

# THE SENIOR SCOOP

January, February, March 2026

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The mission of The Southern Nash Senior Center is to celebrate aging, support independence in our community, and address the needs of the complete individual by offering information, referral, and access to continued growth and development.

## Southern Nash Senior Center

### Program Preview:

- Coffee for Veterans
- Cocoa and Cookie Exchange
- Swap and Shop
- Valentines Cards
- Bingo
- Organizing Your Life

and much more...



### Closings

January 1<sup>st</sup>  
New Years Day

January 19<sup>th</sup>  
Martin Luther King Jr  
Day

### Southern Nash Senior Center

8180 Stoney Hill Church Road,  
Bailey, NC 27807

Contact us: 252-462-2034  
Monday-Friday 8am-5pm

# DAILY ACTIVITIES AND CLASSES

**\*\*Class schedules are subject to change, please see main calendars for closings/cancellations!\*\***

## Special Events: January-March

### January

- 1/1 CLOSED for New Years Day**
- 1/6 10:00am 8 Ball Billiards Tournament
- 1/8 2:00pm BINGO\*
- 1/9 Retired Guys Chess Tournament
- 1/13 10:00am Scotch Doubles Billiards Tournament
- 1/13 3:00pm Caregiver Support Group
- 1/15 1:00pm Vision Board 2026 Craft\*
- 1/19 CLOSED Martin Luther King Jr Day**
- 1/20 10:00am 9 Ball Billiards Tournament
- 1/23 2:00pm Cocoa and Cookie Exchange\*
- 1/27 10:00am Scotch Doubles Billiards Tournament
- 1/28 10:00am Coffee for Veterans\*
- 1/28 11:30am Country Doctor Museum Presentation\*

### February

- 2/3 10:00am 8 Ball Billiards Tournament
- 2/6 1:00pm Valentine's Cards Craft \*
- 2/10 10:00am Scotch Doubles Billiards Tournament
- 2/10 3:00pm Caregiver Support Group
- 2/12 2:00pm BINGO \*
- 2/13 Retired Guys Chess Tournament
- 2/17 10:00am 9 Ball Billiards Tournament
- 2/18 11:30am Creating a Spending Plan in 2026\*
- 2/20 12:00pm Soup and Sandwich Luncheon \* **\$3**
- 2/24 10:00am Scotch Doubles Billiards Tournament
- 2/23-3/20 Easter Food Box Drive: Donations and Applications accepted**
- 2/27 10:00am Coffee for Veterans \*

### March

- 3/2-3/17: Swap and Shop: Item Collection**
- 3/3 10:00am 8 Ball Billiards Tournament
- 3/4 11:30am Organizing Your Life\*
- 3/6 Retired Guys Chess Tournament
- 3/10 10:00am Scotch Doubles Billiards Tournament
- 3/10 3:00pm Caregiver Support Group
- 3/12 2:00pm BINGO\*
- 3/17 10:00am 9 Ball Billiards Tournament
- 3/18 11:30am Easter Wreath Craft\*
- 3/20 9:00am-3:00pm Swap and Shop: Shopping Day**
- 3/24 10:00am Scotch Doubles Billiards Tournament
- 3/25 10:00am Coffee for Veterans\*
- 3/31 10:00am Cut Throat Billiards Tournament

### MONDAY

- 8:30am Mindfulness
- 9:00am Video Aerobics
- 10:00am Video Aerobics

### TUESDAY

- 9:00am Chair Dancing
- 10:00am Billiards Tournament
- 10:30am Burn Aerobics
- 12:00pm Craft Circle
- 1:30pm Cards: Groups and Runs

### WEDNESDAY

- 9:00am Yoga
- 10:00am Video Aerobics
- 1:30pm-3:00pm Tech Support
- 2:00pm Dominoes

### THURSDAY

- 9:00am Video Aerobics
- 9:30am Cards: Canasta
- 11:00am Line Dance

### FRIDAY

- 9:00am Chair Dancing
- 10:30am Burn Aerobics

### Daily Drop in Activities:

- Billiards
- Fitness Room  
*(Medical Clearance Form and Orientation needed prior to using Fitness Room)*
- Computer Café
- Puzzles
- Outdoor Games  
*(Cornhole, Horseshoes, Bocce, etc.)*
- Cards and Games

