



FOCUS

SEPTEMBER 2025



This September, join the STEPtember Challenge!

Join the NC Falls Prevention Coalition for STEPtember, a statewide walking and step challenge to celebrate healthy living and Falls Prevention Awareness month.

Let's TEAM UP here in McDowell to prevent falls!

STEPS are just that—every step you take throughout the day.

Whether you're walking to the mailbox, taking the dog out, shopping, doing household chores, or attending an exercise class, all these steps count.

We encourage participants to wear a pedometer or fitness tracker from the moment they get up until they go to bed, so every step is counted and celebrated.

Who can participate? Anyone!



Come by the McDowell Senior Center to sign up and pick up your STEPtember Walking Info Packet and Walking Calendar. We also have a limited number of pedometers to give out to individuals that are unable to use their fitness trackers on their phones or smart watches.

Count your steps during the month of September and be eligible to win a prize!

All Walking Calendars must be turned in by October 2nd to be entered into the prize drawings.

Winners will be announced at the STEPtember Award Celebration On October 7, 2025 at 5:30 PM at the McDowell Senior Center. (You do not need to be present to win.)

Why Counting Steps Matters

Walking is one of the easiest and most effective ways to stay active. Research consistently links regular walking to reduce risk of chronic diseases, improved mood, and better overall health.

LET'S Get Moving to stay Standing

Strong NC!

For More Information
Contact Brenda Monosso
@ 828-659-0832



The McDowell Senior Center Dementia Support Group at the McDowell Senior Center will meet on Thursday, September 18 from 1:00-2:30 in the front conference room at the McDowell Senior Center. Future meetings will be held at the same time on the third Thursday of each month.

In September, the group will learn about self care techniques for the caregiver. These meetings are for the caregivers, families, and friends of individuals with dementia.

The Dementia Support Group provides a safe, empathetic space for individuals affected by dementia to find guidance, comfort, and connection. If you would like to attend, you can just show up at the meeting or you can RSVP by calling Weyland Prebor at 828-659-0823.



THE BUZZZ OF MARION

Frances Greene had a family reunion at home last month with over 50 people attending. Everyone had a great time and were so happy to visit and spend time together. They look forward to the next reunion.

Several of our seniors play in the Hillbilly Jammers Band. Recently they played at Rose Hill retirement home in Marion and the Veterans Home in Black Mountain, residents were so excited and happy to have them and look forward to seeing them again.

Just For Fun Players went to the VA and played. They had a great audience. Residents are delighted that they will be returning.

On August 7 Clarence Holland turned 101 years old! David Byrd, our county Veterans Services Officer presented Clarence with a certificate signed by the N.C. Department of Military and Veterans Affairs secretary congratulating him on his milestone birthday. We look forward to many more years of Clarence dancing and joking with us here at the Center and making us smile.

By Teresa Gentry and Cathy Laws

Guess the Definition

monochromatic

1. a car bumper
2. having one hue
3. silvery

Answer is on the back page.

Let's Get Crafty
with

"Teresa"

Come make a

Craft

with Teresa

No supplies needed

September 19th

9:30am-11:30am

Space is limited to
the
first 12 people to
sign-up
at Front Desk

For More Information
See Brenda Monosso

Riddles:

1. What is full of holes but still holds water?
2. What is always in front of you but can't be seen?
3. What has one head, one foot, and four legs?
4. What happened to the beans when they showed up late to work?

Answers are on the back page.

THE BUZZZ OF OLD FORT

We are so excited to have the Just for Fun Players here on Friday September 19. They will be performing for us at 10:00 am in the Dining Room.

We want to welcome back Terry Wilson, Carolyn Smith, and Marsha Smith. We have missed you and are glad to see you again.

Continue to pray for Roann Bishop and Diane Lowery as they recover from being in the hospital. Also remember Rhonda Hulse, Lee McIntosh, Cathy Herron, Martha Jamison, and Vernon Davis, as they are recovering from different procedures.

