

# Newsletter



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## Rockingham Senior Center's Exercise Equipment Gets An Update

As you grow older, an active lifestyle is more important than ever. Regular exercise can help boost energy, maintain your independence, and manage symptoms of illness or pain. Exercise can even reverse some of the symptoms of aging. And not only is exercise good for your body, it's also good for your mind, mood, and memory. Whether you are generally healthy or are managing an illness, there are plenty of ways to get more active, improve confidence, and boost your fitness.

Let us help you get fit. New exercise equipment will be delivered on Monday, May 16th at the Rockingham Senior Center. Equipment ranging from Treadmills, Recumbent Elliptical, and Recumbent Bikes, to a Fitness Functional Trainer to work your upper body.

The exercise room is open to adults 55 or older and is FREE, all you have to do is sign up.

Hours of operation are

7:30 am - 6:30 pm Monday thru Thursday  
and 8:00 am - 5:00 pm on Fridays.

The senior center will be holding an event on Tuesday, May 17th between 8:30 am and 12:00 pm to demonstrate and introduce the equipment to anyone interested. Josh Owen, with Prosource Fitness Equipment, will be available to answer questions and show seniors how to use the equipment.



### Upcoming Closings

- Rockingham Senior Center Exercise Room will be closed on Monday, May 16th and will re-open on Tuesday, May 17th
- Rockingham, East Rockingham, Ellerbe Senior Centers closed Monday, May 30th
- East Rockingham, Hamlet, Ellerbe Meal Sites closed Monday, May 30th

# Mother's Day Poem!

Roses are Red  
Violets are Blue  
A Mother's Love  
Is Real and True!

*By Mary Wooten*



Happy Mother's Day !

## Downtown Farmer's Market

Richmond County's Downtown Farmer's Market is now open.

Be sure to join them on  
Saturdays at 8am on Harrington Square  
&  
Wednesdays at 3:30 pm in DSS Parking Lot.

This year you should be seeing some fresh eggs for sale at the market and lots of great local produce, baked goods and crafts as well.

**Shop Local and Eat Fresh**

## Upcoming Event- Senior Symposium

**When:** Thursday, June 30, 2016

**Time:** 9:00 am

**Where:** The Cole Auditorium

Booths will be set up with valuable information. Door Prizes. Free Lunch.

More information will follow soon.

### Topics on:

- Identity Fraud and Scams
- Diabetes
- Alzheimer's
- Smoke Alarms
- Medicare 101
- And so much more.

## On Your Feet

- 1) A cobbler makes \_\_\_\_\_ .
- 2) American Indians wore shoes made from animal skins called \_\_\_\_\_ .
- 3) Cowboys wear shoes with high heels to keep their feet from slipping through stirrups. We know this footwear as cowboy \_\_\_\_\_ .
- 4) When soldiers go to battle, they wear lace-up \_\_\_\_\_ boots.
- 5) Pretty little girls often have Sunday School shoes made of shiny, black leather called \_\_\_\_\_ leather.
- 6) Elvis Presley warned people to stay off his blue \_\_\_\_\_ .

(1) shoes (2) moccasins (3) boots (4) combat (5) patent (6) suede shoes

# Upcoming Trips

## Upcoming Trip to Reed Goldmine Thursday, May 12

Leave from Ellerbe Senior Center  
.....@ 8:00 am  
.....\$ 3.00 bus fee  
Deadline to pay for trip ..Friday, May 6th  
**Call Judy 652-6006**  
**for more information.**

## Pamper Day– to Sandhills Community College to have hair fixed and lunch afterwards.

East Rockingham.....Tues. May 31st  
.....@ 8:00am.....Free



# SHIIP

**Seniors' Health Insurance  
Information Program**  
Call 1-855-408-1212  
Locally 910-997-4491 or  
[www.shiip.com](http://www.shiip.com)

# Support Groups

## East Rockingham Senior Center

### Grief and Loss Support Group

- ◆ 1st Wednesday of each month
- ◆ 2:00 p.m.

### Alzheimer's Support Group

- ◆ 1st Friday of each month
- ◆ 1:00 p.m.

