



FOCUS

JUNE 2024

VOLUNTEER OF THE MONTH



Carolyn Yeary is the June Volunteer of the Month

Carolyn Yeary has been a volunteer home delivered meal driver for the A.C. Bud Hogan Community Center in Old Fort for about four years. She drives one day a week and substitutes when needed.

Carolyn worked at Baxter Healthcare for about 17 years. She retired from Continental Automotive in Morganton in 2017 after being there for 25 years.

She has a son named Jason and a daughter-in-law, Hannah. They have given Carolyn two beautiful grandchildren named Emma and Reece. She loves being a Nana! She also has two fur babies named Mako and Tucker. Carolyn really loves animals. She is also a member of Cherry Springs Baptist Church.

When Carolyn is not volunteering with the A.C. Bud Hogan Community Center she enjoys working in her flower garden, going to church, and doing family activities. She loves home projects and decorating.

Carolyn decided to become a volunteer because after retiring, she found that she had too much free time on her hands. Her grandchildren are more independent

now and don't need her as much. When she realized that there was a need at the Old Fort Center to deliver meals on Fridays, she signed up to volunteer.

One thing that touches Carolyn is how each participant remembers her name. She feels like part of their family because they are so grateful and welcoming. She highly recommends doing volunteer work for the Senior Center. You will meet some of the best people in the community and they are always so positive, and appreciative of everything. It is such a rewarding service. She would deliver everyday if she could. The people make her day.

Thank you Carolyn for all you do in helping our Home Delivered Meals program and congratulations on being our Volunteer of the Month!

McDowell Parkinson's Support Group (MPSG)

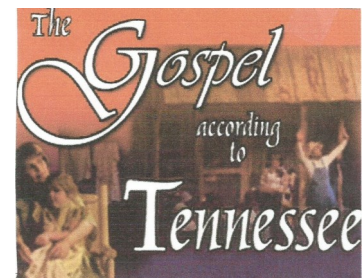
The McDowell Parkinson's Support Group (MPSG) meets at the McDowell Senior Center's Conference room Mondays from 1 to 3 pm to support the residents in McDowell County with Parkinson's disease or Parkinsonism.

The MPSG is free and open to any or all folks with Parkinson's disease and Parkinsonism, their family and any caregivers.

June 3 Motor Disorders? Local PT

June 17 Motor Disorders? Local OT

The McDowell Senior Center presents...



**Saturday July 27th at
Narroway Productions
Theater**

Set in 1926, this fast-paced musical takes you to East Tennessee where the fun never ends! Watch the gospel truths unfold through the eyes and imagination of Tennessee. You will be on the edge of your seat as you watch some real "characters" do what they do best... entertain you!

Lunch includes southern fried chicken, mac & cheese, pinto beans with chow chow, Tennessee Wedding Cake (cornbread) and fruit cobbler.

*The **Narroway Productions Theater** in Fort Mill, SC is state of the art...professional sound and lighting, comfortable seats (there's not a bad seat in the house) and one of the best parts, your meal is served right at your seat.*

*As an added bonus, we'll include a visit to the **Billy Graham Library & Museum**. You can visit the library, gift shop, tour Billy Graham's childhood home & the gravesites of he and Ruth (along with George Beverly Shea and Cliff Barrows).*

**Only \$89.00 For reservations
contact Brenda Monosso at
828-659-0832**

JUNE 2024
MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle 1:00 Parkinson's Support Group</p>	<p>4</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 <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p>	<p>5</p> <p>9:00-12:00 Quilting 10:15 BINGO 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing</p>	<p>6</p> <p>9:30-10:30 J.A.M. Exercise 10:00-11:00 "Plastic Canvas" Class 10:30-11:30 Chair Exercise</p>	<p>7</p> <p>10:30-11:30 Chair Exercise</p>
<p>10</p> <p>9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing</p>	<p>11</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 <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p>	<p>12</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 <u>1:30-3:30 Vaya Health Trainings</u></p>	<p>13</p> <p>9:30-10:30 J.A.M. Exercise 10:00 Computer Class 10:00-11:00 "Plastic Canvas" Class 10:30-11:30 Chair Exercise</p>	<p>14</p> <p>10:30-11:30 Chair Exercise</p>
<p>17</p> <p>9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle 1:00-3:00 Parkinson's Support Group</p>	<p>18</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 <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p>	<p>19</p> <p>9:00-12:00 Quilting 10:15 BINGO 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing</p>	<p>20</p> <p>9:30-10:30 J.A.M. Exercise 10:00-11:00 "Plastic Canvas" Class 10:30-11:30 Chair Exercise</p>	<p>21</p> <p>10:30-11:30 Chair Exercise 10:30-11:30 Let's Get Crafty</p>
<p>24</p> <p>9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing</p>	<p>25</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 10:30-11:30 Blood Pressure Check <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p>	<p>26</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>27</p> <p>9:30-10:30 J.A.M. Exercise 10:00-11:00 "Plastic Canvas" Class 10:15 BINGO 10:30-11:30 Chair Exercise</p>	<p>28</p> <p>10:00 Variety Hour 10:30-11:30 Chair Exercise</p>

