

RECIPE OF THE MONTH

Scalloped Potatoes “n” Ham Casserole

A great recipe using that leftover Easter ham!

Ingredients

- ¾ cup powdered non-dairy creamer
- 1 ¾ cups water
- 3 tbsp Butter
- 3 tbsp All Purpose Flour
- 2 tbsp dried minced onion
- 1 tsp salt
- 6 large potatoes, peeled and thinly sliced
- 2 cups fully cooked ham
- 1 cup shredded cheddar cheese

1. Preheat oven to 350 degrees.
2. In a small bowl, mix creamer and water until smooth.
3. In a small saucepan, heat butter over medium heat, Stir in flour, onion, salt and paprika until smooth; gradually add creamer mixture. Bring to a boil; cook and stir 1-2 minutes or until thickened.
4. In a greased 9 x 13 baking dish, layer potatoes and ham. Pour sauce over the top. Bake, covered, 15 minutes. Uncover; bake until potatoes are tender, 40-50 minutes longer. Sprinkle with cheese, bake until the edges are bubbly and the cheese is melted, 5-10 minutes.

ADDITIONAL ACTIVITIES

Ensure Distribution:	Every 1 st and 3 rd Wednesday of the month 8:30 am until 12:30 pm
Foot Care:	Appointments Needed Call Jennifer Slate at 252-373-2396 to schedule

APRIL NEWSLETTER

WILSON COUNTY SENIOR ACTIVITY CENTER

APRIL 2022

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IMPORTANT NUMBERS

OFFICE	206-4059
FAX	206-1987
SERVICES FOR THE BLIND	237-5471
AGING SERVICE	265-5775
SCHEDULE A SHIIP APPT	243-1252
FOOT CARE APPT	373-2396
(Jennifer Slate)	

EMAILS.....scarter@wilson-co.com
tmlucas@wilson-co.com
katkinson@wilson-co.com

OUR HOURS

Monday – Friday 5:45 – 7:45 pm
Tuesday Extended Hours-UNTIL 5:30
Thursday Extended Hours 5:00 – 8:00 pm

WEBSITE www.wilson-co.com (click on departments)

FACEBOOK www.facebook.com (search Wilson County Senior Activity Center)



OUR STAFF

Sandra Carter, Director
 Tiffany Lucas, Program Assistant
 Kesha Atkinson-Howell, Aging Services Specialist
 Regina McClain, Services for the Blind
 Jesse Barnes, Title V Worker
 Evonne Derickson, Title V Worker

OUR STATEMENT OF PURPOSE

THE WILSON COUNTY SENIOR ACTIVITY CENTER SEEKS TO PROVIDE EDUCATIONAL, RECREATIONAL AND OUTREACH ACTIVITIES FOR SENIORS OF ALL AGES TO ENHANCE THEIR LEISURE LIFESTYLE AND PROVIDE AN ENVIRONMENT WHERE SOCIALIZATION IS MET.

APRIL HAPPENINGS

Your health and safety are our top priority. If you do not feel well, have a fever or cough or are exhibiting any cold-like symptoms, you should stay home and visit our center on a later date when you are well. All unvaccinated individuals should wear a mask. We strongly recommend that everyone get a COVID-19 vaccine. You can call the Wilson County Health Department at 252-360-0500 to make an appointment. Our staff are sanitizing areas throughout the day. In our efforts to keep a safe environment, rules and procedures may change according to the latest guidelines we receive. Thank you for helping us to keep everyone safe and well.

NEW THIS MONTH:

HOLIDAY CLOSING: The center will be closed on Friday, April 15th for Good Friday. We hope you have a wonderful and safe Easter. We will reopen at 7:30 am on Monday, April 18th.

SHAG: We are pleased to be welcoming back Shag classes. Every Monday evening from 5:45-7:45 there will be 2 classes each week. First will be BEGINNERS followed by BEGINNER 2. For more information, call the office or Janice Dunbar at 206-5700.

