COMING SOON

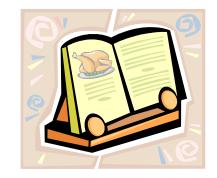
Senior Games Kickoff
Saint Patrick's Day Social
Easter Activities
Spring Crafts
And Lots More........

RECIPE OF THE MONTH

Fresh Strawberry Upside Down Cake

2 cups crushed fresh strawerries

- 1 (6 ounce) package strawberry Jello
- 3 cups miniature marshmellows
- 1 (18 ounce) yellow cake mix, batter prepared as on package



Preheat oven to 250 degrees F.

Spread crushed strawberries on the bottom of a 9 x 13 pan. Evenly sprinkle strawberries with dry gelatin powder and top with mini marshmellows. Prepare the cake mix as directed on package and pour on top of the marshmellows. Bake in the preheated oven until a toothpick inserted in center comes out clean, about 40-45 minutes. Cool in the pan for 15 minutes. Run a knife around the inside of the pan to loosen the sides, and turn the cake out onto a serving tray. Store cake in the refrigerator.

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

FEBRUARY

WILSON COUNTY SENIOR ACTIVITY CENTER

FEBRUARY 2013

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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

IMPORTANT NUMBERS

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

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.

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FEBRUARY HAPPENINGS



PRODUCE DAY

We have not been able to get produce recently due to the threat of bad weather. We'll try again on Friday, February 15th. Please sign up on the board to receive a bag which will be distributed beginning at 12:45 pm. Remember to notify the office if someone is picking up your bag for you. Also, bags are for seniors who have their MySeniorCenter card and we ask that you sign in under Produce Day when you come to pick up yours.

DINE OUT



Every February we take time for a trip to Jamesville for the Annual Herring Run. We will do it again on Tuesday, February 26th. We will leave the center at 10:15 am to have lunch at the Cypress Grill (on your own). We will return to Wilson following lunch. Please be sure to sign up if you would like to join us so that we have enough vehicles to transport everyone. All are welcome.

VALENTINE SOCIAL

Celebrate Valentine's Day with a social in the kitchen beginning at 1:00 pm on the 14th. We'll have some snacks and refreshments to enjoy and a chance to socialize.

CHINESE NEW YEAR

The Chinese "Year of the Rat" begins in February. On Thursday, February 7th, our regular dinner will have a Chinese theme. We won't go too far overboard, so anyone who is not fond of Chinese food will find something they like as well. Join the festivities beginning at 5:00 pm in the kitchen and please be sure to sign up on the board.

FAT TUESDAY BREAKFAST

Our annual Fat Tuesday Breakfast will be held on Tuesday, February 12th beginning at 9:00 am in the kitchen. For those of you who don't know, Fat Tuesday is the last day for indulgence before the start of Lent. We will be serving pancakes, sausage, spiced apples, juice and coffee. Please join us for breakfast and a Mardi Gras theme.

NEW YOGA SESSION

Yoga will start a new 8-week session on February 11th and as follows:

February 11th, 18th & 25th
March 4th & 25th
April 1st, 8th & 15th
No classes on March 11th & 18th



The 8 week session is \$24 when you pay for all or you can pay by the class of \$5 per class.

Yard Sales will resume in March. The first will be on Saturday, March 2nd beginning at 7:00 am. Spaces are \$5 and include tables. Sandra will be here for set up which will begin at 5:30 am. Please call the office to reserve a space.

Happy Valentine's Day

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 February we will meet on the 4th. It is important for all members to attend this meeting, because we will be planning the activities and outings for the remainder of the year. New members are always welcome.

February Outing: Our outing will be held, as always, on the 3rd Tuesday of the Month. On February 19th, we will travel to Raleigh and visit the NC Museum of History for the Real to Reel: The Making of Gone with the Wind. More details will be available at the February meeting.

Upcoming Outing: The upcoming outing for March will be March 19th at the NC Aquarium of Pine Knoll Shores.

