

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 IN THIS ISSUE:

- AARP DRIVE ALIVE
- AARP TAX PREPARATION
- COOKING CLASSES
- CREATIVE WRITING
- JEWELRY CLASS
- POTLUCK SPRING SOCIAL
- RESOURCE SEMINAR
- SILVER SPLASH

TRIPS:

MUSEUM OF NATURAL HISTORY (Martinsville, VA)

02/06/15

8:30A - 4:00P

\$15.00 (NON-REFUNDABLE FOR TRAVEL COSTS)

Admission of \$4 to museum & lunch are on your own.

Join us as we view exhibits such as the Hall of Ancient Life, Uncovering Virginia, Living on the Water and Stories from Skeletons. After your self lead tour of the museum we will travel to The Checkered Pig for a BBQ lunch.

POPLAR FOREST TRIP

(Forest, VA)

04/17/15

8:00A - 4:00P

\$20.00 (NON-REFUNDABLE FOR TRAVEL COSTS & ADMISSION FEE FOR TOUR)

MUST REGISTER BY 04/03/15

Come along with us for a guided tour of a national historic landmark, Thomas Jefferson's Poplar Forest. You will examine exhibits such as the restoration workshop, archaeology lab and the beautiful grounds. After a stop by the gift shop, we will travel to dine at Country Cookin. Lunch is on your own.



NEW PROGRAMS & ACTIVITIES!

AARP "55 Drive Alive": \$15 (member) \$20 (non-member) 04/23 & 04/24 9a-1p

This driving course is an 8 hour course divided between two days and is geared toward drivers 50 and older to learn defensive driving techniques and current rules of the road; however, the course is open to people of all ages. Please contact Aging Services by 04/17 to reserve a spot. Payments will be made the day of the 1st class to the instructor.

AARP Tax Preparation: FREE Every Thursday & Friday 02/05-04/10 10a-5p

AARP Foundation Tax-Aide is available free to taxpayers with low and moderate income, with special attention to those 60 and older through trained volunteers. **AFTER** 01/26/15, citizens may call 540-483-9238 between 8a-4p to schedule an appt.

Art of Creative Writing Workshop: FREE (register by 01/28/15) *Wednesdays 02/04-03/11: no class on 02/16* 5p-6p

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. Chales Shea LeMone, has written several novels including "A Dance in the Street" & "Corner Pride".

***Body Basics (Formerly Senior Wellness):** \$10.00 (register by 01/20/15) *Mondays 01/26-03/09: no class 02/16* 10a-11a

Sign up to join Carilion Registered Nurse and Personal Fitness instructor, Gail Nordhaus, for an exercise for unconditioned individuals, those new to exercise who need guidance or who have health related physical limitation to work around. These classes involve standing and sitting exercises but can be modified for sitting only. **Participants must obtain an exercise prescription from physician to participate.**

Jewelry Creations: \$25.00 (register by 03/24/15) 03/31/15 5:30p-6:30p

Like unique necklaces? Come and explore the fun of creating your own! Class space is limited so register early!

Let's Make it Simple Cooking: \$12.00 (4 session workshop) 01/27, 02/24, 03/24 & 04/28 10a-11a

Come learn to make quick, simple and easy meals in 30 minutes or less with Carol Haynes from the Virginia Tech Extension office! Healthy Proteins, Heart Drinks, Easy Snacks & Desserts! Register by 01/20/15.

Ping-Pong!: FREE 2nd & 4th Friday of every month 10a-12p

Potluck Spring Social: FREE (bring a dish) 04/03/15 11a - 1p

Please join us for good food, great conversation and a little egg hunt! Should you be a qualified participant needing transportation, please contact us at 540-483-9238 by 03/27/15.

Senior Resource Seminar: FREE 01/30/15 9:30a-12p

Local attorneys will present topics including wills, trusts, powers of attorney, advance directives, probate & estate administration, guardianships and available resources in Franklin County for the elderly. Also, a presentation on consumer rights, credit card and internet fraud, home solicitations and various other consumer issues. Each attendee will receive a Senior Citizens Handbook. Although not required, please reserve your seat by calling 540-483-9238 no later than 01/28/15.

Silver Splash: \$25.00 (8 weeks/16 classes) Tuesdays & Fridays 02/03/15-03/27/15 11:30a-12:30p

This partnership course will focus on seniors with increasing mobility and flexibility issues to ease the discomfort of arthritic pain. The course will take place in warm shallow water at the Franklin County YMCA and no swimming skills are required. Just bring your towel, a lock for a locker and a swim cap if you wish. Stop by the Essig Center to sign up today!

Should you have any new course ideas or would like to lead a course, please contact

Amanda Carter to discuss at 540-483-9238.

