

# COMING SOON

Senior Games  
Mother's Day Events  
Memorial Day Cookout  
and lots more.....

## RECIPE OF THE MONTH

### Banana Split Pie

- 1 box confectioners' sugar
- 1 large extra creamy cool whip
- 2 sticks margarine (at room temperature)
- 1 cup chopped pecans
- 1 (20 oz) can crushed pineapple (drained)
- 2 prepared graham cracker crusts
- 4 bananas
- maraschino cherries



Beat confectioners' sugar and margarine until creamy. Divide and spread into the bottom of the crusts. Slice the bananas over the creamed mixture and cover with a layer of pineapple (save a little pineapple for the topping). Spread whipped topping over all, piling as high as you like. Sprinkle the tops with chopped pecans, maraschino cherries and the remaining pineapple.

Refrigerate at least 2 hours and refrigerate any leftovers. This pie can also be frozen for later use.

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

# APRIL NEWS

**WILSON COUNTY SENIOR ACTIVITY CENTER**

**APRIL 2013**

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### IMPORTANT NUMBERS

OFFICE ..... 206-4059  
 FAX ..... 206-1987  
 HALLWAY ..... 246-9024  
 CAREGIVERS..... 206-4067  
 SERVICES FOR BLIND ..... 237-5471  
 EMAIL ..... [scarter@wilson-co.com](mailto:scarter@wilson-co.com)  
 WEBSITE ..... [www.wilson-co.com](http://www.wilson-co.com)  
 (click on departments)  
 FACEBOOK ..... [www.facebook.com](http://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  
 Natasha Shelley, Caregiver Coordinator  
 Regina McClain, Services for the Blind

### OUR HOURS

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



### 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.

# APRIL HAPPENINGS

## DINE OUT

The Dine Out Club trip for April will be held on Tuesday, April 23<sup>rd</sup>. We will leave the center at 11:00 am to travel to a restaurant outside of Wilson County to enjoy lunch as a group. Transportation is provided. Lunch is on your own.



## YARD SALE

On the 2<sup>nd</sup> Saturday of the month, we will hold our monthly yard sale. For April that will be the 13<sup>th</sup>. Staff will be here at 6:00 am for table distribution and we expect everyone to be ready to sell by 7:00 am. Spaces are \$5.00 each and we ask that you reserve your space and pre-pay. The sale will only be advertised in the Times if we have enough people to help pay for the classified ad. Let the office know if you would like a space.

## PRODUCE DAY

Bags of produce will be distributed on Friday, April 19<sup>th</sup> beginning at 12:45 pm. Bags left after 2:00 pm will be given to shut-ins. We cannot hold bags over the weekend. You must scan your card in order to receive a bag. If you are sending someone to pick up your bag for you, you must call the office before the scheduled time. Bags will not be given out to anyone, but the person we have on the list or their designated representative.



## YOGA SCHEDULE

For April, Yoga will meet on the 1<sup>st</sup>, 15<sup>th</sup> and 22<sup>nd</sup>. On the April 8<sup>th</sup>, instead of class will be having an information session about Group Drumming. Check out page 4 for more information.

## COMPUTER HELPERS

If you have not been to the Thursday evening computer session, you are missing out on some great, free information. Several Fike High School students are at the center every Thursday from 7:00 pm until 8:00 pm to help seniors learn about computers. This session is free and open to all seniors who are interested.



## DIABETIC DIET CLASS

Join dietician Karen Gleason on Friday, April 26<sup>th</sup> at 9:00 am in the kitchen for information about healthy eating for diabetics. Karen gave a talk on Eat this, Not That last month and will be at the center with a different topic each month.

## LIFE LINE SCREENING

The center will be the location for Life Line Screenings on Monday, April 15<sup>th</sup>. Life Line offers potentially lifesaving screenings for Carotid Artery, Abdominal Aortic Aneurysm, PAD, Osteoporosis and Atrial Fibrillation. They can also check for prostate and colon cancer. Call to make an appointment at 1-888-653-6441. There is a nominal fee for each of these screenings.



