



FOCUS

JULY 2025

We invite you to join
McDowell Senior Center

*On a Spectacular Fall
Foliage Train Excursion*



Featuring the *Amtrak Cardinal*
Oct. 23-24, 2025

Enjoy over 150 miles of spectacular fall foliage as we board the Amtrak Cardinal in Charleston, WV and follow the New River by way of Hinton, White Sulphur Springs and underneath the famous New River Gorge Bridge to Clifton Forge, Virginia.

This is some of the most rugged and beautiful country in the eastern United States and the best way to see it is by train as we relive the Golden Age of Travel!

Includes roundtrip motorcoach transportation, one night hotel accommodations, breakfast at the hotel and a delicious lunch! Add to this lots of sightseeing stops.

Special Price Only: \$419 Single, \$349 Double per person, \$339 Triple per person, \$329 Quad per person

Reservations strictly first come-first serve and require a \$50 deposit

Final Payment is due by September 19th - Cancellation penalties begin at that time.



Contact Brenda
Monosso at
(828)659-0832



A new exercise class called Bingocize will be starting soon at the McDowell Senior Center. The class will be on Tuesdays and Thursdays at 1:00pm starting Tuesday, August 5. The class will continue for 10 weeks. Bingocize® combines exercise and health information with the familiar game of Bingo, which is a great and fun way to get moving and socializing. Bingocizers play a Bingo game that includes exercises, educational health and wellness information, led safely by a Bingocize® facilitator. Bingocizers rest while numbers are called for the Bingo game and winners receive a prize at the end. Each session usually lasts 45-60 minutes. Class size is limited to 20 people and the program will take place in the dining room at the McDowell Senior Center. If you would like to sign up for the class, call Activities Coordinator Brenda Monosso at 828-659-0832.

McDowell Parkinson's Support Group (MPSG)

On July 14, 2025 from 1-3pm MPSG will be having an Ice Cream Social and discussion of important topics for the remainder of this year.

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.

THE BUZZZ OF MARION

Please remember Charles and Mary Davis in your thoughts and prayers. Charles has been having back problems and is now completely down as a result. Mary has a serious infection and is unable to use her oxygen.

Congratulations to Robin and Carol Jordan's granddaughter that won the NC High School 1A Soccer Championship in May.

Jerry Green had foot surgery again last month and is home and recovering well.

Frances Greene's brother James Jones passed away in May, our thoughts and prayers go out to the family.

By Teresa Gentry and Cathy Laws

Riddles:

1. What do you call the wife of a hippie?
2. Why did the golfer bring an extra pair of pants?
3. I am easy to lift, but hard to throw. What am I?
4. How do you spell COW in thirteen letters?
5. Why did the police go to the beach?
6. What is a chicken's least favorite day?

Answers are on the back page.

Guess the Definition

precursor

1. forerunner
2. a computer mouse pointer
3. a requirement

Answer is on the back page.



Caregiver Emotions and Stress!

The McDowell Senior Center Dementia Support Group at the McDowell Senior Center will meet on Thursday, July 17 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.

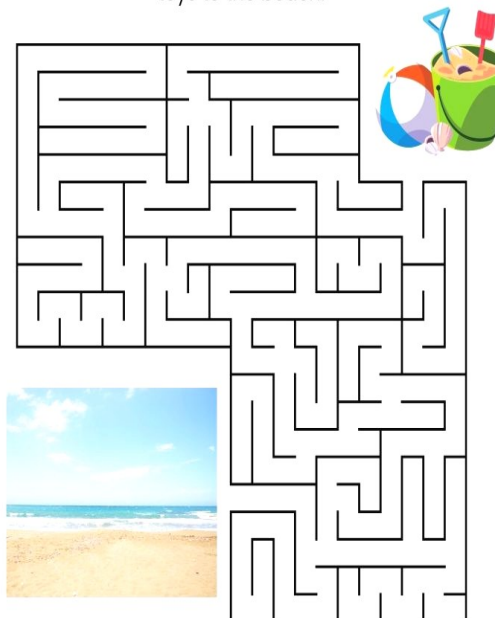
In July, the group will learn about different types of dementia. Many people are aware of Alzheimer's Disease but there are many types of dementias and health conditions that can affect a person's memory and cognitive abilities.

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.

