

# FOCUS

**MCDOWELL COUNTY  
SENIOR CENTER  
CERTIFIED CENTER OF  
EXCELLENCE**  
100 SPAULDING ROAD  
MARION N.C. 28752

## FEBRUARY 2010

Weyland Prebor,  
Director

Phone: 828-652-8953



### VALENTINE'S DANCE AT THE MCDOWELL SENIOR CENTER

FRIDAY, FEBRUARY 12th,  
6:00PM - 9:00PM

A night of Music,  
Friends, and Fun!!

Live Music by   
"Terry McKinney and Friends"

Drinks will be provided,  
bring finger foods.

Advance Tickets   
\$5.00 per person

At Door: \$6.00 per person  
FOR MORE INFORMATION,  
CALL MCDOWELL SENIOR  
CENTER AT 652-8953.

### February is National Heart Month!



Medicare covers cardiovascular screenings including tests to check cholesterol, lipid, and triglyceride levels every 5 years (or more often if medically necessary). Knowing these numbers can help you take steps to prevent heart disease.

You can also lower your risk with these tips:

- Keep a healthy blood pressure
- Maintain a healthy weight
- Stay active
- Avoid or manage diabetes
- Find healthy ways to handle stress
- Don't smoke

Talk to your doctor to learn more.



### McDowell County Senior Games Kickoff Breakfast &



### Early-bird Registration Day

Friday - March 5th, 2010  
8:00 a.m. - 9:00 a.m.

Breakfast served at the  
McDowell Senior Center

Participants may register for \$5.00 until  
3:00 p.m. that day!

- ◆ Breakfast is FREE.
- ◆ Adults who are 55 years old and older and who are a resident of McDowell County may register. Register for only \$5.00. To get this special Early-bird rate, participants must complete registration form and return it that day.
- ◆ Please tell your friends, neighbors, and relatives. Our goal this year is to have 150 participants registered for McDowell County Senior Games. After March 5th, registration fee will be \$8.00.

To register for breakfast call Cheryl Woody or Brenda Monosso by March 3rd at the McDowell Senior Center at 652-8953.

### Free AARP Volunteer Tax Filing Program Now at McDowell Senior Center

The McDowell Senior Center is now taking appointments for the AARP Tax Program beginning February 2 through April 15 on Tuesdays and Thursdays. Anyone needing to file taxes for the 2009 tax year is eligible to participate in the free tax filing program. You may make an appointment by calling the McDowell Senior Center at 652-8953

People need to bring these items to their tax appointment:

- A copy of last year's return,
- This year's Social Security statement,
- Pension forms (1099-R),
- wage statements (W-2)
- Interest and dividend statements.
- Property taxes
- Broker statements

This will be a busy tax season. Please remember that the AARP Tax Volunteers are donating their time to help out the citizens of McDowell. If you are unable to make your appointment please be sure to call and cancel prior to your scheduled time.

### ???Do you have questions about Financial & Estate Planning ???

You are invited to join us for a question and answer session. Don Smith will be at the Marion site on Monday, February 1st @ 11:00 am and will be at the Old Fort site on Monday, February 8th @ 11:00 am to answer your questions.

Don't forget to sign up the day before by 1:00 pm for lunch if you plan to eat with us either of these days.



## VETERANS CONCERNS

By Alan Mainer

### WORKFORCE INVESTMENT ACT

Veterans seeking services under the Workforce Investment Act (WIA) can expect to obtain various services that are designed to "increase employment, retention, and earnings..." The determination of services is by the request of the veteran or a result of the outcomes of a "One-Stop" employee who has conducted an interview, evaluation, or assessment. These various types of services are available under WIA:

#### CORE SERVICES:

- Determination of whether the individuals are eligible to receive assistance under this title
- Outreach, intake (which may include worker profiling), and orientation to the information and other services available through the one-stop delivery system
- Initial assessment of skill levels, aptitudes, abilities, and supportive service needs
- Job search and placement assistance, and where appropriate, career counseling
- Provision of employment statistic information, including the provision of accurate information relating to local, regional, and national labor market areas, including job vacancy listings in such labor market areas, information on job skills necessary to obtain the jobs described, and information relating to local occupations in demand and the earnings and skill requirements for such occupations
- Provision of performance information and program

- cost information on eligible providers of training services
- Provision of information regarding how the local area is performing on the local performance measures and any additional performance information with respect to the one-stop delivery system in the local area
- Provision of accurate information relating to the availability of supportive services, including child care and transportation, available in the local area, and referral to such services, as appropriate
- Provision of information regarding filing claims for unemployment compensation
- Assistance in establishing eligibility for welfare to work activities and programs of financial aid assistance for training and education programs that are not funded under this Act and are available in the local area
- Follow-up services, including counseling regarding the workplace, for participants in workforce investment activities authorized under this subtitle who are placed in unsubsidized employment, for not less than 12 months after the first day of the employment, as appropriate.

