



# EMBRACED MATURITY



The Monthly Newsletter of Vital Aging of Williamsburg County, Inc.

MLK Birthday

January 2018  
Volume 12 Issue 7

## Kingstree Center "Seasoned Seniors" Spread Christmas Joy with Residents of Kingstree Nursing Facility

## Councilman Miller and Councilman Woods help Celebrate Christmas with Greeleyville Center Seniors

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**Homemaker Services**



On December 20th, The Kingstree Center "Seasoned Seniors" shared Christmas Carols with Residents of the Kingstree Nursing Facility. The seniors visited residents in their rooms and gave them handmade Christmas Cards which were made by seniors of the Vital Aging Wellness Centers.



## Seniors enjoy Christmas Shopping Trip to Florence



On December 14th, Wellness Centers seniors enjoyed a shopping trip to Florence. Seniors shopped at the new Burlington store and Hamricks. Afterwards they enjoyed visiting with each other and lunch at Bazen's Restaurant.



On December 20th, seniors of the Greeleyville Wellness Center held their Christmas program. Afterwards, Councilman Eddie Butch Woods and Councilman Jonathan Miller addressed the seniors and expressed their love for them. They distributed barbecue chickens and fruit baskets to the seniors. Seniors enjoyed a feast and a warm time of fellowship.



## Wellness Centers Ring in Christmas Cheer at their Center Parties



On December 20th, Vital Aging Wellness Centers in Greeleyville, Hemingway and Kingstree celebrated the Season with their wellness center Christmas programs and parties. Seniors shared the Christmas story, sang Christmas carols, read poetry, shared treasured memories and heard joyous solos. Afterwards they enjoyed a Christmas feast and activities and games which included a Trim the Tree Relay (see page 3)





# January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>Vital Aging Closed</p>	<p>2</p> <p>9-9:30 Coffee Talk/Word Search</p> <p>9:30-10 :30 Arthritis Exercise</p> <p>10:30-11 Happy New Year Relay/Scramble Game</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p>	<p>3</p> <p>9-9:30 Coffee Talk/Picture Find</p> <p>9:30-10 Chair Exercise</p> <p>10-11 New Years Resolution Collage</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p> <p>of Tri County) ____</p>	<p>4</p> <p>9-9:30 Coffee Talk/Word Search</p> <p>9:30-10:30 Arthritis Exercise</p> <p>10:30-11 Nutrition Lesson: Choosing Nutrient-dense Foods</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p>	<p>5</p> <p>Essential Shopping Day</p>
<p>8</p> <p>9-9:30 Coffee Talk/Word Search</p> <p>9:30-10 :30 Arthritis Exercise</p> <p>10:30-11 Daily Living for Seniors #1</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p>	<p>9</p> <p>9-9:30 Coffee Talk/Picture Find</p> <p>9:30-10 Chair Exercise _</p> <p>10-11 Craft: Paper Plate Snowflake Yarn Art</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p>	<p>10</p> <p>9-9:30 Coffee Talk/Word Search</p> <p>9:30-10:30 Arthritis Exercise</p> <p>10:30-11 Laughter Time</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p>	<p>11</p> <p>9-9:30 Coffee Talk/Picture Find____</p> <p>9:30-10 Go 4 Life Exercise</p> <p>10-11 It Happens On (Reading &amp; Discussion)</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p>	<p>12</p> <p>Fun Friday</p> 
<p>15</p> <p>MLK Birthday</p>  <p>Vital Aging Closed</p>	<p>16</p> <p>9-9:30 Coffee Talk/Word Search ____</p> <p>9:30-10:30 Arthritis Exercise</p> <p>10:30-11 How Would You Handle This? (Reading &amp; Discussion)</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p>	<p>17</p> <p>9-9:30 Coffee Talk/Picture Find</p> <p>9:30-10 Go 4 Life Exercise</p> <p>10-11 Winter Popcorn Social</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p>	<p>18</p> <p>9-9:30 Coffee Talk/Word Search</p> <p>9:30-10:30 Arthritis Exercise</p> <p>10:30-11 Reminiscing (Reading &amp; Discussion)</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p>	<p>19</p> <p>Fun Friday</p> 
<p>22</p> <p>9-9:30 Coffee Talk/Word Search</p> <p>9:30-10:30 Arthritis Exercise</p> <p>10:30-11 Healthy Living (Reading)</p> <p>11-12 Happy Hour</p>	<p>23</p> <p>9-9:30 Coffee Talk/Picture Find</p> <p>9:30-10 Chair Exercise</p> <p>10-11 Snowball Relay (Game)</p> <p>10-11 Card Game: Kingtree@ Greeleyville</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p>	<p>24</p> <p>9-9:30 Coffee Talk/Word Searches</p> <p>9:30-10:30 Arthritis Exercise</p> <p>10:30-11 Daily Living for Seniors #2</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p>	<p>25</p> <p>9-9:30 Coffee Talk/Picture Find</p> <p>9:30-10 Scarf Dance Exercise (Happy)</p> <p>10-11 Freeze (Musical Game)</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p>	<p>26</p> <p>Fun Friday</p>  <p>&amp; Birthday Celebration</p>
<p>29</p> <p>9-9:30 Coffee Talk/Word Search</p> <p>9:30-10:30 Arthritis Exercise</p> <p>10:30-11 Snow Shovel Race (Relay Game)</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p>	<p>30</p> <p>9-9:30 Coffee Talk/Picture Find</p> <p>9:30-10 Scarf Dance Exercise (Happy)</p> <p>10-11 Red Light-Green Light (Game)</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p>	<p>31</p> <p>9-9:30 Coffee Talk/Word Search</p> <p>9:30-10:30 Arthritis Exercise</p> <p>10:30-11 The Best of 2018</p> <p>11-12 Happy Hour</p> <p>12-1 Lunch</p>	<p>* * * * *</p> 	

