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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.

Southern Nash Senior Center

8180 Stoney Hill Church Road ~ Bailey, NC 27807
Phone (252) 235-4303 Fax: (252) 459-8546

THE SENIOR SCOOP

June 2020



Join us for our programs!

- Tele-Bingo
- Parade of Members
- The Girls Talk Show
- Conference Chat
- Zoom Aerobics
- Craft
- Health & Wellness
- Line Dance
- Brain Games
- Zoom Community Chat



<https://www.facebook.com/nashseniorcenter>

ANNOUNCEMENTS

A Message from the Supervisor




After careful consideration and following of all safety guidelines that have been set forth, the Southern Nash Senior Center will remain closed throughout the month of June. As always, your health and safety are of upmost importance and this decision was made with you in mind. We hope that you will continue to stay connected with us through our virtual programs.

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 stay engaged with our senior center community.

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.

-Allison Barrett
Senior Center Supervisor

Census 2020

 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.

Virtual Programming



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.

For those of you who have smart devices and internet, we are hosting weekly Zoom meetings and using Facebook Live to offer programs. If you have any questions at all regarding programs and how to access them, please call Allison Barrett at 252-382-0480.

Facebook

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!

If you need help with Facebook, please call Allison Barrett at 252-382-0480.



WORD SEARCH



ACRES
FLOWERS
GROUNDS
POINSETTIAS
TOURIST
WATERFOWLS
BUTTERFLIES

GARDENS
MUMS
ROSES
TREES
FESTIVAL
GAZEBO
MUSEUM

SWAMPS
TROPICAL
FLORIDA
GINGER
OLD
TOPIARIES
TULIPS

ADULT COLORING PAGE



TELE-PROGRAMS & ACTIVITIES

Meeting Monday with Zoom



Join us via Zoom for our weekly meeting! The purpose of this meeting is simply to chat and catch up with one another. 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, call Allison Barrett at (252) 382-0480.

Day/Time: Mondays at 10:00am

Meeting ID: 838-7625-7491
Meeting Password: 7XCNip

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 newsletter. 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

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. To access our Facebook page, visit www.facebook.com/nashseniorcenter or type "The Nash & Southern Nash Senior Center" in your Facebook search bar. 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"

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: 10:00am

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 the North East Region, SHIP

TELE-PROGRAMS & ACTIVITIES

Chat with Friends

 We want you to have a chance to chat with all of your senior center friends at the same time! Join us for an afternoon phone call as we check in with one another and catch up. To participate, you simply need to dial the number below to join the call. Once you dial the number, you will be placed on a phone conference call with other participants.

Dates: Wednesday, June 3rd, 10th, 17th, & 24th

Time: 9:00am

Phone Number: 919-375-6898


The Girls Talk Show

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. Interact with us in the comment section by making comments, asking questions, and suggesting conversation topics.

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

Time: 2:00pm

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, call Allison Barrett at (252) 382-0480.

Day/Time: Tuesdays at 2pm & Thursdays at 9am

Meeting ID: 824-1054-6947

Meeting Password: OLLmbH

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



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 24th

Time: 2:00pm-4:00pm

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 9am: Conference Chat 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
8 10am: Zoom Chat 2pm: The Girls Talk Show Facebook Live	9 10am: Health & Wellness Facebook Live: Regina Moseley 2pm: Zoom Aerobics	10 9am: Conference Chat 11:30am: Brain Game: The Price is Right	11 9am: Zoom Aerobics 11am: Craft on Facebook Live 2pm: Tele-Bingo	12 10am: Facebook Video Line Dance
15 10am: Zoom Chat 2pm: The Girls Talk Show Facebook Live	16 10am: Health & Wellness Facebook Live: Dr. Stinson 2pm: Zoom Aerobics	17 9am: Conference Chat 11:30am: Brain Game: What's that Phrase?	18 9am: Zoom Aerobics 11am: Craft on Facebook Live 2pm: Tele-Bingo	19 10am: Facebook Video Line Dance
22 10am: Zoom Chat 2pm: The Girls Talk Show Facebook Live	23 10am: Health & Wellness Facebook Live: Regina Moseley 2pm: Zoom Aerobics	24 9am: Conference Chat 11:30am: Brain Game: The Price is Right 2pm-4pm: Parade of Members	25 9am: Zoom Aerobics 11am: Craft on Facebook Live 2pm: Tele-Bingo	26 10am: Facebook Video Line Dance
29 10am: Zoom Chat 2pm: The Girls Talk Show Facebook Live	30 10am: Health & Wellness Facebook Live: Lisa Barker 2pm: Zoom Aerobics			