



NEWSLETTER

Ashe Senior Center
NC SENIOR CENTER OF EXCELLENCE
180 Chattyrob Lane
West Jefferson NC 28694



MAY 2018



May is Older Americans Month. This is an annual event dating back to 1963 when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month honoring older Americans and celebrating their contributions to our communities and our nation. The national theme for this year's Older American Month celebration is: Engage at Every Age. **To celebrate, the Senior Center will be holding many activities. We will be holding a Health Fair on Wednesday, May 23rd from 9:00 am until 2:00 pm at no cost to you. The West Jefferson's Lions Club will have the Vision and Hearing Van with free screenings here and there will be free blood pressure checks also. We will also have booths with lots of good information for older adults. Those who attend will have the opportunity to win a door prize as well.**



Senior Center Auction! The senior center will be holding an auction fundraiser on Saturday, May 19th from 2:00 pm until 5:00 pm. The auction will include a wide variety of items from an Ashe County Piece maker quilt, to paintings, to gift cards from local businesses to furniture and to homemade cakes and pies. We will have hotdogs, chips and drinks for purchase as well. Please join us in supporting your local senior center! All monies raised will go back into senior center activities.



The 29th Annual High Country Senior Games begin May 1st and will run through June 15th. The games serve over 200 residents in the High Country who are 50 years of age or older. Seniors can compete in more than 65 sporting events along with the Silver Arts as well. There is still time to register. You can get more information, registration forms and schedule of events at the Senior Center front desk.



Life Line Screening at the Senior Center! Life Line is a preventative screening that may identify health problems early enough for your physician to take action. There will be five screenings offered that includes: Stroke/Carotid Artery, Heart Rhythm, Abdominal Aortic Aneurysm, Peripheral Arterial Disease, and Osteoporosis Risk. You can choose one screening or all. The Life Line Screening will be held on Tuesday, May 15th. Pre-registration is required and you will need to call: 1-877-754-9648 to make an appointment. For more information call the senior center at 336-246-4347.



"Bingo with Terry" will be held on Friday, May 25th from 10:00 am until 12 Noon. There will be lots of prizes to win and a good time to have!

Memorial Day will be observed on Monday, May 28th, 2018. The Senior Center will be closed. Let a veteran know how much they are appreciated for their service!



The Senior Health & Fitness Day will be held at the Senior Center on Wednesday, May 30th from 10-12 Noon. Many activities will be available to enjoy such as the fun walk, horse shoes, shuffleboard, croquet, badminton, and more. We will have healthy snacks and water for everyone. Please join us in celebrating Senior Health & Fitness Day!

The Senior Center will hold a Virtual Dementia Tour! The Virtual Dementia Tour® (VDT®) is a scientifically proven method that builds sensitivity and awareness in individuals caring for those with dementia by temporarily altering participants' physical and sensory abilities. This evidenced-based program simulates changes associated with cognitive decline. Geriatric specialist, P.K. Beville authored and invented the VDT. This patented program offers hope by providing practical ways to create an environment that supports the disease and increases understanding. The tour will be held at the Senior Center, in partnership with Caldwell Hospice and Second Wind Dreams, on Thursday, May 17th from 1:00 pm until 3:00 pm. If you are interested in taking the tour, please contact the senior center by calling 336-246-4347 or stopping by.

Mother's Day: Sunday, May 13th