# RED HAT SOCIETY

**Monthly Meeting:** The monthly business meeting of the Red Hat Society is held on the 1<sup>st</sup> Mondays of the month beginning at 9:00 am in the kitchen. All Red Hat members are asked to attend. New members are always welcome.

**April Outing:** On Tuesday, April 16<sup>th</sup>, we will travel to Wilmington for a visit to Airlie Gardens. We will leave the center at 8:30 am. After visiting the gardens, we will have lunch at a local restaurant (on your own) and a trip to the bakery before returning to Wilson.

**Upcoming Outings:** May – State Farmer's Market, Raleigh.

**Membership:** Our members are those who attend the business meetings and pay club dues (\$1.00/month). If you are not a member before an outing, please do not sign up.

# HAPPY APRIL BIRTHDAYS



2 <sup>nd</sup> Robert Wolfe	12 <sup>th</sup> Tony Wilkin	24 <sup>th</sup> Lynn Broadwell
Hildred Young	Hubert Bullard	Janet Underwood
3 <sup>rd</sup> Joyce Joyner	14 <sup>th</sup> Lois Newcomb	Dazine Woodard
Brenda Smith	15 <sup>th</sup> Bobbie Ward	Florida Pearl
Annis Rackley	Marjorie Lamm	Mary Piccicone
4 <sup>th</sup> Lynne Goff	16 <sup>th</sup> Doris Smiley	25 <sup>th</sup> Patsy Duke
Gail Barbour	17 <sup>th</sup> Leccie Edwards	26 <sup>th</sup> Pat Lucas
Samantha Sauls	Jean Curlin	Diane Turner
John Owens	Jacqueline Weaver	Ollie Allen
Sallie Burley	Jean Anderson	27 <sup>th</sup> Madeline McCoy
5 <sup>th</sup> Joe LaMonica	18 <sup>th</sup> Sandra Carter	28 <sup>th</sup> Helen Jackson
6 <sup>th</sup> Michelle White	Deborah Durham	29 <sup>th</sup> Carol Tarpenning
Irene Callahan	20 <sup>th</sup> Sarah Joyner	30 <sup>th</sup> Phyllis Car
7 <sup>th</sup> Hazel King	22 <sup>nd</sup> Maxine Stewart	William Woolard
9 <sup>th</sup> Mable Farmer	23 <sup>rd</sup> Thelma Rogers	
11 <sup>th</sup> Eva Boykin	Mary Rice	
Sam Barnes	Pat Campbell	

\*\*\*\* Please joins us on the 1<sup>st</sup> Tuesday of the month for cake and drink to celebrate those who are having birthdays in the month. We meet in the kitchen after Bingo (around 2:30). You don't need to have a birthday in the month to join us for the celebration.

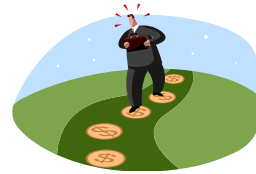
# FOR YOUR INFORMATION

## MEET & GREET WITH REPRESENTATIVE SUSAN MARTIN

We are pleased that Representative Susan Martin will be at the Center on Friday, April 12<sup>th</sup> beginning at 11:00 am. Please come out to meet Representative Martin and see what she has to say about senior issues.

## CRAFT CLASSES

**Stepping Stones:** On Tuesday, April 20<sup>th</sup>, this class will meet in the pavilion to make stepping stones of different shapes and decoration for your garden or to give as gifts. Wear old clothes because we will probably get dirty. You will make your stones on this day, but will need to let them dry for a few days before taking them home. The cost for the class is \$10.00 and will include enough supplies for you to make several stones.



**Front Door Floral Decorations:** We have a different idea for the front door in this class to be held on April 9<sup>th</sup> at 10:00 am in the kitchen. We will take a small shutter and decorate it with flowers, bows and embellishments for you to use as a door decoration. The cost for the class is \$15.00 and will include all supplies needed to complete your decoration.

\*\*\*\*\* Please remember to sign up and prepay for all craft classes in the office. We need to know how much materials to buy for all participants.

