Program Preview
NEW Technology Classes
NEW Aerobics Class
Halloween Party
Christmas Brunch
Medicare Counseling (SHIIP)
Stretch & Refresh
SO MUCH MORE!

HOURS OF OPERATION
MONDAY - FRIDAY
8:00AM - 5:00PM
SENIOR CENTER INFORMATION

Masks
Masks are required in all Nash County buildings. Masks must be worn properly covering the mouth and nose at all times. Participants do not have to wear a mask while actively participating in a fitness class or while using the fitness equipment. When visiting, playing cards, playing pool, or participating in other activities, participants are required to wear a mask. Staff are required to wear masks unless they are in their office.

Socializing
We want you to socialize with friends while you are here. Please feel free to sit and chat, but make sure to maintain social distancing.

Program Registration
Some of our activities require pre-registration, and some do not. We are requiring pre-registration for some of our more popular programs to make sure we have adequate space and avoid overcrowding. Please review the chart on page 3 for a more detailed listing.

Call us at (252) 235-4303 or visit the front desk to register for any of our programs, classes, and services.

Please bring correct change!
When paying for programs and classes, please bring the correct amount if you are paying with cash. If you are paying with a check, please make checks payable to Nash County. Please pay for programs the day of the scheduled event as there are no refunds for programs.

Thank you!

How to Join the Southern Nash Senior Center:
Membership is FREE!
Eligible participants must be: 60 years of age or older; the spouse of someone 60 or older; or a caregiver for someone 60 or older. Whether you’re interested in travel, fitness programs, Bingo, cards, crafts, or one of our many social and educational programs, you’re bound to find something you’ll love!

Gifting and Donations
You Make the Difference!
The Southern Nash Senior Center is overseen by the Nash County Recreation and Senior Services Department which provides programs and services to enhance the lives of older adults. These programs and services are made possible through county funding, state and federal grants, and private funding sources. Private gifts and donations play a critical role in creating new services and in supporting existing ones. Contributions for memorials and other monetary donations are accepted and appreciated. Please contact Allison Barrett at (252) 235-4301 for more information on gifting and donations.

Center Closings
The Nash and Southern Nash Senior Centers, along with all Nash County offices, will be closed on the following days:
Veterans Day ~ November 11, 2021
Thanksgiving ~ November 25-26, 2021
Christmas ~ December 23-27, 2021
New Years Holiday ~ December 31, 2021
## PROGRAM CHART

We know all of this information can get wordy, so we hope this quick reference chart will help!

<table>
<thead>
<tr>
<th>Program/Activity</th>
<th>Pre-Registration Required</th>
<th>When Can I Register?</th>
<th>Capacity Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Video Aerobics</td>
<td>X</td>
<td>Week Before</td>
<td>10</td>
</tr>
<tr>
<td>Stretch &amp; Refresh</td>
<td>X</td>
<td>Week Before</td>
<td>8</td>
</tr>
<tr>
<td>Special Programs (socials, presentations, crafts)</td>
<td>X</td>
<td>Anytime</td>
<td>Varies</td>
</tr>
<tr>
<td>Fitness Room</td>
<td>No registration</td>
<td></td>
<td>7</td>
</tr>
<tr>
<td>Bingo</td>
<td>No registration</td>
<td></td>
<td>20</td>
</tr>
<tr>
<td>Cards</td>
<td>No registration</td>
<td></td>
<td>20</td>
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<tr>
<td>Computers</td>
<td>No registration</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Game Room</td>
<td>No registration</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>Crochet/Knitting Group</td>
<td>No registration</td>
<td></td>
<td>20</td>
</tr>
</tbody>
</table>

**QUESTIONS?**
Call us at 252-235-4303
ANNOUNCEMENTS

Medicare Part D Open Enrollment

The 2021 Medicare Part D open enrollment period begins October 15th and runs through December 7th. This is your opportunity to review your Part D plan choices and compare current plans to new ones in order to maximize your savings. A SHIIP volunteer can assist you in finding a Medicare Part D prescription drug plan that meets your needs. Due to COVID-19, the Nash County Senior Center & Southern Nash Senior Center will have appointments available, however, they are over the phone only. Please note that you may be asked to provide information prior to your scheduled appointment time. To schedule an appointment call the Southern Nash Senior Center at 252-235-4303.

