

# **RANDOLPH COUNTY SENIOR CENTER NOVEMBER 2018 NEWSLETTER**

5th St. & Railroad Ave. | P.O. Box 727, Elkins, WV | 304-636-4747

<https://www.randolphcountyseniorcenter.com/>

**GET WELL WISHES: Richard Dye, Jim Ferguson and Janice Bennett.**

**REGULAR DONATIONS: Wayside United Methodist Church.**

**NEW MEMBERS: Kenneth Corley, Katherine and David Arbaugh, Albert and Patty Fordyce, Arthur W. White, Ronald and Debra Bennett, Pamela Sniderhan.**

**ARTICLE DONATIONS: Herman and Betty Conrad, Lydia Taylor and Ray LaMora, Norma Vandevender, Estate of Richard M. Varchetto.**

**MEMORIAL DONATIONS:**

**SYMPATHY TO THE FAMILIES WHO HAVE LOST LOVED ONES: Thomas Hensil, Anna Mae Weese, Paul Gilkerson, Halene Sponaugle Ogden, Mable Fulton, Linda Nelson, Zan White, Jo Ann Conway, Connie Purdum, Harold Weese, Robert Joe and Virginia Harman, James & Janet Harman, Jack and Sandy Harman, Ettie Grey, Harold and Norma Thompson.**

**SYMPATHY TO THE FAMILIES OF: Robert "Rob" William Ray, Janet Rae Currence Hensil, Cheryl "Sherry" Darlene Gilkerson, Custer S. "Strat" Ogden, Jr., Margaret Warner Hoover, Jack Owen Mahoney, Sarah Lee Workman White, Charles Stephen Purdum and Richard M. Varchetto, Faye Ellen Corder Moore, Junior Wegman, Erda May Harman Weese, Velma G.G. Elizabeth Cooper, Bessie Pearl Ross, Jack Messer.**



**A RIDE FOR EVERYONE**

**304-636-6472**

**1-877-636-6472**



## **Welcome to Country Roads Transit (CRT)**

Hop on Country Roads Transit to get around town. Our public transportation service is open to everyone in Upshur and Randolph counties. And it's easy. You can meet us anywhere along our route—for just \$1.25 one-way. Or, if you need a special pick-up or drop-off, call us a day ahead and we'll come to you. Country Roads Transit runs Monday through Friday, 8 a.m. and 4 p.m. We make 7 loops throughout Elkins during the day—a loop every 60 minutes (times may vary depending on weather and traffic). All our transit vehicles are wheelchair lift equipped and accessible to individuals with disabilities. You can visit us and check schedules online or on your mobile phone at [www.countryroadstransit.com](http://www.countryroadstransit.com).

**November Van Schedule**

November 5th: Harman, Job, Whitmer, Bowden

November 19th: Harman, Job, Whitmer, Bowden

### **Getting to Know CRT: Partnerships**

Did you know that Country Roads Transit has partnerships with multiple community agencies within both Randolph and Upshur Counties? One example is our partnership with the Randolph County Housing Authority that manages the Youth Build Program.

The goal of Youth Build is to give young adults the tools to get a good job and keep it. Youth Build works to develop the capacity of young adults to be responsible members of their families and communities by strengthening educational backgrounds, teaching marketable skills and entrepreneurship, and instilling leadership values that relate to home, work and community.

Country Roads Transit provides transportation to the students enrolled in this program. Daily, Country Roads Transit transports Youth Build students from their homes to the classroom and provides transportation to the students for their charity work within the Elkins community such as Catholic Charities and the Randolph County Humane Society.

**Getting to Know CRT: Fun Fact-** Route deviation and demand response services are available in selected areas of Randolph County. Anyone can use this service, but you must make a reservation 24 hour in advance. Call 304-636-6472 for more details.

There are four options:

Fare Zone 1 : \$2.50 : Anywhere within city limits or within  $\frac{3}{4}$  mile off our regular route

Fare Zone 2: \$3.75: Up to 15 miles outside of the Elkins city limits

Fare Zone 3: \$6.25: Between 15 and 25 miles of Elkins city limits is \$6.25

Fare Zone 4: \$10.00: 25 miles or more from Elkins city limits and within Randolph County

**Getting to Know CRT: Fun Fact-** The North and South Loop are two different bus routes. Switch buses at the Senior Center to travel between these two routes. There are 8 primary stops in both loops. If you are anywhere along the route and want a ride, just wave your hand and we will stop. All fares along the route are only \$1.25 for a one-way trip. Route Deviation and Demand Response services are available at an additional cost.

