



FOCUS

JANUARY 2026



THE SENIOR CENTER FRONT DESK
PRIOR TO YOUR APPOINTMENT
AND COMPLETE THE FORM IN
IT'S ENTIRETY.



❄ Winter Wellness for Seniors

Free AARP Tax preparation will take place from February 3, 2026 to April 2, 2026 (last day for intake).

Appointments this year will be made via a program called Google Voice. Beginning January 5, 2026 please call 828-583-0019. You MUST leave a message with your name and phone number to receive a call back to schedule an appointment. Please note that the call back will be from 828-583-0019, be sure to answer as this is the only way of making an appointment.

The Senior Center is not making appointments this year for tax preparation.

After you have made the appointment for tax preparation, you will pick up your tax packet at the Senior Center front desk. Tax packets will not be available for pick up until the second or third week of January due to IRS delays.

The drop off procedure will be in place again this season, requiring you to bring your tax information into the tax prep room at your scheduled morning time, and you will pick it up the following week in the same location at the scheduled afternoon time, unless more information is needed to complete the return.

YOU ARE REQUIRED TO PICK UP YOUR INTAKE PACKET AT

PLEASE READ THE INFORMATION IN YOUR NEW ENVELOPE REGARDING ALL FORMS NEEDED FOR TAX PREPARATION THAT APPLY TO YOU.

PLEASE BE ADVISED: We can not prepare returns that involve cryptocurrency, the sale of inherited property, or rental income other than land (example signs/crop).

The following are **MANDATORY ITEMS** you need to bring:

- LAST YEAR'S TAX RETURN
- DRIVERS LICENSE OR OTHER FORM OF ID FOR EACH ADULT ON THE RETURN
- SOCIAL SECURITY CARD FOR EACH PERSON ON THE RETURN
- BANKING INFORMATION FOR DIRECT DEPOSIT OF ANY REFUND

IF YOUR RETURN WAS COMPLETED HERE AT THE CENTER LAST YEAR, CHECK THAT TAX PACKET FOR COPIES OF THESE ITEMS.

IF YOU CANNOT KEEP YOUR APPOINTMENT, PLEASE BE COURTEOUS AND CALL 828-583-0019 TO CANCEL.

Winter can be a beautiful season, but for many seniors, winter's chill can bring extra health challenges. With shorter days, chilly temperatures, and the risk of cold and flu season, it is important to take extra steps to protect your well-being. Here are a few simple ways to stay healthy, active and uplifted this winter:

- **Stay Active:** Light indoor exercise boosts strength and mood.
- **Eat Well:** Warm, nutrient-rich meals support immunity.
- **Hydrate:** Drink water or herbal tea.
- **Bundle Up:** Layer clothing and wear non-slip shoes outdoors.
- **Stay Connected:** Brighten days with sunlight, music, and friendly chats.
- **Schedule Health Check-Ins:** Schedule regular doctor visits, flu shots, and medication reviews.

With a little care, winter can be cozy, healthy, and joyful. Stay warm and stay safe this winter!



THE BUZZZ OF MARION

Several people need your thoughts and prayers. Judy Randall fell going down her stairs to catch the bus and broke her wrist. Peggy Payne fell in the dining room on December 11th and broke her left wrist and right shoulder. Judy and Peggy are now recovering in a rehabilitation facility.

Charles Davis and Rodney Renfro are having back issues. Charles will be having surgery in January.

We are glad to have Dot McCall and Bonnie Autrey back at the center. Both of them fell at home and cracked their tailbones. Dot said that she is still having issues and will be going back to the doctor.

We have been having a lot of injuries from falls. This time of year we are all a little crazy and in a hurry. Please remember to slow down and watch for ice. Falls can happen so fast and our old bones don't handle them well.

Marybelle and her crew put on a great Christmas concert. Thank you for all that you do to keep us entertained.

Please remember that we have a note pad up front for anything you want to put in the buzzz.

By Teresa Gentry and Cathy Laws

Guess the Definition

Celadon

1. light green
2. lighting
3. artwork

Answer is on the back page.



The McDowell Senior Center Dementia Support Group at the McDowell Senior Center will meet on Thursday, January 15 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 January, the group will learn more about Medicare and related insurances and how they can help a family member with dementia. The discussion aims to empower caregivers with information to make informed decisions for their loved ones.

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.



Riddles:

1. What can you catch but not throw?
2. What word in the dictionary is spelled incorrectly?
3. Spelled forward I'm what you do everyday, spelled backward I'm something you hate. What am I?
4. What do you buy to eat but never consume?
5. Why did the pony ask for a drink of water?

Answers are on the back page.

