



FOCUS

SEPTEMBER 2023

“Centers for Life Enrichment”



It's Story Time with Sherry Lovett



Please Join the Senior Center

Friday, September 8th

1:00pm

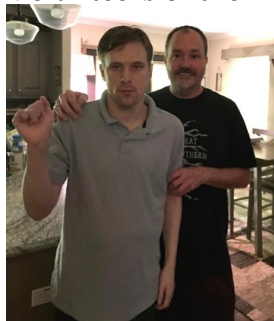
Senior Center Dining Room
for Storytelling with Sherry

Sherry Lovett loves stories and people and bringing the two together! She has been performing and teaching for over twenty years. Her mission is to inspire, encourage, entertain, and connect with people through the art of storytelling. She performs the old stories, tapping into her Scot-Irish ancestry, and pulling from her North Carolina heritage which goes from the mountains to the sea. Who knows, she might sing you an old ballad, take you on an adventure with King Arthur, or have you laughing over the antics of Jack. No matter where you go on your storytelling journey together, you can trust she will guide you with great love.

Cookies & Coffee will be served.

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

Congratulations to Byron Robinson & Richard Edwards, our Volunteers of the Month!



Byron and Richard are drivers for our home delivered meals program. They have been helping us at the Senior Center for one year this month.

They moved to Marion in 2019 and really enjoy it here. They decided to deliver meals to have the opportunity to give back to this community.

In their spare time they enjoy going for walks in the woods, crafting and cooking.

One thing that has touched them while delivering meals is the gratitude of each person. They feel blessed and grateful knowing how much they are appreciated.

They would tell anyone considering to be a Home Delivered Meal volunteer to absolutely do it! They both feel that it is very rewarding.

McDowell County Senior Center staff would like to say thanks for the work the two of you do. We really appreciate the time you give to this program each week.



Checkers Tournament



Come on out and have some fun...

Thursday, September 28th

McDowell Senior Center

Blue Classroom

9:00am





Webinar Schedule 2023 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
September 8, 2023	10:00am-11:00am	Neurocognitive Disorders and the Basics of Dementia
September 8, 2023	11:15am-12:15pm	Treating Dementia: Medications and More
September 26, 2023	1:30pm-2:30pm	Neurocognitive Disorders and the Basics of Dementia
September 26, 2023	2:45pm-3:45pm	Treating Dementia: Medications and More
October 13, 2023	10:00am-11:00am	Navigating Depression: Finding Happiness
October 13, 2023	11:15am-12:15pm	Bipolar Disorder: Creating Balance
October 24, 2023	1:30pm-2:30pm	Navigating Depression: Finding Happiness
October 24, 2023	2:45pm-3:45pm	Bipolar Disorder: Creating Balance

Vaya Health Trainings 2023 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**

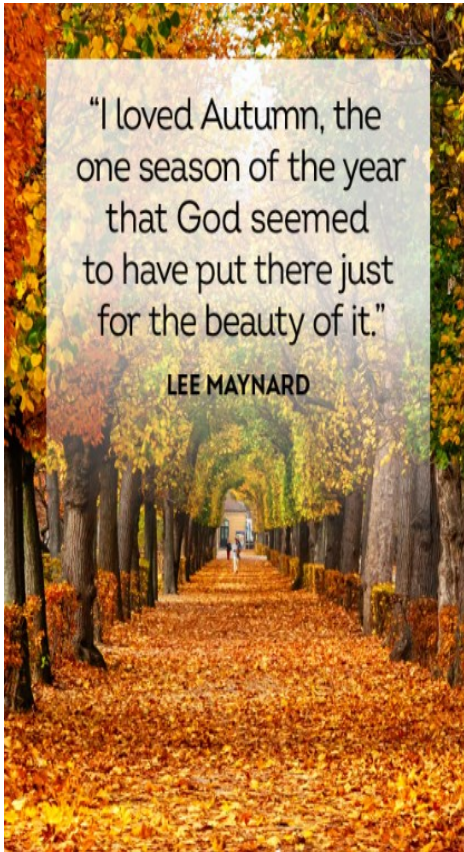
Vaya Health's Geriatric Team serves: Alexander, Alleghany, Ashe, Avery, Buncombe, Burke, Caldwell, Catawba, Cherokee, Clay, Graham, Haywood, Henderson, Iredell, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Surry, Swain, Transylvania, Watauga, Wilkes, Yadkin, and Yancey counties.