### **Getting to Know CRT: Elkins North and South Loop schedule and service information**

Hop on Country Roads Transit to get around town. Our public transportation service is open to everyone in Upshur and Randolph Counties. And it's easy. You can meet us anywhere along our

route---for just \$1.25 one-way. Or, if you need a special pick up or drop off, call us a day ahead and we'll come to you (special rates apply, see our Route Deviation or Demand Response Services for details). Country Roads Transit runs Monday through Friday, 8 a.m. and 4p.m. We make 7 loops throughout Elkins during day---a loop every 60 minutes (times may vary depending on weather and traffic). All our transit vehicles are wheelchair lift equipped and accessible to individuals with disabilities.

We make it easy as 1,2, and 3 for you to get around Elkins. For our regular fare trips:

1. Meet us at any one of our stops 5 minutes before the time noted or simply wave for us to stop if you see us anywhere along our route.
2. Pay your fare when you hop on the bus (please have the exact fare ready). Secure your belongings and take a seat.
3. As we approach your destination, just ring the bell. Simple as that.

For more information about our services, call us at (304) 636-6472 or 1-877-636-6472 or visit us online at [www.countryroadstransit.com](http://www.countryroadstransit.com).

#### Elkins North Loop Schedule

Time Points	Run 1	Run 2	Run 3	Run 4	Run 5	Run 6	Run 7
<b>(Senior Center) 5th &amp; Railroad</b>	<b>8:15 AM</b>	<b>9:15 AM</b>	<b>10:15 AM</b>	<b>11:15 AM</b>	<b>12:45 PM</b>	<b>1:45 PM</b>	<b>2:45 PM</b>
<b>Railroad Ave. to Gateway</b>	8:17	9:17	10:17	11:17	12:47	1:47	2:47
<b>Mapleview Dr. to Bruce St.</b>	8:22	9:22	10:22	11:22	12:52	1:52	2:52
<b>Pike St. to Kennedy St..</b>	8:26	9:26	10:26	11:26	12:56	1:56	2:56
<b>Reed St. to Highland St.</b>	8:29	9:29	10:29	11:29	12:59	1:59	2:59
<b>Randolph Ave. to ( DMV &amp; DHHR )</b>	8:32	9:32	10:32	11:32	1:02	2:02	3:02
<b>Heavner Ave.To Heavner Acres Trailer Pk.</b>	8:35	9:35	10:35	11:35	1:05	2:05	3:05
<b>Heavner Ave. to Maryland Ave.</b>	8:39	9:39	10:39	11:39	1:09	2:09	3:09
<b>Pine St. to Grant St.</b>	8:40	9:40	10:40	11:40	1:10	2:10	3:10
<b>Forest Brook to Randolph Village Apts.</b>	8:42	9:42	10:42	11:42	1:12	2:12	3:12
<b>Lough ST. to WestView Dr.</b>	8:45	9:45	10:45	11:45	1:15	2:15	3:15
<b>Wilson Lane to Tygart Valley Apts.</b>	8:46	9:46	10:46	11:46	1:16	2:16	3:16

<b>Wilson Lane To Elkins Manor</b>	8:48	9:48	10:48	11:48	1:18	2:18	3:18
<b>Vernon to West Central St.</b>	8:51	9:51	10:51	11:51	1:21	2:21	3:21
<b>Andrews St. to South View Ave.</b>	8:52	9:52	10:52	11:52	1:22	2:22	3:22
<b>Harrison Ave. to Crystal Springs</b>	8:55	9:55	10:55	11:55	1:25	2:25	3:25
<b>Loop Thru Crystal Springs</b>	8:59	9:59	10:59	11:59	1:29	2:29	3:29
<b>(33 East ) Harrison Ave. to Tygart Valley Mall</b>	9:01	10:01	11:01	12:01	1:31	2:31	3:31
<b>Lough ST. to Yokum St.</b>	9:04	10:04	11:04	12:04	1:34	2:34	3:34
<b>Robert E. Lee to Central St.</b>	9:05	10:05	11:05	12:05	1:35	2:35	3:35
<b>Central to Worth</b>	9:06	10:06	11:06	12:06	1:36	2:36	3:36
<b>Gorman to Davis Memorial Hospital</b>	9:07	10:07	11:07	12:07	1:37	2:37	3:37
<b>Thru D.M.Hospital lot, passed Cancer Center</b>	9:08	10:08	11:08	12:08	1:38	2:38	3:38
<b>Railroad Ave. to 5TH.St.</b>	9:12	10:12	11:12	12:12	1:42	2:42	3:42
<b>On 5TH.St. to Senior Center.</b>	<b>9:12 AM</b>	<b>10:12 AM</b>	<b>11:12 AM</b>	<b>12:12 PM</b>	<b>1:42 PM</b>	<b>2:42 PM</b>	<b>3:42 PM</b>