#### INTENSIVE SERVICES:

- Comprehensive and specialized assessments of the skill levels and service needs of adults and dislocated workers, which may include diagnostic testing and use of other assessment tools; and in-depth interviewing and evaluation to identify employment barriers and appropriate employment goals
- Development of an individual employment plan, to identify the employment goals, appropriate achievement objectives, and appropriate combination of services for the participant to achieve the employment goals
- Group counseling
- Individual counseling and career planning
- Case management for participants

seeking training services

- Short-term prevocational services, including development of learning skills, communication skills, interviewing skills, punctuality, personal maintenance skills, and professional conduct, to prepare individuals for unsubsidized employment or training.

#### TRAINING SERVICES:

- Occupational skills training, including training for nontraditional employment
- On-the-job training
- Programs that combine workplace training with related instruction, which may include cooperative education programs
- Training programs operated by the private sector
- Skill upgrading and retraining
- Entrepreneurial training
- Job readiness training
- Adult education and literacy activities
- Customized training conducted with a commitment by an employer or group of employers to employ and

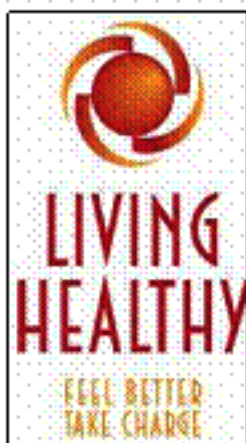


McDowell Health Department, The Corpening Memorial YMCA, and McDowell Senior Center are partnering to offer the Walk to Jerusalem activity challenge again in 2010.

The Walk to Jerusalem is an imaginary walk that encourages walkers to increase physical activity and spiritual growth. The goal is to organize teams and walk the number of miles from Marion to Jerusalem (approximately 6,267 miles) between New Years and Easter. ALL AGES CAN PARTICIPATE IN THE WALK. The overall goal is to get people moving and therefore possibly reduce their health risks. 20 minutes of physical activity is equal to walking one mile.

**Please remember to turn in the number of miles walked each month to Cheryl Woody or Brenda Monosso.**

This program was created by Nancy Evans, RN, BA a St. John Health Parish Nurse. Questions? contact: Cheryl Woody (668-4867) or Brenda Monosso at 652-8953 or Mary Smith at 652-6811 ext. 1344.



## LIVING HEALTHY WITH A CHRONIC CONDITION WORKSHOP

The Area Agency on Aging invites you to participate in a self-management workshop for people with any type of ongoing health problems. These problems may include heart disease, lung disease, stroke, diabetes, arthritis, high blood pressure, overweight, fibromyalgia and others.

Designed at Stanford University, research studies have shown that the workshop is extremely effective in helping people manage their health.

Sessions are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Participation in all sessions is very important to learn better ways of coping and managing your health by:

- Setting goals that are do-able
- Working with others
- Finding support and solutions to problems
- Making daily tasks easier
- Relaxing and managing stress
- Working in partnership with your health care team

The Healthy Living workshop is held for two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and community centers. People with different ongoing health problems attend together. Workshops are facilitated by two trained leaders, one or both

of whom live with an ongoing health problem.

### Subjects Covered Include:

- Managing pain, fatigue, depression and frustration
- Improving and maintaining health with appropriate exercise
- Wise use of medications
- Effective communication with family, friends and professionals
- Eating for health
- Problem Solving
- Evaluation of new treatments

The Healthy Living with a Chronic Condition workshop will be held at The McDowell Senior Center from 1:00 pm – 3:30 pm starting on February 12, 2010 through March 19, 2010.

**Call for registration either Michelle Templin, Area Agency on Aging 828-287-2281 Ext: 1258 or Marilyn Wells, Coordinator 828-652-9436**

Registrations will be taken until Monday February 8, 2010 – Space is limited

Refreshments will be made available for this class.