# Old Wives' Tales

- 1) What do you think it means if the palm of your right hand itches?
- 2) If you find a bee in your house, what can you expect will happen?
- 3) According to this OWT, what do the little white marks on your fingernails mean?
- 4) What will happen if you go outside in the winter without your coat on?
- 5) Why is it dangerous to wake someone who is sleepwalking?

*Answers and facts on page 5*

# Notice of Special Primary on Tuesday, June 7, 2016

All polling places will be open that day from 6:30 a.m. until 7:30 p.m. One Stop Absentee Voting will be available Thursday, May 26, 2016 at 8:00 a.m. until Saturday, June 4, 2016 at 1:00 p.m., at the Cooperative Extension Office, 123 Caroline St., Rockingham.

Voter registration deadline is May 13, 2016.

*A Republican Primary for US Congress, District 9 and a Nonpartisan Primary for Associate Justice of the North Carolina Supreme Court.* Questions about voter deadlines, absentee ballots or other related matters may be answered by telephoning the Board of Elections at 910-997-8253.

***The East Rockingham Senior Center and Meal Site will be closed on this day.***

# May Is Older Americans Act

## NC Senior Center Alliance encourages older adults to “Blaze a Trail”



Older adults are a growing and vital part of our country. The contributions they make to communities vary, but all play an influential role in the nation's economy, politics and the arts. Older adults can flourish and make their mark, even if it's later in life. Laura Ingalls Wilder didn't publish her first book until she was 64. Benjamin Franklin signed the Declaration of Independence at age 70. Nelson Mandela was elected president of South Africa when he was just shy of 76 years old. Mother Teresa received the Nobel Peace Prize for her work at age 69. These famous older adults proved that it's never too late to blaze a trail.

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In 1963 the United States began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support and celebrate the nation's older citizens. This year's theme, “Blaze a Trail,” emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

Local senior centers provide a variety of services to older adults year-round. North Carolina senior centers will use OAM 2016 to focus on how older adults in the local community are leading and inspiring others to follow their examples to blaze trails of their own. The North Carolina Senior Center Alliance (NCSCA) recognizes the accomplishments of older adults in communities across the state. NCSCA encourages adults to get involved by participating in senior center activities and special events, volunteering or simply sharing a story of how you are “blazing a trail” in your community.

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## Walkie Talkies

Ever feel like it'd be nice to get out and about more often? Get a little more fresh air in your lungs? Be a bit more active?

Lots of us wish we did more exercise. We know it's good for us. And we know our health's important. But it can be easy to find excuses for not actually getting out there and doing it.

If you find it difficult to get active, why not start walking? It's really easy to get started, you don't need any special equipment - and best of all it counts towards your recommended amount of physical activity.

Walking can improve your health, your happiness and, if you join our walking group, it will give you the chance to explore the outdoors, get to know your local area and meet new people.

**Join us at the**

**Rockingham Senior Center on  
Thursday Mornings at 9:00am to walk around  
downtown Rockingham.**



# Old Wives' Tales Answers & Facts

1) OWT Answer: You will soon be receiving money. But beware. If you scratch it, you will lose the money that's coming to you.

The Facts: If the palms of your hands or the soles of your feet itch constantly, it may be an early sign of an allergy to certain foods, such as eggs or peanuts...but no sign that you will be receiving money.

2) OWT Answer: You will soon have a visitor.

The Facts: People won't be buzzing around your home just because a bee is there.

3) OWT Answer: How many lies you have told.

The facts: Those little white marks have nothing to do with lies. They more likely have to do with nutritional deficiency-a lack of certain minerals in your body, such as zinc or calcium.

4) OWT Answer: You'll catch a cold...or worse, pneumonia.

The Facts: A cold is caused by a virus, not the cold temperature. Yet, if a person's body is cold or chilled, it can become more likely to attract a virus.

5) OWT Answer: They may have a heart attack.

The Facts: While there is no evidence of that, some researchers do suggest you wake a sleep-walker suddenly, the sleepwalker may become confused and strike out at anyone close.

Did You Know? Thirty percent of children between the ages of 5 and 12 experience at least one episode of sleepwalking.

*For more trivia and games such as word search and crossword puzzles,*

**Did you know?** Our newsletter, monthly activities calendars and meal site menus are available on-line at:  
<http://www.richmondnc.com/245/Aging-Services>

