



# Happy New Year!

Ok, as you kick off the new year with all those resolutions about getting out and getting more active, here's a recap of what you can do at RCARE.

Fitness related:

**Pickleball**– Mondays & Fridays 10:15 a.m.—12:00 noon. Wednesdays-10:30a.m.—noon. Afternoons by appointments.

**Cardio Class**-Monday, Wednesdays & Fridays 9-10

**Yoga**-Wednesdays at 10:00 a.m.

**Tai Chi**– check for next available class.

**Dance Groups**– Carolina Girls and Reidsville Kickers. See staff members for more details.

**Bowling**– bowlers are needed for our Monday Senior League. Male and female. League play is every Monday at 1:00 pm at the Reidsville Bowling Center and the cost is \$5.00 for three games. Please see Cindy or Rhena if you are interested.

**RCARE Fitness Center open from 8:30 am-5:00 pm**

Social Related:

**Downtown Senior Citizen's Club**– meets the 1st and 3rd. Thursday of each month at 10:00 a.m.

**Crochet class**– Tuesdays @ 9 am.

**Phase 10**–Tuesdays @ 10  
**Rook**–Wednesdays at 1pm.

**Canasta**–Tuesdays @ 1:00 pm.

**Bridge**-Thursdays @ 1:00 pm

**Bingo**–every 3rd Thursday of the month.

**"Meals with Friends"**- every Monday– Thursday except holidays.

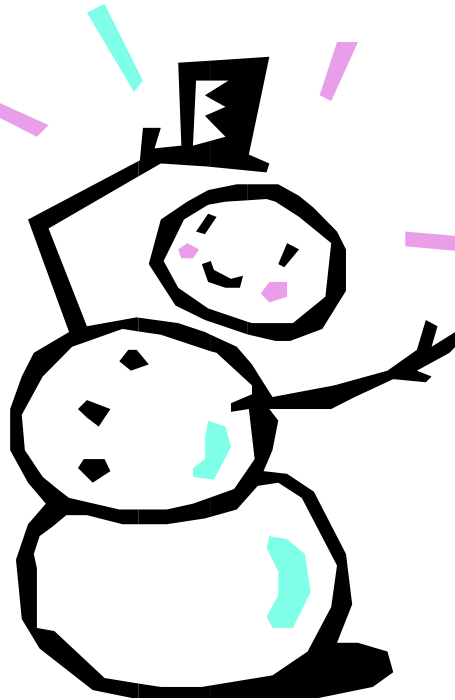
**Classes:**

Various craft classes  
Computer classes— coming soon  
Evidence based classes—Matter of Balance, Living Healthy with Diabetes, and more. Check back frequently.

Assistance Programs:  
**VITA**-free tax assistance program beginning in February– April

**SHIIP**– Seniors Health Insurance Information Program. Help with Medicare and insurance problems

**Free Legal Aid**– meet with attorney on site to complete wills, POA, etc. See staff for more information.



**Senior Centers are more than just a place to hang out. Check out what is available at your closest senior center, you might be surprised**

**Special points of interest:**

- **1/1/18 Closed for New Years**
- *1/18/18 Senior Bingo 1:00 pm*
- *1/15/18 Holiday– Martin Luther King - Center Closed No bowling on this date either.*

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## Shuffleboard League Standings

<u>Player</u>	<u>Win-Lost Record</u>
<i>Charlotte Neal</i>	8-1
<i>Hallie McCain</i>	8-1
<i>Angie Staab</i>	7-2
<i>Shirley Rickman</i>	7-2
<i>Alice Anderson</i>	7-2
<i>Faye Crawford</i>	6-3
<i>Doretha Leftwood</i>	6-3
<i>Rose Palmer</i>	5-4
<i>Ruby Withers</i>	5-4
<i>Ida Tucker</i>	5-4
<i>Gloria Gorham</i>	5-4
<i>Jerry Tranbarger</i>	5-4
<i>John Harris</i>	4-5
<i>Gladys Pickard</i>	4-5
<i>Freedia Jones</i>	4-5
<i>Jettie Galloway</i>	4-5
<i>June Willis</i>	4-5
<i>Joyce Tranbarger</i>	4-5
<i>Mabel Powell</i>	3-6
<i>Geraldine Kimber</i>	3-6
<i>Ann Galloway</i>	3-6
<i>Barbara Slade</i>	3-6
<i>Sue Elledge</i>	3-6
<i>Joyce Thomas</i>	3-6
<i>Gretta Maxey</i>	2-7
<i>Diane Motley</i>	2-7
<i>Jeanie Branch</i>	2-7
<i>Jeannie Mae Winchester</i>	2-7

Registration is still underway for the Rook tournament. Deadline to register is 1/19/18. Times and dates will be determined after registration is complete. Participants will play with the same partner throughout the tournament. For more information see RCARE staff.



