

**ADVISORY BOARD MEMBERS**

**DONATIONS NEEDED**

**Mattie Adams  
Regena Baynard  
Janet Beani  
Robin Gibson  
Betty Grant  
Janie McVay  
Tamra Moody  
Carl Morrow (Vice President)  
Jancy Patrick  
Evelyn Pressley  
Sharon Proctor  
Cass Roberts (Secretary)  
Charles Stephens  
Reverend William  
Thompson (President)**

**SHOP Pantry:**  
Personal hygiene products,  
Depends, toilet paper, tissues,  
paper towels, cleaning & laundry  
products, canned and dry goods,  
microwavable meals and pet food.

**Backpack Project:**  
Individually packaged items:  
pudding, fruit, soup, Pop Tarts,  
cereal, mac & cheese, peanut  
butter, etc.

**Other:**  
Pet Food, Coffee, Creamer, Sugar,  
Cups and Butterbean Auction  
donations

**CITY OF KINGS MOUNTAIN  
H. LAWRENCE PATRICK SENIOR LIFE  
AND CONFERENCE CENTER  
909 E. KING STREET  
KINGS MOUNTAIN, NC 28086**



ADDRESS CORRECTION REQUEST-



*JULY, AUGUST,  
SEPTEMBER 2023  
NEWSLETTER*

**THE PATRICK CENTER  
NEWSLETTER**

909 E. King Street Kings Mountain, NC 28086  
(704) 734-0447 FAX: (704) 734-4477

**The Patrick Center will be closed on Tuesday, July 4 for Independence Day and Monday, September 4 for Labor Day.**



**A Note from Tabitha—**

I am amazed every day by the number of new participants coming to the center and how they receive such a warm welcome from everyone. Our center is a place where people can make friends while working on wellness goals and learning new skills. We are so fortunate to have each and every person here, including all of our volunteers who do such a fantastic job. As we enter into the summer months, let's be grateful for the sunshine, for our family and friends, and for the blessing of the Patrick Center!

**ART GALLERY**

We are putting together a gallery of art from our participants. If you would like to display a piece of art, please contact Karen.

**Mission Statement:**

The H. Lawrence Patrick Senior Life and Conference Center serves as a focal point on aging, providing a broad range of ever changing programs, activities, and services that enhance the well-being and dignity of senior adults in the greater Kings Mountain area.

**NEWSLETTER MAILING CHANGE**

As we mentioned in the last issue, newsletters will no longer be mailed except in special cases. The newsletter is available for pick up at the Patrick Center and is posted on our Facebook page, the City website and can be emailed to you. Please let us know if you would like to receive the newsletter by email. Thank you for helping us cut postage and printing costs!

**SENIOR CENTER HOURS: MONDAY — FRIDAY  
HOURS OF OPERATION: 8:00AM—5:00PM  
RENTALS: Call Bonnie Hale for appointment**

## INSIDE THIS ISSUE

**Upcoming Events 3, 4 and 5**  
**Services 6/7**  
**Health and Wellness 8**  
**Arts/Enrichment 9**  
**Just Plain Fun 10**  
**Volunteers 11**  
**Other Information 12**

### How do I Join The Center?

If you are 55 and older, just simply stop by the Front Desk and fill out an application. One of our staff will be happy to give you a tour of the facilities. There is no charge to be a member and we look forward to meeting you!

## STAFF MEMBERS

**Tabitha Thomas, Senior Services Manager**

**704-734-4489**

**Whitney Douglas, Administrative Assistant/Bookkeeper**

**704-730-2167**

**Brittini England, Back Receptionist/Resource Coordinator**

**704-734-4587**

**Karen Grigg, Program Coordinator**

**704-730-2168**

**Bonnie Hale, Receptionist/Transportation Coordinator**

**704-734-0447**

**Lynn Lail, Administrative Assistant/My Senior Center Technician**

**704-730-2166**

**Carolyn Stalls, Gift Shop Clerk**

**704-734-0447**

**Custodians: Ethel Odums, Stan Scruggs and Steve Watkins**



## VOLUNTEER CORNER

### HOW DO I BECOME A VOLUNTEER?

Please come see Karen to complete an application if you would like to volunteer. We would love for you to get involved!!

