ADVISORY BOARD MEMBERS

Mattie Adams
Regena Baynard
Janet Beani
Robin Gibson
Betty Grant
Lee Ann Long
Beth McDaniel
Janie McVay
Tamra Moody
Carl Morrow (Vice President)
Jancy Patrick
Evelyn Pressley
Sharon Proctor
Cass Roberts (Secretary)
Charles Stephens
Rev. William Thompson (President)
Claudia Vaughn

DONATIONS NEEDED

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:
Coffee, Creamer, Sugar and Cups
Butterbean Auction donations

ADDRESS CORRECTION REQUESTD

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

JANUARY, FEBRUARY, MARCH 2024
NEWSLETTER

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

The Patrick Center will be closed Monday, January 1 for New Years Day, January 15 for Martin Luther King, Jr. Day, Monday, February 19 for President’s Day and Friday, March 29 for Good Friday.

A Note from Tabitha—
2023 has been a year full of blessings at the Patrick Center. We have started many new programs and activities, new participants are joining almost every day, and there is a sense of community and connection that continues to grow! We assisted folks with a variety of services, including helping them review Medicare drug plans, and by providing food and other supplies including pet food for our furry friends! We held a Scam Jam and a Caregiver Spa Day and honored our volunteers with a fun filled celebration. Our Friday Lunch Crew kept things going and we were blessed with a delicious meal and fellowship every Friday morning as a result of their hard work and dedication. I’m so proud of the work our staff does and of all our volunteers and participants who make the Patrick Center a true Center of Excellence. I’m confident that 2024 will bring a new set of opportunities, so join us as we embark on a new year full of fun, fellowship, adventures, and service to others!

The Knitting Class continuously works on blankets, afghans, hats, scarves, wash cloths, chemo hats, shawls and lap blankets to donate to Hospice, Levine Cancer Center, Crisis Pregnancy Center, KM Crisis Center, Feed the Children and the Homeless. Thank you for all you do!

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.
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!

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

STAFF MEMBERS

Tabitha Thomas, Senior Services Manager
704-734-4489

Whitney Douglas, Administrative Assistant/Bookkeeper
704-730-2167

Brittni 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

STAFF MEMBERS

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!

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!!

PEEK AT APRIL
Red Cross Blood Drive—Tuesday, April 16
Read Local Book Fair—Wednesday, April 17
Craft with Terry—Monday, April 22

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 OPPORTUNITIES AT THE CENTER
* Bag Food and help distribute for the Monthly Food Give-A-Way.
* Red Cross Blood Drive—Tuesday, January 23, 10:00AM—2:30PM
* Decorate for the Valentine’s Day Dance—Friday, February 9 at 2:00PM.
* Serve refreshments during the Bingo parties.
* Ongoing opportunities include newsletter folding, office work, serving as a class instructor, Friday Lunch volunteer and special event planning!

UPCOMING VOLUNTEER MEETINGS
(Third Tuesday of the month) 12:15—1:00PM
January 16, February 20 and March 19
FRIDAY LUNCH!!!
Fridays from 11:00AM—12:00PM
You get a home cooked meal, a drink and a dessert for $4.00. Call each week to sign up by Thursday at Noon and let us know whether you want dine in at 11:00 or 11:30 and if you want to dine in or carry it out.

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.

PONG PING AND CORNHOLE
Fridays, 1:30—2:30PM
Join in the fun! Bring a friend or make new friends!

MONTHLY BIRTHDAY CELEBRATIONS
Sponsored by Food Lion
January 23, February 27 and March 26
10:00—11:00AM

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! 10:00-10:30AM

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
A fun way to be active!
Tuesdays 1:00—3:00PM and Fridays, 12:00—2:00PM
Come and enjoy all the great benefits from this activity!

BLACK HISTORY MONTH EVENT
Celebrate A Day of the Arts!
Educate, Elevate!
Tuesday, February 13
9:30—11:00AM
Seniors age 55 and older are invited to join us for an educational program and view some local artists’ work. Lunch will be served following the program.
RSVP by Tuesday, February 6

UPCOMING EVENTS

VALENTINES DANCE
Friday, February 9
7:00—9:00PM
Come and dance the night away! Cost: $3.00 per person. Funds go to our Pet Pantry.

VISUAL IMPAIRMENT PRESENTATION
Simply Another Perspective Part 2 By Dale Lieser
Tuesday, March 26
9:00—10:00AM
Come join us as Dale discusses great ways of helping those with visual impairment.

