



NEWSLETTER

Ashe Senior Center

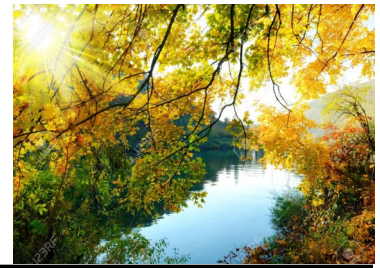
NC SENIOR CENTER OF EXCELLENCE

180 Chattyrob Lane

West Jefferson NC 28694

336-246-4347

Ashe Services for Aging is an equal opportunity employer and provider



November 2017



November is National Diabetes Month! Nearly 26 million children and adults in the United States have diabetes and the estimated cost for diagnosed diabetes is \$174 billion. For those who have diabetes, there are some important steps you can take to better understand, monitor, and manage diabetes. Step one is to learn about diabetes. Step two is to know your diabetes ABC's. Step three is to learn how to live with diabetes, and step four is to get routine care to stay healthy. Things to remember: Help your health care team make a diabetes care plan that will work for you and learn to make wise choices for your diabetes care each day.



Annual Senior Center Christmas Bazaar: The Christmas Bazaar will be held on Thursday and Friday, November 16th and 17th from 8:00 am until 6:00 pm. This will be a great opportunity to do some Christmas shopping plus enjoy some wonderful baked goods that will be available. We would also like to invite vendors to set up and sell their items. We will ask 20% of the selling price for our commission.

There is no charge for items not sold. If you or anyone you know would like to have a vendor spot, please stop by the Senior Center to get the forms that are needed. Vendors will set up on Wednesday afternoon from 2:00 pm until 5:00 pm. All proceeds will go toward Senior Center participants for Christmas.

Daylight Savings Time is on Sunday, November 5th. Don't forget to turn your clocks back an hour!



Medicare Part D Open Enrollment!

If you have not checked on your Medicare Part D plan yet, now is the time to do so. Open Enrollment started October 15th and will end

December 7th. It is always a good idea to have your Medicare Part D plan checked each year to make sure it will cover your medications for the year 2018. There is still time and this may save you money next year. To make an appointment, please call the Senior Center.



The AARP Driver Safety Course

will be offered at the senior center on Tuesday, November 14th from 1:00 pm until 5:00 pm. This course is specifically designed for drivers age 50 and older. The class will cover safe driving strategies, information on the effects of medication and driving, preventive measures to reduce driver distractions, Proper use of seat belts, air bags, anti-lock brakes, new technology found in cars today and much more. The cost will be \$15.00 for AARP members and \$20.00 for those who are not members. For more information or to sign up, please call the senior center at 336-246-4347.



Upcoming Trips!

The senior center will be taking a trip to the Wohdfhart Haus Dinner Theatre to see "A Christmas Show" on Friday, November 17th. We will leave the senior center at 10:00 am. The cost is \$56.00 and there are still a couple spaces available. The senior center will also be taking a trip to Hamricks in Winston on Tuesday, December 5th. The cost is \$15.00 per person. We will leave the senior center at 9:00 am. If you are interested in either of the trips, please sign up at the senior center or by calling 336-246-4347.



Veterans Day:

On November 10, 2017, the Senior Center will be closed to celebrate Veterans Day. We will honor our veteran's on Wednesday, November 8th at 12 Noon. Please remember to make a special effort to thank our veterans for their service to our country! May they be blessed on Veterans Day and every day!



The Senior Center will be closed to celebrate Thanksgiving on Thursday and Friday, November 23rd and 24th. Hope your Thanksgiving is wonderful and full of blessings.