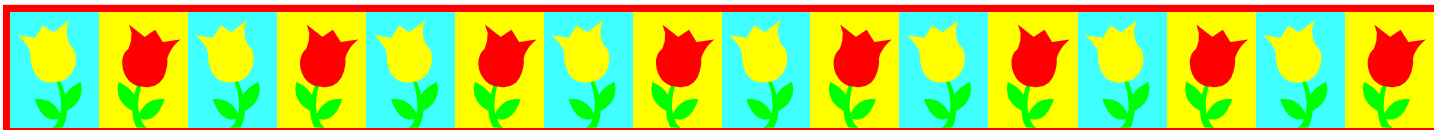
## HEALTH SCREENINGS

**Blood Pressure:** Wednesday, April 10<sup>th</sup> @ 11:00 am (sponsored by Action Health Staffing)  
Friday, April 12<sup>th</sup> @ 11:00 am (sponsored by 3HC)

**Hearing:** Wednesday, April 17<sup>th</sup> @ 10:00 am (sponsored by Pitt-Greene Center for Hearing)

## GROUP DRUMMING

Did you know that drumming offers many benefits to seniors that include increased attention span, range of motion and hand-eye coordination? In addition, rhythm can help to turn on the brain and learning something new can enhance brain function. Come and learn what it's all about at a Group Drumming Informational Session on Monday, April 8<sup>th</sup> (in place of Yoga-Carolina is out this day) at 9:30 am. DeeAnn Macomson will show us how this fun activity can benefit us.



# TRIPS & TRIP UPDATES

## OVERNIGHT TRIP

**May 1<sup>st</sup> through 3<sup>rd</sup> – Myrtle Beach** – There are only a few spots left for this trip. Those of you who have already signed up for the trip will need to pay the entire amount by April 15<sup>th</sup> in order to keep your spot. This is a 3 day/2night trip which includes transportation, lodging, 3 shows, 1 dinner buffet, 2 breakfasts, taxes and bagging handling.

## DAY TRIPS

**May 17<sup>th</sup> – 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 8<sup>th</sup> – 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 22<sup>nd</sup> – 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.



# AARP NEWS

The local chapter of the AARP meets every 2<sup>nd</sup> Thursday of the month at the Bill Ellis Convention Center. The meeting begins at 11:30 am and includes a business meeting, lunch (on your own) and a speaker. All seniors 50 and older are invited to join the local chapter. Come early to the meeting to socialize.

# BRIDGE CLUB NEWS

On February 28<sup>th</sup>, Gene Pronk won 1<sup>st</sup>, Joe LaMonica came in 2<sup>nd</sup> and Doris Griffin placed 3<sup>rd</sup>. The results for March 7<sup>th</sup> were: 1<sup>st</sup>, Barbara Bell; 2<sup>nd</sup>, Jean Fisher; and 3<sup>rd</sup>, Don Kline. After 4 rotations (24 hands) on March 14<sup>th</sup>, Jean Fisher had won 1<sup>st</sup>, Ray Geiger came in 2<sup>nd</sup> and Barbara Bell placed 3<sup>rd</sup>. The results for March 21<sup>st</sup> were: Lynn Bland, 1<sup>st</sup>; Marjorie Moore, 2<sup>nd</sup>; and Don Kline, 3<sup>rd</sup>.

## MILLION AND ALMOST MILLION CLUB

1.	Don Kline	1,856,170
2.	Doris Griffin	1,044,070

## SUMMARY STATISTICS January 1<sup>st</sup> thru March 21, 2013

### CUMULATIVE HIGH POINTS

1.	Ray Geiger.....	38,630
2.	Lynn Bland.....	35,000
3.	Don Kline.....	33,430
4.	Marjorie Moore.....	32,400
5.	Barbara Bell.....	30,300

