



GILES COUNTY SENIOR CENTER

Monday-Friday: 9 a.m.- 5 p.m.

1320 Wenonah Avenue, Pearisburg, VA 24134 - 540-921-3924

Hasn't this been the coolest July we've had in a long time? Has the abundant rain been responsible for keeping us a little less hot? Maybe, but it has also helped the gardens and grass and the flowers have been beautiful! Giles County - what a beautiful place to live! And how fortunate we are that we live in the United States of America!

We had a busy July and plan to do some new things in August. So check out the calendar of activities and highlight some to attend. You'll be glad you did and we'll be glad to see you! Also, don't forget to check the *Virginian Leader* weekly for up-to-date information on activities.

Is there a place you're interested in seeing? Tell us and we'll see if we can plan a trip. (Poplar Forest? Floyd Pancake Festival?) There are probably others who have the same interest.

We're here for you! **TREENA ATHEY, ASHLEY HALL, CAROLEENE CLOWERS AND BECKY HINCHEE**



Upcoming Events at the Giles County Senior Center

(Also see the Activity Calendar for August)

Line Dancing for seniors continues on Tuesday & Thursday at 4-4:30!

The **Quilting** class on Mondays has ended, but the ladies in the group will continue and hopefully be interested in starting a new project! Those of you who haven't finished your quilt are invited to join the **New Quilters** (Fridays 2-4). There are some beautiful quilts being made. Margie Flack has already been assisting some of you from the Monday class. You are welcome to work on your quilt on other days during the week, too! Tell us what works for you! It's never too late! Be a part of the group!

The **Open Painting** class is a time when you can work on your own project or maybe start something new. Some painters have paired up and are working together. Maybe you need some help or have questions. Classes are on the 1st, 3rd and 4th (and/or last) Mondays. The regular **Painting** time, with Wanda Sperling, continues on the 2nd Monday each month.

Tatting Classes continue on Thursdays at 1:30. We appreciate you, Cathy Prichett! Recently they have made bookmarks and sun catchers. A new project starts Thursday!

Travel to the Christiansburg Moose Lodge for **Bingo and lunch** on August 10th. Call here to sign-up, one week prior (before noon on August 3rd). The cost is \$6.

I'm not sure how many people participate in the **Sunshine Group potluck** that meets every 2nd Tuesday at 5 p.m., but I'm sure there's room for you! Open to everyone wanting to get out and have some fun!

Breakfast will be on August 14th this month at 10:00 a.m. "Thanks" to all of you who help. We need for you to encourage others to come and enjoy a hot breakfast with you - bacon, sausage, eggs, gravy, biscuits and cooked fruit. The Senior Center covers the entire cost, so it is FREE. The donations received go to helping seniors in need.

The **Bridge** group is always looking for new players. They meet regularly on Wednesdays at 1:00. If you don't know how to play bridge, here is your opportunity to learn. Nancy Lloyd is offering to teach, but we need at least 4 people! Sign-up!

Other activities that continue are the **Friendship Café** (Tues, Weds. & Thurs.), **Needle Arts (time changed to 10-12)** (still on Mon.), and **Tai Chi** (Weds. & Fri.)

Giles AARP #445 Meeting/Potluck meets the 1st Friday each month 12:30 (Aug. 7th)

SALT Council (TRIAD) meets the third Tuesday each month at 2:00 p.m. (Aug. 18th)

VICAP Registration - call (866) 260-4417 beginning **August 18th** for "**New to Medicare**" (September 16th, October 14th or November 11th @ Giles Senior Center – 6-8:00 p.m.) Sessions will focus on (1) what Medicare covers and (2) what are Medicare Advantage Plans, Medicare Drug coverage and Medicare Supplemental Insurance (Medigap). For people turning 65 within 5 months or younger people with disabilities becoming eligible. (Registration for Medicare Part B does not begin until October). (Elyse Politi, Coordinator-<http://www.nrvaooa.org/>)

It is important that you review your plan with SOMEONE because there will definitely be changes this year. Also, VICAP is free and they are not salespeople. Their review will ensure that you have the most reasonable plan that will provide for your needs.



FREE INFORMATION FOR SENIORS AND THOSE WHO CARE FOR THEM!!!

The **Senior Navigator Website** offers information and help finding local resources for health and aging services, housing, financial and legal information, assisted living facilities, exercise programs, support groups and more. This resource combines the Internet with a network of volunteers to bring nearly 19,000 health and aging resources—both public and private—to seniors, their families and caregivers. We can assist you with accessing this information!



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