



# CLASSIC TIMES

## From Our Director: Lynda Christison

Happy New Year!! I hope you all had a wonderful holiday season or everyone who helped make the holidays special for others – thank you so very much! Every card you sent, every hug, every smile, every special treat, every gift, every meal you packed and delivered, every form you filled out, every craft you made, and song you sang made a difference in someone’s life. Goody bags, Tree of Blessing gifts, food baskets, and every Center’s holiday activities could not have happened without so many generous people helping make each activity and event special. Thank you all!!!

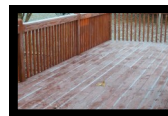
Now that the holidays are over, are you having fun meeting your 2014 resolutions? What do you want to do for yourself or with others? Living a healthy life means keeping our bodies and our minds active! Get fit and (maybe) lose weight – check out our Seniorcise and Zumba Gold classes. Register for Senior Sports Games for a week of friendly competition in over 20 events. Want to challenge your brain and your creativity? Refresh your skills or learn how to play chess (research shows this is a great way to grow your brain), learn to design container gardens, explore your artistic side with painting classes. Join Classic Travelers on a trip to Salt Lake City, Jackson Hole, Yellowstone, and the Grand Tetons. Check inside for more information about these activities as well and the offerings at your local Senior Center. For Senior Center members, bring your sweetie and your dancing shoes to the Valentine’s Day Bash on February 7<sup>th</sup>.



A very special thank you to the Lt. Governor’s Office on Aging for awarding LCRAC funding through the Senior Centers Permanent Improvement Project fund

for the expansion and renovation of Swansea Senior Center! Lt. Governor Glenn McConnell, Representative Kit Spires, County Councilman Jim Kinnard, Mayor Ray Spires, LCRAC Commissioners Larry Mack and Billy Huckabee, Area Agency on Aging Director Sharon Seago, and LCRAC Executive Director Randy Gibson attended and supported Swansea Senior Center participants Mary Sturkie and Eartha Mae Williams as they cut the ribbon.

If you would like to see photos of Swansea’s ribbon cutting or of any of our many activities, go to our Flickr site, <http://www.flickr.com/photos/lcracclassics/> and click on “Sets”. Then, choose the set that interests you. There are lots of fun sets of photos to explore and it’s a great way to spend a little time! You can download or email photos to friends or family members. Check back regularly for new



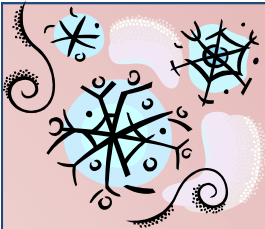
It is officially ice and snow season! Hopefully, we won’t see too much of either one. Be really careful if your deck or steps start looking like mine have the past few mornings. It’s been so icy that even the squirrels are slipping and sliding as they try to run across it. Salt, sand, and kitty litter all can help make steps safer.

Make winter more fun by staying warm, drinking lots of water, moving around a lot, and stretching your brain!

**Thank You!!!!**  
**BI Lo Holdings**  
**Foundation**  
for the very generous  
grant award of 19,500  
to support Meals on  
Wheels in

**Pictured: Mary Beth Callais &  
Donna Neel from  
LCRAC, Aging Administration**





## Discover, Learn & Share:

New Experiences for Older Adults

Offering an exciting variety of classes, activities, and experiences for exploring and discovering new ideas, learning new skills, and sharing with friends! Although the program is designed primarily for adults age 60 and over, adults of any age may participate unless a class or activity description states otherwise.

### Painting Classes with Instructor Faye Todd

#### Pelion Senior Center,

4 week session on Wednesday  
Jan. 8, 15, 22, & 29, 1:30-4:30pm  
Cost: \$65 plus materials

#### Swansea Senior Center,

4 week session on Thursday  
Jan. 9, 16, 23, & 30, 1:30-4:30pm  
Cost: \$65 plus materials  
Register at either Senior Center or at  
LCRAC, Aging Admin. Office, 125 Parker Street.

### Zumba Gold with Instructor Janice Shull

#### Lexington Senior Center

Tuesdays and Thursdays 6:00 to 7:00 p.m.,  
6 week program  
Ongoing, Cost \$30

#### Tri-City Senior Center

Tuesdays and Fridays 8:00 to 9:00 a.m., 6 week  
program. Ongoing, Cost \$30  
Enjoy the fun of Zumba, but a slower pace and lower  
intensity! Zumba Gold will help you improve your  
balance, strength, and flexibility.

### Beginner Weights Class with Instructor Janice Shull

#### Lexington Senior Center

Tuesdays and Thursdays 5:30 to 6:00 p.m.  
6 week program, Ongoing  
Tri-City Senior Center, Fridays at 9 a.m.  
6 week program, Ongoing  
Learn the proper way to work out with weights  
and tone muscles. 2, 3, or 5 lbs weights required.