BEACH MAZE

Draw a line through the maze to get the beach toys to the beach.



THE BUZZZ OF OLD FORT

We had a great turn out for the variety show performers that came from the Marion center to entertain us. They were fabulous and everyone enjoyed the show. Please come back again soon.

Bingo has been fun at the center as well as all the other classes. We love to see new faces and enjoy a laugh together.

Mary Blackwelder, Roann Bishop, Bill Warf, Mike Silver, and Paul Howard were in the hospital last month. We are praying for full recoveries for all.

Thelma's son and daughter-in-law have both been in the hospital and we hope they are well soon.

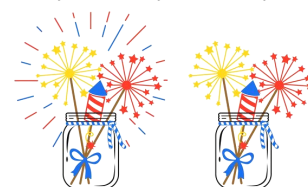
Prayers go out for Jean Davis's son, David Setzer's daughter, Cathy Herron, Rhonda Hulse, and Mary Jane Walker. Remember Terry Wilson, as he is facing surgery this month.

It has been nice to see Michael Clark back with us. Our hearts go out to him after the loss of his wife, Robin.

We are missing Bonnie Autrey, but we hear she is enjoying the Marion center. We would love for her to stop in and visit us anytime that she can.

Terry and June Wilson have finally got into their new home after they lost their house to Hurricane Helene and we still have others that are having repairs done to their homes.

By Cheryl Woody & Carey Woody



OLD FORT NUTRITION SITE

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

Phone: 668-4867

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</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>2</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>3</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>CLOSED 4</p> 
<p>7</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>8</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>9</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>10</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>11</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>
<p>14</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>15</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>16</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>17</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>18</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>
<p>21</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>22</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>23</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>24</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>25</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>
<p>28</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>29</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>30</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>31</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	

JULY 2025
MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: right;">1</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 style="text-align: right;">2</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 style="text-align: right;">3</p> 9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise	<p style="text-align: right;">CLOSED 4</p> 
<p style="text-align: right;">7</p> 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle	<p style="text-align: right;">8</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 style="text-align: right;">9</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 style="text-align: right;">10</p> 9:00-10:00 Crochet Class 10:15 BINGO 10:30-11:30 Chair Exercise	<p style="text-align: right;">11</p> 10:30-11:30 Chair Exercise
<p style="text-align: right;">14</p> 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Parkinson's Support Group	<p style="text-align: right;">15</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 style="text-align: right;">16</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 style="text-align: right;">17</p> 9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise 1:00-2:30 Dementia Support Group	<p style="text-align: right;">18</p> 8:00-5:00 Shred Event 10:30-11:45 Scam, Fraud & Safety Presentations 10:30-11:30 Chair Exercise
<p style="text-align: right;">21</p> 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle	<p style="text-align: right;">22</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 style="text-align: right;">23</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 style="text-align: right;">24</p> 9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise	<p style="text-align: right;">25</p> 10:30-11:30 Chair Exercise 10:30-11:30 Variety Hour
<p style="text-align: right;">28</p> 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing	<p style="text-align: right;">29</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 style="text-align: right;">30</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 style="text-align: right;">31</p> 9:00-10:00 Crochet Class 10:15 BINGO 10:30-11:30 Chair Exercise	



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
July 11, 2025	10:00am-11:00am	Neurocognitive Disorders and the Basics of Dementia – Behaviors
July 11, 2025	11:15am-12:15pm	Treating Dementia: Medications and More
July 15, 2025	1:30pm-2:30pm	Neurocognitive Disorders and the Basics of Dementia
July 15, 2025	2:45pm-3:45pm	Treating Dementia: Medications and More
August 8, 2025	10:00am-11:00am	Personality Disorders: Reaction to Interaction Part 1
August 8, 2025	11:15am-12:15pm	Personality Disorders: Reaction to Interaction Part 2
August 19, 2025	1:30pm-2:30pm	Personality Disorders: Reaction to Interaction Part 1
August 19, 2025	2:45pm-3:45pm	Personality Disorders: Reaction to Interaction Part 2

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
July 9	(1:30pm-2:30pm)	Aug. 13	(1:30pm-2:30pm)
Treating Dementia: Medications and More Dementia can be a complex journey for the caregiver and care recipient. As research continues to reveal more, it's imperative to remain informed to provide the best care. This presentation focuses on current medications and treatment protocols for the most diagnosed neurocognitive disorders.		Personality Disorders: Reaction to Interaction Supporting an older adult with a personality disorder can be challenging. This training looks at specific personality disorders, what to expect, and treatment options. Also shared are tips used to make interactions smoother and more effective.	

