



The

# SENIOR CONNECTION

A PUBLICATION OF THE ALEXANDER SENIOR CENTER



## JULY/AUG 2025



### OUR MISSION

Providing a focal point for aging resources, as well as opportunities to extend independent living and enrich the quality of life for older adults in Alexander County.

#### TAYLORSVILLE

730 7th Street SW

MON - THUR: 8:00 AM - 5:00 PM

FRI: 8:00 AM - 2:00 PM

#### BETHLEHEM

Mt. Pisgah Lutheran Church, 9379 Hwy-127 North

TUE & THUR: 8:00 AM - 4:30 PM

(closed 12:30-1:00 for lunch)

#### STONY POINT

431 Ruritan Park Rd

Closed

July 4 - Independence Day

#### ALEXANDER SENIOR CENTER

730 7th Street SW, Taylorsville, NC

Phone: (828) 632-1717 | Fax: (336) 860-1647

Website: [www.alexandercountync.gov/senior-center](http://www.alexandercountync.gov/senior-center)

Facebook: [www.facebook.com/alexanderseniorcenter](https://www.facebook.com/alexanderseniorcenter)



*\*Please note there is no smoking permitted on the premises at the Senior Center, this includes the parking lot.\**



### Music Nights



*Come join us for wonderful music in the evening.*

*All ages are welcome.*

*Tues., 7/22, 6pm - 8pm*

*Tues., 8/26, 6pm - 8pm*



### Christmas in July Craft Fair & Yard Sale

**Call to register for a spot to sell. All are welcome to come and shop!**

**Saturday, July 19, 2025  
8 AM - 2 PM**



### Ice Cream Social for Grandparents Day

*Bethlehem: Thur., 8/21, 11:30 - 12:30*

*Taylorsville: Fri., 8/22, 11:30 - 1*

Join us for variety of ice cream flavors and toppings.

Grandchildren are invited to enjoy this day with their grandparents in honor of Grandparents day!



### STAFF

**Director: Kristy Hunt**

**Email:** [khunt@alexandercountync.gov](mailto:khunt@alexandercountync.gov)

**Assistant Director: Vicki Martin**

**Email:** [vmartin@alexandercountync.gov](mailto:vmartin@alexandercountync.gov)

**Activity Assistant: Brianna Fox**

**Email:** [bfox@alexandercountync.gov](mailto:bfox@alexandercountync.gov)

Phone: (828)632-1717 | Fax: (336)-860-1647

### WHAT'S INSIDE:

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# 2 | BINGO AND BIRTHDAY LUNCHEONS

## MONTHLY BINGO & BRUNCH

**BINGO:** Registration required & begins on the first business day of the month. Limited Seating.

**7/9** Taylorsville: 10:00 AM

Host - The Greens & Valley

**7/10** Bethlehem: 10:30 AM

Host - The Greens & Valley

**8/13** Taylorsville: 10:00 AM

Host - Brookdale of Falling Creek

**8/14** Bethlehem: 10:30 AM

Host -

Bingo Brunch includes a Bojangles biscuit (sausage or egg), sweets, beverage (water, juice, or coffee) and a banana.

**Thank you** to our Hosts who provide valuable information regarding their services as well as prizes, and to Food Lion for providing sweets and Bethlehem Greenhouse for a monthly flower donation to Bingo.



## Birthday Luncheons



**11:30 AM**

3rd Wednesday of the month at Taylorsville, 3rd Tuesday of the month at Bethlehem. Room opens at 11:15 AM. **Register by Monday the week prior to luncheon. \$5 Fee.**

**Registration is Required.**

Meal includes entrée, sides, beverage and a cupcake.

**Meals are Catered by**  
Crossroads Grill & Richter Scale

**July - 15th Bethlehem & 16th Taylorsville**

¼ BBQ Chicken, potato salad, baked beans, pickles

**August - 19th Bethlehem & 20th Taylorsville**

Baked spaghetti, tomato mozzarella salad, garlic bread

**Meals will ONLY be held 15 minutes past arrival/ begin time.**



## Bingo Hosts

If your company would be interested in hosting a Bingo please call and speak with Vicki Martin for availability at 828-352-7698. Hosts get the opportunity to inform seniors of the services they offer. Responsibilities include providing prizes, and monitoring the automated bingo number caller. No solicitors.

