

## SENIOR CENTERS ARE CLOSED ON:

**MONDAY, NOVEMBER 11TH**

In Observance of Veteran's Day

**THURSDAY, NOVEMBER 28TH & FRIDAY, NOVEMBER 29TH**

In Observance of Thanksgiving

**TUESDAY-THURSDAY, DECEMBER 24TH-26TH**

In Observance of Christmas



**Top (L to R):** Friends of the Senior Golf Tournament, WSSC Bow Making with Sandy.  
**Bottom (L to R):** WSSC October Birthday Party, Mystery Trip Participants.

### STANLY COUNTY SENIOR CENTER

283 N. Third Street  
Albemarle, NC 28001

**Phone:** 704-986-3769

**Fax:** 704-986-3776

**Web:** [www.stanlycountync.gov/senior-services/](http://www.stanlycountync.gov/senior-services/)

**Facebook:** [www.facebook.com/stanlycountyseniorcenter](http://www.facebook.com/stanlycountyseniorcenter)

**Mon - Fri:** 8:30am - 5:00pm  
(Activity Hours Vary)



### WEST STANLY SENIOR CENTER YMCA

213 Town Center Drive  
Locust, NC 28097



**Phone:** 980-354-8056

**Web:** [www.stanlycountync.gov/senior-services/](http://www.stanlycountync.gov/senior-services/)  
**Facebook:** [www.facebook.com/wsseniorcenter](http://www.facebook.com/wsseniorcenter)

**Mon - Fri:** 9:00am - 5:00pm  
(Activity Hours Vary)

## ACTIVITIES & EVENTS - STANLY COUNTY SENIOR CENTER (ALBEMARLE)

### STAFF

**Sharon Greene**  
Administrative Specialist  
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**Emily McCallum**  
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**Joy Richardson**  
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**Alexa Sells**  
Program Coordinator  
asells@stanlycountync.gov

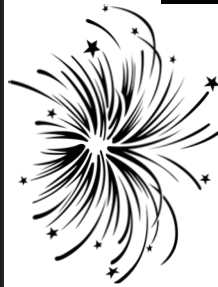
**Pamela Sullivan**  
Director  
psullivan@stanlycountync.gov

RING IN 2025 AT THE

# NEW YEAR'S EVE

DANCE PARTY

featuring



TUESDAY, DECEMBER 31, 2024

8:15PM - 12:15AM

Doors Open at 7:30pm

\$12 PER PERSON

w/ a Finger Food



TICKET SALES START MONDAY, DECEMBER 2ND!

# MONTHLY LUNCHEONS

## NOVEMBER MONTHLY LUNCHEON

Thursday, November 21st

**PAM LIENBY**

"AMALEEN" COMEDY PERFORMANCE  
RSVP BY FRIDAY, NOVEMBER 15TH



Lunch will be:

Turkey w/ Dressing, Mashed Potatoes & Gravy,  
Green Bean Casserole, Cranberry Sauce &  
dessert. Tea, water, & coffee included.

## DECEMBER MONTHLY LUNCHEON

Thursday, December 19th

**KATHY HILTON & AZA HUDSON**

HANDBELLS & KEYBOARD PERFORMANCE  
RSVP BY FRIDAY, DECEMBER 13TH



Lunch will be:

Sliced Ham w/ Raisin & Brown Sugar Sauce,  
Sweet Potato Soufflé, Fried Okra Yeast Roll &  
dessert. Tea, water, & coffee included.

LUNCH BEGINS AT 11:30AM.

COST: \$6.00

MUST RSVP BY THE FRIDAY BEFORE THE LUNCHEON.

PLEASE SIGN UP BY WRITING YOUR NAME ON THE CLIPBOARD BY THE FRONT DOOR.



# ACTIVITIES & EVENTS - STANLY COUNTY SENIOR CENTER (ALBEMARLE)



## FESTIVE FEASTING WITH A HEALTHY TWIST

THURSDAY, NOVEMBER 7, 2024  
2:00PM

Haley Cowell, NC Cooperative Extension, is coming back to the Stanly County Senior Center for a heartwarming afternoon filled with delicious food and good company. It's time to share the joy of the holiday season, guilt free! Taste testing included.

To RSVP call 704.986.3769 by Monday, November 4th.

## PEACE OF MIND SEMINAR

THURSDAY, NOVEMBER 14, 2024  
11:00AM

Come learn from Stanly Funeral Home how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Learn more about pre-arrangements, veteran benefits, cremation, burials, and more. Lunch will be provided.

RSVP by Monday, November 11th. 

## CHRISTMAS BINGO

WEDNESDAY, DECEMBER 18, 2024  
3:00PM

Bring a wrapped Christmas gift (\$2-3 value). Alexa will call bingo. Bring \$1 for the coverall game. Join us at the Stanly County Senior Center for Christmas Bingo Fun!

## HOME/AUTO INSURANCE Q&A

WITH RETIRED AGENT, MARK MABRY  
THURSDAY, NOVEMBER 14, 2024  
10:30AM

Mark Mabry will be here to answer any questions you may have on Home and/or Auto Insurance. Come with questions!

RSVP by Tuesday, November 12th.

## VETERAN'S HOLIDAY BREAKFAST

TUESDAY, NOVEMBER 12, 2024  
9:00AM



Join us in the Big Room for a spectacular Holiday Breakfast! We invite all Veterans to join us! We will NOT meet in December due to the Christmas Holiday.

RSVP by Friday, November 8th.



## SENIOR FUN DAY

TUESDAY, NOVEMBER 19  
10:00AM - 2:00PM



@ EE WADDELL CENTER (621 WALL ST, ALBEMARLE)  
Get ready for a day of non-stop fun, laughter, and excitement at our spectacular Senior Fun Day Event! Get ready to play bingo, bocce, corn hole, disc golf, football throw, kickball, and more!

RSVP by calling 704.986.3769.