### Elkins South Loop Schedule

<b>Time Points</b>	<b>Run 1</b>	<b>Run 2</b>	<b>Run 3</b>	<b>Run 4</b>	<b>Run 5</b>	<b>Run 6</b>	<b>Run 7</b>
<b>Senior Center (5th&amp; Railroad</b>	<b>8:15 AM</b>	<b>9:15 AM</b>	<b>10:15 AM</b>	<b>11:15 AM</b>	<b>12:45 PM</b>	<b>1:45 PM</b>	<b>2:45 PM</b>
Davis & Elkins College	8:21	9:21	10:21	11:21	12:51	1:51	2:51
5Th. St. to Davis Ave.	8:24	9:24	10:24	11:24	12:54	1:54	2:54
Davis Ave.to 1ST St.	8:26	9:26	10:26	11:26	12:56	1:56	2:56
3RD St. to Railroad Ave.	8:28	9:28	10:28	11:28	12:58	1:58	2:58
2ND St. to Henry Ave.	8:29	9:29	10:29	11:29	12:59	1:59	2:59

Davis St to Delaware Ave.	8:30	9:30	10:30	11:30	1:00	2:00	3:00
11th St.to Cole Ave.	8:32	9:32	10:32	11:32	1:02	2:02	3:02
13th St. to Lavalette Ave.	8:33	9:33	10:33	11:33	1:03	2:03	3:03
Ferndale to Scotts Ford	8:37	9:37	10:37	11:37	1:07	2:07	3:07
Riverview Ave. to Conway Drive	8:38	9:38	10:38	11:38	1:08	2:08	3:08
South Davis Ave. to 13th St.	8:42	9:42	10:42	11:42	1:12	2:12	3:12
Cole Ave. to 11th St.	8:43	9:43	10:43	11:43	1:13	2:13	3:13
11th St. To Krogers	8:44	9:44	10:44	11:44	1:14	2:14	3:14
Krogers (3 Min. Stop)	8:47	9:46	10:46	11:46	1:16	2:16	3:16
US219 South to Big Lots Mall	8:50	9:50	10:50	11:50	1:20	2:20	3:20
Valley Village Apartments	8:54	9:54	10:54	11:54	1:24	2:24	3:24
Valley Point Mall (Kmart)	8:57	9:57	10:57	11:57	1:27	2:27	3:27
Wal-Mart (5 Min. Stop)	8:58	9:58	10:58	11:58	1:28	2:28	3:28
(219 North) to Krogers	9:07	10:07	11:07	12:07	1:37	2:37	3:37
11th St. to Delaware Ave.	9:09	10:09	11:09	12:09	1:39	2:39	3:39
Davis St. to 1st St.	9:09	10:09	11:09	12:09	1:39	2:39	3:39
Henry Ave. to 3rd St.	9:11	10:11	11:11	12:11	1:41	2:41	3:41
Davis Ave. to 5th St.	9:12	10:12	11:12	12:12	1:42	2:42	3:42
<b>(Senior Center) 5th &amp; Railroad Ave.</b>	<b>9:13 AM</b>	<b>10:13 AM</b>	<b>11:13 AM</b>	<b>12:13 PM</b>	<b>1:43 PM</b>	<b>2:43 PM</b>	<b>3:43 PM</b>

# “Let’s Get Together”

Penny Canfield  
Activities Director

Pies of pumpkin, apples, mince jams and jellies, peaches quench, purple grapes and apples, red cakes and nuts, and gingerbread. That’s Thanksgiving! Turkey, oh, a big fat fellow, fruits all ripe, rich and mellow. Everything that’s nice to eat more than I can now repeat. That’s Thanksgiving! We must thank the One who gave all the good things we have. That’s why we keep this day set aside for Thanksgiving.