### Container Gardens with Stan Suleski

#### Lexington Senior Center

Mon. Jan. 6, 13, 27 & Feb 3, 12:30-1:30pm  
These classes include a 30 minute video, information  
on how to do color variations and a take a trip to a  
local nursery. Please register at the Senior Center.  
Only charge is materials for your container garden.

### Chess for Your Brain with Keith Eubanks & Associates.

#### Lexington Senior Center

Learn, refresh, or expand your chess skills  
Date, Time, & Cost to be announced.  
Please call Farris Lupo for information at (803) 356-5111.



### Mark Your Calendars! Senior Sports Games March 24 – 28, 2014

Time to dust off your tennis shoes and get involved in some friendly competition! Register for over 20 different sporting events while competing in your age group. The Senior Sports Games are open to all residents of South Carolina aged 50 and older.

### Save the Date!

Senior Tennis Tournament  
Friday, April 11, 2014

### Christmas In Lexington County

Saturday, April 26, 2014

Christmas In Lexington County (CILC) is a countywide one-day blitz to repair and improve the homes of the frail, homebound, and low-income elderly. Its purpose is to make the home safer to allow the homeowner to remain independent for as long as possible.

**Save the Date!**  
Saturday,  
May 3, 2014

Red Bank  
Morte Arena  
1159 Nazareth Road  
Lexington, SC

Hosted by:  
Lexington County  
Recreation and Aging  
Commission 808-356-5111

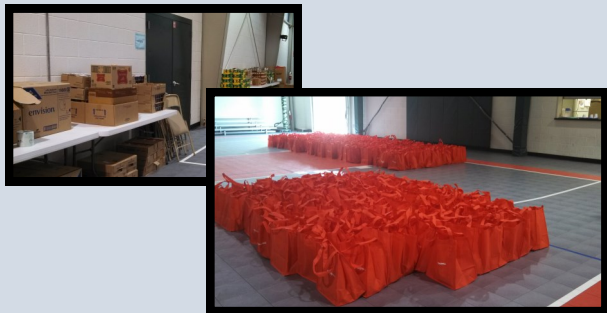
**A Pet Pawty**

*A pet friendly fundraising event and pet food drive  
benefitting seniors and their pets.*

*Join us for a dog-gone good time!*

**Vendor Opportunities Available**

For more information, contact Donna at 356-5111 or  
[donna@lcrac.com](mailto:donna@lcrac.com)



## 800 Food Bags distributed to Meals on Wheels Participants

December 2<sup>nd</sup> and 3<sup>rd</sup> Lexington County Aging staff and volunteers gathered at the Gilbert-Summit Gym to assemble 800 food bags for Meals on Wheels seniors. The project was possible through canned food and nonperishable food donations collected by churches, individuals, local schools, and businesses combined with a Walmart Foundation grant award received by the Aging Department to support this project.



**Special thanks goes out to the following for supporting this year's project:**

Walgreens (Ray Jaber) –provided reusable bags.  
Cherokee Presbyterian Church  
Lexington County Tennis Complex  
Batesburg-Leesville Leisure Center  
Pine Ridge Middle School  
Cayce Tennis and Fitness Center  
Batesburg-Leesville Elementary School (Myra Davenport)  
FDIC Columbia Office (Nevin Hill)  
Papa John's Pizza (Lexington, Platt Springs, Irmo)  
Deepwood Estates  
All individuals who made donations

## Volunteers & LCRAC staff Radius Church Supports Meals on Wheels Campaign



Lexington County Recreation and Aging Commission recently recognized Radius Church for their support of the 2013 Moving for Meals Campaign. Radius Church, one of three Platinum Level Sponsors of the Campaign, donated \$1000 to assist in feeding senior individuals throughout Lexington County. The Town of Gilbert and the Town of Summit were also Platinum Level contributors. A Platinum Level Sponsorship (\$1000 donation) purchases the food needed to provide meals to approximately 333 elderly senior Meals on Wheels participants.

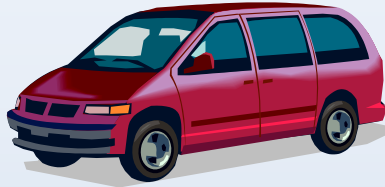
The Moving for Meals Campaign kicked off in July and successfully raised over \$20,000 in Sponsorship donations alone. According to Lynda Christison, Director of the Aging Commission, "Fundraising is an essential component in our ability to provide Meals on Wheels service. With continued state and federal budget cuts it has become necessary to look at alternate and varied ways to provide services. We are appreciative of the support community, businesses, individuals and churches lend to our organization in our mission to end senior hunger."

If you would like more information on Meals on Wheels services, would like to volunteer or are interested in making a donation, please call 356-5111 or go to [www.lcrac.com](http://www.lcrac.com) to the Seniors tab. Jennifer Edwards, Director of the Lexington Senior Center, is pictured presenting a plaque to Todd Carnes, Lead Pastor of Radius Church, recognizing their generous donation.