SPECIAL OCCASION BINGO PARTIES
Sponsored by Adoration Health
10:00—10:30AM
January 25—Team Pride Day
Sport your favorite teams’ attire.
February 8—Valentines Day
Adorn yourself in red and/or pink
March 14—St. Patrick’s Day
Dress in green, like a wee leprechaun!

NEW MEMBER “MEET AND GREET”
Wednesday, January 24
11:00AM—12:00PM
If you are a new member within the last six months, you are invited to come have lunch with us and learn about all the fun we have here. Call and RSVP! We look forward to meeting you!

OVERCOMING ANXIETY AS A SEASONED ADULT
By Tasha Gooden with Brightstar Care
Tuesday, March 19
11:00AM—12:00PM
Join Tasha (or Facebook Live option) as she unfolds important information about different types of anxiety, symptoms, self-help strategies and anxiety management. Please call the Center to sign up.

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### UPCOMING TRIPS (including Dutch Lunch):

Registration will begin 30 days prior to each trip. **Starting in January**, Kings Mountain residents with a zip code of 28086 will be given 3 days of priority registration and then registration will open up for all participants.

Sign up and pay all related fees at the Front Desk. Trip fees are non-refundable unless prior notice is given and another participant can fill your spot.

#### SOUTHERN ARTS SOCIETY, THE KINGS MOUNTAIN HISTORICAL MUSEUM AND LOVE'S FISH BOX

**Tuesday, January 30**

10:00AM—2:00PM

Join us to tour our culturally rich city. Cost: $2.00 bus fee.

#### THE SCHIELE MUSEUM AND FIRESTONE GRILL IN GASTONIA

**Monday, March 25**

11:30AM—12:30PM

Sign up at Front Desk. Cost: $8.00

### UPCOMING EVENTS

#### SIGN LANGUAGE CLASSES

By Clarity Language Access, LLC

**Thursdays, February 8—March 28**

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.

#### SENIOR GAMES KICK-OFF

**Friday, January 26**

10:00AM—11:00AM

Come join us for some “Kick-Off” fun! Pick up your Senior Games and/or Silver Arts Packet. Also, ask Daniel Dedmon any questions you may have. Enjoy some light refreshments and fellowship. Call the Center to sign up. Dates for the Games are **Monday, April 8—Friday, April 12**.

#### DEMENTIA PRESENTATION

By Vernell Mitchell, Dementia and Community Education Specialist with Senior TLC

**Tuesday, January 9**

11:00AM—12:00PM

Join us in the Ceramics Room (or Facebook Live Option) to learn about The 10 Warning Signs of Dementia. Please call to RSVP.

#### ARTS/ENRICHMENT

#### PAINT CLASS WITH KATHY

**Thursday, January 11**

5:30—8:00PM

Sign up and pay the $20.00 fee at the Front Desk before Thursday, **January 4**. Refreshments served and all supplies are provided.

#### CRAFTS WITH MARYANN

**PAINT A TOTE BAG**

**Monday, January 22**

11:30AM—12:30PM

**PAINT A BIRDHOUSE**

**Monday, March 25**

11:30AM—12:30PM

Sign up at Front Desk. Cost: $8.00

#### ART NIGHT WITH JANIE

The last Thursday of the month

**January 25, February 29 and March 28**

5:15—7:15PM

Sign up and pay the $20.00 fee at the Front Desk before each date. All supplies will be provided.

#### COOKIE DECORATING CLASS

By Maryann Jones

**Monday, February 12**

11:30AM—12:30PM

Learn how to decorate Valentine’s Day cookies. All supplies provided. Cost: $5.00. Sign up at the Front Desk.

#### CRAFT CLASS WITH CLAUDIA

**Tuesday, February 20**

1:00—3:00PM

Join Claudia in the Ceramics Room (or Facebook Live if you would rather stay at home). Cost: $2.00. Please bring scissors and glue/hot glue gun. Come by the Center to sign up by Tuesday, February 13th.

#### CRAFT CLASS WITH TERRY

From the Mauney Library

**Monday, February 5**

10:00—12:00PM

Learn to safely use etching cream and make plain glass gorgeous! Free and all supplies provided. Call to RSVP.

