

Newsletter



225 South Lawrence Street
P.O. Box 340
Rockingham, NC 28380

Phone: 910-997-4491
Email: jacqueline.welch@richmondnc.com

www.richmondnc.com

Please Welcome Karen

Karen Steen, Social Worker III, is native to Richmond County. She is currently working for Richmond County Health and Human Services specializing in Adult Protective Services and Aging Services.

While at Aging Services, Ms. Steen will be providing our seniors with access to apply for services such as:

- ◆ Medicaid
- ◆ Food Stamps
- ◆ Low Income Energy Assistance Program (LIEAP).

This will allow the seniors of our county a unique opportunity to apply for these services in a more senior friendly environment.



Ms. Steen will be at the following senior centers in Richmond County on

Tuesdays and Thursdays of each month:

- ◆ Rockingham
- ◆ East Rockingham
- ◆ Ellerbe

Ms. Steen is excited to be a part of this new position.

Please call 910-997-4491 for more information.

Walkie Talkies

Rockingham Senior Center- Come join our Walkie Talkie group every **Wednesday** morning at **8:30 am** starting **October 7th**. Our group is made up of seniors 55 and older who are interested in walking around the uptown blocks in Rockingham.

Walking helps to reduce stress, lose weight, lower blood pressure, cheer you up and increase self-esteem.

Upcoming Closings

Rockingham and East Rockingham Senior Centers.....Wednesday, October 7th

Richmond County Aging Services
Hamlet Senior Center

★ Autumn Antics
SOCIAL ★
OCT 23 1:00 pm
at East Rockingham Senior Center



Sponsored by:
Richmond County Aging Services & Hamlet Senior Center

FREE to seniors 55 +

Call 997-8332 to RSVP by Oct 16th

Photo Booth
games
CAKE WALK
SNACKS

Judging event for Pumpkin Decorating Contest 



Color Me
Calm

Coloring is an activity that we tend to associate with children, but not anymore.

Recently adults across the country have picked up coloring books as a way to relax and unwind. Join us for these FREE classes. This is 60 minutes of pure bliss as you color with others.

Wednesday, October 14th from

2:00 pm - 3:00 pm

Location:

East

Rockingham Senior Center

Medicare Annual Enrollment period runs from **October 15 through December 7, 2015.**

If you have questions about your current coverage, counselors will be available to explain Medicare benefits, compare plan options, enroll you in a Medicare drug plan and answer all your Medicare questions.



Call today to make your appointment today! 910-997-4491

Richmond County Aging Services

Flu Shots

Provided by

**RICHMOND COUNTY
HEALTH DEPARTMENT**

Conveniently located at

ELLERBE SENIOR CENTER-

Wednesday, October 7th from

9:30 am until 12:00 pm

Call for more information: 910-652-6006

EAST ROCKINGHAM SENIOR CENTER-

Tuesday, October 20th from

9:00 am – 12:00 pm

Call for more information: 910-997-8332



What you need to bring:

- Medicare/ Insurance card
- Picture ID

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

East Rockingham.....Oct 27 @ 8:00 am.....Free

Ellerbe..... Oct 20 @ 8:00 am.....Free

Mountain Trip– Leave from Ellerbe SC.....

.....Oct 21 @ 8:00 am.....Free

Upcoming Unilever Trip- Leave from East Rockingham SC.....

.....Nov 16 @ 8:30 am.....

.....\$ 6.00 entry fee & \$ 5.00 bus fee.....Total of \$ 11.00

Must be paid in advance on or before October 23rd at the East Rockingham Senior Center to reserve your seat.

Call Donna at 997-8332 for more information.

Living with Arthritis

Arthritis Foundation Exercise Classes designed for people with Arthritis, Fibromyalgia and Lupus.

This low-impact class uses gentle, joint-safe exercises to help relieve stiffness and decrease pain.

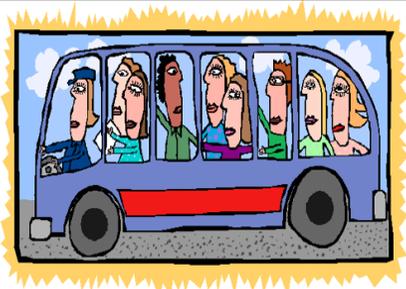
Participants can sit or stand according to their abilities.

First class begins Oct. 12th

This class meets every Monday and Friday at 3:00 pm at the East Rockingham Senior Center.

Call Donna 910-997-8332 to sign up.

Upcoming Trips



Please call 997-4491 if you would like to suggest a day trip location