By Cheryl Woody & Carey Woody



McDowell County Senior Center is looking for a few volunteers that can help with clerical work. Hours would be 12pm-4pm Monday through Friday and possibly some morning hours. Experience with basic clerical knowledge would be great but we are willing to train. We would appreciate any help. Please stop by the Senior Center in Marion and see Jennifer, or call 828-659-0826 or email jtaylorivy@mcdowellseniorcenter.org for more information.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED 1</p> 	<p>2</p> <p>Chicken Marinara Green Beans Garlic Biscuit Applesauce</p>	<p>3</p> <p>Salisbury Steak w/Gravy 5-Way Vegetables Mac & Cheese Roll Oatmeal Cookie</p>	<p>4</p> <p>Beef Hot Dog w/Chili Baked Beans Potato Chips Pudding</p>	<p>5</p> <p>Ham & Cheese Sandwich Lettuce & Tomato Pasta Salad Fruit Cup</p>
<p>8</p> <p>BBQ Ribs Cole Slaw Juice Hush Puppies Cookie</p>	<p>9</p> <p>Hamburger Mac & Cheese Cold Country Tomatoes Broccoli Cornbread Applesauce</p>	<p>10</p> <p>Kielbasa Sauerkraut Mixed Vegetables Au-Gratin Potatoes Jell-O</p>	<p>11</p> <p>Chili Cheeseburger Cole Slaw Assorted Juices Tater Tots Pudding</p>	<p>12</p> <p>Chicken Salad Sandwich Lettuce & Tomato Potato Salad Fresh Apple</p>
<p>15</p> <p>Sloppy Joe Green Beans Dilled Potatoes Pudding</p>	<p>16</p> <p>BBQ Chicken Breast Fried Squash Carrots Juice Cake</p>	<p>17</p> <p>Baked Spaghetti Peas Applesauce Garlic Biscuit Cookie</p>	<p>18</p> <p>Chicken Tenders Tossed Salad Baby Lima Beans Biscuit Cherry Cobbler</p>	<p>19</p> <p>Turkey & Swiss Cheese Sandwich Lettuce & Tomato Potato Salad Fresh Fruit</p>
<p>22</p> <p>Teriyaki Pork Steamed Broccoli Rice Vegetable Egg Roll Tropical Fruit</p>	<p>23</p> <p>Breaded Chicken Sandwich Lettuce & Tomato French Fries Mixed Fruit Cup</p>	<p>24</p> <p>Salisbury Steak w/Gravy Green Beans Creamed Potatoes Biscuit Peach Cups</p>	<p>25</p> <p>Baked Italian Chicken California Blend Diced Pears Buttered Noodles Garlic Knot Pudding</p>	<p>26</p> <p>Tuna Salad Sandwich Lettuce & Tomato Macaroni Salad Diced Peaches</p>
<p>29</p> <p>BBQ Pork Sandwich Cole Slaw Fruit Juice Baked Beans Brownie</p>	<p>30</p> <p>Baked Chicken Breast w/Gravy & Dressing Green Beans Biscuit Cantaloupe</p>	<p><u>Dining Room Notice</u></p> <p>In order to be sure you will be served lunch, please register by 12:00 pm the day before you want to eat.</p> <p>Thank you.</p>	<p><u>Nutrition Site</u></p> <p><u>Beverages</u></p> <p>Whole / Skim Milk Tea Coffee</p>   	

