In 1963, President Kennedy declared May to be Senior Citizens Month to honor those who are 65 and older. Since then every President has proclaimed May to be a month to show support for older Americans. President Jimmy Carter changed the name in 1980 to Older Americans Month and the National Academy of Elder Law Attorneys supports this annual proclamation by declaring the month of May to be National Elder Law Month.

The Administration on Aging, part of the Administration for Community Living, has announced the theme for Older American’s Month 2017. The theme, Age Out Loud, is intended to give aging a new voice—one that reflects what today’s older adults have to say about aging.

The 2017 theme presents an opportunity to shine a light on many important issues and trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They’re taking charge, striving for wellness, focusing on independence and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they’re insisting on changes that make that possible. What it means to age has changed, and Older Americans Month 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Heritage Law Group Celebrates National Elder Law Month

In keeping with the spirit of Older Americans Month, Heritage Law Group, an important business supporter of the Center, has multiple events planned. On May 11th from 10am to 3pm they will host an Elder Law Expo & Workshop at Vol State Community College in the Steinhauer-Rogan-Black Humanities Building. Among the one-hour session talks will be “What on Earth is Elder Law?”, “Dementia, Aging & Memory Loss” and more. A complimentary lunch will be served. We will take the Center bus and there are a few spaces left to ride along. See the Trip Board at the Center. You must sign up to be registered. Many members are driving or carpooling since it is so close.

Also, on May 22nd Heritage Law will hold an evening dinner and education program focusing on Changes in Elder Law.
From the Director’s Desk...

Please mark your calendars for our upcoming Hendersonville Health & Wellness Expo slated for Friday, June 9th from 10am to 2pm. Food trucks will also be available for food purchase.

Julie White, Executive Director

Did You Know...

We are the Commodities distribution center for seniors in Hendersonville? We have no control over the date, but we do know the next event will be some time in mid to late May. Make sure to call the Center for the date!

Wood Financial is holding a SHRED DAY Friday, April 21st from 10 am to 2 pm at 181 E. Main Street in Hendersonville. There will be drinks & snacks while you watch your shreddables get shredded.

Hendersonville Senior Citizen Center

First Annual Chili Cook-Off a Delicious Success!

There was a great turnout for the first annual (in many years) Chili Cook-off. There were 8 contestants entered and we had local celebrities, including Mayor Jamie Clary, Police Chief Mickey Miller, Fire Chief Scotty Bush, Dawn Driskill of Brookdale, Hendersonville and our Center Member John Helton as judges.

Winners were Julie Stewart from Brookdale Hendersonville in first place, Dave Moomy from the VFW and a Center member in second place and Pat Campbell, Alderman of Ward 2 won third place. To be fair, judging was done by numbered chili entries in bowls, so no judge knew whose chili they were judging.

The competing chilis were quickly devoured and everyone also enjoyed large pots of our House Chili, cooked right here in the Center kitchen. All the fixins were available for folks to customize their meals.

The event was a successful fundraiser, raising $2,105 as well as fun, friendly fellowship for all who attended. Watch for the Second Annual next year!

We’d like to give a big “Thank You” to our sponsors:

A special thanks to Jeff Hawkins of Jeff Hawkins Photography for taking such awesome photos!
Through the years pins have gone in and out of style. Don’t you have some of your own that you have had for years, or maybe some treasured ones from generations before? Now is your chance to bring them out and show them off by wearing them to the Center and beyond. Who knows, we may get a “new” trend started.

No rules, no committees, no officers, no real meetings; just gathering to appreciate our varied pin experiences.

We may even figure out some sort of recognition down line.

Also, this club isn’t just for the ladies. Gents can PIN ONE ON!!

Join the Center Pin Club

PIN ONE ON!!

Adult Coloring Book Sessions Have Started

Thursdays at 11am

The gatherings are led by Mamie Price, our resident gifted and creative artist, who will give guidance and tips on cool techniques to make the coloring book pages come alive.

Individual coloring book pages and access to colored pencils can be provided for your first session so you can see if it’s something you will enjoy.

You will be surprised at how relaxing this coloring can be, and you will enjoy visiting

Lunch and Learns Galore!

Here is a listing of the many interesting Lunch and Learns scheduled for Mondays this quarter. Be sure to watch the front Bulletin board for sign up sheets. You MUST sign up to be counted to eat lunch.

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<tr>
<th>APRIL</th>
<th>MAY</th>
<th>JUNE</th>
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<tr>
<td>4/3—Griswold Home Care</td>
<td>5/1—World Financial Group</td>
<td>6/5—Wood Financial</td>
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<tr>
<td>4/10—Vision Care Direct</td>
<td>5/8—Music City Health Center</td>
<td>6/12—Brookdale</td>
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Lots More Going On This Quarter...

Make plans to take part in the many exciting and diverse activities coming up!

Watch the Boards for more info.

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<tr>
<th>APRIL</th>
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<th>JUNE</th>
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<tr>
<td>4/7—Lunch &amp; Bingo presented by FedEx</td>
<td>5/4—Fall Prevention Workshop with Griswold Home Care</td>
<td>6/8—Bingo by Caris Healthcare</td>
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<tr>
<td>4/21—Planting &amp; Gardening Day led by the Green Thumbs</td>
<td>5/11—Bingo by Caris Healthcare</td>
<td>6/22—Seniors reading at The Goddard School</td>
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<td>5/12—Trip to Rock Castle</td>
<td>6/23—Luau Dance w/ E.J. Rider Band</td>
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<td>5/19—Trip on the General Jackson</td>
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<td>5/26—Board Election &amp; Pot Luck Lunch</td>
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ATTENTION!

Front Desk Volunteer Needed

We still have a slot to fill in our schedule of volunteers to be our face and voice forward at the front desk.

Duties include greeting members and visitors as they enter, assisting as needed with check-ins and collecting weekly member donations, answering incoming phone calls in a friendly and professional manner and taking accurate messages when required. Another duty is to familiarize visitors with our calendar of programs and events. You will also do various other usual front-desk tasks.

The following is the time we need to fill:

- Tuesday afternoon from noon until 4

This can be a fun way to support and take part in the Center.

Thanks so much to all of our long-standing volunteers, and those who have stepped in to fill the gaps!

COME ON! Get involved! Contact Barbara for more information.

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EXERCISE
- Yoga
- Chair Yoga
- Tai Chi
- Strength & Conditioning
- Whole Body Wellness
- Zumba
- Chair Zumba Gold
- Zumba Toning

DANCE
- Clogging
- Line Dance
- Ballroom/Social Dance
- Country Western Dance
- Chair Massage
- Reiki

GAMES
- Chair Volleyball
- Wii Bowling
- Rummikub
- Bingo
- Hand & Foot Cards

CLASSES
- Spanish
- Intro to Computer
- Crafting
- Adult Coloring
- Crochet

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Phone: 615-822-8758  Fax: 615-824-3852
www.hvillesrcitizens.org

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