

Senior Moments

Kiser Senior Center Newsletter

September 2016

Kiser Senior Center
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*"Enter as Strangers.....
Leave as Friends"*

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September is National Self-Improvement Month

Everyone has them, those areas we would like to improve. But improvement requires work and effort. September is Self-Improvement Month. During this month-long event, make a goal to work on different areas of your life that need a little improvement. Instead of getting overwhelmed by every little thing we wish to improve, consider taking it one week at a time, setting goals to help you on the path to making a better you. A few suggestions:

Week 1 – Mentality – Sit back and evaluate how you feel about yourself. Do you find yourself being critical of how you look, work, cook, etc.? This week, focus on how you can improve your mentality toward yourself. Forgive yourself and let things go. Everyday think about the good things you have accomplished and praise yourself. Most of all – don't worry about thing you can't control. Be grateful, it's one of the best remedies for improving your mentality. Make a list of things for which you are grateful.

Week 2 – Physical – Focus on the areas in your life that could use a boost. Whether you want to lose weight, boost energy or just cut your salt or sugar intake, set a goal to make it happen. Evaluate your level of activity, the healthy diet choices. You will soon feel much better and view yourself in a whole new light.

Week 3 – Spiritual – Spirituality requires continual improvement to help you progress. Find an area you can focus on to get closer to God. Study scripture, pray, attend services. Only you know what you can do to improve yourself and progress with your spirituality.

Week 4 – Relationships – Evaluate your relationships. Think about how to be a better spouse, parent, or friend. Do you need to put down a few distractions and focus on those you love a little more? Think about what qualities you admire most in your family and friends. Do you possess those same qualities? Do you put as much into the relationship as you want to get from it?

Self-improvement isn't a task you can ask someone else to do, it's accomplished by yourself. Find area you wish to improve and dedicate the entire month to those areas and watch yourself become the person you want to be.

September Regular Program Schedule

Evening Programs

2nd & 4th Monday of each month – Line Dance – 6:00 PM – Sept. 12 & 26.

Tuesdays – 5:30 PM – Low Impact Yoga – Sept. 13, 20 & 27. (No Yoga 9/6).

Fees for all classes will be \$1/class.

Daytime programs are:

Line Dancing – will be held on Thursdays at 3 PM Instructor – Judy Haney
\$1/class

Computer Classes – Thursday, September 8th and 22nd – Computer Chick – Bridgett Martin teacher. Classes begin at 4:00 p.m. Session are for 30 minutes sessions. We have a few laptops for use, but if you have your own, please bring it.

Morning Exercise – Every Tuesday & Friday – 9:00 AM - Exercise done to taped program. No charge for program. Open to public.

To sign up, or for more information, call the Kiser Sr. Center at 704-729-6465

Gaston Senior Living Task Force**Sept. 9, 2016 10:00 – Noon**

Centralina Area Agency on Aging, Gaston County DSS, and other agencies have joined together in a Task Force to help create opportunities for successful aging in Gaston County and surrounding areas. As part of this program the Kiser Senior Center will be participating by holding an event at our location.

The Task Force will be at the Kiser Center on 9/9 from 10:00 a.m. till noon. Staff and volunteers will be on hand to assist seniors, care-givers of seniors, and any others interested in completing a survey to define and help improve services for Gaston County senior adults. It is very important to get data from care givers and recipients.

One of the most important questions the task force hopes to answer is “Are existing services sufficient to meet the current need of our senior population? The plan is to define a vision and mission for Gaston County by looking at current services available and at the providers’ ability to increase services over the next 20 years. When the information is in place, the plan is to recommend new initiatives designed to fill identified gaps in services.

By recruiting partners from public agencies, municipalities, organizations and community partners the task force hopes to plan and execute a comprehensive strategy. Beginning in September the group will conduct both paper and online surveys. Between October and December they will analyze the results and prepare a report. In January of 2017 the task force will begin setting priorities and strategies to meet identified needs.

