UPCOMING EVENTS

We are happy to report that the Senior Activity Center is the recipient of a Sparkplug Grant from Blue Cross/Blue Shield and the Rensselaerville Institute. This grant will help us to begin with Phase 1 of the "Playground for Seniors". Keep watching during the next few weeks as we update the shuffleboard court, add a regulation size horseshoe pit and install the first piece of ourdoor exercise equipment. This area will continue to grow as we generate funds and we will eventually see basketball courts, an improved pavillion and lots of new lights for evening use. The area will help our seniors who still work, by giving them the opportunity to enjoy some activities after hours and on weekends as well as giving us more activities during regular operating hours. By the end of the month, we expect to be able to have a grand opening celebration. The date will depend on the weather and the progress of the installations. Keep your eyes on the board and in the paper for more details.

RECIPE OF THE MONTH

Mixed Berry Cobblers

Enjoy the bounty of spring and summer fruits in this easy dish.

2 pounds mixed berries (strawberries, raspberries & blueberries or any combination)

½ cup sugar

1/4 tablespoon cornstarch

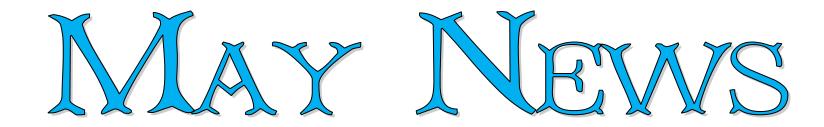
1 teaspoon vanilla or almond extract

1 box yellow or butter cake mix (plus oil & eggs to make batter)



Heat oven to 350 degrees. In a bowl, toss berries with sugar, cornstarch and extract. Spoon mixture into 9 x 13 pan. Prepare cake mix according to package directions, omitting water. Spoon batter over berry mixture. Bake for 30 minutes or until done. Dollop with whipped cream, if desired.

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



WILSON COUNTY SENIOR ACTIVITY CENTER

MAY 2013

INSIDE THIS ISSUE

STAFF & PHONE NUMBERS	. 1
STATEMENT OF PURPOSE	. 1
MAY HAPPENINGS	. 2
CLUB & GROUP SCHEDULE	. 3
FOR YOUR INFORMATION	. 4
TRIPS & TRIP UPDATES	
AARP NEWS	. 5
BRIDGE CLUB NEWS	. 6
RED HAT SOCIETY	. 7
MAY BIRTHDAYS	. 7
UPCOMING EVENTS	. 8
RECIPE OF THE MONTH	۵

OUR HOURS

Monday – Friday	7:30 –	5:00	pr
Tuesday Extended Hours	5:00 -	8:30	pr
Thursday Extended Hours	5:00 -	8:00	pn

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
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.

Page 8 Page 1

MAY HAPPENINGS

DINE OUT

For May, the Dine out Club will head to Mount Olive for a visit to the Southern Belle Restaurant. We will leave the center at 10:30 am for lunch (on your own). We will return to the center following lunch. Please be sure to sign up on the board so that we can make reservations.





YARD SALE

The May Yard Sale will be held on Saturday, May 11th. Spaces are \$5.00 per person and include tables. Anyone can get a space, so tell your family and friends. Please sign up and prepay in the office.

PRODUCE DAY

Produce bags will be distributed on Friday, May 17th beginning at 12:45 pm. Beginning this month, you will need to sign up in the office for your bag. You may only sign yourself up. Also, please remember that on Produce Day, you must sign in with your card for the distribution. The sign up sheet will be available on May 1st and we are only allowed to take the first 50 people. Pickup will end at 2:00 pm and any bags leftover will be distributed to our shut ins. We do not have the space to store bags over the weekend.





TAI CHI

Al Raby will be away on the 2nd and 9th of May and there will not be a Tai Chi on those days. We will resume on the 16th beginning at 10:00 am. If you have not tried out this class, it's not too late. Classes are held every Thursday.

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.





MEMORIAL DAY COOKOUT

Hard to believe that Memorial Day and the unofficial start of Summer is right around the corner. We will celebrate with a cookout in place of our usual Thursday Dinner on May 23rd beginning at 5:00 pm in the pavilion (weather permitting). Join us for traditional cookout food and plenty of social time.

MOTHER'S DAY SOCIAL

Be sure to celebrate Mother's and those who have been like a mother to you at our social on May 9th beginning at 1:00 pm in the kitchen. We will have snacks and drink as well as something special for all our mothers.





RED HAT SOCIETY

Monthly Meeting: The meeting every month is held on the first Monday beginning at 9:00 am in the kitchen. The meeting for May will be on the 6th. All members and those interested, are asked to attend the meetings in order to plan upcoming activities.