Thank all of you for coming to visit us during the Forest Festival Bazaar. All 21 tables of the best crafts and goodies seniors can make, were just wonderful. And everyone did very well with their sells. Thank you for taking a chance on the Quilt Raffle. We made \$635.00 on the raffle. We appreciate the Log Cabin Quilting Guild for making a beautiful fall quilt.

Congratulations to Arveda Marple for winning the quilt, she was very happy!

Time for another bazaar, the Christmas Bazaar will be held Dec. 6 & 7, 9:00-2:00. The bazaar will be in the small room this time. Remember you have to be a senior and live in Randolph County. If you are baking or making goodies, go to the Health Dept. Let me know if you will be joining us for two days.

I want to start up the fun bingo and snack bingo again, in past years we had lots of fun. Just bring four small gifts or snacks in a brown paper bag for your prizes. Let’s laugh and have fun again.

I am so happy to let everyone know that the Senior Center was able to give a \$1,000 check to the Alzheimer’s Walk. Thank you again for buying the books and coming the all the cakewalks this year. I have already started for next year.

Let’s look at the month of November:

Every Monday, Wednesday & Friday

10:00 Tai Chi Class

11:00 Arthritis Foundation Exercise Class

12:30 Mahjong, Monday & Wednesday

12:30 Canasta, Hand & Foot Card Game

Games All Day

Every Tuesday

9:30 Coloring Session

10:00 Bible Studies

10:00 Knitting Class

12:30-1:00 Beginning Dulcimer Class



1:00-2:15 Regular Dulcimer Class  
Games All Day

Every Wednesday  
10:00 Crochet Class  
12:30-1:45 Hammer Dulcimer Class  
Games All Day

Every Thursday  
1:00-2:00 Guitar Class (First & Third Thursday)  
2:00 Weaving Class  
Games All Day

Every Friday  
2:45-3:45 Yoga Class  
Games All Day

Nov. 5, 10:00 Members Council meeting.

Nov.9, 12:30 Pie & Ice Cream Social. Bake a pie or buy a pie and I will have the ice cream. Come and join us for a visit and enjoy dessert. Make new friends.

Nov. 13, 12:30 Fun Bingo. Just bring four gift in a brown bag and win something special.

Nov. 16, Meadowbrook Mall. Give me a call. Cost for transportation will be \$13.00.

Nov. 20, 4:00 Gino's for dinner. Just let me know. Have dinner with us and have fun talking.

Nov. 30, 11:45 Birthday Cake for lunch.

Let's Get Together,

**HAPPY THANKSGIVING & THINKING ABOUT  
YOU ON VETERANS DAY, GOD BLESS.**

## **Funding Statement of Randolph County Senior Center**

The Randolph County Senior Center is funded through the West Virginia Bureau of Senior Services, Upper Potomac Area Agency on Aging, WV Division of Public Transit, Randolph County Commission, United Way of Randolph County, The Pallottine Foundation of Buckhannon, The Snowshoe Foundation, and private donations from members and friends.

Any senior citizen 60 years of age or over is welcome to participate in programs and services sponsored by the Committee on Aging for Randolph County, Inc. regardless of sex, color, handicap or national origin.

