

# Nash County Senior Center

103 N. Alston Street ~ Nashville, NC 27856

Contact Us: 252-459-7681

# THE NASH NEWS



## We're Opening!

July 7, 2021 is here! We are so excited that after 481 days, we are finally opening our doors back to the public. It is our hope that each and every person that works and visits our senior centers will feel safe.

This newsletter will include information for the months of July, August & September.

Please note that in July we will not host any in-person special programs or fitness classes. We have all endured a lot of changes since March of 2020, but we are so excited to finally open our doors to you and have you in our centers.

## Staff Directory

**Ashley Winstead**

Senior Services Director

**Morgan Doughtie**

Senior Center Supervisor

**Sandy Richardson**

Program Specialist II

**Wendy Perry**

Senior Services Supervisor

**Tamika Hill**

Senior Services Coordinator

**Sherry Leonard**

Accounting/Admin Specialist

**Delois Burruss**

**Dollie Parker**

Senior Center Support Staff

## Southern Nash Senior Center

**Allison Barrett**

Senior Center Supervisor

**Merredith Bulluck**

Senior Center Support Specialist

**Haley Long**

Program Specialist

# ANNOUNCEMENTS

## Congratulations!

We are happy to announce that Ashley Winstead has been promoted to the position of Senior Services Director. Ashley first came to work with Nash County Senior Services in May of 2013. Ashley has been an instrumental piece of this department and is more than deserving of this promotion. Ashley graduated from ECU with a BA in Psychology and a Minor in Child Development and Family Relations. Ashley is married to Jeremy and they have two girls Brooklyn & Carsyn.

We are also happy to announce that Wendy Perry has been promoted to the position of Senior Services Supervisor. Wendy first came to work for Nash County in 2004 at the Nash County Health Dept, and Wendy moved to Senior Services in 2017 as the Senior Services Coordinator. Wendy has been instrumental in growing our Home Delivered Meals Program. Wendy is married to Don and they have one son Zach.

We are excited to share that we have added two new staff members to our Nash County Senior Services Family. Tamika Hill has taken on the position of Senior Services Coordinator. Tamika started her career with Nash County at the Nash County Health Department in 2004. Tamika worked with the Recreation Division as of 2016 until accepting her position with us. Tamika graduated from Nash Community College in 2016 with an Associates' Degree in Human Services Technology. Tamika brings a wealth of knowledge and will be a great asset to our Home Delivered Meals Program. Tamika is married to William and they have one daughter, Madison.

Haley Long has accepted the position as the Program Specialist at the Southern Nash Senior Center. Haley is from Greenville, NC, and graduated in 2020 with her Bachelors in Recreational Therapy. Haley will be an integral part of programming and activities at the Southern Nash Senior Center.

We are so proud of Ashley and Wendy and are excited to have Haley and Tamika join our team.

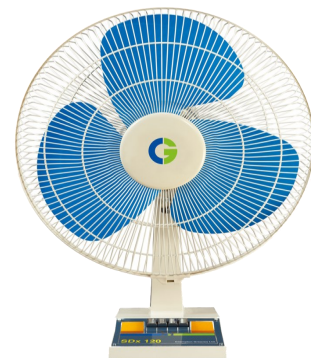
## 2021 Project Fan/Heat Relief

It is that time again for us to begin distributing fans for our annual Operation Fan Heat Relief Program. This program is offered using funds and donations that are given and distributed through the Area Agency on Aging. Applications for this program will be accepted over the phone beginning July 1, 2021. Individuals interested in this program must complete an application over the phone in order to reserve their fan. Fans are distributed to those in need on a first come, first served basis. It is important to note, if an individual received a fan in 2020, they do not qualify to receive a fan in 2021. Recipients must be able to provide a driver's license or state issued ID in order to verify address and date of birth.

### How do I qualify?

- Be an older adult who is at least 60 years of age or be disabled if they are not at least 60
- Be a Nash County Resident and able to show proof of residence to verify address
- Have a home situation where heat poses a threat to health and safety
- Did not receive a fan in 2020

To apply for this program or for more information, please call the Nash County Senior Center at 252-459-7681.