Thank You Volunteers!

Nash County Recreation and Senior Services Department would like to say thank you and recognize the hard work and dedication of each one of our Home Delivered Meals Volunteers who have continued to deliver a hot meal to our homebound seniors throughout the pandemic. Our volunteers are the heart of our organization and without their commitment to our clients, we would not have been able to continue operating without interruption.

Stockings for Seniors

Help Spread Some Holiday Cheer!

Nash County Senior Services is sponsoring its annual Stockings for Seniors program. The goal of this program is to provide Christmas stockings filled with various items to seniors in Nash County. We are in need of donations and help from the community in order to make this happen. Suggested items include: gift cards, travel size toiletry items, socks, snack items, hats, scarves, and any other small gift items. Donations will be accepted Nov. 1st through Nov. 30th. Monetary donations will also be accepted and will go towards the purchase of stocking items.

If you would like to receive a stocking or for more information about this program, please call us at (252) 235-4303. Applications will be accepted Nov. 1st through Nov. 30th.

Volunteers Needed!

The Home Delivered Meals Program is always in need of volunteers to help deliver hot meals to homebound senior citizens who live in Nash County. Are you interested in giving back? This is the perfect opportunity. Please contact Tamika Hill, Senior Services Coordinator, at 252-459-1367 for more information.
Technology Classes
We are excited to announce that we are now offering technology classes through a partnership with Nash Community College! Classes are limited to the first 10 people who register. All classes will be held in the Multipurpose Room at the Southern Nash Senior Center each Monday, Wednesday, and Thursday from 1pm-4pm. To register for a class, please call us at 252-235-4303. See course schedules and descriptions below.

**Basic Computers & Keyboarding**
*Date: 10/4/2021-10/27/2021*
*Description:* This course is designed to introduce computers and computer terms, and develop a moderate comfort level of basic computer-use and keyboarding skills.

**Internet & Email**
*Date: 11/1/2021-11/23/2021*
*Description:* This course is designed to develop skills needed for researching information on the internet. Topics include benefits and risks of the internet, navigating and using the internet, creating and using email accounts, working with attachments, and managing email contacts.

**Social Media**
*Date: 11/29/2021-12/15/2021*
*Description:* This course is designed to develop knowledge in social media technologies. Students will learn the many different forms of social media, such as Facebook, LinkedIn, and Instagram. Students will learn how to use Zoom, Facebook Chat, and other forms of video conferencing tools and understand what it takes to create a positive social media presence.

Chair Volleyball League
Nash County Senior Services is partnering with Nash County Recreation to form our first ever Chair Volleyball League. This league will provide you with the opportunity to get involved in a more competitive nature and play against other older adults throughout Nash County. Those who are interested in playing in the chair volleyball league can sign up individually to be placed on a team, or you can bring your own team to the league. Games will be held at the Nash County Senior Center and at the Southern Nash Senior Center. An interest meeting will be held October 6th at 11am. During the interest meeting, you will learn about the basics of chair volleyball, how the league will be run, how to register, and other information associated with this new sport.

*Date/Time: October 6th at 11am*
*Location: Multipurpose Room*

Caregiver Support Group
Are you or a family member caring for a loved one? Please join us as we provide a safe and open space for caregivers. This group meets the 2nd Tuesday of every month at 3pm. For more information, please contact Wendy Perry, Senior Services Supervisor, at 252-459-1691.

*Dates: Oct. 12th, Nov. 9th, Dec. 14th*
*Time: 3pm*
*Location: Multipurpose Room*
PROGRAMS & ACTIVITIES

Bingo
NEW SCHEDULE! Come play Bingo every TUESDAY afternoon at the Southern Nash Senior Center! As always, we encourage those who play Bingo to bring a prize for the prize table. Bingo will be limited to the first 20 people each week. Pre-registration is no longer required. If participation in Bingo substantially increases, we will reinstate the pre-registration requirement if needed.