# NOVEMBER 2024 - ALBEMARLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>01</b>
				<b>9:15-Duplicate Bridge-RR</b> <b>10:00-Line Dancing-BR</b> <b>11:15-Drums Alive Video-BR</b> <b>1:00-Open Gym-BR</b> <b>1:30-Mexican Train Dominos-BC</b> <b>BLACKSTONE GRIDDLE TICKET SALES BEGIN</b>
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>
<b>9:15-Duplicate Bridge-RR</b> <b>10:00-Line Dancing-BR</b> <b>10:00-Bunco-SC</b> <b>11:00-Floor Yoga-BR</b> <b>1:00-Art w/ Friends-RR</b> <b>1:00-Intermediate Bridge-SC</b> <b>1:15-Strength &amp; Stretch-BR</b> <b>2:30-Open Gym-BR</b>	<b>10:00-Rummikub-K</b> <b>10:30-Knitting--SC</b> <b>1:00-Pinochle-K</b> <b>1:30-Majhong-SC</b> <b>2:00-Functional Fitness-*</b> <b>2:00-Living Healthy-BC</b>  <b>NO CHAIR YOGA OR ZUMBA</b> <b>ELECTION DAY</b>	<b>9:00-Basketweaving-K</b> <b>9:00-Contract Bridge-RR</b> <b>9:45-Exercise w/ Frankie-BR</b> <b>10:30-Book Club-BC</b> <b>10:45-Tai Chi-BR</b> <b>11:45-Open Gym-BR</b> <b>1:00-Canasta II-RR</b> <b>3:00-Bingo w/Raising Care Services -BR</b>	<b>9:00-Woodcarving-K</b> <b>9:45-Chair Yoga-BR</b> <b>11:30-Ladies Lunch Bunch</b> <b>1:00-Canasta-BR</b> <b>1:00-1st Thursday Bridge-RR</b> <b>2:00-Festive Feasting-K</b> <b>6:30-Zumba\$-BR</b>	<b>9:15-Duplicate Bridge-RR</b> <b>10:00-Line Dancing-BR</b> <b>11:15-Drums Alive Video-BR</b> <b>1:00-Open Gym-BR</b> <b>1:30-Mexican Train Dominos-K</b> <b>2:00-Movie "Queen Bees"-BC</b>  <b>INKY FINGERS</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>CLOSED FOR VETERAN'S DAY!</b> 	<b>9:00-Veteran's Club-K</b> <b>10:00-Rummikub-K</b> <b>10:30-Knitting--SC</b> <b>1:00-Pinochle-K</b> <b>1:30-Majhong-SC</b> <b>2:00-Functional Fitness-*</b> <b>2:00-Living Healthy-BC</b> <b>5:30-Zumba\$-BR</b> <b>6:30-Zumba\$-BR</b>  <b>NO CHAIR YOGA</b>	<b>9:00-Basketweaving-K</b> <b>9:00-Contract Bridge-RR</b> <b>9:45-Exercise w/ Frankie-BR</b> <b>10:00-Virtual Webinar*</b> <b>10:45-Tai Chi-BR</b> <b>11:45-Open Gym-BR</b> <b>1:00-Canasta II-RR</b> <b>3:00-Bingo w/The Sharples-BR</b>	<b>9:00-Woodcarving-K</b> <b>9:45-Chair Yoga-BR</b> <b>10:30-Home/Auto Insurance Q&amp;A-SC</b> <b>11:00-Peace of Mind Seminar-BC</b> <b>1:00-Canasta-BR</b> <b>6:30-Zumba\$-BR</b>	<b>9:15-Duplicate Bridge-RR</b> <b>10:00-Line Dancing-BR</b> <b>11:15-Drums Alive Video-BR</b> <b>1:00-Open Gym-BR</b> <b>1:30-Mexican Train Dominos-BC</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>9:15-Duplicate Bridge-RR</b> <b>10:00-Line Dancing-BR</b> <b>10:00-Bunco-SC</b> <b>11:00-Floor Yoga-BR</b> <b>1:00-Art w/ Friends-RR</b> <b>1:00-Intermediate Bridge-SC</b> <b>1:15-Strength &amp; Stretch-BR</b> <b>2:30-Open Gym-BR</b>	<b>9:45-Chair Yoga-BR</b> <b>10:00-Rummikub-K</b> <b>10:30-Knitting--SC</b> <b>10:30-Caregiver Connection-BC</b> <b>1:00-Pinochle-K</b> <b>1:30-Majhong-SC</b> <b>2:00-Functional Fitness-*</b> <b>2:00-Living Healthy-BC</b> <b>5:30-Zumba\$-BR</b> <b>6:30-Zumba\$-BR</b>  <b>SENIOR FUN DAY @ EE WADDELL CENTER</b>	<b>9:00-Basketweaving-K</b> <b>9:00-Contract Bridge-RR</b> <b>9:45-Exercise w/ Frankie-BR</b> <b>10:45-Tai Chi-BR</b> <b>11:45-Open Gym-BR</b> <b>1:00-Canasta II-RR</b> <b>3:00-Birthday Bingo-BR</b> <b>3:00-Stammtisch-L</b>	<b>9:00-Woodcarving-K</b> <b>9:45-Chair Yoga-BR</b> <b>10:30-Blood Pressure Checks</b> <b>11:30-Monthly Luncheon -BR</b> <b>1:00-Canasta-BR</b> <b>6:30-Zumba\$-BR</b>  <b>CAREFEST 4:00PM-6:00PM</b>	<b>9:15-Duplicate Bridge-RR</b> <b>10:00-Line Dance-BR</b> <b>11:15-Drums Alive Video-BR</b> <b>1:00-Open Gym-BR</b> <b>1:30-Mexican Train Dominos-K</b> <b>2:00-Movie "Grumpy Old Men"-BC</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>9:15-Duplicate Bridge-RR</b> <b>10:00-Line Dancing-BR</b> <b>10:00-Bunco-SC</b> <b>11:00-Floor Yoga-BR</b> <b>1:00-Art w/ Friends-RR</b> <b>1:00-Intermediate Bridge-SC</b> <b>1:15-Strength &amp; Stretch-BR</b> <b>2:30-Open Gym-BR</b>	<b>9:45-Chair Yoga-BR</b> <b>10:00-Rummikub-K</b> <b>10:30-Knitting--SC</b> <b>1:00-Pinochle-K</b> <b>1:30-Majhong-SC</b> <b>2:00-Functional Fitness-*</b> <b>5:30-Zumba\$-BR</b> <b>6:30-Zumba\$-BR</b>	<b>9:00-Basketweaving-K</b> <b>9:00-Contract Bridge-RR</b> <b>9:45-Exercise w/ Frankie-BR</b> <b>10:45-Tai Chi-BR</b> <b>11:45-Open Gym-BR</b> <b>1:00-Canasta II-RR</b> <b>3:00-Bingo -BR</b>	<b>CLOSED FOR THANKSGIVING!</b> 	<b>CLOSED FOR THANKSGIVING!</b>