Date	Topic 1 (1:30pm-2:30pm)	Topic 2 (2:30pm-3:30pm)
Sept 13	Neurocognitive Disorders and the Basics of Dementia	Treating Dementia: Medications and More
Oct 11	Navigating Depression: Finding Happiness	Bipolar Disorder: Creating Balance
Nov 8	Suicide and Aging...Conversations for Life!	The Many Uses of Antidepressant Medications
Dec 13	Dementia: A Deeper Understanding	Not as Prescribed: Effects of Medication Misuse

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 OLD FORT

Please remember Carey Woody in prayer as he recovers from a broken hip. He is currently in a rehabilitation facility.



"I loved Autumn, the one season of the year that God seemed to have put there just for the beauty of it."

LEE MAYNARD

Hidden Word Search

Can you find the six words hidden in the picture? *Answers are on the back page.*



Genealogy

Research & Family History

Where did my ancestors come from?

What did my forefathers do?

What's my family's history?

Please join Cindy Rush an Experienced Genealogist to learn how to answer these questions..



1:00 pm– 3:00 pm

Wednesday

September 13

For more information contact
Brenda Monosso@ 659-0832

THE BUZZZ OF MARION

John Sigmon had surgery in August and spent time with his daughter during his recovery.

Dani'El Garvin had knee replacement surgery during August. No updates at present.

Anita Moore had surgery in August and will be away from the Senior Center during her recovery.

Betty Prebor was hospitalized in August for testing. We look forward to her return to the Senior Center.

Jim Tanner visited his daughter for a week in Arizona. His return flight was delayed giving him three extra days.

Bill Baggallay returned to Michigan for six weeks. He will rejoin us in late September.

Gene and Yonna Venton came by the Senior Center for a short visit. They have had some health issues recently. It was good to see them.

Members of our Variety Show performed for Blue Ridge Terrace and Ridgecrest Rehab in Black Mountain. They had a good attendance at both locations.

Please remember Betty McElrath in prayer. She is dealing with some serious health issues.

By Wilma Gladden


Guess the Definition

Licentious :

1. Infested
2. Disputed
3. Lewd

Answer is on the back page.

SEPTEMBER 2023
McDOWELL COUNTY SENIOR CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BRICKS AVAILABLE				1
<p>Bricks are available. For a \$100.00 donation you can have a brick engraved with your name, and placed in the front entrance walkway of the Senior Center. A brick would also be a nice gift for someone, or as a memorial to a loved one who has passed away. If you would like to know more, call Weyland Prebor, 828-659-0823. The proceeds go to the Building Renovation Fund.</p> 				<p>10:30-11:30 Chair Exercise</p>
<p>CLOSED 4</p> 	5	6	7	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>	<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>9:00-10:00 "Plastic Canvas" Class 9:30-10:30 J.A.M Exercise 10:30-11:30 Chair Exercise</p>	<p>10:30-11:30 Chair Exercise 1:00 Storytelling with Sherry Lovett</p>
11	12	13	14	15
<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>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>9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Genealogy 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing <u>1:30-3:30 Vaya Health</u></p>	<p>9:00-10:00 "Plastic Canvas" Class 9:30-10:30 J.A.M Exercise 10:30-11:30 Chair Exercise</p>	<p>10:30-11:30 Chair Exercise 10:30-11:30 Let's Get Crafty</p>
18	19	20	21	22
<p>9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing</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>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>9:00-10:00 "Plastic Canvas" Class 9:30-10:30 J.A.M Exercise 10:30-11:30 Chair Exercise</p>	<p>10:30-11:30 Chair Exercise</p>
25	26	27	28	29
<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>9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 10:30-11:30 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</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>9:00-10:00 "Plastic Canvas" Class 9:30-10:30 J.A.M Exercise 9:00-11:30 Fun & Games 10:30-11:30 Chair Exercise</p>	<p>10:30-11:30 Chair Exercise 10:30-11:30 Variety Hour</p>