**ALEXANDER**  
FUNERAL and CREMATION SERVICE

*"Because We Care"*

**Rhett J. Miller**  
Managing Funeral Director

193 NC Hwy 16N  
PO Box 40  
Taylorsville, NC 28681

**828.635.8002**  
828.635.8025 Fax

Family Pet Cremations of Taylorsville

**TAYLORSVILLE FAMILY PRACTICE**

*Accepting New Patients!*

**704-871-2163**

*Scan to learn more*

393 3RD AVE. SW.  
TAYLORSVILLE, NC 28681

**Adams Funeral Home, LLC.**  
P.O. Box 937  
Taylorsville, NC

**Adams Funeral Home of Wilkes**  
P.O. Box 396  
Moravian Falls, NC

**828-632-2291** **336-667-0767**

*"Our Family Serving Your Family"*

Offering funeral and cremation services. Serving Wilkes, Alexander and surrounding counties. Contact us today about pre-planning arrangements.

**adamsfunerals.com**

**HARTNESS**  
HOMETOWN PROPERTIES

**CLIENT FOCUSED RESULTS**

368 NC Hwy 16 S  
Taylorsville, NC 28681

[www.hartnesshometownproperties.com](http://www.hartnesshometownproperties.com)

**Michelle Hartness**

OFFICE PHONE: 828-632-0031  
CELL PHONE: 828-320-5621

[michellehartnessresults@gmail.com](mailto:michellehartnessresults@gmail.com)

**LET'S GROW YOUR BUSINESS**

Advertise in our Newsletter!

**CONTACT ME**

**Rich Fernbach**

[rfernbach@lpicommunities.com](mailto:rfernbach@lpicommunities.com)

**(800) 477-4574 x3675**



## Upcoming Events



**Senior Center Health Fair**  
**Friday, September 19th at East**  
**Taylorsville Baptist Church**

**10:00 am - 12:00 pm**

**Medassist Event hosted by the Bridge Community**  
**Saturday, September 20th at First United Methodist**

## WE'RE ONLINE

Alexander County YouTube Channel -  
<https://www.youtube.com/@alexandercountync>

Senior Center Playlist on YouTube -  
[https://youtube.com/playlist?list=PL4rXbitOgMf2pt3TKVTq1V-alunUj\\_Cak](https://youtube.com/playlist?list=PL4rXbitOgMf2pt3TKVTq1V-alunUj_Cak)

Senior Center webpage on the county website, under Video tab -  
<https://alexandercountync.gov/senior-center/#tabs-6>

## Candle Making Class

**Friday, August 29, 2025**  
**11 AM - 1 PM**

**Come join us for our first**  
**candle making class!**

**During this class, you will**  
**learn how to make a**  
**candle from start to finish,**  
**and then take it home! We**  
**will have different things**  
**that you can add to your**  
**candles such as scented**  
**oils, dried flowers, and**  
**more.**

**There is limited space for**  
**this class, please register**  
**with staff.**



## One on One Computer Help

We are now offering one on one digital help! This can be help for any type of digital questions on the computer, phone, etc.

This will be by appointment only. Appointments will be made for 30 minute time slots.

If interested, appointments can be made for the following dates:

**Taylorsville:**  
**July 8 (1-4pm)**  
**August 12 (1-4pm)**

**Bethlehem:**  
**July 17 (9-11am)**  
**August 21 (9-11am)**

# Discover a new approach to primary care.



**Comprehensive, Personalized Care**



**Friendly Team Dedicated to Your Health**



**More Time With Your Provider to Focus on Your Well-Being**

## WELCOMING NEW MEDICARE PATIENTS

**Now scheduling appointments:**



**3060 Hickory Boulevard, Hudson, NC 28638**



**(828) 617-9102**



**hellohopscotch.com**

## 4 | SERVICES OFFERED

**GREENWAY TRANSPORTATION** — Greenway has a stop at the senior center. Rates of \$2.50 per ride. Flex route is free. Call 828-464-9444 for details.

### NOTARY PUBLIC SERVICES

Call the Senior Center at 828-632-1717 to make an appointment. This is a free service to senior citizens only. Strict rules and ID requirements apply.

### WATER AEROBICS AT NORTHWOOD POOL

TUESDAY'S AND THURSDAY'S, 10AM AND 7PM.

THIS WILL BEGIN ON JUNE 3, 2025.

517 NORTHWOOD PARK

TAYLORSVILLE, NC 28681

CALL 828-632-4060 FOR MORE INFORMATION.



