



FOCUS

MAY 2026

Thank you to all volunteers of the McDowell Senior Center and the A.C. Bud Hogan Community Center !

On April 16 we held our volunteer appreciation dinner with carnival food and activities. We offered cotton candy, funnel cake fries, ice cream, corn dogs, corn on the cob, and fries. We also had a photo booth, carnival games including basket ball shooting, pop the balloon, ring toss, and mini golf. Tickets were given out if you were a winner when playing the games and we gave away great prizes. There were drawings for door prizes also.

We hope all that attended enjoyed the evening as much as we did. Our volunteers make a difference in the lives of so many. We couldn't do all that we do without you!

“Centers for Life Enrichment”



Marion Nutrition Site
For Reservations &
Cancellations
Call: 659-0831

MENU
MAY 2026

Old Fort Nutrition Site
For Reservations &
Cancellations Call: 668-4867

For Home Delivered

Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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> <u>Beverages</u></p> <p>Whole / Skim Milk Tea Coffee</p> 	<p>Menu items are subject to change due to availability</p> <p>* Cong.- Congregate * HDM - Home Delivered Meals</p>		<p>1</p> <p>Fish Fillet Sandwich Cole Slaw Fresh Apple Southwestern Corn Cookie</p>
<p>4</p> <p>Pork Loin Steamed Cabbage Applesauce Black Eyed Peas Cornbread Cookie</p>	<p>5</p> <p>Chicken Pot Pie Cucumber Vinaigrette Biscuit Hot Spiced Apples</p>	<p>6</p> <p>Baked Spaghetti w/Meat Sauce Tossed Salad Buttered Peas Garlic Knot Lemon Pudding</p>	<p>7</p> <p>Rosemary Chicken Broccoli Diced Peaches Rice Pilaf Biscuit Cake</p>	<p>8</p> <p>Hot Dog w/Chili & Bun Cole Slaw French Fries Diced Pears Fig Bar</p>
<p>11</p> <p>BBQ Chicken Fried Yellow Squash Steamed Carrots Biscuit Tropical Fruit</p>	<p>12</p> <p>Sloppy Joes w/Bun Cole Slaw Baby Bakers Banana</p>	<p>13</p> <p>Pepperoni Pizza Tossed Salad Corn Jell-O</p>	<p>14</p> <p>Baked Chicken w/Mushroom Gravy Vegetable Medley Dressing Juice Biscuit Cake</p>	<p>15</p> <p>Tuna Salad Lettuce & Tomato Macaroni Salad Chips Sliced Bread Cookie</p>
<p>18</p> <p>Chicken Alfredo Broccoli Noodles Garlic Knot Fruit Cobbler</p>	<p>19</p> <p>BBQ Pork Cole Slaw Fruit Juice Corn Applesauce</p>	<p>20</p> <p>Country Style Steak w/Gravy Green Beans Creamed Potatoes Biscuit Pineapple Tidbits</p>	<p>21</p> <p>Pinto Beans Mustard Greens Macaroni & Cheese Cornbread Cottage Cheese & Peaches</p>	<p>22</p> <p>Sliced Turkey Sandwich Lettuce & Tomato Pasta Salad Diced Peaches</p>
<p>CLOSED 25</p> 	<p>26</p> <p>Italian Chicken California Blend Buttered Noodles Garlic Knot Strawberry Mallow</p>	<p>27</p> <p>Pork Tips w/Gravy Brussell Sprouts Creamed Potatoes Roll Diced Peaches</p>	<p>28</p> <p>Chicken Tenders Tossed Salad Baby Lima Beans Biscuit Jell-O</p>	<p>29</p> <p>Chili Cheeseburger Cole Slaw French Fries Cinnamon Apples</p>

THE BUZZZ OF MARION

We had a great time last month at our volunteer appreciation dinner. There were carnival games and prizes, delicious corn dogs, nachos, cotton candy, funnel cakes, ice cream and lemonade. Thanks to Activities Coordinator Brenda Monosso, Senior Center staff, and volunteers that helped to make it an awesome experience!

The McDowell County Senior Games are in full swing this month. If you have not participated in the games please consider joining us, there is something for everyone. From arts and crafts to performing arts on stage to many athletic events. A schedule of events for this year is in the Newsletter. If you would like to come watch and see what might be of interest to you next year please do.