# REOPENING INFO

## How to Join The NASH Membership is FREE!

Eligible participants must be: 60 years of age or older; the spouse of someone 60 or older; or a caregiver for someone 60 or older. Visit the front desk for more info!



THANK YOU FOR PRACTICING SOCIAL DISTANCING

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**STAY SAFE!**

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AND FOR KEEPING OUR SENIOR CENTERS SAFE!

### Hours of Operation

Both the Nash County Senior Center and the Southern Nash Senior Center will be open to the public Monday, Wednesday, and Friday of each week from 9:00am-4:00pm for the month of July. Beginning August 1, the senior center will reopen Monday through Friday from 8:00am-5:00pm.

### Masks

While mask-wearing will be a matter of individual choice, we strongly encourage members to wear a mask and face covering while in the building, however it is not required.

### Socializing

We want you to socialize with friends while you are here. Please feel free to sit and chat, but make sure to maintain social distancing.

### Appointments

We will ask that individuals who are interested in using the fitness room, playing cards and playing billiards will make an appointment through the front desk. This is being done to ensure that everyone feels safe and that high trafficked areas are being monitored.

Beginning in August, fitness classes and special programs will begin. Anyone who is interested in participating in a fitness class or special program will have to sign up for the program before hand. We are requiring pre-registration to make sure we have adequate space and avoid overcrowding in the Large Activity Room and smaller rooms throughout the senior center.

# REOPENING INFO

## Fitness Room

The fitness room will be accessible by appointment. Because the fitness room is a high trafficked area, we will need to limit the number of people in the room at one time to 10 people. Appointments can be made up to one week in advance. Appointment times will run from 9am to 3pm for the month of July and from 8am to 4pm beginning August 1st. You can reserve your spot in the fitness room for 1 hour. Walk-ins are welcome, but it is highly recommended that you make an appointment in advance in the event the fitness room is full.

## Cards

Card tables will be set up in the Large Activity Room for anyone who would like to play cards. Due to multiple types of card games, we will ask that you schedule your card group for a block of time. Appointments can be made up to one week in advance. Appointment times will run from 9am-1pm and 1pm-4pm to ensure that all card players are given the opportunity to play their selected card game.

## Pool Area

The pool area will be open to all members to play. We will limit the pool area at one time to 6 people. Appointments can be made up to one week in advance. Appointment times will run from 9am-11am, 11am-1pm and 1pm-3pm to ensure that all pool players are given the opportunity to play on the pool tables. Beginning August 1st, appointment times will change to 8am-11am, 11am-2pm, 2pm-5pm. Walk-ins are welcome, but it is recommended that you make an appointment in advance.

## Coffee

Coffee will be available to all members. Please note that we will no longer use coffee mugs, and everything will now be disposable. It is not required that you pay for coffee, but we do ask that you consider giving \$0.25 for each cup of coffee.

## Computer Room / Classes

Computer classes will restart in August. All computer classes are offered through a partnership with Nash Community College. Class size will be limited to 6 people per class and you must sign up beforehand. When classes are not being held, computers and printing are available without reservation or appointments.

## Fitness Classes & Special Programs

We will slowly begin introducing special programs such as socials, craft classes, educational classes, etc. beginning in August.

Anyone who is interested in participating in a fitness class or special program will have to sign up for the program before hand. We are requiring pre-registration to make sure we have adequate space and avoid overcrowding in the Large Activity Room.

It will be important for you to review the newsletter and to register for programs when allowed to do so. Classes and programs will fill up quickly so be sure to sign up for those that you are interested in.

# FITNESS CLASSES

## Step it Up



Did you know that walking once per day can change your body in many positive ways? Walking can increase memory, drop blood pressure, and increase energy. Come out and join us for video walking aerobics. Class is limited to the first 15 people who register.