# ACTIVITIES & EVENTS - STANLY COUNTY SENIOR CENTER (ALBEMARLE)

## BINGO

**Wednesdays @ 3:00pm.** Bring a \$1 prize every Wednesday except sponsored Wednesdays.

**11/6 Raising Care Services** **12/4 The Taylor House**  
**11/13 The Sharples** **12/11 The Sharples**  
**11/20 Birthday Bingo** **12/18 Christmas/ Birthday Bingo**



## CAREGIVER CONNECTION

**Tuesday, 11/19 & 12/17 @ 10:30am.**

A great opportunity for caregivers to connect.



## DRUMS ALIVE VIDEO

**Fridays @ 11:15am.** Drums Alive will be at 11:15am. The Drums Alive Video will be played on the TV Monitors. Come in and join us!

## INKY FINGERS

**November 8-11. No December Meeting.** Stamping Group. Saturdays @ 10:00am. Sundays @ 1:00pm.

## LADIES LUNCH BUNCH

**Thursday, 11/7 & 12/5 @ 11:30am.** Come enjoy lunch with a great group of ladies. RSVP by Tuesday before.

**11/7 - Good Eats** **12/5 - Second Street Sundries**

## MONTHLY VIRTUAL PROGRAM

**Nov 13 @ 10:00am.** "Building Caregiver Resilience: A Framework for Care" Centralina Area Agency on Aging

**Dec 18 @ 2:00pm.** "Ageism in Healthcare" Centralina Area Agency on Aging

**Let Alexa know if you wish to attend these trainings.** Email [asells@stanlycountync.gov](mailto:asells@stanlycountync.gov) for the links.



## OPEN GYM

**Mondays @ 2:30pm, Wednesdays @ 11:45am, & Fridays @ 1:00pm.** You can use the Big Room for pickle ball, walking, etc. Call your friends and come join us at the Senior Center!

## READERS & EATERS BOOK CLUB

**Wednesday, 11/6 & 12/4 @ 10:30am.**

**11/6 Remarkably Bright Creatures** by Shelby Van Pelt  
**12/4 What Alice Forgot** by Liane Moriarty



## VETERAN'S BREAKFAST

**Tuesday, 11/12 @ 9:00am. No December Meeting.**

Join us for breakfast. Sponsored by Gentiva Hospice. RSVP by the Friday before.