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.

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 **\$2,413** or less per month for a one-person household; **\$3,261** 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 9:00am-1:00pm in July-August, 10:00am-2:00pm in September. You can redeem the vouchers at the Marion Tailgate Market through September 27. 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 first be distributed in July on these dates and locations:

The McDowell Senior Center located at 100 Spaulding Road, Marion, NC on Wednesday, July 2, Thursday, July 10, and Thursday, July 24 from 8:30AM-3:30PM

Call 828-659-0821 to schedule your appointment at this location or visit the reception desk at the McDowell Senior Center to sign up.

The A.C. Bud Hogan Community Center located at 909 East Main Street, Old Fort, NC on Thursday July 3 from 8:30AM-3:30PM.

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.

After these four 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.



McDowell Scam and Shred Event

PROTECT YOURSELF

FROM SCAMS

Friday, July 18th, 2025

8:00 AM - 5:00 PM: Shred Drop Off Time

*10:30 AM - 11:45 AM: Scam, Fraud, and
Safety Presentations*

This event will provide educational, entertaining presentations/ programs designed to familiarize you with different types of fraud, scam, and safety information. This is a free event open to the public. This event is provided through the McDowell County Senior Center, the North Carolina SHIP (Seniors' Health Insurance Information Program), and North Carolina Senior Medicare Patrol Program.

Shredding Info

If you have documents that you need to have shredded, please bring them to the McDowell County Senior Center, located at 100 Spaulding Road, in Marion, on July 18th, 2025, from 8am to 5pm. There will be a shred truck and staff located outside the Senior Center to take your documents. You are limited to a maximum of five boxes or trash bags of documents to be shredded.



This event is again free and open to the public. If you have any questions, please call 828-659-0821.

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.