OLD FORT NUTRITION SITE

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

Phone: 668-4867

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BRICKS AVAILABLE</p> <p>If you are thinking of a gift in memory of someone dear, or a memorial to a loved one who has passed away, or you can have your own name put on a brick which will be placed at the front of the Old Fort center for everyone to see for a \$100.00 donation. See Cheryl Woody or call 668-4867 for more information.</p> 				1
4 CLOSED 	5	6	7	8
	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 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 12:15-3:45 Card Fun & Games	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 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 12:15-3:45 Card Fun & Games	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb 2:00 Book Club with Rita Silvers	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
25	26	27	28	29
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 12:15-3:45 Card Fun & Games	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb	8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises

SEPTEMBER 2023

For Home Delivered Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu items are subject to change due to availability</p>	<p><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>	<p><u>Nutrition Site</u> <u>Beverages</u>  Whole Milk Skim Milk Tea  Coffee </p>		<p>1 Chicken Salad Potato Salad Lettuce & Tomato Sliced Bread Granola Bar</p>
<p>CLOSED 4 </p>	<p>5 Angus Burger w/Cheese & Chili Cole Slaw Tater Tots Watermelon</p>	<p>6 Macaroni & Cheese Cold Country Tomatoes California Blend Cornbread Applesauce</p>	<p>7 Kielbasa w/Sauerkraut Mixed Vegetables Au Gratin Potatoes Roll Jell-O</p>	<p>8 Oven Baked Chicken Summer Slaw Mashed Potatoes Biscuit Cobbler</p>
<p>11 BBQ Riblets Baked Beans Assorted Juice Hushpuppies Cookie</p>	<p>12 Santa Fe Chicken Broccoli Florets Creamy Cucumber Salad Parslied Potatoes Biscuit Pudding</p>	<p>13 Sloppy Joe w/ Turkey Meat & Bun Green Beans Cole slaw Pineapple Upside Down Cake</p>	<p>14 Sweet & Sour Chicken w/ Sauce Oriental Slaw Glazed Carrots White Rice Fortune Cookie</p>	<p>15 Chef Salad Tropical Fruit Macaroni Salad Crackers Nutter Butter</p>
<p>18 Turkey Dog w/Bun Chili Pork & Beans Chips Cookie</p>	<p>19 Popcorn Shrimp Cole Slaw Peas & Carrots Hushpuppies Fresh Fruit</p>	<p>20 Teriyaki Chicken Broccoli Spears Fried Rice Pudding</p>	<p>21 Pork Loin Broccoli Salad Mashed Potatoes Roll Diced Pears</p>	<p>22 Breakfast Plate w/ Scrambled Eggs & Sausage Links Assorted Juice Biscuit & Gravy Mixed Fruit</p>
<p>25 Chicken Enchiladas Refried Beans Spanish Rice Cinnamon Twist</p>	<p>26 Baked Ziti w/Turkey Meat Green Beans Tossed Salad Garlic Knot Brownie</p>	<p>27 BBQ Pork w/ Bun Cole Slaw Baked Beans Chips Fig Bar</p>	<p>28 Chicken Alfredo California Blend Garlic Knot Fresh Fruit</p>	<p>29 Steak Fingers w/ White Gravy Peas Au Gratin Potatoes Biscuit Granola Bar</p>

Do you have concerns about falling?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many people living with Parkinson's disease experience concerns about falling and restrict their activities. A Matter of Balance for Parkinson's is a pilot workshop translated from A Matter of Balance: Managing Concerns about Falls©.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- understand PD-specific falls risk factors
- exercise to increase strength and balance

WHO SHOULD ATTEND?

Anyone living with Parkinson's disease and their care partner who:

- are concerned about falls
- are interested in improving balance, flexibility and strength
- has fallen in the past
- has restricted activities because of falling concerns

McDowell Senior Center
100 Spaulding Rd
Marion, NC 28752

**Mondays and
Wednesdays**
Oct. 16- Nov. 13
1 to 3 pm

Classes are held twice a week
for 4 weeks for 2 hours each

Program is free

For more information or to
register, please call:

828- 659-0821

A Matter of Balance: Managing Concerns about Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



The Program of Comprehensive Assistance for Family Caregivers

We recognize the important role of family caregivers in supporting the health and wellness of Veterans. Find out if you may be eligible and how to apply for the Program of Comprehensive Assistance for Family Caregivers (PCAFC).