# DECEMBER 2024 - ALBEMARLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yoga-BR 1:00-Art w/ Friends-RR 1:00-Intermediate Bridge-SC 1:15-Strength & Stretch-BR 2:30-Open Gym-BR <b>FRIENDS GIVING TREE BEGINS</b>	9:45-Chair Yoga-BR 10:00-Rummikub-K 10:30-Knitting--SC 1:00-Pinochle-K 1:30-Majhong-SC 2:00-Functional Fitness-* 5:30-Zumba\$-BR 6:30-Zumba\$-BR	9:00-Basketweaving-K 9:00-Contract Bridge-RR 9:45-Exercise w/ Frankie-BR 10:30-Book Club-BC 10:45-Tai Chi-BR 11:45-Open Gym-BR 1:00-Canasta II-RR 3:00-Bingo w/ Taylor House-BR <b>CHRISTMAS DAY TRIP</b>	9:00-Woodcarving-K 9:45-Chair Yoga-BR 11:30-Ladies Lunch Bunch 1:00-Canasta-BR 1:00-1st Thursday Bridge-RR 6:30-Zumba\$-BR	9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 11:15-Drums Alive Video-BR 1:00-Open Gym-BR 1:30-Mexican Train Dominos-BC
<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yoga-BR 1:00-Art w/ Friends-RR 1:00-Intermediate Bridge-SC 1:15-Strength & Stretch-BR 2:30-Open Gym-BR	9:45-Chair Yoga-BR 10:00-Rummikub-K 10:30-Knitting--SC 1:00-Pinochle-K 1:30-Majhong-SC 2:00-Functional Fitness-* 5:30-Zumba\$-BR 6:30-Zumba\$-BR	9:00-Basketweaving-K 9:00-Contract Bridge-RR 9:45-Exercise w/ Frankie-BR 10:45-Tai Chi-BR 11:45-Open Gym-BR 1:00-Canasta II-RR 3:00-Bingo w/ The Sharples-BR	9:00-Woodcarving-K 9:45-Chair Yoga-BR 1:00-Canasta-BR 6:30-Zumba\$-BR	9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 11:15-Drums Alive Video-BR 1:00-Open Gym-BR 1:30-Mexican Train Dominos-K 2:00-Movie "It's A Wonderful Life"-BC
<span style="font-size: 2em;">←</span> <b>NEW YORK CHRISTMAS TRIP</b> <span style="font-size: 2em;">→</span>				
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yoga-BR 1:00-Art w/ Friends-RR 1:00-Intermediate Bridge-SC 1:15-Strength & Stretch-BR 2:30-Open Gym-BR	9:45-Chair Yoga-BR 10:00-Rummikub-K 10:30-Knitting--SC 10:30-Caregiver Connection-BC 1:00-Pinochle-K 1:30-Majhong-SC 2:00-Functional Fitness-* 5:30-Zumba\$-BR 6:30-Zumba\$-BR	9:00-Basketweaving-K 9:00-Contract Bridge-RR 9:45-Exercise w/ Frankie-BR 10:45-Tai Chi-BR 11:45-Open Gym-BR 1:00-Canasta II-RR 2:00-Virtual Webinar* 3:00-Christmas/Birthday Bingo-BR 3:00-Stammtisch-L	9:00-Woodcarving-K 9:45-Chair Yoga-BR 10:30-Blood Pressure Checks 11:30-Monthly Luncheon-BR 1:00-Canasta-BR 6:30-Zumba\$-BR <b>BLACKSTONE DRAWING</b> THE LONGEST NIGHT 4:00PM-6:00PM	9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 11:15-Drums Alive Video-BR 1:00-Open Gym-BR 1:30-Mexican Train Dominos-BC
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yoga-BR 1:00-Art w/ Friends-RR 1:00-Intermediate Bridge-SC 1:15-Strength & Stretch-BR 2:30-Open Gym-BR	<b>CLOSED FOR CHRISTMAS!</b>	<b>CLOSED FOR CHRISTMAS!</b>	<b>CLOSED FOR CHRISTMAS!</b>	9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 11:15-Drums Alive Video-BR 1:00-Open Gym-BR 1:30-Mexican Train Dominos-BC
<b>30</b>	<b>31</b>			
9:15-Duplicate Bridge-RR 10:00-Line Dancing-BR 10:00-Bunco-SC 11:00-Floor Yoga-BR 1:00-Art w/ Friends-RR 1:00-Intermediate Bridge-SC 1:15-Strength & Stretch-BR 2:30-Open Gym-BR	9:45-Chair Yoga-BR 10:00-Rummikub-K 10:30-Knitting--SC 1:00-Pinochle-K 1:30-Majhong-SC 2:00-Functional Fitness-* 5:30-Zumba\$-BR 6:30-Zumba\$-BR <b>NEW YEARS EVE DANCE</b> 8:15PM-12:15AM	BC - Big Classroom BR - Big Room K - Kitchen L - Library P - Patio RR - Rabe Room SC - Small Classroom \$ - Activity Cost * - Virtual ** - Call for Appointment	<b>STANLY COUNTY SENIOR CENTER WILL BE CLOSED ON WEDNESDAY, JANUARY 1ST FOR NEW YEARS DAY.</b> 	

# ACTIVITIES & EVENTS - WEST STANLY SENIOR CENTER (LOCUST)

## REGULAR SCHEDULED ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lite Exercise 9:15am 10:20am</p> <p>Open Exercise 11:20am</p> <p>Men's Pool/Corn Hole 1:00pm</p> <p><b>2nd Monday</b> Bingo w/ Faye 1:00pm</p> <p><b>Last Monday</b> Scripture w/ Faye 12:30pm</p> <p><b>Last Monday</b> Bingo w/ Sal 1:15pm</p>	<p>Step to the Beat 10:00am</p> <p>Bible Study w/ Mary 11:30am</p> <p>Tai Chi 1:00pm</p> <p>Scrabble/Table Games 1:00pm</p> <p>Lite Exercise 3:00pm</p>	<p>Lite Exercise 9:15am 10:20am</p> <p>Men's Pool/Corn Hole 1:00pm</p> <p><b>1st Wednesday</b> Veteran's Lunch 11:30am</p> <p><b>3rd Wednesday</b> Herb of the Month 11:00am</p> <p><b>4th Wednesday</b> Book Club 3:00pm</p>	<p>Beginner Tai Chi 9:00am</p> <p>Strength Training 10:00am</p> <p>Canasta 11:30am</p> <p>Men's Pool/Corn Hole 1:00pm</p> <p><b>2nd Thursday</b> Food Pantry- Albemarle 4:30pm-6:00pm</p> <p><b>3rd Thursday</b> Monthly Birthday Party 1:00pm</p> <p><b>4th Thursday</b> Food Pantry- Locust 4:30pm-6:00pm</p>	<p>Lite Exercise 9:15am 10:20am</p> <p>Bingo 6:00pm</p> <p><b>1st Friday</b> Connect, Create, Serve 11:00am</p> <p>Line Dancing 2:00pm</p> <p><b>2nd Friday</b> Movie 1:00pm</p> <p><b>4th Friday</b> Pot Luck Lunch 12:00pm</p>