July 24

August 28

4th Thursday  
of the month  
at 2pm



### VAYA WEBINARS

**7/11 10 - 11 AM** Treating Dementia: Medications & More  
**11:15 - 12:15 PM** Treating Dementia: Medications & More

**7/15 1:30 - 2:30 PM** Neurocognitive Disorders and the Basics of Dementia-Behaviors  
**2:45 - 3:45 PM** Treating Dementia: Medications and More

**8/8 10 - 11 AM** Personality Disorders: Reaction to Interaction Part 1  
**11:15 - 12:15 PM** Personality Disorders: Reaction to Interaction Part 2

**8/19 1:30 - 2:30 PM** Personality Disorders: Reaction to Interaction Part 1  
**2:45 - 3:45 PM** Personality Disorders: Reaction to Interaction Part 2



### VAYA IN PERSON

THURSDAY, JULY 10TH

THURSDAY, AUGUST 14TH

11:00 AM - 12:00 PM

*We're Here to Help*

We know your health journey won't always be a straight line - but we're here to keep you moving forward. Our teams work hard to help you live the life you choose.

[Vayahealth.com/calendar](http://Vayahealth.com/calendar)

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



MEMBERSHIP is provided to adults 60 years or older, and their spouses (regardless of age), and members of National AARP over 50 years. There is no membership fee to participate. Membership priority is given to Alexander County Residents, but any County resident is welcome. We are funded through the Home and Community Care Block Grant— Older Americans Act, Title III–B, Title III-D, as well as Alexander County funds. Memberships are free but the center welcomes voluntary contributions which go toward the Senior Center operating Budget.

## Health and Wellness Programs

A variety of programs are offered to help older adults remain healthy as well as develop and maintain strength, balance and agility. These include exercise classes, Tai Chi, A Matter of Balance classes, Health support seminars, dancing and a variety of health and wellness resources, including a lending library of videos, books, periodicals, and internet access.

## Educational Programs

Mental agility is also important. A wide range of experiences including Musicians' Jam, art & crafts, use of modern technology in our computer lab, a lending library that includes large print books and audio books—for free! We have guest speakers that do presentation on a wide-range of topics related to senior health, Medicare issues, nutrition, exercise, and services.

## Tai Chi for Fall and Arthritis Prevention

The Western Piedmont Council of Governments (WPCOG) is going to be offering a new Tai Chi class focusing on Fall and Arthritis Prevention, with an in person teacher.

June 19th - August 14th

Twice a week - Tues. & Thurs.

Tues.: 10 - 11am

Thurs.: 12:30 - 1:30pm

In the big multipurpose room

*\*Please sign up with staff\**



We are always looking to assist those who might qualify for the “Extra Help” Program through Social Security to get help with the cost of their drug plan and their prescription drug costs. This is a program with both income & resource limits that must be met. This year's guidelines:

	Single	Married
Income:	\$1,956 /month.	\$2,644/month
Resources:	\$17,600	\$35,130



Resources include bank accounts, pensions, 401K, stocks, bonds, land not attached to your home, etc. Not your home, cars, personal property.

If your numbers are at or below these numbers, please call the Senior Center at 632-1717, so we can schedule an appointment to file an application online for you! Or you can call NC Department of Insurance Seniors' Health Insurance Information Program (SHIP) for assistance at 855-408-1212. This is a FREE service.

Note: you must have Medicare Part A & B to apply. You can apply anytime during the year— you do NOT have to wait for Open Enrollment.