May Outing: On Tuesday, May 21st, the group will travel to Raleigh for a visit to the State Farmer's Market. We will leave the center at 9:00 am for a chance to shop and see what's available. We will have lunch (on your own) at the Farmer's Market Restaurant (or you may choose to eat at the seafood restaurant on the grounds) before the return trip to Wilson.

Membership & Attendance: Those who are eligible to attend the Red Hat functions are those who attend the meetings and keep their dues (\$1.00 a month) current. New Members are welcome, but need to attend the meeting before going on the outings.

Upcoming Outings: Please be sure to attend the May meeting because we will be discussing the outings for the remainder of the year.

HAPPY MAY BIRTHDAYS



- 1st JoAnn Harris Minnie Morring Rebecca Phillips Shirley Marshall Ozebelle King Beth Johnson 2nd Joy Sasser Paul Bean Georgia Hall Sheila Hines **Ernestine Bean** Joseph Phillips June Kurtz Christine Lowe Danny Stott Bobby Bulluck Clara Ampley Elmo Brogden Pete Rowe 17th Linda Battle
 - 11th Ozebelle King

 12th Edna Diane Anderson

 13th Georgia Hall
 Ernestine Bean
 June Kurtz

 14th Beverly Shackleford

 15th Bobby Bulluck
 Elmo Brogden

 17th Linda Battle

 18th Connie Mitchell
 Carley Moss

 19th Wayne Burke

 20th Dan Brown
 Judy Leggett

 21st Rosa McNeil
- 21st Mae Raper
 24th Ann Watson
 Willa Parker-Taylor
 George Wiley
 25th Daphne Dixon
 Robert Woodard
 26th Ruby Mosley
 Rosa Barnes
 Vera Pope
 29th Jean Morgan
 Hural Barnes
 30th Annie Murray
 31st Jack Akester

Page 2
Page 7

5th Mary Skinner

6th Carolyn Lucas

Ida Buscemi

Marjorie Singer

Devora Ruffin

Ann Lewis-Cooper

^{****} Please join us on the first Tuesday of the month in the kitchen for cake and drink to celebrate those who have birthdays in the month of May. We meet right after Bingo (around 2:30 pm). You do not need to have a birthday in the month to help us celebrate. The date is May 7th.

FOR YOUR INFORMATION

AARP DRIVER SAFETY

AARP Driver Safety (ADS) is celebrating Older Americans Month in May by offering its online course at a discounted rate of \$5 from May 1st through May 31st. Participants can register at AARP.org and enter promo code OAM2013 to receive a discount.

MAY - BETTER SPEECH AND HEARING MONTH

As a Hard of Hearing Services Specialist, I hear again and again from individuals who are hard of hearing, "I hear, I just don't understand". Perhaps we should call May the "Better Understanding Month!" Over the years, we all develop communication habits, some good and some bad. So, May is the Better Hearing and Speech Month. For more information contact Karen D. Caputo, with the NC Division of Services for the Deaf and the Hard of Hearing at 1-800-999-6828 or email Karen.caputo@dhhs.nc.gov.

MEMORIAL DAY WREATH CLASS

On Tuesday, May 14th, we will have a class where we will make patrioric wreaths for Memorial Day which you can also save for Flag Day (June 14th). We will meet in the kitchen at 10:00 am. All supplies will be included in this class at a cost of \$15 per person. It is important that you register and prepay for this class in the office by May 10th.

HEALTH SCREENINGS

Blood Pressure: Wednesday, May 8th @ 11:00 am (sponsored by Action Health Staffing) Friday, May 10th @ 11:00 am (sponsored by 3HC)

Hearing: Wednesday, May 15th @ 10:00 am (sponsored by Pitt-Green Center for Hearing)

TAI CHI CHANGE

There will be no Tai Chi Classes on May 2nd & 9th. We will resume on the 16th at 10:00 am in the multipurpose room.

LAUGHTER YOGA

Join Natashia Shelly, Caregiver Coordinator, every Thursday beginning May 9th for a class of "*Laughter Yoga*". This free class will be held from 8:00 am until 9:00 am in the Multi-purpose Room. Don't miss out on the fun and health benefits.

TRIPS & TRIP UPDATES

OVERNIGHT TRIP

Myrtle Beach – We were only allotted 10 rooms for the recent Myrtle Beach trip, so many of you did not get a chance to go. We are planning another trip in the next few months. Let the office know if you are interested and we will add you to the list. Details will be coming soon.

DAY TRIPS

May 17th – Gotta Be NC Festival – State Fairgrounds, Raleigh – We will leave the center at 10:30 am for a trip to this fun and educational fair (it opens at noon). Transportation is \$5 per person. Admission at the gate is free and there is a \$2 admission if you want to attend the Food & Wine Expo. Look for antique tractors, agricultural exhibits, carnival rides, vendors and more.