CENTER CLOSING / HOLIDAYS

The center will be closed on the following dates: 01/01, 01/02, 01/16, 01/19 & 02/16

Please note additional days may be scheduled at a later time

JANUARY 2015

- 01/01 - CLOSED/HOLIDAY
- 01/02 - CLOSED/HOLIDAY
- 01/05 - Rook 9a-12p, Bridge 11a-2p, FREE Weight Management without dieting workshop 5:30p-7:30p (register by 1/4/15)
- 01/06 - Cornhole 1p-3p
- 01/07 - Bridge 12p-3p, Bowling @ Bowling Alley 1p-3p
- 01/08 - Rook 9a-12p
- 01/09 - Ping Pong 10a-12p
- 01/12 - Rook 9a-12p, Mealsite: (11a - STEP Program: Team Nurse, 12p - STEP Lunch), Pickleball 11:30a-2:30p
- 01/13 - Potluck Bingo 11a-1p: Bring a dish to share, a drink for yourself and play some BINGO for fun!
- 01/14 - AARP meeting 10a-12p, Pickleball 11:30a-2:30p, Bridge 12p-3p
- 01/15 - Rook 9a-12p, Mealsite: (11a - STEP Program: Humana, 12p - STEP Lunch), Shopping Route
- 01/16 - CLOSED/HOLIDAY
- 01/19 - CLOSED/HOLIDAY
- 01/20 - Lunch Bunch: Bootlegger 12p: Lunch is dutch treat (meal on your own). Register by 01/13/15
- 01/21 - Bridge 12p-3p
- 01/22 - Rook 9a-12p, Chair Yoga 2:10p-3:10p (register by 01/15/15)
- 01/23 - Ping Pong 10a-12p
- 01/26 - Rook 9a-12p, Body Basics 10a-11a (register by 01/20/15), Mealsite: (11a - Nutrition Program, 12p - STEP Lunch), Pickleball 11:30a-2:30p
- 01/27 - Let's Make it Simple Cooking Class: Session 1 - Healthy Protein 10a - 11a (register by 01/20/15), Cornhole 1p-3p
- 01/28 - Pickleball 11:30a-2:30p, Bridge 12p-3p, Line Dancing 6p-7p or 7:15p-8:15p (register by 01/21/15)
- 01/29 - Rook 9a-12p, Chair Yoga 2:10p-3:10p (register by 01/15/15)
- 01/30 - Senior Buddy 9:30a, Senior Bar Seminar 9:30a - 12:00p (register by 01/28/15)

FEBRUARY 2015

- 02/02 - Rook 9a-12p, Bridge 11a-2p, Body Basics 10a-11a (must register by 01/20/15)
- 02/03 - Silver Splash 11:30a-12:30p (must register by 01/30/15), Cornhole 1p-3p
- 02/04 - Pickleball 11:30a-2:30p, Bridge 12p-3p, Bowling @ Bowling Alley 1p-3p, Creative Writing 5p-6p (register by 01/30/15), Line Dancing 6p-7p or 7:15p-8:15p
- 02/05 - Rook 9a-12p, BP Checks 10a-11a, FRANK CAULEY BAND 11a-12p, Mealsite: (12p - STEP Lunch), AARP Tax Preparation 10a-5p (must make an appt), Chair Yoga 2:10-3:10 (must register by 01/15/15)
- 02/06 - Natural History Museum Trip 8:30a-4p (must register by 01/30/15), Silver Splash 11:30a-12:30p, AARP Tax Preparation 10a-5p
- 02/09 - Rook 9a-12p, Body Basics 10a-11a (register by 01/20/15), Mealsite: (11a - STEP Program: Team Nurse, 12p - STEP Lunch)
- 02/10 - Potluck Bingo 11a-1p, Silver Splash 11:30a-12:30p (must register by 01/30/15)
- 02/11 - Bloodmobile 9a-3p, AARP meeting 10a-12p, Bridge 12p-3p, Creative Writing 5p-6p (register by 01/30/15), Line Dancing 6p-7p or 7:15p-8:15p
- 02/12 - Rook 9a-12p, AARP Tax Preparation 10a-5p (must make an appt), Chair Yoga 2:10p-3:10p
- 02/13 - Silver Splash 11:30a-12:30p (must register by 01/30/15), Ping Pong 10a-12p, AARP Tax Preparation 10a-5p (must make an appt)
- 02/16 - CLOSED/HOLIDAY
- 02/17 - Silver Splash 11:30a-12:30p, Lunch Bunch: Jonathan's 12p: Lunch is dutch treat (meal on your own). Register by 02/10/15
- 02/18 - Pickleball 11:30a-2:30p, Bridge 12p-3p, Creative Writing 5p-6p, Line Dancing 6p-7p or 7:15p-8:15p
- 02/19 - Rook 9a-12p, Mealsite: (11a - STEP Program: Medicaid, 12p - STEP Lunch), Shopping Route, AARP Tax Preparation 10a-5p (must make an appt), Chair Yoga 2:10-3:10
- 02/20 - Silver Splash 11:30a-12:30p, AARP Tax Preparation 10a-5p (must make an appt)
- 02/23 - Rook 9a-12p, Body Basics 10a-11a, Pickleball 11:30a-2:30p, Mealsite: (11a - STEP Program: Veggie Bingo, 12p - STEP Lunch)
- 02/24 - Cooking Class: Session 2 - Drink for your Heart! 10a-11a (register by 01/20/15), Silver Splash 11:30a-12:30p, Cornhole 1p-3p
- 02/25 - Pickleball 11:30a-2:30p, Bridge 12p-3p, Creative Writing 5p-6p, Line Dancing 6p-7p or 7:15p-8:15p
- 02/26 - Rook 9a-12p, AARP Tax Preparation 10a-5p (must make an appt), Chair Yoga 2:10-3:10
- 02/27 - Senior Buddy 9:30a, Ping Pong 10a-12p, Silver Splash 11:30a-12:30p, AARP Tax Preparation 10a-5p (must make an appt)