# **Board of Directors**

**Barry Band, President**

**Andy Wamsley, Vice President**

**Herman Conrad, Treasurer**

**Jimmy Hammond, Secretary**

**E. Lee Phares, Executive Committee Member**

**Rev. Basil Hensley, Executive Committee Member**

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**Tracy Fath**

**Jeff Moss**

**Melissa Coffman**

**Debbie Cook**

**Deanna Collett**

# MONTH of NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Milk served with all meals				1 Seasoned fish, macaroni & cheese, greens, cornbread	2 Steak w/ peppers, au gratin potatoes, peas, mixed fruit, whole wheat bread	3
4 Elkins Nutrition Site 304-636-4747	5 Chicken & rice w/ vegetables, mixed fruit, yogurt	6 <b>ALL SITES CLOSED</b>  <b>Be sure to vote!</b>	7 Cheeseburger on a bun w/lettuce and tomato, cauliflower, grapes	8 Country fried steak w/ gravy, brown rice, peas & carrots, peaches, cottage cheese	9 White chicken chili, noodles, lima beans, corn, apple	10
11 Mill Creek Nutrition Site 304-335-6481	12 <b>Happy Veterans Day!</b>  <b>ALL SITES CLOSED!</b>	13 Oven crisp chicken, mashed potatoes, zucchini & tomatoes, grapes, whole wheat bread	14 Seasoned fish, baked potato, green beans, pineapple, whole wheat bread	15 Turkey ala king, biscuit, broccoli, melon	16 Macaroni & cheese chicken casserole, spinach, marinated beets & onions, whole wheat bread, fruit cocktail	17  Free Lunch Friday
18 Harman Nutrition Site 304-227-4664	19 Pork chop, oven brown potatoes, broccoli, fruit cocktail, whole wheat bread	20 Chunky vegetable soup, tomato w/tuna salad, apple, roll	21 Roast turkey, cornbread stuffing, green beans, melon, whole wheat bread	22 <b>Happy Thanksgiving</b>  <b>ALL SITES CLOSED!</b>	23 <b>Happy Thanksgiving</b>  <b>ALL SITES CLOSED!</b>	24

25	26 Pinto beans w/ham, cornbread, peaches, yogurt	27 Baked fish, rice, broccoli, orange	28 Spaghetti w/ meatballs, salad, green beans, breadstick, fruit cocktail	29 Chicken salad sandwich, cucumber ranch salad, strawberries, yogurt	30 Baked pork chop, mashed potatoes w/ gravy, greens, mixed tropical fruit	

## Meet Our Seniors: Jennifer Moats

*By Penny Canfield*



Everyone say hello to Jennifer Moats! She has been coming to the Senior Center for only one and half years. She was born in Elkins, and graduated from Elkins High in 1963. Her favorite classes in school were science and geometry. Jennifer loved to roller skate, so she cleaned her aunts house just to get 50 cents to go skating. While still in school she would go with her friends to the YMCA to swim and go to the library, which at that time was in the YMCA. After school she got married and started a family. She started working in 1966 at Montgomery Wards where she stayed for 15 years in the clothing dept. as Dept. Manager, until the store closed. She then worked at Fashion Bug as Manager for 15 years. She worked at Youth Health Services for 8 years both as a Teachers Aid and a Medical Records Clerk. She retired from all this, but she didn't like staying home. So Jennifer went to work for Kmart part time, just so she could talk to people and stayed for 12 years. She loved that job - again in the clothing dept. Her daughter and family moved to Missouri, and then to Myrtle Beach, where she became nanny to her grandchildren. Now she is back in Elkins and very active at the Senior Center. She loves to read, so she attends the Book Club as well as other classes here at the Center. For the past 10 years she has been Secretary and Membership Chairman for the Elkins High School Alumni Association. Jennifer has been a member of the First Baptist Church for 60 years. She is on the Mission Team, and helped in the Child Care Dept. in the church for a number of years. Jennifer goes to the Wednesday Night Bible Study Class. For 37 years she has been a member of the Beta Sigma Phi. She loves reading, walking, puzzles, and needle crafts, plus quilting. She has 2 children, 3 grandchildren and 3 great-grandchild. Stop by and say hello to Jennifer, she is the one who likes to talk and visit with people, and you will normally find her at the puzzle table.



# DIABETES— ARE YOU AT RISK?

November is American Diabetes Month, the perfect time for you to find out if you're at risk and learn about the benefits Medicare covers if you have diabetes. Millions of Americans have or are at risk for diabetes, one of the leading causes of death in the United States. The disease can lead to kidney failure, amputations, and blindness.

Many people with diabetes don't know that they have it—fortunately, Medicare covers screening tests so you can find out if you do. If you're at high risk for developing diabetes, Medicare covers up to 2 fasting blood glucose (blood sugar) tests each year. If your doctor accepts assignment, you pay nothing for these tests. You may be at high risk for diabetes if you're obese, have high blood pressure, high cholesterol, or a family history of diabetes. Talk to your doctor to find out when you should get your free screening test. If you have diabetes, Medicare covers many of your supplies, including test strips, monitors, and control solutions. In some cases, Medicare also covers therapeutic shoes if you have diabetic foot problems. You pay 20% of the Medicare-approved amount for these supplies.