June 8th – Duplin Winery – Rose Hill – We will travel to the Duplin Winery for a tour and tasting, followed by dinner and a show. We leave the center at 2:00 pm and will return to Wilson following the show at around 10:30 pm. All this and transportation is included at a cost of \$50 person. May 15th is the deadline to register, because they need a head count by then.

October 22nd – NC State Fair – We will leave the center at 7:30 am to be there early for the annual fair. Admission is free at the gate for seniors and there will be activities at the Dorton Arena in the morning. We are already reserving seats for this trip and the cost is \$5 for transportation.

*** For all trips, you must register and prepay in the office. Seats are reserved on a first-come, first-served basis. All travel is by van. We are not able to reserve seats. Cancellations must be made at least 48 hours in advance.



AARP News

Every second Thursday of the month, the local AARP chapter holds its monthly meeting at the Bill Ellis Convention Center. The meeting begins at 11:30 am with a brief business meeting, lunch (on your own) and a speaker. All seniors age 50 and older are invited to join the AARP Chapter. Come early to the meeting to socialize. Phyllis Carr is the President of the Wilson Chapter.

BRIDGE CLUB NEWS

The results for March 25th were: 1st, Jean Fisher; 2nd, Marjorie Moore; and 3rd, Ray Geiger. After 24 hands were play on April 4th, Don Kline had won 1st; Gene Pronk placed 2nd and Ray Geiger came in 3rd. The results for April 11th were: Joe LaMonica, 1st (5,280); Don Kline, 2nd and Ray Geiger, 3rd. After 4 rounda (24 hands) on April 18th, Jean Fisher won 1st with a record for the year so far (5,930 points); Marjorie Moore was 2nd and Lynn Bland came in 3rd.

MILLION AND ALMOST MILLION CLUB

Don Kline
 Doris Griffin
 1,869,870
 1,051,230



SUMMARY STATISTICS January 1st thru April 18th, 2013

CUMULATIVE HIGH POINTS (14-16 HANDS)			AVG. POINTS PER SESSION (14-16)		
1.	Ray Geiger	50,830 (16)	1.	Marjorie Moore (14)	3,197
2.	Lynn Bland	47,650 (16)	2.	Ray Geiger (16)	3,177
3.	Don Kline	47,130 (16)	3.	Jean Fisher (14)	3,096
4.	Marjorie Moore	44,760 (14)	4.	Lynn Bland (16)	2,978
5.	Jean Fisher	43,340 (14)	5.	Don Kline (16)	2,946

SINGLE HIGH SESSION (24 HANDS)

1.	Jean Fisher	5,930
2.	Sara Nugent	5,550
3.	Gene Pront	5,320
4.	Joe LaMonica	5,280

Sessions for May are scheduled for the 2nd, 9th, 16th, 23rd & 30th.

God Bless You and Yours,

Don Kline



CAREGIVER NEWS

The Caregiver Coordinator's office is available for all caregivers and their families with information and referral related to caregiving, sales of dietary supplements and the Caregiver Support Group. Natashia Shelley will also be starting Laughter Yoga at the Senior Center beginning on Thursday, May 9th from 8:00 am until 9:00 am. This is a free class and will be held every Thursday.

CLUB & GROUP SCHEDULE

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

Yoga: 9:30 am (except the 8th)

Quilting: 10:30 am

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

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: 8th, 15th, 22nd, 29th

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: 2ns, 9th, 16th, 23rd, 31st

Chair: 9:00 am
Tai Chi: 10:00 am (not on 2nd & 9th)
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: 3rd, 10th, 17th, 24th, 31st

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, May 1st, 8th, 15th, 22nd & 29th @ 12 Noon

Hair Salon: Tuesday through Friday by appointment **Foot Care:** Friday, beginning @ 12:30 Noon by appointment

Produce Day: Friday, May 17th @ 12:45 pm BP Screenings: Wednesday, May 8th @ 11:00 am

Friday, May 10th @ 11:00 am **Thursday Dinner:** May 2nd, 9th, 16th, 30th @ 5:00 pm

Red Hat Outing: Tuesday, May 21st @ 9:00 am Hearing Screening: Wednesday, May 15th @ 10:00 am

Breakfast: Tuesday, May 28th @ 9:00 am
Red Hat Meeting: Monday, May 6th @ 9:00 am
Dine Out: Tuesday, May 28th @ 10:30 am
Birthday Party: Tuesday, May 7th @ 2:30 pm
Mother's Day Social: Thursday, May 9th @ 1:00

Mother's Day Social: Thursday, May 9th @ 1:00 pm Memorial Day Cookout: Thursday, May 23rd @ 5:00 pm

Holiday Closing: Monday, May 27th

DAILY ACTIVITIES

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



Page 6 Page 3