

COMING SOON



New Day Trips
Winter Crafts
Super Bowl Party
New Year's Dinner
and Lots More.....



RECIPE OF THE MONTH

5 Ingredient Parmesan Garlic Butter Corn

- 3 tablespoon butter
- 32-ounce bag of frozen corn
- 3 tablespoon cream cheese
- ¾ cup Stella Italian 3 Cheese Blend
(you can use any grated parmesan or blend that you have)
- ¾ tablespoon Garlic Powder
- Salt and pepper as desired



Directions: Melt butter in a large pan over medium heat. Once the butter has melted, add frozen corn to the pan and stir the corn thoroughly until heated. (approximately 5 minutes). Stir in the cream cheese until its melted. Add the shredded cheese and garlic powder and stir until well mixed. Once the cheese has melted, remove from heat and season with salt and pepper as desired. Enjoy!

Daily Activities

Exercise Room

- Corn hole
- Pool Tables
- Nature Trail
- Board Games
- Horseshoes

Library

- Ping Pong
- Wii
- Shuffleboard
- Basketball
- Puzzle Library

Wilson County Senior Activity Center
1808 Goldsboro Street, SW
Wilson, NC 27893



DECEMBER NEWSLETTER



WILSON COUNTY SENIOR ACTIVITY CENTER

DECEMBER 2019

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IMPORTANT NUMBERS

OFFICE 206-4059
 FAX..... 206-1987
 SERVICES FOR THE BLIND 237-5471
 AGING SERVICES 265-5775
 SHIIP OFFICE 291-4067
 SCHEDULE A SHIIP APPT 243-1257
 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
 Tiffany Lucas, Program Assistant/General Utility
 Regina McClain, Services the Blind
 Kesha Howell, Aging Services Specialist
 Bill Sharpe, Computer Specialist
 Jessie Barnes, Title V Worker
 Mary Spence, Title V Worker

OUR HOURS

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



DECEMBER HAPPENINGS

HOLIDAY CLOSINGS

The Center will be closed Monday thru Friday, December 23rd thru Friday, December 27th for the Christmas Holidays. We will reopen at 7:30 am on Monday, December 30th. Also, we will be closed on Wednesday, January 1st for New Year's Day.

TRIP PAYMENTS

Beginning on January 1st, payments for trips (day and overnight) will only be accepted on Mondays and Fridays from 8:00 am until 12:00 pm. Sandra and Tiffany will be the only ones able to accept trip payments.

ADVISORY COUNCIL

The Council will not meet in the month of December but will start the new year off by meeting on Monday, January 13th at 10:00 am in the Recreation Room. All interested participants are welcome to share ideas, plan upcoming activities and give input.

SHIIP

The open enrollment period ends on December 7th and all appointments at the center are filled through then. You can still speak to a SHIIP counselor by calling 1-855-408-1212 or visiting their website at www.ncshiip.com. After December 7th, the SHIIP office located at the center will have office hours on Wednesdays from 9:00 am until 1:00 pm. Please call the office at 252-291-4067 for an appointment.

SHAG

Classes will now be held on Monday's from 6:30 pm to 7:30 pm for beginners and 7:30 pm to 8:30 pm for advanced. Tuesday's classes will be scheduled if needed. A new session will be beginning after the first of the year and anyone interested is welcome to attend. Please call Janice Dunbar at 252-206-5700 for more information.

COOKING AROUND THE WORLD

We will not have a cooking session in December but get ready for January 27th when we will visit Spain and prepare and sample some of the local cuisine. More information will be in the January newsletter.

CHICKEN SALAD

Our monthly Chicken Salad bag lunch will be offered on Friday, December 20th from 11:00 am to 1:00 pm. Bags contain a chicken salad sandwich, chips and a pickle. The cost is \$3.00 per bag and you can sign up in the office.

BRIDGE LESSONS

Beginning on January 6th and continuing every Monday, there will be a chance for regular Bridge players to play. This is not the duplicate Bridge Club that will continue to meet every Tuesday and Thursday. If you are interested in playing, come out to the center every Monday beginning at 1:00 pm.

THURSDAY DINNER MENU

The menu for December is as follows:

- December 5th – Spaghetti
- December 12th – Shepherd's Pie
- December 19th – Christmas Dinner
- January 2nd – New Year Dinner

Dinner begins at 4:30 in the kitchen

**** All meals include bread, dessert and tea

**** You must sign up by the Wednesday before the meal at 12:00 noon, so that we can get the shopping done

**** We are unable to do take-out orders

**** Cancellations must be received by the Wednesday before the meal, to transfer you to the next week

TRIP INFORMATION MEETING

Sandra will be able to answer any questions you may have about upcoming trips on Thursday, December 19th at 5:30 pm in the Reception Area.

