMULATIVE HIGH POINTS

1.	Don Kline	175,270
2.	Lynn Bland	139,460
3.	Doris Griffin	138,440
4.	Joe LaMonica	129,960
5.	Sara Nugent	121,460

SINGLE HIGH SESSION (24 HANDS):

1.	Joe LaMonica	7,290
2.	George Thompson	6,810
3.	Pat Smith	6,790
4.	Joe LaMonica	6,210
5.	Joe LaMonica	6,150

AVG. POINTS PER SESSION (35+)

1.	Don Kline (48.75)	3,595
2.	Lynn Bland (41.75)	3,341
3.	Ray Geiger (35)	3,113
4.	Doris Griffin (45)	3,076
5.	Marjorie Moore (39)	3,013

Sessions for January 2013 are scheduled for the 3rd, 10th, 17th, 24th, & 31st.
Happy New Year!
Don Kline

Caregiver News

The Caregiver Coordinators Office, located in the senior center near the exercise room, is available to assist caregivers with information and assistance. Natashia Shelly is available during her office hours (posted on her door) or by phone at 252/206-4067. A Caregiver Support Group meets monthly – more information about this is available from Natashia as well as information about the Ensure nutritional supplemental program.

Club & Group Schedule

Mondays: 7th, 14th, 28th
Yoga: 9:30 am
Quilting: 10:30 am

Tuesdays: 8th, 15, 22nd, 29th
Jack's Fit: 8:00 am
Chair: 9:00 am
Bingo: 1:00 pm
Games: 1:00 pm
Sign Language: 1:00 & 2:00 pm
Zumba: 5:15 pm
Shag: 6:30 – 9:30 pm

Wednesdays: 2nd, 9th, 16th, 23rd, 30th
Chair: 9:00 am
Zumba: 10:00 am (11:15 on 3rd Wed)
Potluck: 12:00 pm
Canasta: 1:00 pm
Knit/Crochet: 1:00 pm

Thursdays: 3rd, 10th, 17th, 24th, 31st
Chair: 9:00 am
Tai Chi: 10:00 am
Bridge: 1:00 pm
Scrapbooking: 1:00 pm
Dinner: 5:00 pm
Zumba: 5:15 pm
Line Dance: 6:30 pm
TOPS: 6:30 pm

Fridays: 4th, 11th, 18th, 25th
Jack's Fit: 8:00 am
Chair: 9:00 am
Music Jam: 12:00 pm
Foot Care: 12:30 pm
Bingo: 1:00 pm

Monthly Activities

Potluck Lunch: Wednesdays, January 2nd, 9th, 16th, 23rd & 30th @ 12:00 pm
Dinner: Thursdays, January 3rd, 10th, 17th, 24th & 31st @ 5:00 pm
Hair Salon: Tuesday through Friday by appointment
Produce Day: Friday, January 18th @ 12:45 pm
BP Screenings: Wednesday, January 9th and Friday, January 11th @ 11:00 am
Birthday Party: Tuesday, January 8th @ 2:30 pm
Singles Club: Monday, January 14th @ 6:30 pm
Dine Out: Tuesday, January 22nd @ 4:00 pm
Red Hat Meeting: Monday, January 7th @ 9:00 am
Mesh Wreath Class: Tuesday, January 29th @ 10:00 am
Breakfast: Monday, January 28th @ 9:00 am
Hearing Screening: Wednesday, January 16th @ 10:00 am
Red Hat Outing: Tuesday, January 15th @ 9:00 am

Daily Activities

Exercise Room
Library
Cornhole
Ping Pong
Pool tables
Wii
Nature Trail
Shuffleboard
Board Games
Basketball
Horseshoes
Puzzle Library