

THE VINTAGE MESSENGER

The Official Newsletter of the Walnut Cove Senior Center

State Certified Senior Center Of Excellence

Walnut Cove Senior Center
308 Brooke Street
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Town of Walnut Cove Website:
www.townofwalnutcove.org



MAY IS OLDER AMERICANS
MONTH

Phone: 336-591-5442

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Email: wcseniorcenter@triadbiz.rr.com

WCSC Website: www.co.stokes.nc.us/wcsenior

Monday-Friday: Hours: 8:30-5:00

“Thank You”

Our volunteers and sponsors are a very important and a vital part of the Walnut Cove Senior Center. It is those individuals and participants that make possible special events and gatherings. This month we would like to thank Mountain Valley Hospice for sponsoring our Bingo Party on Friday, May 25 from 1-3:00. We appreciate and are grateful for your support.



May Health News

- ⇒ May is recognized as “Older Americans Month”. This year’s theme is *Never Too Old to Play!* It recognizes the important role older adults play in sharing their experience, wisdom and knowledge in a variety of ways in the community. It is a time to celebrate the contributions and achievements of older Americans. While Walnut Cove Senior Center provides services, support and resources to older Americans year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most valuable citizens.
- ⇒ CPR Class-Walnut Cove Senior Center & Stokes County EMS will sponsor a CPR AED Class at the Walnut Cove Senior Center 308 Brook Street June 12, 2012 1:00-4:00 PM. Space is Limited must pre-register by May 29, 2012. \$2.00 for the class pays for the card.



New Classes

May 1-June 5: Living Healthy with Diabetes from 1-3:30-This will be a 6 week course by Piedmont Triad Regional Council Area Agency on Aging

Friday, May 18: Boot Scoot’n from 6-8-\$5 pays for a pizza supper and there will be a 50/50 drawing, a cake auction & lots of fun!



Wednesday’s Lectures

May 2: Lecture by Hospice & Palliative Care Center at 11:00-Hospice & Palliative Care Center will also be sponsoring Blood Pressure Screenings

May 9: “Better Breather’s Support” by Lincare of Mt Airy at 10:30

May 16: “Health & Wellbeing” by Mountain Valley Hospice & Palliative Care of Mt Airy at 11:00

May 23: “Question & Answer” by our Senior Tar-Heel Delegate, Mr. Tom Southern at 11:00

May 30: “Sheriff’s Senior Call In Program” by Greg Manley from the Stokes County Sheriffs Department

Activity Calendar At A Glance

Drop-In Activities:

Board Games, Cards, Newspaper, Scales for Weighing, Blood Pressure Monitor, Coupon Corner, Document Faxing & Shredding, Library, Magazines, Exercise Area,

Puzzles, Internet Access



Ongoing Activities:

Senior Lunch: Monday-Friday at 11:30 Registered 60+ Stokes Resident (to register or for program information see staff)

Exercise Area: Open Monday-Friday from 8:30-5:00 55+

Monday: Walk Live at WRAL 9:00; Aqua Fit 10:30 (SFYMCA); Walk Live-WSC 10:00; Yoga-5; Bingo 11:00; May 7-Rainbow Club 10:30; May 14-Fire Safety Disaster Preparedness 10:30

Tuesday-Chair Ex. 10:30 (WCSC); Low Impact 11:30 (SFYMCA); Games 2-3; Line Dance 5:30; May 1-Town Meeting 7:00; May 8-Hearing Screenings from 10-12, Bookmobile 10:30 & VFW Meeting 7:00; May 15-Crafty Crafts & Wii-10:30; May 8 & 22-Healing Touch 1:30; Living Healthy-1-1:30; May 22-Red Hats 7:00

Wednesday-Quilting 8:30; Walk Club 9:00; Chair Ex. 10:30 (King Nutrition Site Recreation Acres); Computer 10:00-12:00; Feldenkrais Exercise 5-6; Low Impact 11:30 (SFYMCA); Line Dance 1-2

Thursday- Yoga 9:00; Chi-Kung 10:45 ; Crochet & Knitting 1-3; Water Walk at Stokes Family YMCA in King 12:30-1:00; Chair Ex. WCSC 1:00; WRAL 2:30

Friday-Computer 10:00-12:00; Tai-Chi 10:45; Aqua Fit 10:30 at YMCA; Fun Time Friday 10:30; May 11-Massage by appt. from 1-4; May 18-Birthday Party at 11:30; May 25-Bingo Party 1-3 (Sponsored by Mountain Valley Hospice)



Upcoming Events

May Birthdays

We would like to wish a very happy birthday to Alma Dalton, Robert Smith and Joan Southern. HAPPY BIRTHDAY to everyone!

Please contact the senior center at 591-5442 if you would like to see your birthday published in the newsletter.

Important Reminders

Friday, May 11: Mother's Day program 11:00

Sunday, May 13: Mother's Day

Monday, May 21: Act's Picnic in the Park activity day-Moratock Park in Danbury from 10-3

Monday, May 28: Memorial Day-Senior Center Closed in observance of Memorial Day

Bake Sale

Saturday, May 12: Bake Sale from 8:00-12:00 in front of Hick's Pharmacy at the Food Lion Shopping Center. We need cakes, pies, brownies and cookies. Please price the items you donate to sale. All baked goods must be delivered to the Senior Center by May 11, 2012 by 5:00.

Saturday, May 5: Quilt raffle-tickets are \$1 each (Contact the senior center for more info.)

Caring for the Caregiver

Please join us for a free community lunch and learn on Thursday, May 10 from 11:45-1:00 at the Walnut Cove Public Library. The topic for this session that will be discussed is caregiver stress as it relates to caring for a family member or friend. Techniques will be explored to reduce stress and provide self-care, in order to better balance your life. Lunch will be provided by Walnut Ridge Assisted Living. Rosemary Niles, RN, BSN, FCN will be the presenter. Please RSVP to Vicky East at (336) 591-5442.