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





2025 McDowell Senior Games Results



Jonathan Barham

Golf, 1

Lisa Barts

Visual Arts, Photography-Digital, 3

Randy Barts

Cycling- 1 Mile, 1

Cycling -5K, 1

Cycling- 10K, 1

Discus Throw, 2

Shot Put, 2

Track, 100 Meter Dash, 2

Track, 200 Meter Dash, 2

Pickleball Singles, 2

Track, 50 Meter Dash, 2

Joseph Borg

Bowling Doubles, 1

Golf, 2

Pickleball Singles, 1

Pickleball Doubles, 1

Kathleen Borg

Visual Arts, Photography Digital, 2

Dennis Bradley

SilverStrider ,Fun Walk, 1

Literary Arts, Short Story 2

Kathy Bromead

Pickleball Mixed Doubles, 1

Karen Burrell

SilverStrider, Fun Walk, 1

Cornhole Singles, 1

Shuffleboard, 1

Nustep, 1

Track, 1500 Meter Powerwalk, 2

David Byrd

Basketball Shooting, 1

Football Throw, 1

Softball Throw, 1

Bocce, 1

Nedra Byrd

Heritage-Local, Cross Stitch, 1

Visual Arts, Mixed Media 3D, 1

Larry Carver

Cornhole Singles, 1

Cornhole Mixed Doubles, 1

Virginia Carver

Basketball Shooting, 1

Football Throw, 1

Cornhole Singles, 1

Cornhole Mixed Doubles, 1

Kay Cline

Pickleball Mixed Doubles, 1

Crocheting, 2

Russell Davenport

Performing Arts, Vocal Small Group, 1

Performing Arts, Instrumental Small Group, 1

Walter De Boer

Cornhole Singles, 1

Pickleball Singles, 1

Pickleball Doubles, 1

Pickleball Mixed Doubles, 1

Cornhole Doubles, 1

Cornhole Mixed Doubles, 2

LuAnn Ellsworth

Basketball Shooting, 2

Football Throw, 2

Softball Throw, 1

Cornhole Singles, 1

Pickleball Singles, 1

Pickleball Doubles, 1

Pickleball Mixed Doubles, 1

Table Tennis Singles, 1

Cornhole Doubles, 1

Cornhole Mixed Doubles, 2

Croquet , 2

Margaret Farris

Visual Arts, Acrylics, 3

Visual Arts, Watercolor, 2

Heritage Arts, General Fiber Arts, 3

David Fox

Heritage Arts, Woodworking, 1

Marcia Freeman

Bowling Singles, 1

Bowling Doubles, 2

Bowling Mixed Doubles, 1

Denise Fugere

Heritage Arts, Needlework, 2

Heritage Arts, Stained Glass, 1

Heritage Arts, Tole/Decorative Painting, 2

Heritage Arts, Weaving, 1

Literary Arts, Essay, 1

Literary Arts, Life Experiences, 1

Literary Arts, Poem, 2

Visual Arts, Drawing, 1

Visual Arts, Pastels, 1

Visual Arts, Mixed Media 2D, 1

Teresa Gentry

Billiards, 2

Bocce, 3

Shuffleboard, 2

Table Tennis Singles, 1

Heritage Arts, Stained Glass, 2

Visual-Local Only, Coloring, 1

Mini Golf, 1

2025 McDowell Senior Games Results

Teresa Gentry

Visual Arts, Mixed Media 2D, 2
Croquet, 2
Jigsaw Puzzle, 2

Frances Greene

Bowling Singles, 1
Bowling Doubles, 1
Football Throw, 2
SilverStrider, Fun Walk, 1
Bocce, 1
Cornhole Singles, 1
Shuffleboard, 1
Nustep, 1
Checkers, 1
Cornhole Doubles, 1
Cornhole Mixed Doubles, 2
Croquet, 2
Local, Jigsaw Puzzle, 2

Jerry Greene

Performing Arts, Instrumental Small Group, 1

Kevin Greenspan

Bowling Mixed Doubles, 2
Track, 100 Meter Dash, 1
Pickleball Doubles, 2
Track, 50 Meter Dash, 1

Earl Grindstaff

Pickleball Singles, 1
Pickleball Doubles, 1
Pickleball Mixed Doubles, 1

Beth Hall

Basketball Shooting, 1
Football Throw, 2
Pickleball Singles, 1
Pickleball Doubles, 1
Pickleball Mixed Doubles, 1
Cornhole Doubles, 1

Debra Harrill

Heritage-Local, Small Quilting, 1

Mary Henline

Performing Arts, Instrumental Small Group, 2

Bernice Hensley

Heritage Arts, Knitting, 1
Literary Arts, Poem, 3

Brian Hensley

Visual Arts, Mixed Media 3D, 3

Cathy Herron

Bowling Singles, 1
Bowling Doubles, 1
Bowling Mixed Doubles, 2

Dean Herron

Bowling Singles, 1
Bowling Doubles, 1
Bowling Mixed Doubles, 2

Keith Hibler

Pickleball Doubles, 2
Pickleball Mixed Doubles, 3

Marie Hobbs

Bowling Doubles, 1

Ronald Hollifield

Bowling Singles, 2
Bowling Doubles, 1
Bowling Mixed Doubles, 1

Leonard Hughes

Billiards, 1

Cathy Laws

Basketball Shooting, 1
Bowling Singles, 1
Bowling Doubles, 1
Bowling Mixed Doubles, 1
Football Throw, 1
Softball Throw, 1
Billiards, 1
Bocce, 3
Cornhole Singles, 1
Cornhole Mixed Doubles, 2
Croquet, 1
Horseshoes, 1
Shuffleboard, 1
Table Tennis Singles, 2
Nustep, 2
Checkers, 1
Jigsaw Puzzle, 2

Ruth Laws

Bocce, 1
Shuffleboard, 1
Nustep, 1
Checkers, 1

Jerry Ledford

Softball Throw, 1
Bocce, 1
Mini Golf, 1

Marie Ledford

Cornhole Singles, 1
Mini Golf, 1
Croquet, 1

Jigsaw Puzzle, 2

Dora Lewis

Nustep, 1
Performing Arts, Vocal Solo, 1

Paul Lloyd

Golf, 1
Pickleball Singles, 1

Gerald Lyons

Bowling Singles, 1
Bowling Doubles, 2
Bowling Mixed Doubles, 1

Bobby Martin

Bowling Singles, 2
Bowling Doubles, 1
Bowling Mixed Doubles, 2
Golf, 3
Horseshoes, 1
Shuffleboard, 1
Mini Golf, 1