Recent data projections show that by 2018 NC will have more older adults (ages 60+) than young adults (birth – 17). Currently Gaston County’s elderly are poorer than the rest of the state. Many live below the poverty level. The overall death rate in Gaston County is 20% higher than the state. The report identifies some of the causes and obesity/overweight, smoking and diabetic illness are main contributors. Many of these can be addressed with proper health care and nutritional changes. These programs will be among the area needs looked at and addressed during this process.



Leaders see the future as a puzzle and work together to fit all the pieces together. It takes a lot of small pieces to make the big picture. Be part of solving this picture.

Mark Your Calendar – 2016 Healthy, Head To Toe, Health Fair will be held Oct. 12th at the Allan Farris Community Center. Flu shots, screenings, information and more. Full details will be in the October Newsletter. Time is 9:00 – Noon. Make plans to join us, bring a friend.



BP & Bingo



A new program at the Kiser Senior Center – BP & Bingo. As part of expanding our programs for the senior population, we are trying to combine health and fitness with fun activities.

Beginning this month, we will have BP & Bingo on a trial basis. If the program is successful, well attended, etc. we hope to extend it and make it a monthly scheduled event.

Staff from Brookdale Senior Living will be on hand to check blood pressures. We'll have bingo set up and will play for an hour or so, depending on the number stopping in. We will also have light snacks, such as fruit, yogurt, granola or breakfast bars, and juice/water for participants.

There will not be a charge for this program at this time. Mark your calendars and join us for this new experimental program.

Wednesday, September 14th - 9:00 – 10:30 a.m.

Kiser Senior Center

The September BP & Bingo is sponsored by BC Recreation and Brookdale Senior Living Solutions

“9/11 Remembrance Ceremony” – Downtown Bessemer City Sunday, September 11th – Time: 6:00 p.m.

Join the Bessemer City Ministerial Alliance and the City for a short program to mark the 15th anniversary of the 9/11 attack. The short program will include a few remarks, moment of silence & prayer, a time to honor first responders, music, and a speaker.



10 Simple Steps to More Happiness

1. Appreciate where you are at this very moment!
2. Savor life's joys. Forget lunch at your desk or at home in the kitchen...go outdoors and eat or try an outdoor café.
3. Turn around your schedule...shop on a different day, wash clothes on Tuesday...get out of brain-deadening routines and patterns. Drive to work or church by a different route.
4. Pretend you are a tourist in your own hometown. See it with new eyes. Visit parks, the library, downtown businesses. Bessemer City is changing weekly, with more activities and places to visit. Take advantage of the changes, be a part of them.
5. Go to a movie, play or read a book that you would not ordinarily read, then discuss it with a friend.
6. Thank you notes pay dividends. Cut out articles about people you know and send them with a note of congratulations.
7. Do whatever brings you the most happiness, energizes and makes you feel like the time is flying by. Use only upbeat and positive words for a whole day.
8. Develop an attitude of gratitude. Record good things – big and small- when they happen.
9. Learn something new...take a class, learn to knit, search for your ancestors, birdwatch, join a civic club.
10. Help yourself by helping others. Read to school children, mentor, work in a local crisis center program or pay it forward at the drive through. Smile at everyone you meet for a day.

Back To School Collection Corner



Beginning in September, the Kiser Senior Center will have a "Collection Corner" set up for the donation of school supplies. So many children head out to school each morning without the necessary supplies they need to succeed in class. Many families are struggling. With high unemployment, and the rising cost of supplies, many parents are unable to provide the basic school supplies their children need. In addition, schools across the country are facing severe budget cuts and lack the funding to purchase necessary supplies. City Staff will work with the local school to get donated supplies to the teachers.

Suggested items:

Paper, crayons, pencils, binders, glue sticks, hand sanitizer, tissues, etc. are all good items to donate.

