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Good Luck Senior Game Participants.

Remember to be Good Sports!

Special points of interest:

- *September 4th– RCARE closed for Labor Day holiday*
- *9/18/17-9/24/18 NC State Senior Games*
- *9/21/17 Club Fun Day*
- *9/21/17 Bingo at Lake Reidsville*

National Senior Center Month

National Senior Center month is celebrated every year in September. This year the theme is **Senior Centers: Masters of Aging!** This year's theme highlights the ways senior centers lead their communities and inspire individuals to master this phase of life. Seniors search to understand their own needs amidst competing demands and responsibilities. At senior centers they find programs and resources that inspire them to make the most of their times. The theme is divided into 4 categories: engage, enlighten, enrich

and empower.

National Employ Older Workers Week is also held annually in September and it recognizes the role of older workers in the workforce. This year it is held from September 25-30. Because our center depends greatly on our NCBA workers we are honoring not only our employees but all of the Rockingham and Caswell employees who are in the NCBA program on September 29th. with a luncheon at RCARE.

September is also:

- ⇒ Hunger Action Month
- ⇒ National Traumatic Brain Injury Awareness Month
- ⇒ World Alzheimer's Month
- ⇒ Sept. 10—Grandparents Day
- ⇒ Sept. 18-22 Malnutrition Awareness Week
- ⇒ Sept. 22 National Fall Prevention Awareness Day (1st. Day of Fall)
- ⇒ Sept. 29 World Heart Day

Transportation to NC Senior Games

If you plan on riding the city van to the NC Senior Game events please register so we can decide a departure time for each date and which van we will need to take.

A schedule of department times is posted on the bulletin board at RCARE. Most days it appears the van will need to leave at 6:00 a.m. in order to get participants to their events on time.

Senior Games Dates—9/18/17-9/24/18



Teresa Wilson will provide rides to the games for those who don't wish to leave at 6:00 a.m. for gas donations.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful

content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your

newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also

profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

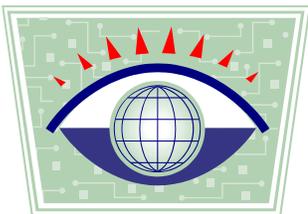
Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting im-

ages that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the

article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.

What's Happening:

"Don't Be A Victim! Scams and Crime Prevention Seminar- September 6th, 2017 at RCARE.

12:30 p.m.—1:30 p.m. (See Flyer)

Registration is not required but would be appreciated so we may plan for lunch. Call 349-1088 to register. Deadline to register is September 1st.

September 21st.—Fun Day @ Lake Reidsville– Shelter 5

This event is for club members only.

September 29th.—NCBA Employees Appreciation Luncheon– 11:00 a.m.—1:00 p.m. Open to NCBA Employees only.

Bocce players be patient, the repair work on our new court will be starting soon. If the court is completed before the weather becomes too cold we will begin a short fall/winter league.

Registration for our winter shuffleboard league begins 9/11/17 and continues through the ends 9/30/17. Play will be held each Wednesday beginning at 1:00 p.m. Please do not register if you are not going to attend the majority of the league games.



Don't Forget: Bingo will be held at Lake Reidsville this month on 9/21/17 @ 1:00 p.m. Shelter # 5

Mark Your Calendars

Flu Shot Clinic-

Thursday, October 5

9:00 a.m.—12:00 noon



Medicare will cover the cost of the injection. Some Medicare Advantage plans will also cover the cost.

NC STATE FAIR TRIP

Date: Tuesday– October 17th.

Senior Citizens Day—Free Breakfast compliments of Bojangles

Club members have first option and then opened to other RCARE seniors.

Departure time, registration and cost to be announced later in the

RCARE– Reidsville Center for Active Retirement Enterprises

102 N. Washington Avenue
Reidsville, NC 27320

Main Number 349-1088
Rena Wood 349-1041
June Carlson 349-1031 (SHIP Services)



We Are Off Our Rockers

The mission for the RCARE is to promote the importance of active, healthy lifestyle by providing an assortment of educational of social, educational and recreation activities.

Just For Fun

We are on the web:
www.ci.reidsville.nc.us



"Good news. The pain in your chest wasn't a heart attack. It was your belt buckle."

Modern Marriage

Dearest Dad,

I am coming home to get married soon, so get your cheque book out. I'm in love with a boy who is far away from me.

As you know, I am in Australia.. And he lives in Scotland. We met on a dating website, became friends on Facebook, had long chats on WhatsApp. He proposed to me on Skype, and now we've had two months of a relationship through Viber.

My beloved and favorite Dad, I need your blessings, good wishes and a really big wedding.

Lots of love and thanks.

Your favorite daughter,

Lilly

THE RESPONSE

My Dear Lilly,

Like Wow! Really? Cool!

Whatever... I suggest you two get married on Twitter, have fun on Tango, buy your kids on Amazon, and pay for it all through Paypal.

And when you get fed up with this new husband, sell him on eBay.

Love,

Your Dad

Jokes submitted via email by Angie

Stabb



"Based on your current condition, I should probably throw the rest of those leftovers away."