HAPPY FEBRUARY BIRTHDAYS



1 st	Nina Hawkins	10 th	Van Phan	21 st	Shirley Batts
2 nd	Darlene Beaman		Donald Peedin		Esther Felton
	Juanita Hales	11 th	Carolyn Hales	23 rd	Leal Shealy
3 rd	Teresa Taylor		Reese Ferrell	24^{th}	Gay Geiger
4 th	Wayne Turner	12 th	Kenneth Vaughn		Euguene Whitfield
5 th	Masaru Nagase	14 th	JoAnn Bryant		Bill Price
	Jessie Bunch	15 th	Lucy Marshall		Tom Nobles
	Sanford Lamm	17 th	Annette Goff		Lillie Corbett
6 th	Eleanor Blake	18 th	Barbara Hatten	25 th	Wanda Thompson
	Milly Lowe		Donald Holloman		Susie Barnes
7 th	Jean Walston	19 th	Gerald Edsell		

Ralph Marshall

Vicki Hooper

**** 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 February, it will be the 5th.

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Jimmy Vaughan

Pat Lowe

FOR YOUR INFORMATION

EAT THIS, NOT THAT

On Friday, February 22nd, Karen Gleason from Anedusys, will be at the center to talk about making choices in your everyday eating. Please join Karen for this great topic and for some healthy snacks.

UPCOMING CRAFT CLASSES

Join us for the following craft classes in February:

Valentine Ball Wreath: Make a beautiful wreath for Valentine's Day using Christmas ornaments. We meet at 10:00 am in the kitchen on Tuesday, February 5th. Cost is \$15 per wreath.

Valentine Treats: Make some homemade candies and treats for your valentine on Tuesday, February 12th beginning at 10:00 am in the kitchen. Cost is \$10 for the class.

Please sign up and prepay for all classes in the office.

ATTENTION CRAFTERS

If you are a crafter and would like to sell some of your items, please see Sandra or Betty. We will be offering handmade and speciality items in our gift shop and this may give you a chance to let others see what you have.

HEALTH SCREENINGS

Blood Pressure

Friday, February 8th @ 11:00 am (3HC) Wednesday, February 13th @ 10:30 am (Action Health Staffing)

Hearing

Wednesday, February 20th @ 10:00 am (Pitt-Greene Center for Hearing)

AARP TAX PREPARATION



It's that time again and the AARP volunteers are ready to assist with your tax preparation. For February the dates are the 4th, 5th, 6th, 11th, 12th, 13th, 18th, 19th, 20th, 25th, 26th and the 28th all from 1:00 pm until 5:00 pm in the computer room. Please call the office for more information or to schedule your appointment and be sure to bring all your tax papers and last year's tax return if you had it done somewhere else.



Happy Valentine's Day

TRIPS & TRIP UPDATES

DAY TRIPS

March 22nd – Barn Dinner Theatre "Peace Like A River" – We will leave the center at 9:30 am to travel to Greensboro for this great theater experience. "Peace Like A River" is a wonderful musical about Unity Day at Harmony Valley Church and includes great comedy and music. We will have a buffet lunch at 1:00 pm and the show will begin around 2:30 pm. We expect to leave Greensboro around 4:30 pm for the return trip home. The cost of the trip is \$50 per person which includes transportation, buffet, tax, tip and show.

May 17th – Gotta Be NC Festival – We will leave the center at 10:30 am and travel to Raleigh for this great agricultural festival which includes a Food & Wine Expo, antique tractors, vendors, food and more. Admission is free. Transportation cost is \$5 per person.

June 8th – Duplin Winery – We will leave the center at 2:00 pm to travel to Rose Hill for a tour, wine tasting, dinner and a show. All this plus transportation is \$50 per person.

October 22nd – NC State Fair – We will leave the center at 7:30 am to travel to Raleigh for the Annual Senior Day at the State Fair. Adminission is free for seniors. Transportation is \$5 per person.

