

Franklin County Aging Services

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

SPECIAL POINTS OF INTEREST:

- Are you looking to volunteer?
- Check out our monthly calendars! We've added new programs & activities!



CALLING ALL VOLUNTEERS!

The Franklin County Department of Aging is looking for volunteers to lead the following activities that we would like to continue to offer:

- Senior Buddy Program (Preschool Reading program)
- We are also in search of certified instructors for ballroom dancing, swing and line dancing classes.

If you would be interested in leading any of these activities, have an idea for another activity or would like to volunteer your time to teach a program, please contact Amanda Carter at the Department of Aging at 540-483-9238.

NEW PROGRAMS & ACTIVITIES!

- ***CHAIR YOGA** - 8 week course beginning 05/29/14

Those of you with disabilities, weight challenges, inflexibility or who just cannot get on the floor can benefit from a daily practice of yoga while sitting in a chair. 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—the integration of body, mind, and spirit that keeps the yoga practitioner at the top of their game. **Cost: \$40.00 Time: 2:10p – 3:10p**

Dates: THURSDAYS, May 29-July 17
THURSDAYS, August 7 - September 25

REGISTRATION DEADLINE: 05/22/14 **OR**
REGISTRATION DEADLINE: 07/31/14

- ***SENIOR WELLNESS EXERCISE** - 6 week course beginning 06/30/14

Sign up to join Carilion Registered Nurse and Personal Fitness instructor, Gail Nordhaus to explore your wellness potential through exercise and discussion. Register by 06/23/14 by calling 540-483-9238. **Cost: \$10.00**

Dates: MONDAYS, June 30 – Monday, August 4, 2014 **Time: 10a-11a**
REGISTRATION DEADLINE: 06/23/14

- ***CREATIVE WRITING COURSE** - 6 week course beginning 07/22/14

This six week writing workshop will teach students techniques guaranteed to enable their writing to become more graphic and emotionally compelling. The Pulitzer Prize nominated instructor, Mr. Charles Shea LeMone has written several novels including, "A Dance in the Street", "Corner Pride" and has also taught similar workshops in many schools throughout Los Angeles.

Cost: FREE on the generous donation of Mr. LeMone REGISTRATION DEADLINE: 07/15/14
Dates: TUESDAYS, July 22-August 26, 2014 **Time: 1p-2p**

CENTER CLOSING / HOLIDAYS

The center will be closed on the following dates:

05/26 & 07/04

Please note additional days may be scheduled at a later date

SPECIAL EVENTS / COURSES:

- MOTHER'S DAY TEA
05/09/14
- OLDER AMERICAN'S DAY CELEBRATION
05/12/14
- 1ST ANNUAL "SENIOR PROM"
06/20/14
- LUAU - 08/08/14

See back page for more info!

TRIPS:

Walton's Mountain Trip
07/18/14

Registration deadline:
07/11/14

8am-4pm
\$20.00

(non-refundable to cover transportation costs).

Museum admission (\$8) and lunch on your own at the Lovingston café.

See back page for more info!

MAY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 ROOK 9-12 CHAIREX 10:30 FCBAND 11-12 MEAL 12-1	2 BOARDGAMES 1-3
5 ROOK 9-12 BRIDGE 12-3	6 SENIOR SCHOLARS 10-11	7 BOWLING 1-3 BRIDGE 12-3	8 ROOK 9-12	9 MOTHER'S DAY TEA 11-1 *REGISTRATION REQUIRED!
12 ROOK 9-12 CHAIREX 10:30 OLDER AMERICAN CELEBRATION 11-12 MEAL 12-1	13 POTLUCK BINGO 11-1	14 AARP BRIDGE 10-12 12-3	15 ROOK 9-12 CHAIREX 10:30 BARN BINGO 11-12 MEAL 12-1	16
19 ROOK 9-12 BRIDGE 12-3	20 LUNCH BUNCH @ EL RODEO 12-1	21 BRIDGE 12-3	22 ROOK 9-12	23
26 CLOSED/ HOLIDAY	27	28 BRIDGE 12-3	29 ROOK 9-12 CHAIR YOGA 2-3 *REGISTRATION REQUIRED	30 SENIOR BUDDY 9:30-10:30 *REGISTRATION REQUIRED