### VOLUNTEER MEETINGS

(Third Tuesday of the month)  
12:15—1:00PM

**September 19, 12:15—1:00PM**

All are welcome to join us to hear about upcoming volunteer opportunities. July and August meetings are canceled.

### VOLUNTEER OPPORTUNITIES AT THE CENTER

\*Bag Food and help distribute for the Monthly Food Give-A-Way.

\*Red Cross Blood Drive—Tuesday, July 11, 10:00AM—2:30PM

\*Community Garden—Ongoing help to plant/maintain/harvest.

\*Serve refreshments during the Bingo parties.

\*Ongoing opportunities include bag pet food, office work, serving as a class instructor, Friday Lunch volunteer and special event planning!

### OUTREACH OPPORTUNITIES IN THE COMMUNITY

- Our **chorus and line dancing groups** perform at local nursing homes.
- Our **knitting group** donates their handmade items to many local agencies including nursing homes and Hospice.
- We are always taking donations for our **SHOP Food Pantry** and the **School Back Pack Project**. (see back page for donation items)
- Please come see Karen if you would like to get involved!!

### LIKE US ON FACEBOOK!

We have our own Facebook page! Search for the “Patrick Senior Center” and be sure to “LIKE” us! We will post updates, events, and plenty of photos!

### JOIN US ON FACEBOOK LIVE!

We do a LIVE show on **Mondays at 10:00AM**. Come join us for conversation, updates, and riddles!

### PEEK AT OCTOBER

- 1) Trip to Hendersonville—Tuesday, October 24
- 2) Butterbean Auction—Wednesday, October 25
- 3) Senior Day at the Fair—Tuesday, October 3

## JUST PLAIN FUN!

### COFFEE AND CONVERSATION

**Fridays, 8:30—10:00AM**

In the Dining Room



### BILLIARDS ROOM

Drop in anytime between **8:00AM and 5:00PM** to play.

### CHORUS

**Fridays 10:00—11:00AM**  
in the Craft Room

### WII BOWLING

**Fridays 12:00—1:00PM**  
in Conference Room I

### BINGO!

**Thursdays,  
10:30—11:15AM**

Check out the calendar for monthly special occasion bingo parties!

### FRIDAY LUNCH!!!

**Fridays from 11:00AM—12:00PM**

You get a home cooked meal, a drink and a dessert for **\$4.00**. Call to sign up by **Thursday at Noon** and let us know whether you want to dine-in or carry out and if you want to eat at **11:00 or 11:30**.

### PING PONG AND CORNHOLE

**Fridays, 12:00—2:00PM**

Join in the fun! Bring a friend or make new friends!

### MONTHLY BIRTHDAY CELEBRATIONS

Sponsored by Food Lion  
**July 25, August 22 and September 26**  
**10:00—11:00AM**

### CANASTA

**Tuesdays, 1:00—3:00PM**  
Join us in the Bump-Out Room

### BRIDGE

**2nd and 4th Thursday, 1:00—4:00PM**

### CLOGGING

**Mondays, 3:30—4:30PM and  
Thursdays, 12:30—1:30PM**

### CHAIR VOLLEYBALL

**Fridays, 12:00—2:00PM and  
Tuesdays, 1:00-3:00PM**  
A fun way to be active!

### CORNHOLE TOURNAMENT

**Friday, July 21  
12:00—Until**

Come join in on the fun! Prizes for the winners. Call the Center to sign up.



## UPCOMING EVENTS

### AARP SAFETY DRIVING CLASS

**Tuesday, September 26  
9:00AM—1:00PM**

Participants will receive reminders on safety, defensive driving and a whole lot more! **Course costs \$20 for AARP members and \$25 for non—AARP members.** Please call the Senior Center for more information and to RSVP.

