

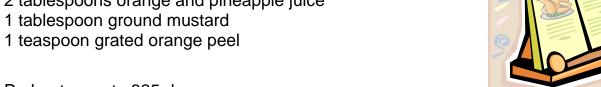
COMING SOON

Senior Games
Outdoor Playground Opening
New Classes and Activities
The End of Tax Preparation
And Lots More............

RECIPE OF THE MONTH

Baked Easter Ham with Brown Sugar-Orange Glaze

6 pound fully cooked smoked bone-in ham ½ cup brown sugar 2 tablespoons orange and pineapple juice 1 tablespoon ground mustard



Preheat oven to 325 degrees.

On a rack in a shallow roasting pan, place ham. Insert meat thermometer in thickest part of the ham. Bake uncovered for 1 hour and 30 minutes or until thermometer reads 135 to 140 degrees.

Meanwhile, in a small bowl, mix remaining ingredients. Brush glaze over ham during the last 45 minutes of baking. Remove ham from oven; cover with tent of foil and let stand 10-15 minutes for easier carving.

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



WILSON COUNTY SENIOR ACTIVITY CENTER

MARCH 2013

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OUR HOURS

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

STARTING ON MARCH 11TH, THE CENTER WILL BE CLOSING AT 5:00 PM INSTEAD OF 4:30 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

Happy St. Patrick's Day

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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MARCH HAPPENINGS

EASTER EGG HUNT, SOCIAL & DINNER

We will have a social to celebrate Easter on Thursday, March 28th beginning at 1:00 pm. This will be followed by an egg hunt, outdoors (weather permitting). Bring a basket for collecting eggs. A signup sheet is located on the board if you would like to attend. There will also be a dinner at 5:00 pm featuring ham and all the fixings, so be sure to attend.





HOLIDAY CLOSING

The center will be closed on Friday, March 29th for Good Friday. We will re-open at 7:30 am on Monday, April 1st. We wish you all a safe and Happy Holiday.

ST. PATRICK'S DAY DINNER

Our Thursday Dinner on March 14th, will have an Irish flair. We will have a corned beef and cabbage meal to celebrate St. Patrick's Day. Be sure to wear green for this fun event which begins at 5:00 pm.



DAYLIGHT SAVINGS TIME

Don't forget to "Spring Ahead" this Sunday, March 10th. Due to this change, the center will be open until 5:00 pm beginning on March 11th.



PRODUCE DAY

Produce bags will be distributed on Friday, March 15th beginning at 12:45 pm. Be sure to sign up on the board and remember that you must have a key card in order to receive a bag. Also, don't forget to key in for this, even if you are coming for other activities.

DINE OUT

We will travel together as a group to the Red & White Restaurant in Dortches on Tuesday, March 26th. We will leave the center at 11:00 am. Transportation is provided and lunch is on your own. Join us for this great event to meet other seniors and have a great lunch.





YARD SALE

Since the weather is getting warmer, we will resume yard sales every 2nd Saturday of the month in the parking lot. Spaces are \$5.00 (this covers the cost of the ad in the paper). You may begin to set up at 6:00 am. The sale will start at 7:00 am and go on as long as you would like to be here. Our first sale will be on Saturday, March 9th. Please sign up in the office so that we can arrange for enough tables.



RED HAT SOCIETY

Monthly Meeting: The monthly business meeting will be held on Monday, March 4th beginning at 9:00 am in the kitchen. All Red Hat Members and those who wish to join are asked to attend this meeting to help make plans for upcoming outings and activities.

March Outing: On Tuesday, March 19th, we will leave the center for a trip to the NC Aquarium. We will have one stop on the way, enjoy the aquarium, have lunch (on your own) and return to Wilson. If we have 10 or more people, the admission is \$5.95. Less than 10, the cost is \$7.00. We need to know by the 14th, so that we can order tickets in advance.

Upcoming Outings: April – Arlie Gardens, Wilson; and May – State Farmer's Market, Raleigh.