MARCH 2015

03/02 - Rook 9a-12p, Bridge 11a-2p, Body Basics 10a-11a, Pickleball 11:30a-2:30p

03/03 - Silver Splash 11:30a-12:30p, Cornhole 1p-3p

03/04 - Pickleball 11:30a-2:30p, Bridge 12p-3p, Bowling @ Bowling Alley 1p-3p, Creative Writing 5p-6p, Line Dancing 6p-7p or 7:15p-8:15p

03/05 - Rook 9a-12p, BP Checks 10a-11a, FRANK CAULEY BAND 11a-12p, Mealsite: (12p - STEP Lunch), AARP Tax Preparation 10a-5p (must make an appt), Chair Yoga 2:10p-3:10p

03/06 - Silver Splash 11:30a-12:30p, AARP Tax Preparation 10a-5p (must make an appt)

03/09 - Rook 9a-12p, Body Basics 10a-11a, Mealsite: (11a - STEP Program: STEP lead Cornhole, 12p - STEP Lunch)

03/10 - Potluck Bingo 11a-1p, Silver Splash 11:30a-12:30p

03/11 - AARP meeting 10a-12p, Pickleball 11:30a-2:30p, Bridge 12p-3p, Creative Writing 5p-6p, Line Dancing 6p-7p or 7:15p-8:15p

03/12 - Rook 9a-12p, AARP Tax Preparation 10a-5p (must make an appt), Chair Yoga 2:10p-3:10p

03/13 - Ping Pong 10a-12p, Silver Splash 11:30a-12:30p, AARP Tax Preparation 10a-5p (must make an appt)

03/16 - Rook 9a-12p, Bridge 11a-2p, Pickleball 11:30a-2:30p

03/17 - Lunch Bunch: EL RIO 12p: Lunch is dutch treat (meal on your own), Silver Splash 11:30a-12:30p

03/18 - Pickleball 11:30a-2:30p, Bridge 12p-3p, Line Dancing 6p-7p or 7:15p-8:15p

03/19 - Rook 9a-12p, Mealsite: (11a - STEP Program: Carilon, 12p - STEP Lunch), Shopping Route, AARP Tax Preparation 10a-5p (must make an appt)

03/20 - Silver Splash 11:30a-12:30p, AARP Tax Preparation 10a-5p (must make an appt)

03/23 - Rook 9a-12p, Mealsite: (11a - STEP Program: Bingo, 12p - STEP Lunch), Pickleball 11:30a-2:30p

03/24 - Cooking Class: Session 3 - Snacks! 10a-11a (register by 01/20/15), Silver Splash 11:30a-12:30p, Cornhole 1p-3p

03/25 - Pickleball 11:30a-2:30p, Bridge 12p-3p

03/26 - Rook 9a-12p, AARP Tax Preparation 10a-5p (must make an appt)

03/27 - Senior Buddy 9:30a, Ping Pong 10a-12p, Silver Splash 11:30a-12:30p, AARP Tax Preparation 10a-5p (must make an appt)

03/30 - Rook 9a-12p, Bridge 11a-2p, Pickleball 11:30a-2:30p

03/31 - Jewelry Class 5:30p - 6:30p (register by 03/24/15)