# NOVEMBER 2024 - LOCUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>01</b>
				<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:00</b> -Connect, Create, Serve <b>2:00</b> -Line Dancing w/ Pamela <b>6:00</b> -Bingo (door open at 5:00pm)
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>
<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:20</b> -Stretch, Tone, Pray\$ <b>1:00</b> -Men's Pool/ Cornhole  SHIIP APPOINTMENTS	<b>10:00</b> -Step to the Beat <b>11:30</b> -Bible Study w/ Mary <b>1:00</b> -Tai Chi <b>1:00</b> -Scrabble & Table Games <b>3:00</b> -Lite Exercise	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:30</b> -Veteran's Lunch <b>1:00</b> -Men's Pool/ Cornhole	<b>9:00</b> -Beginner Tai Chi <b>10:00</b> -Strength Training <b>11:30</b> -Canasta <b>1:00</b> -Men's Pool/ Cornhole	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>1:30</b> -Movie-"Instant Family" <b>6:00</b> -Bingo (door open at 5:00pm)
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>CLOSED FOR VETERAN'S DAY!</b>  	<b>10:00</b> -Step to the Beat <b>11:30</b> -Bible Study w/ Mary <b>1:00</b> -Tai Chi <b>1:00</b> -Scrabble & Table Games <b>3:00</b> -Lite Exercise  FOOD PANTRY-ALBEMARLE 4:30PM-6:00PM	SHIIP APPOINTMENTS	<b>9:00</b> -Beginner Tai Chi <b>10:00</b> -Strength Training <b>11:30</b> -Canasta <b>1:00</b> -Men's Pool/ Cornhole	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>1:00</b> -Suzette w/ Lily Ins <b>2:30</b> -Haley Cowell-Cutlery Basics <b>6:00</b> -Bingo (door open at 5:00pm)  PEANUT BUTTER COOKIE DAY
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:20</b> -Stretch, Tone, Pray\$ <b>1:00</b> -Men's Pool/ Cornhole <b>2:00</b> -Partners Health - "Grief & Loss During the Holidays"  START BRINGING GIFTS	<b>10:00</b> -Step to the Beat <b>11:30</b> -Bible Study w/ Mary <b>1:00</b> -Tai Chi <b>1:00</b> -Credit Reporting w/ SECU <b>1:00</b> -Scrabble & Table Games <b>3:00</b> -Lite Exercise	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:00</b> -Herb of the Month-Garlic <b>12:30</b> -Fire Cider w/ Kelley\$ <b>1:00</b> -Men's Pool/ Cornhole <b>3:00</b> -Book Club	<b>9:00</b> -Beginner Tai Chi <b>10:00</b> -Strength Training <b>11:30</b> -Canasta <b>1:00</b> -Men's Pool/ Cornhole <b>1:00</b> -November Birthday Party  FOOD PANTRY-LOCUST 4:30PM-6:00PM	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>12:00</b> -Thanksgiving Potluck <b>6:00</b> -Bingo (door open at 5:00pm)
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>11:20</b> -Stretch, Tone, Pray\$ <b>12:30</b> -Scriptures w/ Faye <b>1:00</b> -Men's Pool/ Cornhole <b>1:15</b> -Bingo w/ Sal	<b>10:00</b> -Step to the Beat <b>11:30</b> -Bible Study w/ Mary <b>1:00</b> -Tai Chi <b>1:00</b> -Scrabble & Table Games <b>2:00</b> -Dogs vs. Geese <b>3:00</b> -Lite Exercise	<b>9:15</b> -Lite Exercise <b>10:20</b> -Lite Exercise <b>1:00</b> -Men's Pool/ Cornhole	<b>CLOSED FOR THANKSGIVING!</b>  	



# DECEMBER 2024 - LOCUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
<p>9:15-Lite Exercise 10:20-Lite Exercise 11:20-Stretch, Tone, Pray\$ 1:00-Men's Pool/ Cornhole</p>	<p>10:00-Step to the Beat 11:30-Bible Study w/ Mary 1:00-Tai Chi 1:00-Scrabble &amp; Table Games 3:00-Lite Exercise</p>	<p>9:15-Lite Exercise 10:20-Lite Exercise 11:30-Veteran's Lunch 1:00-Men's Pool/ Cornhole</p>	<p>9:00-Beginner Tai Chi 10:00-Strength Training 11:30-Canasta 1:00-Men's Pool/ Cornhole</p>	<p>9:15-Lite Exercise 10:20-Lite Exercise 11:00-Connect, Create, Serve 2:00-Line Dancing w/ Pamela 6:00-Bingo (door open at 5:00pm)</p>
<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>9:15-Lite Exercise 10:20-Lite Exercise 11:20-Stretch, Tone, Pray\$ 1:00-Bingo w/Faye 1:00-Men's Pool/ Cornhole</p> <p>NATIONAL PASTRY DAY</p>	<p>10:00-Step to the Beat 11:30-Bible Study w/ Mary 1:00-Tai Chi 1:00-Scrabble &amp; Table Games 3:00-Lite Exercise</p>	<p>9:15-Lite Exercise 10:20-Lite Exercise 11:00-Medicare w/ Sal 1:00-Men's Pool/ Cornhole 2:00-Haley Cowell-Homemade Seasonings</p>	<p>9:00-Beginner Tai Chi 10:00-Strength Training 11:30-Canasta 1:00-Men's Pool/ Cornhole</p> <p>FOOD PANTRY-ALBEMARLE 4:30PM-6:00PM</p>	<p>9:15-Lite Exercise 10:20-Lite Exercise 1:00-Movie "I Heard the Bells" 6:00-Bingo (door open at 5:00pm)</p> <p>NATIONAL COCOA DAY</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>9:15-Lite Exercise 10:20-Lite Exercise 11:20-Stretch, Tone, Pray\$ 1:00-Men's Pool/ Cornhole 2:00-Partners Health "Loneliness in the Holidays"</p>	<p>10:00-Step to the Beat 11:30-Bible Study w/ Mary 1:00-Tai Chi 1:00-Scrabble &amp; Table Games 1:00-Suzette w/ Lily Ins 3:00-Lite Exercise</p>	<p>9:15-Lite Exercise 10:20-Lite Exercise 11:00-Herb of the Month -Cloves 1:00-Men's Pool/ Cornhole 3:00-Book Club</p> <p>TURN IN GIFTS FOR FAMILY</p>	<p>9:00-Beginner Tai Chi 10:00-Strength Training 11:30-Canasta 1:00-Men's Pool/ Cornhole 1:00-December Birthday Party</p> <p>FOOD PANTRY-LOCUST 4:30PM-6:00PM</p>	<p>9:15-Lite Exercise 10:20-Lite Exercise 1:00-Wrapping Party 6:00-Bingo (door open at 5:00pm)</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>9:15-Lite Exercise 10:20-Lite Exercise 11:20-Stretch, Tone, Pray\$ 12:30-Scriptures w/ Faye 1:00-Men's Pool/ Cornhole 1:15-Bingo w/ Sal</p>	<p><b>CLOSED FOR CHRISTMAS!</b></p> 			<p>9:15-Lite Exercise 10:20-Lite Exercise 12:00-Christmas Potluck 6:00-Bingo (door open at 5:00pm)</p>
<b>30</b>	<b>31</b>		<p><b>WEST STANLY SENIOR CENTER WILL BE CLOSED ON WEDNESDAY, JANUARY 1ST FOR NEW YEARS DAY.</b></p> 	
<p>9:15-Lite Exercise 10:20-Lite Exercise 11:20-Stretch, Tone, Pray\$ 1:00-Men's Pool/ Cornhole</p>	<p>10:00-Step to the Beat 11:30-Bible Study w/ Mary 12:45-New Year's Celebration Party 1:00-Tai Chi 1:00-Scrabble &amp; Table Games 3:00-Lite Exercise</p>			