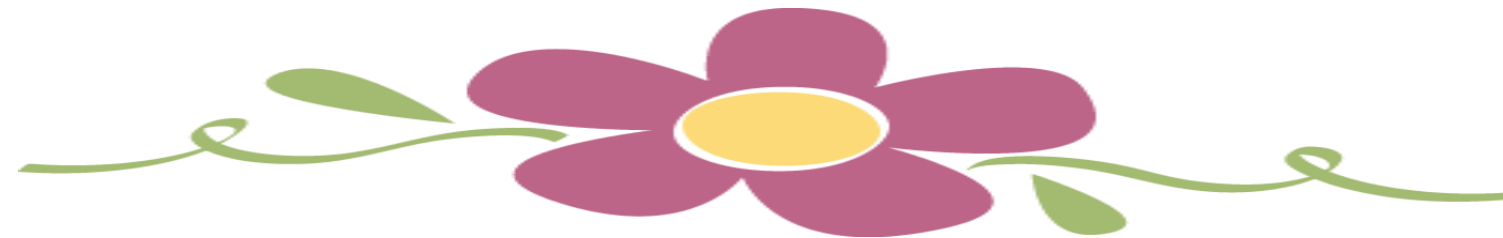
### AVG. POINTS PER SESSION

1.	Ray Geiger (12).....	3,219
2.	Marjorie Moore (11).....	2,945
3.	Lynn Bland (12).....	2,917
4.	Don Kline (12).....	2,786
5.	Barbara Bell (11).....	2,755

### SINGLE HIGH SESSION (24 HANDS)

1.	Sara Nugent.....	5,550
2.	Gene Pronk.....	5,320

Sessions for April are scheduled for the 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>.  
God Bless You and Yours,  
Don Kline



# CAREGIVER NEWS

The office of the Caregiver Coordinator is available for issues related to care giving, sales of dietary supplements and a Caregiver Support program. Natasha Shelley is the Coordinator for Wilson County. Her office hours are posted on her door at the center or call her at (252) 206-4067 for more information on these and other programs.

# CLUB & GROUP SCHEDULE

## Mondays: 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>

Yoga: 9:30 am (except the 8<sup>th</sup>)  
Quilting: 10:30 am  
Tax Preparation: 1:00 pm (only until the 15<sup>th</sup>)

## Tuesdays: 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>

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: 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>

Chair: 9:00 am  
Zumba: 10:00 am (11:15 on 3<sup>rd</sup> Wed)  
Potluck: 12:00 pm  
Canasta: 1:00 pm  
Knit/Crochet: 1:00 pm  
Tax Preparation: 1:00 pm (only until the 10<sup>th</sup>)

## Thursdays: 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, & 25<sup>th</sup>

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: 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>

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

# MONTHLY ACTIVITIES

**Potluck Lunch:** Wednesdays, April 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, & 24<sup>th</sup> @ 12:00 Noon  
**Diabetic Diet Class:** Friday, April 26<sup>th</sup> @ 9:00 am  
**Hair Salon:** Tuesday through Friday by appointment  
**Group Drumming:** Monday, April 8<sup>th</sup> @ 9:30 am  
**Foot Care:** Friday, beginning @ 12:00 Noon by appointment  
**Produce Day:** Friday, April 19<sup>th</sup> @ 12:45 pm  
**Meet & Greet with Rep Susan Martin:** Friday, April 12<sup>th</sup> @ 11:00 am  
**BP Screenings:** Wednesday, April 11<sup>th</sup> @ 11:00 am  
Friday, April 12<sup>th</sup> @ 11:00 am  
**Thursday Dinner:** April 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, & 25<sup>th</sup> @ 5:00 pm  
**Red Hat Outing:** Tuesday, April 16<sup>th</sup> @ 8:30 am  
**Hearing Screening:** Wednesday, April 17<sup>th</sup> @ 10:00 am  
**Breakfast:** Tuesday, April 20<sup>th</sup> @ 9:00 am  
**Red Hat Meeting:** Monday, April 1<sup>st</sup> @ 9:00 am  
**Dine Out:** Tuesday, April 23<sup>rd</sup> @ 11:00 am  
**Birthday Party:** Tuesday, April 2<sup>nd</sup> @ 2:30 pm