FALL/WINTER CRAFT CLASSES

Here are the list of fall/winter classes that will be available. All classes meet at 10:00 am. All supplies are provided to finish a project. Please sign up in the office by the Friday prior to the class.

- December 3rd – Pinecone Christmas Tree -- \$5.00
- January 13th – Snow Globes -- \$5.00 (11:00 am)
- February 3rd – Valentine Crafts (Pick from a selection). Prices vary and will be on the craft table in the hallway in January. (10:00 am)



RED HAT SOCIETY



Monthly Meeting: The Wilson Divas of Distinction will have their regular monthly meeting on Monday, December 2nd at 9:00 am in the kitchen. Those who have not had a chance, may bring their application and dues to be members of the National Red Hat Society and make us an official chapter. We will plan upcoming events and activities at this meeting. All members are asked to attend.

Red Hat Tea: The Divas will hold their Annual Red Hat Tea on Wednesday, December 18th beginning at 12:00 noon. All members are asked to bring a dish (there is a sign-up sheet on the Red Hat board in the hallway) to share as well as a wrapped gift (\$5.00) if you want to participate in the gift exchange. The Club will provide the tableware and tea. Be sure to wear your finest Red Hat outfit because someone will win a prize for the best Red Hat ensemble.



December Birthdays



1 st Delores Bailey Martha Bayan Rick Dew	10 th Edward Lane Dan Stewart Mary Pope	19 th Donna Leyshon James Lynn Timothy Ford	26 th Mary Lou Mupo Kathryn Rowe Hazel Meadows
2 nd Dorothy Barnes Lucille Mabry	11 th Jean Atkinson Rose Harvey Donald Ingle	20 th Ann Eatmon Diane Barker Belinda McNeil	27 th Paul Johnson 28 th Yvonne Hedgepeth Debora Powell
3 rd Delores West Jane Gardner Myra Artis	12 th Evelyn Woods Carolyn Barnette David Walston	21 st Robert Amedeo Bobby Thorne, Sr. Kimberly Fredrick	29 th Eloise Burge Lory McNeil Kim Payne
4 th Susan Ewan Elaine Carter Pauline Adams	13 th Sandra Richardson Emma Bullock Herbert Bridges	22 nd Ruth Smith Bobby Brooks Terry Denton	30 th David Diggs John James Joyce Dagostin
5 th Jennifer Handy Samuel Evans Linda Sheen	14 th Watson Barnes Sarah Propes Ronald Edmundson	23 rd Bea Boykin Melody Aycock Anne Fortson	31 st Becki Stott Jeffrey Gates Ethel Lewis
6 th Sheryl Ford Melvin Jones Patricia McMillian	15 th Richard Moore Harry Walston Rachel Archibald	24 th Addie Cale Dusty Rhodes Doris Griffin	Christine Barnes Mary Handy Verdie Dunn
7 th Norman Neal Jack Hooks Judy Turnage	16 th Mary Smith Rebecca Edwards Carol ward	25 th Sharon Foster Mial Woodard Linda Satterfield	Charlotte Whitfield Kathy Morris
8 th James Rogers Lois Bridges Rahjee Muhammad	17 th Kenneth Lamm Barbara Fontana Mattco Paris	26 th Willie Lewis Rosa Ellis Edna Gardner	Janice Coe Lois Edwards Clyde Romine
9 th Alice Flowers Guadalupe Sierra Carol Zullo	18 th Mary Reason Sherry Morey Rita Outland	27 th Janice Braswell Patsy Short Sue Crumpler	Frankie Braswell JoAnn Newsome Brenda Jenkins
10 th Faye Evans Lynda Land Stevie Smith	19 th Larry Jarmon Mary Walston Jerry Whitley	28 th John Davis Rose Johnson Ann Cockrell	29 th Jacqueline Simms Linda Spells William Cox, Jr.
11 th Inez Grant Richard Jarrell Robert Applewhite	20 th Jimmy Johnson Shirley Brightville Gloria Lewis	30 th Betty Chestnut Henrienne Allegood	
12 th Bettie Neal Sue Washer James Hall	21 st Shirley Best Wesley Ferrell Keith Thigpen		
13 th Janet Medlin Sue Wells Randolph Ford	22 nd Vandelina Winbourne Mary Crawford Shirley Galloway		
14 th Minnie Mclver Arthur Pigford Margaret Webb	23 rd Ann Brantley Sally Hill		
15 th Linda Lucas JoAnne Doughty			