# ACTIVITIES & EVENTS - WEST STANLY SENIOR CENTER (LOCUST)

## COOKING WITH HALEY COWELL

FRIDAY, NOVEMBER 15TH @ 2:30PM  
WEDNESDAY, DECEMBER 11TH @ 2:00PM

Haley Cowell, NC Cooperative Extension, is coming back to the West Stanly Senior Center! In November, learn Cutlery Basics and in December learn how to make Homemade Seasonings!

To RSVP call 980.581.3056 by the Friday before.

## DOGS VS. GEESE

TUESDAY, NOVEMBER 26TH @ 2:00PM

Rebecca Gibson with Flyaway Geese will present on how she uses her dogs to keep geese and other wildlife away from runways, golf courses, and other sensitive areas. Come meet Rebecca and her dogs.

To RSVP call 980.581.3056 by Friday, November 22nd.

## FIRE CIDER CLASS

WEDNESDAY, NOVEMBER 20TH @ 12:30PM  
\$12 (NO REFUNDS)

What is Fire Cider? How is it beneficial? Join us to learn about fire cider and how it is beneficial for us. Make a quart to take home. Participants should bring their own kitchen knives and cutting board.

To RSVP call 980.581.3056 by Friday, November 15th.

## VETERAN'S LUNCH

1ST WEDNESDAY OF THE MONTH @ 11:30AM

All Veteran's are invited to join us for a wonderful meal and great conversations.

To RSVP call 980.581.3056.

A huge **\*THANK YOU\*** to Pinnacle Bank for the November lunch and Hospice for the December lunch for our Veterans!

## GIFT GIVING TREE

BRING GIFTS NOVEMBER 18TH - DECEMBER 18TH

Tis the season of giving! We will sponsor a local family in need this year for Christmas. Grab a tag, buy a gift and bring it back to be wrapped. Help us provide a Christmas this family will never forget!

More information on the Family to come.

For questions call 980.354.8056.

## NEW YEAR'S EVE CELEBRATION

TUESDAY, DECEMBER 31ST @ 12:45PM

We will serve light appetizers and play games to ring in the New Year. We hope you will join us for a great time of fellowship and celebration! Bring a friend!

To RSVP call 980.354.8056 by Monday, December 23rd

## CREDIT REPORTING WITH SECU

NOVEMBER 19TH @ 1:00PM

Diane from State Employees Credit Union will come for a discussion on what Credit Reporting is and give you more information on your Credit Report.

To RSVP call 980.581.3056 by Friday, November 15th.

## BOOK CLUB

3RD WEDNESDAY OF THE MONTH @ 3:00PM

Enjoy the afternoon with fellowship and discussion.

11/20 *Orphan Train* by Christine Baker Kline

12/13 *A Red Bird Christmas* by Fannie Flag

## FRIDAY MOVIES

2ND FRIDAY OF THE MONTH @ 1:00PM

Relax, unwind, and enjoy an afternoon movie.

11/8 *Instant Family*

12/13 *I Heard the Bells*

## MEDICARE WITH SAL

WEDNESDAY, DECEMBER 11TH @ 11:00AM

Sal will hold a Question and Answer session on 2025 Medicare Coverage and the best ways to reduce your Medicare costs.

## PARTNERS HEALTH CARE

3RD MONDAY OF THE MONTH @ 2:00PM

Join LaQuisha for ways to cope with grief, loss, and loneliness during the holidays.

11/18 Grief & Loss over the Holidays

12/16 Loneliness During the Holidays

To RSVP call 980.581.3056 by the Friday before.

## SUZETTE WITH LILY INSURANCE

FRIDAY, NOVEMBER 15TH @ 1:00PM

TUESDAY, DECEMBER 17TH @ 1:00PM

Suzette with Lily Insurance. More information to come on classes.

For questions call 980.581.3056.

## WRAPPING PARTY

FRIDAY, DECEMBER 20TH @ 1:00PM

Help us wrap presents for the sponsored family! It is a wrapping party!

For questions call 980.581.3056.

## NATIONAL FOOD HOLIDAYS

11/15 Stop by and enjoy a Peanut Butter Cookie at the Center.

12/9 Come to Bingo w/ Fay and enjoy a Pastry while you play.

12/13 Join us for the Friday movie and enjoy a Cup of Cocoa as you watch the movie.

## DRIVE-THRU FOOD PANTRY:

Anyone in need of food is welcome to participate in our monthly drive-thru food pantry located at The Crutchfield Center in Locust. You do not even need to get out of your car. We will ask a few simple questions and load your car with canned goods and fresh produce.