**Reidsville Senior Center**

102 N. Washington Avenue  
Reidsville, NC 27320  
336 349-1088

Cindy Baynes 349-1045  
Rhena Wood 349-1041

June Carlson 349-1031 (SHIP Assistance)

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



**We Are Off Our Rockers**

**Just for Fun**

**Wall Flowers**

A funeral service is being held for a woman who has just passed away. At the end of the service, the pall bearers are carrying the casket out when they accidentally bump into a wall jarring the casket. They hear a faint moan! They opened the casket and find that the woman is actually alive!. She lived for ten more years and then dies.. Once again, a ceremony is held, and at the end of it, the pall bearers are again carrying out the casket. As they carry the casket towards the door, the husband cries out: "BE CAREFUL!!! WATCH THAT DANG



WALL!!!!

**GRAVITY**

At the beginning of my shift I placed a stethoscope on an elderly and slightly deaf female patient's anterior chest wall.

"Big breath," I instructed. "Yes, they used to be," replied the patient.

**Standards**

A little old lady is sitting on a bench in Miami Beach. A man walks over and sits down on the other end of the bench. After a few minutes, the woman asks, "Are you a stranger here?" He replies, "I used to live here years ago."

"So, where were you all those years?"

"In prison," he says.

"For what did they put you in prison?"

He looks at her, and very quietly

says, "I killed my wife."

"Oh," says the woman. "So you're single..."

**Senior Moments**

Four senior women were in a beauty parlor getting their hair done, when in walks a young chick with a low cut blouse that revealed a rose bud tattoo above one boob. One lady leaned over to another and said, "She doesn't know it yet, but in 50 years she'll be wearing a long stemmed rose in a hanging basket.



	1	2	3	4	5	6
	9:00 Crochet 10:00 Reidsville Kickers 10:00 Phase 10 10:00 Tai Chi 1:00 Canasta	9:00 Cardio/Weights 10:00 Bible Study 10:00 Yoga 10:45 Pickleball 1:00 Rook 1:00 Shuffleboard League	10:00 Club Meeting 1:00 Carolina Girls 1:00 Bridge	9:00 Cardio/Weights 10:00 Pickleball 1:00 Jewelry Making	6	CENTER CLOSED
7	8 8:30 Painting 9:00 Cardio/Weights 10:00 Pickleball 10:15 Carolina Girls 10:30 Blood Pressure Check 1:00 Bowling	9 9:00 Crochet 10:00 Reidsville Kickers 10:00 Phase 10 10:00 Tai Chi	10 8:30 Painting 9:00 Cardio/Weights 10:00 Bible Study 10:00 Yoga 10:30 Blind Support Group 10:45 Pickleball 1:00 Rook 1:00 Shuffleboard League	11 1:00 Carolina Girls 1:00 Bridge 1:00 Legal Aide	12 9:00 Cardio/Weights 10:00 Pickleball	13 CENTER CLOSED
14	15 9:00 Crochet 10:00 Reidsville Kickers 10:00 Phase 10 10:00 Tai Chi	16 9:00 Crochet 10:00 Reidsville Kickers 10:00 Phase 10 10:00 Tai Chi	17 8:30 Painting 9:00 Cardio/Weights 10:00 Bible Study 10:00 Yoga 10:45 Pickleball 1:00 Rook	18 1:00 Carolina Girls 1:00 Bridge 1:00 BINGO	19 9:00 Cardio/Weights 10:00 Pickleball 1:00 Jewelry Making	20 CENTER CLOSED
21	22 8:30 Painting 9:00 Cardio/Weights 10:00 Pickleball 10:15 Carolina Girls 1:00 Bowling	23 9:00 Crochet 10:00 Reidsville Kickers 10:00 Phase 10 10:00 Tai Chi	24 8:30 Painting 9:00 Cardio/Weights 10:00 Bible Study 10:00 Yoga 10:45 Pickleball 1:00 Rook	25 1:00 Carolina Girls 1:00 Bridge	26 9:00 Cardio/Weights 10:00 Pickleball	27 CENTER CLOSED
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