

Nash County Senior Center

103 N. Alston Street ~ Nashville, NC 27856

Contact Us: 252-459-7681

THE NASH NEWS



Know Your W's!

Nash County continues to grow in numbers every day. Nash County Health Department continues to ask county citizens to practice preventative and safety measures that will help prevent the spread of the virus.

If you leave home, know your W's:

- Wear a cloth face covering if you are with others.
- Wait 6 feet apart. Avoid close contact.
- Wash your hands often with soap and water for at least 20 seconds.

Staff Directory

Nash County Senior Center

Morgan Doughtie

Senior Center Supervisor

Sandy Richardson

Activities Specialist

Ashley Winstead

Senior Services Supervisor

Wendy Perry

Senior Services Coordinator

Sherry Leonard

Accounting/Admin Specialist

Delois Burruss

Marian Jenkins

Dollie Parker

Reception/Support Staff

Southern Nash Senior Center

Allison Barrett

Senior Center Supervisor

Merredith Bulluck

Office Assistant III

ANNOUNCEMENTS & VIRTUAL PROGRAMS

COVID-19 Update

As we enter December, it is still so hard to believe that we are inching closer and closer to reaching the milestone of our senior centers being closed for an entire year. A lot has happened over the last ten months, and sometimes it's hard to remember what our "normal" used to be. We have said it before and must say it again, we are so thankful to each of you who have stuck in there and hung with us over this crazy rollercoaster ride. As the winter approaches and the COVID-19 cases continue to rise in North Carolina and around the country, we have made the difficult decision to put a hold on in-person programming. As always, the health and safety of our staff and members are our first priority. Virtual Programming will increase in the winter months which means there is still plenty of ways for you to stay active and engaged with your local senior centers. Make sure you flip through the rest of this newsletter and mark your calendars for all of our virtual programs that will be happening this month. Please stay safe over this holiday season and remember, we are just a phone call away.

Tele-Bingo

Let's play Bingo over the phone! To participate, dial the phone number below to join our conference call! You will need to get creative and find a way to cover your card during the game, but you only get one card so try and avoid writing on it. These weekly Bingo games are for fun and no prizes will be awarded.

Dates: December 3rd, 10th, 17th, 31st

Time: 2:00pm

Phone Number: 1-919-375-6898

FREE Medicine Giveaway

The Senior Services Division of the Nash County Recreation and Senior Services Department is partnering with NC MedAssist to sponsor the Mobile Free Pharmacy. This is a service that provides over-the-counter medication at no cost to the community. Items to be given away include: cold, cough, and flu medicine; bandages and first aid supplies; allergy and pain relief; vitamins; children's medicine; and much more while supplies last. There are no income requirements and no ID is required. Eligible recipients must be at least 18 or older. Each recipient will receive an average of \$150 worth of free medication and supplies. This service will be offered on Saturday, January 9, 2021. This will be a Drive-Thru event located at the Claude Mayo Administration Building Parking Lot at 120 W. Washington St, Nashville NC 27856 from 9am-2pm. Registering before hand is encouraged. For more information please contact the Nash County Senior Center at (252) 459-7681.



The Girls Talk Show



Join us for some chit chat and creative fun on Facebook Live. We will be making Christmas Goodies that you can share with your family this holiday.

Date/Time: Mon, December 14th at 2pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

VIRTUAL PROGRAMS

Senior Stretch

Join us each Tuesday, on Facebook Live as we focus on flexibility, balance, and core strength. If you would like to participate in the class visit www.facebook.com/nashseniorcenter

Days: Tuesdays

Time: 10:00am

Where: Facebook Live

www.facebook.com/nashseniorcenter

Aerobics



Each Monday and Thursday on Facebook Live we will have a low-impact strength training, light cardio and stretching class virtually. To join the class on Facebook, visit www.facebook.com/nashseniorcenter.

Days: Mondays & Thursdays

Time: 10:00am

Where: Facebook Live

www.facebook.com/nashseniorcenter

Tax Office Presentation

Join us on Facebook Live with Doris Sumner to learn all about the Nash County Tax Office! Find ways about how shopping locally supports Nash County and how older adults might be able to save money.



Date: Wed, December 9th at 10am

Where: Facebook Live

www.facebook.com/nashseniorcenter

Economic Development

Join us on Facebook Live with Susan Phelps, to learn about Nash Counties newest department, Economic Development. Susan will be sharing with us many ways Nash County is growing!

Date: Wed, December 16th at 10am

Where: Facebook Live

www.facebook.com/nashseniorcenter

Christmas Bow with Sandy



Join us for a Christmas Craft with Sandy as she teaches us a new and easier way to make a bow. This is a great way to adorn your home and Christmas Tree this holiday.

Date/Time: Mon, December 7th at 2pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

Christmas Trivia

Join us on Facebook Live for a fun and competitive Christmas themed game of trivia! To answer our trivia questions, you will need to comment your answer in the comment section of our Facebook Live. Get your brain juices flowing and get ready to play!

Date: Tues, December 22nd at 2pm

Where: Facebook Live

www.facebook.com/nashseniorcenter



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Low Income Energy Assistance Program

The Low Income Energy Assistance Program (LIEAP) is a federally funded program that provides for a one-time vendor payment to help eligible households pay their heating bills. Households including a person aged 60 or older or disabled persons receiving services through the NC Division of Aging and Adult Services are eligible to sign up for assistance from Dec. 1st–Dec. 31st. Due to concerns of the spread of the Coronavirus Nash County Department of Social Services will not conduct any face-to-face interviews Applications can be found at, <http://www.nashcountync.gov>. Applications can be submitted by mail, email, or fax, along with bills, proof of income, and other verifications. For more information please call 252-459-1609.