# Meet Our Staff

Director.....Lynda Christison  
 Assistant Director.....Mary Beth Callais  
 Meals Coordinator.....Anne McCartha  
 Office Coordinator.....June Wilbanks  
 Fundraising Coordinator.....Donna Neel  
 Program Coordinator..... Farris Lupo  
 I/R Specialist.....Kathy Kelly  
 Case Management Coordinator.....Annie Mack  
 Case Manager.....Julia Allen  
 Case Manager.....Anne Smith  
 Homecare Coordinator.....Rebecca Dehay  
 Homecare Tech.....Audrey Moore  
 Homecare Tech..... Joann Crout  
 Homecare Tech.....Kathy Langford  
 Homecare Tech.....Jennifer Ortiz  
 Medical Escort Driver.....Mindy McMillian  
 Receptionist.....Patti Owens



## Assisted Rides Program

If you are actively driving a senior, family member, or friend with disabilities to important locations, the Central Midlands Council of Governments (CMCOG) would like to ask you to extend your good deed—by participating in our volunteer driving program.

The Assisted Rides Program, administered by the CMCOG, is being implemented in your community. That means individuals 21 & older with disabilities and seniors 60 & over, can now get free rides because of volunteer drivers like you. In addition, you may be eligible for mileage reimbursement.

**For more information call: Art Gomez at (803)744-5136 or email [agomez@cmcog.org](mailto:agomez@cmcog.org)**



## Lexington Senior Center Seniors Provide Teddy Bears to Lexington Medical Center Extended Care

Lexington Senior Center individuals don't sit idly. They are busy working on projects that give back to the community. Cutting, measuring, stitching until they have their items all perfected.

On a recent trip to Lexington Medical Senior Center Extended Care, a group of Lexington Senior Center participants boarded the van with 15 teddy bears, 1 clown, and 3 walker caddies to present to Extended Care senior residents.

All items were presented to Cindy Quattlebaum, Volunteer Director who will be responsible for distributing the items to their residents.

## Upcoming Classic Travelers trip to

### Northern National Parks

(Featuring Jackson Wyoming, Yellowstone and Grand Tetons National Parks)

September 26, 2014 - October 3, 2014

Cost for Doubles: \$2,059 Early bird or \$2,159 after 3/19/14

Deposit: \$250 upon reservation

Call Farris Lupo for additional information at (803) 356-5111

WE ARE  
**Meals On Wheels**  
 So no senior goes hungry.

For more information on Meals on Wheels, its services, or to arrange for a speaker, please call:  
 (803)-356-5111

## We Celebrate March As March for Meals Month

Lexington County Recreation and Aging Commission will support the Meals on Wheels National Campaign during March to bring awareness to the problem of senior hunger in our community.

- Please support our efforts to share information about Meals on Wheels and our services by:
- Inviting us to talk to your church, civic, or service group
- Sign a Pledge to do your part to end Senior Hunger. Go to [www.lcrac.com](http://www.lcrac.com) for more information
- Become a Volunteer
- Support Meals on Wheels fundraising efforts
- Donate-Every \$3 pays for the food for one senior's meal
- ....And by doing anything else that you can to provide the Next Meal: "so no senior goes hungry."

# Batesburg-Leesville Senior Center

9:00 a.m.—3:00 p.m.

Batesburg-Leesville André Bauer Senior Center



## Arts & Crafts

January – winter crafts

February – Valentine's Day crafts

March – Easter crafts

Our craft projects are fun and easy!

## Education

### Adult Education Program

Peggy Camp, Lexington County School District 3

Tuesdays, 11:00 a.m. – 12:00 p.m.

A wide variety of topics geared for seniors with guest speakers and community leaders.

Nutrition Education with Jackie

First Thursday of each month

10:00 a.m.-11:00 a.m.

Informal, interactive sessions geared to understanding health benefits of good nutritional habits.

### Blood Pressure Screening & Health

Information Tri-County Home Health

Second Wednesday of each month,

10:00 a.m. – 11:00 a.m.

Keep up with your blood pressure and also benefit from a wide variety of health related programs.

## Fitness

### Seniorcise

Wednesday 11:00-Noon

Increase flexibility, muscle strength, and improve overall coordination through low impact exercise. Music and fun!

### Exercise with Kay

Monday & Friday

11:00-12:00 a.m.

Exercise with dyna-bands and weights.

### Fitness Walking

Monday thru Friday

Leisure Center gym opens at 7:30 a.m.

### Senior Walkers

Leisurely strolls outside, weather permitting.

## On-Going

### Morning Coffee

Daily, 9:00 a.m.-10:00 a.m.

Catch up on the news while enjoying a cup of piping hot coffee and breakfast items.

### Tea 101

Monthly, 10:00 a.m.—11:00 a.m.

A different tea is featured each month along with pastries and, of course, crumpets. Bring your tea cup and join us!

### Noon lunch for those 60 and older.

Must make a reservation no later than noon a day in advance. Call center for more information on becoming a participant!

### Happy Birthday Parties

Birthdays are celebrated monthly with special treats and surprises.

