

July and August 2009

Senior Center Staff

PCCOA

Executive Director

Sandra Hicks

Center Manager/
Volunteer Coordinator

Candyce Gravitte

In-Home Care
Coordinator

Heather Howle

R.N. Supervisor

Susie Whitt

Office Manager

Doretha Whitt

Receptionist

Dorothy Stone

Nutrition Manager

Wendy Brown

Nutrition Aides

Wiley Bumpass

Darlene Claiborne

Bernette Curry

Roger Jeffers

James Walker

Fitness Center Aides

Dolian Duncan

Nancy Gray

Prime Times



Person County
Council on Aging, Inc.
& Senior Center

121 Depot Street/PO Box 764
Roxboro, NC 27573
Phone: 336-599-7484

Executive Director's Note

As we begin our new fiscal year at PCCOA, I want to take time out to thank everyone that supported our Agency through volunteer service, participation and donation of items or money. As a non-profit organization we depend so much on these donations and are very appreciative of all individuals, organizations, clubs, and churches that have given of their time and money to help us maintain our services and programs. With our declining economy most non-profits and governmental agencies who provide services are struggling to do more with less. This is true for the Person County Council on Aging. Therefore I want to take this opportunity to remind everyone how much we appreciate those who remember us through donations.

If you are not familiar with our services and programs, please take time to call us at 336-599-7484 or stop by our Center at 121 Depot Street in Roxboro, NC and let us share with you what vital programs we offer to our older adults in Person County. Our staff is available to speak at any events or meetings that your church or organization has at any-time.

Again we appreciate your support at the Council on Aging/Senior Center!

Sandra Hicks

Please listen to Roxboro Radio on Wednesday mornings at 11:05 am for the latest on what's going on at the Person County Senior Center!

Dog Days of Summer



Hot Hot Hot! What better way to celebrate the Dog Days of Summer than with your favorite dog! Join us on the lawn August 6th at 10:30 am and bring your dog friend with you- that is if he/she is well behaved, socialized and clean. Make sure they wear their favorite necklace and leash! We will "show" our dogs off. There will be watermelon for all that are allowed to have it and biscuits for the others. Please call Candyce at 599-7484 for more information.

Floral Arranging

July 2, 16 and August 2
11 am in the Computer
Room

\$25 per session

You can come to one or all
of them!

Drawing & Painting Classes

July 9, 16, 23, 30 August 6, 13, 20

Drawing starts at 10:00 am

Painting starts at 1:00 pm

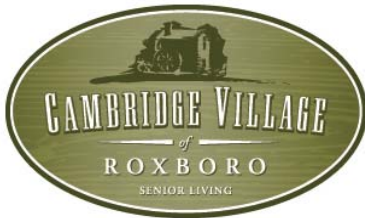
Taught by Frank Delemonte, the 2nd
Vice President of the Person County
Art Guild. Call or stop by the Center to
sign up. Money due at first class.

Drawing—\$12 per session

Painting —\$15 per session

Story Sharing

An old past time that has gone
by the wayside in recent years
due to the invention of things
such as televisions is
storytelling. Everyone has a
story to tell. Whether it's true
or not doesn't matter. Join us
in the social hall on July 28
and August 25 at 10:45 am
and share your story.



Now Pre-Leasing!

5660 Durham Road 336-598-4697 (phone)
Roxboro, NC 27574 336-598-4698 (fax)

Diabetes Academy is now in session!

Join us on July 16, 2009 at 10:45 am or
6:00 pm for a free class that will help
you learn the ins and outs of diabetes
from a certified diabetes educator.

Subjects include:

Diabetes 101

Staying Healthy

Insulin 101

Free take home information and light
snacks provided.

Please call the Senior Center at
599-7484 if you plan to attend.



5660 Durham Road 336-598-4697 (phone)
Roxboro, NC 27574 336-598-4697 (phone)

Grandmother's Table (Adapted from the Brother's Grimm)

Once there was a feeble old woman whose husband
died and left her all alone, so she went to live with her
son and his wife and their own little daughter. Every
day the old woman's sight dimmed and her hearing
grew worse, and sometimes at dinner her hands trem-
bled so badly the peas rolled off her spoon or the soup
ran from her cup. The son and wife could not help
but be annoyed at the way she spilled her meal all
over the table, and one day, after she knocked over a
glass of milk, they told each other enough was
enough.