JUNE 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ROOK 9-12 BRIDGE 12-3	3 SENIOR SCHOLARS 10-11	4 BOWLING 1-3 EXPO 3-6	5 ROOK 9-12 CHAIREX 10:30 FC SINGERS 11-12 MEAL 12-1 CHAIR YOGA 2-3 *REGISTRATION REQUIRED	6 BOARDGAMES 1-3
9 ROOK 9-12 CHAIREX 10:30 BINGO 11-12 MEAL 12-1	10 POTLUCK BINGO 11-1	11 BRIDGE 12-3	12 ROOK 9-12 CHAIR YOGA 2-3 *REGISTRATION REQUIRED	13
16 ROOK 9-12 BRIDGE 12-3	17 LUNCH BUNCH @ THE HUB 12-1	18 BRIDGE 12-3	19 ROOK 9-12 CHAIREX 10:30 TINY MISS 11-12 MEAL 12-1 CHAIR YOGA 2-3 *REGISTRATION REQUIRED	20 SENIOR PROM 7-9
23 ROOK 9-12 CHAIREX 10:30 NUTRITION 11-12 MEAL 12-1	24	25 BRIDGE 12-3	26 ROOK 9-12 CHAIR YOGA 2-3 *REGISTRATION REQUIRED	27 SENIOR BUDDY 9:30 - 10:30
30 ROOK 9-12 SENIOR WELLNESS 10-11 *REGISTRATION REQUIRED				

JULY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SENIOR SCHOLARS 10-11	2 BRIDGE 12-3 BOWLING 1-3	3 ROOK 9-12 CHAIREX 10:30 FCBAND 11-12 MEAL 12-1 CHAIR YOGA 2-3 *REGISTRATION REQUIRED	4 CLOSED/ HOLIDAY
7 ROOK 9-12 BRIDGE 12-3 SENIOR WELLNESS 10-11 *REGISTRATION REQUIRED	8 POTLUCK BINGO 11-1	9 BRIDGE 12-3	10 ROOK 9-12 CHAIR YOGA 2-3 *REGISTRATION REQUIRED	11
14 ROOK 9-12 CHAIREX 10:30 STEP PROGRAM 11-12 MEAL 12-1 SENIOR WELLNESS 10-11 *REGISTRATION REQUIRED	15 LUNCH BUNCH @ FRANKS 12-1	16 BRIDGE 12-3	17 ROOK 9-12 CHAIREX 10:30 STEP PROGRAM 11-12 MEAL 12-1 CHAIR YOGA 2-3 *REGISTRATION REQUIRED	18 WALTON'S MTN. TRIP 8-4 *REGISTRATION & PAYMENT REQUIRED
21 ROOK 9-12 BRIDGE 12-3 SENIOR WELLNESS 10-11 *REGISTRATION REQUIRED	22 CREATIVE WRITING 1-2 *REGISTRATION REQUIRED	23 BRIDGE 12-3	24 ROOK 9-12	25 SENIOR BUDDY 9:30-10:30 *REGISTRATION REQUIRED
28 ROOK 9-12 CHAIREX 10:30 STEP PROGRAM 11-12 MEAL 12-1 SENIOR WELLNESS 10-11 *REGISTRATION REQUIRED	29 CREATIVE WRITING 1-2 *REGISTRATION REQUIRED	30 BRIDGE 12-3	31 ROOK 9-12	

