

I.N.K. (Information, News & Knowledge)

HEALTH FAIR—July 26th, 2018

The Rockingham County Health Department, RCARE and the Downtown Senior Citizen’s Club will sponsor a health fair on Thursday, July 26th from 10:00 a.m.—1:00 p.m.

- ◆ Screenings include A1C testing, vision screenings, blood pressure test, hearing and more.
- ◆ Many vendors will be providing informational materials at their booths.
- ◆ Door prize drawings held throughout the event.
- ◆ Bone Density Screenings
- ◆ Veteran’s representative on-site
- ◆ Massages



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Special points of interest:

- **July 3rd.— Independence Day Celebration at Lake Reidsville 4:00 p.m. -**
- **July 4th—RCARE Closed for Holiday**
- July 11th. 10:00 a.m.—New Tai Chi Class Starts
- July 12th—"Friends of the Center" Meeting 1:00 p.m.
- July 19th.—Reidsville Police Department Scam Jam 10:30 a.m.—11:30 a.m.
- July 19th.—1:00 p.m. Senior Bingo
- July 26th.— Health Fair—RCARE 10:00 a.m.—1:00 p.m.

New Tai Chi Class Starting

A new session of Tai Chi classes will be starting on Wednesday, July 11th at 10:00 a.m. This session is for new participants. Those in the class that is currently held on Tuesdays should stay in that session.

This session is scheduled to run for 16 weeks.

To register call 349-1088 or sign up at the front desk at RCARE.

AWARD BANQUET UPDATE

The following volunteers received awards for their volunteer hours and contributions to RCARE at the annual award banquet held on 6/28/18.

Appreciation Plaques:

- ◆ **Kathleen Crapes**-volunteer instructor for crochet class
- ◆ **Betty Daniels**-assists with Carolina Girls Dance Group
- ◆ **Cathy Taylor**-volunteers in many aspects, provides flower and other arrangements for center. Volunteers at Annie Penn / Cone Hospital
- ◆ **Loretta Jones**-volunteer instructor for quilting class
- ◆ **Sarah Johnson-Stephens**-volunteered for various craft classes.
- ◆ **Sandra Jones**- volunteers in so many areas. Fills in for Rhena, volunteers at front desk, assists with senior games.
- ◆ **Hallie McCain**- volunteers to teach a jewelry class
- ◆ **Johnnie Blackstock**- started out as a NCBA employee. Now a City of Reidsville employee

- ◆ **Angie Staab**- volunteered to be the Senior Games liaison to represent all participants during board meetings.

Senior Striker Bowling League

Awards:

- ◆ Championship Team— **Rhena Wood, Roger Wood, Gretta Maxey, Larry Wood**
- ◆ Runner-up team— **Everline Rice, Randal Rice, Joan Strutton, Jerry Turner**
- ◆ **Dennis Hylton**- High Scratch game-277, High Handicap Game-299, High Handicap Series- Men - 729
- ◆ **Roger Wood**- High Scratch Series- Men-665
- ◆ **Shirley Rickman**- High Scratch Series- Women-237
- ◆ **Geraldine Strader**-High Scratch Series-Women-610,High Handicap Series-Women-694
- ◆ **Teresa Wilson**-High Handicap Game-Women-279
- ◆ **Larry Wood/Roger Wood (Tie)** High Average-Men - 183
- ◆ **Geraldine Strader**-High Average—Women-169.39

Johnny Blackstock- Most Improved Bowler-Male+18.83

Sue Elledge- Most Improved Bowler-Female- +16.52

2017-2018 Shuffleboard League

Alice Anderson -Champion

There was a four way tie for second so no second place award was given.

Appreciation certificates were also given out to our "Friends of the Center" committee members and other volunteers.



Rhena Wood
was named 2018
"Senior of the Year"

Congratulations Rhena!



RCARE will be extending hours on Mondays and Thursdays beginning later this month when we have securing staffing. Stay tuned for exact dates.

Senior Games Success Story

RCARE is pleased to showcase the accomplishments of one of our homegrown athletes. Mr. George Parker III, (aka G.P), has distinguished himself in the World Masters Athletics Association track and field competition.

He ran the 50-meter dash in 7.69, placing 10th in the U.S. and the world rank. His time for the 100-meter dash was 14.1, placing 8th in the U.S. and 12th in the world. In the 200-meter dash, his time was 30.42, landing him 8th place in the U.S. and 14th in the world for his age group.

Most of the competitors at the national and world level have been running since childhood. In contrast, Mr. Parker is relatively new to competitive running, although he did participate in wrestling during his teenage years, and then as an assis-

tant coach at the high school and college level. He began running track and swimming during the 2017 Senior Games, where he won gold at the local and state level. His gold medal performances in our recent local games qualified him for the next state-level competition in these events, and hopefully, for the national games when they are held in 2019.

G.P. continues to strive for improvement, working out at the fitness center, RCARE, and swimming at the YMCA. He believes that his best running times are ahead of him if he continues to challenge himself.

Congratulations to G.P. for his achievements and best wishes for future endeavors! A positive attitude and an active lifestyle are things we wish to cultivate at RCARE. One is never too old to learn a new skill or try a new activity!

Senior Rockingham County Pageant

RCARE is in the planning stages of hosting the 1st. Annual Rockingham County Senior Pageant. The event is already scheduled for June 8th of 2019. Senior America is a non-profit corporation designed not only enrich the lives of seniors but also to tap their energy to enrich the lives of others. They are looking for women who have reached the "age of elegance" of 60+ years.

Several of our participants have already signed on but we are always open to more. The requirements are you must be 60 + years of age and a resident of Rockingham County and you will be judged on the following: modeling of an evening gown, statement of life's philosophy, talent and an interview with judges. For more information contact RCARE staff.

Reidsville Senior Center



102 N. Washington Avenue
Reidsville, NC 27320
Cindy Baynes 349-1045
Rhena Wood 349-1041
June Carlson 349-1031 (SHIIP Assistance)

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

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

“Just For Fun”

Newlywed

There was a lady in her 90's who became a sort of local celebrity because she had recently gotten married. The local news station decided to interview her. The interviewer asked questions like how it was be a newlywed in her 90's.

“This isn't my first husband, so it's not much different than the others,” she replied with a smile.

“Oh? How many husbands have you had?” the interviewer inquired. “This one will be my fourth,” she replied.

“I was married in my 20s to a banker, then in my 40s to a circus performer. After that I married a preacher.”

“What does your current husband do?”

“Oh he's a funeral director.”

The interviewer laughed and then asked how she cam to marry these men from such different backgrounds and personalities.

“It always made sense to me,” she replied. “I married one for the money, two for the show, three to get ready, and four to go.”

Animals

A gorilla dies of old age at a zoo right before the zoo opens. It is the only gorilla at the zoo since they are not very profitable. However, the gorilla is their most popular attraction by far, and they cannot afford to go a day without it. So the zoo owner asks one of his workers to wear a gorilla suit they have in storage for an extra \$100 a day if he will go in the gorilla cage and pretend to be the gorilla until the zoo can afford a new one.

Quickly, the new “gorilla” becomes the most popular craze at the zoo. People from all over are coming to see the “Human-like” gorilla. About a month in the craze has started to wear off. So, to get peoples attention back, he decides to climb over his enclosure and hang from the net ceiling above the lions den next to him. A large crowd of people gather watching the spectacle in awe and terror. Suddenly the man loses his grip and falls to the floor of the lions den.,

The man starts screaming, “HELP !! HELP!!!”

Suddenly a lion pounces on him from behind and whispers in his ear. “If you don't shut up you're going to get us both fired.”