CAREGIVER SUPPORT GROUP: We were unable to start the group in March but are excited to begin in April. The Caregiver Support Group will be meeting every month on the 2nd Wednesday at 2:00 pm. The date for April is the 13th. If you are a caregiver or are interested in learning more about Caregiving concerns, please plan to join this group.

MORE YOGA: Jackie Carlson leads a fabulous Yoga class every Wednesday at 9:00 am and will now be offering the class every 1ST AND 3RD Monday of the month at 9:00 am. You will be able to do this class either on a mat or in your chair depending on your ability. This is a free class for all to enjoy. **FREE CLASS**

CONTINUING:

ZUMBA: Kim Payne has Zumba class every Tuesday from 4:30 pm until 5:30 pm in the Multi-purpose Room. All are welcome to join in on the fun. **FEE APPLIES**

UKELELE BAND: Join in or come hear the Ukulele group every Wednesday beginning at 10:00 am in the multi-purpose room. Singers are needed and welcome to join in. **FREE**

TOPS (Take Off Pounds Sensibly): This is a great support group for anyone looking to lose weight or have a healthier lifestyle. The group will be meeting on Thursdays at 6:30 pm in the Recreation Room. New members are welcome

GOLDEN HANDS CRAFTERS: Join the Golden Hands Crafters every Thursday from 4:00 pm until 8:00 pm in the kitchen while we wait for the remodeled craft room to be completed. The group is working on items for sale and for personal projects. Crafters are welcome to bring in items that they have made for consignment at our sales. All are welcome to join the group. **FREE TO JOIN**

LINE DANCE: Zartisha Davis is leading the class for some great line dance instruction to soul music. Stop by on Thursdays from 6:00 pm until 7:30 pm to join in the fun. **FEE APPLIES**

BINGO: Join this group for Bingo every other Friday beginning at 1:00 pm in the Multi-purpose Room. For April, the dates are the 8th and 22nd. Due to the rising cost of everything, players will contribute \$2.00 to win prizes.

CLASSES & EVENTS

ADVISORY COUNCIL: This group of seniors interested in knowing more about the center will meet on the 2nd Thursday of the month at 4:00 pm in the kitchen. On Thursday, April 14th we will have our regular monthly meeting. The council helps plan events and activities for the center, as well as making plans for the future. New members are always welcome to join us.

TONING: Be sure to join Louis Small every Tuesday and Thursday beginning at 10:00 am for "Toning with Louis". If you are wanting to gain strength and flexibility as well as reduce excess baggage, this is the class for you. This class is for all abilities and everyone is welcome. **FREE CLASS**

CRAFT CLASSES: Every month we will have 2 different craft classes on the 2nd & 4th Wednesdays for anyone who is interested. Craft projects will vary depending on the season and are open to all center members. You need to sign up and prepay in the office before the class date. Fees will vary based on the cost of materials. See our Happenings page for more details. **FEE APPLIES**

ENSURE DISTRIBUTION: We continue our distribution of Ensure, Ensure Plus and Glucerna every 1st and 3rd Wednesdays from 8:30 am until 12:30 pm. April dates are the 6th and 20th. Those who need the products, need to have an application and prescription on file to receive the discounted price. If you need more information, please call Tiffany Lucas at the main center number (252) 206-4059.

AARP MEMBER MEETING: The National AARP has finally said that we could start activities and meetings again. Our first meeting will be on the 2nd Tuesday of April (the 12th) beginning at 11:30 am at the Kountry Kitchen on Ward Boulevard. Previous members will receive a phone call with details. We are ready to get back to business and make this AARP chapter bigger and better than ever. If you are a member of the National AARP and would like to join the local chapter, call Sandra to be kept informed.