Family caregivers of eligible Veterans of all eras can now apply

As of **October 1, 2022**, this program is now open to family caregivers of eligible Veterans of all eras. This includes eligible Veterans who served after May 7, 1975, and before September 11, 2001.

Family caregivers of eligible Veterans of all eras can now apply.

Am I eligible for the Program of Comprehensive Assistance for Family Caregivers?

You may be eligible if you and the Veteran you're caring for meet all of these requirements.

Eligibility requirements for the family caregiver

You must be at least 18 years old. And at least 1 of these must be true for you:

- You're a spouse, son, daughter, parent, stepfamily member, or extended family member of the Veteran, **or**
- You live full time with the Veteran, or you're willing to live full time with the Veteran if we designate you as a family caregiver

Eligibility requirements for the Veteran

All of these must be true for the Veteran you're caring for:

- The Veteran has a VA disability (individual or combined) of **70% or higher, and**

- The Veteran was discharged from the U.S. military or has a date of medical discharge, **and**

- The Veteran needs at least 6 months of continuous, in-person personal care services

What are personal care services?

These are services the eligible Veteran needs from another person. They include care or assistance to support the Veteran's:

- Health and well-being
- Everyday personal needs (like feeding, bathing, and dressing)
- Safety, protection, or instruction in their daily living environment

How many caregivers can the eligible Veteran appoint?

The Veteran can appoint:

- **1 Primary Family Caregiver** (the main caregiver), and
- **Up to 2 Secondary Family Caregivers** (people who serve as backup support to the primary caregiver when needed)

Eligible Primary and Secondary Family Caregivers can receive:

- Caregiver education and training
- Mental health counseling
- Travel, lodging, and financial assistance when traveling with the Veteran to receive care

Eligible Primary Family Caregivers may also receive:

- A monthly stipend (payment)
- Access to health care benefits through the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)—if you don't already qualify for care or services under another health care plan

- At least 30 days per year of respite care for the Veteran

How do I apply for this program?

You and the Veteran will need to apply together and participate in an application process to determine if you're eligible for the Program of Comprehensive Assistance for Family Caregivers. You'll both need to sign and date the application, and answer all questions for your role.

Note: Each time the Veteran wants to add a new family caregiver, the Veteran and the new caregiver will need to submit a new application. Remember, there can only be 1 Primary and up to 2 Secondary Family Caregivers designated at any one time.

You can also apply by mail. Fill out a joint Application for the Program of Comprehensive Assistance for Family Caregivers (VA Form 10-10CG). Mail the form and any supporting documents to:

Program of Comprehensive Assistance for Family Caregivers Health Eligibility Center
2957 Clairmont Road NE, Suite 200
Atlanta, GA 30329-1647

To apply in person contact the McDowell County Veterans Service office at 828-659-0833.

Please don't send medical records along with your application. We'll follow up after we receive your application. If you need help with completing the application or if you'd like to check the status of your application, call us at [855-488-8440](tel:855-488-8440), option 3. We're available Monday through Friday, 8:30 a.m. to 5:00 p.m. ET

What if the Veteran I'm caring for doesn't meet the eligibility criteria for this program?

Family caregivers of Veterans who aren't eligible for this program may still be able to get support and resources.

Continued on next page

Continued from previous page

The VA Caregiver Support Program consists of 2 programs: this Program of Comprehensive Assistance for Family Caregivers (PCAFC) and another program called the Program of General Caregiver Support Services (PGCSS). To learn more, you can:

- Call the Caregiver Support Line at [855-260-3274](tel:855-260-3274), Monday through Friday, 8:00 a.m. to 10:00 p.m. ET, and Saturday, 8:00 a.m. to 5:00 p.m. ET
- Discuss your options with your local Caregiver Support Coordinator (CSC)

What if the Veteran isn't enrolled in VA health care yet?

If the Veteran isn't yet enrolled in VA health care, or is on active duty and undergoing a medical discharge, they'll first need to apply for VA health care benefits (VA Form 10-10EZ).