### Facebook Fun



A fun new class will be starting on Tuesday, February 9th @ 1:00 in the computer lab. In this stress free class you will learn how to make yourself a facebook page and connect with your friends. The class will be limited to 6 students so sign up soon! If the class is full you can leave your name on the waiting list for the next session.



## Community Health and Mobility Partnership

### What is CHAMP?

The Community Health and Mobility Partnership (CHAMP) is designed to improve balance and mobility and prevent falls in older adults and people with disabilities.

Health care teams, including nursing and physical therapy faculty and students and Emergency Medical Services personnel, conduct in-depth screenings and provide advice and individualized recommendations for exercise and other interventions. There is no charge for these services.

CHAMP participants are referred to other healthcare providers in their local communities as appropriate.

### Who should participate?

Anyone who:

- Has concerns about balance
- Has had one or more falls
- Wants to improve strength or mobility
- Needs advice about assistive devices, such as walkers and canes
- Wants to identify and reduce individual risk factors for falls
- Needs instruction in specific home exercises to help maintain fitness and independence

**If you are interested or would like to schedule an appointment please call:**

**(828)652-8953—McDowell County Senior Center for Marion  
(828)668-4867 A.C. Bud Hogan Community Center for Old Fort**

### When participating in CHAMP screening events:

- Wear comfortable clothing and shoes
- Bring your medications
- Bring your physician's name, mailing address, and phone number

FEBRUARY 2010

652-8953

McDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Puzzle Fun 1 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise 11:00 Don Smith- Estate Planning question & Answer Session	2 9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 1-3 Mah Jongg <u>Evening Classes</u> 6:00 Line Dance 6:00 to 8:00 Knitter's Night 6:00 Computer Class	3 9:00 Quilting 10:45 Chair Exercise 1:00 Clogging 1:00 Cards & Games	4 9:00 Pat Rose-Crafts 9:30- J.A.M. Exercise 10:45 Chair Exercise 1:00 Seniors In Rhythm 1:00 Knitting Workshop <u>Evening Classes</u> 6:00 pm-Eat Smart, Move More, Weigh Less 6:00 Computer Class	5 9:00 Crochet Class 10:30 Variety Hour 10:45 Chair Exercise 12:00-3:45 Duplicate Bridge
Puzzle Fun 8 9:00 Needlework / Embroidery 9:30 Line Dance <b>10:00 Senior Games                      Steering Committee                      meeting</b> 10:45 Chair Exercise	9 9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 1-3 Mah Jongg <u>Evening Classes</u> 6:00 pm Line Dance 6:00 to 8:00 Knitter's Night 6:00 Computer Class	10 9:00 Quilting 10:45 Chair Exercise Blood Pressure Cks. 1:00 Clogging 1:00 Cards & Games	11 9:00 Pat Rose-Crafts 9:30-10:30 J.A.M. Exercise 10:45 Chair Exercise 10:45 Fun Bingo 1:00 Seniors In Rhythm 1:00 Knitting Workshop <u>Evening Classes</u> 6:00 Computer Class	12 9:00 Crochet Class 10:45 Chair Exercise 12:00-3:45 Duplicate Bridge  <b>6:00 pm-9:00 pm                      Valentine's                      Dance</b>
15 CLOSED STAFF DEVELOPMENT DAY	16 9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 1-3 Mah Jongg <u>Evening Classes</u> 6:00 pm Line Dance 6:00 to 8:00 Knitter's Night 6:00 Computer Class	17 9:00 Quilting 10:45 Chair Exercise 1:00 Clogging 1:00 Cards & Games	18 9:00 Pat Rose-Crafts 9:30-10:30 J.A.M. Exercise 10:45 Chair Exercise 1:00 Seniors In Rhythm 1:00 Knitting Workshop <u>Evening Classes</u> 6:00 pm-Eat Smart, Move More, Weigh Less-Program fee: <b>A one time \$10.00 fee</b> 6:00 Computer Class	19 9:00 Crochet Class 10:30 Variety Hour 10:45 Chair Exercise 12:00-3:45 Duplicate Bridge <u>North Cove Day</u> Blood Pressures with Linda Johnson
Puzzle Fun 22 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise 11:00 Heart Health Awareness-McDowell Hospital	23 9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 1-3 Mah Jongg <u>Evening Classes</u> 6:00 Line Dance 6:00 to 8:00 Knitter's Night 6:00 Computer Class	24 9:00 Quilting 10:45 Chair Exercise 1:00 Clogging 1:00 Cards & Games	25 9:00 Pat Rose- Crafts 9:30- J.A.M. Exercise 10:45 Chair Exercise 10:45 Fun Bingo 1:00 Seniors In Rhythm 1:00 Knitting Workshop <u>Evening Classes</u> 6:00 pm-Eat Smart, Move More, Weigh Less 6:00 Computer Class	26 9:00 Crochet Class  10:45 Chair Exercise 12:00-3:45 Duplicate Bridge