## Games

Monday-Friday

11:00-a.m.Noon

Bingo, puzzles, word scrambles, shuffleboard, horseshoes, hidden objects, and more available daily.

## Special Events

### Palmetto Senior Show

### SC State Fairgrounds

Thursday, January 16

Free admission! An exciting day, with live entertainment, free samples from vendors, door prizes, and special programming geared for seniors.

### Shriner's Circus

Friday, January 31

10:00– a.m.1:00 p.m.

Clowns, trapeze artists, elephants and more!

Fun for the kid at heart in all of us.

### VALENTINE'S BASH!

Friday, February 7

9:30-a.m.1:00 p.m.

Batesburg-Leesville Recreation Center gymnasium A King & Queen of Hearts will be crowned from each of Lexington County's seven senior centers. There will be live entertainment, dancing, door prizes,

lunch, and just a lot of fun!

### St. Patrick's Day Party

Monday, March 17

Wear green or you just might get pinched! Maybe you will be the lucky winner of our corned beef and cabbage give-away!

### Senior Sports Games

March 24-28

Senior Games Tennis Tournament, Friday April 11

Times vary depending on games schedule. This is a sporting event for those 50 and over. It is a week of friendly competition that our athletes truly enjoy, and keep coming back for year after year. Call center for more information and registration deadline, and join in on this wonderful event!

## Trips

**January, Canebrake Farm**

**February, State Museum**

**March, Harbor Inn**

Please note that trips are for center participants only, and that there is a small fee for transportation.

# GILBERT SUMMIT SENIOR CENTER

8:30 a.m.—2:30 p.m.

409 Broad Street \* Phone: (803) 892-5745 \* Director: Maxine Caughman

## Education

Gilbert-Summit Senior Center has on-going health topics. We try to keep our senior's educated on health and nutrition.

## Music

Miller Band on the 2<sup>nd</sup> Monday of every month.

## Suzanne with Tidewater Hospice

Come be entertained with piano music & singing on the first Monday of every month.

## David with Soldiers of Faith

Music and Singing  
Check monthly activity calendar.

## Tim Amick guitar and singing.

Check monthly activity calendar.

## Adult Education Program

We have computers with internet service available for seniors 60 and older. Our hours are M-F 8:30 a.m. - 2:30 p.m.

## Nutrition Programs

1<sup>st</sup> Friday of every month  
10:30 am-11:30 am  
Katie Griner with Tidewater Hospice.

## Nutrition Education Programs and Blood Pressure Check

Doris Hackley on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Tuesday of every month from 11:00—noon

## Nutrition Information

Amy ,with Agape shares Nutrition and Health Education with us on the 3<sup>rd</sup> Wednesday of the month.

## Blood Pressure Screening & Health

Information with Tri-County Home Health Care by Jennifer  
3<sup>rd</sup> Wednesday of each month at

10:30 a.m.

## Hospice of Tri County, Janice Harris

Will provide Nutrition and health Programs. 4<sup>th</sup> Monday at 10:00 am - 11:30 am

## Wendy with United Hospice

4<sup>th</sup> Wednesday of every month  
10:30 a.m.—Noon Educational Trivia

## Blood Pressure Screening

Gwen Smith, LPN  
4<sup>th</sup> Wednesday in the month 9:30 a.m. - 11:00 a.m.  
Regular checks-up can save your life.

## Fitness

## Seniorcise with Tony Diaz

Wednesday, at 9:50 a.m.  
Exercise increases flexibility & muscle strength. Come work out with our weights and dyna-bands.

## Multipurpose Building opens at 7:30 am to 2:00 pm

Enjoy walking indoors five days a week .

## Ongoing

## Lunch

Daily at 12:00, Those 60 years and older can come join us for a wonderful lunch at noontime. Call a day ahead to order lunch. Please call no later than 11:00 a.m., a day in advance. For more information please call the center at 803-892-5745.

## Happy Birthday Celebration

All Participants are recognized with cake, ice cream and a photo.

## Daily Games

Dominos, cards, word games, shuffle-board and much more. We also offer BINGO with prizes two times a week. Our Crafts are monthly. Check out our monthly activity calendar for the rest of our events .

## Shopping Trips

We have monthly shopping trips, See our monthly calendar or call us for the date. This time is set for you to buy groceries, prescriptions, and other personal shopping.

## Special Events

## Palmetto Senior Show

Thursday, January 16, 2014 at the State Fairgrounds

## Jamil Circus

Friday, January 31, 2014

## Valentine's Bash

Friday, February 7, 2014

## Senior Sports Games

March 24-28, 2014

## Senior Tennis Tournament

April 11, 2014

## Gilbert-Summit Multipurpose Building

We offer an after school program for Primary School, Elementary and Middle School for Gilbert-Summit Students. Contact Justin Steele at 803-359-4048 for additional information.



# LEXINGTON SENIOR CENTER

8:30 a.m.—2:30 p.m.