We send heartfelt condolences to the family and friends of James Frady that passed away on April 4, 2026.

By Teresa Gentry & Cathy Laws



Guess the Definition

sepia

1. brown
2. A snake.
3. scattered

Answer is on the back page.



The McDowell Senior Center Dementia Support Group at the McDowell Senior Center will meet on Thursday, May 21 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.



McDowell Parkinson's Support Group (MPSG)

On Monday May 11, 2026 from 1pm –3pm our event will be:

An Ice Cream Social offering a variety of ice cream flavors and toppings to choose from.

Discussion will include reviewing the McDowell Parkinson's Support Group in 2026 and planning for the remainder of the year.

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 provided.

These meetings are social gatherings of conversations with the presenters and persons that have Parkinson's Disease and their caregivers.

THE BUZZZ OF OLD FORT

Thank you to all of our wonderful volunteers! It was great to see many of you at the volunteer dinner and carnival games that we provided in appreciation of you and all that you do.

It was nice to see Jo Shuman back with us after her hospital stay and rehab. She looked great and is on the road to recovery. We have missed our crochet class with Jo on Mondays.

We are glad to see Nettie and Joe Stroud back after Joe's surgery and recovery at home. We are thankful that Joe is doing well.

Carolyn Smith, Cathy Herron, and Jim Taylor have had hospital visits and tests this month. Please remember them. Also, remember Eddie Bingham's daughter and Bonnie Lackie's niece as they are facing serious medical issues.

On Saturday April 18, lots of our people went to see the Norfolk Southern Train return for the first time since Hurricane Helene and many months of railroad track repair. There was a big crowd gathered near the Old Fort Depot for the welcome back rally.

Our hearts and prayers go out to Phillip and Jean Buchanan on the passing of their daughter.

If you haven't been here in a while, we miss you! Come back soon.

By Cheryl Woody & Carey Woody

Riddles:

1. Why did the cold person go sit in the corner?
2. What is a leading cause of dry skin?
3. What has more lives than a cat?

Answers are on the back page.

MAY 2026
MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">Silent Salute</p> <p>Flags unfurled in morning light, A testament to sacred might. We pause to honor, true and brave, Those who rest within the grave. Gratitude in hearts we hold, For stories of the heroes told.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>				<p>1</p> <p>10:30-11:30 Chair Exercise</p>
<p style="text-align: right;">4</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;">5</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 Evening Classes 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p>	<p style="text-align: right;">6</p> <p>9:00 Yoga 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;">7</p> <p>10:30-11:30 Chair Exercise</p>	<p style="text-align: right;">8</p> <p>10:30-11:30 Chair Exercise</p>
<p style="text-align: right;">11</p> <p>9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Music Jam 1:00-3:00 Parkinson's Support Group</p>	<p style="text-align: right;">12</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 Evening Classes 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;">13</p> <p>9:00 Yoga 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></p>	<p style="text-align: right;">14</p> <p>10:15 BINGO 10:30-11:30 Chair Exercise</p>	<p style="text-align: right;">15</p> <p>9:30-11:30 Craft Class 9:30-11:30 Chair Exercise</p>
<p style="text-align: right;">18</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;">19</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 Evening Classes 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p>	<p style="text-align: right;">20</p> <p>9:00 Yoga 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;">21</p> <p>10:30-11:30 Chair Exercise 1:00-2:30 Dementia Support Group</p>	<p style="text-align: right;">22</p> <p>10:30-11:30 Chair Exercise</p>
<p style="text-align: right;">25</p> <p>CLOSED</p> 	<p style="text-align: right;">26</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 Evening Classes 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p>	<p style="text-align: right;">27</p> <p>9:00 Yoga 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;">28</p> <p>10:15 BINGO 10:30-11:30 Chair Exercise</p>	<p style="text-align: right;">29</p> <p>10:30-11:30 Chair Exercise 10:00-11:30 Variety Hour</p>



Webinar Schedule 2026 Eastern Region

To Register:

Go to 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
May 8, 2026	10:00am-11:00am	Ageism in Focus
May 8, 2026	11:15am-12:15pm	PTSD: Healing the Emotional Wound
May 19, 2026	1:30pm-2:30pm	Ageism in Focus
May 19, 2026	2:45pm-3:45pm	PTSD: Healing the Emotional Wound
June 12, 2026	10:00am-11:00am	Neurocognitive Disorders and the Basics of Dementia – Top 4 Pt. 1
June 12, 2026	11:15am-12:15pm	Neurocognitive Disorders and the Basics of Dementia – Top 4 Pt. 2
June 16, 2026	1:30pm-2:30pm	Neurocognitive Disorders and the Basics of Dementia – Top 4 Pt. 1
June 16, 2026	2:45pm-3:45pm	Neurocognitive Disorders and the Basics of Dementia – Top 4 Pt. 2

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 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
May 13	(1:30pm-2:30pm)	Jun 10	(1:30pm-2:30pm)
<p>Ageism in Focus</p> <p>This course offers an examination of ageism and its effects on older adults in various aspects of life, including health care, social interactions, and community engagement. Participants will gain a deeper understanding of how age-based discrimination impacts well-being and learn practical strategies to challenge and reduce ageism, fostering a more inclusive and respectful environment for all ages.</p>		<p>Neurocognitive Disorders and the Basics of Dementia: Top Four Dementias Pt. 1</p> <p>This course aims to increase the understanding of neurocognitive disorders and dementia. The curricula will examine the four most diagnosed types of neurocognitive disorders (NCDs) in older adults, symptoms, risk factors, and treatment options. Also included are intervention strategies to support adaptive care delivery.</p>	

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.

OLD FORT NUTRITION SITE

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

Phone: 668-4867 MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
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	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:00 Chair Exercise with Deb 2:00 Line Dance Class	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:00 Chair Exercise with Deb	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
11	12	13	14	15
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	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:00 Chair Exercise with Deb 2:00 Line Dance Class	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:00 Chair Exercise with Deb	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
18	19	20	21	22
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	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:00 Chair Exercise with Deb 2:00 Line Dance Class	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:00 Chair Exercise with Deb	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
CLOSED 25	26	27	28	29
	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:00 Chair Exercise with Deb 2:00 Line Dance Class	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:00 Chair Exercise with Deb	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises



VETERAN NEWS & NOTES

VA HEALTH CONNECT

When you call VA Health Connect, a VA nurse will talk to you about your symptoms or health concerns over the phone and guide you through a brief clinical assessment; in other words, they will ask you a handful of specific questions designed to determine the right care for you.

Based on your conversation, they'll determine the level of urgency and guide you on the appropriate next steps for care. Available 24/7 nationwide, clinical triage is one of four services provided by VA Health Connect. To access the service, all you need to do is call your VA medical facility and press #3.

"The more you tell us," said Pamela Calhoun, assistant chief nurse for clinical triage, "the better our recommendations for care will be. Each one of our nurses brings unique strengths, sound judgment and the ability to make fast and safe decisions."

When to call us

Reach out any time you're experiencing new, changing or concerning symptoms. No health concern or question is too small. Sometimes what feels like a minor issue can be an early sign of something more serious. It's always better to check-in with a clinical triage nurse than to wait.

VA can address concerns ranging from acute symptoms like chest pain, difficulty breathing or sudden changes in mental health, to chronic condition flare-ups. You can also call us if you have general health concerns or are unsure where to seek care.

"Knowing I can call and talk to a nurse any time of day or night takes away a lot of worry," said one Veteran who called VA Health Connect.

Clinical Experience Counts

VA Health Connect clinical triage nurses truly understand Veterans and their unique health care needs. They come from a wide range of nursing specialties including emergency care, primary care, mental health and critical care.

That broad experience is one of VA's greatest strengths, providing you with safe, timely decisions that are especially key when we don't see you face-to-face.

About VA Health Connect

Visit the [VA Health Connect](#) page to learn more and find your local number.

VA Health Connect also provides Veterans enrolled in VA health care with pharmacy services (hours vary based on location), appointment scheduling, clinical triage (to speak to a registered nurse) and virtual care appointments.

As always, during a medical emergency, immediately call 911.

If you are interested in becoming a Home Delivered Meals Volunteer or would like to volunteer for other opportunities in the county please call Jennifer at 828-659-0826.



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.



Chess Club

Free—All Welcome!
If you've never played or you're a master come for the joy of the game!

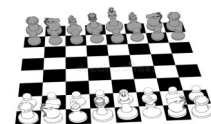
"No experience necessary"

Tuesday Evenings

5:30pm-7:45pm

@ McDowell Senior Center

For More Information contact the McDowell Senior Center @ 659-0832.