Date/Time: Tuesdays at 2pm
Location: Multipurpose Room A&B
Cost: Free, but prizes for the prize table are encouraged

Video Aerobics
Get back into your fitness routine and join us for video aerobics! We are happy to announce that we have added a second day for aerobics, and we will now offer classes on Monday AND Thursday each week. Workouts include gentle stretch and low impact aerobics for a nice cardio workout. Participants may register for class one week in advance. To register, stop by the front desk or call us at 252-235-4303. Space is limited to the first 10 people.

Date/Time: Mondays and Thursdays at 9:00am
Location: Multipurpose Room A&B

Study Group
This member-led study group meets on Thursday Mornings for 5-week study sessions. The group will meet in the Multipurpose Room at 10:00am and is open to all who wish to attend.

Date/Time: Oct. 14th, 21st, 28th, Nov. 4th, & Nov. 18th at 10am
Location: Multipurpose Room A

Stretch & Refresh with Steve
Improve your overall health by participating in this relaxing and beneficial class. This class will focus on flexibility, core work, and proper breathing for a yoga-like experience. Participants may register for class one week in advance. Space is limited to the first 8 people.

Date/Time: Wednesdays at 9am
Cost: $2 per person (please pay at front desk)
Instructor: Steve Peterson
Location: Multipurpose Room A&B

Crochet Circle
Join this member-led group for great fellowship and a great time crocheting with friends at the senior center. Learn and exchange patterns, compare projects, and sit back and talk with a great group of people. This group meets every Thursday at 11am. No pre-registration required.

Days/Time: Thursdays at 11am
Location: Multipurpose Room A

Shakedown on Sugar
In this program, you will learn about different types of sugars, common foods that sugars are found in, tips & strategies to reduce sugar intake, and myths and facts about sugar. Pre-registration is required for this program. Registration Deadline: Thursday, Oct, 14th.

Date/Time: Tuesday, October 19th at 10am
Location: Multipurpose Room A&B
PROGRAMS & ACTIVITIES

Game Day
We have so many game options at the Southern Nash Senior Center, we felt the need to block off some Fridays to make sure we play all of them! Join us on select Friday afternoons to play various indoor and outdoor games! If you aren’t sure how to play, we are happy to teach you the rules. Please pre-register at the front desk.

- Friday, October 8th at 2pm: Horseshoes & Bocce
- Friday, October 22nd at 2pm: Pickleball
- Friday, November 12th at 2pm: Chair Volleyball
- Friday, December 17th at 2pm: Cornhole

Project Lifesaver Presentation
Project Lifesaver is a rapid response program that is designed for “at risk” individuals who are prone to the life threatening behavior of wandering. This service is available to children and adults who may wander due to a cognitive condition such as Dementia, Alzheimer’s, Autism, or Down Syndrome. Join us for this informative presentation to find out more about the Project Lifesaver Program offered through Nash County Senior Services. Pre-registration is required for this program.

- Registration Deadline: Wednesday, Oct. 27th
- Date/Time: Tuesday, November 2nd at 10am
- Location: Multipurpose Room A&B

Veterans Day Social
Honoring Those Who Served
Join us for a special celebration honoring those who have served in the military. All are invited to attend, however, we want to extend a special invitation to our veterans. Light refreshments will be provided. Space is limited to the first 20 people. Registration Deadline: Wednesday, Nov. 3rd.

- Date/Time: Wednesday, November 10th at 11am
- Location: Multipurpose Room A&B

Halloween Party
Get spooky and join us for our Halloween themed party at the Southern Nash Senior Center. Enjoy fun and festive decorations, games, and a good time with your senior center friends. Space is limited to the first 20 people.

- Registration Deadline: Friday, Oct. 22nd
- Date/Time: Friday, Oct. 29th at 2pm
- Location: Multipurpose Room A&B
- Cost: $3 per person (please pay at front desk)

Thanksgiving Luncheon
The holiday season is HERE! Join us for a thanksgiving feast as we celebrate all that we have to be thankful for this year.