You must sign up and prepay in the office for any of these trips. Keep your eyes on the newsletter for more trips and activities.

*** To save on costs, we travel by van. We are not able to reserve seats, they are on a first-come, first-serve basis. Cancellations must be made within 48 hours of the trip to receive a refund.

BROCHURES ARE AVAILABLE IN THE OFFICE FOR OUR EXTENDED TRIPS TO THE GRAND CANYON AND AUSTRIA.



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 February 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.

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BRINGE CLUB NEWS

On January 3rd, Marjorie Moore won 1st; Ray Geiger placed 2nd and Jean Fisher came in 3rd. The results for January 10th were: Gene Pronk, 1st (5,320); Ray Geiger, 2nd; and Sara Nuggent 3rd. After 24 hands on January 17th, Gene Pronk had won 1st; Barbara Bell took 2nd and Jean Fisher came in 3rd. The results for January 27th were: 1st, Sara Nugent (5,550); Don Kline, 2nd; and Doris Griffin, 3rd.

MILLION AND ALMOST MILLION CLUB

Don Kline 1.834.530 **Doris Griffin** 1.032.280

SUMMARY STATISTICS JANUARY 1ST Thru 24th, 2013

CUMULATIVE HIGH POINTS

CUMULATIVE HIGH POINTS			AVG. POINTS PER SESSION (35+)		
1.	Ray Geiger	14,560	1.	Sara Nugent	4,213 (3)
2.	Marjorie Moore	14,180	2.	Ray Geiger	3,611 (4)
3.	Sara Nugent	12,640	3.	Marjorie Moore	3,545 (4)
4.	Don Kline	11,500	4.	Don Kline	2,950 (4)
5.	Barbara Bell	11,060	5.	Barbara Bell	2,765 (4)

Sessions are scheduled for February 7th, 14th, 21st & 28th. Happy Valentine and God Bless You and Yours. Don Kline

SINGLE HIGH SESSION (24 HANDS):

Sara Nugent

Gene Pronk





5,550

5.320

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: 4th, 11th, 18, 25th

Yoga: 9:30 am Quilting: 10:30 am

Tuesdays: 5th, 12th, 19th, 26th

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: 6th, 13th, 20th, 27th

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: 7th, 14th, 21st, 28th

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: 8th, 15th, 22nd

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

Tax Preparation: Mondays, February 4th, 11th, 18th & 25th from 1:00-5:00 pm Tuesdays, February 5th, 12th, 19th, & 26th from 1:00-5:00 pm Wednesdays, Feberuary 6th, 13th, 20th from 1:00-5:00 pm

Thursday, February 28th from 1:00-5:00 pm

Potluck: Wednesday, February 6th, 13th, 20th & 27th @ 12:00 Noon

Chinese New Year: Thursday, February 7th @ 5:00 pm

Weekly Dinner: Thursdays, February 14th, 21st & 28th @ 5:00 pm

Valentine Social: Thursday, February 14th @ 1:00 pm Hair Salon: Tuesday through Friday by appointment **Produce Day:** Friday, February 15th at 12:45 pm BP Screenings: Wednesday, February 23rd @ 10:30 am

Friday, February 8th @ 11:00 am

Birthday Party: Tuesday, February 5th @ 2:30 pm Eat This, Not That: Friday, February 22nd @ 9:00 am Singles Club: Monday, February 11th @ 6:00 pm **Dine Out:** Tuesday, February 26th @ 10:15 am

Fat Tuesday Breakfast: Tuesday, February 10th @ 9:00 am

Red Hat Meeting: Monday, February 4th @ 9:00 am

Valentine Ball Wreath Class: Tuesday, February 5th @ 10:00 am

Breakfast: Tuesday, February 26th @ 9:00 am

Hearing Screening: Wednesday, February 20th @ 10:00 am

Red Hat Outing: Tuesday, February 19th @ 8:30 am

Valentine Treats Class: Tuesday, February 12th @ 10:00 am

Daily Activities

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