MINORITY DIABETES PREVENTION CLASS: This class continues to meet every Monday at 10:00 am in the Multi-Purpose Room. These are free classes intended for anyone who is interested. Please call Kesha Atkinson Howell at (252) 265-5775 or the office for further information. **FREE**

TAX PREPARATION: Tax season ends on April 18th this year so be sure to get those returns finished. Appointments with our VITA volunteers are currently filled but new dates may be added as needed. Call the office if you need to get on the waiting list. **FREE**

COOKING AROUND THE WORLD: It's time for our monthly culinary "trips" around the world. This month we will "travel" to Italy. We will meet on Wednesday, April 20th at 10:00 am in the kitchen. Participants will be in groups of 2 to prepare a meal of Italian dishes which we will share together. We are going to ask that you wear a mask and we will provide gloves. You must sign up in advance in the office. The cost will be \$7.00 per person. **FEE APPLIES**

BIRTHDAY CELEBRATION: Join us on the 4th Friday of the month for dessert and drink to celebrate all who had or will have a birthday in April. We'll get started at 12:30 pm. You don't need to have a birthday in the month to join us.

GROUP SCHEDULE

MONDAYS

Tax Preparation 10:00 am (4TH, 6TH, 11TH, 13TH)

Shag 5:45-7:45 pm

TUESDAYS

Toning w/Louis 10:00 am

Bridge 12:30 pm

Zumba 4:30 pm

WEDNESDAYS

Yoga 9:00 am

Ukelele 10:00 am

Canasta 1:00 pm

THURSDAYS

Toning w/Louis 10:00 am

Bridge 1:00 pm

Golden Hands Crafters 4:00 pm

Line Dance 6:00 pm

TOPS 6:30 pm

FRIDAYS

Bingo 1:00 pm (8th & 22ND)

TRIPS & TRIP UPDATES

DAY TRIPS COMING SOON:

We'd like to get your input on future day trips. Let a staff member know what trips you would like to see.

LANCASTER: WE HAVE ALMOST ENOUGH FOR THIS TRIP TO GO. This is a 4 day/3-night trip on June 20-23, 2022. This will include 3 nights lodging in Lancaster area, 6 meals (3 breakfasts & 3 dinners), admission to 'David' at the Sight & Sound Theatre, admission to Landis Valley Museum and Village, visits to Kitchen Kettle Village and Park City Center, admission to the Amish Experience and a guided tour of Lancaster. The cost is \$430 per person, double occupancy.

NIAGARA FALLS & TORONTO: THE FIRST BUS IS FULL. TAKING NAMES FOR THE WAITING LIST. This is a 7 day/6 nights trip from October 2-28, 2022. It includes 6 dinners, guided tours of Niagara Falls and Toronto, Hornblower Niagara Cruise, visits to Fallsview Casino, Niagara on the Lake, Casa Loma, and Queen Victoria Park. The cost is \$575.00 per person, double occupancy.

CHRISTMAS MARKET CRUISE, BAHAMAS CRUISE AND ICELAND 2023: Info coming soon

- All bus trips include motorcoach transportation.
- All major trips include airfare
- Bus seats will be assigned when final payment is made.
- Overnight trips are based on double occupancy, triple and single rates are available.
- Optional trip insurance is available.
- A minimum of 30 people will be needed to go on bus trips. There is no minimum for extended trips.

COMING SOON: DINE OUT IS COMING BACK! SERVICES FOR THE BLIND SUPPORT GROUP, HEARING AWARENESS WILL BE HERE ON MAY 9TH (DETAILS IN THE MAY NEWSLETTER)

EASTER EGG HUNT

**Join us on
Thursday, April 14
at 11:00 am for our
annual Easter Egg
Hunt. Bring a bag
or basket and stay
after for snacks
and drink.**

TAX PREPARATION

**THE FILING DEADLINE IS APRIL
18TH. WHILE ALL APPOINTMENTS
ARE FILLED AT THIS TIME,
ADDITIONAL HOURS MAY BE
ADDED. CALL THE OFFICE FOR
INFORMATION.**



ADVOCACY EVENT

It's that time of year to thank our legislators for continuing to fund senior centers
**April 11th-14th there will be a table set up in the hallway for participants to fill out a postcard.
**Stop by and fill out one (or more)
**Once you have filled out your card, drop it in the box and get a prize.
**Cookies and drink will be provided.