**YOU MAY QUALIFY
FOR MEDICAID**



Apply Thursday June 13, 2024 9am-4pm

McDowell Senior Center

Do you meet the following criteria?

- Live in NC
- 18-64 years old
- US Citizen
- Meet Income Criteria

Household Size	Annual Income
Single Adults	\$20,120 or less
Family of 2	\$27,214 or less
Family of 3	\$34,307 or less
Family of 4	\$41,400 or less
Family of 5	\$48,493 or less
Family of 6	\$55,586 or less

The MATCH Program will be on site to help you enroll and understand your benefits! Walk ins welcome or call to schedule! 828-659-5289



Webinar Schedule 2024 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
June 14, 2024	10:00am-11:00am	Neurocognitive Disorders and the Basics of Dementia – Top 4 Pt. 1
June 14, 2024	11:15am-12:15pm	Neurocognitive Disorders and the Basics of Dementia – Top 4 Pt. 2
June 18, 2024	1:30pm-2:30pm	Neurocognitive Disorders and the Basics of Dementia – Top 4 Pt. 1
June 18, 2024	2:45pm-3:45pm	Neurocognitive Disorders and the Basics of Dementia – Top 4 Pt. 2
July 12, 2024	10:00am-11:00am	OCD: Thought-Behavior Cycle
July 12, 2024	11:15am-12:15pm	Bipolar Disorder: Creating Balance
July 16, 2024	1:30pm-2:30pm	OCD: Thought-Behavior Cycle
July 16, 2024	2:45pm-3:45pm	Bipolar Disorder: Creating Balance

Vaya Health Trainings 2024 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, Burke, Caldwell, Catawba, Cherokee, Clay, Graham, Haywood, Henderson, Iredell, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Surry, Swain, Transylvania, Watauga, Wilkes, Yadkin, and Yancey counties.

Date	Topic 1 (1:30pm-2:30pm)	Topic 2 (2:30pm-3:30pm)
Jun 12	Neurocognitive Disorders and the Basics of Dementia: Top Four Dementias Part 1	Neurocognitive Disorders and the Basics of Dementia: Top Four Dementias Part 2

An Overview of Mental Health

Neurocognitive Disorders and the Basics of Dementia

A course designed 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.

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.

THE BUZZZ OF MARION

Charlotte McDaniel had a serious health issue in April. We are happy that she is feeling much better and has been able to rejoin us at the Senior Center.

Dot McCall continues to deal with various health concerns. She has a friend that is helping her with appointments and transporting her to them. We need to remember both of them in prayer.

Jerry Green is still wearing a boot on his foot. He hopes to be able to take it off in the near future.

The Hillbilly Jammers performed in a Variety Show at the A.C. Bud Hogan Center in Old Fort on May 17. The show was enjoyed by all and they look forward to presenting another show in the future.

Lester Owensby attended his brother's 85th birthday party in Marshville, NC on May 12th. They celebrated with a cookout and a large crowd of family and friends. The food was delicious and the birthday cake was beautiful.

The Seniors enjoyed a River Boat Cruise on the Tennessee River in May. A buffet lunch was served on the boat and it was delicious. We were entertained by two groups while eating. We also stopped at the Russell Stover Candy Store and Buc-ee's on the way there.

By Wilma Gladden

Guess the Definition

blanch

1. black out
2. feel blue
3. become pale

Answer is on the back page.



National Cemetery Administration adds options for commemorative plaques and urns

Beginning June 10, families of deceased and cremated Veterans can apply to receive commemorative plaques or urns from VA if they do not want to inter their loved ones in a VA National Cemetery or receive a government-furnished headstone, marker or medallion for placement in any cemetery.

Commemorative urns are used to hold the remains of a deceased, cremated Veteran, and commemorative plaques are designed to hang on a wall. Both the urns and the plaques honor a Veteran's service and serves as a lasting tribute to the individual's status as a Veteran. Eligible family members can request one or the other, but not both.