HAPPY



BIRTHDAY

MARION

- Teresa Gentry 2
- Betty Caudle 3
- Joseph Kretchmire 4
- Richard Hollifield 8
- Opal Woody 9
- Linda Bryant 10
- Yonna Venton 15
- Betty Parker 16

- Connie Crider 18
- Terry Owens 21
- Star Saylor 23
- Dorothy Radford 24
- Phillip Brooks 27
- Melissa Randolph 27
- David Wall 27
- Mark Lilly 28
- Rogelia Sanchez 31

OLD FORT

- Sharon Nodine 1
- Bonnie Lackey 7
- Evelyn Gonia 11
- Lee Silver 11
- James Lowery 25
- Thelma Messer 27
- Audrey Lowery 30
- Mary Spies 30

MCDOWELL COUNTY SENIOR CENTER

100 Spaulding Road
Marion N.C. 28752

Phone: 828-659-0821

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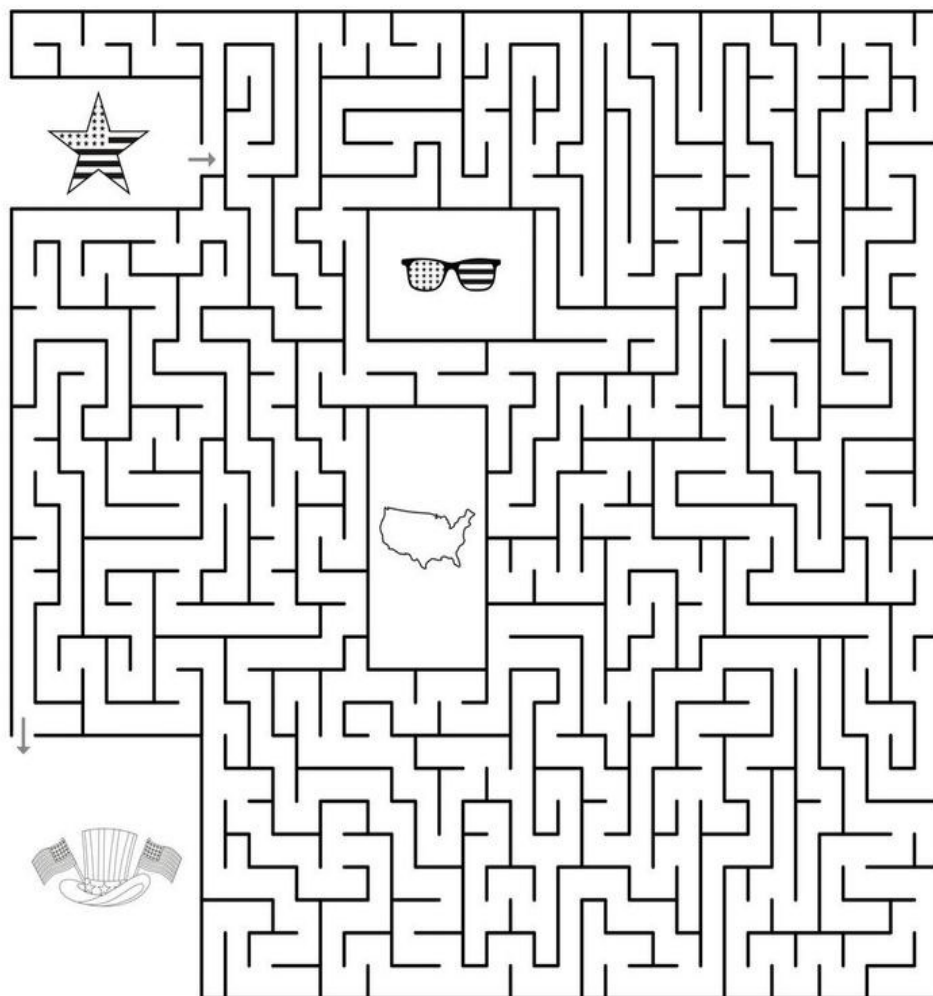
MEMORIAL DAY MAZE



CAN YOU NAVIGATE YOUR WAY THROUGH THE MAZE?



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

May 15th

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.

Riddle Answers:

1. Because it was 90 degrees.
2. Towels
3. A frog, it croaks everyday.



Guess the Definition Answer

1. brown