Medicare also covers diabetes self-management training to help you learn how to better manage your diabetes. You can learn how to monitor your blood sugar, control your diet, exercise, and manage your prescriptions. Talk to your doctor about how this training can help you stay healthy and avoid serious complications. Take steps to fight diabetes today—talk to your doctor today about screening tests and what supplies and training you may need to stay healthy.

You can learn more about American Diabetes Month and how to prevent and treat this disease from the American Diabetes Association at [diabetes.org](http://diabetes.org).

## REMINDER: Open Enrollment

**OPEN ENROLLMENT ENDS DECEMBER 7, 2018. IF YOU DO NOT CHANGE YOUR CURRENT PLAN DURING OPEN ENROLLMENT, YOU WILL REMAIN IN THE PLAN FOR 2019.**

Have you called the Randolph County Senior Center @ 304-636-4747 to make an appointment with one of the Medicare SHIP Counselors: Lylian Shiflet, Joyce Hutton, or Jane Hazer concerning your Part D prescription drug plan or Medicare Advantage plan? Now is the time to compare your current plan with costs for 2019. New plans become effective January 1, 2019.

# March Up Thanksgiving Dinner Word Scramble

Rekyut	mashed potatoes
Yarvg	beets
Aftse	squash
Snub	candied yams
Rutbet	wishbone
Lesurbss Truposs	cranberries
Hamsde Stopaoet	dark meat
Pleap ipe	pumpkin pie
Gufinfts	apple pie
Nukppim ipe	stuffing
Kard emat	butter
Rarcsrebein	feast
Rustmdkic	gravy
Swihenob	turkey
Nacddie mays	brussels sprouts
Qassuh	buns
Teseb	drumstick



# Senior Center to Host American Red Cross Blood Drives



We are excited to announce that we are the host of the American Red Cross Blood Drives in Elkins! Please consider making a donation. The next opportunity will be:

American Red Cross blood drive  
Wednesday, November 21, 2018  
12:30pm – 6:00pm

Blood drive held in meeting room  
Donors can enter via Railroad street side entrance

Please bring donor ID or photo ID

Visit [redcrossblood.org](http://redcrossblood.org) or call 1800 REDCROSS to schedule your appointment

## RCSC Team Participates in the Walk to End Alzheimers



Look at this wonderful group of seniors! They braved the cool weather to represent RCSC in the Alzheimer's Association Walk to End Alzheimers at Riverbend Park on October 13. In addition to the walk, RCSC's book nook sales raised and donated \$1,000 for the Alzheimer's Association and its fine work in our state. Thanks to all who walked! And special thanks to Bob McCoy, who volunteers to keep our book nook organized and well stocked. Without his efforts, our donation would not have been possible.

# Make our Senior Center Shine this Holiday Season

## Enter the RCSC Holiday Decorations Contest



Do you love to create nifty holiday decorations? Whether you consider yourself an artist or just crafty, we would like to ask for your help this holiday season.

We always want to make our Senior Center feel welcoming and homey – a place you enjoy spending time! But our decorations are getting a bit worn and we could use some new ones to make our center look spiffy this holiday season. We want to revamp our holiday décor along the theme of Woodlands Christmas. We anticipate the decorations would include natural materials such as wood, pinecones, burlap, etc. Doesn't that sound pretty?

So, how can you help? We are glad you asked!! We are asking for entries into our holiday decorations contest. Anyone can enter, senior or not. It's really simple – just make a decoration, using our theme of Woodlands Christmas, for donation to the Senior Center. (If you are unsure what we mean, just google woodland Christmas decorations). We will then have a panel of seniors and staff judge your creations. There will be two categories – ornaments and other decorations – with winners in each category. Entries will be due on Monday, November 26. The winners will be announced on Monday, December 3. In addition to bragging rights, the first and second prize winner in each category will receive a gift card.

Come and have a little fun this holiday season and help out the Senior Center in the process. We can't wait to see your creative and fun decorations!!

# Happy Veterans Day!

Veterans Day is always on November 11. Do you know why? It is in celebration of the armistice called for on the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month in 1918 that ended “the Great War”, WWI. It was celebrated by many countries as Armistice Day for many years until, in 1938, it became known here as Veterans Day. Many offices close each year on November 11 or the closest working day to celebrate. In fact, that is why our Senior Centers are closed on November 12 this year. And while it is nice to have a day off, we would encourage everyone to spend at least a few minutes of that day contemplating the reason behind the holiday.