**** Everyone is welcome to join us on the first Tuesday of the month for cake and drinks to celebrate the birthdays for the month on December 3rd. PLEASE COME JOIN US FOR CAKE TO CELEBRATE THE BIRTHDAYS FOR THE MONTH FOLLOWING BINGO AT 2:30 pm.

SANTA FOR SENIORS

It's that time of the year for us to help some of our fellow seniors who wouldn't have much of a Christmas without our Santa for Seniors Program. Because of some issues last year, we will be doing it a little bit differently this year. Last year there were 22 ornaments that were "adopted" from the tree at Wal-Mart and were never returned with gits. Walmart has been great to let us do this program at the store, but we don't know if people are taking the ornaments and forgetting or if children are taking them to keep. Anyway, it is not a great idea for us to keep the ornaments out in the open for anyone to take. Every year we have fundraisers throughout the year to help us in case gifts do not come back from an ornament and we have done that this year with Chicken Salad Lunch proceeds going to the cause. As you all probably know by now, that money was taken from us recently, so we have very little resources if one of our seniors is not "adopted". We need our participants help and the help of the whole community to make this year special for 75 seniors in need. Please help us by reading the information following this message and getting the word out about or program.



HOW YOU CAN HELP

- Come by the center to get an ornament for a Senior in need. On the back of the ornament are the wishes for that particular man or woman.
- Shop for the person you selected.
- Return the unwrapped gifts to the Center by December 18th, so they can be bagged and labeled for distribution. (The Sheriff's Office will be delivering the gifts on December 20th)
- Join us together as a group. We know that no everyone will be able to help, but we ask that our classes and programs pool their resources to help.
- Get the word out. Let your family, friends, church and civic organization know what we are doing and ask them to help.
- Cash donations are also accepted and will be used to purchase additional gifts.

Thank you!!!

AARP News

AARP Chapter 4141 will hold its Annual Christmas Luncheon at the Wilson County Agriculture Center on Thursday, December 12th beginning at 11:30 am. Everyone is asked to bring a covered dish and a wrapped gift (\$5.00) if you would like to participate in the gift exchange. Don't forget canned goods for Veteran's Residential Services. Come early to socialize. The Executive Board will meet on Thursday, December 5th at 9:00 a at the Senior Center.



ENSURE DISTRIBUTION

Ensure distribution is the 1st and 3rd Wednesday of the month. Anyone who normally picks up Ensure or Glucerna may do so on this day. Tiffany Lucas, Ensure Coordinator, can be reached at the center office with any questions about distribution. For questions about Respite Care, please call Debra Harris at the Wilson County Health Department at 252/237-3141. The center also has a limited amount of personal care incontinence products available as well as a medical supply lending closet for walkers, wheelchairs, etc.



CLUB & GROUP SCHEDULE

Monday: 2nd, 9th, 16th, 30th

Chair Exercise: 8:00 am
 Quilting: 10:30 am
 Tap Dancing: 5:00 pm
 Shag: 6:30 pm – 8:30 pm

Tuesdays: 3rd, 10th, 17th, 31st

Chair Exercise: 8:00 am
 Yoga: 9:00 am
 Ukulele Band: 10:00 am
 Bingo: 1:00 pm
 Sign Language: 1:00 pm
 Bridge: 1:00 pm
 Zumba: 5:15 pm
 Shag: 6:30 – 7:30 pm
 TOPS: 6:30 pm

Wednesdays: 4th, 11th, 18th

Exercise for Health: 8:00 am
 Canasta: 1:00 pm
 Sewing: 1:00 pm

Thursdays: 5th, 12th, 19th

Exercise for Health: 8:00 am
 Tai Chi: 9:00 am
 Bridge: 1:00 pm
 Dinner: 5:00 pm
 Knit/Crochet Circle: 6:00 pm