108 Park Road \* Phone: (803) 957-7979 \* Director: Jennifer Edwards

## Arts & Crafts

### January

Crafts that can be used to decorate your lawns, doors and banisters for the snow and the frozen winter wonderland, using pine cones, sequins etc.

### February

Learn how to make hearts for the holidays and gifts for your sweetheart.

### March

Springtime crafts to re-decorate, making flowers, and useful trinkets.

## Education

### Agape Hospice w/ Amy

January , The reality of 7 stages of decline with dementia

February , Life enrichment of creating quality activities with dementia

March , Financial resources for dementia care

All classes are held on the 4<sup>th</sup> Thursday of each month.

### Hospice Care Of Tri-County w/ Janice

January , New Year Motivations /Thyroid Awareness Month

February , American Heart Month

March , National Nutrition Month

All classes are held on the 3<sup>rd</sup> Monday of each month .

### AARP Classes

Call the center for dates and times.

### Trivia with United Hospice

January 14 at 11:00 am –11:45 am

February 11 at 11 :00am-11:45 am

March 11 at 11:00 am –11:45 am

### Fall Prevention w/ Caroline

Thursday, Jan.9th 11:00– am11:45am.

## Fitness

### Seniorcise w/Tony

Tuesdays & Thursdays

10:30 a.m.– 11:30 a.m.

A donation of \$1.00 per class is suggested.

This exercise class is designed for adults 50 and over to improve your overall strength, body composition, balance and coordination.

## Fitness Walking

Mon. – Fri.

Leisure Center Gym Opens at 7:00 a.m.

\* Whenever the kids are in school.

## Ongoing

### Birthday parties

See monthly activity calendar for date and time. We love to honor all seniors celebrating a birthday for a particular month. Come enjoy cake and ice cream.

## Games

Dates and times will be listed in the monthly calendar, Bingo, Dominoes, Trivia, Wii, The Price Is Right, Puzzles and more.

## Shopping

See monthly calendar for dates and times. A chance to buy your groceries, pick up drug prescriptions and do personal shopping for clothes, paying bills and more.

## Lunch

Daily, Noon

Those 60 years and older can take part in our noontime congregate meal. Must make a reservation no later than 11:00am. / Day in advance. For more information please call the Center .

## Special Events

### The Palmetto Senior Show

Thursday, Jan.16

Come share the fun and excitement at the State Fairgrounds. There will be give-aways, door prizes, exhibitors, screenings, and health information.

### Jamil Shriner's Circus

Friday, Jan.31, 10am-1: 30pm.

A day to enjoy with fun and excitement as we watch the animals do all kinds of tricks and the artists perform dare devil stunts dressed in beautiful costumes.

### Valentine Bash

Friday, Feb.7 at The Batesburg-Leesville Senior Center

Come and see the Coronation Ceremony comprised of a court of Kings and Queens from each center. There will be plenty of

entertainment, good food, along with the BLHS ROTC.

### St. Patrick's Day Party

Monday, March 17

The participants will enjoy a fun filled day complete with green shamrocks, leprechauns and green party foods.

### The Senior Sports Games

Monday, March 24-28

A weeklong sports events to be held throughout Lexington County. Registration forms will be available in mid January. Deadline to register will be in March.

### The Fashion Show and Opening of Senior

Games at Tri City Leisure Center

Monday, March 24 at 10:45 am.

This promises to be a very exciting event as the senior ladies show off their modeling talents with clothes sponsored by Hamrick's

For other activities please see the Monthly Calendar.

## Trips

### Senior Day at The Riverbanks Zoo

Each Friday in March.

Our date will be announced in our monthly calendar.

All trips are for center participant s.

# PELION SENIOR CENTER

8:30 a.m.—2:30 p.m.

210 Pine Street \* Phone: (803) 894-4351 \* Director: Tawana Bonnett

## Arts & Crafts

### Learn to Crochet

Wednesday, 9:00 a.m.

Several talented ladies volunteer to teach this wonderful pastime.

### Crafts with Cindy Bailey

Third Monday each month, 10:00 a.m.

January- Winter crafts

February- Valentine's Day crafts

March- St. Patty crafts

## Art Classes

Faye Todd

Four classes will start January 8<sup>th</sup> thru January 29<sup>th</sup> Every

Wednesday, hours are from 1:30 p.m.-

4:30p.m. Fee-

\$65.00 - you will need to supply., some items

Education

### Tri-County Home Health

Jennifer –Blood Pressure Screening

Second Monday each month, 12:15 p.m.

January- Ways to have a Healthy New Year

February- Listen to Your Heartbeat March-

Spring Sinus Problems

## Hospice Care of Tri-County

Janice Harris

Second Thursday each month, noon.

January- New Year motivations/ Thyroid

Awareness Month

February- American Heart Month

March- National Nutrition Month

## Rest Assured Hospice

Edy Taylor

Third Monday each month, 11:00 a.m.-noon

## Bingo with Tidewater Hospice

Katie Griner

Fourth Tuesday each month,

12:30 p.m.-1:30p.m.