APRIL 2015

04/01 - Pickleball 11:30a-2:30p, Bridge 12p-3p, Bowling @ Bowling Alley 1p-3p

04/02 - Rook 9a-12p, BP Checks 10a-11a, FRANK CAULEY BAND 11a-12p, Mealsite: (12p - STEP Lunch), AARP Tax Preparation 10a-5p (must make an appt)

04/03 - Spring Potluck Social 11a-1p (register by 03/27), AARP Tax Preparation 10a-5p (must make an appt)

04/06 - Rook 9a-12p, Bridge 11a-2p, Pickleball 11:30a-2:30p

04/07 - Cornhole 1p-3p

04/08 - Bloodmobile 9a-3p, AARP meeting 10a-12p, Bridge 12p-3p

04/09 - Rook 9a-12p, AARP Tax Preparation 10a-5p (must make an appt)

04/10 - Ping Pong 10a-12p, AARP Tax Preparation 10a-5p (must make an appt)

04/13 - Rook 9a-12p, Mealsite: (11a - STEP Program: Bingo, 12p - STEP Lunch), Pickleball 11:30a-2:30p

04/14 - Potluck Bingo 11a-1p

04/15 - Pickleball 11:30a-2:30p, Bridge 12p-3p

04/16 - Rook 9a-12p, Mealsite: (11a - STEP Program: STEP preschool, 12p - STEP Lunch), Shopping Route

04/17 - Poplar Forest Trip 8a-4p (register by 04/03/15)

04/20 - Rook 9a-12p, Bridge 11a-2p, Pickleball 11:30a-2:30p

04/21 - Lunch Bunch: Old Oak Caf  12p: Lunch is dutch treat (meal on your own)

04/22 - Pickleball 11:30a-2:30p, Bridge 12p-3p

04/23 - Rook 9a-12p, Drive Alive (Day 1) 9a-1p (register by 04/17/15)

04/24 - Senior Buddy 9:30a, Ping Pong 10a-12p, Drive Alive (Day 2) 9a-1p (register by 04/17/15)

04/27 - Rook 9a-12p, Mealsite: (11a - Nutrition Program, 12p - STEP Lunch), Pickleball 11:30a-2:30p

04/28 - Cooking Class: Session 4 - Desserts! 10a - 11a (register by 01/20/15), Cornhole 1p-3p

04/29 - Pickleball 11:30a-2:30p, Bridge 12p-3p

04/30 - Rook 9a-12p



FRANKLIN COUNTY
PARKS & RECREATION

AGING SERVICES

295 Technology Drive
Rocky Mount, VA 24151
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VIRGINIA

“Promoting independence & quality of life...”

ONGOING ACTIVITIES

Bowling - Meet up with other Franklin county seniors & enjoy a little competitive exercise the 1st Wednesday of every month at the Franklin County Bowling Alley from 1p-3p! \$2.00 per game and FREE shoe rental!

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 02/05, 03/05 & 04/02 courtesy of Team Nurse.

Bridge - Learn how to play one of the greatest card games of all time - Bridge! Join us on the 1st, 3rd & 5th Monday or every Wednesday of the month EXCEPT for the following holidays: 01/19 & 02/16.

Chair Yoga (8 weeks): *Thursdays 01/22-03/12* *2:10p-3:10p* *\$40.00* *Registration Deadline: 01/15/15*

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!

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

Frank Cauley Band - Get your toes tappin' to the musical talent of the Frank Cauley band the 1st Thursday of every month from 11a-12p at the Essig Center!

Fun with Seniors - Join us for a little socialization and a hot meal on the 1st & 3rd Thursdays and 2nd & 4th Mondays (except for holidays).

Line Dancing Classes (8 weeks): *Wednesdays 01/28-03/18* *6p-7p (Beginner) or 7:15p-8:15p (Intermediate)* *\$40.00* *Registration Deadline: 01/21/15*

Have you ever wanted to get on the dance floor and join the fun? Join one of our line dance classes! 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!

Lunch Bunch - Join the Senior Lunch Bunch on the 3rd Tuesday of every month at local restaurants for food, fun & fellowship. (Meal on your own)

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: 01/01, 01/02, 01/16, 01/19, 02/11, 02/16 & 04/08) 11:30a-2:30p * Please note: Open Pickleball will be on Mondays & Wednesdays during the same time.

Potluck Bingo - Bring a dish, drink and come enjoy the fun filled game BINGO. Grab bag prizes will be awarded followed by a potluck lunch the 2nd Tuesday of every month from 11a-1p.

Rook - Join us every Monday & Thursday to learn and play the trump based trick card game Rook! EXCEPT on the following holidays: 01/19 & 02/16.

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.

