

Senior Moments

Kiser Senior Center Newsletter

August/September 2017

Kiser Senior Center
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Bessemer City, NC 28016

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*"Enter as Strangers.....
Leave as Friends"*

**Event and Senior Program
Coordinator**

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The Recreation Dept. has recently acquired a 24 passenger bus for use in the Senior Program. Beginning this Fall we will be planning day trips for seniors. If you have ideas for visits, please call the senior center and let us know and we will check on them as we plan.

Special thanks to First Baptist Church, BC.

National Senior Citizens Day is August 21st. On this day to honor our elderly population we are encouraged to recognize and show appreciation for the value and contribution of elderly people to home, family and society.

In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

On **National Senior Citizens Day**, we should all spend some time with senior citizens and let them know of our appreciation for them. The Mayor and City

Programs & Classes

Exercise Program - Tuesday & Friday mornings – 9:00 a.m.

This is a one hour low impact exercise program. Exercises are done using taped program. – No fees

Tai Chi – Tuesdays – 10:30 – 11:30 a.m. - Instructor Patti Duncan - \$1/class

This is a beginner program, open to the public.

Line Dance – Advanced Class – Thursdays – 3:00 PM

Beginner Class – Start with the basics – 2nd & 4th Thursdays – 4:00 PM

All Line Dance classes are \$1/class



Evening Programs – Low Impact Yoga – Tuesday-5:30 p.m. - \$1

Eating Smart - The Med Way –A Gaston County Extension Program

Session #3 – Eat Smart- the Med. Way will be held Thursday, August 31st, 11:00 – 12:30 at the Kiser Senior Center. This session is on “Fats and Nuts” and focuses on how to incorporate healthy fats and nuts into your diet.

Session #4 – Eat Smart- the Med. Way will be held Thursday, Sept. 21st, 11:00 – 12:30 at the Kiser Senior Center. This session is on “Veggies, Fruits and Whole Grains” and focuses on how to incorporate these into your diet.

The cost for these programs is \$5/person payable at the door. Included will be food samplings and recipes based on the topic of the day.

Call to sign up – 704-729-6465

Healthy – Head to Toe – 2017 Health Fair
Wednesday, September 20, 10:00 a.m. – Noon
Allan Farris Community Center

The 6th Annual “Healthy, Head To Toe” Health Fair will be held on Wednesday, September 20th at the Allan Farris Community Center, 220 South 14th Street. Again this year we will have great vendors, opportunities for screenings, information and of course, freebies.

Exhibitors scheduled to be on-site include: Dr. Robert Crouch, DDS; Senior TLC; Bessemer City Fire & Police Departments; Belaire Health Care; Faith Health-Gaston; Partners Behavioral Health Management; Gaston Foot & Ankle; Peak Resources; Gaston County Adult & Aging Services; CVS Pharmacy (flu shots); Carolina Orthopaedic; Belmont Hearing Center; Caromont Health; Bradley Chiropractic and the Kiser Senior Center. More will be added as we finalize the day.

Bring a can of soup or jar of peanut butter for our local Crisis Assistance Ministry and your name will be entered into a drawing for a Walmart gift card.

Door Prizes, Snacks, Helpful Information, Screenings and more.

Thank A Police Officer Day – Monday, Sept. 18th at Kiser Senior Center.
1:00 p.m. – 2:00 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”. Stop by the Kiser Senior Center as we say thanks to the Police that put themselves at risk daily for our safety. We will have light pick up food & drink. Drop by, let our officers know you appreciate them.



“9/11 Remembrance Ceremony” – Downtown Bessemer City
Monday, 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.



Centennial Plaza Brick Pavers

As part of the improvements to the downtown area, the City is selling brick pavers to be placed in the area around the clock in front of the Centennial Park Plaza. The cost of the bricks is \$30 each, with each one allowing two lines, with up to 14 spaces per line. Your purchase ensures you an engraved brick paver, 4" x 8", laid as part of the plaza. Forms are available at City Hall and at the Kiser Senior Center.