SEPTEMBER 2025
MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p style="text-align: center;">CLOSED</p> 	<p style="text-align: right;">2</p> <p>9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00 BINGOcize 1:00-3:00 Art Class <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p>	<p style="text-align: right;">3</p> <p>9:00-12:00 Quilting 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering</p>	<p style="text-align: right;">4</p> <p>9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise 1:00 BINGOcize</p>	<p style="text-align: right;">5</p> <p>10:30-11:30 Chair Exercise 1:00 Let's Play UNO</p>
<p style="text-align: right;">8</p> <p>9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Parkinsons Support Group</p>	<p style="text-align: right;">9</p> <p>9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00 BINGOcize 1:00-3:00 Art Class <u>Evening Classes</u> 5:15-7:00 TAPS Care Group 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p>	<p style="text-align: right;">10</p> <p>9:00-12:00 Quilting 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering <u>1:30-2:30 Vaya Health Trainings</u></p>	<p style="text-align: right;">11</p> <p>9:00-10:00 Crochet Class 10:15 BINGO 10:30-11:30 Chair Exercise 1:00 BINGOcize</p>	<p style="text-align: right;">12</p> <p>10:30-11:30 Chair Exercise</p>
<p style="text-align: right;">15</p> <p>9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle</p>	<p style="text-align: right;">16</p> <p>9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class 1:00 BINGOcize <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p>	<p style="text-align: right;">17</p> <p>9:00-12:00 Quilting 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering</p>	<p style="text-align: right;">18</p> <p>9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise 1:00-2:30 Dementia Support Group 1:00 BINGOcize</p>	<p style="text-align: right;">19</p> <p>9:30-11:30 Craft Class 10:30-11:30 Chair Exercise</p>
<p style="text-align: right;">22</p> <p>9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing</p>	<p style="text-align: right;">23</p> <p>9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class 1:00 BINGOcize <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p>	<p style="text-align: right;">24</p> <p>9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing</p>	<p style="text-align: right;">25</p> <p>9:00-10:00 Crochet Class 10:15 BINGO 10:30-11:30 Chair Exercise 1:00 BINGOcize</p>	<p style="text-align: right;">26</p> <p>10:00-12:00 Flu Shots 10:30-11:30 Chair Exercise 10:30-11:30 Variety Hour 1:00 Chair Volleyball</p>
<p style="text-align: right;">29</p> <p>9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing</p>	<p style="text-align: right;">30</p> <p>9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class 1:00 BINGOcize <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p>			

Webinar Schedule 2025 Eastern Region

To Register:

Go to [Vayahealth.com/Calendar](https://vayahealth.com/Calendar)
Click on desired class to register.

For More Information:

Email: jeffrey.dula-brown@vayahealth.com
Or call: 828-225-2785 ext. 3346

Date	Time	Topic
September 12, 2025	10:00am-11:00am	Understanding Schizophrenia and Psychosis
September 12, 2025	11:15am-12:15pm	Suicide and Aging...Conversations for Life!
September 16, 2025	1:30pm-2:30pm	Understanding Schizophrenia and Psychosis
September 16, 2025	2:45pm-3:45pm	Suicide and Aging...Conversations for Life!
October 10, 2025	10:00am-11:00am	Opportunities to Help During Crisis
October 10, 2025	11:15am-12:15pm	Antipsychotics: Indications, Risks and Challenges
October 21, 2025	1:30pm-2:30pm	Opportunities to Help During Crisis
October 21, 2025	2:45pm-3:45pm	Antipsychotics: Indications, Risks and Challenges

Vaya Health Trainings 2025 Eastern Region

Open to the Public



Location:

McDowell Senior Center
100 Spaulding Road, Marion, NC 28752
Held the 2nd Wednesday of each month

To Register:

Go to [Vayahealth.com/Calendar](https://vayahealth.com/Calendar) or
call the McDowell Senior Center at 828-659-0821

Vaya Health's Geriatric Team serves: Alexander, Alleghany, Ashe, Avery, Buncombe, Caldwell, Cherokee, Clay, Graham, Harnett, Haywood, Henderson, Jackson, Johnston, Macon, Madison, McDowell, Mecklenburg, Mitchell, Polk, Rowan, Swain, Transylvania, Wake, Watauga, Wilkes, and Yancey counties.

Date	Time	Date	Time
Sept.10	(1:30pm-2:30pm)	Oct 8	(1:30pm-2:30pm)
Suicide and Aging...Conversations for Life! Conversations about suicide are not always comfortable; however, having the dialogue opens the door for help! This course focuses on warning signs, adaptive responses, and prevention methods for aging individuals at risk of suicide.		Antipsychotics: Indications, Risks and Challenges The utilization of antipsychotic medications is accompanied by many challenges when treating older individuals. This course will focus on the classifications of medication, indications for use, and potential side effects. Emphasis will be on the vulnerabilities of using antipsychotics for this demographic.	

Hosted by the McDowell Senior Center in partnership with the Vaya Health Geriatric & Adult Mental Health Specialty Team. All Vaya Health trainings are free and accredited through the NC Division of Health Service Regulation which awards one contact hour for each hour of training.

