

# Newsletter



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## Richmond County Aging Services Veteran's Breakfast & Learn



**EAT**

**FREE Event**

**MEET**

**Ellerbe Senior Center**

**DISCOVER**

306 Millstone Road, Ellerbe

**Register by  
6/17/16**

Located in the Ellerbe Lion's Club

**Call 997-4491**

Thursday, June 23, 2016

**Veterans 55 or older**

9:00 am – 11:00 am

## Riddles *Answers on page 5*

- 1) I can fly without wings and cry without eyes. What am I?
- 2) What has a spine but no bones?
- 3) I have lots of keys but can't open anything. What am I?
- 4) What has three feet but can't walk?
- 5) What is very light, but yet most people can't hold for long?

### Upcoming Closings

- Ellerbe Meal Site closed Thursday, June 23rd
- Rockingham, East Rockingham, Ellerbe Meal Sites closed Tuesday, June 28th
- Rockingham, East Rockingham, Ellerbe Senior Centers closed Thursday, June 30th
- East Rockingham, Hamlet, Ellerbe Meal Sites closed Thursday, June 30th



## Happy Father's Day Dad!

**F**antastic in every way

**A**lways there for me

**T**eaching me sports

**H**ero to our family

**E**xpecting great things from me

**R**eally the greatest Dad ever!

## 2<sup>nd</sup> Annual Ellerbe Springs FRONT PORCH Seniors' Art Show

Sunday, June 5<sup>th</sup> 2016

1:00 pm - 3:00 pm

Richmond County's Senior Centers will be displaying their creations for your viewing pleasure.

As always the event is free to attend.

Any donation will be gladly accepted and will go toward much needed art supplies.



While attending the showing, we hope you will tour the Historic Ellerbe Springs Bed & Breakfast including the "Spring House Restaurant"

**FREE EVENT**

For more information please contact

*Sponsored by Ellerbe Springs Bed & Breakfast*

John Moore, art instructor, at 910-652-0062

*Displaying East Rockingham, Ellerbe & Hamlet Senior Centers' Artwork.*

**REFRESHMENTS  
WILL BE SERVED**

This is not an art sale, rather a display of our seniors hard work.

# SENIOR SYMPOSIUM

Sponsored by Lumber River Council of Governments Family Caregiver Program,  
Richmond County DSS & Richmond County Aging Services



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

**Where:** The Cole Auditorium

**Time:** 9:00 am until 1:30 pm

**Cost:** Free

**Topics on:**

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

**Registration is required, visit your local senior center.**

**Dog Show will begin at 2:00 pm until 4:00 pm**

**Call 997-8456 for more information.**

Booths will be set up with valuable information.

**DOOR PRIZES • SNACKS • FREE LUNCH**



**You Can Make a  
Difference!**

Help us collect Box Tops for our local schools.

**Each one is worth 10 cents.**

All box tops collected will be given to Richmond County Schools Main Office for them to equally divide between all participating schools.

Box Tops can be found on hundreds of quality products from brands like these:

- General Mills
- Ziploc
- Pillsbury,
- Kleenex
- Betty Crocker
- Hefty

Visit [btfe.com](http://btfe.com)  
for a complete list.

# Upcoming Trips

## Upcoming Trip to Myrtle Beach on Tuesday, June 7th

Leave from Ellerbe Senior Center  
.....@ 8:00 am and return by 4:00 pm  
.....\$ 5.00 bus fee  
Deadline to pay for trip ..Friday, June 3rd  
**Call Judy 652-6006  
for more information.**

## Pamper Day– to Sandhills

**Community College to have hair fixed and lunch afterwards.**

East Rockingham.....Tues. June 21st  
.....@ 8:00am.....Free  
Ellerbe.....Wed. June 22nd  
.....@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 pm

## Rockingham Senior Center

Alzheimer's Support Group

- ◆ Tuesday, June 28th
- ◆ 5:30pm— 6:30pm

# Old Wives' Tales

- 1) *If you see a shooting star, what should you say three times fast to guarantee you'll soon receive some money?*
- 2) *According to this Canadian OWT, finding this kind of insect in a garage will bring you good luck?*
- 3) *What's one way to have a wish come true at Thanksgiving time?*
- 4) *If a friend bites his tongue while eating, what can you guess he just did?*
- 5) *What will happen if you open an umbrella inside you house?*

*Answers and facts on page 5*

## Remember to check out the Downtown's Farmer's Market

**Shop Local  
and Eat  
Fresh**

Be sure to join them on:

- Saturdays at 8am on Harrington Square
- Wednesdays at 3:30 pm in DSS Parking Lot.

# Water Aerobics



**Mondays and Thursdays starting  
June 9th**

**5:00 pm - 6:00pm**

The East Rockingham Senior Center is offering water aerobics again this year.

The cost is \$15.00 per person and it pays for the entire season. Lifeguard on duty.

For more information or to sign up call Donna Luther at 997-8332 or stop by the East Rockingham Senior Center.

**Class size is limited, so don't delay!**

Richmond County Aging Services & Hamlet Senior Center

## Summer Social

**Tuesday, June 28th**

**11:00 am — 1:00 pm**

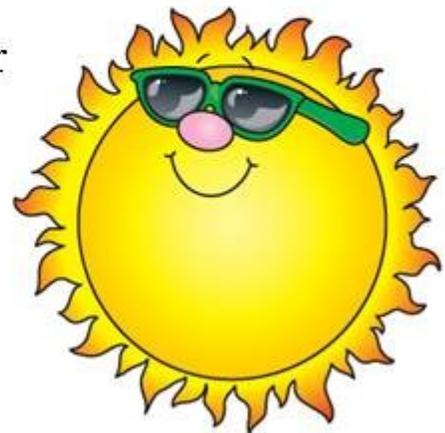
Located at the Rockingham Senior Center  
Lunch will be served

*games*

**DOOR PRIZES**

Sponsored by:  
Richmond County Aging Services  
&  
Hamlet Senior Center

**Free event  
Seniors 55 +**



Call 997-4491 to RSVP by June 23<sup>rd</sup>

# Old Wives' Tales Answers & Facts

1) OWT Answer: "Money, money, money."

The Facts: No truth to this OWT. You could say "money" 10 times fast and it still won't guarantee you'll receive any.

2) OWT Answer: A ladybug.

Origin: Farmers have long known that ladybugs are good for their crops, since these cute insects eat harmful crop pests. Therefore, seeing ladybugs on crops was considered a good omen or good luck sign. But why in a garage? What do you think?

3) OWT Answer: Break a dry breastbone from a turkey with a friend; whoever gets the longer half will have his/her wish come true.

The facts: The early U.S. Pilgrims brought the tradition of breaking the wishbone with them from England. But there is no evidence –then or now– that you will get your wish just by getting the longer half.

4) OWT Answer: Told a lie.

The facts: There is no evidence that this OWT is true. And that's the truth.

Origin: The Idiomatic expression "bite your tongue" means to keep quiet and not say what you might really want to say. Good advice, since most people bite their tongue when they are trying to chew food and talk at the same time.

5) OWT Answer: You will have bad luck.

Origin: Years ago, umbrellas were extremely large-large enough to cover an entire family during a rainstorm. If opened indoors, an umbrella is so big that it would likely break something or hurt someone in the house-bad luck for that person indeed.

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## Riddles Answers (from page 1):

1. A cloud      2. A book      3. A piano      4. A yardstick      5. Your breath

*For more trivia and games such as word search and crossword puzzles,  
please ask your senior center director.*

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