THE BUZZZ OF OLD FORT

The month of December was delightful for us. We spent time with loved ones, celebrated the holidays, and enjoyed Christmas activities together.

The "Just for Fun Players" entertained us, we played Christmas Jeopardy and Christmas Bingo, had a fun sing-along with Lee Silver and Rayburn Davis, participated in an ugly Christmas sweater contest, had a party and music with Mike Starnes, and even had a visit from Santa. Thanks again, Brenda Monosso, for getting all the fun activities together for us. Also, thank you to all the kitchen staff for the great meals and treats you prepared for us during this special season.

Our hearts and prayers go out to the family of Walter Hensley and Cora Johnson. They will be missed. Also, remember Cathy Herron and Joe Stroud. They have been in the hospital and are now recovering at home.

We truly miss seeing everyone that hasn't been able to be here and are excited for the chance to reconnect in 2026. Your presence makes our community special, and we look forward to welcoming you back. "Happy New Year to all!"

By Cheryl Woody & Carey Woody



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.	<u>Nutrition Site</u> <u>Beverages</u> Whole / Skim Milk Tea Coffee   	Menu items are subject to change due to availability * Cong.- Congregate * HDM - Home Delivered Meals	CLOSED 1 	2 BBQ Pork Cole Slaw Juice Baked Beans Cookie
5 Baked Spaghetti Tossed Salad Buttered Peas Garlic Knot Lemon Pudding	6 BBQ Chicken Breast Fried Yellow Squash Dilled Potatoes Cheese Biscuit Fruit Cup	7 Beef Stew w/ Baby Carrots, Green Peas, Onion, Celery, Tomatoes, and Potatoes Cornbread Apple Crisp	8 Baked Chicken Breast Fillet w/Mushroom Gravy Vegetable Medley Cornbread Dressing Roll Jell-O	9 Ham Green Beans Assorted Juices Cut Yams Roll Cookie
12 Cheeseburger w/Chili Cole Slaw French Fries Brownie	13 Baked Parmesan Chicken Breast Carrots Rice Pilaf Biscuit Baked Sliced Apples	14 Pinto Beans w/Onions Turnip Greens Diced Potatoes Cornbread Fruit Cup	15 Chicken Tenders Tossed Salad Baby Lima Beans Roll Pudding	16 Oven Fried Fish w/Tartar Sauce Cole Slaw Fresh Orange Baby Bakers Cornbread Cookie
CLOSED 19 Martin Luther  ★★★★★ King Jr. Day	20 Taco Pie w/Taco Meat, Cheddar Cheese, Lettuce, & Tomatoes Spanish Rice Tortilla Chips Fruit Cocktail	21 Teriyaki Pork Asian Vegetables Tropical Fruit Rice Egg Roll Fortune Cookie	22 Kielbasa Sauerkraut 5 Way Vegetables Fruit Juice Mac & Cheese Cornbread Cookie	23 Baked Macaroni & Cheese w/Hamburger Meat Cold Country Tomatoes Broccoli Spears Cornbread Cake
26 Baked Chicken Breast Fillet Sandwich Lettuce, Tomatoes, & Pickles Tater Tots Peach Cobbler	27 Salisbury Steak w/ Brown Gravy Peas & Carrots Mashed Potatoes Biscuit Diced Pears	28 Sliced Ham Green Beans Cut Sweet Potatoes Roll Jell-O	29 Chicken Marinara over Pasta Tossed Salad Garlic Knot Hot Sliced Apples	30 Chili w/Beans Green Peas Cole Slaw Cornbread Pineapple Tidbits

JANUARY 2026
MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>CLOSED 1</p> 	<p>2</p> <p>10:30-11:30 Chair Exercise</p>
<p>5</p> <p>9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle</p>	<p>6</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>7</p> <p>9:00-12:00 Quilting 9:30 Yoga Class 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering</p>	<p>8</p> <p>9:00-10:00 Crochet Class 10:15 BINGO 10:30-11:30 Chair Exercise</p>	<p>9</p> <p>10:30-11:30 Chair Exercise</p>
<p>12</p> <p>9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Parkinson's Support Group</p>	<p>13</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 5:15-7:00 TAPS Care Group 6:00-7:00 Beginner Line Dance</p>	<p>14</p> <p>9:00-12:00 Quilting 9:30 Yoga Class 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering 1:30-2:30 Vaya Health</p>	<p>15</p> <p>9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise 1:00-2:30 Dementia Support Group</p>	<p>16</p> <p>9:30-11:30 Craft Class 10:30-11:30 Chair Exercise</p>
<p>CLOSED 19</p> 	<p>20</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>21</p> <p>9:00-12:00 Quilting 9:30 Yoga Class 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering</p>	<p>22</p> <p>9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise</p>	<p>23</p> <p>10:30-11:30 Chair Exercise</p>
<p>26</p> <p>9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing</p>	<p>27</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>28</p> <p>9:00-12:00 Quilting 9:30 Yoga Class 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering</p>	<p>29</p> <p>9:00-10:00 Crochet Class 10:15 BINGO 10:30-11:30 Chair Exercise</p>	<p>30</p> <p>10:00-11:30 Variety Hour 10:30-11:30 Chair Exercise</p>