- Pre-registration is required. Space is limited to the first 20 people. Registration Deadline: Tuesday, Nov. 16th.
- Date/Time: Tuesday, Nov. 23rd at 12pm
- Location: Multipurpose Room A&B
- Cost: $5 per person (please pay at front desk)

Safe Citizens Presentation
COMING SOON! Join Brandon Medina, Chief Deputy with Nash County Sheriffs Office, as he discusses best practices for keeping yourself safe in the community.

- Date & Time: To Be Determined
- Location: Multipurpose Room A&B
RESCHEDULED Senior Citizens Day Social

We were so sad we had to cancel the Senior Citizens Day Social in August, so we decided to reschedule it! Join us in the Multipurpose room for light refreshments and a trip down memory lane as we revisit some of the fun times at the Southern Nash Senior Center. Please call 252-235-4303, or sign up at the front desk if you would like to attend. Space is limited to the first 20 people. Registration Deadline: Wednesday, Nov. 24th. Please note that if you were registered for the original social in August, you will need to sign up again for this rescheduled event.

Date/Time: Friday, December 3rd at 2pm
Location: Multipurpose Room A&B
Cost: $3 per person (please pay at front desk)

Christmas Brunch

Join us for a Christmas Brunch at the Southern Nash Senior Center! Spend time with your senior center friends and celebrate the best time of year with good food and entertainment. Pre-registration is required. Space is limited to the first 20 people. Registration Deadline: Tuesday, December 14th.

Date/Time: Tuesday, Dec. 21st at 10am
Location: Multipurpose Room A&B
Cost: $3 per person (please pay at front desk)

Craft

Join us for one (or all) of our monthly craft classes! Please see the details below for each craft. Space is limited to the first 10 people who sign up. Please stop by the front desk, or call us at 252-235-4303 if you would like to participate in the craft class. Cost is $3 per person per craft.

Fall/Halloween Blocks

Halloween season is almost here. Join us as we hand paint wooden blocks with some familiar spooky faces. If Halloween isn't your thing, no worries! You can choose to do cute fall faces instead. Registration Deadline: Oct. 7th

Date/Time: Tuesday, Oct. 12th at 10am
Cost: $3 per person
Location: Multipurpose Room A&B

Embroidery Hoop Ornaments

Decorate your tree this holiday with rustic country ornaments made from embroidery hoops and fabric. This simple “do-it-yourself” craft is great for anyone. Registration Deadline: Nov. 9th

Date/Time: Tuesday, Nov. 16th at 10am
Cost: $3 per person
Location: Multipurpose Room A&B

Santa Wreath

Santa Claus is coming to town! Get your home ready for Santa’s arrival and join us as we make a simple Santa wreath to hang on your door. Registration Deadline: Dec. 7th

Date/Time: Tuesday, Dec. 14th at 10am
Cost: $3 per person
Location: Multipurpose Room A&B

Happy Birthday Senior Citizens Day!
# OCTOBER 2021

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<thead>
<tr>
<th>Mon</th>
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| 9am: Video Aerobics  
1pm-4pm: Computer Class | 2pm: Bingo | 9am: Stretch & Refresh $  
1pm-4pm: Computer Class | 9am: Video Aerobics  
11am: Crochet Circle  
1pm-4pm: Computer Class | 2pm: Game Day: Horseshoes & Bocce |
| 11  | 12  | 13  | 14  | 15  |
| 9am: Video Aerobics  
1pm-4pm: Computer Class | 10am: Fall Block Craft $  
2pm: Bingo  
3pm: Caregiver Support Group | 9am: Stretch & Refresh $  
1pm-4pm: Computer Class | 9am: Video Aerobics  
10am: Study Group  
11am: Crochet Circle  
1pm-4pm: Computer Class | 2pm: Home Delivered Meals Volunteer Social |
| 18  | 19  | 20  | 21  | 22  |
| 9am: Video Aerobics  
1pm-4pm: Computer Class | 10am: Shakedown on Sugar  
2pm: Bingo | 9am: Stretch & Refresh $  
1pm-4pm: Computer Class | 9am: Video Aerobics  
10am: Study Group  
11am: Crochet Circle  
1pm-4pm: Computer Class | 2pm: Game Day: Pickleball |
| 25  | 26  | 27  | 28  | 29  |
| 9am: Video Aerobics  
1pm-4pm: Computer Class | 9am: Chess Tournament  
2pm: Bingo | 9am: Stretch & Refresh $  
1pm-4pm: Computer Class | 9am: Video Aerobics  
10am: Study Group  
11am: Crochet Circle | 2pm: Halloween Party $ |

