

Nash County Senior Center

103 N. Alston Street ~ Nashville, NC 27856

Contact Us: 252-459-7681

Message from the Supervisor:

The big question these days is “When will the Senior Center reopen?” As much as we wish we could reopen our doors right now, it is simply not safe to do so. After careful consideration and following of all safety guidelines that have been set forth, The Nash Senior Center will remain closed throughout the month of June.

As always, your health and safety are of utmost priority and this decision was made with you in mind. We hope that you will continue to stay connected with us through our virtual programs.

We hope that we can one day soon return to some type of normalcy and that you can come back to your “home away from home.” Although our doors are closed, please know that you can still call us if you need information, assistance or just to hear a familiar voice.

We will get through this together!

-Morgan Doughtie

Senior Center Supervisor

THE NASH NEWS



ANNOUNCEMENTS

Home Delivered Meals

I've always known how important and vital our volunteers are to our home delivered meals program but over the past few weeks, that fact has spoken volume. I've had the opportunity and responsibility of delivering meals to our clients and have seen the need this program fills. As volunteers, you not only provide them with hot, nutritious meals for their physical needs but you provide them with concern and attention for their emotional needs. Please know they miss you very much—they tell me all of the time—and of course, I miss you as well! So hurry back when this whole thing is over. I need some help!

~Wendy Perry
Senior Services Coordinator

Census 2020

Make sure Nash County Counts in the 2020 Census. Over the next decade, lawmakers, business owners, and many others will use 2020 Census data to make critical decisions. The results will show where communities need new schools, new clinics, new roads, and more services for families, older adults, and children.

In other words, participating in the 2020 Census is a BIG deal! It takes ten minutes or less. Each household must be counted and doing it online or over the phone will prevent a census taker from visiting your home. Get counted today by visiting 2020census.gov or call Ashley Winstead at 252-459-1365 for assistance completing your Census information over the phone.

Down East Senior Games

NC Senior Games recently issued a statement to all Local Games Coordinators across the state encouraging the cancellation of the 2020 Local Senior Games, including sports, group events, and in-person SilverArts competition, while supporting the idea of hosting SilverArts virtually. NC Senior Games emphasized that participants' safety is of their utmost concern—one that we share.

With this in mind, we are cancelling our 2020 local sports/athletic/group events, but will be offering some of the SilverArts competition events in a virtual format. This was certainly a decision we did not take lightly, but ultimately we will always put the well-being of our participants first and foremost. **With the cancellation of the 2020 Down East Senior Games, you will automatically receive a full refund.**

We are sorry our Down East Senior Games athletic and group events must be cancelled, but we have been assured by NC Senior Games that they will allow persons who registered for the events locally to compete in NC Senior Games State Finals, if they are held this fall. A decision on the status of NCSG State Finals will not be made until next month and instructions about registration are not yet available. NC Senior Games will be following guidance from the Governor and the NC Department of Health and Human Services.

If you have any questions regarding this process, please do not hesitate to call Morgan Doughtie at 252-462-2730.

VIRTUAL PROGRAMS & ACTIVITIES

Monday Zoom



Zoom is an online video chat. Grab your phone, computer, or tablet and let's gather virtually! For assistance in setting up Zoom, be sure to call Morgan at 252-462-2730.

For computer users:

Simply type in <https://zoom.us/join> and enter in your meeting ID. The meeting will start as soon as you sign in.

For phone/tablet users:

Find the app store located on your phone or tablet and type in the search bar "Zoom Cloud Meetings". Download and open the app. Once downloaded, select "join a meeting" then type in the meeting ID.

Dates: June 1st, 8th, 15th, 22nd & 29th

Time: 10:00am

The NASH Meeting ID: 814-7622-4317

Meeting Password: thenash

Mondays with The Girls



The Senior Services staff can be quite a chatty group and we miss talking with you throughout the day at the senior center. Join us on Facebook Live as we talk about anything and everything under the sun and enjoy our time together. Interact with us in the comment section by making comments, suggesting conversation topics and asking questions.

Dates: June 1st, 8th, 15th, 22nd & 29th

Time: 2:00pm

Tuesday Health & Wellness

Join us on Facebook Live each Tuesday as we discuss different topics related to health and wellness. This month we are excited to have special guests join us and discuss various Health & Wellness topics. Our special guests include Regina Moseley of the NC Cooperative Extension, Lisa Barker of the NC Department of Insurance, and Dr. Stinson of Nash UNC Healthcare.

Tuesday, June 2nd at 10:00am

Getting Organized

Tuesday, June 9th at 10:00am

Cooking Up the Season with Regina Moseley:
Lemon Basil Summer Squash

Tuesday, June 16th at 10:00am

Head & Neck Cancer with Dr. Stinson

Tuesday, June 23rd at 10:00am

Cooking Up the Season with Regina Moseley:
Corn, Blueberry, & Wild Rice Salad

Tuesday, June 30th at 10:00am

Medicare 101 with Lisa Barker Regional Manager of North East Region for SHIIP and Morgan Doughtie Nash County SHIIP Coordinator

Join US

ON

facebook

VIRTUAL PROGRAMS & ACTIVITIES

Zoom Aerobics



Join Allison Barrett and other Senior Services staff via Zoom for a low-impact chair aerobics class! We will be holding live real-time aerobics classes twice a week and hope you will join us!