It's important to note that, if a family chooses a plaque or an urn to commemorate a Veteran, VA is prohibited by law from interring that Veteran's remains in a VA national cemetery or from providing a headstone, marker or medallion for placement in any cemetery. Families should be certain of their choice. If the family chooses to receive a plaque or an urn to commemorate their Veteran, their decision cannot be undone. The law does not provide a method to restore these benefits.

To be eligible, the Veteran (or service member who died on active duty) must have served in the Armed Forces on or after April 6, 1917; the Veteran must be eligible for a headstone or marker under 38 U.S.C. § 2306(d), and the Veteran's remains must have been cremated—with no portion of the remains interred at any location.

More information about NCA memorial options can be found on the VA website. More details, including an application for commemorative plaques and urns, will be available on June 10. Information about VA burial and memorial benefits is available online, at VA national cemeteries, or by calling toll-free at 1-800-827-1000. To make burial arrangements at any VA national cemetery at the time of need, call the National Cemetery Scheduling Office at 1-800-535-1117. VA also encourages Veterans to apply for Pre-Need Eligibility to establish eligibility for VA burial and memorial benefits in advance of need.

THE BUZZZ OF OLD FORT

Jo Shuman and Eunice Allison had surgeries last month and are doing well. Continue to pray for them as they are recovering.

Several of our participant's children are battling cancer and we would like everyone to remember them.

Special thanks to Nanette for teaching crochet while Jo is recovering from surgery.

We enjoyed the Hillbilly Jammers coming by and entertaining us last month, John Kadlec joined them this time. We want to thank each and everyone of you for taking your time and sharing your talents with us.

Remember the family of Carroll Stevens. Carroll was a long time participant of the center, and will be missed. Bonnie Autrey's sister-in-law passed away and our prayer's go out to her as well.

Congratulations to all the Senior games participants you represented us well! Also we are still missing some people and hope to see you real soon.

By Carey Woody

Riddles:

1. What is it that given one, you'll have either two or none?
2. I can be long or can be short, I can be black, white, brown, red, yellow, or purple. You can find me the world over and I am often the main staple. What am I?
3. I am something people celebrate or resist. I change people's thoughts and lives. I am obvious to some people but, to others, I am a mystery. What am I?
4. Nobody has ever walked this way. What way is it?

Answers are on the back page.

For Home Delivered Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Chicken Marinara over Pasta Cucumber, Onion, Tomato, Vinaigrette Salad Garlic Knot Jello w/Diced Pears</p>	<p>4</p> <p>Meatloaf Green Beans Mashed Potatoes Cornbread Pears w/Cottage Cheese</p>	<p>5</p> <p>BBQ Chicken Harvard Beets Orange Juice Corn Cobettes (Cut Corn - *HDM) Roll</p>	<p>6</p> <p>Fish Sandwich Peas & Carrots Cole Slaw Potato Wedges (Diced Potatoes- * HDM) Iced Cake</p>	<p>7</p> <p>Beef-a-Roni Fried Okra Cornbread Fruit Cobbler</p>
<p>10</p> <p>Chicken Stew w/Mixed Vegetables Assorted Juice Rice Biscuit Strawberry Cake</p>	<p>11</p> <p>Baked Ziti w/Meat Sauce & Cheese Green Beans Tossed Salad Garlic Knot Brownie</p>	<p>12</p> <p>Chicken Tenders Pickled Beets Baby Lima Beans Roll Cookie</p>	<p>13</p> <p>Beef Hot Dog w/Chili Cole Slaw Pork & Beans Fruit Cobbler</p>	<p>14</p> <p>Chicken Salad Sliced Tomato Shredded Lettuce Pasta Salad Ciabatta Bread Oranges</p>
<p>17</p> <p>Pork Loin Steamed Cabbage Black Eyed Peas Corn Bread Applesauce</p>	<p>18</p> <p>Baked Chicken Filet w/Italian Dressing California Mixed Vegetables Buttered Noodles Roll Strawberry Pineapple Mallo</p>	<p>19</p> <p>Hamburger Steak w/ Peppers & Onions Green Beans Baby Bakers Biscuit Melon Cup</p>	<p>20</p> <p>Baked Parmesan Chicken Breast Hot Apple Slices Copper Pennies Rice Biscuit Pudding</p>	<p>21</p> <p>Sliced Turkey Sandwich w/Lettuce & Tomato Peaches Macaroni Salad Cake</p>
<p>24</p> <p>Kielbasa w/Sauerkraut Mixed Vegetables Au Gratin Potatoes Roll Fig Bar</p>	<p>25</p> <p>BBQ Chicken Breast Fried Yellow Squash Parslied Potatoes Biscuit Crushed Pineapple & Mandarin Orange Fruit Cup</p>	<p>26</p> <p>Baked Macaroni & Cheese Broccoli Spears Cold Country Tomatoes Cornbread Cookie</p>	<p>27</p> <p>Beef Stroganoff Harvard Beets Green Beans Buttered Noodles Roll Cake</p>	<p>28</p> <p>Chef Salad w/Turkey, Cheese, Boiled Eggs Lettuce, Tomato, Cucumber & Green Peppers Fresh Apple Macaroni Salad Peanut Butter Cookie</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. Thank you.</p>	<p><u>Nutrition Site</u> <u>Beverages</u></p> <p> Whole Milk Skim Milk Tea  Coffee </p>	<p>Menu items are subject to change due to availability.</p> <p>* HDM- Home Delivered Meals</p>		