**Date/Time:** Monday, Wednesday & Fridays

**Time:** 8:15am-9:15am

**Location:** Large Activity Room

*Pre-registration is required for each class, classes begin the week of August 2nd.*

## Tai Chi

Tai Chi is an ancient, health enhancing exercise whose benefits include relief from arthritis, stronger immune system, improved circulatory function, and increased stamina. Cost is \$3.00 per class. Class is limited to the first 15 people who register.

**Date/Time:** Mon & Thurs at 9:30am

**Location:** Large Activity Room

**Instructor:** Howard Tang

*Pre-registration is required for each class, classes begin the week of August 2nd.*

## Exercise to the Beat



We are so excited to introduce our new Cardio Drumming Class. Cardio Drumming can help improve your coordination, ability to focus and works on strengthening muscles like your arms and core. Join us for this new and upbeat class! Class is limited to the first 5 people who register.

**Days:** Tuesdays at 1pm

**Location:** Large Activity Room

**Instructor:** Sandy Richardson

*Pre-registration is required for each class, classes begin the week of August 2nd.*

## Body Craze

Join us for this new low impact but higher intensity workout. Designed to raise your heart rate, improve strength and focus on proper movement throughout exercise to improve over all functional movements. This is a class you are not going to want to miss! Class is limited to the first 15 people who register.

**Days:** Tuesdays at 9am

**Location:** Large Activity Room

**Instructor:** Catherine Jackson

*Pre-registration is required for each class, classes begin the week of August 2nd.*

## Yoga



You're never too old to reap the rewards of yoga. Join us for this new and safe way to enhance your physical health and overall wellness by stretching, breathing and meditation. Yoga can help form greater flexibility and improve balance. Cost is \$3.00 per class. Class is limited to the first 8 people who register.

**Days:** Fridays at 9am

**Location:** Large Activity Room

**Instructor:** Catherine Jackson

*Pre-registration is required for each class, classes begin the week of August 2nd.*

**ALL FITNESS CLASSES BEGIN  
THE WEEK OF AUGUST 2ND**

**CALL US TO SCHEDULE!  
252-459-7681**



# SPECIAL PROGRAMS

## The Girls Facebook Live



Join us on Facebook Live as the Senior Services staff from both senior centers give a quick run down on how the reopening of the senior centers has gone during the first week. We want your feedback and want you to be a part of this discussion, so please watch and participate in the comment section.

**Date/Time:** Tues, July 13th at 11am

**Location:** [www.facebook.com/nashseniorcenter](http://www.facebook.com/nashseniorcenter)

## Tele-Bingo



During the month of July, we will be holding Tele-Bingo. There will be no bingo at The NASH in person. To play tele-bingo, please use one of the bingo cards previously mailed to you, and call the conference call number at 1-919-375-6898 to join the game. If you are in need of a new bingo card, please call us at 252-459-7681.

**Date/Time:** Thur, July 8th & 22nd at 2pm

**Phone Number:** 1-919-375-6898

## Trivia with The Girls



Join us on Facebook Live for a fun and competitive game of trivia! To answer our trivia questions, you will need to comment your answer in the comment section of our Facebook Live. Get your brain juices flowing and get ready to play!

**Date/Time:** Mon, August 2nd at 2pm

**Where:** Facebook Live

[www.facebook.com/nashseniorcenter](http://www.facebook.com/nashseniorcenter)

## Color My World



Do you like to color? Are you looking for a way to clear your mind while socializing with friends? Join us as we sit and color. Coloring can be relaxing, calming and helps lower stress and anxiety.

**Date/Time:** Every 2nd & 4th Monday 2pm

**Where:** The Library of The NASH

*\*\*Pre-registration is required, class begins in August\*\**

## Chair Volleyball



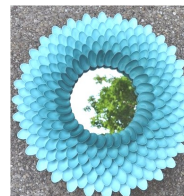
Chair Volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, and hand-to-eye coordination. Come out and get ready to find a fun way to exercise! Chair Volleyball will begin in August.

**Date/Time:** Every 2nd & 4th Friday at 10am

**Where:** The Large Activity Room

*\*\*Pre-registration is required, class begins in August\*\**

## Plastic Spoon Mirror



Let's get together and do a craft. These plastic spoon mirrors are just what you need to add color and creativity to your home. Class will be \$5 per person and can be paid on the day of class. Class is limited to the first 10 people who register.