## Bingo

### United Hospice with Wendy Weaver

4th Wednesday every other month,

11:00 a.m.-11:30 a.m.

## Trivia with Hospice Care Hospice of SC

Kara Martin (Blood Pressure Screening)

4th Wednesday each month, noon

## Nutrition Education

Center Staff

First Thursday each month, noon

January- Why Exercise?

February- Healthy Aging

March- Get Smart! Eat Fruits and

Veggies on the Go.

## Fitness

### Strength Training

Daily, 11:00 a.m.-noon

Work with light weights and Dyna-bands to develop strength and muscle tone.

## Seniorcise with Tony Diaz

Thursday, 11:00 a.m.-noon

For adults 60 and older. Must live in Lexington County.

## Walking

Daily, 9:45a.m.-10:45a.m.

We have a paved lighted walking track behind the center, each lap is 870 ft. and 6 laps makes a mile. Let's all get into exercising, what a great New Year's Resolution that will be.

## Bowling

JC's Lexington Bowl

Wednesday, 1:30 p.m.

Remember bowling is one of many games at Senior Sports Games.

## Horseshoes/ Frisbee Golf

Monday -Friday, 9:00 a.m to 3:00p.m. Grab a partner and go to the beautiful clearing just behind our center for some friendly competition. Let's start practicing; it soon will be time for the Senior Sports Games.

## Ongoing

### Beauty Day

Betty Leighton

Last Monday each month, 9:00 a.m.-12:00 noon . Get a professional haircut for a nominal donation to the center.

## Bingo

Shumpert's IGA

Last Tuesday each month, 9:00a.m.-11:00a.m.

Refreshments and prizes for our seniors at Pelion Senior Center. If you win the Cover-all you will win a Gift Certificate.

## Birthday Parties

We recognize all birthdays for that month with cake and ice cream.

## Game Show Hour with Southern Care

Quarterly, 11:00 a.m.-noon

Hour filled with fun from Who Wants to be a Millionaire to Name that Tune. Everyone who guesses right receives tokens, which are exchanged for prizes.

## Glory B with Diann and Jessie

Last Friday of each month, 10:00 a.m.-noon I know every one love hearing those older songs, and new ones too.

## Library

Shirley Sprenne

Last Tuesday of the month 11:30a.m.

Her staff plans a special program for our group.

## Lunch Daily

Served daily at noon.

Those 60 years and older may join us for a hot, nutritious meal. Must make reservation no later than noon the previous day.

## Special Events

### Palmetto Senior Show

Thursday, January 16, 8:30a.m-3:30 p.m.

### Jamil Shriner's Circus

Friday, January 31

Cost: Event is Free, but there is a Trans. charge

### Valentine Bash

Friday, February 7

Batesburg Leesville Senior Center

### Trips

### Riverbank Zoo

Friday, February 21

Join us for fun at the zoo. Cost: Free Fridays in February.

All trips are for senior center participants only unless otherwise noted.

Please check our monthly calendar for dates and time.



# PINE RIDGE SENIOR CENTER



8:30 a.m.—2:30 p.m.

2753 Fish Hatchery Road \* Phone: (803) 755-1274 \* Director: Beverly Smith

## Arts & Crafts

Center participants share their crafts and teach others.

## Education

### Tri-County Home Health with Jennifer Varn

Fourth Tues., 11:00 a.m.  
January 23 -New Year New You  
February 20 -Heart Health  
March 20 -Lucky Us

### Hospice Care of Tri-County

#### Janice Harris

First Thurs., 11:00 a.m.  
January 2 -10 Ways to Stay Healthy For the New Year  
February 6 -Listen to Your Heart Beat  
March 6 -Knee Problems

### Health & Nutrition Tips

Senior Strength Trainers  
Monthly Handouts  
These Nutritional tips are informative and useful for a healthier lifestyle.

### Lexington County Sheriff Department with Diane Paavel

See Calendar for Date and Times.

### Lexington County Fire Service with Tony

See Calendar for Date and Times.

## Fitness

### Exercise with Staff

Mon. Wed., & Fri. 10:30 a.m.

### Seniorcise with Tony Diaz

Every Thurs. 9:45 a.m.- 11:00 a.m.  
Increase muscle strength, flexibility, and improve overall coordination through low-impact exercise using low impact weights and dyna-bands. It's fun, too.

### Blood Pressure Checks

Tri-County Home Health  
First Tuesday of each month, 11:00 a.m.

### Blood Pressure Checks

Fourth Thursday of each month, 11:00 a.m. Keep up with your blood pressure and gain information on health issues, also.

## On-Going

### Sing-a-long

Every Tues., at 10:00 a.m.  
Come and enjoy singing with the group.

### Bible Study

Every Tues., at 10:30 a.m.  
with Pastors from the Local Area Churches.

### Shopping

Shop at new store around the area and local malls.

### Social Hour

Mon. - Fri., 9:30 a.m.-10:00 a.m.  
Come share the latest News and enjoy coffee and sweets.