Free In-Home *Fall Prevention Program*

The McDowell EMS Community Care Paramedic Program will be visiting homes of adults ages 60 and older to do a free fall prevention screening using a new program called DwellSafe. The DwellSafe mission is to help older adults remain comfortable, independent, and free from injuries that often result in hospital visits or relocation to nursing homes and assisted living facilities. The fall prevention program uses questions and videos of rooms in your home to make a falls risk assessment that is specifically for you. Some homes may also receive free safety items for the home such as grab bars, motion lights, and shower chairs.

If you would like to participate, please fill out the following:

Name: _____

Address: _____

Phone: _____

Date of Birth: _____

Please return completed forms to the McDowell Senior Center. If you have any questions, please call Weyland Prebor at 828-659-0823.

Your safety is our priority



McDowell Senior Center and McDowell EMS Offer Free In-Home Fall Prevention Program for Older Adults

The McDowell Senior Center is pleased to announce a partnership with the McDowell EMS Community Care Paramedic Program to offer a **free fall prevention program** aimed at helping adults **age 60 and over** remain safe, independent, and injury-free in their homes.

This vital initiative includes **in-home visits** conducted by trained EMS Community Care Paramedics using the **DwellSafe** program, a nationally recognized tool that assesses fall risk through a detailed evaluation of the home environment. The DwellSafe program's mission is to help older adults avoid preventable injuries that can lead to hospitalizations or transitions to assisted living or nursing facilities.

During each home visit, paramedics will guide residents through a **room-by-room assessment** using a combination of structured questions and video observations. If fall hazards are identified, **safety equipment** such as **grab bars, shower chairs, raised toilet seats, bed rails, and motion-activated lighting** may be provided **for free** based on funding available.

"Falls are one of the leading causes of injury among older adults," said Weyland Prebor, Director, for the McDowell Senior Center. "This program is an important step toward helping our seniors age safely in place."

This service is **available at no cost** to McDowell County residents aged 60 or older.

For more information or to schedule an in-home safety assessment, please fill out the referral form included in this month's newsletter and return the form to the McDowell Senior Center. If you have questions about the program, please call Weyland Prebor at 828-659-0823.



DwellSafe
Stay safe. Stay Independent.
Reduce fall risk at home.



2025 SENIOR HEALTH & RESOURCE FAIR



**Flu Shots &
other Vaccines**

Veteran Services



Friday, OCTOBER 10th

9:00 AM-12:00 PM

AT

MCDOWELL SENIOR CENTER

100 SPAULDING ROAD

MARION N.C. 28752

**Hearing
Screening**



**Bag
Lunch**



FOR SENIOR CITIZENS

55 YEARS AND OLDER



Door Prizes

Many other Vendors
Contact Brenda Monosso
for more information
(828)659-0832



Blood Pressure Checks

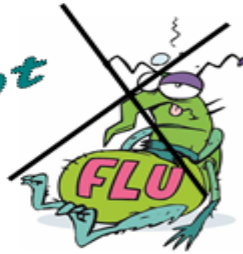


Get Your Flu Shot

Marion

September 26th

McDowell Senior Center 10:00 am – 12:00 pm



Old Fort

September 30th

Bud Hogan Community Center 10:00 am – 12:00 pm

McDowell Senior Heath Fair

October 10th

McDowell Senior Center 9:00 am – 12:00 pm

Free to Participants with Medicare Part B
Will also take any Medicare Advantage Plans
(Must Have Medicare Card or Advantage Card)

For More Information, Contact Brenda
Monosso @ 659-0832

Let's Play



**Don't Know How
to Play ?**

**We Will Teach
You**

September 5th

1:00pm



Chair Volleyball

Get ready to serve up some fun and friendly competition



**Come join the Senior Center's staff and play Chair
Volleyball**

Friday, September 26th

@ 1:00pm

For more information contact Brenda Monosso @ (828)659-0832

OLD FORT NUTRITION SITE

LOCATED AT 909 EAST MAIN ST., OLD FORT, NC 28762

Phone: 668-4867

SEPTEMBER 2025

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<p>8</p> <p>8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises 9:30-10:30 Crochet with Jo Shuman 12:15 Bible Study with James O'Neil</p>	<p>9</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol</p>	<p>10</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb</p>	<p>11</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>12</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>
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Older Veterans

As you age, you continue to have new life experiences and can become an expert in resiliency and coping. However, later life can also bring challenges. You may experience vision or hearing loss or a chronic medical condition that limits your ability to do the things you want to do. You also may experience difficult changes in your roles, responsibilities, or relationships, or face financial or housing issues. In addition, you may need to help others or find that you need more help yourself.