**Date/Time:** Thur, August 26th at 2pm

**Where:** The Large Activity Room

**Registration Deadline:** Fri, August 20th

*\*\*Pre-registration is required\*\**

# SPECIAL PROGRAMS

## DIY Painting Class



Sometimes painting a masterpiece is as easy as one, two and three. Join us for this dollar tree craft as we paint canvases using little paint and a lot of fun. Class will be \$3 per person and can be paid on the day of class. Class is limited to the first 10 people who register.

**Date/Time:** Thur, Sept 9th at 2pm

**Where:** The Large Activity Room

**Registration Deadline:** Fri, Sept 3rd

*\*\*Pre-registration is required\*\**

## Your Food: Fibs and Facts

Join Regina Moseley and Kelsey Lichtenwalner of the N.C. Cooperative Extension as they educate the public on understanding the labels on foods. Regina will specifically address gluten free and organic diets, and the myths that go along with them. Class is limited to the first 20 people who register. Cost for the program is \$3.00 per person.

**Date/Time:** Tues, Sept 14th at 2pm

**Where:** The Large Activity Room

**Registration Deadline:** Thur, Sept 9th

*\*\*Pre-registration is required\*\**

## It's Fiesta Time



Dust off your sombreros, we're throwing a fiesta! Join us for a fun filled day, full of Mexican food, music and games. Your not going to want to miss this, it is sure to be a muy bueno time! This special program is \$5.00 per person and is limited to the first 36 people who register.

**Date/Time:** Mon, Sept 20th at 11:30am

**Where:** The Large Activity Room

**Registration Deadline:** Wed, Sept 15th

*\*\*Pre-registration is required\*\**

## Indoor Field Day



Come and join us for an Indoor Field Day as we get up, get out and get moving. Fun activities will be placed throughout the senior center where you can win fun prizes and ribbons.

**Date/Time:** Wed, Sept 22nd at 2pm

**Where:** The Large Activity Room

**Registration Deadline:** Fri, Sept 17th

*\*\*Pre-registration is required\*\**

## Taking Control of Your Health

Maintaining a healthy lifestyle may not be as hard as you think. In fact, a well-rounded lifestyle really comes down to the basics. Lets do it together. Join us in our Taking Charge of your Health Challenge. Join a group of individuals who will help keep you on track and will guide you through the process of being healthy! You will be given all the resources needed to complete this challenge. Class is limited to the first 10 people who register.

**Date/Time:** Mon Sept 13th & 27th at 10am

**Where:** Room 112

*\*\*Pre-registration is required\*\**

## Alzheimer's Presentation



Join Ashley Winstead, Senior Services Director, as she presents valuable information about Alzheimer's and related dementias. Class is limited to the first 10 people who register.

**Date/Time:** Thur, Sept 30th at 2pm

**Where:** Room 112

**Registration Deadline:** Fri, Sept 24th

*\*\*Pre-registration is required\*\**

103 North Alston Street,  
Nashville, NC 27856  
Phone: 252-459-7681  
Fax: 252-459-7118



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## **Grocery Box Pickup Program**

The Southern Nash Senior Center is excited to have the opportunity to be a host site of the Nash County Grocery Box Pickup program. This program is offered in partnership with the Area Agency on Aging and the Nash County Farmers Market.

These food boxes contain an assortment of groceries including: protein, grain, fruit and vegetables.

This program will be offered on select dates throughout the spring and summer (dates below). Recipients of food boxes must be 60 years or older and a resident of Nash County. There is a limit of one grocery box per household.

We encourage you to get involved and enjoy the fresh produce and healthy food options that this program brings to you! Please give us a call at 252-235-4303 if you have any questions regarding this program.

The Grocery Box Pickup begins at 1:30pm, however we encourage you to come early as it is first come, first served and we have a limited supply.

**Be sure to mark your calendars for the following dates:**

**Thursday, July 1st at 1:30pm**

**Thursday, July 15th at 1:30pm**