### Birthday Celebration

Center participants are recognized on their birthdays. Celebrate with cake and ice cream.

### Lunch

Mon. - Fri., Noon  
Cost: Donation for those 60 years and older. Reservation must be made no later than 11 a.m. at least one day in advance. Call Center for more information.

### RSVP Crafts

Work on craft projects to benefit local charities.

### Fun & Games

Daily  
Bingo, Horseshoes, Dominoes, Shuffleboard, Ping Pong, and other games  
Check monthly activity calendar for days and times.

### Music with John

The first Friday in every month. Come and enjoy the beautiful music he shares.

### Music with Evelyn

The third Wednesday in every month. Come and enjoy the music she shares with us.

### Bingo

McDonalds Third Monday of each month  
10:00 – 11:00 a. m.

## Movies & Storytelling

South Congaree-Pine Ridge Library  
Third Friday of each month 10:00 a.m. – 12:00 p.m.

## SPECIAL EVENTS

### Palmetto Senior Show

Thurs., January 16 at the SC State Fairgrounds .  
Come share the excitement and fun at the State Fairgrounds. There will be exhibitors, Screening, door prizes, free samples and health tips.

### Winterfest with Adopted Grands

Thurs. Jan. 13 Talk about snow and drink some hot chocolate.

### Annual Valentine's Bash

Fri. Feb. 7  
Batesburg-Leesville Senior Center. The crowning of the King and Queen of Hearts from each center is the highlight of the day. Enjoy the Valentine treats.

### Valentine with adopted Grands

Thurs. Feb 13  
Share the excitement of your adopted grands reading to the children .

### Spending Time with Adopted Grands

Thurs. March 13 Share your time with the Adopted Grands by listening and talking to them.

## Trips

### Riverbanks Zoo And Gardens

Free Fridays in February  
Check monthly activity calendar for date and time.

### Jamil Temple Shriner's Circus

Fri. Jan 31 Enjoy the thrills and chills of the trapeze artists, clowns and maybe take a ride on an elephant .

### Pine Ridge Senior Center will be closed On the following dates:

Mon. Jan. 20 –Martin Luther King Day  
Mon. Feb. 17—President's Day

# SWANSEA SENIOR CENTER

8:30 a.m.—2:30 p.m.

197 N. Lawrence Street \* Phone:(803) 568-4545 \* Director: Jessie Mae Green

## Arts & Crafts

### Seasonal Crafts

We will be working on a variety of crafts

January-Winter Crafts

February-Valentine Craft

March-St. Patricks Day;Craft

## Education

### Tri-County Hospice

Educational topics will be discussed by Janice Harris.

Topics:

January- 10 Ways to Stay Healthy

February-Listen to Your Heart

March-Knee Problems

3<sup>rd</sup>Wednesday of every month at

11:00 a.m.

## Fitness

### Blood Pressure Screening With

### Tri-County Home Health Frazier

### Harris

Keep up with your blood pressure and also benefit from a wide variety of health related programs.

### Wendy with United Hospice

3<sup>rd</sup> Thursday of the month

Educational Trivia

Topics:

January-Winter Safety

February-Sleeplessness

March-Diabetes

2<sup>nd</sup> Thursday of every month at

11:00 a.m.

## Exercise

Mondays with Tony Diaz

at 10:30 a.m.

Improve muscle tone and flexibility with low impact exercise using hand weights and dyna-bands

### Sit and Fit-Katie Griner

Second Thursdays, 10:30 a.m.

Low impact dancing as a form of exercise.

## Walking

Indoors walking in our newly remolded gym next door, daily from 8a.m.-1p.m.

## Nutrition Education - Jessie Green

Health tips are done monthly.

## On Going

### Fun and Games

Daily games of dominoes.

## Bingo

Every Monday, bingo with prizes .

Once a month come join us for a fun game of dirty bingo. Its good clean fun like you has never had **before**.

## Bowling

We look forward to bowling at least once a month. We also enjoy a lunch out. You can't beat the company-come check us out.

## Lunch

Monday-Friday at noon

Seniors 60 and older can join the lunch bunch at the senior center.

You must make a reservation no later than 10:00 a.m. the day before. For Information call the senior center director at (803) 568-4545.

Social Hour-8: 30 a.m.-9:30 a.m.

## Morning discussions over coffee and snacks.

## Visit a Friend

Monthly trips to local nursing homes or homes of friends no longer able to attend the center.

## Special Events

### Palmetto Senior Show

State Fair Grounds

Thursday, January 16, 2014

Celebrate life after 55. There will be lots of vendors, door prizes, plenty of good food, and lots of entertainment.

### Jamil Temple Shriners Circus

Friday, January 31, 2014

Enjoy the thrills and chills of those trapeze artists and those fun-loving clowns.

### Free Fridays in February at the zoo

This is a good time to check out the animals, and the Botanical Gardens.

### Valentine's Bash

Friday, February 7, 2014

Crowning of the kings and queens is a great time. There is entertainment and good food with door prizes.