### Locations:

At Stanly Commons parking lot in Albemarle (by Health Department)

4:00-5:30 pm

11/12 & 12/12

In Locust at The Crutchfield Center (off 24/27 right past Bojangles)

4:00-5:30 pm

11/21 & 12/19

\*\*\*We are always in need of **volunteers** to help.\*\*\*



If interested, please contact Kelley Bigger at kbigger@stanlymca.org

# ACTIVITIES & EVENTS - STANLY COUNTY SENIOR CENTER (ALBEMARLE)

## REGULAR SCHEDULED ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Duplicate Bridge 9:15am	Chair Yoga 9:45am	Basketweaving 9:00am	Woodcarving 9:00am	Duplicate Bridge 9:15am
Line Dancing 10:00am	Rummikub 10:00am	Contract Bridge 9:00am	Chair Yoga 9:45am	Line Dancing 10:00am
Bunco 10:00am	Knitting 10:00am	Exercise w/ Frankie 9:45am	Canasta 1:00pm	Drums Alive Video 12:30pm
Floor Yoga 11:00am	Pinochle 1:00pm	Tai Chi 10:45am	Zumba\$ 6:30pm	Open Gym 1:00pm
Art with Friends 1:00pm	Functional Fitness 2:00pm	Open Gym 11:45am	<b>1st Thursday</b> Ladies Lunch Bunch 11:30am	Mexican Train Dominos 1:30pm
Intermediate Bridge 1:00pm	Mahjong 2:00pm	Canasta II 1:00pm	<b>3rd Thursday</b> Blood Pressure Checks 10:30am	<b>One Weekend of the Month</b> Inky Fingers (Times Vary)
Strength & Stretch 1:15pm	Zumba\$ 5:30pm & 6:30pm	Bingo 3:00pm	Monthly Luncheon 11:30am	<b>2nd &amp; 4th Friday</b> Friday Movie Matinee 2:00pm
Open Gym 2:30pm	<b>3rd Tuesday</b> Caregiver Connection 10:30am	Ballroom Dance 5:30pm		
	<b>Last Tuesday</b> Veteran's Club 9:00am	<b>3rd Wednesday</b> Book Club 10:30am		
		<b>4th Wednesday</b> Friends Board Meeting 1:30pm		
		Stammtisch 3:00pm		

# ACTIVITIES & EVENTS - STANLY COUNTY SENIOR CENTER (ALBEMARLE)



## CAREFEST

**NOVEMBER 21, 2024**  
**4:00PM - 6:00 PM**



Are you a Caregiver for a Senior Adult?  
Looking for resources in the area?  
**Join us to learn more!**

**This is a FREE, drop-in event**

Door prizes, light refreshments & networking opportunities

### COMMUNITY PARTNERS:

- Medical Care
- Long-Term Care Options
- In-Home Agencies
- Health & Wellness Information
- Caregiver Support Group
- + More

### Event Location:

283 N. 3rd St.  
Albemarle, NC 28001

## Shine your light ON THE LONGEST NIGHT

HONORING AND REMEMBERING THOSE WHO  
HAVE BEEN AFFECTED BY ALZHEIMER'S DISEASE  
AND OTHER FORMS OF DEMENTIA

**DECEMBER 19, 2024**  
**DROP-IN & WALK THROUGH**  
**4:00PM - 6:00 PM**



283 N. 3RD ST. ALBEMARLE, NC 28001

**LUMINARY BAGS WILL BE AVAILABLE IN THE  
SENIOR CENTER LOBBY FOR \$1 DONATION  
TO THE ALZHEIMER'S ASSOCIATION  
BEGINNING 11.25.24**

**2025 OVERNIGHT TRIPS WILL BE  
ANNOUNCED ON  
MONDAY, DECEMBER 2ND.  
FLYERS WILL BE AVAILABLE.**

## FRIDAY MOVIE MATINEE

**2ND & 4TH FRIDAY OF EACH MONTH**

**NOV 8TH & 15TH & DEC 13TH**

**\*NO MOVIE DEC 27TH\***

**2:00PM**

There will now be 2 movies a month at the Stanly County Senior Center. We will provide you with popcorn and a movie theater experience! Sign up and join us for a spectacular time!



- |       |                              |
|-------|------------------------------|
| 11/8  | <b>Queen Bees</b>            |
| 11/15 | <b>Grumpy Old Men</b>        |
| 12/13 | <b>It's a Wonderful Life</b> |
| 12/27 | <b>NO MOVIE</b>              |



**RSVP by the Wednesday before each movie.**  
**Call 704-986-3769 to RSVP.**

## MATTER OF BALANCE

**W/ KELLEY BIGGER & ALEXA SELLS**



**TUESDAYS,**  
**JANUARY 21ST - MARCH 11TH**  
**10:00 AM - 12:00PM**



**This is a FREE 8-session, evidence-based  
class held at the YMCA Pavilion.**

This class is designed to reduce fear of falling and increase activity levels among older adults. If you are concerned about falls or interested in improving your balance, flexibility and strength then this class is for you. We have to have at least 8 participants for the class.

**Please call and RSVP. If interested in joining the  
class, please call 704-986-3769 or email  
asells@stanlycountync.gov.**

# WALK ON!

Walk On! Is a group-based walking program designed specifically for older adults, including those with mobility limitations. This program was developed by Wake Forest School of Medicine along with help from Atrium Health. The Stanly County Senior Center would love to offer this program at the center. To do so, we need your help! Please fill out the survey below to better help us understand the needs and wants through our community.

<https://redcap.link/walkonsurvey>



For any questions or more information, call 704.986.3769 and ask to speak to Alexa.





# FRIENDS OF THE SENIOR CENTER (ALBEMARLE)

## FRIENDS OF THE SENIOR CENTER BLACKSTONE GRIDDLE RAFFLE

**TICKET SALES BEGIN NOVEMBER 1ST  
TICKETS ARE 1 FOR \$5 OR 5 FOR \$20**

Cash/Check Payment Only.

### **Blackstone Griddle Information:**

- 22" Griddle with Hood and Flex Fold Legs
- "Roll and Go" Design
- On-The-Go Shelf
- Compact Vertical Storage
- Quickly heats up with a total of 24,000 BTUs through two "H" style burners that provide even heat distribution



**Drawing will be held at the December Monthly Luncheon on December 19th.**

You do not have to be present to win.