## New to Medicare

**12:00pm:**

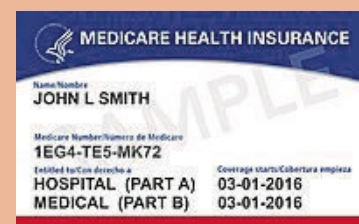
Fri, July 25th

Fri, August 1st



Fri, October 3rd

**Turning 65? Join us for a seminar to review Medicare basics, traditional Medicare and Medicare Advantage.**






**Call to Register**



# 6 | JULY 2025 ALEXANDER SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<p>- 1 -</p> <p>9:00 Exercise Class</p> <p>10:00 Tai Chi - WPCOG</p> <p><i>10:00 Painting at Stony Point</i></p> <p>1:00 Card Games</p> <p>3:00 Cardio Drumming</p>	<p>- 2 -</p> <p>9:00 Best Value Hearing</p> <p>Call 704-878-2320</p> <p>9:00 Exercise Class</p> <p>1:00 Bridge</p> <p>1:00 Cards / Puzzles</p>	<p>- 3 -</p> <p>9:00 Exercise Class</p> <p>11:00 Tai Chi</p> <p>12:30 Tai Chi - WPCOG</p> <p>12:30 Crocheting</p> <p>1:00 Games</p> <p>3:00 Corn Hole/Board Games</p>	<p>- 4 -</p> <p>CLOSED</p> 	
	<p>- 7 -</p> <p>9:00 Exercise Class</p> <p>10:00 Musicians Jam</p> <p>10:00 Crocheting</p> <p>12:30 Woodcarving</p> <p>1:30 Card Games</p> <p>3:00 Yoga \$</p>	<p>- 8 -</p> <p>9:00 Exercise Class</p> <p>10:00 Tai Chi - WPCOG</p> <p><i>10:00 Painting at Stony Point</i></p> <p><b>10:30 Trip Ticket Sales</b></p> <p>12:30 Card Making \$</p> <p>1:00 Card Games</p> <p>1:00 Computer Class - Appointment Only</p> <p>3:00 Cardio Drumming</p>	<p>- 9 -</p> <p>9:00 Best Value Hearing</p> <p>Call 704-878-2320</p> <p>10:00 Bingo Brunch Free</p> <p><b>Register by 7/7</b></p> <p>1:00 Bridge</p> <p>1:00 Cards / Puzzles</p>	<p>- 10 -</p> <p>9:00 Exercise Class</p> <p>11:00 Vaya in Person</p> <p>11:00 Tai Chi</p> <p>12:30 Tai Chi - WPCOG</p> <p>12:30 Crocheting</p> <p>1:00 Games</p> <p>3:00 Corn Hole/Board Games</p>	<p>- 11 -</p> <p>Movie Day</p> <p>10am - 12pm</p>  <p>Vaya Online</p>
	<p>- 14 -</p> <p>9:00 Exercise Class</p> <p>10:00 Musicians Jam</p> <p>10:00 Crocheting</p> <p>12:30 Woodcarving</p> <p>1:00 Card Games</p> <p>3:00 Yoga \$</p>	<p>- 15 -</p> <p>9:00 Exercise Class</p> <p>10:00 Tai Chi - WPCOG</p> <p><i>10:00 Painting at Stony Point</i></p> <p>11:30 Sewing</p> <p>1:00 Card Games</p> <p>2:00 - 5:00 Book Club</p> <p>Vaya Online</p>	<p>- 16 -</p> <p>9:00 Best Value Hearing</p> <p>Call 704-878-2320</p> <p>11:30 Birthday Lunch &amp; Dirty Santa</p> <p><b>Register by 7/7</b></p> <p>1:00 Bridge</p> <p>1:00 Cards / Puzzles</p>	<p>- 17 -</p> <p>9:00 Exercise Class</p> <p>11:00 Tai Chi</p> <p>12:30 Tai Chi - WPCOG</p> <p>12:30 Crocheting</p> <p>1:00 Games</p> <p>3:00 Corn Hole/Board Games</p>	<p>- 18 -</p> <p>9:00 Exercise Class</p> <p>10:00 Board Games</p> <p>11:00 Tai Chi</p>
	<p>- 21 -</p> <p>9:00 Exercise Class</p> <p>10:00 Musicians Jam</p> <p>10:00 Crocheting</p> <p>12:30 Woodcarving</p> <p>1:00 Card Games</p> <p>3:00 Yoga \$</p> <p><b>Day Trip - Mt. Airy</b></p>	<p>- 22 -</p> <p>9:00 Exercise Class</p> <p>10:00 Tai Chi - WPCOG</p> <p><i>10:00 Painting at Stony Point</i></p> <p>12:30 Card Making \$</p> <p>1:00 Card Games</p> <p>3:00 Cardio Drumming</p> <p><b>6:00 - 8:00 Music Night</b></p>	<p>- 23 -</p> <p>9:00 Best Value Hearing</p> <p>Call 704-878-2320</p> <p>9:00 Exercise Class</p> <p>10:00 Computer Class</p> <p>1:00 Bridge</p> <p>1:00 Cards / Puzzles</p>	<p>- 24 -</p> <p>9:00 Exercise Class</p> <p>11:00 Tai Chi</p> <p>12:30 Tai Chi - WPCOG</p> <p>12:30 Crocheting</p> <p>1:00 Games</p> <p>2:00 Caregiver Support</p> <p>3:00 Corn Hole/Board Games</p>	<p>- 25 -</p> <p>9:00 Exercise Class</p> <p>10:00 Board Games</p> <p>11:00 Tai Chi</p> <p>12:00 New to Medicare</p> 
<p>- 28 -</p> <p>9:00 Exercise Class</p> <p>10:00 Musicians Jam</p> <p>10:00 Crocheting</p> <p>12:30 Woodcarving</p> <p>1:00 Card Games</p> <p>3:00 Yoga \$</p>	<p>- 29 -</p> <p>9:00 Exercise Class</p> <p>10:00 Tai Chi - WPCOG</p> <p><i>10:00 Painting at Stony Point</i></p> <p>12:30 Card Making \$</p> <p>1:00 Card Games</p> <p>3:00 Cardio Drumming</p>	<p>- 30 -</p> <p>9:00 Best Value Hearing</p> <p>Call 704-878-2320</p> <p>9:00 Exercise Class</p> <p>1:00 Bridge</p> <p>1:00 Cards / Puzzles</p> <p><b>Day Trip - Cody Creek</b></p>	<p>- 31 -</p> <p>9:00 Exercise Class</p> <p>11:00 Tai Chi</p> <p>12:30 Tai Chi - WPCOG</p> <p>12:30 Crocheting</p> <p>1:00 Games</p> <p>3:00 Corn Hole/Board Games</p>		
Need help paying your Medicare Part-D or Part B premiums? The “EXTRA HELP” program or Medicare Savings Program may be able to help you. Call 632-1717 or SHIIP (855) 408-1212. Income limits apply (single \$1956, married \$2,644).				<p><u>Hours</u></p> <p>Mon.-Thurs. 8:00 - 5:00</p> <p>Fri. 8:00 - 2:00</p>	<p>730 7th Street SW</p> <p>Taylorsville, NC</p>