Fridays: 6th, 13th, 20th

Chair Exercise: 8:00 am
 Music Jam: 12:00 pm
 Bingo: 1:00 pm



Monthly Activities



- AARP Executive Board:** Tuesday, December 5th @ 9:00 am
- Advisory Council:** Monday, January 13, 2020 @ 10:00 am
- Birthday Party:** Tuesday, December 3rd @ 2:30 pm
- Carolina Panther's Game:** Sunday, December 1st @ 6:00 am (Leave the center)
- Chicken Salad Lunch:** Friday, December 20th @ 11:00 am until 1:00 pm
- Cooking Around the World:** Monday, January 27, 2020 @ 10:00 am (Spain)
- Craft Classes:** Tuesday, December 3rd @ 10:00 am (Pinecone Trees)
- Dine Out:** Tuesday, December 4th @ 10:30 am
- Ensure Distribution:** Wednesday, December 4th & 18th
- Foot Care:** By Appointment only
- Red Hat Meeting:** Monday, December 2nd @ 9:00 am
- Red Hat Outing:** Friday, December 18th @ 12:00 noon
- White Christmas @ DPAC:** Sunday, December 8th @ 10:30 am
- Hill Ridge Farm Trip:** Monday, December 9th @ 3:00 pm
- Christmas Holiday Closing:** Monday thru Friday, December 23-27, 2019
- New Year Holiday Closing:** Wednesday, January 1, 2020

FOR YOUR INFORMATION

WEEKLY EVENTS

The following classes are held weekly:

- **Tai Chi:** Every Thursday (December 5th, 12th, 19th)
- **Sewing:** Every Wednesday's beginning at 1:00 pm till 4:00 pm. Sewers can meet in the Multi-Purpose Room to work on personal projects. (December 4th, 11th, 18th) ***Independent Projects***
- **Bingo:** Every Tuesday and Friday of the month starting at 1:00 pm in the kitchen. (December 3rd, 6th, 10th, 13th, 17th, 20th, 31st) ***Group Activity***
- **Chair Exercise:** Now on Mondays, Tuesdays, & Fridays at 8:00 am in the Multi-Purpose Room (December 2nd, 3rd, 6th, 9th, 10th, 13th, 16th, 17th, 20th, 30th) * **DVD Workout***
- **Exercise for Health:** Every Wednesday & Thursday at 8:00 am in the Multi-Purpose Room (December 4th, 5th, 11th, 12th, 18th, 19th) ***Instructor Led***
- **Sign Language:** Every Tuesday of the month at 1:00 pm in the Craft Room. (December 3rd, 10th, 17th, 31st) ***Instructor Led***
- **Yoga:** On Tuesdays at 9:00 am (December 3rd, 10th, 17th, 31st)
- **Ukulele:** Every Tuesday at 10:00 am (December 3rd, 10th, 17th, 31st)

RETIRED SCHOOL PERSONNEL

The next scheduled meeting will be held on February 19, 2020 in the Multi-Purpose Room.

DINE OUT

We had to reschedule the November Dine Out which will now be on Wednesday, December 4th. The destination is the Meadow Village Restaurant in Benson and we will leave the center at 10:30 am.

EVENING CLASSES

Don't miss out on the after-hour activities at the Center, which are open to all:

- **Monday:** Tap Dancing 5:00 pm; Shag (Beginner) 6:30 pm
- **Tuesday:** Zumba 5:15 pm; Shag (Beginner) 6:30 pm; Shag (Advanced) 7:30 pm; & TOPS 6:30 pm
- **Thursday:** Knit/Crochet 6:00 pm; Line Dance 6:00 pm

VOLUNTEER OPPORTUNITIES FOR DECEMBER

Advisory Council: Next meeting will be Monday, January 13th at 10:00 am.

Birthday Party: The 1st Tuesday of the month immediately following Bingo (Around 2:30 pm) is a chance to celebrate birthdays for the month with cake and drink. Volunteers are set up and clean up are always welcome. (December 3rd)

Instructors: Do you have a skill that you would like to teach others? Let the office know and we can arrange a schedule for you.

Library: Our books need to be shelved quite a few times every month due to people borrowing and returning. Anyone who can spend a little time sorting and shelving would be greatly appreciated.

Thursday Evening Dinner: From 3:30 pm to 4:30 pm, we need help setting up the tables and getting the food on the table. Following the meal, we need help clearing tables, washing and sanitizing tables and getting dishes prepared for the dishwasher. (December 5th, 12th, 19th)

Chicken Salad: Volunteers are needed to help assemble bags from 11:00 am until 1:00 pm on Friday, December 20th.

Christmas Dinner: Set up and clean up on Thursday, December 19th.