North Carolina Senior Farmers'
Market Nutrition Program Coming to
McDowell County!



The **NC Seniors Farmers' Market Nutrition Program (SFMNP)** provides eligible lower-income older adults with free vouchers to purchase fresh fruits, vegetables, honey, and fresh cut herbs at SFMNP certified farmers' markets. The program is designed to improve the nutrition of older adults and increase business for local farmers and farmers' markets. Participant eligibility requirements:

1. 60 years of age or older
2. McDowell County resident
3. Household maximum income of **\$2,322** or less per month for a one-person household; **\$3,142** or less per month for a two-person household (a couple that resides in the same household and meets the eligibility requirements may each get a voucher booklet)

Eligible persons will receive a \$50.00 booklet of ten \$5.00 vouchers that can be used at the Marion Tailgate Market located at 67 West Henderson Street, Marion, NC, 28752 and at other participating farmers markets in other counties. The Marion Tailgate Market operates every Saturday from 10:00am-2:00pm from May-October. You can redeem the vouchers at the Marion Tailgate Market through September 28. After that date, the vouchers will expire and cannot be used.

You may use as many of the vouchers as you would like when you purchase items from participating farmers and vendors when you visit the market. These sellers will have a poster for the North Carolina Senior Farmers' Market Nutrition Program on display at their booths. You are limited to only using the vouchers for fresh fruits

and vegetables, honey and fresh cut herbs.

We ask that you make an appointment for one of the upcoming voucher sign-up dates using this information listed below. These appointments should take 15 minutes or less to complete the paperwork to receive your vouchers. You will need to bring a photo ID to verify your age and residency. The McDowell Senior Center will receive 100 voucher booklets and will be first distributed on three dates in June at these locations:

Wednesday, June 12 & Tuesday, June 18- McDowell Senior Center, 100 Spaulding Road, Marion, NC

Call 828-659-0821 to schedule your appointment at this location or visit the reception desk at the McDowell Senior Center to sign up. Appointments times will be from 8:30am-3:45pm.

Friday, June 14- A.C. Bud Hogan Community Center, 909 East Main Street, Old Fort, NC

Call 828-668-4867 to schedule your appointment at this location or visit the reception desk at the A.C. Bud Hogan Community Center to sign up. Appointment times will be from 8:30am-3:30pm.

After these three appointment dates have passed, any remaining voucher booklets will be distributed to eligible individuals by a waiting list in the order they are received. If you are unable to come to one of the sign-up events, you can be added to the waiting list by calling the McDowell Senior Center at 828-659-0821.

This opportunity is made possible through the partnerships of the North Carolina Senior Farmers' Market Nutrition Program, the Foothills Food Hub, and the McDowell Senior Center.



On May 6th, our very own Vivian Poole traveled to Raleigh with her two sons to be presented with the NC Governor's Volunteer Medallion Award. This is the highest achievement in North Carolina that recognizes the states most dedicated volunteers.

The ceremony was held in the Daniels Auditorium at the North Carolina Museum of History. It was hosted by the North Carolina Commission on Volunteerism and Community Service.

Vivian was one of 20 in the state to receive this lifetime award. We are very happy and proud of her. She does so much to help our Home Delivered Meals program. She also does a lot of community service alongside her fellow members with Marion Moose #1705, Chapter #1428. Congratulations Vivian on this well deserved honor!



Vivian & S. Briles Johnson



Kenneth McLellan, Volunteerism Coordinator, Vivian Poole, and S. Briles Johnson, Executive Director.

OLD FORT NUTRITION SITE

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

Phone: 668-4867

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</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>4</p> <p>8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Carol</p>	<p>5</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>6</p> <p>8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>7</p> <p>8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises</p>
<p>10</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>11</p> <p>8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Carol</p>	<p>12</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>13</p> <p>8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>14</p> <p>8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises</p>
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<p>24</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>25</p> <p>8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises 10:00-11:00 Diabetic Education- Hopscotch Health 12:15-3:45 Card Fun & Games with Carol</p>	<p>26</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>27</p> <p>8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>28</p> <p>8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises</p>

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.



