

RCARE

MAY, 2025

I.N.K. (Information, News & Knowledge)



OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

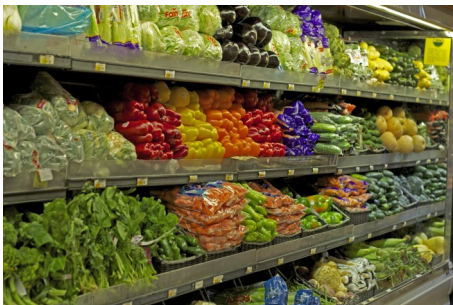
Every May, the Administration for Community Living (ACL) leads the nation’s observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults’ contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities

PRODUCE GIVE AWAY– TUESDAY, MAY 20TH

The next produce give away sponsored by Devoted Health will be held on Tuesday, May 20th at 11:00 a.m. If you would like to receive a bag please sign up by 12:00 noon on Friday, May 16th.

You will need to be here to pick up your bag on that date as we will not hold bags until the next day for pickup as some of the produce



needs to be refrigerated and we do not have space to store them.

Remember to thank your Devoted team members for Providing this service when you see them!

Inside this issue

- Shuffleboard League Standings... 2
- Inside Story 3
- Other Upcoming City Events 4
- Just For Fun..... 5
- Calendar..... 6

Special points of interest

- 5/1 Senior Games Miniature Golf/football throw
- 5/2 –5/3 Senior Games Pickleball
- 5/5 Senior Games Bowling Doubles
- 5/6 Senior Games 200M & 400M Dash
- 5/7 Senior Games Cornhole- Men
- 5/8 Senior Games Cornhole- Women
- 5/9 Senior Games Horseshoes
- 5/12 Senior Games Mixed Doubles
- 5/14 Senior Games Tennis & Swimming
- 5/15 Senior Games Track Events
- 5/15 1:00 Senior Bingo
- 5/16 Senior Games Bocce – women <75.
- 5/20 11:00 Produce Give Away
- 5/23 Senior Games Closing Ceremony, Awards Luncheon

2025 SHUFFLEBOARD LEAGUE FINAL STANDINGS

<u>PLAYER</u>	<u>WIN/LOSE RECORD</u>
<i>Mabel Powell</i>	18-5 <i>Champion</i>
<i>Joyce Thomas</i>	17-6 <i>Runner Up</i>
<i>Faye Crawford</i>	17-6
<i>Rose Palmer</i>	16-7
<i>Hallie McCain</i>	16-7
<i>Angela Staab</i>	15-8
<i>June Willis</i>	14-9
<i>Bruce Needham</i>	14-9
<i>Patricia Nunley</i>	14-9
<i>Joyce Tranbarger</i>	13-10
<i>Rita Farmer</i>	13-10
<i>Charlotte Neal</i>	12-11
<i>Gladys Pickard</i>	13-10
<i>Pam McCollum</i>	10-13
<i>Genette Brown</i>	10-13
<i>Alice Anderson</i>	10-13
<i>Ramona Price</i>	10-13
<i>Ida Tucker</i>	8-15
<i>Pat Neal</i>	8-15
<i>Ruth Williamson</i>	7-16
<i>Brenda Cannon*</i>	7-15
<i>Geraldine Kimber*</i>	7-15
<i>Jeannie Mae Winchester</i>	4-19
<i>Ann Galloway</i>	1-22

* Brenda Cannon and Geraldine Kimber did not make up snow day game but since it did not effect the final standings this game was thrown out.



The awards for this league will be given out at the Annual Awards Banquet that will be held in June



2025 RCARE BILLIARDS TOURNAMENT RESULTS:

Dan Bratcher (left) was the champion of the RCARE billiards tournament held in April. Sixteen players participated in the event including a few women.

Lee Presnell (below) was the runner-up in the event .

A billiard league begins this month at RCARE and continues for several months.



RCARE participants both male and female took gold in every age division we had a shooter in during the 2025 Senior Game Billiards.

Gold Medal winners were:

- Lee Presnell
- Mark Johnson
- Eddie Ernest
- John Williamson
- Steve Daniel
- Paul Tutherow
- Richard Reichle
- Colleen Childrey
- Cindy Baynes
- Brenda Cannon
- Ruthie Young
- Joyce Tranbarger

**Congratulations
RCARE Pool
Shooters!**

Call your local House of Representative and Senator to encourage them to save the SHIIP program.