SENIOR GAMES NEWS



McDowell Senior Games will begin registration on March 5<sup>th</sup> @ 8:00 am.

**The Earlybird rate will be \$5.00 on this day only. After March 5<sup>th</sup> the rate will be \$8.00.** Everyone who registers will receive a 2010 Senior Games t-shirt and goody bag in April.

**The deadline to register for McDowell Senior Games will be April 15<sup>th</sup>, 2010.**

For Reservations Call: **652-9873** FEBRUARY 2010 For Reservations Call: **668-4867**

Dining Room desk Extension 312 or  
Dining Room Site Manager extension 311

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Pork Loin 1 Steamed Cabbage Orange Juice Black-eyed Peas Corn Bread Oatmeal Raisin Cookie	Baked-Breaded- Chicken Breast 2 Fillet Lettuce & Sl. Tomato Potato Soup-Cong. Tater Tots-HDM Bun Cold Sliced Peaches (D.B. sliced peaches)	Pinto Beans w/ Chopped Onions 3 Turnip Greens Potato Wedges Corn bread Whole Baked Apple (HDM & DB Applesauce)	Baked Chicken 4 Breast Fillet w/ Mushroom Gravy Vegetable Medley Cornbread Dressing Roll Cranberry Congealed Salad (D.B.- S.F. Cranberry Congealed	Chili with 5 Beans Tossed Salad Whole Kernel Corn Corn Bread Fruit Cup
Sante Fe Chicken 8 Glazed Carrots Fruit Cocktail Dilled Potatoes Biscuit Cinnamon-Crisper- Cookie	Baked Spaghetti 9 Cucumber Onion & Tomato Salad Buttered Peas Texas Toast Pears (D.B. -Pears)	Hot Dog w/chili 10 & onions Cole Slaw Baked Potatoes Wedges Bun Apple or Peach crisp (D.B. S.F. Fruit Crisp)	Stew Beef with 11 Gravy over Rice Green Beans Carrots Roll Strawberry Shortcake	Baked Macaroni 12 & Cheese Cold Country Tomatoes Steamed Cabbage Corn Bread Peanut butter Bar
CLOSED STAFF DEVELOPMENT DAY 15	Lemon Pepper 16 Chicken (Breast or Leg & Thigh) Fried Squash Buttered Noodles Roll Jell-o with Fruit (D.B. -S.F. Jell-o with Fruit)	Baked Ham 17 Green Beans Assorted Juices Baked Sweet Potato Biscuit or Roll Butterscotch Cookie	Chicken Pie 18 Peas & Carrots Pickled Beets Biscuit Iced cake	Pimento Cheese 19 Sandwich Beef Vegetable Stew Fruit Cobbler (HDM & DB- Hot Fruit)
Oven Fried Fish 22 Filet Cole Slaw Fruit Juice Scalloped Potatoes Corn Bread Sugar Cookie	Baked-Parmesan 23 -Chicken Breast Green Beans Copper Pennies(Carrots) Rice Biscuit Pudding (D.B. Vanilla Pudding)	Meatballs with 24 Mushroom Gravy Tossed Salad Green Peas Noodles Garlic Toast Cherry Cheesecake	Bar-B-Que Pork 25 Cole Slaw Fruit Juice Baked Beans Bun Iced Spice cake	Turkey w/gravy 26 Cut Broccoli Wild Rice Roll Fruit Cocktail (D.B. S.F. Fruit)