### Senior Sports Games

March 24-28, 2014

# TRI - CITY SENIOR CENTER

9:00 a.m.—3:00 p.m.

485 Brooks Avenue \* Phone: (803) 939-9311 \* Director: Teresa Grice Ginn

## Arts and Crafts

### Seasonal Crafts:

Check Senior Center for details.

## Education

### AARP Meeting

Cayce/West Columbia Chapter

3rd Tues. - 2:00 p.m.-4:00 p.m.

Cost: Annual Fee of \$5.00

New members welcome! Variety of topics are discussed each month.

### Agape Hospice

2nd Tues. -10:30 a.m.

Blood pressure, bingo and Nutrition / Health Education Programs

### Heartstrings Hospice

Last Monday monthly, 10:30 am-11:30 am

Informative discussions for seniors

Instructor : Bonnie Bowman

### Nutrition Education Health Tips

Information given out bi-monthly

Instructor: Tony Diaz

### Southern Care Hospice

3<sup>rd</sup> Thursday, 12:30 pm – 1:30 p.m.

Games Show

Instructors : Sherry & Zachary

### United Hospice

Trivia Fun

2<sup>nd</sup> Wed., 10:00 am – 11:00 am

Health Talk Trivia

Instructor : Wendy Weaver

## Fitness

### Blood Pressure Screening

Check senior calendar monthly

10:00 a.m.—11:00 a.m.

Instructor : JoAnn Holman

1<sup>st</sup> Fri., 10:00 am-11:00am

Instructor: Rest Assured Hospice

### Exercise Classes / Seniorcise

Instructors: Mary Anne Allread & Tony Diaz

Mon, Wed., & Fri. at 11:00 a.m.

Cost: Donations of \$1.00 per class is suggested. An exercise class for those 60 and over.

This class will be fun and dynamic, with new toning moves that will enhance strength, body composition, balance, and coordination. Everyone works at their own fitness level. The Seniorcise classes are open to all Lexington County residents 60 years and older . Must be

pre-registered with a current health history form on file. Class is limited to 75 participants.

### Senior Strength Training Program / Wellness

Center---Call for appointment-- Cost - Annual memberships starting at \$120.00. This program enhances muscular strength using weight machines and light free weights.

### Walking---Available daily on our indoor- track--

Check out our walking program conducted by the senior strength trainers.

## On-Going

### Birthdays Celebrations

Monthly 12:30 p.m.-1:30 p.m.

### Book Clubs

The Book Nook Club meets monthly every 2nd Monday

Instructor : Alice Asbill

### The Tri-City Golden Readers

Meet monthly every 3<sup>rd</sup> Friday

Instructor : Peggy Scott

### Hair Cuts by Gail Hartranft

1<sup>st</sup> Wed. each month

Cost : \$5.00 donation to benefit the senior center

## Lunch

Served daily at noon--must be 60 or older.

Reservations required no later than 11:00 am , at least one day in advance. Client assessment required.

## Social Hour

Daily – 9:00 a.m. -11:30 a.m.

Morning discussions over coffee and snacks.

## Special Events

### Tri-City Leisure/Senior Center's

20<sup>th</sup> Anniversary

1994 – 2014

Check calendar for special monthly celebrations throughout the year!

### The Palmetto Senior Show

Thurs., Jan.16

This annual senior expo, held at the State Fairgrounds, provides a kaleidoscope of information for seniors. Free admission. Leave center at 10:00 a.m.

### The Jamil Shiners Circus

Fri., January 28

We will leave T/C center at 9am to enjoy this "free" dress rehearsal at the Jamil Temple. Late lunch at The Columbia King Buffet-- (on your own—approx. \$10.00)

### Valentine Bash

Fri., Feb. 7

Our annual "Court of Kings and Queens" from each senior center will be held at the Batesburg /Leesville Leisure Center .

Must sign-up to attend no later than Fri., Jan. 23. Limited transportation is available. This event is only for Senior Center participants & invited guest.

### Mardi Gras Celebration

Tues., March 4 , 10:30 am –1:30 pm

We will jazz it up with traditional N'awlins' fun !

### St. Patrick's Day

Birthday Party

Tues March 17

Wear your green or you may be pinched by a little Irish Leprechaun !!!

### Tri- City Indoor Yard Sale

Sat., April 5, 7:00 a.m. –noon

\$10.00 per table/space

**Other upcoming events include the Bridging the Gap Senior Prom. Check with Senior Center staff for dates and times.**

**LOCAL SHOPPING TRIPS ARE PLANNED MONTHLY FOR CENTER PARTICIPANTS. SEE SIGN UP SHEETS IN SENIOR CENTER ACTIVITY ROOM.**

**Tri-City Senior Center will be closed on the following:**

**Monday, January 20-----Martin Luther King, Jr. Day**

**Monday, February 17-----Presidents' Day**

**Friday, April 18 -----Spring Holiday**



Don't delay, sign up today! For questions on any of these events or activities, call Farris Lupo at 803-356-5111.