The North Carolina Senate's recent budget proposes a 100% cut in state appropriated funding for SHIIP (Senior Health Information Program) This would have a devastating impact on our ability to assist the state's 2.2 million Medicare beneficiaries. This potential cut comes at a time when the number of people eligible for Medicare is growing and the Medicare program is becoming increasingly complex.

- SHIIP is the only organization in the state that provides unbiased, accurate one-on-one counseling at NO cost to the consumer.
- In 2024 SHIIP helped NC Medicare beneficiaries save \$53 million: \$36 million through cost saving enrollments and federal financial assistance program application submissions, \$17 million through recovered benefits from complaints and medication assistance program assistance.
- SHIIP counseled more than 69,000 Medicare beneficiaries.

FITNESS ON THE SQUARE

free class

This mixed-level yoga class improves strength and flexibility through concentrated breathing and stretching poses while focusing on proper body alignment.



bring a mat or towel

EVERY WEDNESDAY

6:00-7:00 PM
MAY 7-28

beginners welcome
MIXED-LEVEL YOGA
AT MARKET SQUARE IN
DOWNTOWN REIDSVILLE

For more information call 336-349-1111

SPONSORED BY



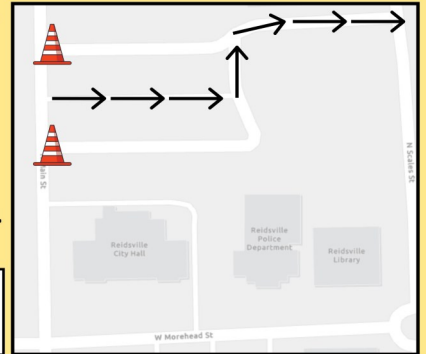
REIDSVILLE APPEARANCE COMMISSION **FREE COMMUNITY SHRED EVENT**

SATURDAY MAY 3RD, 2025 | 9A - 12P
DOWNTOWN REIDSVILLE 230 W. MOREHEAD ST.
CITY HALL LOWER PUBLIC PARKING LOT

RECYCLING BINS WILL BE PROVIDED FOR PAPER COLLECTION.

ENTER ON N. MAIN ST.
EXIT ON N. SCALES ST.

NO PLASTIC, FABRIC, CARDBOARD OR METAL WILL BE ACCEPTED.



Educational Classes

5/12/25 2:00 p.m.
Understanding Schizophrenia

5/28/25 10:00 a.m.
Personality Disorders

To register call 336 349-1088

TWO EVENTS IN ONE

FARMER'S MARKET AND QUILT SQUARE ART REVEAL

THURSDAY | MAY 8 | AT 4:00PM
2025



MARKET SQUARE
Downtown Reidsville



Come visit our first evening Farmer's Market as we reveal our new quilt squares painted by local artist Mary Ryan.

FOLLOW US
@teamreidsville





farmer's MARKET

DOWNTOWN REIDSVILLE

Thursday's from 4pm to 7pm

Saturday's from 7am to 1pm

Located at Market Square in Downtown Reidsville, you can find fresh produce, baked goods, plants, jellies, eggs & so much more!

Accepting Credit, Debit,
Cash & EBT

**TEAM
REIDSVILLE**

336-613-4003 esullivan@reidsvillenc.gov



Market Square Farmer's Market Current Hours

Just For Fun



- ◆ You know you're over 50 when you have "upstairs Tylenol" and "downstairs Tylenol."
- ◆ I woke up this morning determined to drink less, eat right, and exercise daily. But that was five hours ago when I was younger and full of hope
- ◆ We celebrated our anniversary last night with a couple of adult beverages... Metamucil and Ensure.
- ◆ After watching how some people wore their covid masks, I understand why contraception devices fail.



- ◆ Some of my friends exercise every day. Meanwhile I'm watching a show I don't like because the remote fell on the floor.
- ◆ To the paranoid people who check behind their shower curtains for murderers. If you do find one, what's your plan.
- ◆ Being popular on Facebook is like sitting at the "cool table" of the patients' cafeteria in a mental hospital.
- ◆ We live in a time when intelligent people are silenced so that stupid people won't be offended.

95% of electric vehicles are still on the road.
The remaining 5% made it all the way home.