# ALEXANDER SENIOR CENTER AUGUST 2025 | 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>- 4 -</b></p> <p>9:00 Exercise Class 10:00 Musicians Jam 10:00 Crocheting 12:30 Woodcarving 1:00 Card Games 3:00 Yoga \$</p> <p><b>- 11 -</b></p> <p>9:00 Exercise Class 10:00 Musicians Jam 10:00 Crocheting 12:30 Woodcarving 1:00 Card Games 3:00 Yoga \$</p> <p><b>Day Trip - Billy Graham Library</b></p> <p><b>- 18 -</b></p> <p>9:00 Exercise Class 10:00 Musicians Jam 10:00 Crocheting 12:30 Woodcarving 1:00 Card Games 3:00 Yoga \$</p> <p><b>- 25 -</b></p> <p>9:00 Exercise Class 10:00 Musicians Jam 10:00 Crocheting 12:30 Woodcarving 1:00 Card Games 3:00 Yoga \$</p>	 <p><b>- 5 -</b></p> <p>9:00 Exercise Class 10:00 Tai Chi - WPCOG 1:00 Card Games 3:00 Cardio Drumming</p> <p><b>- 12 -</b></p> <p>9:00 Exercise Class 10:00 Tai Chi - WPCOG 12:30 Card Making \$ 1:00 Card Games 1:00 Computer Class - Appointment Only 3:00 Cardio Drumming</p> <p><b>- 19 -</b></p> <p>9:00 Exercise Class 10:00 Tai Chi - WPCOG 11:30 Sewing 1:00 Card Games 2:00 – 5:00 Book Club Vaya Online</p> <p><b>- 26 -</b></p> <p>9:00 Exercise Class 10:00 Tai Chi - WPCOG 12:30 Card Making \$ 1:00 Card Games 3:00 Cardio Drumming</p>	<p><b>- 6 -</b></p> <p>9:00 Best Value Hearing Call 704-878-2320 1:00 Bridge 1:00 Cards / Puzzles <b>Day Trip - Concord Mills</b></p> <p><b>- 13 -</b></p> <p>9:00 Best Value Hearing Call 704-878-2320 10:00 Bingo Brunch Free <b>Register by 8/4</b> 1:00 Bridge 1:00 Cards / Puzzles</p> <p><b>- 20 -</b></p> <p>9:00 Best Value Hearing Call 704-878-2320 11:30 Birthday Lunch <b>Register by 8/4</b> 1:00 Bridge 1:00 Cards / Puzzles</p> <p><b>- 27 -</b></p> <p>9:00 Best Value Hearing Call 704-878-2320 9:00 Exercise Class 10:00 Computer Class 1:00 Bridge 1:00 Cards / Puzzles</p>	<p><b>- 7 -</b></p> <p>9:00 Exercise Class 11:00 Vaya in Person 11:00 Tai Chi 12:30 Tai Chi - WPCOG 12:30 Crocheting 1:00 Games 3:00 Corn Hole/Board Games</p> <p><b>- 14 -</b></p> <p>9:00 Exercise Class 11:00 Tai Chi 12:30 Tai Chi - WPCOG 12:30 Crocheting 1:00 Games 3:00 Corn Hole/Board Games</p> <p><b>- 21 -</b></p> <p>9:00 Exercise Class 11:00 Tai Chi 12:00 Line Dancing \$ 12:30 Crocheting 1:00 Games 3:00 Corn Hole/Board Games</p> <p><b>- 28 -</b></p> <p>9:00 Exercise Class 11:00 Tai Chi 12:00 Line Dancing \$ 12:30 Crocheting 1:00 Games 2:00 Caregiver Support 3:00 Corn Hole/Board Games <b>Day Trip - Cherokee</b></p>	<p><b>- 1 -</b></p> <p>9:00 Exercise Class 10:00 Board Games 11:00 Tai Chi 12:00 New to Medicare</p>  <p><b>- 8 -</b></p> <p>9:00 Exercise Class 10:00 Board Games 11:00 Tai Chi  Vaya Online</p> <p><b>- 15 -</b></p> <p>9:00 Exercise Class 10:00 Board Games 11:00 Tai Chi</p> <p><b>- 22 -</b></p> <p>Ice Cream Social 11:30am - 1pm</p>  <p><b>- 29 -</b></p> <p>9:00 Exercise Class 10:00 Board Games <b>11:00 Candle Making</b></p> 