AUGUST 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BOARD GAMES 1-3
4 ROOK 9-12 BRIDGE 12-3 SENIOR WELLNESS 10-11 *REGISTRATION REQUIRED	5 SENIOR SCHOLARS 10-11 CREATIVE WRITING 1-2 *REGISTRATION REQUIRED	6 BRIDGE 12-3 BOWLING 1-3	7 ROOK 9-12 CHAIREX 10:30 FCBAND 11-12 MEAL 12-1 CHAIR YOGA 2-3 *REGISTRATION REQUIRED	8 LUAU 11-1
11 ROOK 9-12 CHAIREX 10:30 STEP PROGRAM 11-12 MEAL 12-1	12 POTLUCK BINGO 11-1 CREATIVE WRITING 1-2 *REGISTRATION REQUIRED	13 BRIDGE 12-3	14 ROOK 9-12 CHAIR YOGA 2-3 *REGISTRATION REQUIRED	15
18 ROOK 9-12 BRIDGE 12-3	19 LUNCH BUNCH @ MOOSIE'S 12-1 CREATIVE WRITING 1-2 *REGISTRATION REQUIRED	20 BRIDGE 12-3	21 ROOK 9-12 CHAIREX 10:30 STEP PROGRAM 11-12 MEAL 12-1 CHAIR YOGA 2-3 *REGISTRATION REQUIRED	22
25 ROOK 9-12 CHAIREX 10:30 STEP PROGRAM 11-12 MEAL 12-1	26 CREATIVE WRITING 1-2 *REGISTRATION REQUIRED	27 BRIDGE 12-3	28 ROOK 9-12 CHAIR YOGA 2-3 *REGISTRATION REQUIRED	29 SENIOR BUDDY 9:30-10:30 *REGISTRATION REQUIRED



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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PERMIT NO. 34
ROCKY MOUNT
VIRGINIA

"Promoting independence & quality of life..."

NEW PROGRAMS & EVENTS

MOTHER'S DAY TEA – 05/09/14 - 11a - 1p

Join us to celebrate the women in our lives. Wear your favorite hat and enjoy a brunch of hot tea and light finger foods hosted by the Center and fellow seniors. **Please register by 05/02/14 by calling 540-483-9238.**

ANNUAL OLDER AMERICAN'S DAY CELEBRATION – 05/12/14 - 11a-1p

Come enjoy the musical talent of a mother and daughter duo, Aspen & Alice Black for a Western Sing-Along! These ladies are well known local singers and songwriters and are also related to one of our center attendees. Can you guess who it is? Wear your best western outfit for a chance to win a door prize! A STEP sponsored meal will follow the performance. **Please register by 05/07/14 by calling 540-483-9238.**

HEALTH INFORMATION RESOURCE EXPO - 06/04/14 - 3p-6p

Come visit the new Aging Center located in the Essig Recreation Center and learn about all the unknown resources available to seniors in our community! Register to win one of many of the door prizes while you are here!

FIRST ANNUAL FRANKLIN COUNTY "SENIOR" PROM - 06/20/14 - 7p-9p - \$10 per person Ages 50+

Join us for an evening of fun as we dance, mingle and make wonderful memories at the first annual Franklin County "Senior" Prom. Get all dressed up if you would like or come as you are ready to "shake a leg" to the wonderful musical talent of The SaxyKeys – featuring music from the 50's, 60's & 70's! Our evening will even include the crowning of a King and Queen! Light refreshments will be served.

WALTON'S MOUNTAIN TRIP – 07/18/14 - 8a-4p - \$20 non-refundable for transportation. Museum and lunch dutch treat.

Come along with us as we visit the Walton's Mountain Museum and get a sense of what it was like to be with "The Waltons" from the classic television series. You will see a replica of John-Boy's bedroom, the Waltons living room, kitchen, the "recipe machine" room, as well as the exhibit and scripts rooms. Admission is \$8.00 for the museum. We will then make a stop by the Ike Godsey's Store and Souvenir Shop on the way out. After our departure we will make our way to the Lovington Café to enjoy a wonderful dutch treat home cooked lunch before heading back to the Center. Buses will fill up quickly! **Register by 07/11/14 by calling 540-483-9238.**

POTLUCK LUAU - 08/08/14 - 11a-1p - Bring a dish! Join us in celebrating the much desired warm weather for a luau party! Bring a summer inspired dish and enjoy some luau themed games! We may even do a little hula dancing!