#### Key

- \* = Registration Required
- \$ = Fee
- BOLD** = Notices and closings

# PROGRAM HIGHLIGHTS

## Easter Food Box Drive

Nash County Senior Services is in need of your assistance and participation in our annual Easter Food Drive. The purpose of this program is to collect and distribute non-perishable food items to senior citizens throughout Nash County. **Donations will be accepted at both the Southern Nash Senior Center and Nash County Senior Center February 23<sup>rd</sup> - March 20<sup>th</sup>**

### Items needed for the Easter Food Drive include:

- canned fruits and vegetables
  - canned pasta dishes
  - canned meats
  - dry boxed or bagged food items
  - canned nutritional beverages,
  - other non-perishable food items.
- \*\*PLEASE NO EXPIRED ITEMS\*\***

If you or someone you know would like to receive non-perishable food items through our Easter Food Drive, please call us at (252) 462-2034 to complete an application.

**Applications to receive food will be accepted February 23<sup>rd</sup> -March 20<sup>th</sup>**

## Swap and Shop

Do you need to get rid of stuff in your closet or home? Interested in 'swapping' items with someone else?

Bring your new or gently used unwanted items to donate and then go shopping for "new" items for FREE! Items can include clothes, shoes, hats, jewelry, bags, home goods, books, etc. **Items must be clean, untoned, useable, and appropriate to be accepted for donation.**

### Item Collection:

**March 2<sup>nd</sup>- March 17<sup>th</sup>**

### Shopping Date/Time:

**Friday, March 20<sup>th</sup> 10:00am -3:00pm**



## COFFEE FOR VETERANS



Join us, along with Hospice of Wilson, every month at Southern Nash Senior Center for coffee and fellowship with other local Veterans.

**JANUARY 28<sup>TH</sup>, FEBRUARY 27<sup>TH</sup>,  
MARCH 25<sup>TH</sup>  
10:00am**

## COUNTRY DOCTOR MUSEUM PRESENTATION

with Katelyn Rollins, *Site Manager.*

Join Katelyn Rollins, Country Doctor Museum Site Manager, as she talks about Bailey's local museum and shows off special artifacts that are in the museum.

**WEDNESDAY, JANUARY 28<sup>TH</sup>  
11:30AM**

## CREATING A SPENDING PLAN

with Traci Dixon

Learn how to create a budget that works for your lifestyle and stick to a spending plan to help you decrease your daily spending and save money in 2026.

**WEDNESDAY, FEBRUARY 18<sup>TH</sup>  
11:30 AM**



## Cocoa & Cookie Exchange Party

**You bring the Cookies and we'll bring the Cocoa!**

Bring two dozen of your favorite cookies (store bought or homemade) and leave with an assortment of different cocoa cookies to eat with your cocoa or take home to enjoy!

**Friday, January 23<sup>rd</sup>  
2:00pm**

*Tip: When it comes to choosing a cookie to bring, think outside the box. Cookie choices will be limited to provide the most unique variety for everyone!*

# SENIOR SERVICES

## Staff Directory

Ashley Winstead  
**Senior Services Director**

### Southern Nash Senior Center

Haley Garcia  
**Senior Center Supervisor**

Merredith Bulluck  
**Senior Center Support  
Specialist**

Brenson Morris  
**Program Specialist**

### Nash County Senior Center

Conner Lee  
**Senior Center Supervisor**

Sandy Richardson  
**Program Specialist II**

Wendy Perry  
**Senior Services Supervisor**

Tamika Hill  
**Senior Services Coordinator**

Sarah Baker  
**Senior Center Support  
Specialist**

Sherry Leonard  
**Accounting/Admin Specialist**

JoAnn Montgomery  
Kathy Briggs  
**Reception/Support Staff**

## Home Delivered Meals

Recipients of this service will receive a lunch time meal that offers one third of the recommended daily dietary allowances.

*Are you interested in giving back? This is the perfect opportunity. 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.*

**Contact Tamika Hill at 252-459-1367 for more information.**

## Caregiver Support Group

The goal of the Family Caregiver Support Program is to improve the health and well-being of family caregivers by providing them with information, assistance, and training along their caregiver journey. Please join us the **second Tuesday of each month at 3:00pm** as we provide a safe and open space for caregivers.

