

Gadabout Travel News



October 22

It's State Fair time! On Tuesday, Oct. 22, seniors ages 65+ get free admission to the Fair! Beginning at 9 am, while supplies last, Bojangles' biscuits and coffee will be served on the Dorton Patio near the Waterfall at the Senior Fun Fest. A program with Agricultural Commissioner Steve Troxler and music will kick-off at 10 am.

We will leave the Senior Center at 7:00 am. Registration opens on Friday, October 4, at 8:30 am. Cost for the trip is \$15 (to help cover cost of bus) per person. Payment due at time of registration.

**Breast Cancer Awareness
Monday October 28 @10:00 am**

Join us as we walk to bring awareness to breast cancer. We will have some give-aways for those who walk and for those who have survived breast cancer. Come on out and support those who are and



Notes from Jeannine

Be Prepared

With the recent Hurricane I thought this might be the perfect time to share a few tips on being prepared in the event of Hurricanes, Tornadoes and any other natural disasters that may happen.

If you live alone it's always a good idea to have an emergency plan in place. Even if you do not live alone it's still a good idea.

Do you have an evacuation plan?
Where will you go?

Do you have enough medication?

Do you have flashlights and batteries

Do you have enough gas?

Do you have cash in the event the power goes out and you can't use the ATM?

Do you have jugs of water?

Do you have food you can eat if the power goes out?

These are all things to think about now and not wait until there is a storm. Being prepared will make things easier for you and for your family in the event of a natural disaster.



Parking Lot Dance

October 31

5:30 PM

Live Band / Hot Dogs / Hamburgers

Dig out your favorite Halloween costume, or just put on your dancing shoes and come join the party! All your friends will be here. Cost is \$5.00 per person.

Southern Ruritan will join us to cook hamburgers and hot dogs. We will also have chips and drinks along with a desert. There will be a small charge for the food. Please call the Senior Center to RSVP.



Senior Services

Information and Referral

Fitness Health Promotion

Senior Games

Transportation Medical/General

Caregiver Classes

Cancer Relief Fund

Energy Assistance

Medicare/Medicaid Benefits

Job Training Placement, NCBA

Telephone Reassurance

Durable Medical Equipment

Food Distribution

Tax Preparation Counseling

Legal Services

Caregivers Support Program

Congregate/Home Delivered Meals

Insurance Counseling (SHIIP)

Veteran Services

Wig Closet



Hours of Operation:

Monday - Friday

8:00am-5:00pm

336-694-7447

Breakfast and Conversation

Join us every **4th Wednesday at 9:00 am (October 23)** for coffee and conversation with other Veterans. The Senior Center sponsors a lite breakfast with coffee and juice to all Veterans. Breakfast provided by Central Ruritan Club of Yanceyville.



Veterans Service Officer

Our Veterans' Service Officer, Wanda Jones, will only be at the Center **on Wednesday October 23 this month**. Appointments are first come, first serve beginning at 11 am.



Paint Class with Carol

Carol Dodson will join us on **October 24** for paint class at 9:30 am. Cost for the class is \$3.00. Registration opens on October 4th.



Cardio Drumming

The Senior Center now offers a cardio drumming class led by instructor C.J. Whittle. The class meets every Thursday at 1:30. Cost is \$3.00.



Diabetes Class

The Senior Center will offer a Diabetes Class every Friday beginning October 18th and running thru November 22nd. Class will meet from 12:00 to 2:30. Topics covered will include healthy eating, physical activity, medications and more. Registration is required. Please call Christine at 336-904-0300 or Jeannine at 336-694-7447



Cake Decorating

Annette Jordan is returning to lead us in another creative cake decorating class. The class will take place on **Tuesday, October 29, at 1:00 pm** in the dining room. Please bring your own *round* cake, iced with *white* icing and ready to decorate. Call 336-694-7447 to register for the class.



There will not be a singles gathering for the month of October.

