



Senior Connection Alexander Senior ^{activity} Center

Nov/Dec 2016

Need "Extra Help" Paying For Medications?

We are always looking for those folks who might qualify for the "Extra Help" Program through Social Security to get help with the cost of their drug plan and their prescription drug costs. This is a program in which you have to qualify both in income & resources. (Your home, cars and "stuff" does not count.). This year's guidelines:

	<u>Single</u>	<u>Married</u>
Income monthly	\$1,471	\$1,991
Resources	\$13,640	\$27,250

(Resources are savings, 401K, investments, cash, etc...)

If your numbers are at or below these numbers, please call the Senior Center so we can schedule an appointment to file an application online for you! This is a **FREE** service.

Note: you must have Medicare to apply for the Extra Help program. You can apply at anytime during the year—you do NOT have to wait for open enrollment.

MEDICARE OPEN ENROLLMENT

Oct. 15th—Dec. 7th

It's not too late to drop off your Pink Sheets!!



Every year,

it is very important

to have YOUR drug plan re-validated,

so you save the most money!

During Medicare Open Enrollment, we will enter your medicines into the Medicare database to estimate your out-of-pocket expenses for 2017. Let our SHIP volunteers help you and save money!

Last year, we helped 490 Alexander seniors save \$516,108!!

Drop off your Pink Sheet now, and we will call you for an appointment in November. It's that easy!

Let us know if you need help paying your Medicare Part D premium or Part B premiums. We may be able to help.

Merry Christmas



*May the Spirit of
Christmas be Upon
Us All.*

*Let Our Hearts
be Warm with
Love for One
Another.*

*Let there be Peace
on Earth.*

The Senior Center

How Hard is that Exercise Class??

Level 1 - Easy Slow- Tai Chi & Energy Spirit
Slow and good for flexibility, strengthening, and balance, includes Yoga with no floor work.

Level 2 - Easy Fast - 9:00 Exercise
Easy exercise steps repeated for ease and good for cardio, flexibility, and strength.

Level 3 - Medium - Gentle Yoga
Yoga that includes floor work.

Level 4 - Fast - Line Dancing, Sweating to the Oldies
Fast paced dance-like exercise class that is good for cardio workout.

Bus Trips

Biltmore & Asheville - Dec. 6-8, 2016

We need 16 more people by Nov 1st!!

A wonderful trip to Asheville and the Biltmore House. Visit the Thomas Wolfe Memorial site, the Folk Art Center and St. Lawrence Basilica and spend a full day exploring Biltmore House and Gardens, the new Antler Village and Winery. After dinner that same day you will return for a Candlelight Tour of the Estate. We will also be including a stop at the Grove Park Inn to view the National Gingerbread House competition. It is only \$359.00. 3 days, 2 nights. 4 meals included.

Tunica and Memphis - April 2-8, 2017

This 7 day, 6 night trip will tour Graceland, Sun Studio, the Memphis Rock N' Soul Museum, Beale Street, a guided tour of Memphis and a visit to the Casey Jones Village in Jackson, TN. \$655 / person double occupancy with 10 meals included.

Niagara Falls & Toronto - June 18-24, 2017

***** Date confirmed**

We will be traveling to Niagara Falls & Toronto, Canada, for 7 days, 6 nights. \$695/person double occupancy. Passport is required. 10 meals included. Guided tours of Niagara and Toronto, river cruise on the Hornblower Niagara, visit historical 19th century city Niagara-on-the-Lake, one of world's largest floral clocks at Queen Victoria Park, the engineering marvel Welland Shipping Canal, and Casa Loma castle.



Closed Nov 8, 11, 24, 25

Closed Dec. 23, 26, 27

Happenings...

Local AARP Meetings

The local chapter of AARP will meet:

- **Nov 1 - Meeting at senior center.** Carol Robinson from CVMC to talk about their Life Line program.
- **Dec 6 - Meeting at senior center.** ACHS Chorus

Annual dues are only \$5.00 per year for the local chapter.

Retired School Personnel

Retired School Personnel's next lunch meeting at the Senior Center will be Dec 15 at 11:00am.

There will be no meeting in November.

2017 Meetings — Feb. 16, March 16, May 18



Red Hat outings

Meet at the Senior Center to begin our day:

11/9 - 9am meet at Senior Center. Details TBA.

12/14 - 9am meet at Senior Center. Details TBA.

Contact Judy Rao or Carma Yell any Tues or Thurs at the senior center.

NEW

NEW

ALONE TOGETHER

Singles group begins in December. The first meeting will be immediately after the Birthday Lunch on Dec. 21st. starting at approximately 1:30. Meet with, and give input into, the direction of this group. The second meeting will be Dec. 28th from 2-3:30pm. If you are living alone and would enjoy some outings together, please join us as we make a schedule for next year. Free.

NEW

NEW

UKULELE

Brushy Mountain Ukesters to perform, share refreshments and movie! Watch the movie about the history.

"MIGHTY UKE"

Dec 7th at 9-11am.

Door prize is a new Ukulele!! (Current members not eligible to win. Must be present to win.)

Everyone is welcome to share the history and excitement of the Ukulele sensation. It's an easy instrument to learn and play. Come make a joyful noise with our group!