FOOTHILLS REGIONAL COMMISSION AREA AGENCY ON AGING

The Commission serves as the Area Agency on Aging (AAA) for Region C which includes the (4) counties of: Rutherford, Polk, McDowell, and Cleveland. Their goal is to help advocate, coordinate, plan, educate and provide services to and for seniors.

HOME & COMMUNITY CARE BLOCK GRANT (HCCBG): The HCCBG combines federal and state funding to support home and community based care for older adults. Services available in Region C include: Adult Day Care, Care

Management, Congregate Nutrition, Health Promotion & Disease Prevention, Senior Center Operations, Transportation, Home Delivered Meals, Housing & Home Improvement, In-Home Aide, and Legal Services.

OPTIONS CONSELING

PROGRAM: This program assists older adults, persons with disabilities, caregivers/family members explore available aging/disability services and supports in the community using an interactive decision-support process.

FAMILY CAREGIVER SUPPORT

SPECIALIST: This service provides information and assistance on resources in the community that are available for caregivers. For example contracting with agencies in the community to provide respite services. To be eligible for these funds the caregiver must be providing unpaid care to a person 60 or old with functional disabilities. There is also services for persons 60 and older who are the primary caregiver for a child 18 and younger through the "Grandparents Raising Grandchildren Program."

REGIONAL LONG TERM

OMBUDSMAN: The Ombudsman's role is to advocate for residents living in long term care facilities. They also assist in answering questions residents, family, or facilities may have, offer training with facilities, and assist in conflict, resolution between residents and providers.

LOCAL CONTACT AGENCY:

Provides assistance to residents that have stated they are interested in returning home. Staff works with resident and the nursing home to discuss options for transitioning to the community and offering contact information that may help with the transition.

EVIDENCE BASED HEALTH MANAGEMENT PROGRAMS:

Provides workshops to help improve a person's confidence in their health and learn the many ways chronic health conditions impact a person's life. These workshops are 2 1/2 hours

long, one day a week, for 6 weeks. Examples of workshops include:
* Living Healthy with Chronic Disease * Living Healthy with Chronic Pain * Living Healthy with Diabetes * Powerful Tools for Caregiving * Tai Chi for Arthritis & Fall Prevention * A Matter of Balance

If you have any questions, please contact the Foothills Regional Commission Area Agency on Aging at **828-287-2281**. Their physical address is 111 West Court Street in Rutherfordton.



Let's play

BINGO

September

6th & 20th

10:15 am

Dining Room

Door Prizes will be supplied



McDowell Seniors Present...

"Spectacular Holiday Getaway to Myrtle Beach, S.C."



November 13-15, 2023

Christmas is truly "The most Wonderful Time of the Year" and we invite you to join us for a fantastic full filled three-day getaway to the beautiful Grand Strand of South Carolina. Christmas time will soon be here and that means it's time to get into the holiday spirit with lots of fun shows, shopping, and delicious meals.

Tour Highlights Include:

- ✓ **Roundtrip Transportation** by late model motorcoach.
- ✓ **Two nights first class oceanfront accommodations** at the beautiful Sea Mist Resort
*Roundtrip baggage handling.
- ✓ **Two full American Breakfasts.**
- ✓ **One "all you can eat" seafood dinner** at the award-winning Giant Crab Calabash Seafood Buffet.
- ✓ **Three Fabulous Christmas Shows....**
- ✓ **The South's Grandest Christmas Show** at the Alabama Theatre.
- ✓ **Holiday Spectacular Christmas Show** at Legends in Concert Theatre.
- ✓ **"Fantasea" Holiday Show...** featuring some of the best performers from the entire Myrtle Beach area, plus lots of giveaways, (this is everyone's favorite!)
- ✓ **Christmas Shopping** at Tanger Outlets & other specialty shops "as time allows".
- ✓ **Free Time** to enjoy the beach and the amenities of the beautiful Sea Mist Resort.



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

\$419 Double \$409 Triple \$399 Quad \$529 Single

Tour requires a \$50.00 deposit to hold reservations with

Deadline for final payment will be October 20th.

We will depart from Walmart parking lot in Marion at 7:00 a.m. on November 13th.

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

NarrowWay Productions Presents

The Real Christmas Story

We invite you to join the McDowell Seniors for an exciting one-day holiday getaway to NarrowWay Theater in Fort Mill, SC, to see one of the most spectacular and inspiring Christmas productions ever.