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 8:30 Fit-4-Life \$\$ 9:00 Choir 9:30 Congregate Meets—Devotional time w/ J. Hardin 10-12 Tech Drop-in</p>	<p>2 10:00 -Congregate Meets—Try Your Hand @ Corn Hole 1:15 Yoga w/Frank \$\$</p>	<p>3 10:00 Congregate Meets—Visit from the Library 10:00 Computer Basics #1 1:30 Cardio Drumming</p>	<p>4 8:30 Fit-4-Life \$\$ 9:30 Line Dance 10:00 Congregate Meets— Trivia-50's/60's TV Shows</p>
<p>7 10:00 Congregate Meets— Chair Exercise 10:00 T'ai Chi (in craft room) \$\$</p>	<p>8 8:30 Fit-4-Life \$\$ 9:00 Choir 9:30 Congregate Meets—Scams & Fraud w/Stephanie 10-12 Tech Drop-in</p>	<p>9 10:00 -Congregate Meets—Table Tennis 1:15 Yoga w/Frank \$\$</p>	<p>10 10:00 Congregate Meets— Cowboy Day- Saddle Up 10:00 Computer Basics #2 1:30 Cardio Drumming</p>	<p>11 8:30 Fit-4-Life \$\$ 9:30 Line Dance 10:00 Congregate Meets— Let's Stretch Our Bodies</p>
<p>14 10:00 Congregate Meets—Columbus Day-Let's Sail w/ Columbus 10:00 T'ai Chi (in craft room) \$\$</p>	<p>15 8:30 Fit-4-Life \$\$ 9:00 Choir 10:00 Congregate Meets—Birthday Bingo 10-12 Tech Drop-in</p>	<p>16 9:00 Advisory Comm 10:00 Congregate Meets—Take the Domino Challenge 1:15 Yoga w/Frank \$\$</p>	<p>17 10:00 Congregate Meets—Crafts w/ Doris & Savannah 10:00 Computer Basics #3 1:30 Cardio Drumming</p>	<p>18 8:30 Fit-4-Life \$\$ 9:30 Line Dance 10:00 Congregate Meets—Trip to Roses—Must RSVP</p>
<p>21 10:00 Congregate Meets— Domestic Violence –How Do We Stop it? 10:00 T'ai Chi (in craft room) \$\$</p>	<p>22 8:30 Fit-4-Life \$\$ 9:00 Choir 10:00 Congregate Meets—State Fair- Must Sign Up 10-12 Tech Drop-in</p>	<p>23 9:00 Veterans Coffee & Conversation 10:00 Congregate Meets—Board Games 10:30 Scrapbooking 11-1 Veterans Service Officer</p>	<p>24 9:30 Paint w/ Carol 10:00 Congregate Meets—Community Paramedic—Angela Childress 10:00 Computer Basics #4</p>	<p>25 8:30 Fit-4-Life \$\$ 9:30 Line Dance 10:00 Congregate Meets—Popcorn and a Movie</p>
<p>28 10:00 Congregate Meets—Breast Cancer Awareness 10:00 T'ai Chi (in craft room) \$\$</p>	<p>29 8:30 Fit-4-Life \$\$ 9:00 Choir 9:30 Congregate Meets—Preventing Food Waste w/ Joy</p>	<p>30 10:00 -Congregate Meets—Bullying is Not Ok. 1:15 Yoga w/Frank \$\$</p>	<p>31 10:00 Congregate Meets—Halloween Party-Trick or Treat 1:30 Cardio Drumming</p>	<p>Follow us on Facebook! "Caswell County</p>



The Meals on Wheels Christmas Gift Campaign

The holiday season is soon approaching and we are asking for your donations to the Meals on Wheels clients of Caswell County. Seniors who are homebound often struggle to acquire basics necessities of daily life that we take for granted. We also have items on the list that will help with their memory and focus.

We are asking for the help of your church groups, family and friends or community neighbors to participate.

Your donations will be accepted at the Caswell County Senior Center, deadline for donations is **November 30**.

Gift Ideas:

Tissues
Socks
Candy
Large Print Puzzle Books
Adult Coloring Books
Crayons/Markers
Batteries
Hairbrushes/Combs
Lotion
Scarves/Gloves
Deodorant

Soap
Shaving Items
Note Pad/Pens
Fleece Blanket/Throw
Small (Pocket) Calendars
Wall Calendars
Dish Cloths/Dish Towels
Wash Cloths
Protective Mask
Hand Sanitizer
Toothbrushes/Toothpaste

Items will be collected at:
CASWELL COUNTY SENIOR CENTER
649 Firetower Rd.
Yanceyville, NC 27379/336-694-7447



Digital Skills Classes

with Tyler Cobb

All classes will take place at the Senior Center

th	Tech Drop-in	10:00 am
th	Computer Basics #1 Class	10:00 am
th	Tech Drop-in	10:00 am
th	Computer Basics #2 Class	10:00 am
th	Tech Drop-in	10:00 am
th	Computer Basics #3 Class	10:00 am
nd	Tech Drop-in	10:00 am
th	Computer Basics #4 Class	10:00 am

FREE DRIVE-THRU FLU SHOT CLINIC

Protect Your Health. Protect Your Family. Get a Flu Shot.

Tuesday, October 8th, 2014
1pm-6pm



Caswell County Parks & Recreation
 228 County Park Road, Yanceyville,

Flu Shots are available for adults and children ages 6 months and up.

- Medical Information form complete on our website.
- Spanish material available.
- Please wear clothing that allows easy access to your upper arms.