Maria Martinez

Heritage Arts, Crocheting, 1
Heritage Arts, Needlework, 1

Dennis McPeters

Golf, 2

Michael McPeters

Basketball Shooting, 1
Golf, 1

Diane Meyer

Visual Arts, Photography-Digital, 1

George Montgomery

Performing Arts, Instrumental Solo, 1
Performing Arts, Instrumental Small Group, 2

Anita Moore

Basketball Shooting, 3
Football Throw, 3
Softball Throw, 3
Bocce, 2
Mini Golf, 3
Croquet, 3
Jigsaw Puzzle, 1

Linda Moore

Visual Arts, Acrylics, 2
Visual Arts, Oil, 2
Visual Arts, Watercolor, 3

Andy Morgan

Pickleball Mixed Doubles, 1

Charles Myers

Discus Throw, 1
Running Long Jump, 1
Shot Put, 1
Standing Long Jump, 1
Track, 100 Meter Dash, 1
Track, 200 Meter Dash, 1
Track, 50 Meter Dash, 1

2025 McDowell Senior Games Results

David Myers

Cornhole Singles, 1
Cornhole Doubles, 1
Cornhole Mixed Doubles, 2
Shuffleboard, 1
Literary Arts, Short Story, 1
Mini Golf, 1
Chess, 1
Jigsaw Puzzle, 1

Linda Mystic

Pickleball Mixed Doubles, 3

Kathryn Naylor

SilverStriders, Fun Walk, 1
Track, 1500 Meter Powerwalk, 1

Ken Overby

Golf, 1
Pickleball Singles, 1
Pickleball Doubles, 1
Pickleball Mixed Doubles, 1

Arthur Parks

Bowling Doubles, 1
Bowling Mixed Doubles, 3

Judy Patton

Basketball Shooting, 1
Bowling Singles, 2
Bowling Doubles, 1
Bowling Mixed Doubles, 3
Discus Throw, 1
Football Throw, 1
Shot Put, 1
Softball Throw, 2
Bocce, 1
Cornhole Singles, 2
Cornhole Doubles, 1
Cornhole Mixed Doubles, 1
Horseshoes, 1
Pickleball Singles, 2
Pickleball Doubles, 1
Pickleball Mixed Doubles, 2
Shuffleboard, 1
Table Tennis Singles, 2
Nustep, 2
Checkers, 1
Mini Golf, 1
Croquet, 1
Jigsaw Puzzle, 1

Charlotte Pike

Football Throw, 1
Softball Throw, 1
SilverStriders, Fun Walk, 1
Heritage Arts, Knitting, 3
Mini Golf, 1

Croquet, 1

Jigsaw Puzzle, 1

Lisa Poole

Basketball Shooting, 2
Football Throw, 2
Softball Throw, 1
Swimming, 100 Yd. Freestyle, 1
Pickleball Mixed Doubles, 2
Performing Arts, Instrumental Solo, 2

Clifford Poteat

Basketball Shooting, 2
Football Throw, 1
Softball Throw, 2
SilverStriders, Fun Walk, 1
Cornhole Mixed Doubles, 3

Gladys Poteat

Basketball Shooting, 3
Football Throw, 3
Softball Throw, 3
SilverStriders, Fun Walk, 1
Bocce, 2
Cornhole Singles, 3
Cornhole Doubles, 1
Cornhole Mixed Doubles, 3
Horseshoes, 2
Shuffleboard, 2
Nustep, 1
Plastic Canvas, 1
Mini Golf, 2
Heritage Arts, General Fiber Arts, 1
Croquet, 3
Jigsaw Puzzle, 2

Weyland Prebor

Discus Throw, 1
Running Long Jump, 1
Shot Put, 1
Softball Throw, 1
Standing Long Jump, 1
Billiards, 1
Bocce, 1
Cornhole Singles, 1
Horseshoes, 1
Shuffleboard, 1
Table Tennis Singles, 1
Track, 1500 Meter Powerwalk, 1
Croquet, 1
Jigsaw Puzzle, 1