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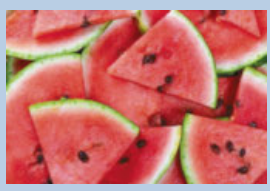

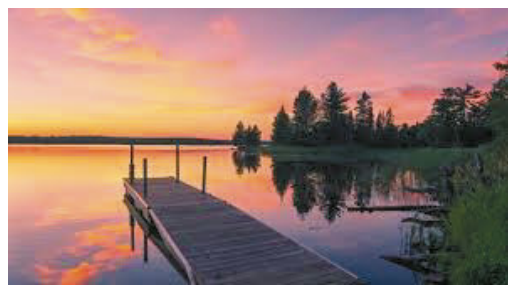
**Hours**  
Mon.-Thurs. 8:00 - 5:00  
Fri. 8:00 - 2:00

730 7th Street SW  
Taylorsville, NC

2025 | JULY

BETHLEHEM

2025 | AUGUST

TUESDAY	THURSDAY		TUESDAY	THURSDAY
- 1 - 8:30 Tai Chi 9:45 Morning Stretch 10:00 Needlework 10:00 Computer Class 12:30 Card Making \$ Registration Required 1:00 Cards Anytime Walking	- 3 - 8:30 Tai Chi 10:00 Woodcarving Beginner Day 1:00 Cards Anytime Walking		- 5 - 8:30 Tai Chi 9:45 Morning Stretch 10:00 Needlework 10:00 Computer Class 12:30 Card Making \$ Registration Required 1:00 Cards Anytime Walking	- 7 - 8:30 Tai Chi 10:00 Woodcarving Beginner Day 1:00 Cards Anytime Walking
- 8 - 8:30 Tai Chi 9:45 Morning Stretch 10:00 Needlework 1:00 Cards Anytime Walking	- 10 - 8:30 Tai Chi 10:00 Woodcarving 10:30 Bingo Register by 7/8 1:00 Cards Anytime Walking		- 12 - 8:30 Tai Chi 9:45 Morning Stretch 10:00 Needlework 1:00 Cards Anytime Walking	- 14 - 8:30 Tai Chi 10:00 Woodcarving 10:30 Bingo Register by 8/12 1:00 Cards Anytime Walking
- 15 - 8:30 Tai Chi 9:45 Morning Stretch 10:00 Needlework 11:30 Birthday Lunch Register by 7/8 1:00 Cards Anytime Walking	- 17 - 8:30 Tai Chi 10:00 Woodcarving 1:00 Cards 1:00 Computer Class - Appointment Only Anytime Walking		- 19 - 8:30 Tai Chi 9:45 Morning Stretch 10:00 Needlework 11:30 Birthday Lunch Register by 8/12 1:00 Cards Anytime Walking	- 21 - 8:30 Tai Chi 9:00 Computer Class - Appointment Only 10:00 Woodcarving 1:00 Cards Anytime Walking
- 22 - 8:30 Tai Chi 9:45 Morning Stretch 10:00 Needlework 1:00 Cards Anytime Walking	- 24 - 8:30 Tai Chi 10:00 Woodcarving 1:00 Cards Anytime Walking		- 26 - 8:30 Tai Chi 9:45 Morning Stretch 10:00 Needlework 1:00 Cards Anytime Walking	- 28 - 8:30 Tai Chi 10:00 Woodcarving 1:00 Cards Anytime Walking
- 29 - 8:30 Tai Chi 9:45 Morning Stretch 10:00 Needlework 1:00 Cards Anytime Walking	- 31 - 8:30 Tai Chi 10:00 Woodcarving 1:00 Cards Anytime Walking			

**Birthday Lunch:** Catered meal from Crossroads Grill or Richter Scale. Sign-ups begin the 1st day of each month. Meal includes entrée, beverage, and a cupcake. Register by Tuesday the week prior to luncheon. Registration is required. \$5 fee. Meals will ONLY be held 15 minutes past arrival/begin time.