### FINANCIAL SCAMS PRESENTATION

By Tracy Rowley, Financial Crime Investigator with Bank of America  
**Tuesday, September 19  
10:00—11:00AM**

There are so many new scams everyday. Come to learn about how to spot them. Also available via Facebook Live.

### QUILT RAFFLE

Tickets are on sale in the Gift Shop. \$2.00 for one or \$5.00 for three. Drawing will be held on Friday, September 1st. All proceeds go to the Quilting Class.

### COMPUTER SCAMS

By Justin Rowley,  
Microsoft Phishing Expert  
**Tuesday, July 11  
10:00—11:00AM**

Learn how to protect yourself from Phishing and scam emails. Also available via Facebook live.

### NASA PRESENTATION

The Story of Huntsville, Alabama—The Cradle of American Space Exploration  
By Kenny Mitchell  
**Monday, July 17  
10:00—11:00AM**

Kenny will share some fascinating facts about his 63 years of experience working at NASA. Open to the public.

### MARKET UPDATE AND GUIDE TO THE MARKET PRESENTATION

By Financial Advisor, Joshua Shelton  
**Tuesday, August 8  
11:00AM—12:00PM**

Lunch will be served. RSVP by August 4.

### VOTER REGISTRATION

**Friday, July 14, Thursday, August 10  
and Wednesday, September 20  
10:00AM—2:00PM**

Come to register to vote, update your personal information or register for absentee voting.

## UPCOMING EVENTS

### BEACH BLAST DANCE

Sponsored by Summit Place Kings Mountain and Senior TLC

**Friday, August 18**

**7:00—9:00PM**

Cost: Suggested donation of \$3.00. All proceeds go to our SHOP Pet Food Pantry. Brian McCarn will be our DJ and yes, there will be dancing!

### VACCINE CLINIC

Sponsored by Walmart Neighborhood Market

Pharmacy in Kings Mountain

**Thursday, September 28**

**9:00—11:00AM**

The Pharmacist will be offering Flu, COVID, Shingles, Pneumonia, Hepatitis and Tetanus/Whooping Cough Vaccines. Please call the Center to pre-register.

### SIGN LANGUAGE CLASSES

By Clarity Language Access, LLC

Wednesdays, September 6—

**October 25**

**1:00-2:00PM**

Come and take advantage of this great opportunity. These classes are free and all materials will be provided. Call the Center to sign up.

### VOLUNTEER

### APPRECIATION LUNCH

**Tuesday, August 15**

**11:00AM—1:00PM**

All our volunteers who volunteered 10 hours or more will receive an invitation to attend this event. There will be a meal and entertainment for your enjoyment. You must **RSVP before Tuesday, August 8.**

### ESTATE PLANNING

### PRESENTATION

By Wesley Smith, SECU Vice President and Tony Walker, SECU Trust Representative

**Tuesday, September 12**

**10:00-11:00AM**

Come to learn about the benefits of planning your estate. **Call the Center to sign up.**

### IMPORTANT CONCEPTS FOR

### YOUR SMART DEVICE

By Technology Trey

**Monday, September 11**

**10:00—11:00AM**

Topics will include GPS for navigation, text messages and emails, etc. Call the Center for more information.

## ARTS/ENRICHMENT

### CRAFT WITH TERRY

From the Mauney Library

**Monday, September 25**

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

Create a painted Tote Bag with Cricut Made Stencils. All supplies provided. Bring a hair dryer and call the Center to RSVP.

### DULCIMER CLASSES

By Regena Baynard

**Wednesday, July 26, August 23 and September 27**

**10:00-11:00AM**

Call the Center to sign up.

### PAINT CLASS WITH JANIE

**Thursday, August 24**

**5:15—7:15PM**

Sign up and pay the \$20.00 fee at the Front Desk before **Thursday, August 17.** Seating is limited. Refreshments served and all supplies will be provided.

### PAINT CLASS WITH KATHY



**Thursday, July 20**

**5:30—8:00PM**

Sign up and pay the \$20.00 fee at the Front Desk before **Thursday, July 13.** Seating is limited. Refreshments served and all supplies are provided.