They set up a small table for her in the corner next to
the broom closet and made the old woman eat her
meals there. She sat all alone, looking with tear-filled
eyes across the room at the others. Sometimes they
spoke to her while they ate, but usually it was to scold
her for dropping a bowl or fork.

One evening just before dinner, the little girl was busy
playing on the floor with her building blocks, and her
father asked her what she was making. "I'm building
a little table for you and mother," she smiled, "so you
can eat by yourselves in the corner someday when I
get big."

Her parents sat staring at her for some time and then
suddenly both began to cry. That night they led the
old woman back to her place at the big table. From
then on she ate with the rest of the family, and her son
and his wife never seemed to mind a bit when she
spilled something every now and then.

Weight Watchers meets every Thursday night at 5:45 pm on the lower level.

The Multiple Sclerosis Support Group meets the first Thursday night at 7 pm in the conference room.

The Milo Bowes Band entertains on the first Saturday night of each month from 7 pm until 10:30 pm in the Social Hall. There is a \$5 entrance fee.

The Hometown Band entertains on the first Tuesday of each month at 10:45 am in the Social Hall. This event is FREE!

Tai Chi meets every Monday, Wednesday and Saturday in the Social Hall. No fee for ages 55 and older. Class taught by Peter Kay. luckypersonataichi.com

Plastic Canvas meets each Tuesday at 10 am in the computer room. Bring your own materials.

Silver Sneakers: is offered Tuesday and Thursday at 9:30 am on the Lower Level. This is a cardio and strengthening work out .

Gerofit: is offered Monday, Wednesday and Friday at 9:30 am on the Lower Level. This is a low impact, stretching and strengthening class.

Bingo is every Friday in the Social Hall at 10:30 am. Bring a prize to donate.

Social Security is available on the lower lever on the last Thursday of every month.

ACBL Bridge meets every Monday at 1 pm and Wednesday at 7:30 pm on the lower level of the Senior Center.

July/August Basket Class Schedule

Triple Braided Carolina Charm Basket
Tuesday, July 14th. @ 5 pm. or 2:30 for early birds.

4"x7"x8" tall/without handle

Made with flat, flat-oval, sea-grass and cane
Braided design from one end to other end/ handle also

Woven with all plain materials, unless specified color

Plain basket cost \$30.00

All color except cane design- cost \$40.00, and will have to let me know in time to dye color choice.

Tuesday, August 11 @ 5 pm or 2:45 pm for early birds

Please let me know if you plan to attend or want a kit or want a certain color.

Call--Jane @ 336-597-3783 or email jbbaskets@earthlink.net

Nancy C. Coleman, Broker, REALTOR, SRES

ncoleman@roxboro.net

www.pointerreality.com

Pointer & Associates Real Estate

216 South Main Street/PO Box 796

Roxboro, NC 27573

Cell 336-592-1411

Office 336-597-5544



Prudential

**Pointer & Associates
Real Estate**

SRES

Thank You

Linda Bradsher

Evelyn Groves

Faye Carver

Janie Wolf

Roxboro Civitan Club

AARP Medicare

Roxboro Presbyterian Church

Roxboro Women's Club

ACBL Bridge

Line Dancers

The Exchange Club of Roxboro

The Historical Society of Person County

United Way

Person County Council on Aging
121 Depot Street
Post Office Box 764
Roxboro, NC 27573

PCCOA Mission Statement

The mission of the PCCOA is to provide a place for senior citizens to come together for services and participate in activities which reflect their experiences and skills. PCCOA will respond to older individuals diverse needs and interest, enhance their dignity, support their independence and encourage their involvement in and with the PCCOA and the community.

Helpful Hints

Use air-fresheners to clean glass. It does a better job and leaves a lovely scent.

When boiling corn on the cob, add a pinch of sugar to bring out the natural sweetness.

Candles will last longer if placed in the freezer for at least 3 hours prior to burning.

Spray your Tupperware with nonstick cooking spray before pouring in tomato based products and avoid stains.

Make ice cubes out of leftover wine and use later for casseroles and sauces.

Ants will not cross a chalk line. So draw one where ants tend to march.

Drop two alka seltzer tablets in a glass of water, add your jewelry for 2 minutes and it will come out sparkling.

Use empty toilet paper rolls to store appliance cords and drop cords. You can label them and will stay neat.

If you have any questions about your insurance, please contact Doretha Whitt at 599-7484 and make an appointment to meet with her.



Join Jeannie Schepisi on Tuesday, July 21, 2009 at 10:45 in the Social Hall as she explains the SHIIP Program.