

Caswell Senior Center

The mission of the Caswell Senior Center is to enrich the lives of Caswell senior adults by responding to their diverse needs and interests.

Gadabout Travel News

It's State Fair Time

October 17, 2023

Come join us as we board the bus for one of our favorite destinations—the **NC State Fair!** On Tuesday, October 17, seniors 65+ get free admission to the Fair. Beginning at 9 a.m., while supplies last, Bojangles' biscuits and coffee will be served on the Dorton Patio near the waterfall at the Senior Fun Fest. A program with Commissioner Steve Troxler and music will kick-off at 10 a.m. You will be on your own to explore the Fair until we depart for home. We will leave the Senior Center at 7:00 am. Registration opens on Thursday, October 5, at 8:30 am. Cost for the trip is \$20 per person. Payment due at time of registration.





Sunday, December 3rd
2:00 pm

Join us as we will travel to NarroWay Productions in Fort Mill, SC for a matinee performance of "The Real Christmas Story." Due to the immense popularity of this production, we tried to make our reservations early. (Our first preferred date for the show is already sold out!) Registration will open on Monday, October 9th. Please register as soon as possible so that we may have an accurate count for purchase of tickets. Payment due at time of registration. Cost is \$40 Per person. We will leave the Senior Center at 9:00 am. We will stop for lunch prior to arriving at the theater.

Notes from Jeannine

The time has come again to review your Medicare plan to ensure that you have the best option for your needs. You should be receiving your packet from your current plan with information about benefits for 2024.

Take time to review your benefits to make sure they still work for you. Be sure to check that your providers are still in network, what are the copays for 2024, and are all your medications still covered with the same monthly copay you had in 2023. Check to see if you have any type of deductible on your medications and that your pharmacy is still in network so that you are not surprised by higher copays.

As we go into this enrollment period here are a few things to keep in mind.

- 1) Insurance Agents cannot just show up at your house. They have to contact you to set up an appointment.
- 2) Don't be pressured into signing up for a plan that you are not sure about.
- 3) Make an informed decision about the plan that meets your needs.



The Caswell Senior Center Recognizes Breast Cancer Awareness Month

Wednesday, October 18th

10:00 am

Each year in the United States, about 240,000 women get breast cancer and 42,000 women die from the disease. Men also get breast cancer, but it is not very common. Most breast cancers are found in women who are 50 years old or older, but breast cancer can also affect younger women. During the month of October we bring attention to the seriousness of this disease.

Join us on October 18th for an informative session on breast cancer prevention and treatment. Gift bags will be available for breast cancer survivors. Program will take place in the dining room.

Wear Pink!

Meals on Wheel Christmas Gift Campaign

Have you ever wanted to be Santa's helper? We have the perfect opportunity! The holiday season is soon approaching and we are asking for Christmas gift donations to the Meals on Wheels Clients of Caswell County. Items will be accepted thru November 30, 2023. Requested items are listed on the final page of the newsletter or you can stop by the reception desk and ask for a copy. The information can also be found on our facebook page.



Senior Services

Information and Referral

Fitness Health Promotion

Senior Games

Transportation Medical/General

Caregiver Classes

Energy Assistance

Medicaid/Medicare Benefits

Job Training Placement, NCBA

Telephone Reassurance

Durable Medical Equipment

Food Distribution

Tax Preparation Counseling

Legal Services

Caregivers Support Program

Congregate/Home Delivered Meals

Insurance Counseling (SHIIP)

Veteran Services

Wig Closet



Hours of Operation:

Monday - Friday

8:00am-5:00pm

336-694-7447

Senior Center Happenings

Breakfast and Conversation

Join us every **4th Wednesday at 9:00 am (October 25)** for coffee and conversation with other Veterans. The senior center sponsors a lite breakfast with coffee and juice to all Veterans. We provide updates that are of interest to Veterans and their families during this time. Breakfast provided by Central Ruritan Club in Yanceyville.



Veterans Service Officer

Our Veterans' Service Officer, Wanda Jones, will be at the Senior Center **on Wednesday October 11th** to assist you. Appointments are first come, first serve beginning at 11 am. This is the only date she will be at the Senior Center in October.