<p><b>*****</b></p> <p><b>NOTICE: Winter Weather Policy</b></p> <p>When the weather is bad such as snow or icy conditions, we will announce any closings on WBRM-1250 AM. The McDowell Senior Centers' policy is to close when the school system closes due to the weather and/or bad road conditions. If at all possible, please try to have extra (non-perishable) food on hand for such occasions.</p> <p>Some good items to have on hand are snack-sized canned goods. Good because they generally have pull-top lids. (store extra water). Crackers, granola bars and trail mix.</p> <p><b>*****</b></p>	<p><u>Nutrition Site Beverages</u></p> <ul style="list-style-type: none"> <li>Whole Milk</li> <li>Skim Milk</li> <li>Buttermilk</li> <li>Chocolate Milk</li> <li>Lemonade</li> <li>Tea</li> <li>Coffee</li> </ul>	<p><u>Dining Room Notice</u></p> <p>In order to be sure you will be served lunch, please register by 12:00 pm the day before you want to eat.</p> <p><b>Thank you.</b></p>
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**OLD FORT NUTRITION SITE**

**LOCATED AT 909 EAST MAIN ST., OLD FORT, NC 28762**

**Phone: 668-4867**

**FEBRUARY 2010**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
1 8:30—1:30 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman	2 Groundhog Day  10:00 Crafts with Joyce Lytle	3 Blood Pressure Checks by Linda Johnson Puzzles & Crafting	4  10:30 Bingo	5 8:30—1:30 Fitness Equipment Exercises
8 8:30—1:30 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 11:00 Don Smith- Estate Planning question & Answer Session	9 Puzzles 10:00 Crafts with Joyce Lytle	10 Puzzles & Crafting	11 10:30 Bingo	12 8:30—1:30 Fitness Equipment Exercises
15 CLOSED STAFF DEVELOPMENT DAY	16 Puzzles 10:00 Crafts with Joyce Lytle	17 Puzzles & Crafting	18 10:30 Bingo	19 8:30—1:30 Fitness Equipment Exercises
22 8:30—1:30 Fitness Equipment Exercises Old Fort 10:00 Crochet with Jo Shuman	23 Puzzles 10:00 Crafts with Joyce Lytle	24 Puzzles & Crafting 11:00 Heart Health Awareness-McDowell Hospital	25 10:30 Bingo	26 8:30—1:30 Fitness Equipment Exercises

**Riddles:**

- I am a rock group that has four members, all of whom are dead. One of which was assassinated
- Two sentries were on duty outside a barracks. One faced up the road to watch for anyone approaching from the North. The other looked down the road to see if anyone approached from the South. Suddenly one of them said to the other, "Why are you smiling?" How did he know that his companion was smiling?

# THE BUZZZ OF MARION

Phone 652-9873

Kathleen Scott had her two sons George Jr. & Shuford Leon from Austin, Texas to come in for a visit for four days recently.

Beulah Robinson vacationed in Florida with her sister and husband.

Billy & Gail Poteat were in for a short visit from Scotland Neck. He is doing good, but has his treatments every three days.

Vera Washburn and Mary Morgan are going with Toney Tours to Wythville, Virginia to see Legends of Country Music.

Betty Prebor is back from a pleasant trip to Florida and a 9-day cruise to Panama.

We miss Francis Whitson. She fell and had to have pelvic surgery and is now in Autumn Care. Get well soon, Francis.

We miss Sue Fowler also. She has been in the hospital and is now in Sunrise Rehab. & Care.

We are also missing Juanita Grady. She broke her leg and is now in Sunrise Rehab. & Care.

By Margie Boyd

A squirrel was caught enjoying the bird feeders at the A.C. Bud Hogan Community Center



HAPPY  
FEBRUARY  
BIRTHDAYS

## MARION

Thelma Owen 2  
Kathleen Scott 5  
Katherine Gallion 5  
Bobby Austin 6  
Bobbie Gumbert 6  
Marvin Hollifield 6  
Dave Conner 8  
Carolyn Weant 9  
Nancy Hutchins 9  
Stella Case 11  
Thelma Trent 11  
Gene Moffitt 13  
Earl Estes 14  
Jacqueline McPeters 16  
Lee Wilkerson 17  
Roger Gallion 17  
Marie Ledford 25  
Dillard Payne 25  
Mary Brooks 29

## OLD FORT

Glennie Stafford 2  
Betty Cordell 4  
Ron Arthur 5  
Rita Myers 5  
Jesse Gilliam 6  
Virginia Condrey 7  
Mary Duckett 17  
Betty Steppe 19  
Rick Myers 22  
Norris Parker 22  
Mary Grindstaff 23

## NORTH COVE

Doris Phillips 6

# THE BUZZZ OF OLD FORT

Old Fort Center  
Phone 668-4867

We enjoy having new people come to be with us at the "AC Bud Hogan Community Center. Welcome Billy Medfor, good to have you.