To join from a computer, visit <https://zoom.us>, click “Join a Meeting” in the top right corner of your screen, and type the Meeting ID and password when prompted. To join from a tablet or smartphone, you may need to download the Zoom app. If you would like help setting up Zoom on your device, please call Morgan at 252-462-2730.

Day/Time: Tuesdays at 2pm
Thursdays at 9am
Meeting ID: 824-1054-6947
Meeting Password: 0LLmbH

Brain Games

Join us on Facebook Live each Wednesday at 11:30am for various Brain Games! To play, you will need to “like” us on Facebook. Check out the game topics for each week listed below.

Wednesday, June 3rd at 11:30am

“What’s That Phrase?”

Wednesday, June 10th at 11:30am

“The Price is Right”

Wednesday, June 17th at 11:30am

“What’s That Phrase?”

Wednesday, June 24th at 11:30am

“The Price is Right”



Tele-Bingo



Let’s play Bingo over the phone! To participate, dial the phone number below to join our conference call! You should have received a Bingo card in your previous newsletter. If you would like a bingo card please call Morgan at 252-462-2730. You will need to get creative and find a way to cover your card during the game, but you only get one card so try and avoid writing on it. These weekly Bingo games are for fun and no prizes will be awarded.

Dates: June 4th, 11th, 18th, & 25th

Time: 2:00pm

Phone Number: 1-919-375-6898

Thursday Craft with Sandy

Join Sandy Richardson, Activities Specialist at The NASH, and other Senior Services staff members on Facebook Live for simple “do-it-yourself” crafts that you can do at home while social distancing! Be sure to post pictures of your finished products to our Facebook page so we can see what you created!

Thursday, June 4th at 11:00am

Craft: July 4th Centerpiece

Thursday, June 11th at 11:00am

Craft: Plastic Spoon Mirror

Thursday, June 18th at 11:00am

Craft: Pinecone Decorations

Thursday, June 25th at 11:00am

Craft: Bird House

VIRTUAL PROGRAMS & ACTIVITIES

Line Dance

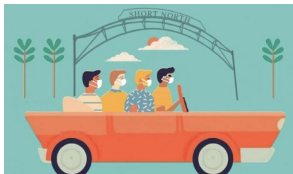


Check our Facebook page each Friday morning to learn a new line dance! Senior Services staff will be recording instructional line dance videos for you to try out in the comfort of your home. Videos will be posted each Friday morning and can be watched and re-watched at your own pace. Give some line dancing a try!

Dates: Friday, June 5th, 12th, 19th, & 26th

Time: 9:00am

Parade of Members



We had such a great time at our Parade of Members in May and we want to continue hosting them. It did our hearts good to see all of you driving through the parking lot and honking your horns. We hope you enjoyed it as much as we did. Join us again for a drive-thru celebration and mingle with us while we practice social distancing. All of our Senior Services staff will be in the parking lot cheering you on while you ride through and visit. Our only request is that you stay in your car and wear a mask if you have one. We can't wait to see you all and hope you join us!

Dates: Wednesday, June 17th

Time: 2:00pm-4:00pm

Virtual Programming

This has been a new way of communicating and learning for us all. We thank each of you who have taken this journey with us and for participating each week. We encourage you to share our Facebook page with your friends, family members, and even your older neighbor across the street. Sharing our Facebook page with others will allow them to also stay engaged with their local senior center virtually.

We hope that you will participate with us in our virtual programs! To participate in our conference call activities, you will simply need a cellphone or house phone to dial into the call to join other participants over the phone. The conference call phone number is 1-919-375-6898.

Be sure to "like" us on Facebook to stay up-to-date with all we are doing at the Southern Nash Senior Center! While our doors remain closed, activities and programs are constantly being uploaded to our page to keep you active and engaged. We hope that you will visit our page and participate. You can find us at "www.facebook.com/nashseniorcenter" or type "The NASH & Southern Nash Senior Center in your Facebook search bar!





ACRES
FLOWERS
GROUNDS
POINSETTIAS
TOURIST
WATERFOWLS
BUTTERFLIES

GARDENS
MUMS
ROSES
TREES
FESTIVAL
GAZEBO
MUSEUM

SWAMPS
TROPICAL
FLORIDA
GINGER
OLD
TOPIARIES
TULIPS

June 2020

Mon	Tue	Wed	Thu	Fri
1 10am: Zoom Chat 2pm: The Girls Talk Show Facebook Live	2 10am: Health & Wellness Facebook Live: Getting Organized 2pm: Zoom Aerobics	3 11:30am: Brain Game: What's that Phrase?	4 9am: Zoom Aerobics 11am: Craft on Facebook Live 2pm: Tele-Bingo	5 10am: Facebook Video Line Dance
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Senior Centers



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Easy Blueberry Cobbler

Ingredients

1 Box of yellow cake mix, 6 cups of blueberries,
2 tablespoons of sugar, 1 stick of butter, 1 1/4 cups of water



Instructions

1. Pre-heat oven to 350 degrees.
2. In the bottom of a 9x13 baking dish, pour one box of yellow cake mix.
3. Spread the blueberries over the top of the cake mix
4. Sprinkle 1-2 tablespoons of sugar on top of the blueberries (depending upon how sweet the blueberries are)
5. Pour 1 1/4 cup of water over the top of the berries and cake mix. Gently toss the berries and cake mix to allow the water to settle towards the bottom of the pan. If the berries aren't very juicy, add a little water.
6. Cut a stick of butter into 8 pieces and spread over the top.
7. Bake at 350 degrees for 45-50 minutes.