HAPPY MARCH BIRTHDAYS



1 st	Mae Farmer	12 th	Mary Bland	26 th	Gerald Skinner
	Angelia Stancil	13 th	Gale Brewer		Barbara Bell
	Dolores Kremins		Reta Christian	27^{th}	Helen Harley
	Mildred Murphy	14 th	Dorothy Whitley		James faison
2^{nd}	John Walker	15 th	Norma Couch		Randoll Berry
	Mable Finch	16 th	Rudolph Batts		Blonnie Stroud
3^{rd}	Neal Dieterie	17 th	Sidney Wiley	28^{th}	Zura Scott
	Sharon Massey	18 th	Alice Artis	29^{th}	Queen Quinerly
5^{th}	Bruce Faison		Gene Pronk	30^{th}	James Allen
6 th	Elizabeth Lucas	20^{th}	Jean Fisher	31 st	Marie Best
7 th	Judy Cashion	21 st	Ruby Driver		Marjorie Barfield
	Mamie Little	22 nd	Elizabeth Barnes		Grace Lamm
8 th	Betty Lou Manning	24^{th}	Donna Languell		Ethel Shepard
	Lynn Bland		Mary Sutton		
9 th	Susan Lamm	25 th	Helen Self		
	James Cooke		Bill Johnson		
12 th	Kathy Sullivan		Leslie Artis		

**** 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 March, the party will be on the 5th.

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FOR YOUR INFORMATION

UPCOMING CRAFT CLASSES

Mesh Wreath Class: Tuesday, March 5th. Make a mesh wreath for Easter or Spring. Cost is \$15.00 per wreath (all supplies are provided).

Egg Wreath Class: Tuesday, March 12th. Make an Easter wreath using plastic Easter eggs. Cost is \$15.00 per wreath (all supplies are provided).

Bow Making Class: Wednesday, March 20th. Learn how to make your own bows. Cost is \$5.00 for the instructor. Bring 4 yards of wire edge ribbon for each bow you would like to make.

All Classes will begin at 10:00 am.

HEALTH SCREENINGS

Blood Pressure: Friday, March 8th at 11:00 am (sponsored by 3HC); Wednesday, March 13th at 11:00 am (sponsored by Action Health Staffing).

Hearing: March 20th at 10:00 am (sponsored by Pitt-Greene Center for hearing).

EAT THIS, NOT THAT

Because of bad weather in February, we had to reschedule this great workshop for Friday, March 8th beginning at 9:00 am in the kitchen. Karen Gleason, a registered dietician, will speak to us about making healthier choices for our nutritional needs. A healthy snack will be provided. Don't miss this important discussion.

SENIOR GAMES

Before we know it, the Annual Senior games will be here. We have applications at the center for those who wish to join in the fun. Early bird registration has to be in by March 15th and regular registration must be in by April 1st. Come and find out what it is all about. See Sandra for answers to your questions or any information you may need. The games this year are in Rocky Mount and we will provide transportation, if we get enough interested people to go.





COMPUTER HELPERS

We have been lucky enough to have a group of Fike High School Students volunteer to teach seniors computer skills. They meet every Thursday evening at 7:00 pm and the class is free. Don't miss out on the chance to learn some new computer skills and brush up on the ones you already have.



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. Admission 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.

TRIP PRESENTATION: On Tuesday, March 26th at 1:00 pm, we will have a presentation about the trip to the Grand Canyon. Amanda Speer will be here to answer all questions and give you every detail about the trip. Please plan to come.

NEW TRIP: Myrtle Beach Show Trip on May 1-3, 2013. This trip will include 2 nights' accommodations in an oceanfront efficiency; 2 full breakfast buffets; 1 all-you-can-eat buffet at Captain Bennett's Calabash Seafood; "Legends in Concert" show; "One the Show" at the Alabama Theatre; "Jersey Nights" at the Palace Theatre; baggage handling; and all the taxes and fees. The cost is \$180.00 per person (based on double occupancy). **Note:** Because we are taking vans, we can only have 20 people sign up for this trip. Sign up early!!!!