This is truly the "most wonderful time of the year" and what better way to get in the true Christmas spirit than on a tour with your friends!

See your favorite Christmas scenes, hear your favorite Christmas songs, then watch in awe-stricken wonder as NarrowWay re-creates "The Real Christmas Story"!

Saturday, December 9th, 2023

The Real Christmas Story

features a cast of dozens of actors and singers. We'll be amazed at how many talented people and live animals that are part of this production. NarrowWay is known as the premier Christian Dinner Theatre of the south and we'll understand why after seeing this great show.



We'll enjoy a delicious, themed style lunch prior to the show that will feature moist baked turkey, southern style dressing, cranberry sauce, creamy mashed potatoes, green beans, warm dinner roll, pumpkin roll cake for dessert and ice-tea or water!

Special Price per person only \$89.00

We'll Depart Wal Mart in Marion at 9:15am & return at app. 6:00pm

Includes Roundtrip: Transportation, Reserved seats to the performance and lunch.

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



Travel arrangements by Toney Tours, LLC Bostic, NC 28018

SEPTEMBER BIRTHDAYS

MARION

Julie Hochfelder 1
 Teddie Lail 5
 Charles Barrier 7
 Pat Sumlin 8
 Gail Harris 10
 Ruth Laws 13
 Diana Beam 14
 Cathy Comar 14
 Yvonne Robinson 14
 Mary Henline 15
 Deondrea Becker 17



James Ramsey 20
 James Tanner 20
 Betty McElrath 25
 Gene Venton 26
 Wanda Calderin 27
 Gladys Poteat 27
 Dolores Wamack 28
 Clifford Poteat 30

OLD FORT

Irene Wright 3
 Phillip Buchanan 4
 Brenda Parks 4
 Douglas Jenkins 5
 Doris Farmer 7
 Ronald Nodine 8
 James Taylor 10
 Glenda Griffin 11
 Alvin Lunsford 12

**MCDOWELL COUNTY
 SENIOR CENTER**
 100 Spaulding Road
 Marion N.C. 28752

Phone: 828-659-0821
Weyland Prebor, Director

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 Carey Woody

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

Labor Day

N R M U Y Z H M N N L B R Y Z L B T Q X M W N M
 E D G B S E N C N A I D R O P N M S D C H W L C
 D O V M K S T X S C A R P E N T E R S O S S L P
 T H Q C R E G P Z C K F W L F W F E X H T O U M
 N G C Q Z C S Q C K V D A H G S K L E M Y Y W U
 E E A J O R H H C V Z B X D X R E Z N T F S V N
 M R O Y D E H N H C O E R Z R A C Z L H G I T I
 N I B X A A X A O R J O O S G E Z U G A Z F K C
 R U W U B R W V Z A W V L O O Y R P V Z B L F I
 E G Y W C Y J N M R S J P R L C Z B P R O I T P
 V C D D D O M O H R Y S J J Z M F Z O C H O G A
 O M H L I Z V J D A L Y O S Z J P T A T F R C L
 G K W N L E L F D W M F V C F O H L Q H H D V D
 D M E A M D A V J E Y G O A I E C S Y M A V F J
 X R S E Z T R O C P K A P U R A A Z A A Q S Y O
 S F N S O B E K K C Y U D H N M T C B Y T B A E
 O T A E C J N C C A B W O N H D H I G S Q C D M
 W L C P P A E E T L I O F S O I E S O G L M I E
 S F I T W T G A I E D L H G N M W R T N I R L T
 M G R E T Q I C I O M I P I L R E X L R Q R O Y
 S O E M J D G D O Y C N S D E P O L E V E D H Y
 X Y M B Y Q U E K D O T W H O L I G Z O L F W R
 O G A E A B R F N D S M M Z E E Z D U D U W H P
 L I P R D B Z S T S R I F O G F X X I J Y T F G

september	machinists	association	carpenters	joiners
local	brotherhood	mcguire	years	secreary
general	founder	developed	ordiancnes	municipal
government	movement	american	first	monday
holiday	public	day	labor	puzzle
word				



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 Craft
 with Peggy Dale

September 15th
 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. Lewd

Hidden Word Search Answers

