

Franklin County Aging Services

295 Technology Drive • Rocky Mount • Virginia, 24151 • Phone: 540-483-9238 • Fax: 540-489-6264 • M-F 8a-4p

SPECIAL EVENTS/ COURSES:

- DIABETES WORKSHOP
- JEWELRY MAKING CLASS
- POTLUCK FALL SOCIAL
- SWEET TO TWEET WORKSHOP
- BALLROOM/SOCIAL DANCE CLASSES
- LINE DANCING CLASSES
- FRANKLIN COUNTY FIT FEET
- BE ONE OF SANTA'S ELVES!

TRIPS:

PEAKS OF OTTER

10/17/14 9A-4P

\$15 (NON-REFUNDABLE)

Come away with us to the Peaks of Otter in Bedford, VA. We will enjoy the beautiful colors of the fall foliage and the beautiful sites that the Peaks have to offer such as the nature trails, the Polly Woods Ordinary cabin, the Nature Center or even Sharp Top bus tour at your own leisure. You may pack a lunch to enjoy at one of the comfort stations or enjoy lunch on your own in the Lake View Dining Room.

Please note which dining option you will be choosing when registering so that we may make a group reservation. Buses will fill up fast! Come by to register soon!

Registration deadline: 10/10/14

SOUTHERN

CHRISTMAS SHOW

11/21/14 8A-6P

\$20 (NON-REFUNDABLE)

Join us as we travel to the Southern Christmas Show in Charlotte, North Carolina! You will surround yourself with beautiful sights, joyful sounds and scrumptious tastes that make the Southern Christmas Show the South's favorite holiday tradition. **Admission of \$11.00 and lunch are on your own at the event.** Come by to register soon; buses will fill up quickly!
Registration deadline: 11/14/14



NEW PROGRAMS & ACTIVITIES!

DIABETES SELF MANAGEMENT CLASSES (6 weeks): **FREE** *Thursdays 09/25-10/30* **10a-12p**

Are you tired of letting diabetes control your life? If so, sign up for six weeks that will help you learn ways to manage your diabetes and take charge of your life. Self management means that you assume responsibility for yourself by taking various actions to control or decrease your symptoms. **Register no later than 09/18** by calling Aging Services at 540-483-9238.

MEDICARE COUNSELING SEMINAR: **FREE** (register by 09/18) **09/25/14** **2p-4p**

Are you confused about what type of insurance you need, or whether you have enough insurance coverage? Are you having problems making sense of your medical bills? If so, Southern Area Agency on Aging may be able to help you. During this seminar, questions pertaining to Medicare Advantage Plans, Prescription Drug Plans, Supplemental Plans, Medicaid Application assistance, applying for extra help paying for prescriptions and etc. Come join us to learn more!

JEWELRY CREATIONS: **\$7.00** (register by 09/23) **09/30/14** **5:30p-6:30p**

Ever wanted to design your own jewelry? Come join us for a workshop to create not just one, but two pairs of earrings! No matter if you need pierced or non-pierced earrings, you can design your own unique fashion!

MEDICARE COUNSELING SESSIONS: **FREE** **10/16, 10/23, 10/30, 11/6, 11/13 & 11/20** **1p-4p**

Are you confused about what type of insurance you need, or whether you have enough insurance coverage? Are you having problems making sense of your medical bills? If so, Southern Area Agency on Aging may be able to help you with filing for benefits, and sorting through complicated statements and notices. **Please contact Amanda Foddrell-Shuff with SAAA at (276) 632-6442 or toll free (800) 468-4571 or ashuff@southernaaa.org to schedule your appointment.**

SWEET TO TWEET WORKSHOP @ THE FRANKLIN CENTER: **\$5.00** (register by 10/29) **11/04/14** **9a-3p**

Have your family members sent you numerous Facebook invitations or talked about all of the pictures that they see of friends or family? Do you want to reconnect with old friends or 'blog' about current events? Learn the basics of Facebook and Twitter in this introductory two-part class. Topics will include: Internet Safety, Facebook/Twitter Setup and Basic Social Media Communication. **Prerequisites: Basic Computer Skills and an Email Account must be set up prior to the class*** **Please bring your email account information with you on the day of the class.** Should you need assistance setting up an email account, please contact the Franklin Center Resource Group at, 540-483-0179.