Dorothy Ramsey

Cornhole Doubles, 1

Jewell Randolph

Bowling Singles, 1
Bowling Doubles, 1
Discus Throw, 1

Football Throw, 1

Shot Put, 1

Softball Throw, 1
SilverStriders, Fun Walk, 1
Bocce, 1
Cornhole Singles, 1
Cornhole Doubles, 1
Horseshoes, 1
Shuffleboard, 1
Nustep, 1
Checkers, 1
Croquet, 1

Nellie Randolph

Heritage-Local Only, Small Quilting, 2
Heritage Arts, Quilting (Hand Stitched), 3
Jigsaw Puzzle, 1

Michael Razdrh

Basketball Shooting, 1
Pickleball Singles, 2
Pickleball Doubles, 1
Pickleball Mixed Doubles, 2

Michael Reece

Bowling Singles, 3
Bowling Doubles, 1
Bowling Mixed Doubles, 1
Golf, 2
Mini Golf, 2

Janet Reese

Bocce, 1
Horseshoes, 1
Shuffleboard, 2
Nustep, 1
Checkers, 1
Track, 1500 Meter Powerwalk, 1
Mini Golf, 1
Cornhole Doubles, 1

Patsy Renfro

Heritage Arts, Quilting
(Machine Stitched), 2

Billie Sue Rhom

Bowling Singles, 1
Bowling Doubles, 1
Bowling Mixed Doubles, 2

Doris Robinson

Basketball Shooting, 2
Bowling Singles, 2
Bowling Doubles, 1
Bowling Mixed Doubles, 1
Football Throw, 2
Bocce, 1
Mini Golf, 2

2025 McDowell Senior Games Results

Linda Sherman

Horseshoes, 2
Shuffleboard, 1

Hazel Small

Heritage Arts, Jewelry, 2
Heritage Arts, Pottery (Thrown or Hand Built), 2
Heritage Arts, Tole/Decorative Painting, 1
Heritage Arts, Woodcarving, 1
Visual Arts, Acrylics, 1
Visual Arts, Oil, 1
Visual Arts, Sculpture, 1
Visual Arts, Mixed Media 3D, 2

Juliana Sproles

Golf, 1
Swimming, 50 Yd. Freestyle, 1
Swimming, 200 Yd. Backstroke, 1
Swimming, 50 Yd. Backstroke, 1
Swimming, 200 Yd. Butterfly, 1
Swimming, 100 Yd. Backstroke, 1
Swimming, 500 Yd. Freestyle, 1

Michael Stephanides

Pickleball Doubles, 1

Floyd Styles

Bowling Singles, 1
Bowling Doubles, 2
Bowling Mixed Doubles, 1

Sarita Styles

Bowling Singles, 2
Bowling Doubles, 2
Bowling Mixed Doubles, 1

James Tanner

Softball Throw, 1
Billiards, 1
Performing Arts, Comedy/Drama Solo, 1
Performing Arts, Vocal Small Group, 1

James Taylor

Basketball Shooting, 1
Discus Throw, 1
Football Throw, 1
Running Long Jump, 1
Shot Put, 1
Softball Throw, 2
Standing Long Jump, 1
Track, 100 Meter Dash, 1
Track, 200 Meter Dash, 1
SilverStriders, Fun Walk, 1
Bocce, 2
Cornhole Singles, 1
Cornhole Doubles, 1
Cornhole Mixed Doubles, 1
Horseshoes, 1

Pickleball Singles, 1
Pickleball Mixed Doubles, 1
Shuffleboard, 1
Table Tennis Singles, 1
Track, 50 Meter Dash, 1
Track, 1500 Meter Powerwalk, 1
Nustep, 1
Checkers, 1
Croquet, 1
Jigsaw Puzzle, 1

Frieda Thomas

Horseshoes, 3
Pickleball Mixed Doubles, 1

Louanne Trinks

Pickleball Doubles, 1

Pat Trude

Heritage Arts, Woodcarving, 2

Scott Trude

Cycling, 1 Mile, 1
Cycling, 5K, 1
Cycling, 10K, 1
Heritage Arts, Woodcarving, 3

Robin Vance

Billiards, 1
Cornhole Singles, 2
Cornhole Doubles, 1
Shuffleboard, 1

Cathy VanHoet

Softball Throw, 2
Cornhole Singles, 2
Cornhole Doubles, 1
Cornhole Mixed Doubles, 2
Shuffleboard, 3
Heritage Arts, Crocheting, 3

