



JANUARY, 2024

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

City of Reidsville-Reidsville Senior Center



**New Year's Resolutions? Here is a recap of what's available at RCARE to assist with yours.**

## Special points of interest:

- \* 1/15/24 Closed for Martin Luther King Holiday
- \* 1/18/24 1:00 p.m. Senior Bingo
- \* 1/19/24 10:00 Club Meeting  
Guest Speaker- Changes in Rockingham County Taxes
- \* 1/22/24 Android Classes Begin.

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## Fitness Programs-

- Great fitness center that is free and open Monday-Friday from 8:30 a.m. - 5:00 p.m.
- Boom Cardio Classes:-  
Wednesdays and Fridays 9:00 a.m. - 10:00 a.m.
- Tai Chi-Tuesdays at 10:00 a.m.
- Chair Exercise Class-Thursdays 10:00 a.m.
- Pickleball- Monday-Wednesday and Fridays 10:30 a.m. Other hours available in the afternoon. Check center calendar.
- Carolina Girls Dance Group- practice on Thursdays at 1:00 p.m. Call for more information.

## Social and Educational

- Card games- Phase 10 on Tuesdays from 10:00 a.m.-?
- Rook - Wednesdays at 1:00 p.m.
- Bridge- Thursdays 1:00 p.m. - 5:00 p.m.
- Billiard league or free play
- Bingo- starts back in January.

Every 3rd Thursday in the month at 1:00 p.m.

- Downtown Senior Citizen's Club- join this group for more trips and programs. Meets 3rd Friday of each month.
- Craft Classes - Crochet on Tuesdays at 9:00 a.m. Quilting Wednesdays at 1:00 p.m. Check newsletter for more classes throughout the year.

## Assistance & Information

- SHIP - Seniors Health Insurance Information Program- provides trained counselors to help with Medicare and insurance needs
- Free legal aid- meet with an attorney on site to prepare wills, power of attorney, estate issues, etc. Call 1-877-579-7562 to make an appointment.
- VITA- provides free tax assistance from January -April. Volunteers are needed for the tax program. If you are interested see any of RCARE's staff.

**Billiard League Standings (As of 12/22/23)**

<u>Player</u>	<u>Win/Loss Record</u>
John Williamson	10-1
Kris Lassiter	10-1
Mark Johnson	9-2
Steve Daniel	8-3
Raymond Henderson	7-4
James McCollum	6-5
Joe Castellano	6-5
George Lawson	6-5
James Neal	6-5
Bruce Needham	5-6
Charley Huff	4-7
Faye Crawford	3-8
Brenda Cannon	3-8
William Roberts	2-9
Joyce Tranbarger	2-9
Mary LeClaire	1-10

**Shuffleboard League  
(As of 12/22/23)**

<u>Player</u>	<u>Win/Lose Record</u>
Mabel Powell	10-1
Gladys Pickard	9-2
June Willis	8-3
Diane Motley	8-3
Gloria Gorham	7-3
Pat Neal	7-4
Rita Farmer	7-4
Vanesa Boler	7-4
Joyce Tranbarger	7-4
Hallie McCain	7-4
Alice Anderson	6-5
Brenda Cannon	6-5
Rose Palmer	5-6
Frances Nunley	5-6
Ruth Williamson	5-6
Charlotte Neal	4-6
Cathy Taylor	4-7
Ida Tucker	4-7
Mona Price	4-7
Ann Galloway	2-9
Beverly Green	2-9
Norma Jean Corum	2-9
Jettie Galloway	2-9
Mary Martin	1-10

## Changes in Rockingham County Property Taxes

Todd Hurst with the Rockingham County Tax Office will be presenting a seminar on changes that are coming to taxes in the county and what seniors need to know to prepare for these changes.

**FRIDAY, JANUARY 19TH AT  
10:00 A.M.**



## Android Classes Begin- January 22nd

Android classes will begin on Monday, January 22nd and continue each Monday for four weeks. The classes will begin at 9:30 a.m.-11:00 a.m.

**Registration is required and the classes are subject to fill up quickly.**

## “Up with Christ/Down with Crime Campaign”

Ray & Sandra Stokes started a new program to hopefully help reduce the crime rate in the Reidsville/Rockingham County area. The program involves selling the religious themed signs (see attachment) to assist in funding activities like prayer vigils, Gospel concerts, golf tournament, etc. all designed to spread the word on how we can all help reduce crime in our community.

Ray is a native of Reidsville who recently moved back after fifty years serving in the US Air Force and pastoring local churches in Texas, Mississippi and Alabama. He and his wife came up with the “Up with Christ and Down with Crime” theme.

The signs are 18x24 and can be purchased for \$10 each at the Reidsville Bible and Book store or by calling Ray at 404-457-6004 or 678-791-5149.



## Bocce League Standings

<u>Player</u>	<u>Win-Lose</u>
Diane Motley	10-3
Ali Williams	10-3
June Willis	10-3
Cathy Taylor	9-4
Brenda Cannon	9-4
Gladys Pickard	8-5
Rose Palmer	8-5
Gloria Gorham	8-5
Patricia Nunley	8-5
Frances Nunley	8-5
Mabel Powell	7-6
Joyce Thomas	7-6
Charlotte Neal	6-7
Gretta Maxey	6-7
Alice Anderson	6-7
Norman Clark	6-7
Angie Staab	5-8
Richard Richel	5-8
Rita Farmer	5-8
Carlotta Stone	5-8
Anita Guill	4-9
Hallie McCain	3-10
Joyce Tranbarger	2-11
Mary Martin	1-12

### **Gast Classes**

Seasonal Affective  
Disorder -

January 24th at 10:00  
a.m.

### **Medicare Advantage open enrollment period (January 1 – March 31),**

If you're in a Medicare advantage plan, you can switch to another Medicare Advantage plan.

Disenroll from your Medicare Advantage plan and return to Original Medicare, and join a Prescription Drug Plan.

If you enrolled in a Medicare Advantage Plan during your Initial Enrollment Period, you can:

Change to another Medicare Advantage Plan or

Go back to Original Medicare within the first 3 months



City of Reidsville

102 N. Washington Avenue

Reidsville, NC 27320

Telephone: 336 349-1088

SHHP 336 349-1031

*The mission for RCARE is to promote the importance of an active, healthy lifestyle by providing an assortment of social, educational and recreational activities.*

## Just For Fun



- ◆ My bank recently called me to let me know I had an outstanding balance. Thank you I replied, I used to do gymnastics and hung up the phone. That was nice of them to say.
- ◆ I lost my job at the zoo recently. They had signs up that said “Do not Feed the Animals” so I didn't.
- ◆ I ordered a chicken and an egg from Amazon. I'll let you know which one came first.
- ◆ A doctor accidentally prescribes his patients a laxative instead of a cough syrup. Three days later the patient comes for a check-up and the doctor asks: “Well? Are you coughing?” The patient replies. “No, I'm afraid to.”
- ◆ Wife: “Windows Froze”  
Husband: “Pour some hot water over them”  
Wife: “Computer completely screwed up now”
- ◆ I used to run a dating service for chickens, but I was struggling to make hens meet.

(Jokes taken from internet site Dad Jokes)