- $ denotes additional fee.
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<th>Mon</th>
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<tr>
<td>1</td>
<td>9am: Video Aerobics</td>
<td>10am: Project Lifesaver</td>
<td>9am: Stretch &amp; Refresh</td>
<td>9am: Video Aerobics</td>
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<td>1pm-4pm: Computer Class</td>
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<td>10am: Study Group</td>
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<td>2pm: Bingo</td>
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<td>1pm-4pm: Computer Class</td>
<td>11am: Crochet Circle</td>
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<td>9am: Video Aerobics</td>
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<td>9am: Stretch &amp; Refresh</td>
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<td>1pm-4pm: Computer Class</td>
<td>3pm: Caregiver Support Group</td>
<td>1pm-4pm: Computer Class</td>
<td>10am: Study Group</td>
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<td>11am: Veterans Day Social</td>
<td>11am: Crochet Circle</td>
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<td>9am: Video Aerobics</td>
<td>10am: Embroidery Hoop</td>
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<td>1pm-4pm: Computer Class</td>
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<td>2pm: Bingo</td>
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<td>11am: Crochet Circle</td>
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<tr>
<td>22</td>
<td>9am: Video Aerobics</td>
<td>12:00pm: Thanksgiving Social $</td>
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<td>1pm-4pm: Computer Class</td>
<td>Social $</td>
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<td>10am: Study Group</td>
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<td>2pm: Bingo</td>
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<td>11am: Crochet Circle</td>
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<td>29</td>
<td>9am: Video Aerobics</td>
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<td>1pm-4pm: Computer Class</td>
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### DECEMBER 2021

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<th>Mon</th>
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<th>Wed</th>
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<tbody>
<tr>
<td>1</td>
<td>9am: Stretch &amp; Refresh $</td>
<td>1pm-4pm: Computer Class</td>
<td>2 9am: Video Aerobics 11am: Crochet Circle 1pm-4pm: Computer Class</td>
<td>3 2pm: Senior Citizens Social $</td>
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<tr>
<td>6</td>
<td>9am: Video Aerobics 1pm-4pm: Computer Class</td>
<td>7 2pm: Bingo</td>
<td>8 9am: Stretch &amp; Refresh $ 1pm-4pm: Computer Class</td>
<td>9 9am: Video Aerobics 11am: Crochet Circle 1pm-4pm: Computer Class</td>
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<tr>
<td>13</td>
<td>9am: Video Aerobics 1pm-4pm: Computer Class</td>
<td>14 10am: Santa Wreath Craft $ 2pm: Bingo 3pm: Caregiver Support Group</td>
<td>15 9am: Stretch &amp; Refresh $ 1pm-4pm: Computer Class</td>
<td>16 9am: Video Aerobics 11am: Crochet Circle 1pm-4pm: Computer Class</td>
</tr>
<tr>
<td>20</td>
<td>9am: Video Aerobics 1pm-4pm: Computer Class</td>
<td>21 10am: Christmas Brunch $ 2pm: Bingo</td>
<td>22 9am: Stretch &amp; Refresh $</td>
<td>23 CLOSED FOR CHRISTMAS</td>
</tr>
<tr>
<td>27</td>
<td>CLOSED FOR CHRISTMAS</td>
<td>28 2pm: Bingo</td>
<td>29 9am: Stretch &amp; Refresh $</td>
<td>30 9am: Video Aerobics 11am: Crochet Circle</td>
</tr>
<tr>
<td>31</td>
<td></td>
<td>31 CLOSED FOR NEW YEARS</td>
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IT'S THAT TIME!

MEDICARE PART D OPEN ENROLLMENT

OCTOBER 15TH - DECEMBER 7TH