#### CRAFT CLASS WITH JOY

**Tuesday, March 12**

9:00AM—12:00PM

Learn how to decorate Valentine’s Day cookies. All supplies provided. Cost: $10.00

#### PEACEFUL PAINTING

**Thursday, February 14**

12:00—1:00PM

Join Kathy Power for some relaxation through painting. This is a free class but you will need to bring your own multimedia book.

#### CRAFT CLASS WITH JOY

**Tuesday, March 13**

9:00AM—12:00PM

Learn how to decorate Valentine’s Day cookies. All supplies provided. Cost: $10.00
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
The first Tuesday of the month
February 6 and March 5
12:00-1:00PM
Join us to learn about different
sensitive health topics for older
women. Call the Center to sign up.

TAI CHI FOR ARTHRITIS
Wednesdays, 9:00—10:00AM
Join us and instructor Mickey Hill
during this 20 week evidence based
program. 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

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!!

DUTCH LUNCH BUNCH
The 2nd Wednesday of the month!
January 10— The Hoot Nannie in
Forest City
February 14— Culver's in Belmont
March 13—Hamrick’s and Harbor Inn
Seafood in Hickory
Please sign up at the Front Desk with
your $2.00 bus fee to reserve your seat!
First timers must sign a liability waiver.

AARP SAFETY DRIVING
CLASS
Tuesday, January 23
9:00AM—1:00PM
Participants will receive
reminders on safety, defensive
and a whole lot
driver and a whole lot
more! Course costs $20 for
AARP members and $25 for
non-AARP members. (There
may be limited grant funding
for seniors 60 and over to
assist with a portion of the
payment, if needed). Please
contact the Senior Center for
more information and to
pre-register for this class.

ELECTRIC CAR INFORMATION AND DISCUSSION
By Retired Electrical Engineer, Bill Hoover
Wednesday, January 31
2:00—3:00PM
Electric and Hybrid Vehicles, are they right for you? This program is to
inform you, provide an understanding and learn about the advantages,
disadvantages and differences of electric, hybrid and engine vehicles.

RED CROSS BLOOD DRIVE
TUESDAY, JANUARY 23
10:00AM—2:30PM
PLEASE CALL KAREN GRIGG AT THE CENTER TO SCHEDULE AN
APPOINTMENT! YOUR DONATION COULD SAVE A LIFE!
**FOOD GIVE—AWAY**

On the third Wednesday of the month: January 17, February 21 and March 20
1:00—2:30PM
We also have a limited supply of Boost, Depends and pet food. Please call each month to sign up.

**COMPUTER CLASSES**

By Beth McDaniel with Cleveland Community College
**Mondays and Wednesdays**
10:00AM—12:00PM
Basic: February 5—March 18
Intermediate: April 8—May 15
Call the Center to pre-register. You must attend one of the first two classes to get enrolled.

**DIABETES EDUCATION AND SUPPORT GROUP**

Sponsored by Hopscotch Primary Care, the third Tuesday of the month.
January 16, February 20 and March 19
9:30—11:00AM
Hopscotch Primary Care is here to make your journey more simple, personal, and accessible. Join us to learn about management and treatment of Diabetes and your outlook for the future!

**BLOOD PRESSURE CHECKS**

Sponsored by CareWell Home Health
(First Wednesday of the month)
10:00—11:30AM
January 3, February 7 and March 6

**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.

**VETERANS’ MEETING**

The first Tuesday of the month. Sponsored by Senior TLC
January 2, February 6 and March 5
9:00—10:00AM

**NC SHIIP**

Between Jan 1—March 31, Medicare Advantage beneficiaries can switch to another Advantage plan or go back to original Medicare and join a prescription drug plan. Also you may qualify for Extra Help for your drug costs. Call for an appointment!

**TECHNOLOGY PRESENTATION**

By Trey Ross from the Mauney Library
Second Mondays of the month.
January 8—Library Resources
February 12—Explaining Bluetooth
March 11—Learning with your Phone
10:00—11:00AM

**SHRED TRUCK**

Wednesdays, January 3 and 31, February 28 and March 27
Bring your items to be shredded at anytime and put them in the locked bin located in the lobby.

**CONGREGATE NUTRITION**

Meals Mon.—Thurs. Stop by and see Janet Beani in the kitchen
Mon.—Thurs. 9:00AM—1:00PM.

**TELEPHONE REASSURANCE**

Call Mari at 704-739-2371 for more information!