



Special points of interest:

- 3/1/23 2:00 p.m. Caregivers Class Dementia– Sun-Downing
- 3/15/23 10:00 a.m. - Avoiding a Mental Health Crisis
- 3/23/23 Billiards Tournament Starts
- 3/24/23 10:30 a.m. Friends of the Center Meeting
- 3/16/23 1:00 p.m. Senior Bingo
- 3/17/23 Senior Games Kick-off
- 3/17/23 10:00 Club Meeting

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

Volume 3, Issue 18

March, 2023

Billiards Tournament

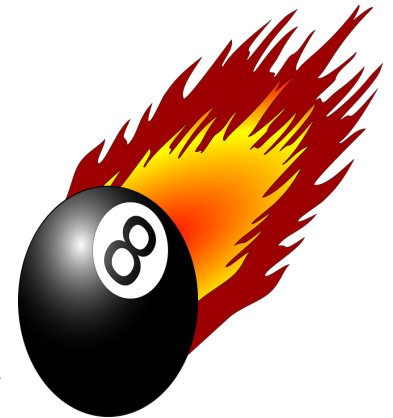
RCARE will sponsor a billiards tournament beginning Thursday, March 23rd. Play will be held each Thursday and Friday but specific schedules will not be available until registration is complete. Hopefully our new billiard table will be here by that date but if not the tournament will begin on that date regardless. Both a women’s and men’s division will be offered and match play will be best 2 out of 3 games with standard eight ball rules applying. There will be a loser’s bracket so entries who loose out the first round have an option to advance back to the

championship game through the loser’s bracket.

Deadline to register is March 17th by 5:00 p.m.

Open play on the pool table will not be available during the scheduled tournament times.

This is a great opportunity to practice up for the senior game billiards however if you have never shot pool this is not the event for you.



Billiards Tournament

**BEGINS: 3/23/23
DEADLINE TO REGISTER: 3/17/23**

MEN’S & WOMEN’S DIVISION.

DON’T FORGET ABOUT SENIOR GAMES

Don’t forget to visit your closest senior center or go online at www.torch.ncseniorgames.org and sign up for the 2023 Rockingham County Senior Games. Early bird registration is \$10.00 until 3/17/23 After that the registration fee goes to \$12.00.

A Senior Game kickoff breakfast will be held at each senior center on March 17th. Registration is required. Call 349-1088 to register at RCARE.



Cornhole League Standings (FINAL)

Player	Wins	Losses
James Totten	23	2
Vanessa Boler	21	4
Patricia Nunley	20	5
Larry Guill	19	6
Joann James	19	6
June Underwood	18	7
Anita Guill	18	7
Brenda Cannon	18	7
Diane Motley	15	10
Gretta Maxey	15	10
Gloria Gorham	14	11
Sandra Jones	13	12
Frances Nunley	13	12
Lorraine French	12	13
Genette Brown	11	14
Mabel Powell	11	14
Sidney Lafon	11	14
Joyce Tranbarger	10	15
Mary Martin	9	16
Rita Farmer	8	17
Geraldine Kimber	7	18
Geraldine Kaylor	6	19
Joyce Thomas	4	21
Pat Neal	3	22
Tina Smith	2	23
Angie Staab	0	25



*Special Thanks to the Downtown
Senior Citizen's Club for their hard
work on the "Black History Month"
presentation.*

*The committee did a great job on the
project.*

*Thanks to everyone who attended the
event also. We had wonderful
turnout.*

Upcoming Events

Senior Games— Last day for registration is March 31st—Sign up today!

**Senior Bingo
3/16/23
1:00 p.m.**



Vita Tax Assistance—Month of March—Appointments are taken on Mondays, Wednesdays and Thursdays.



RCARE PICKLEBALL HOURS—Monday, Wednesday and Fridays 10:30 a.m. - 12:30 p.m. Tuesdays and Thursdays—3:00 p.m. - 5:00 p.m.



**Beginners Sewing Class
Wednesdays 10:00 a.m.—11:30 a.m.**

Services:

Free Legal Assistance— Call North Carolina’s Senior Legal Helpline 1-877-579-7562

SHIIP— Senior Health Insurance Information Program—Call 336 349-1031

RCATS VA Caravan Reservation Line 336 347-2287 EXT. 232 or 224

Meals with Friends Program—RCARE Site- ADTS Office— 336 349-2343

JUST FOR FUN

Chocolate Chip Cookies

An elderly man lay dying in his bed. In death’s agony, he suddenly smelled the aroma of his favorite chocolate chip cookies wafting up the stairs. He gathered his remaining strength, and lifted himself from the bed. Leaning against the wall, he slowly made his way out of the bedroom, and with even greater effort forced himself down the stairs, gripping the railing with both hands. With labored breath, he leaned against the door-frame, gazing into the kitchen.

Were it not for death’s agony, he would have thought himself already in heaven: there, spread out upon racks on the kitchen table and counters were literally hundreds of his favorite chocolate chip cookies.

Was it heaven? Or was it one final act of heroic love from his devoted wife, seeing to it that he left this world a happy man? Mustering one great final effort, he threw himself toward the table, landing on his knees in a rumped posture. His parched lips parted— the wondrous taste of the cookies was already in his mouth, seemingly bringing him back to life.

“Stay out of those,” she said. “They’re for the funeral.”

SHUFFLEBOARD LEAGUE STANDINGS (As of 2/28/23)

Player	Wins	Loses
Diane Motley	15	5
Gretta Maxey	15	5
Ida Tucker	14	6
Charlotte Neal	14	6
June Willis	14	6
Joyce Thomas	13	7
Gloria Gorham	12	8
Jettie Galloway	12	8
Alice Anderson	12	8
Rita Farmer	12	8
Mabel Powell	11	9
Genette Brown	11	9
Rose Palmer	11	9
Angela Staab	11	9
Joyce Tranbarger	10	10
Hallie McCain	10	10
Ann Galloway	10	10
Mary Martin	9	11
Brenda Cannon	8	12
Pat Neal	7	13
Cathy Taylor	7	13
Geraldine Kimber	5	15
Geraldine Kaylor	5	15
Ruby Withers	4	16
Joann James	2	18
John Harris	2	18

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

"We Are Off Our Rockers"

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Phone: 336 349-1088

Email:

cbaynes@ci.reidsville.nc.us

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Retirement, A Wife's Definition

A frustrated wife told me the other day her definition of retirement:
"Twice as much husband on half as much pay."