On average, Veterans are older than the general U.S. population: Almost half are age 65 or older. Although older Veterans bring many strengths and life lessons to coping with challenges that are common in later life, some older Veterans face longstanding or emerging mental health conditions. They may experience depression, anxiety, distressing memories related to military service, or stress related to health concerns including pain, sleep troubles, memory problems, or difficulty getting around. These issues may also contribute to misuse of alcohol or drugs.

VA has many programs to support older Veterans and their families and caregivers. Veterans may access online resources and integrated mental health services across health care programs. VA also provides a range of specialized geriatric services for Veterans and families to help them cope with complex medical, cognitive, and mental health conditions in later life.

Veteran Resources

VA provides a range of mental

health programs and resources for Veterans of all ages, backgrounds, and service eras. Here are a few of the programs that the VA offers:

VA Caregiver Support Program

VA Rehabilitation and Prosthetic Programs

Veterans Socials

VA Geriatrics and Extended Care Services

Take the Next Step

The life changes that often come with aging—such as retirement, caregiving responsibilities, and physical limitations—can be challenging. For Veterans experiencing stress in later life, connecting with mental health services can support positive coping. Listen to Veterans talk about how they found ways to live well as they aged. Then take the next step to find your path to a healthy and fulfilling life.

To learn about these and other programs, contact the Charles George VA Medical Center in Asheville.

McDowell Parkinson's Support Group (MPSG)

On Monday September 8, 2025 from 1-3pm This meeting will be a social gathering of conversations with folks that have Parkinson's disease and caregivers of a family member with Parkinson's disease.

All adults with Parkinson's or Parkinsonism and their caregivers are welcome.

Please join us at the McDowell Senior Center. To help maintain your quality of life.

Title V Senior Community Service Employment Program Seeking McDowell Applicants

McDowell County organizations and the McDowell Senior Center are seeking applicants for the Title V Older Workers Program. AARP Foundation Senior Community Service Employment Program (SCSEP) is the sub-sponsor for this older worker program.

The program provides subsidized part-time (20 hours per week) employment opportunities and a moderate level of supportive services for persons with low incomes who are 55 years old or older and residents of North Carolina.

The McDowell Senior Center has utilized the Title V program participants in clerical and nutrition program support at the center. The AARP Foundation Senior Community Service Employment Program can also assist program participants with placement in other organizations in and outside McDowell County.

Eligibility is based on income over the prior 12 months and must not exceed 125 percent of poverty. For 2024, the annual income limits for one person is \$18,825 and for a couple is \$25,550.

If you would be interested in the Title V Older Workers Program, please contact Tyler Kestler with the AARP Foundation Senior Community Service Employment Program by email at tkestler@aarp.org or by phone at 980-392-3591.



HAPPY

MARION

Leonard Hughes 2
Teddie Lail 5
Mary Henline 15
James Ramsey 20
James Tanner 20
Victoria Searcy 22
Betty McElrath 25
David Myers 26
Tonya Silver 26
Gene Venton 26



Patsy Hollifield 27
Gladys Poteat 27
Dolores Womack 28
Clifford Poteat 30

BIRTHDAY

OLD FORT

Irene Wright 3
Phillip Buchanan 4
Brenda Parks 4
Doris Farmer 7
Ronald Nodine 8
James Taylor 10
Alvin Lunsford 12