FRIDAY MATINEES: **FREE** (refreshments available for purchase) **10a-12p**

Join us the 2nd Friday of every month for a free showing of classic movies! Light concessions will be available for purchase!

09/12 – Shenandoah: 1965, 1hr 46 min : A wealthy Virginia landowner (James Stewart) refuses to participate in the Civil War until an attack on his family forces him to take a stand.

10/10 – The End of the Affair: 1955, 2hr 15 min : Based on the Novel by Graham Greene, in glorious black and white; this story of star-crossed lovers whose short affair begins and ends as tumultuously as the war that is its backdrop starring Deborah Kerr and Van Johnson.

11/14 – Rio Bravo: 1959, 2hr 35min : On one side is an army of gunmen dead-set on springing a murderous sidekick from jail. On the other is a Sheriff John T. Chance and his two deputies; Place your bets; starring John Wayne.

12/12 – White Christmas: 1954, 2 hrs : Two talented song-and-dance men (Bing Crosby and Danny Kaye) team up after the war to become one of the hottest acts in show business. Crosby & Kaye discover that the inn is run by their old army general who's now in financial trouble. "The result is the stuff dreams are made of".

BE ONE OF SANTA'S ELVES!

The children of Franklin County will be sending in their letters to Santa (AKA: Parks & Recreation) by 12/05/14. We are looking for volunteers that would call the children that send in letters and let them know Santa has received their letter and to find out whether they have been naughty or nice! Calls will be made between 12/15-12/19 between 5p-9p. Please sign up if you would like to participate in brightening a child's holiday! Sign up by calling 540-483-9238 by 12/05/14.

** CHECK OUT THE BACK OF THIS ISSUE FOR MORE PROGRAMS AND ACTIVITIES!!!**

CENTER CLOSING / HOLIDAYS

The center will be closed on the following dates: 09/01, 10/13, 11/11, 11/26-11/28, 12/24-12/26

Please note additional days may be scheduled at a later time

SEPTEMBER 2014

09/02 - Senior Scholars 10a-11a

09/03 - Bridge 12p-3p, Bowling @ Bowling Alley 1p-3p: \$2 games + free shoe rental

09/04 - Rook 9a-12p, Mealsite: 10a - Exercise, 11a - Frank Cauley Band, 12p - Lunch, Chair Yoga 2p-3p (class began 08/07)

09/05 - Board Game Battle: UNO 1p-3p: Join us for a board game free for all! Test your skills against your fellow opponents at the popular games!

09/08 - Rook, 9a-12p, BP checks 10a-11a, Mealsite: 10a - Exercise, 11a - Diabetes Speaker, 12p - Lunch, Bookmobile 1p-1:30p

09/09 - Potluck Bingo 11a-1p: Bring a dish to share, a drink for yourself and play some BINGO for fun!

09/10 - AARP meeting 10a-12p, Bridge 12p-3p

09/11 - Rook 9a-12p, Chair Yoga 2p-3p (class began 08/07)

09/12 - Friday Matinee: Shenandoah 10a-12p

09/15 - Rook 9a - 12p, Senior Wellness 10a-11a (register & pay by 09/08), Bridge 11a-2p

09/16 - Lunch Bunch: Ippy's at 12p: Lunch is dutch treat (meal on your own). Register by 09/09.