Webinar Schedule 2026 Eastern Region

To Register:

Go to [Vayahealth.com/Calendar](https://vayahealth.com/Calendar)
Click on desired class to register.

For More Information:

Email: jeffrey.dula-brown@vayahealth.com
Or call: 828-225-2785 ext. 3346

Date	Time	Topic
January 9, 2026	10:00am-11:00am	Enriching Mental Health with Complimentary Treatments Part 1
January 9, 2026	11:15am-12:15pm	Enriching Mental Health with Complimentary Treatments Part 2
January 20, 2026	1:30pm-2:30pm	Enriching Mental Health with Complimentary Treatments Part 1
January 20, 2026	2:45pm-3:45pm	Enriching Mental Health with Complimentary Treatments Part 2
February 13, 2026	10:00am-11:00am	Facing the Emotional Challenges of Chronic Illness
February 13, 2026	11:15am-12:15pm	Personality Disorders: Reaction to Interaction
February 17, 2026	1:30pm-2:30pm	Facing the Emotional Challenges of Chronic Illness
February 17, 2026	2:45pm-3:45pm	Personality Disorders: Reaction to Interaction

Vaya Health Trainings 2026 Eastern Region

Open to the Public



Location:

McDowell Senior Center
100 Spaulding Road, Marion, NC 28752
Held the 2nd Wednesday of each month

To Register:




Go to [Vayahealth.com/Calendar](https://vayahealth.com/Calendar) or
call the McDowell Senior Center at 828-659-0821

Vaya Health's HEART serves: Alexander, Alleghany, Ashe, Avery, Buncombe, Caldwell, Cherokee, Clay, Graham, Harnett, Haywood, Henderson, Jackson, Johnston, Macon, Madison, McDowell, Mecklenburg, Mitchell, Polk, Rowan, Swain, Transylvania, Wake, Watauga, Wilkes, and Yancey counties.

Date	Time	Date	Time
Jan 14	(1:30pm-2:30pm)	Feb 11	(1:30pm-2:30pm)
Enriching Mental Health with Complimentary Treatments This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. Join us to explore topics from nutrition to mindfulness and many in between.		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 Education and Aging Resource Team. All HEART trainings are free and accredited through the NC Division of Health Service Regulation which awards one contact hour for each hour of training.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			CLOSED 1 	2 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
5 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	6 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol	7 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	8 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb	9 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
12 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	13 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol	14 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	15 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb	16 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
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26 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	27 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol	28 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	29 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb	30 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises

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.



Winter Weather Policy

When the weather is bad such as snow or icy conditions, you may call 828-659-0821 after 7:00 a.m. to hear about closings or delayed openings for the McDowell Senior Center and the A.C. Bud Hogan Community Center. The McDowell Senior Center's policy is to close when the school system closes due to weather and/or bad road conditions. If at all possible, please try to have extra (non-perishable) food on hand for such occasions.

Some examples are snack-sized canned goods (because they generally have pull top lids). Store extra water, crackers, granola bars, dried fruit, and trail mix.



Medicare Advantage Open Enrollment Ends March 31

From January 1, 2026 – March 31, 2026, if you are enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time. Your coverage will start the first day of the month after you ask to join the plan.

What can I do?

- If you are in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage).
- You can drop your Medicare Advantage Plan and return to Original Medicare. You will also be able to join a separate Medicare drug plan.

What can't I do?

- Switch from Original Medicare to a Medicare Advantage Plan.
- Join a Medicare drug plan if you are in Original Medicare.
- Switch from one Medicare drug plan to another if you are in Original Medicare.

Note: You can only switch plans once during this period.

If you need assistance changing your Medicare Advantage Plan during the Medicare Advantage Open Enrollment, you can find help locally at the McDowell Senior Center in Marion or the

A.C. Bud Hogan Community Center in Old Fort. We request that you fill out and return a SHI-IP Medicare Program Assistance & Information Contact Form available at the reception desk at both sites and our SHIIP counselors will contact you for an appointment.

