



FOCUS

AUGUST 2026

Let's Play "Shuffleboard"



- ♦ *If you don't know how to play "That's OK", we will teach you how to play.*
- ♦ *Don't want to play "That's OK too", just come cheer on the others.*

**Date: Tuesday,
August 4, 2026**

**Place:
Senior Center's
Shuffleboard
Courts**

**Time:
10:00am-11:30am**



This September, join the STEPtember Challenge!

Join the McDowell Senior Center and the Western NC Falls Prevention Coalition for the STEPtember Challenge. The challenge encourages everyone, regardless of age or ability, to include movement in their daily lives.

STEPS are just that—every step you take!

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 participant? Anyone!

STEPtember Walking Challenge Information

Stop by the McDowell Senior Center beginning August 17 to register and pick up your STEPtember Walking Information Packet and Walking Calendar.

A limited number of pedometers will be available for participants who do not use a fitness tracker on a smartphone or smartwatch.

Track your steps throughout the month of September for a chance to win prizes!

Important Dates and Information:

- All Walking Calendars must be submitted by 3:00 p.m. on Friday, October 2 to be eligible for the prize drawings.
- Prize winners will be randomly selected from all completed calendars received.
 - Winners will be drawn on Monday, October 5.
 - You do not need to be present to win.

Get moving, stay active, and join the fun this September!

For more information contact Brenda Monosso at 828-659-0832



THE BUZZZ OF MARION

We have had several of our folks out in the last few weeks that we are missing.

James Ramsey was in the hospital last month and may be facing surgery.

Mary Drayton is dealing with bone spurs on her feet and is not able to be with us for a while.

Dale Nelson and Phillip Brooks had knee surgery last month.

Yonna Venton has not been feeling well.

We pray that everyone will feel better and soon be able to join us again.

Linda Sherman moved back to sunny Florida, we will miss her.

Match Game

Match the phobia to what it is a fear of.

mysophobia	heights
cynophobia	germs
chionophobia	lightning
astraphobia	dogs
acrophobia	snow

What's in a Name?

What name comes from the Latin word meaning to live?

Vivian, Vera, Ivy, Olivia

Spelling Bee

Choose the correct spelling of these frequently misspelled words.

colleague, colleague, colleage

entrepreneur, entreprenur,

entrepreneur

liason, leaison, liaison

Answers are on the back page.

Care Givers

McDowell Parkinson's Support Group (MPSG)

**Monday August 10, 2026
1pm –3pm**

This month we will review information available on the internet that may help those with Parkinson's disease. Join us in discovering some of the best websites with current information on Parkinson's disease for the patient as well as the caregiver.

Please join us at the McDowell Senior Center to help maintain your quality of life. All adults with Parkinson's or Parkinsonism and their caregivers are welcome. Refreshments will be served.

 **ALZHEIMER'S
ASSOCIATION**

The McDowell Senior Center Dementia Support Group at the McDowell Senior Center will meet on Thursday, August 20 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.

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 OLD FORT

We have several people to remember this month. Jim Cannon and Jean Carroll are in rehab after hospital stays. Carolyn Smith has been in the hospital and her daughter, Marsha Smith, has also had some health problems.

Wayne DeLease, Roann Bishop, Jim Taylor, and Joe Stroud are facing upcoming surgeries and procedures.

Continue to remember the Bingham's daughter. As many of you know, it is so hard when your child is sick.

It's been wonderful to see Phillip Buchanan back with us at the center after his hospital and rehab visits.

Deb Vess is improving after having some foot problems, Doris Farmer is back after a broken wrist and Phyllis King is back after foot surgery.

Roann Bishop retired Friday, July 17 the from the Mountain Gateway Museum, a state museum located in Old Fort. She has done a fantastic job as the site manager, even through difficult times during Hurricane Helene and its aftermath. We hope to see more of her at the center and are praying for her health.

Cheryl Woody and 15 other family members enjoyed a cruise to the Bahamas last month. They had a lot of fun and were thankful for safe travels.

We want to say a special thank you to Bonnie Lackey and Terry Wilson for all their work outside our center with the lovely flowers and plants. They spend a lot of their time to make our place beautiful.

By Cheryl Woody & Carey Woody



AUGUST 2026

MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle	4 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 <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	5 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering	6 9:00-11:00 Crochet & Knitting 10:30-11:30 Chair Exercise	7 10:30-11:30 Chair Exercise
10 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Parkinson's Support Group	11 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 <u>Evening Classes</u> 5:15-7:00 TAPS Care Group 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	12 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 Training</u>	13 9:00-11:00 Crochet & Knitting 10:15 BINGO 10:30-11:30 Chair Exercise	14 10:30-11:30 Chair Exercise
17 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle	18 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 <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	19 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering	20 9:00-11:00 Crochet & Knitting 10:30-11:30 Chair Exercise 1:00-2:30 Dementia Support Group	21 9:30-11:30 Craft Class 9:30-11:30 Chair Exercise <i>Happy Senior Citizens Day!</i>
24 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing	25 9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study, Chair Exercise, Blood Pressure Check 1:00-3:00 Art Class <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	26 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering	27 9:00-11:00 Crochet & Knitting 10:30-11:30 10:15 BINGO Chair Exercise	28 10:30-11:30 Chair Exercise 10:00-11:30 Variety Hour
31 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing				 The Beach Come to the beach where the sea is blue. And little white waves come running at you. A wave comes splashing over your toes. You just stand still and away it goes. We'll build a castle down by the sea. And look for shells if you'll come with me. 