Gregory VanHoet

Heritage Arts, Jewelry, 1
Heritage Arts, Stained Glass, 3
Cornhole Mixed Doubles, 2

Richard Vitolo

Pickleball Doubles, 1

Sandra Walker

Heritage Arts, Knitting, 2

Dolores Wamack

Heritage Arts, Quilting (Machine Stitched), 3

Carolyn Weant

Heritage Arts, Quilting (Hand Stitched), 2

Gerald Weimer

Shuffleboard, 1
Heritage Arts, Woodturning, 1

Heritage Arts, Woodworking, 2
Checkers, 1
Chess, 1

John Wells

Golf, 1
Pickleball Doubles, 1
Pickleball Mixed Doubles, 2

Janice Wheeler

Heritage Arts, Pottery (Thrown or Hand Built), 1
Literary Arts, Poem, 1
Visual Arts, Watercolor, 1
Visual Arts, Mixed Media 2D, 3

Philip White

Basketball Shooting, 1
Softball Throw, 1
Shuffleboard, 1
Cornhole Doubles, 1
Cornhole Mixed Doubles, 1

Jennifer Wilson

Basketball Shooting, 2
Discus Throw, 1
Football Throw, 1
Shot Put, 1
Softball Throw, 1
Billiards, 1
Horseshoes, 1
Shuffleboard, 1
Table Tennis Singles, 1





Opal Woody

Heritage Arts, Weaving, 2
Heritage Arts, Quilting (Hand Stitched), 1
Heritage Arts, Quilting



For Home Delivered

Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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.	<p>1</p> <p>Baked Sliced Pork Loin Steamed Cabbage Creamed Potatoes Corn Bread Cold Pears</p>	<p>2</p> <p>BBQ Chicken Fried Yellow Squash Parslied Potatoes Cheese Biscuit Butterscotch Pudding</p>	<p>3</p> <p>Chili Cheeseburger Cole Slaw Chips Apple Cobbler</p>	<p>CLOSED 4</p> 
<p>7</p> <p>Salisbury Steak w/Gravy Green Beans Creamed Potatoes Biscuit Pineapple Tidbits</p>	<p>8</p> <p>Chicken Alfredo w/ Noodles Broccoli Florets Garlic Knot Fruit Cobbler</p>	<p>9</p> <p>Rib-A-Que Sandwich Pickles & Onions Seasoned Fries Cinnamon Apples</p>	<p>10</p> <p>Kielbasa Sauerkraut 5-Way Vegetables Au-Gratin Potatoes Roll Lemon Pudding</p>	<p>11</p> <p>Sliced Ham Sandwich Lettuce & Tomato Potato Salad Diced Peaches</p>
<p>14</p> <p>Country Style Steak w/ Gravy Green Beans Creamed Potatoes Biscuit Mixed Fruit</p>	<p>15</p> <p>Sloppy Joe Sandwich Cole Slaw French Fries Fresh Apple</p>	<p>16</p> <p>Pork Tips w/Gravy Brussel Sprouts Creamed Potatoes Roll Jell-O w/Fruit</p>	<p>17</p> <p>Baked Rosemary Chicken California Blend Diced Peaches Rice Pilaf Biscuit Cake</p>	<p>18</p> <p>Tuna Salad Sandwich Lettuce & Tomato Pasta Salad Chips Cookie</p>
<p>21</p> <p>Stew Beef Green Beans Cantaloupe Rice Biscuit Trail Mix</p>	<p>22</p> <p>Hot Dog w/Chili Cole Slaw Diced Pears Tater Tots Fig Bar</p>	<p>23</p> <p>Orange Chicken Steamed Carrots Fried Rice Vegetable Egg Roll Fortune Cookie</p>	<p>24</p> <p>Baked Spaghetti w/Meat Sauce Peas Tossed Salad Garlic Knot Chocolate Pudding</p>	<p>25</p> <p>Chicken Caesar Salad Juice Crackers Jell-O</p>
<p>28</p> <p>BBQ Pork Sandwich Cole Slaw Juice Whole Kernal Corn Applesauce</p>	<p>29</p> <p>Baked Chicken w/Italian Dressing California Blend Diced Pears Buttered Noodles Garlic Knot Strawberry Mallow</p>	<p>30</p> <p>Meatloaf Brussel Sprouts Orange Juice Creamed Potatoes Biscuit Yogurt</p>	<p>31</p> <p>Philly Cheese Steak Sandwich Peppers & Onions French Fries Peaches</p>	<p><u>Nutrition Site</u> <u>Beverages</u> Whole / Skim Milk Tea Coffee</p>   



COMMUNITY CARE

VA provides health care for Veterans from providers in your local community outside of VA. Veterans may be eligible to receive care from a community provider when VA cannot provide the care needed. This care is provided on behalf of and paid for by VA.