### MEMORY BEAR WORKSHOP

**Wednesday, July 26**

**9:00AM—12:00PM**

Joy and Mary will help you make a stuffed bear or pillow with an article of clothing from your loved one. Call the Center for info and to RSVP.

### CRAFT CLASS WITH CLAUDIA

**Tuesday, August 29**

**1:00—3:00PM**

Join Claudia in the Ceramics Room (or via Facebook Live if you prefer).

**Cost: \$2.00.** Please bring scissors and glue/hot glue gun. Come by the Center to sign up.

### OIL PAINTING CLASS

By Suzzette Profit

**Wednesday, September 20**

**9:00AM—3:00PM**

Join us in the Craft Room for a day of fun. Sign up and pay the \$30 fee at the Front Desk and pick up your supply list. There will be a lunch break (meal not included).

### VETERANS' MEETING

The first Tuesday of the month. Sponsored by Summit Place of

Kings Mountain

**9:00—10:00AM**

**July 11, August 1, September 5**

## HEALTH AND WELLNESS

### SENIORS IN MOTION

Mondays, Wednesdays and Fridays from 10:30—11:30AM  
Suggested \$1 donation per class for non-YMCA members.

### CHAIR YOGA

With Marlene Smith  
Wednesdays, 11:45AM—12:45PM  
Cost—\$3.00 each class

### WOMEN'S HEALTH SERIES

By Atrium Health  
Date to be announced  
12:00—1:00PM  
Join us to learn about different sensitive health topics for older women in a comfortable environment. Please call the Center to pre-register.

### TAI CHI FOR ARTHRITIS

Wednesdays, 9:00AM—10:00AM  
Join us and instructor Mickey Hill during this 20 week evidence based program starting July 5. Call the Center to sign up.

### LINE DANCING

BEGINNER LINE DANCING WITH *FRAN PAYNE*,  
MONDAYS, 11:30AM—12:30PM

INTERMEDIATE LINE DANCE WITH THE *DANCE FLOOR ROCKERS*,  
MONDAYS, 1:00—3:00PM

INTERMEDIATE LINE DANCE WITH THE *SOUTHERN CLASS LINE DANCERS*, THURSDAYS, 10:00—11:30AM Canceled until September 7.

### REFIT!

By Claudia Vaughn  
Tuesdays,  
11:00AM—12:00PM

No matter your size, shape, age or experience, throw doubt, fear and insecurity to the wind! REFIT is a life-changing experience!



### GENTLE EXERCISE

Join us on Thursdays,  
9:30—10:15AM for gentle stretching, balance work, deep breathing and relaxation!

### WALKING

### TRACKS/EXERCISE ROOM

Open 8:00AM—5:00PM daily.  
Come check out our new equipment!!

## UPCOMING EVENTS

### DUTCH LUNCH BUNCH

The 2nd Wednesday of the month!  
11:00AM—Until  
July 12—Court Street Grill  
in Lincolnton  
August 9—Sammy's Restaurant & Pub in Dallas  
September 13—Copper Penny Grill  
in Forest City

Please sign up at the Front Desk with your \$2.00 bus fee to reserve your seat! First timers must sign a liability waiver.

### YARD SALE/BAKE

### SALE/CRAFT SALE

Friday, September 15  
9:00AM—12:00PM

This free event is open to the public. Invite your friends, neighbors and family members. Shopping will be in Conference Room I or outside, if you prefer. If you would like to rent a table (\$5.00) to sell your products, please call Karen Grigg. All proceeds go to our SHOP Pet Food Pantry.

### UPCOMING TRIPS:

**CONCORD MILLS MALL—**  
Monday, July 31  
9:30AM—3:30PM

Join us for a trip to the Mall. There are a ton of things for you to do...Visit the Aquarium, go to the movies, play arcade games, eat, or go shopping! Cost \$2.00

**LAKE LURE—**  
Wednesday, August 30  
9:00AM—3:30PM

Enjoy a relaxing day on the lake. We will take a boat tour, visit the Flowering Bridge and have lunch at La Strada. Cost \$19.00

**TRYON EQUESTRIAN CENTER**  
Wednesday, September 27  
9:00AM—3:30PM

Join us for an exciting day of hunter/jumper competition! These horses exhibit both athleticism and grace! You can also enjoy restaurants and shopping. Cost \$2.00. Please sign up at the Front Desk to reserve your seat! First timers must sign a liability waiver.