09/17 - Bridge 12p-3p

09/18 - Rook 9a-12p, Mealsite: 10a - Exercise, 11a - Chair Yoga (STEP program), 12p - Lunch, Chair Yoga 2p-3p (class began 08/07)

09/22 - Rook 9a-12p, Senior Wellness 10a-11a, Mealsite: 10a - Exercise, 11a - Fall Prevention, 12p - Lunch

09/23 - Cornhole 1p-3p

09/24 - Bridge 12p-3p

09/25 - Rook 9a-12p, Diabetes Workshop 10a-12p (register by 09/18), VICAP (Medicare) Information Session 2p-4p (register by 09/18)

09/26 - Senior Buddy 9:30a (preschool)

09/29 - Rook 9a-12p, Senior Wellness 10a-11a, Bridge 11a-2p, Senior Ballroom Dancing 3p-4p (register & pay by 09/22)

09/30 - Jewelry Making Class 5:30p-6:30p (register & pay by 09/23)

OCTOBER 2014

10/1 - Bridge 12p-3p, Bowling @ Bowling Alley 1p-3p: \$2 games + free shoe rental, Line Dancing (register & pay by 09/24)

10/2 - Rook 9a-12p, Mealsite: 10a - Exercise, 11a - Frank Cauley Band, 12p - Lunch, Diabetes Workshop 10a-12p (register by 09/18)

10/3 - Board Game Battle: SCRABBLE 1p-3p: Join us for a board game free for all! Test your skills against your fellow opponents at the popular games!

10/6 - Rook 9a - 12p, Senior Wellness 10a-11a, Bridge 11a-2p, Senior Ballroom 3p-4p (register & pay by 09/22)

10/7 - Senior Scholars 10a-11a

10/8 - AARP meeting 10a-12p, Bridge 12p-3p

10/9 - Rook 9a-12p, Diabetes Workshop 10a-12p (register by 09/18)

10/10 - Friday Matinee: End of the Affair 10a-12p

10/13 - CLOSED - THANK YOU TO ALL THE VETERANS FOR YOUR SERVICE!

10/14 - Potluck Bingo 11a-1p: Bring a dish to share, a drink for yourself and play some BINGO for fun!

10/15 - Blooddrive 9a-3p, Bridge 12p-3p, Line Dancing 6p-7p

10/16 - Rook 9a-12p, BP Checks 10a-11a, Mealsite: 10a - Exercise, 11a - DSS Presentation, 12p - Lunch, Diabetes Workshop 10a-12p, Medicare Counseling 1p-4p

10/17 - Peaks of Otter Trip 9a-4p (register and pay by 10/10—20 person max)

10/20 - Rook 9a-12p, Senior Wellness 10a-11a, Bridge 11a-2p, Senior Ballroom Dancing 3p-4p

10/21 - Lunch Bunch: Quizno's 12p: Lunch is dutch treat (meal on your own). Register by 10/14.

10/22 - Bridge 12p-3p, Line Dancing 6p-7p

10/23 - Rook 9a-12p, Diabetes Workshop 10a-12p, Medicare Counseling 1p-4p, Chair Yoga 2:10p-3:10p (register & pay by 10/16)

10/27 - Rook, 9a-12p, BP checks 10a-11a, Senior Wellness 10a-11a, Mealsite: 10a - Exercise, 11a - Games, 12p - Lunch, Bookmobile 1p-1:30p

10/28 - Cornhole 1p-3p

10/29 - Bridge 12p-3p, Line Dancing 6p-7p

10/30 - Rook 9a-12p, Diabetes Workshop 10a-12p, Medicare Counseling 1p-4p, Chair Yoga 2:10p-3:10p

10/31 - Senior Buddy (preschool) 9:30a, Potluck Fall Social 11a-1p: Bring a dish and join us for a Potluck Fall Social. Dress in your best costume and get for some fall fun! Prizes will be awarded for best costume. Please contact the Department of Aging by **10/24/14** at 540-483-9238 to sign up for transportation, should you qualify.