**Proceeds will help support Home-Delivered Meals, In-Home Services, and other Senior Center Programs in the Community.**



## FRIENDS GIVING TREE

**BEGINS DECEMBER 2ND**



**Pick an envelope off the Christmas Tree and give your contribution matching the number on the envelope you have chosen.**

The Friends of the Senior Center is an organization that provides ongoing financial and moral support to the Senior Services Department, and in turn will help to enhance the quality of life for older adults in Stanly County.

**To make our vision a reality: We promote the Senior Center, its programs and activities. We provide volunteer time and support of programs and activities. We provide funding for services, equipment, and programs. We conduct a variety of fundraising events throughout the year. We are a volunteer, non-profit, tax exempt organization governed by a 15-member board of directors elected by the membership.**



### **THE PERFECT "STOCKING STUFFER"**

The Friends of the Senior Center have Tidal Wave Car Wash Tickets for sale! It is a \$20 wash for ONLY \$10. This would be a great stocking stuffer for a spouse, children, grandchildren, or friends! Come by the Stanly County Senior Center to pick yours up!

# SERVICES INFORMATION

## NUTRITION

**CONGREGATE MEALS** are available to seniors 60 years old and older. Please contact the Senior Center Nutrition Program Supervisor, Joy Richardson, at 704.986.3773 for program specifics.

**HOME-DELIVERED MEALS** are available to homebound seniors 60 years old and older; these meals are delivered by volunteers. Please contact the Senior Center Social Worker, Sherri Parker, at 704.986.3769 to be added to the waitlist for this service.

Albemarle Nutrition Site	Locust Nutrition Site	Norwood Nutrition Site	Oakboro Nutrition Site
1816 E. Main St. Albemarle, NC 28001 704.984.9418	2890 Ofcr Jeff Shelton Dr Locust, NC 28097 704.888.4265	247 West Turner St Norwood NC 28128 704.474.5177	626 N. Long St Oakboro, NC 28129 704.485.8211

## IN-HOME SERVICES

**IN-HOME AIDE SERVICES** provide home management assistance, limited personal care, & respite for unpaid caregivers. (There is a waiting list.)

**FAMILY CAREGIVER SUPPORT PROGRAM** provides information & assistance, helps in receiving services, educational events, short-term respite, and supplemental services (such as incontinence supplies) to eligible caregivers of older adults.

## TRANSPORTATION

**SCUSA TRANSPORTATION** offers transportation by appointment to medical appointments, shopping, human service agencies, & nutrition sites.



## INFORMATION & OPTIONS COUNSELING

Helps link seniors and those who assist them with resources, services, and supports through informed decision-making about options to help individuals maintain sufficient functional capacity to remain at home.

## "ARE YOU OKAY?"

Is a free telephone contact to senior adults who live alone and desire this added sense of security.

## AARP TAX AIDE

Provides free income tax preparation for older adults during tax season.



## SHIIP (SENIOR HEALTH INSURANCE INFORMATION PROGRAM)

Offers help in explaining Medicare, Medicare Supplements, Medicare Part D, & Long-Term Care Insurance as well as individual counseling for problems encountered in this area.

NC SHIIP Helpline Number: 1.855.408.1212



## LEGAL AIDE

Legal Aid of NC provides free legal help to North Carolinians who are 60 years of age or older and need assistance with housing, consumer rights, public benefits, elder abuse, and other civil (non-criminal) legal matters. Legal Aid Number: 1.877.579.7562



**For more information on our services, please contact 704.986.3769.**

## PROGRAM INFORMATION & MORE

### VOLUNTEERS NEEDED



Join the TEAM of volunteers who do over 400 tax returns for seniors each year at the Senior Center in Albemarle. Volunteers prepare tax returns on Tuesday and Thursday afternoons February 4th through April 15th. Tax Training includes data entry procedures and Tax Law.

We are looking for several new greeters to meet taxpayers and organize documents, and preparers to input data to complete tax returns.

Tax preparation is done on Tuesdays and Thursdays, February 4th through April 15, from 1:00pm to 5:00pm.

**Hours for training and tax work are 1:00 PM to 4:00 PM.**

#### Training dates:

**Tuesday & Thursday, January 7th - 23rd**

If interested in volunteering, or needing more information contact 704-986-3769.

**The Appointment line will not open until mid-January.**

### VOLUNTEERS OF THE YEAR 2024

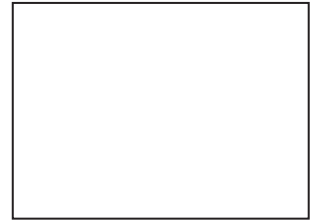
The Senior Services Department would like to thank each volunteer for volunteering their time to help make the Senior Services Department so successful. We could not be the department we are with out the help of each one of you!

#### 2024 RECEIPIENTS



**L-R:** Lillie Ingram, Willie Curlee, Bill Peak

**Not pictured:** Christine Witherspoon



A NC Certified Senior Center of Excellence  
283 N. Third Street  
Albemarle, NC 28001  
704-986-3769

<https://www.stanlycountync.gov/senior-services/>

Don't forget to like us on Facebook!  
<https://www.facebook.com/stanlycountyseniorcenter>

The mission of the Senior Services Department is to enhance the quality of life for older adults in Stanly County by providing a range of services, programs, supports, and opportunities for adults 60 years old and older.

## FRIENDS OF THE SENIOR CENTER 2025 MEMBERSHIP APPLICATION

**JANUARY 1 - DECEMBER 31, 2025**

Most importantly, membership in the Friends of the Senior Center supports YOUR senior center in Stanly County. Membership donations that exceed the individual or family membership fees are tax deductible.

\*Name: \_\_\_\_\_

\*Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

\*Email Address: \_\_\_\_\_

\*Telephone: \_\_\_\_\_

\*=Required Information

### TYPE OF MEMBERSHIP

- Individual (\$15)
- Family (\$25)
- Donor (\$50)
- Patron (\$100)
- Benefactor (\$500)
- Angel (\$1,000)

**FRIENDS OF THE  
SENIOR CENTER  
MEMBERSHIP**