AARP News

The Wilson County AARP Chapter meets every 2nd Thursday of the month at the Bill Ellis Convention Center. The meeting for March will be on the 14th beginning at 11:30 am. A business meeting, lunch (on your own) and a speaker are provided. All seniors 55 and older are welcome to attend and join the chapter. Plan to come early to socialize.

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BRIDGE CLUB NEWS

On January 31st, Ray Geiger won 1st; Carol Tarpenning placed 2nd; and Don Kline came in 3rd. The results for February 7th were: Joe LaMonica, 1st; Mel Dove, 2nd; and Sara Nugent, 3rd. After 24 hands on February 14th, Don Kline won 1st; Lynn Bland came in 2nd; and Jean Fisher placed 3rd. On February 21st, Lynn Bland won 1st, Doris Griffin came in 2nd and Ray Geiger took 3rd.

MILLION AND ALMOST MILLION CLUB

Don Kline
 Doris Griffin
 1,845,230
 1,031,850

SUMMARY STATISTICS January 1st thru February 21, 2013

COMIC	JLATIVE HIGH POINTS		AVG	6. POINTS PER SESSION (8)	
1.	Ray Geiger	27,280	1.	Ray Geiger	3,410
2.	Don Kline	22,590	2.	Don Kline	2,824
3.	Lynn Bland	22,230	3.	Lynn Bland	2,779
4.	Sara Nugent	22,130	4.	Sara Nugent	
5.	Marjorie Moore	21,430	5.	Marjorie Moore	2,679

Sessions for March are scheduled for the 7th, 14th, 21st and 28th.

God Bless You and Yours,

Don Kline















CAREGIVER NEWS

Natashia Shelley, our Caregiver Coordinator, has some information sessions during March for the following: March 19th – Laughter Yoga (for all seniors) 9:00 am; March 20th – Caregiver Program (for new caregivers) 5:30 pm; March 25th – Laughter Yoga (evening program) 5:30 pm; and March 27th – Grandparents Raising Grandchildren at 5:30 pm. All information sessions will be held at the Senior Center. Please call Natashia at (252) 206-4067 for further information and plan to be a part of these great groups.

CLUB & GROUP SCHEDULE

Mondays: 4th, 11th, 18, 25th

Yoga: 9:30 am Quilting: 10:30 am Tax Preparation: 1:00 pm

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

Tax Preparation: 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
Computer Helpers: 7:00 pm

Fridays: 1st, 15th, 22nd, 29th

Jack's Fit: 8:00 am Chair: 9:00 am Music Jam: 12:00 pm Foot Care: 12:30 pm Bingo: 1:00 pm

DAILY ACTIVITIES Exercise Reem

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

MONTHLY ACTIVITIES

Potluck Lunch: Wednesdays, March 6th, 13th, 20th, 27th @ 12:00 Noon **Dinner:** Thursdays, March 7th, 21st @ 5:00 pm

Hair Salon: Tuesday through Friday by appointment

Foot Care: Fridays beginning at 12:00 pm by appointment

Produce Day: Friday, March 15th @ 12:45 pm **BP Screenings:** Friday, March 8th @ 11:00 am

Wednesday, March 13th @ 11:00 am

Birthday Party: Tuesday, March 5th @ 2:30 pm **Dine Out:** Tuesday, March 26th @ 11:00 am

Easter Social & Egg Hunt: Thursday, March 28th @ 1:00 pm

Red Hat Meeting: Monday, March 4th @ 9:00 am
Mesh Wreath Class: Tuesday, March 5th @ 10:00 am
Egg Wreath Class: Tuesday, March 12th @ 10:00 am
Bow Making Class: Wednesday, March 20th @ 10:00 am
St. Patrick's Day Dinner: Thursday, March 14th @ 5:00 pm

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

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

Eat This, Not That: Friday, March 8th @ 9:00 am Red Hat Outing: Tuesday, March 19th @ 8:30 am Easter Dinner: Thursday, March 28th @ 5:00 pm



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