We miss Bob Smith. We are thinking about you and Becky. Hope you will be well soon.

Hubert & Anne Moseley, we are missing you both.

Mary Grindstaff had a good trip to her niece's wedding.

Everyone wants to thank the ladies that came to give us the flu shot. Hope everyone gets through the cold weather without any problem.

We are missing Geneva Bean. We hope she can come back soon.

We also miss Ida Warren. Hope she is doing well.

We thank Brenda & Dawna for driving the van for us.

Hope this year will be a blessed one.

By Latha Johnson

## B\*I\*N\*G\*O

Everyone enjoys BINGO at both the Marion and Old Fort sites. You can find everyone playing every other Thursday at the **Marion** site at 10:45am. Look at the calendar of events to see which Thursday. (Bring a small prize to if you want to play)

## Condolences

We are sorry to hear about the death of Vera Roland. She was a nice lady. She came to the Old Fort site when we were up town. Our thoughts are with her family.



Jeanette Grindstaff enjoys calling BINGO with the participants of the A.C. Bud Hogan Community Center. You can join in on the fun every Thursday at the **Old Fort site** at 10:30am.

## 2010 Census: Easy, Important and Safe

With only 10 questions, the 2010 Census questionnaire takes approximately 10 minutes to complete. Households are asked to provide key demographic information, including: whether a housing unit is rented or owned; the address of the residence; and the names, genders, ages and races of others living in the household. The information you provide will be especially valuable for the citizens of North Carolina. Dennis W. Streets, Director of the Division of Aging and Adult Services states, "It is estimated that for each person who is not counted, North Carolina will lose about \$10,000 over the next 10 years. We can ill afford to let this happen, especially as we strive to assist seniors, younger adults with disabilities, and family caregivers who are experiencing even greater hardships in these challenging economic times."

### Remember these key points about the census:

- It is easy because the form is only 10 questions.
- It is important because the data gathered is used for funding allocations, congressional representation, redistricting, and for other important public activities.
- It is secure because the U.S. Census Bureau, by law, cannot share individual, personally identifiable responses with anyone. No court of law—not even the President of the United States—can have access to individual responses.

### Here are some important dates to remember as we approach Census Day:

- March 15-17: Census forms are mailed or delivered to households.
- March – April: Census forms are available at Be Counted sites and Questionnaire Assistance Centers for those individuals who need help filling out their forms, or who did not receive a form by mail.
- April 1: Census Day
- May – July: Census workers will visit households who do not return

forms to take a count in person. If you have concerns about these census workers please read the information below from the Better Business Bureau.

### How to Identify a Census Taker

If a U.S. Census Bureau employee knocks on your door, here are some recognition tips to assure the validity of the employee:

- The census taker must present an ID badge that contains a Department of Commerce watermark and expiration date. The census taker may also be carrying a bag with a Census Bureau logo.
- The census taker will provide you with supervisor contact information and/or the Local Census Office phone number for verification, if asked.
- The census taker will ONLY ask you the questions that appear on the census form.

### What the 2010 Census DOES NOT Ask

- 2010 Census takers will not ask you for your social security number, bank account number, or credit card number.
- 2010 Census takers also never solicit for donations and will never contact you by e-mail.

For more information about the upcoming 2010 Census visit

### JANUARY CROSSWORD ANSWERS

ACROSS:

2. BLANKETS
3. SWEATER
5. HAT
6. SCARF
8. JACKET

DOWN:

1. SNOWPANTS
2. BATHROBE
4. EARMUFFS
7. COAT



## McDowell Senior Center Exercise and Dance Classes

### Chair Exercise - Free

Monday - Friday at 10:45

### Morning Line Dance Class-Free

Mondays 9:30 am

### Joints are Moving

Free for senior citizens-Tuesdays and Thursdays- 9:30 am-10:30 am

### Evening Line Dance Class

Fee \$25.00 per person for 5 week session or \$5.00 per class - Tuesdays, 6:00 pm -7:00 pm

### Clogging - Free

Wednesdays, 1:00 pm

### Riddle Answer:

1. Mount Rushmore, get it, rock group.
2. Although the guards were looking in opposite directions, they were not back to back. They were facing each other.

### FOCUS

Reporters:

Marion:

Margie Boyd

Old Fort:

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