Community care is available to Veterans based on certain conditions and eligibility requirements, and in consideration of a Veteran's specific needs and circumstances. Community care must be first authorized by VA before a Veteran can receive care from a community provider.

As with care provided directly by VA, Veterans are charged a copayment for nonservice-connected care. Learn how to pay your bill and alternative payment options. In addition, VA may bill Veterans' health insurance for medical care, supplies, and prescriptions related to treatment of nonservice-connected conditions.

Types of care include General Community Care, Urgent Care, Emergency Care, Foreign Medical Care, Home Health and Hospice Care, Indian/Tribal Health Services, In Vitro Fertilization, State Veterans Homes and Flu Shots.

In most cases, the VA will pay non-VA providers and pharmacies directly for care and prescriptions you receive in the community. In some cases, they may pay you

back for cost of emergency prescriptions or care.

You can file a reimbursement claim if either of these descriptions is true for you:

- You paid for an emergency prescription at a pharmacy that's not in our network, **or**
- You paid out of pocket for unauthorized emergency care at a non-VA facility.

Note: You can't file a reimbursement claim for copays or deductible payments.

You must file your claim within a certain time limit. Time limits may vary from 90 days to 2 years. We recommend you file all claims within 90 days from the date of the service.

If you have questions about the time limit to file a claim, call us at [877-881-7618](tel:877-881-7618). We're here Monday through Friday, 8:00 a.m. to 9:00 p.m. ET.



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@mcowellseniorcenter.org for more information.

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

BIRTHDAY

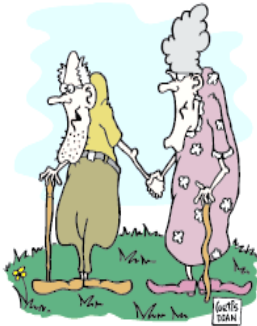
MARION

James Frady 3
Ann Stone 6
Brenda Cline 7
Kent Cordell 13
Wanda Long 13
Dollie Harris 14
Dave Foss 17
David Covington 19
Joyce Hawkins 26
Rebecca Washburn 26
Jerry Greene 29
Katherine Hayes 29
Duska Davidson 31



OLD FORT

Robert Parks 8
Kermit Silver 12
Carolyn Yeary 13
Carey Woody 15
Rhonda Hulse 25
Helen Logan 25
Meldeen Shuford 30



"REMEMBER WHEN SHAKE, RATTLE
AND ROLL MEANT MORE THAN
JUST GETTING OUT OF BED?"

**MCDOWELL COUNTY
SENIOR CENTER**

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Marion N.C. 28752

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**One Day Trip
"Fabulous 50's & 60's"**

Slap on those blue suede shoes and shake, rattle, and roll on down to the Wohlfahrt Haus for a rollicking, rowdy musical revue featuring the classic music of the 50's and 60's. Come rock to the memorable hits of the oldies such as It's My Party, Splish Splash, Johnny B Goode, Surfin' USA and more! Bring the entire family and let the good times roll!



Wohlfahrt Haus Dinner Theatre
Wytheville, Virginia

Tuesday, August 20, 2025

Day Trip

\$135.00 per person



**Dead Line to sign-up
August 8th**

Includes a delicious four-course dinner and a wonderful show
Seating is limited "First Come – First Served"

*Departure Time 8:30 AM
From Walmart Parking Lot*

For More Information Contact:
Brenda Monosso
@
(828)659-0832



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



Riddle Answers:

1. Mississippi.
2. In case he got a hole in one.
3. A feather.
4. SEE O DOUBLE YOU.
5. They heard about a crime wave.
6. Fry day.

Guess the Definition Answer

1. forerunner