**Bingo:** Free, required sign-up. Brunch includes Bojangles biscuit, a fruit, sweets donated by our local Food Lion, and a drink. Hosts provided prizes.

**Anytime Walking:** Paved walking trail on premises

**NEW HOURS:** Needlework group hours have been extended to 12:30pm. Card Playing will begin at 1:00pm.

# 9 | BETHLEHEM ONGOING ACTIVITIES

## TAI CHI TUESDAYS AND THURSDAYS 8:30 AM - 9:30 AM

Video led instruction from Dan and Victoria Fiore.  
Beginner friendly.

## CARDS — HAND & FOOT

Tuesdays and Thursdays 1:00 PM - 4:00 PM

No experience necessary. New players are always welcome! **Card playing begins promptly at 1:00.**



## ANYTIME WALKING

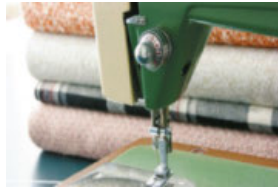
Leveled & paved walking trail on site.  
Please come in to sign-in and say hello

## NEEDLEWORK UNLIMITED

Tuesdays, 10:00 AM - 12:30 PM

Needlework including crocheting, sewing, and more!

This class is open to new members who are willing to learn.



## WOODCARVING

Thursdays, 10:00 AM

Free class

The first Thursday of the month is BEGINNER day. An instructor will be present. Special attention will be given



## Computer Class

First Tuesday of every month

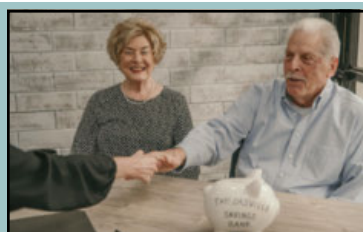
10:00 AM - 12:00 PM

The class will change monthly, but each topic will give helpful tips with using computers.

The remote site in Bethlehem is located at **Mt. Pisgah Lutheran Church**  
9379 NC-127 Hickory, NC 28601

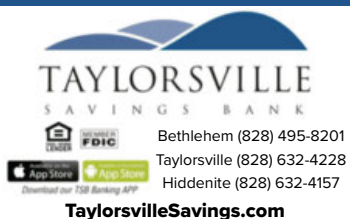
**Hours:** Tuesday & Thursday  
8:00 AM - 4:30 PM  
(closed 12:30-1:00 for lunch)

**Phone:** (828) 409-3742



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- Your community bank since 1921.



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14-1820

# ONGOING ACTIVITIES | 10

## TAI CHI

This is a video led instructional video by our favorite— Don and Victoria Fiore. This is a beginner friendly workout that helps improve flexibility and balance.

## AEROBICS

This is a video led instructional video. Beginner friendly with no jumping or stair steps.

## Cardio Drumming

A low-impact, dynamic cardiovascular workout that combines drumming, rhythm, and music. Participants use drumsticks to hit an exercise ball placed on a bucket while following the beat of a song.

**Every 1st, 2nd, and 4th  
Tuesday 3-4 pm in  
Taylorsville**

## Yoga

Yoga is offered on Mondays in Taylorsville at 3:00 pm. The class is led by Shakira Ballin, in-person. Cost is \$5 donation to instructor.



## MUSICIANS JAM

Monday, 10:00 AM



Calling all music lovers. Do you play an instrument or enjoy listening to live music? The Taylorsville Center hosts a great musicians jam every Monday morning. Also, available online, check out the links on pg. 3.



## Cardio Drumming

Instructor William Mitchell will be taking the summer off.

**Cornhole and board  
games will be offered in  
the existing space and  
time.**



## Computer Class

**Fourth Wednesday of every  
month**

**10 :00 AM - 12:00 PM**

The class will change monthly, but each topic will give helpful tips with using computers.



# NEVER MISS OUR NEWSLETTER!

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Have our newsletter  
emailed to you.



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# 11 | ONGOING ACTIVITIES

## CARD MAKING \$

2ND & 4TH TUESDAY

12:30PM

JOIN SANDY HERMAN  
TO CREATE BEAUTIFUL,  
HOMEMADE CARDS!

1ST TUE. IN BETHLEHEM.



## SEWING

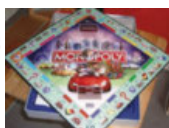
3RD TUESDAY 11:30PM

COME AND BE CREATIVE WITH SEWING.