Paint Class with Carol

We will not offer a painting class in October. Classes will resume in November.

Medicare Open Enrollment

Medicare Open Enrollment opens October 15th and runs thru December 7th. If you need guidance or assistance please call the Senior Center at 336-694-7447 to make an appointment with our SHIP coordinator, Desiree Benson.



The ABCs of Dementia

On Wednesday, October 25th, Caswell Senior Center will partner with Therapeutic Alternatives to sponsor an informative talk on Alzheimer's Disease and Dementia. Tammy Curry is our presenter. The meeting will take place at 6:00 pm in the dining room of the Senior Center.



Scams and Seniors

REACH AmeriCorps will join us on October 31st at 11:30 am for a special presentation on seniors and scamming. The program will take place in the craft room.

Community Calendar

Caswell County Candy Trail

Monday, October 30th

2pm-5pm

First Friday Event

Yanceyville Town Pavilion

7:00 PM

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Congregate Meets— Chair Exercises 10:00 T'ai Chi (in craft room)\$\$	3 8:30 Fit-4-Life \$\$ 9:00 Choir 9:30 Congregate Meets-Things We Face As We Age 1:15 Yoga w/Frank\$\$	4 10:00 Congregate Meets-Movie Day <i>Major Payne</i>	5 10:00 Congregate Meets— Bingo 10:30 Computer Class 1:15 Yoga w/Frank\$\$	6 8:30 Fit-4-Life \$\$ 9:30 Line Dance 10:00 Congregate Meets— Ping Pong Challenge
9 10:00 Congregate Meets— Let's Travel with Columbus 10:00 T'ai Chi (in craft room)\$\$	10 8:30 Fit-4-Life \$\$ 9:00 Choir 9:30 Congregate Meets—The Way It Was 1:15 Yoga w/Frank\$\$	11 10:00 -Congregate Meets—Chair Volleyball 11:00 Veterans Service Officer	12 10:00 Congregate Meets— A Visit to the Library 10:30 Computer Class 1:15 Yoga w/Frank\$\$	13 8:30 Fit-4-Life \$\$ 9:30 Line Dance 10:00 Congregate Meets— Desiree Discusses Medicare
16 10:00 Congregate Meets— Who's the Boss 10:00 T'ai Chi (in craft room)\$\$	17 8:30 Fit-4-Life \$\$ 9:00 Choir 10:00 Congregate Meets—Dominoes Challenge 1:15 Yoga w/Frank\$\$	18 9:00 Advisory Committee 10:00 Congregate Meets-Breast Cancer Awareness	19 10:00 Congregate Meets— Evangelist Ruby Hines 10:30 Computer Class 1:15 Yoga w/Frank\$\$	20 8:30 Fit-4-Life \$\$ 9:30 Line Dance 10:00 Congregate Meets— Line Dancing
23 10:00 Congregate Meets—B'Day Bingo 10:00 T'ai Chi (in craft room)\$\$	24 8:30 Fit-4-Life \$\$ 9:00 Choir 10:00 Congregate Meets— Crafts Day 1:15 Yoga w/Frank\$\$	25 9:00 Veterans Coffee & Conversation 10:00 Congregate Meets—Game Day 10:30 Scrapbooking 6:00 The ABCs of Dementia	26 10:00 Congregate Meets – Fulton/Walton Funeral Home 10:30 Computer Class 1:15 Yoga w/Frank\$\$	27 8:30 Fit-4-Life \$\$ 9:30 Line Dance 10:00 Congregate Meets—Making Cards for MOWs
30 10:00 Congregate Meets—Halloween Costume Contest 10:00 T'ai Chi (in craft room)\$\$ 3-6 Caswell Candy Trail	31 8:30 Fit-4-Life \$\$ 9:00 Choir 10:00 Congregate Meets— Senior Clef Singers 1:15 Yoga w/Frank\$\$	 BREAST CANCER AWARENESS MONTH		Follow us on Facebook! "Caswell County Senior Center"