Webinar Schedule 2026 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
August 14, 2026	10:00am-11:00am	Navigating Depression
August 14, 2026	11:15am-12:15pm	Anxiety: Managing Nervous Energy
August 18, 2026	1:30pm-2:30pm	Navigating Depression
August 18, 2026	2:45pm-3:45pm	Anxiety: Managing Nervous Energy
September 11, 2026	10:00am-11:00am	Facing Substance Use and Misuse in Your World
September 11, 2026	11:15am-12:15pm	Suicide and Aging... Conversations for Life!
September 15, 2026	1:30pm-2:30pm	Facing Substance Use and Misuse in Your World
September 15, 2026	2:45pm-3:45pm	Suicide and Aging... Conversations for Life!

Vaya Health Trainings 2026 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 HEART 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
Aug 12	(1:30pm-2:30pm)	Sept 9	(1:30pm-2:30pm)
Anxiety: Managing Nervous Energy A growing number of individuals report experiencing anxiety symptoms in recent years. This course examines anxiety as it disproportionately affects the aging population. Traditional and alternative treatments will be the focus of symptom management.		Facing Substance Use and Misuse in Your World Substance use is a reality in every community. This course identifies common substances, addiction development, and their impact on families and communities. The focus is on the older adult population regarding identification, safety, treatment, and recovery.	

Hosted by the McDowell Senior Center in partnership with the Vaya Health Education and Aging Resource Team. All HEART trainings are free and accredited through the NC Division of Health Service Regulation which awards one contact hour for each hour of training.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Kielbasa Sauerkraut 5-Way Vegetables Au-Gratin Potatoes Roll Chocolate Pudding	4 Italian Chicken Buttered Noodles California Blend Diced Pears Garlic Knot Strawberry Pineapple Mallow	5 Pork Loin Steamed Cabbage Creamed Potatoes Corn Bread Diced Peaches	6 Cheese Manicotti w/Marinara Sauce Caesar Salad Juice Garlic Knot Tiramisu	7 Ham & Cheese Sandwich Lettuce & Tomato Juice Potato Salad Mixed Fruit
10 Salisbury Steak w/Gravy Green Beans Creamed Potatoes Biscuit Pineapple Tidbits	11 BBQ Chicken Fried Okra Parslied Potatoes Cheese Biscuit Butterscotch Pudding	12 Meatloaf Brussel Sprouts Juice Creamed Potatoes Biscuit Yogurt	13 Chili Cheeseburger Cole Slaw Onion Straws Apple Cobbler	14 Turkey & Swiss Cheese Sandwich Lettuce & Tomato Juice Potato Salad Fresh Orange
17 Country Style Steak w/Gravy Green Beans Creamed Potatoes Biscuit Diced Pears	18 Teriyaki Pork Broccoli Rice Egg Roll Tropical Fruit	19 Baked Macaroni w/Hamburger Meat California Blend Cold Country Tomatoes Cornbread Mixed Fruit	20 BBQ Pork Sandwich Cole Slaw Juice Baked Beans Cookie	21 Chicken Tenders Tossed Salad Baby Lima Beans Biscuit Cherry Cobbler <i>Happy Senior Citizens Day!</i>
24 Hot Dog w/Chili & Bun Cole Slaw French Fries Diced Pears Fig Bar	25 Orange Chicken Steamed Carrots Fruit Juice Fried Rice Vegetable Egg Roll Fortune Cookie	26 Fish Fillet Sandwich Cole Slaw Fresh Apple Southwest Corn Moon Pie	27 Grilled Chicken Green Peas Orange Juice Rice Pilaf Roll Peaches	28 Chicken Salad Sandwich Tomato & Lettuce Macaroni Salad Chips Cookie
31 Philly Cheese Steak Sandwich Peppers & Onions French Fries Mixed Fruit	Menu items are subject to change due to availability * Cong. - Congregate * HDM - Home Delivered Meals	<u>Nutrition Site</u> <u>Beverages</u> Whole / Skim Milk Tea Coffee  	<u>Dining Room Notice</u> In order to be sure you will be served lunch, please register by 12:00 pm the day before you want to eat. Thank you.	