**EASTER
SUNDAY
IS
APRIL 17TH**

SENIOR BIRTHDAYS:

HAPPY BIRTHDAY

April 1st

Linda Morris
Mary Gray
Jeff Bost
Lynore Lamm

April 2nd

Douglas Stoiber
Gloria Edmondson
Hubert Edmondson
Jerome McNair
Richard Herron

April 3rd

Linda Barnes
Annis Rackley
Brenda Smith
Frances Parker
Lois Barnes
Rufus Richardson
Joyce Fridley
Robert Casillas

April 4th

John Owens
Oneida Jenkins
Linda Dew
Asenath Gail Barbour
Shirley Peele

April 5th

Annie Strayhorn
Ann Ipock
Cynthia Mathis

April 6th

Delphine Moore
Evonne Derickson
Cathy Rose
Jesse Cobb

April 7th

Ralph Grimes
Evangeline Williams

April 8th

Joe Exum
Sylvia Hull
Alice Bray

April 9th

Victor O'Ferrall
Carrie Oteri
Vicky Pate
Marsha Thompson

April 10th

William Henderson
Kathleen Ujlaki

April 11th

Eva Boykin
Judith Batts
Annie Swinson

April 12th

Al Pearson
Tony Wilkins
Danielle Boussaroque
Christine Grimes

April 13th

Al Mazza
Hermengildo Chavez

April 14th

Nonie Phillips
Reba Hunter

April 15th

Willy Wiggins

April 16th

Herman Whitehead
Robert Neander
Joyce Upchurch
Doris Smiley

April 17th

Virginia Owens
Leccie Edwards
Barbara Lewis

April 18th

Sandra Carter

April 19th

Judy Barnes
Margaret Thompson

April 20th

James Joyner
Velma King
Judith Boykin
Doris Wells
Patricia Hollmond
Angela Lucas

April 21st

Annie Jones
Elaine Hatchett
Billie Taylor
Doris Howard
Jimmy Forte

April 22nd

Dorothy Jarman
Alma Hilliard
Carolyn Evans
Adela Casillas
Patricia Brown

April 23rd

Elnora Oxendine
Christopher Boykins
Pat Campbell
Mary Rice
James Lane

April 24th

James Forsythe
James Griffin
Lynn Broadwell
Dazerine Woodard
Janet Underwood
Florida Pearl

April 25th

LouAnn Batchelor
Gloria Artis
William Tillary
William Sherod-Bynum

April 26th

Rena Vieira
Edith Parrish
Montie Jefferson
Tony Zullo
Beverly Gray
Debbie Whitley
Diane Turner

April 27th

Leland Pittman
Sandra Bass
Linda Piper

April 28th

Robert Langston
Shirley Goff

April 29th

Deborah Hamm

April 30th

Diana Stolpp
Phyllis Carr

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MORE HAPPENINGS

STEPS TO HEALTH

Come learn lifelong habits to help you eat healthy and be physically active!

Program Benefits:

- Information to help you control sodium, fat and added sugar
 - Weekly taste tests
 - New and healthy recipes
 - Exercise demonstrations
 - Personal goal-setting for your health



Start Date (Days): Wednesdays 2-3pm from June 22nd-August 10th Sign-Up
Deadline: Friday, June 3rd at noon
Location: Wilson County Senior Activity Center
Taylor Cabaniss, MA

Craft Classes-

Stepping Stones (\$7.00)-Wednesday, April 13th

Windchimes (\$6.00)-Wednesday, April 27th

CLASSES START AT 11:00 AM

THE RECREATION ROOM WILL BE CLOSED ON MONDAYS AND WEDNESDAYS DURING TAX SEASON (ONLY UNTIL APRIL 13TH)

VOLUNTEER OPPORTUNITIES

Instructors-Needed for new and existing classes.

Front Desk-Morning help is needed to answer phones and assist participants.

Events-Set up and clean up for special events.

Library-Book shelvers are always needed.

WE NEED YOUR INPUT FOR PLANNING! JOIN THE ADVISORY COUNCIL MONTHLY MEETINGS EVERY 2ND THURSDAY OF THE MONTH AT 4:00 PM

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