Around Town – Local events and happenings that may interest you

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Senior Bingo - The 12th Anniversary of the Senior Adult Bingo program will be Monday, Sept. 19th at the Allan Farris Community Center. We sell 90 tickets per month (Limit 4/person). Cost is \$5/person. This includes a meal, bingo and fellowship. Tickets for the September Bingo are limited. Tickets for the October Bingo will go on sale Tuesday, Sept. 20th at 8:00 a.m. at the Kiser Senior Center.

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Community Concert & Cruise In - September 24th - the 2016 Community Concert/Cruise-In series. The event, the 5th in our series, takes place downtown Bessemer City - 6:00 p.m. till 10:00 p.m. *The Catalina's* will be performing.
The Bessemer City Lions Club will be on site cooking up their specials. Make plans to join us.

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Sign-ups for the December 20th trip to The Barn Dinner Theater in Greensboro are now open.

We will be seeing "How the Buckner Family Saved Christmas". This slapstick comedy is billed as the funniest, most requested comedy at The Barn. Cost will be \$55/person, which includes the comedy with meal and travel. This trip is to the matinee showing. We will arrive at The Barn around noon and should return around 7:00 pm or so. Reservations/seating will be taken on a first paid basis.



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**Thank A Police Officer Day – Friday, Sept. 16th at Kiser Senior Center.
11:00 a.m. – 1:00 p.m.**

Join us as the Bessemer City Recreation Dept. recognizes our local Bessemer City Police (and any other department that joins us) in honor of "National Thank a Police Officer Day". Join us at the Kiser Senior Center as we say thanks to the Police that put themselves at risk daily for our safety. We will have sandwiches, chips, cake and punch. Special thanks to our sponsor – Mike Croft at Whiskey Mill Bar & Grill & Dan's for their support. Drop by, let our officers know you appreciate them.



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Blood Drive – Monday, Sept. 12th, 2:30 – 6:30 p.m. at First Baptist Church, 107 East Washington Avenue, Bessemer City. For information or tips on donating blood, visit www.RedCrossBlood.org.

September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>3 p.m. Line Dance</i>	2 <i>9 a.m. Exercise Class</i>	3
4	5 <i>CLOSED Labor Day</i>	6 <i>9 a.m. Exercise Class 5:30 p.m. Yoga</i>	7	8 <i>3 p.m. Line Dance 4 - 6 Computer</i>	9 <i>9 a.m. Exercise Class 10:00 Gaston Senior Living Task Force</i>	10
11 <i>9/11 Program Downtown 6:00 p.m.</i>	12 <i>Line Dance 6 p.m.</i>	13 <i>9 a.m. Exercise Class 5:30 p.m. Yoga</i>	14 <i>9:00 - 10:30 BP & Bingo</i>	15 <i>3 p.m. Line Dance</i>	16 <i>9 a.m. Exercise Class 11:00 - 1:00 Thank A Police Officer Day</i>	17
18	19 <i>Sr. Bingo at Allan Farris Comm. Center</i>	20 <i>9 a.m. Exercise Class 5:30 p.m. Yoga</i>	21	22 <i>3 p.m. Line Dance 4 - 6 Computer</i>	23 <i>9 a.m. Exercise Class</i>	24 <i>Community Concert Cruise In 6 pm "The Catalina's"</i>
25	26 <i>Line Dance 6 p.m.</i>	27 <i>9 a.m. Exercise Class 5:30 p.m. Yoga</i>	28	29 <i>3 p.m. Line Dance</i>	30	

Our Purpose -The purpose of the Kiser Senior Center is to provide information and services for the senior community of Bessemer City, including opportunities for meaningful leisure and recreational activities, the availability of persons with whom you can share your concerns, and a place of fellowship and understanding. The Kiser Senior Center is made possible through the generous contribution from Dr. Glen A. Kiser and his wife, Muriel C. Kiser.

Newsletter – The Kiser Center newsletter “Senior Moments” is published monthly. The newsletter has information on upcoming programs at the center and around Bessemer City as well as a calendar with the activities for the month. “Senior Moments” is available for pick up at the Kiser Senior Center, with the new edition normally ready the week prior to each month. The newsletter is also available by email if you wish to share your address.