Put on it your calendar! The Ukesters practice in Taylorsville the 1st, 4th, and 5th Wednesdays of the month at 9am.

More Happenings...

Christmas Craft Fair Saturday, Dec 3, 9am-4pm

Our 1st Annual Christmas Craft Fair will happen December 3rd. Vendors: Rent your tables now for \$10. If you have questions, please call Judy Rao on Thursdays (9am -4pm) at 632-1717 Handmade crafts, no yard sale items. We will provide tables and chairs. All tables will be inside.

GOLF

Thursdays Tee Time has changed for the season to it's new winter time of **9am at Lakewood Golf Course** in Statesville. \$14 for 9-holes, or \$20 for 18-holes of golf. Call Dexter at 704-929-8366 for more information. 273 Old Airport Rd, Statesville, NC 28677

Decorative Painting

10am Thursdays. See calendar for exact dates. On Dec. 15th, the class will meet at Stony Point location at the old Energy United building. All other classes will be in Taylorsville. Teri Petzold is the instructor. Small fee.

NEW

EASY PAINTING

NEW

Classes in Stony Point are expected to begin sometime in January on Monday's at 10:30am. All projects will be completed in 1-2 weeks. All paintings will be on 8x10 and 9x12 canvases. Small fee for paints and supplies. Class held at the old Energy United building, 431 Ruritan Park Rd, Stony Point. Call 632-1717, if you have questions.

NEW

NEW

HAMRICK'S SHOPPING TRIP

Mon., Dec. 5th—Meet at the front doors of Hamrick's in Hickory at 9am. This is bus week. Pickup your coupons and group discounts from Shirley Mays that day.

FREE - Bingo Brunch - FREE

Our monthly Bingo Brunch dates at 10am:
Wed. Nov 9 - hosted by **ResCare Home Care**
Wed. Dec 14th - hosted by **Gentiva**

RSVP Before noon the Monday before Bingo to let us know you are coming so we can order a biscuit for you. Come join us!

Thanks to **Food Lion** for sweet treats from their bakery.

\$5.00 Birthday Luncheon \$5.00

Our regular Birthday Luncheons will be on the following dates at 12:00 noon:

NO COVERED DISH Catered dinner from Boxcar Grille

Wed., November 16 - Birthday Lunch \$5 Turkey dinner: Turkey dressing, mashed potatoes, green beans, rolls, and pumpkin pie.

Wed., Dec 21st - Birthday and Christmas Party \$5 for Ham dinner: Ham, mashed potatoes, green beans, rolls, and banana pudding.

BUY TICKETS NOW!!
\$5.00 for a full catered holiday meal
from Boxcar Grille.

These are the only two Birthday Luncheon meals we will have catered. Since they are special holiday meals, and everyone is so busy this time of year, we thought we would plan a relaxed meal to just enjoy.

Thanks to *Adams Funeral Home* for sponsoring this event with a wonderful cake each month.

Mammograms—given on site

These tests help to detect early stages of breast cancer and can potentially be a lifesaver. If you are due for one (or never had one), call 855-200-3793 to make your appointment. As a Preventive Benefit with Medicare, the annual screening test is free. Check with your insurance for details.

As many of you know Family Care Center is no longer giving mammograms. Frye Regional Medical Center will come throughout the year to preform this needed screening.

Nov 14, 2016
Feb 9, 2017

Call 1-855-200-FRYE for appointment

Alexander Senior Center
730 7th Street SW
Taylorsville, NC 28681

Hours of Operation:
Taylorsville Center
Mon.-Thurs. 8:00-5:00
Fri. 8:00-2:00
828-632-1717

Bulk Rate
US Postage Paid
Taylorsville, NC
Permit #147

Return Service Requested

Nov/Dec 2016 Senior Connection

Phone: 828-632-1717 Fax: 828-632-1102
STAFF

Christine Gates - Interim Director
cgates@AlexanderCountyNC.gov
Donna Rader - Admin. Assist. & Volunteer Coord.
drader@alexandercountync.gov
Kristy Hunt - Bethlehem Activity Assistant
khunt@alexandercountync.gov 828-409-3742
Cheryle Pollard—Medicare Part D Specialist
cpollard@alexandercountync.gov

Rent our building

We're so proud our Taylorsville center has been updated with new paint, new chairs, and shiny floors!! It's ready for your next event. Please come by and look around. We'll check the calendar and sign you up for the date you need.

The building is available weekends and evenings for only \$25 / hour. There is a \$150 refundable security deposit and \$5 application fee. Call 632-1717 today!

- Membership and services are provided to adults 60 years of age or better, and their spouses regardless of age. Members of AARP are also welcome, regardless of age.
- We are funded through the Home and Community Care Block Grant—Older Americans Act, Title III—B, Title III—D, as well as Alexander County funds.
- Membership is free, but the center welcomes voluntary contributions which go toward the Senior Center operating budget.

For Transportation Assistance Call Greenway (828) 464-9444

Our website:
www.AlexanderCountyNC.gov/Senior-Center

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Closed Dec. 23, 26, 27

Bethlehem Senior Center
Tuesdays and Thursdays, Hours 8am-4:30pm
Mt. Pisgah Lutheran Church,
9379 Hwy-127 North, Hickory, NC 28601