## Board Game Fridays

FRIDAYS 10:00 AM - 1:30PM

Bring a friend to play board games. Yahtzee, Monopoly, Checkers, Chess, Dominoes, UNO, Rummikub are some of the many options available. If you are an experienced board game player and willing to teach, let us know!



## PUZZLES & COLORING

MONDAY-FRIDAY

These activities continue as they have for years, in the lobby! A great area for conversations, whether you are working on the puzzle or not. The invitation is extended to all. Puzzles and coloring anytime.

## EAZY PAINTING - STONY POINT

TUESDAYS 10:00 AM - 12:00 PM

This is an easy going class led by Teri Petzold. Beginner or advanced. Teri makes painting fun and rewarding! **Cost is \$10 month.**

431 Ruritan Park Rd. Stony Point

## LINE DANCING

THURSDAYS 12:00 PM - 2:30 PM

Led by Freda & Dave DeGruchy. Come out and bring your dancing shoes. Beginners Line Dancing from 12:30 - 1:30pm.

Cost is donation to instructors.



# SUPPORT THE ADVERTISERS that Support our Community!

# TRIPS AND TOURS | 12

## Day Trip - Van Trip Policy:

- The date and time for beginning ticket sales will be announced in advance..
- You must pay for your ticket when you make your reservation. You may purchase one extra ticket.
- Tickets are non-refundable, but are transferable.
- Bring medicines with you on the trip in case the trip is later than anticipated.
- There is no storage room on the van, therefore there is not room for walkers and wheelchairs. Packages must be in your lap or empty seat, not on the floor.
- We reserve the right to cancel trips with refund for lack of interest.
- Most trips will have a minimal transportation fee based on mileage, and you will be responsible for admission, meals, souvenirs, etc. while on the trip. Inclusions will be listed.

## Movie Day

We will be showing National Treasure.

Pizza and Popcorn provided!

July 11th, 10 AM to 12 PM



Benjamin Franklin Gates, a descendant of a family of treasure hunters, embarks on a quest to find a treasure hidden by the Founding Fathers of the United States.

## DIAMOND TOURS—BEAUTIFUL VERMONT

September 14 - 20, 2025

\$1115 pp double

Due: 7/7/2025

6 nights lodging including 4 consecutive nights in Vermont. 10 meals: 6 breakfasts and 4 dinners. Tour of an authentic Vermont Maple Farm. Tour of Ben and Jerry's Ice Cream Factory including free samples. Dinner Cruise on beautiful Lake Champlain with Entertainment Admission to Shelburne Museum. Visit to Cold Hollow Cider Mill. Tour of Rock of Ages Granite Quarry. Visit to Stowe Village.



**\$1115\***  
7 Days 6 Nights  
\*PER PERSON, DOUBLE OCCUPANCY  
(Sun - Sat)  
Sep 14 - 20  
2025

Departure for all Diamond Tour trips: First United Methodist Church 1400 Hwy. 16 S Taylorsville, NC 28681 @ 8AM

## DAY TRIPS

### Day Trips

Mark your calendars! Trip ticket sales for trips in July - September will be **July 8, 2025 at 10:30am**. Be sure to sign up!

**Mon, 7/21:** Mt. Airy (Andy Griffith Tour) & Snappy Lunch, \$10.70 admission to museum (\$7 van fee, extreme walking). Departs Bethlehem at 9:15am, and Taylorsville at 9:45am.

**Wed, 7/30:** The Depot at Cody Creek (\$7 van fee). Departs Bethlehem at 3:00pm, and Taylorsville at 3:30pm.

**Wed, 8/6:** Concord Mills (\$5 van fee, extreme walking). Departs Taylorsville at 8:30am, and Bethlehem at 9:00am.

**Mon, 8/11:** Billy Graham Library & Graham Brothers Dairy Bar (\$7 van fee, extreme walking). Departs Taylorsville at 8:30am, and Bethlehem at 9:00am.

**Thur, 8/28:** Trip to Cherokee (Village and Museum), \$25 admission (\$10 van fee, extreme walking). Stopping for breakfast and lunch. Departs Taylorsville at 6:00am, and Bethlehem at 6:20am.

**Wed, 9/3:** Greensboro Science Center & Jake's Diner, \$18 plus tax admission or \$7 plus tax for EBT holders (\$8 van fee, extreme walking). Departs Bethlehem at 8:30am, and Taylorsville at 9:00am.

**Wed, 9/24:** NC Zoo & America's Roadhouse, \$13 admission, \$32 scooter rental (\$8 van fee, extreme walking). Departs Bethlehem at 8:00am, and Taylorsville at 8:30am.

Itineraries with additional information available, please see a staff member.