Veterans of every war in our nation’s history have chosen to protect all that is good in our country. They have stood and continue to stand between our country, our children, our way of life, and those who would do us harm. Those of us who have enjoyed their protection cannot fathom the sacrifices made, or the scars (visible or not) that they carry from that service. I fear there are no words articulate or powerful enough to express our gratitude.

So we are asking that for one day, at least for Veterans Day, that you remember the heroes who served in peacetime and in war, on America soil and abroad, in WWII, Korea, Vietnam, the Gulf Wars and in a million small places around the globe of which most of us have never heard. Please take a few minutes on Veterans Day to call a friend or relative who served and express your thanks, remind them that their service meant/means so much to our country. The price of freedom is high. We cannot afford to forget those willing to pay it.

From all of us at Randolph County Senior Centers, Thank You Veterans!!!

Never forget those who spent  
their lives protecting yours



# Senior Center Holiday Plans



Even though we always have a good time here at the Senior Center, we particularly love to celebrate special days with you! And as always, we have some nifty plans in mind for the holiday season.

We have a few changes to our November schedule. For instance, we have moved Free Lunch Friday to November 16 since we'll be closed on the 22<sup>nd</sup> and 23<sup>rd</sup> for Thanksgiving. We will celebrate Thanksgiving together on Wednesday, November 21<sup>st</sup> with some yummy fall treats.

The holidays also bring our annual Christmas Bazaar, where you will be able to purchase beautiful items from many of our senior crafters. The bazaar will be open on December 6 and 7 from 9:00 – 2:00.

December 7 will also be our countywide Christmas Dinner! Once again this year, we are offering a special door prize ticket to anyone who brings a new toy to donate toward the Toys for Tots campaign to the dinner with you. We hope to collect enough toys throughout the holiday season to stuff a Country Roads Transit bus completely full!

And it isn't the RCSC Christmas dinner without our Ugly Sweater Contest! Here is how it works. Proudly don an ugly sweater that you purchased, made, or just embellished to the Christmas dinner. We will have a panel of judges ready to award prizes for three categories: The tackiest ugly sweater, the ugly sweater with the most holiday spirit, and the most creative ugly sweater. There will also be a grand prize winner for the UGLIEST ugly sweater. What do you win? Well, besides bragging rights, we are sure there will be something in Santa's bag for you!

And that's not all – we are saving the best for last! We have BIG NEWS on the entertainment front for this year's dinner. The talented Michael Bonnett has graciously agreed to play for us again this year! If you have heard Michael's music, you know how lucky we are to have him joining us. If you haven't heard his music, let me tell you, you are in for a real treat!!

We have sign-up sheets posted now, and would remind you to stop and sign up or call in your reservation if you plan to attend. Remember, our seating is limited to 200. The suggested donation for the Christmas dinner will be \$5.00.

We look forward to sharing our holidays with you!

## November Birthday Quiz

- 1960- L.A. Dodger pitcher won the Cy Young and Rookie of the year award in the same year.  
1734-1820 He blazed the Wilderness Road through the Appalachian Mt. at Cumberland Gap.  
1946 This educator served as the First Lady of the United States.  
1861-1939 A Canadian physical educator invented the game of "basket ball" in 1891.  
1929 A lovably, grouchy Lou Grant on the Mary Tyler Moore Show.  
1975 "Big Papi" played for the Boston Red Sox in a sure to be Hall of Fame career.  
1925-1968 U.S. Attorney General under Presidents Kennedy and Johnson.  
1858-1881 At the age of 21 Pat Garrett caught up with him.  
1874-1965 Prime Minister of the United Kingdom during W.W. II.

Laura Bush  
Fernando Valenzuela  
Winston Churchill  
David Ortiz  
Daniel Boone  
Billy the Kid  
James Naismith  
Robert Kennedy  
Ed Asner

**THANK YOU to all the Bingo players and volunteers that helped us raise money for vital senior programs over the years. Sadly, due to lack of participation and other issues, we have made the difficult decision to discontinue our weekly bingo game. We hope you will continue to support our other fundraising efforts to support the programs and services provided to our elders.**