**Contact Wendy Perry at 252-459-1691 for more information.**

## Seniors Health Insurance Information Program (SHIIP)

The Seniors' Health Insurance Information Program (SHIIP) offers free individual counseling to assist you in selecting the best Medicare options for you and can assist in applying for programs that can save you money. **Contact 252-462-2034 for any questions or to schedule an appointment.**

## Project Lifesaver

Project Lifesaver is a rapid response program that is designed for "at risk" individuals who are prone to the life-threatening behavior of wandering. Nash County provides this service free of charge to families and caregivers.

**Contact Wendy Perry at 252-459-1691 for more information.**

## Ripe For Revival: Mobile Market

The Southern Nash Senior Center has partnered with the non-profit organization, Ripe for Revival, for the community to shop on the Mobile Market. It is stocked with fresh and local produce, meat, eggs, and more! Shoppers will be given a suggested total at check-out with the option to 'pay-what-you-can' or 'pay-it-forward.' Visit their social media and sign-up for their newsletter for the weekly produce list and Mobile Market schedule.

**Day/Time:** Tuesdays 10:00am-12:00pm

**Location:** Southern Nash Senior Center Parking Lot

**Who can shop:** Everyone, the Mobile Market is open to the community!



Follow us on Facebook  
to view photos and  
receive information  
about our programs!

[www.facebook.com/nashseniorcenter](http://www.facebook.com/nashseniorcenter)

# JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>CLOSED</b> <b>New Years Day</b>	2 9am Chair Dancing 10:30am Burn Aerobics
5 8:30am Mindfulness 9am Aerobics 10am Aerobics	6 9am Chair Dancing 10am 8-Ball 10:30am Burn Aerobics 12pm Craft Circle 1:30pm Groups and Runs	7 9am Yoga 10am Aerobics 2pm Dominoes	8 9am Aerobics 9:30am Canasta 11am Line Dance 2pm BINGO	9 <b>NO CHAIR DANCE</b> <b>NO BURN AEROBICS</b> 9am Chess Tournament
12 8:30am Mindfulness 9am Aerobics 10am Aerobics	13 9am Chair Dancing 10am Scotch Doubles 10:30am Burn Aerobics 12pm Craft Circle 1:30pm Groups and Runs 3pm Caregiver Support Group	14 9am Yoga 10am Aerobics 2pm Dominoes	15 9am Aerobics 9:30am Canasta 11am Line Dance 1pm Vision Board 2026 Craft	16 9am Chair Dancing 10:30am Burn Aerobics
19 <b>CLOSED</b> <b>Martin Luther</b> <b>King Jr. Day</b>	20 9am Chair Dancing 10am 9-Ball 10:30am Burn Aerobics 12pm Craft Circle 1:30pm Groups and Runs	21 9am Yoga 10am Aerobics 2pm Dominoes	22 9am Aerobics 9:30am Canasta 11am Line Dance	23 9am Chair Dancing 10:30am Burn Aerobics 2pm Cocoa and Cookie Exchange Party
26 8:30am Mindfulness 9am Aerobics 10am Aerobics	27 9am Chair Dancing 10am Scotch Doubles 10:30am Burn Aerobics 12pm Craft Circle 1:30pm Groups and Runs	28 9am Yoga 10am Coffee for Veterans 10am Aerobics 11:30am Country Doctor Museum Presentation 2pm Dominoes	29 9am Aerobics 9:30am Canasta 11am Line Dance	30 9am Chair Dancing 10:30am Burn Aerobics

# FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>8:30am</b> Mindfulness <b>9am</b> Aerobics <b>10am</b> Aerobics	3 <b>9am</b> Chair Dancing <b>10am</b> 8-Ball <b>10:30am</b> Burn Aerobics <b>12pm</b> Craft Circle <b>1:30pm</b> Groups and Runs	4 <b>9am</b> Yoga <b>10am</b> Aerobics <b>2pm</b> Dominoes	5 <b>9am</b> Aerobics <b>9:30am</b> Canasta <b>11am</b> Line Dance	6 <b>9am</b> Chair Dancing <b>10:30am</b> Burn Aerobics <b>1pm</b> Valentine's Cards Craft
9 <b>8:30am</b> Mindfulness <b>9am</b> Aerobics <b>10am</b> Aerobics	10 <b>9am</b> Chair Dancing <b>10am</b> Scotch Doubles <b>10:30am</b> Burn Aerobics <b>12pm</b> Craft Circle <b>1:30pm</b> Groups and Runs <b>3pm</b> Caregiver Support Group	11 <b>9am</b> Yoga <b>10am</b> Aerobics <b>2pm</b> Dominoes	12 <b>9am</b> Aerobics <b>9:30am</b> Canasta <b>11am</b> Line Dance <b>2pm</b> BINGO	13 <b>NO CHAIR DANCE</b> <b>NO BURN AEROBICS</b> <b>9am</b> Chess Tournament
16 <b>8:30am</b> Mindfulness <b>9am</b> Aerobics <b>10am</b> Aerobics	17 <b>9am</b> Chair Dancing <b>10am</b> 9-Ball <b>10:30am</b> Burn Aerobics <b>12pm</b> Craft Circle <b>1:30pm</b> Groups and Runs	18 <b>9am</b> Yoga <b>10am</b> Aerobics <b>11:30am</b> Creating a Spending Plan in 2026 <b>2pm</b> Dominoes	19 <b>9am</b> Aerobics <b>9:30am</b> Canasta <b>11am</b> Line Dance	20 <b>9am</b> Chair Dancing <b>10:30am</b> Burn Aerobics <b>12pm</b> Soup and Sandwich Luncheon <b>\$3.00</b>
23 <b>8:30am</b> Mindfulness <b>9am</b> Aerobics <b>10am</b> Aerobics	24 <b>9am</b> Chair Dancing <b>10am</b> Scotch Doubles <b>10:30am</b> Burn Aerobics <b>12pm</b> Craft Circle <b>1:30pm</b> Groups and Runs	25 <b>9am</b> Yoga <b>10am</b> Aerobics <b>2pm</b> Dominoes	26 <b>9am</b> Aerobics <b>9:30am</b> Canasta <b>11am</b> Line Dance	27 <b>9am</b> Chair Dancing <b>10am</b> Coffee for Veterans <b>10:30am</b> Burn Aerobics

# MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30am Mindfulness 9am Aerobics 10am Aerobics	3 9am Chair Dancing 10am 8-Ball 10:30am Burn Aerobics 12pm Craft Circle 1:30pm Groups and Runs	4 9am Yoga 10am Aerobics 11:30am Organizing Your Life 2pm Dominoes	5 9am Aerobics 9:30am Canasta 11am Line Dance	6 <b>NO CHAIR DANCE</b> <b>NO BURN AEROBICS</b> 9am Chess Tournament
9 8:30am Mindfulness 9am Aerobics 10am Aerobics	10 9am Chair Dancing 10am Scotch Doubles 10:30am Burn Aerobics 12pm Craft Circle 1:30pm Groups and Runs 3pm Caregiver Support Group	11 9am Yoga 10am Aerobics 2pm Dominoes	12 9am Aerobics 9:30am Canasta 11am Line Dance 2pm Bingo	13 9am Chair Dancing 10:30am Burn Aerobics
16 8:30am Mindfulness 9am Aerobics 10am Aerobics	17 9am Chair Dancing 10am 9-Ball 10:30am Burn Aerobics 12pm Craft Circle 1:30pm Groups and Runs	18 9am Yoga 10am Aerobics 11:30am Easter Wreath Craft 2pm Dominoes	19 9am Aerobics 9:30am Canasta 11am Line Dance	20 <b>NO CHAIR DANCE</b> <b>NO BURN AEROBICS</b> 9am-3pm Swap and Shop
23 8:30am Mindfulness 9am Aerobics 10am Aerobics	24 9am Chair Dancing 10am Scotch Doubles 10:30am Burn Aerobics 12pm Craft Circle 1:30pm Groups and Runs	25 9am Yoga 10am Coffee for Veterans 10am Aerobics 2pm Dominoes	26 9am Aerobics 9:30am Canasta 11am Line Dance	27 9am Chair Dancing 10:30am Burn Aerobics
30 8:30am Mindfulness 9am Aerobics 10am Aerobics	31 9am Chair Dancing 10am Cut Throat 10:30am Burn Aerobics 12pm Craft Circle 1:30pm Groups and Runs			

THE NASH COUNTY SENIOR CENTER  
103 N. ALSTON ST. NASHVILLE, NC  
252-459-7681

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THE SOUTHERN NASH SENIOR CENTER  
8180 STONEY HILL CHURCH RD. BAILEY, NC  
252-462-2034