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I.N.K. (Information, News & Knowledge)

REIDSVILLE SENIOR CENTER

HELP US SAY THANKS!



RCARE is joining hundreds of other senior centers in North Carolina to mail thank you notes to our legislators. This event is provided by partnering with the North Carolina Senior Center Alliance. The goal is to provide one united voice from the senior centers across the state.

Federal, state and local funding allows our center to provide free or low-cost activities and services to our older adults. These two special events will allow seniors to fill out "Thank You" cards that show their appreciation for support and keeps senior centers on the minds of our Legislators.

We will be writing and filling out Thank You cards on the following dates at RCARE:

3/11/22 1:00 p.m. Senior Bingo Event

3/18/22 10:00 a.m.– 12:00 noon Senior Game Kick-Off Event

Seniors will be asked to write a personal note to our legislators, address the card and RCARE staff will take care of mailing them. All thank you cards and supplies will be provided. We hope to see you on these dates!

For more information on this event call 336 349-1088 or send email to

Another Session of Tech Classes Provided

RCARE will provide another session of tech classes for both Android and Apple users. Classes will begin on March 7th and registration is underway now.

RCARE has both Android and Apple iPads to loan for anyone who needs them

during the classes.

Most of the classes will be held on Mondays with the exception of the Android classes in May will be held on Tuesday.

Class schedule :

Monday 9-11 Apple

Monday 1-3 Android

Each class is a two hour session for 4 weeks.



Local Heroes-



Special Thanks to our volunteers that helped Rhena with the Valentine Social!

You are our heroes!

Barbara & Randy Perry

Loretta Jones Doris Pruitt

Sandra Jones Darleen Week

Naomi Robertson Frances Nunley

Linda Gibson Donna Hodges

Bronwyn Burnette Caroline Nims

Just For Fun...

Lovemaking Tips For Seniors:

1. Wear your glasses to make sure your partner is actually in the bed.
2. Set time for 3 minutes, in case you doze off in the middle.
3. Set the mood with lighting. (Turn them ALL OFF!)
4. Make sure you put 911 on your speed dial before you begin.
5. Write partner's name on your hand in case you can't remember.
6. Use extra polygrip so your teeth don't end up under the bed.
7. Have Tylenol ready in case you actually complete the act.
8. Make all the noises you want. The neighbors are deaf too.
9. If it works, call everyone you know with the good news!!
10. Don't even think about trying it twice.

Jokes contributed via email by Angela Staab.



The mission for RCARE is to promote the importance of an active, healthy lifestyle by providing an assortment of social, educational and recreational activities.

Upcoming Events & Reminders:

Tech Classes—Begin 3/7/22 Sign up now.

Bingo—Thursday, March 17th- 1:00 p.m. -(We are also doing Thank You cards that day)



Senior Game Kick-Off Event 3/18/22- 10:00 a.m. -12:00 noon.
We will assist you in completing your application if you need help.

Don't forget about the new exercise class for those who have not exercised in a while . Thursday mornings at 10:00 a.m.

Senior Game Clinics provided by RCARE- if you want to enter new events in Senior Games that you have never played before or if you just want to get in a little practice before the games begin these clinics are for you.

Please register at front desk.

3/15/22 1:00 p.m.—Shuffleboard and Cornhole

2:00 p.m.-Bocce

TAX APPOINTMENTS ARE AVAILABLE ON MONDAY AND WEDNESDAYS ONLY BEGINNING 3/14/22. CALL TO MAKE AN APPOINTMENT.

SHIIP NEWS REMINDER:

You can make certain plan changes each year during the Open Enrollment Period from January 1 – March 31. Contact NC SHIIP Monday through Friday 8:00 AM – 5:00 PM at 855-408-1212 or visit online any time at www.ncshiip.com. You can also contact a SHIIP Counselor at RCARE. You can only make one change per enrollment period, and any changes made will be effective on the first day of the month after your request is received by the plan. If you're returning to original Medicare and joining a drug plan, you don't need to contact your MA plan to disenroll. You will be disenrolled automatically. • If you're in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage). • You can drop your Medicare Advantage Plan and return