OLD FORT NUTRITION SITE
LOCATED AT 909 EAST MAIN ST., OLD FORT, NC 28762
Phone: 668-4867 AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol	5 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:00 Chair Exercise with Deb	6 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:00 Chair Exercise with Deb	7 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
10 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	11 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol	12 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:00 Chair Exercise with Deb	13 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:00 Chair Exercise with Deb	14 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
17 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	18 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol	19 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:00 Chair Exercise with Deb	20 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:00 Chair Exercise with Deb	21 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises <i>Happy Senior Citizens Day!</i>
24 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	25 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol	26 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:00 Chair Exercise with Deb	27 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:00 Chair Exercise with Deb	28 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
31 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	A local retired Navy veteran is generously offering free handmade birdhouses to anyone who would enjoy one. Now battling a terminal brain disease, he has found great joy and purpose in building birdhouses and sharing them with others. If you would like a birdhouse, please contact Weyland Prebor at 828-659-0823. Just let him know if you'd like a bluebird house or a house for smaller songbirds. Lead times vary, but each birdhouse is made with care and intended to bring a little extra happiness to its new home. 			

McDowell Seniors Present....

Christmas at Myrtle Beach, S.C.



November 16-19, 2026

Christmas is truly "The most Wonderful Time of the Year" and the holiday season will be here before we know it! Why not join us for this great getaway to the Grand Strand of South Carolina and make this the most memorable time ever!

Tour Highlights Include:

- ✓ Roundtrip deluxe motorcoach transportation with a professional driver
- ✓ Three nights at the beautiful Avista Resort with Luggage Handling and a Buffet Breakfast each morning
- ✓ A delicious seafood buffet dinner at the Giant Crab
- ✓ The South's Grandest Christmas Show at the Alabama Theatre
- ✓ Holiday Spectacular Christmas Show at Legends in Concert Theatre
- ✓ Lunch or Dinner at a special local restaurant
- ✓ Christmas shopping at Tanger Outlets, Tomlinson's & Broadway at the Beach
- ✓ Free time to enjoy the beach and the amenities of the beautiful Avista Resort
- ✓ Special stop at McLeod Farms' in McBee, SC where we can stock up on their holiday favorites Jams, jellies, baked goods, nuts and more
- ✓ Special Stop at Buc-ee's (Everyone will love this!)



All at a great Holiday Getaway Price (Per Person):

\$689 Double \$669 Triple \$659 Quad \$869 Single

Tour requires a \$50.00 deposit to hold reservation

Deadline for final payment will be November 2nd

We will depart from Walmart parking lot in Marion at 7:00 a.m. on November 16th

For More Information Contact Brenda Monosso@ McDowell Senior Center (828)659-0832

HAPPY



BIRTHDAY

MARION

Charlotte McDaniel 4
Clarence Holland 7
Ruth Lane 8
Norma Williams 19
Jennifer Whittaker 20
Amie Lindner 21
Mary Travis 21
Alma Lambert 22
Betty Allen 27
Cindy Lilly 28



OLD FORT

Harold Harless 7
Joseph LeBlanc 10
Archie Banner 12
Tommy Johnson 13
Inez Anderson 14
Jo Shuman 15
Timothy McEntire 16
Martha Jamison 26

**MCDOWELL COUNTY
SENIOR CENTER**

100 Spaulding Road
Marion N.C. 28752

Phone: 828-659-0821

Weyland Prebor, Director

FOCUS

Marion Reporter
Karen Burrell

Old Fort Reporters:
Cheryl Woody
Carey Woody

Editor:
Karen Burrell
karen.burrell@mcdowellinc.gov

WEB:
www.mcdowellcountyseniorcenter.org
FAX: 828-652-8723

Senior Citizen's Day August 21st

Let's Celebrate all week-long, August 17-21

Monday, August 17th: *Kool-Aid* Day

You All Are so KOOL...

Kool-Aid Stand: 10:30-11:15am Treat yourself to a cup of ice-cold Kool-Aid

Kool-Aid Tasting Contest: 10:45-11:15am



Tuesday, August 18th: *Carnival* Day

Come Be a Kid Again!

Carnival Games 10:15-11:15am

Cotton Candy & Popcorn 10:15-11:15am



Wednesday, August 19th: *Wacky Tacky* Day

"Let's Go Tacky"

Staff Variety Jokes 11:00am

Dress Up Tacky and Be Silly Contest 11:30am



Thursday, August 20th: *Ice-Cream* Day

We All Scream for "Ice-Cream"!

Demonstration on how to make ice cream at home 11am

Ice-Cream Social 1:00-2:00pm



Friday, August 21st: *Ducky* Day

Duck Load of Fun!

Duck Hunt All week

Duck Games 10:00-11:30am

Duck Trivia, Guess How Many Ducks, Match the Ducks



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

Let's Get Crafty

with Teresa

No supplies needed

August 21st

9:30am-11:30am



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

For more information see Brenda Monosso.

Match Game Answers:

mysophobia—germs
cynophobia —dogs
chionophobia—snow
astraphobia—lightning
acrophobia—heights

What's in a Name? Answer:

Vivian; the Latin word is vivere

Spelling Bee Answers:

colleague
entrepreneur
liaison