TRIPS AND TRIP UPDATES

DAY TRIPS

Carolina Panthers versus Washington Redskins Game: This is a Sunday Afternoon (Sunday, December 1st) game at Bank of America Stadium in Charlotte. We will leave the center at 6:00 am to be in time for the 1:00 pm kickoff. The cost of \$150.00 includes transportation, ticket and parking. Sign up in the office. Final payments are due at this time.

Irving Berlin's White Christmas, DPAC, Durham: Join us for this Christmas classic at Durham Performing Arts Center on Sunday, December 8, 2019. We will leave the center at 10:30 am to give us enough time to get a good parking space. The cost of \$60.00 includes transportation and ticket. We only have a limited number of tickets, so be sure to sign up now.

Hill Ridge Farm: We will be leaving the center at 3:00 pm on Monday, December 9th to travel to Hill ridge farm to see the lights and decorations. Our first stop will be dinner (on your own) at a restaurant close to the lights. After dinner, we will travel to the farm and you can enjoy the sights. This trip is full, but we have a waiting list if you are interested.

Chinese Lantern Festival, Koka Booth Amphitheater, Cary: On January 7, 2020, we will leave the center at 3:30 pm to travel to Raleigh for dinner (Chinese of course, on your own). After dinner, we will head to Cary for the lanterns (all new this year). The cost of \$23.00 includes your ticket, mini bus transportation, taxes and fees. We only have a few spaces for this trip so be sure to sign up today.

Coming for 2020:

- Barn Dinner Theatre Shows at DPAC, Carolina Hurricanes Hockey, Gotta Be NC Festival, Southern Women's Show, Shopping Trips and lots more.

Have an idea for a trip? Stop by the office or call and let us know.

- *** Day Trips use van transportation unless stated otherwise
- *** Because of reservations, we are unable to wait for late comers
- *** Day trips must be paid in full to reserve your space
- *** No shows will not receive a refund
- *** Trips that are under booked may be cancelled and you will receive a refund
- *** 48 Hours' notice is needed to receive a refund.



OVERNIGHT TRIPS

Explore Tuscany, 9 Day Trip: This trip is April 30th thru May 8, 2020 and includes round trip air from Raleigh, hotel for 7 nights in Montecatini Terme, Florence and Pisa tours, Winery Tour, Cheese Farm, Cooking Class and more. There are also 10 meals included (7 breakfast and 3 dinners). More information is available in the office and trip brochures are located on the trip desk in the hallway.

Lancaster, Philly & Gettysburg, June 8-12, 2020: This trip is 5 days/4 nights and includes Queen Esther at the Sight and Sound Theatre, visit to Gettysburg Battlefield, tour of Philadelphia with plenty of time to sightsee and shop and lots more. Flyers are available on the trip desk and you can see the office staff for more information. Prices are \$520.00 per person/double occupancy. Trip is over half full, so sign up as soon as possible if you are interested. **8 spots left**

Bermuda Cruise, 9 Day/8 Night Cruise aboard Norwegian Encore: This trip is August 22-30, 2020 and includes transportation to New York City including a hotel stay in Times Square, morning tour of New York City, cruise from New York to Royal Naval Dockyard, Bermuda for a 3 day/2-night stay, port charges and government fees. All cabins will also receive a choice of 2 perks and onboard credit. Prices vary based on cabin category. You can get a flyer for this trip on the trip desk or see a staff member for more information.

Niagara Falls, October 4-10, 2020: This trip is a 7 day/6-night trip. It includes motor coach transportation, 6 nights lodging (4 in the Niagara Falls area), 6 breakfasts, 4 dinners, guided tours of Niagara Falls and Toronto, a journey to the Falls on the Hornblower Cruise, Gaming at the Falls view Casino, a visit to Niagara on the Lake, Queen Victoria Park, and Casa Loma. The cost is \$575 per person based on double occupancy. Flyers are available now on the trip desk.

Coming Soon: The Color Purple (DPAC), 2020 Day Trips and an advance look at a 2021 trip of a lifetime.

- *** Bus seats will be assigned when you make your final payment
- *** Overnight trips are based on double occupancy. Single and triple rates are available through the office
- *** Deposit policies vary by trip

The trip desk is located in the hallway directly across the hall from the multi-purpose room. Flyers for all overnight and day trips are located here.

THE TRIP INFORMATION MEETING WILL BE THURSDAY, DECEMBER 19TH AT 5:30 PM.