NOVEMBER 2014

- 11/3 - Rook 9a - 12p, Bridge 11a-2p, Senior Wellness 10a-11a
- 11/4 - Senior Scholars 10a-11a, Sweet to Tweet Workshop at the Franklin Center 9a-3p (register & pay by 10/29)
- 11/5 - Bridge 12p-3p, Bowling @ Bowling Alley 1p-3p: \$2 games + free shoe rental
- 11/6 - Rook 9a-12p, Mealsite: 10a - Exercise, 11a - Frank Cauley Band, 12p - Lunch, Medicare Counseling 1p-4p, Chair Yoga 2p-3p
- 11/7 - Board Game Battle: CHECKERS 1p-3p: Join us for a board game free for all! Test your skills against your fellow opponents at the popular games!
- 11/10 - Rook, 9a-12p, BP checks 10a-11a, Mealsite: 10a - Exercise, 11a - Nutrition program, 12p - Lunch, Bookmobile 1p-1:30p, Senior Ballroom 3p-4p
- 11/11 - CLOSED
- 11/12 - AARP meeting 10a-12p, Bridge 12p-3p, Line Dancing 6p-7p
- 11/13 - Rook 9a-12p, Medicare Counseling 1p-4p, Chair Yoga 2:10p-3:10p
- 11/14 - Friday Matinee: Rio Bravo 10a-12p
- 11/17 - Rook 9a-12p, Bridge 11a-2p
- 11/18 - Lunch Bunch: The Franklin Restaurant 12p: Lunch is dutch treat (meal on your own). Register by 11/12.
- 11/19 - Bridge 12p-3p
- 11/20 - Rook, 9a-12p, Mealsite: 10a - Exercise, 11a - STEP Bingo, 12p - Lunch, Medicare Counseling 1p-4p, Chair Yoga 2:10p-3:10p
- 11/21 - Senior Buddy (preschool) 9:30a, Southern Christmas Show Trip 8a-6p (register & pay by 11/14 - 20 person maximum)
- 11/24 - Rook, 9a-12p, Mealsite: 10a - Exercise, 11a - Preschool Program, 12p - Lunch
- 11/25 - Cornhole 1p-3p
- 11/26 - Closing at 12
- 11/27 & 11/28 - CLOSED - HAPPY THANKSGIVING!

DECEMBER 2014

- 12/1 - Rook 9a-12p, Bridge 11a-2p, Senior Waltz 3p-4p (register & pay by 11/24)
- 12/2 - Senior Scholars 10a-11a
- 12/3 - Bridge 12p-3p, Bowling @ Bowling Alley 1p-3p: \$2 games + free shoe rental, Line Dancing 6p-7p
- 12/4 - Rook, 9a-12p, Mealsite: 10a - Exercise, 11a - Frank Cauley Band, 12p - Lunch, Chair Yoga 2p-3p
- 12/5 - Board Game Battle: JENGA 1p-3p: Join us for a board game free for all! Test your skills against your fellow opponents at the popular games!
- 12/8 - Rook, 9a-12p, Mealsite: 10a - Exercise, 11a - CHA Program, 12p - Lunch, Bookmobile 1p-1:30p, Senior Waltz 3p-4p
- 12/9 - Potluck Bingo 11a-1p: Bring a dish to share, a drink for yourself and play some BINGO for fun!
- 12/10 - Blooddrive 9a-3p, AARP meeting 10a-12p, Bridge 12p-3p,
- 12/11 - Rook, 9a-12p, Chair Yoga 2p-3p
- 12/12 - Friday Matinee: White Christmas 10a-12p
- 12/15 - Rook 9a-12p, Bridge 11a-2p, Senior Waltz 3p-4p
- 12/16 - Lunch Bunch: 77 Restaurant 12p: Lunch is dutch treat (meal on your own). Register by 12/09.
- 12/17 - Bridge 12p-3p
- 12/18 - Rook 9a-12p, BP Checks 10a-11a, Mealsite: 10a - Exercise, 11a - Finance speaker, 12p - Lunch, Chair Yoga 2:10p-3:10p
- 12/19 - Senior Buddy (preschool) 9:30
- 12/22 - Rook 9a-12p, Mealsite: 10a - Exercise, 11a - STEP Christmas Program, 12p - Lunch, Senior Waltz 3p-4p
- 12/23 - Cornhole 1p-3p
- 12/24 - Closing at 12
- 12/25-12/26 - CLOSED - HAPPY HOLIDAYS!
- 12/29 - Rook 9a-12p, Bridge 11a-2p



FRANKLIN COUNTY
PARKS & RECREATION

AGING SERVICES

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Rocky Mount, VA 24151
PH: 540-483-9238
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www.franklincountyva.gov/aging-services

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“Promoting independence & quality of life...”

