

Senior Moments

Kiser Senior Center Newsletter

November 2016

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

**Event and Senior Program
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Adora Alford

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"Pumpkin Happenin"

Wednesday, November 16th 1:30 – 3:00 p.m.

Wellness Works Day

Fall is the best time to enjoy pumpkins, and pumpkin desserts. It's also the perfect time to look at our fitness habits. The Kiser Senior Center will celebrate Pumpkins and Wellness on Wednesday, 11/16 from 1:30 – 3:00. We will have information on programs offered, and hope you will let us know about programs you would like to see offered at the center.

Representatives from Belaire Health Care Center will check blood pressures. We will have pumpkin desserts, pies, muffins, and more, with coffee and tea for all attending. Mark your calendar now.



November Regular Program Schedule

Evening Programs

2nd & 4th Monday of each month – Line Dance – 6:00 PM – Nov. 14 & 28. \$1/class

Tuesdays – 5:30 PM – Low Impact Yoga - \$1/class

Daytime programs are:

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

Computer Classes – Thursday, November 10th – Computer Chick – Bridgett Martin teacher. Classes begin at 4:00 p.m. Sessions are 30 minutes. 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

Best Ways to Spend a Relaxing Autumn Afternoon & Evening

Pretty much everyone enjoys the cooler weather, having a little time to get outside, enjoy nature, getting ready for the holidays, spending time with family, etc. All these activities can, however, lead to overload.

Finding ways to calm down, take a deep breath and let our health and wellness take a front seat is a very vital key to enjoying the season.

Health experts suggest the following as ways to find some relaxation.

- Take a nap – steal some time for a little shut-eye. Just a 15 minute nap can reinvigorate you. Stick to a short snooze so you don't enter into deep sleep; otherwise, you can end up feeling groggy than when you got started.
- Attack a snack – midafternoon nibblers, choosing healthier bites, will get more fiber, fruit and veggies and lose more weight. Grab a snack more than 2 hours after your last meal to help keep you satisfied for the hours before dinner.
- Limit late afternoon time on electronics. This includes television, computer and cell phone use. While we can now stay engaged with the world from the privacy of our own homes late into the evening, doing so we are exposed to the light that the devices emit; and both mental activity and light exposure promote wakefulness. Before the use of all these devices, evening time light reduction signaled our brains to “wind down” for sleep. To be sure technology isn't harming your sleep, give yourself at least 30 minutes of gadget-free time before hitting the hay.
- Take a bath – Once you've powered down all those devices, a late-evening bath is a great way to power yourself down. Body temperature naturally drops at night, signaling the brain that sleep is on the way. A warm bath artificially raises body temperature; then, when you get out of the tub, the exaggerated cooldown is a clear sign that it's time to turn in.



Sunday, November 6th marks the end of Daylight Savings Time in 2016. Clocks should be turned back one hour (officially at 2 a.m.) to return to standard time. Most turn the clocks before bedtime on the night before. However you choose to do it, just remember to change them.

Special thanks to all the exhibitors, volunteers, visitors, door prize sponsors and City Staff who helped make the 2016 Healthy “Head to Toe” Health Fair a great success. Programs like this help educate our seniors, their caregivers and families.

2016 Election Dates to Remember

Nov. 5 - One-Stop Absentee Voting for General Election ends

Nov. 7 - Last day to apply for absentee ballot for votes who are unable to vote in General Election due to sickness or physical disability

Nov. 8 - GENERAL ELECTION - Polls open at 6:30 a.m. and close at 7:30 p.m.



On the "lighter" side of this election, here are a few quotes and one-liners:

- To err is human. To blame someone else is politics.
- Folks who don't know why America is the Land of Promise should be here during the election campaign. Milton Berle

November 11, 2016 is Veterans Day

Veteran's Day is a time to honor those who have served in the U.S. Military – a time to express gratitude to those who have made great sacrifices to preserve our freedom. On this day we honor veterans and reflect on their sacrifice. All who served, in every branch of service, stateside or overseas, did their part to protect the safety and rights of all Americans.

"Every Day Should Be Veterans Day"

"Even if something is left undone, everyone must take time to sit still and watch the leaves turn."

Elizabeth Lawrence



The City removes leaves through the use of a leaf vacuum machine beginning Oct. 1 until March 1. Rake early and frequently, rake to the edge of the street, not on sidewalk or street and do not mix other debris with leaves.

A Day at the Fair

A few photos from our day at the NC State Fair.



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Around Town – Local events and happenings of Interest

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Fire Department BBQ - November 11 & 12 - BC Fire Department - North 13th Street.
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“Community Thanksgiving Meal – First Baptist Church”

Saturday, November 19, 2016 11:00 a.m. – 2:00 p.m.



The 2016 Community Thanksgiving meal will be held at First Baptist Church, 107 East Washington Avenue, Bessemer City on Saturday, November 19th. A free “traditional” Thanksgiving meal will be served between the hours of 11:00 a.m. and 2:00 p.m. Area churches join together to celebrate the season and share the community spirit. The meal is open to everyone. Take advantage of this time to fellowship. Bring the family.

Community Tree Lighting – *The City of Bessemer City along with representatives from the local Ministerial Alliance will join together for the Annual Community Tree Lighting Ceremony on November 26th at 6:00 p.m. The 32 ft. pre-lit panel tree will be the focal point for the event. Participants will be given a candle to light as we sing Christmas carols and join in opening the holiday season together. Hot cocoa, cider and cookies will be served during the event at no charge. Mark your calendars now to join us in celebrating and “lighting up the downtown”.*



Christmas Parade & Christmas in the City – Friday, December 2nd

4:30 p.m. – Christmas Parade steps off – Start your holiday by joining us for the 2016 Parade and Christmas in the City. Sir Purr from the Carolina Panthers accompanied by members of the Panthers Drum line, PurrCussion will once again join us. Local School bands, and of course, Santa will join the festivities. Joining us this year, to entertain between the Parade and Christmas in the City will be Carolina Quartet, singing traditional Christmas songs on stage in Centennial Park. Christmas in the City will begin immediately following the parade, on Virginia Avenue. This event will include food vendors, local churches, the Little Blue Choo, Sir Purr signing autographs, the Jingle Bell Parade and letters to Santa. This event is one of the holiday kick-off specials offered by the city and local churches and civic groups. Make plans to join in.

November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
		1 9 a.m. <i>Exercise Class</i> 5:30 p.m. <i>Yoga</i>	2	3 3 p.m. <i>Line Dance</i>	4 9 a.m. <i>Exercise Class</i>	5
6	7	8 9 a.m. <i>Exercise Class</i> 5:30 p.m. <i>Yoga</i>	9	10 3 p.m. <i>Line Dance</i>	11 CLOSED Veterans Day	12
13	14 Line Dance 6 p.m.	15 9 a.m. <i>Exercise Class</i> 5:30 p.m. <i>Yoga</i>	16 Pumpkin Happening 1:30	17 3 p.m. <i>Line Dance</i>	18 9 a.m. <i>Exercise Class</i>	19 Community Thanksgiving Dinner at First Baptist Church 11:00 - 2:00
20	21 Sr. Bingo at Allan Farris Comm. Center	22 9 a.m. <i>Exercise Class</i> 5:30 p.m. <i>Yoga</i>	23	24 CLOSED	25 CLOSED	26 Community Tree Lighting 6:00 PM
27	28 Line Dance 6 p.m.	29 9 a.m. <i>Exercise Class</i> 5:30 p.m. <i>Yoga</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.