**MCDOWELL COUNTY
SENIOR CENTER**

100 Spaulding Road
Marion N.C. 28752

Phone: 828-659-0821

Weyland Prebor, Director

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Carey Woody

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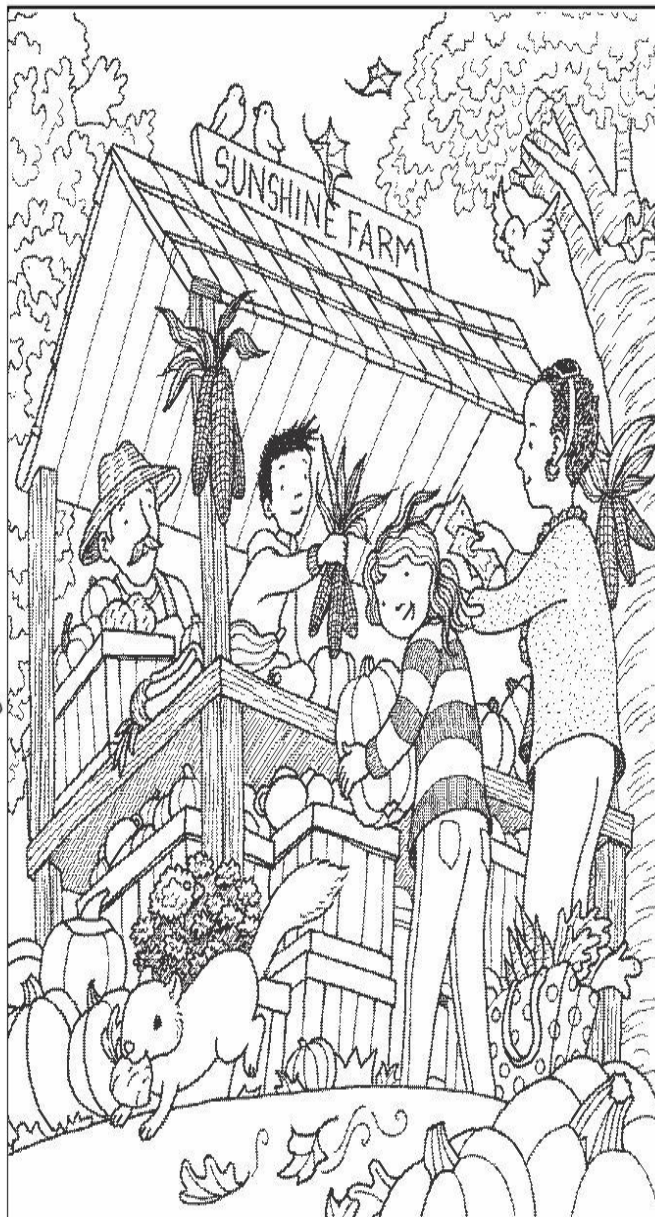
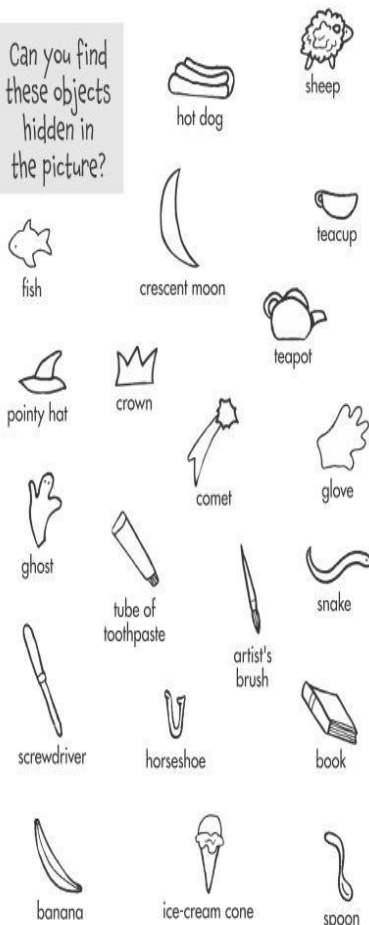
www.mcdowellcountyseniorcenter.org

FAX: 828-652-8723



Scan this QR code with a scan reader on a phone or tablet to instantly get to the McDowell County Senior Center website.

Can you find these objects hidden in the picture?



MCDOWELL TRANSIT

Scheduling your **FREE** transportation is simple!

Give McDowell Transit a call at **828-559-0744 at least 3 business days in advance.**

For new riders: Please leave your name, date of birth, physical address, phone number, the name and address of your destination and date of appointment.

Riddle Answers:

1. A sponge
2. The future
3. A bed
4. They got canned

Guess the Definition Answer

2. having one hue