### RED CROSS BLOOD DRIVE

TUESDAY, JULY 11  
10:00AM—2:30PM



PLEASE CALL KAREN GRIGG AT THE CENTER TO SCHEDULE AN APPOINTMENT! YOUR DONATION COULD SAVE A LIFE!

## SERVICES

### FOOD GIVE—AWAY

On the third Wednesday of the month:

**July 19, August 16 and September 20**

**Time change: 10:00—11:30AM**

We may also have Boost, Depends and pet food. Please call to sign up.

### COMPUTER CLASSES

By Beth McDaniel with the Cleveland Community College  
**Mondays and Wednesdays**  
**10:00AM—12:00PM**

**Advanced Classes: August 2—September 13**

Call the Center to pre-register. You must attend one of the first two classes to get enrolled.

### TRANSPORTATION

TACC can take you to your doctor appointments or bring you to the Senior Center. Call Bonnie Hale to find out more about this service.



### LEGAL SERVICES

CALL LEGAL AID OF NC (877-579-7562) FOR AN APPOINTMENT (WILLS, LIVING WILLS, POA)

MONDAY—FRIDAY, 9:00AM—11:00AM AND 1:00PM—3:00PM

**WILL CLINIC ON MONDAY, September 18, 9:00AM—3:00PM**

**By Appointment Only**

### BLOOD PRESSURE CHECKS

Sponsored by CenterWell Home Health

(First Wednesday of the month)

**10:00—11:30AM**

**July 5, August 2, September 6**

### LOAN EQUIPMENT

The Senior Center has wheelchairs, walkers, potty chairs, shower chairs, etc. (when available) to loan out if you are in need of any of these items.

### FEE INCREASES

We have slightly raised the fees on some of our services starting July 1.

Color Copies—\$.25 for seniors

Lamination—Small \$.10, Large \$.40

Canteen Drinks & Snacks - \$.75

Trip Bus Fee—\$2.00 (More for longer trips) Non-refundable

Friday Lunch—\$4.00

Please contact the Center for more information.

## SERVICES

### TELEPHONE REASSURANCE

Volunteers will provide reassuring telephone calls on pre-arranged days. Please see Brittini if you would like to receive calls!

### NC SHIP Program



New to Medicare? Getting ready to retire? Call us for information about Medicare, Drug Plans, Supplements and how to enroll in Medicare.

Also you may qualify for **Extra Help** for your drug costs. Please call for an appointment!

### CAREGIVER SUPPORT

Do you need advice or information about local resources? Natalie from Hospice of Cleveland County can help navigate you through challenges you may be facing. Call Karen to set up an appointment.

### SHRED TRUCK

**Tuesdays, July 25, August 22, and September 19**

Bring your items to be shredded at anytime and put them in the locked bin located in the lobby.

### OTHER SERVICES WE CAN HELP YOU CONNECT YOU TO:

Home Repairs  
In-Home Care (sitter list available)  
Respite Care  
Job Placement/Job Skills  
Hospice and Palliative Care  
Reverse Mortgage Counseling  
Medicaid and Social Security Benefits  
Home Delivered Meals  
Mental Health/Rehab Services  
Disaster Preparedness  
Long-term care/Ombudsman  
Area Support Groups  
***Come by and see Brittini for more information on services!***

### CONGREGATE NUTRITION

Meals available Monday—Thursday at no cost. Registration required. Must be 60 + and live in Cleveland County. Limited spots available for Gaston County.

### ZOOM BOOK CLUB

In partnership with Mauney Memorial Library. **On the fourth Wednesday of the month at 4:00PM. July 26, August 23 and September 27.** Call Mari at 704-739-2371 to sign up and get access to the Zoom link!