You can also get help from North Carolina SHIIP, the Seniors' Health Insurance Information Program, by calling 1-855-408-1212, Monday through Friday, from 8 a.m. to 5 p.m. Or you can call 1-800-MEDICARE (1-800-633-4227) 24 hours a day, seven days a week, to find out more about your coverage options. TTY users should call 1-877-486-2048.

Additionally, visit www.medicare.gov and login into your Medicare account to compare your current coverage with all of the options available in your area and you can enroll in a new Medicare Advantage Plan or switch to a stand-alone drug plan if you decide to make a change.

McDowell Parkinson's Support Group (MPSG)

Monday January 12, 2026 1-3pm

Weyland Prebor, McDowell Senior Center Director will present the program "Medicare 101".

Please join us. All adults with Parkinson's or Parkinsonism and their caregivers are welcome. Refreshments will be served..

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

HAPPY



BIRTHDAY

MARION

Mary Burleson 3
Carroll Robinson 3
Sue Ramsey 5
Barbara McKinney 6
Richard Hayes 7
Martha Burleson 11
Calvin Byrd 11
Barbara Gautney 16
Jerry Ledford 16
Alma Mason 17
Herman Owensby 19
Clarice Postell 20

Bobbie Smith 21
Steven Roscoe 21
Nancy Buzby 23
Dan Davidson 25
David Byrd 26
Phillip Frady 26
Lisa Poole 27
Phillip White 31

OLD FORT

Nettie Stroud 1
Merrill Davis 4
Robin Bingham 5
Hazel Small 6
David Blackwelder 7
Florence Young 12
Carolyn Smith 13
Ronald Arnold 16
Reba Lytle 16

**MCDOWELL COUNTY
SENIOR CENTER**

100 Spaulding Road
Marion N.C. 28752

Phone: 828-659-0821

Weyland Prebor, Director

FOCUS

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Carey Woody

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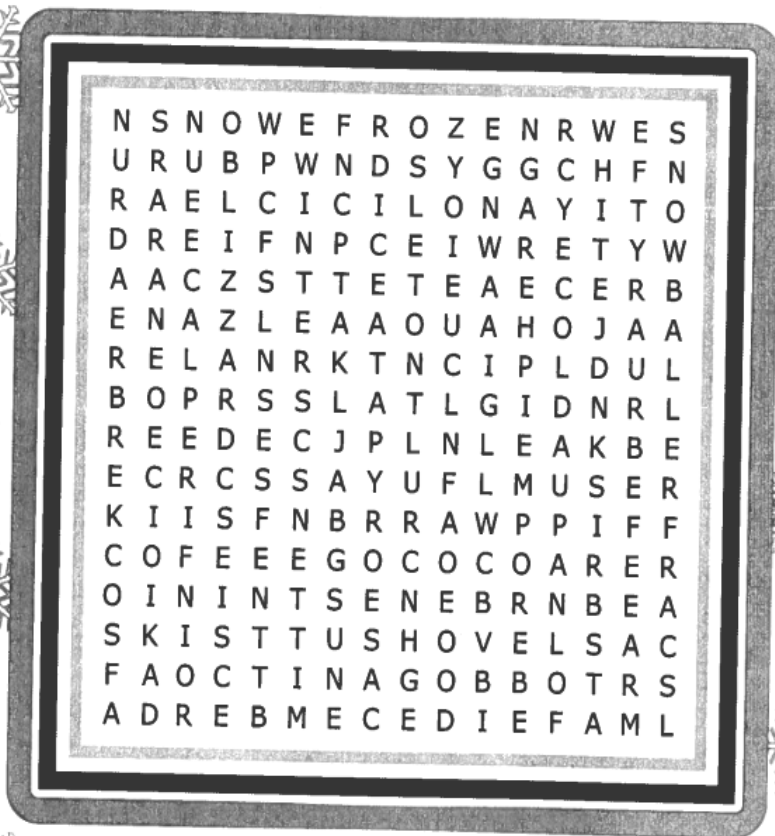
WEB:

www.mcdowellcountyseniorcenter.org

FAX: 828-652-8723

WINTER WORD SEARCH

Puzzle # : 5



Ice
Snowflakes
Cold
December
Frozen
Fireplace
Skis
Chilly

Winter
Snowman
Mittens
Snow
Blizzard
Shovel
Ice skating
January

Toboggan
White
February
Icicle
Frost
Cocoa
Snowball
Scarf



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

Let's Get Crafty

with Teresa

No supplies needed

January 16th

9:30am-11:30am



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

For more information see Brenda Monosso.

Riddle Answers:

1. A cold.
2. Incorrectly
3. Live
4. Cutlery
5. He was a little horse.



Guess the Definition Answer

1. light green