*NEW & ONGOING ACTIVITIES

Senior Scholars (Book Club) - Do you enjoy reading? Would you like to discuss your thoughts and opinions with someone? FC Aging invites you to challenge your mind as we sponsor a book club to meet like minded people and enjoy a good discussion. The 1st Tuesday of every month from 10a-12p.

Senior Buddy Program - Do you possess the talent of storytelling? Do you enjoy reading to children? If so, please sign up to be a Senior Buddy! A special time will be set aside for you to enrich the minds of the County's youth. To sign up, please contact us at 540-483-9238. The last Friday of each month from 9:30a-10:30a.

Senior Wellness (6 weeks) - Mondays 09/15 - 10/27 (no class 10/13) 10a-11a \$10.00 Registration Deadline: 09/08/14

Sign up to join Carilion Registered Nurse and Personal Fitness instructor, Gail Nordhaus, to explore your wellness potential through chair exercise and discussions regarding chronic disease and limited mobility. **Participants must obtain a exercise prescription from physician to participate.**

Chair Yoga (8 weeks): Thursdays 10/23-12/18 2:10p-3:10p \$40.00 Registration Deadline: 10/16/14

A class geared towards individuals with disabilities, weight challenges, inflexibility or who just cannot get on the floor, can benefit from daily practice of chair yoga. The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga's amazing fitness and health potential. Even if you are in a wheelchair, you can receive the many benefits of chair yoga!

*NEW - **Open Gym** - Practice your jump shot, enjoy a game of one on one, enjoy a few laps inside and other recreational activities with others your age. M-F (excluding holidays and special events: 09/01, 10/09, 10/10, 10/13, 10/15, , 11/11, 11/26-11/28, 12/24-12/26, 12/10 & 12/31). 11:30a-2:30p

*NEW - **Cornhole** - Do you enjoy the game of horseshoes? Then join us the 4th Tuesday of every month for a self-lead game of cornhole! 1p-3p

*NEW - **BP Screenings** - High blood pressure usually has no symptoms-but it can increase your risk of heart attack, stroke, heart failure and kidney failure. Whether you know you have high blood pressure or not, regular screenings are important to make sure it's under control. Join us at the Essig Center for free blood pressure screenings on the following dates from 10a-11a. 09/08, 10/16, 11/10, 12/18 courtesy of Team Nurse.

*NEW - **Line Dancing Classes (8 weeks)**: Wednesdays 10/01-12/3 (no class 11/5 & 11/26) 6p-7p \$40.00 Registration Deadline: 09/25/14

Have you ever wanted to get on the dance floor and join the fun? Join our beginner line dance class! This class will introduce you to basic steps and incorporate them into easy dances to a wide variety of music genres. Enjoy great exercise while having loads of fun! No partner necessary!

*NEW - **Intro to Ballroom for Seniors (6 weeks)**: Mondays 09/29 - 11/10 (no class 10/13) 3p-4p \$60.00 Registration Deadline: 09/22/14

Come have some fun while learning the basic steps of dances like the salsa, waltz, rumba, swing, foxtrot, cha cha and nightclub two-step, country western two-step, etc. No experience or partner necessary, we'll rotate partners in class. Please note whether you are a leader or follower dancer at registration. For any questions regarding instruction, please contact the instructor, Bonny Branch at 540-588-8558.

*NEW - **Waltz for Seniors (4 weeks)**: Mondays 12/01 - 12/22 3p-4p \$40.00 Registration Deadline: 11/24/14

Come have some fun while learning a more in depth version of the waltz! No experience or partner necessary, we'll rotate partners in class. Please note whether you are a leader or a follower dancer at registration. For any questions regarding instruction, please contact the instructor, Bonny Branch at 540-588-8558.