Condolences

We send our heartfelt condolences to all the family and friends of :

Bill Baggallay 5-11-2024



JUNE BIRTHDAYS



MARION

Nona Rhinehardt 2
Wilma Gladden 7
Michael Mehas 9
Danna Davidson 13
Bob Owens 16

Ella Clark 19
Ralf Bowers 20
Frances Greene 27
Cathy Laws 29

OLD FORT

Joyce Robinson 6
Bettie Buchanan 8
Roy Hoyle 10
Kathy Lamb 15
Deborah Vess 29

MCDOWELL COUNTY SENIOR CENTER

100 Spaulding Road
Marion N.C. 28752

Phone: 828-659-0821
Weyland Prebor, Director

FOCUS

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Wilma Gladden
Old Fort Reporter:
Carey Woody

Editor:

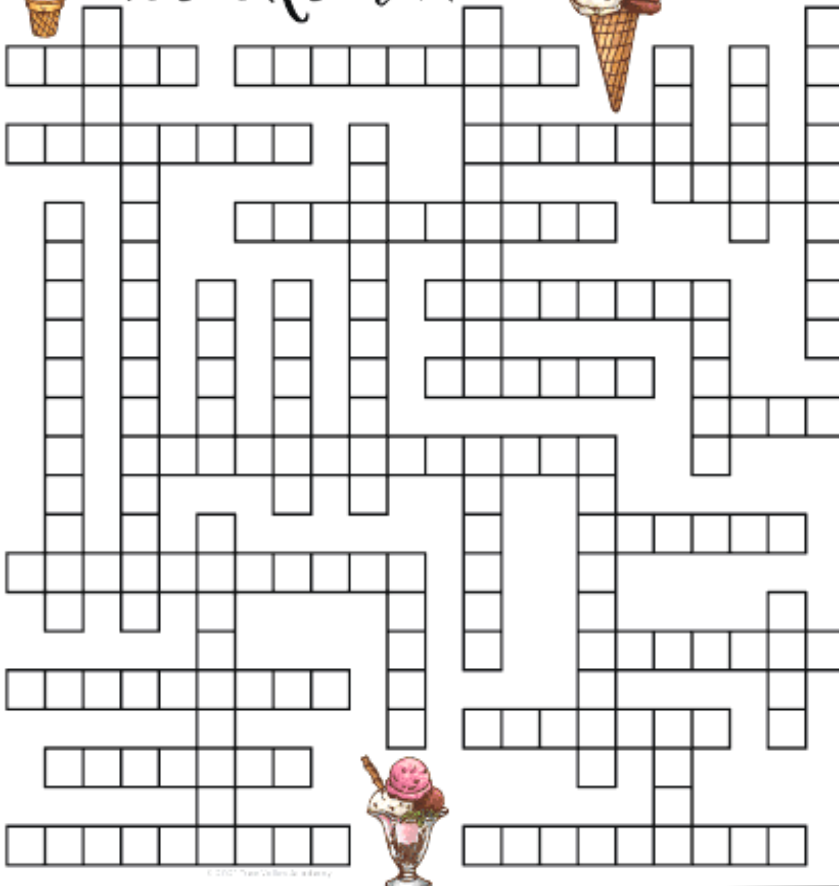
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FAX: 828-652-8723



ICE CREAM



<u>4 letters</u>	<u>5 letters</u>	<u>6 letters</u>	<u>7 letters</u>	<u>8 letters</u>	<u>9 letters</u>	<u>10 letters</u>
cone	fudge	carton	caramel	ice cream	bubble gum	Neapolitan
lick	mango	creamy	flavors	toppings	chocolate	strawberry
melt	scoop	frozen	vanilla		pistachio	waffle cone
mint	spoon	gelato			rocky road	
Oreo	tiger	sundae			sprinkles	
	treat				sugar cone	
					wafer cone	

<u>11 letters</u>	<u>13 letters</u>
banana split	chocolate chip
butter pecan	cookies n cream

Place all the words listed above in the correct spaces in the puzzle. Keep in mind that two or more words can fit into a space. When correctly placed, all words will fit into the spaces on the puzzle.



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 Peggy Dale

June 21st

10:30am-11:30am



There is Limited Space, must see Front Desk to sign up for the class.

For more information see Brenda Monosso.

Guess the Definition Answer

3. become pale

Riddle Answers:

1. A choice
2. Rice
3. Age
4. The Milky Way