**Hemingway Career Center Students bring Christmas Cheer to Seniors**



On December 13th, Hemingway Career Center students visited the Hemingway Center and performed Christmas Carols for the seniors.

Afterwards students participated in coloring Christmas pages (pictured right) with the seniors. The students handed out an



assortment of gift bags containing everyday items for the seniors. Vital Aging thanks the students for thinking of our seniors in this special way.

**Christmas Bow Hunt**



Greeleyville seniors participated in a Christmas Bow Hunt. Christmas Bows were hidden throughout the center. Dell Coleman (Pictured left) displays the hidden bow that she found while Lou Simms (Pictured left below) holds the Christmas bow she located.



**Christmas Ornament Craft**



In December, seniors painted beautiful Christmas ornaments of their own creation. Edna James and Virginia Fulton of the Kingtree Center paint their ornaments. Pictured below Dotherine Williams is painting her Christmas Ornament Craft. Pictured at bottom is a display of an assortment of ornaments made by the Kingtree Wellness Center participants.



**Vital Aging Drivers Deliver Smiles**



Vital Aging Driver Debra Lee (pictured left) says "I am a people person and I love working with the seniors. I feel I that have a special bond with them. I enjoy transporting them, delivering meals and

providing homecare for those who can't come out. Debra says that her compassion for seniors comes from her grandparents who meant so much to her as they raised her as a child.



Kacehel Williams (pictured left) says that she enjoys helping seniors and likes to see a smile on their faces. A smile lets her know that she has done her job well.

**Dr. Tiffany Cooks Visits Greeleyville Center**



Dr. Tiffany Cooks (pictured above) Director of the Williamsburg County Emergency Management Division visited the Greeleyville Center and enjoyed a time of fellowship with the seniors. She expressed her appreciation for the many contributions of seniors. Before she left, Dr. Cooks gave out Subway Gift Cards to the seniors

**Probate Judge Betty Matthews Visits Wellness Centers.**



Williamsburg County Probate Judge Betty Matthews (pictured above) visited all of Vital Aging's Wellness Centers and gave each senior a copy of the Probate Office's 2018 Calendar. Judge Matthews (pictured above center) gave Deloris Gorham (pictured above left) and Myrtle Cooper (pictured above right) 2018 Calendars.

**January Birthdays**

**Seniors of the Month**

- Carrie Bradley
- Ella Brown
- Eva Chapman
- William Cole
- Jack Graham

- Barbara Hillman
- Samuel Mitchell
- Psnovia Pressley
- Rozetta Reid
- Virginia Shaw

- Greeleyville Center **Betty Roberts**
- Hemingway Center **Mary Miller**
- Kingtree Center **Christine Smith**

**Christmas Tree Relay Race**



Kingtree Seniors had fun during their Christmas Party with the Christmas Tree Relay Race. Each team was given a roll of green crepe paper and bows. They had to decorate one person from their team to look like a Christmas tree. Some of the festive creations are pictured above.

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*“Vital Aging exists to promote the physical, mental, emotional and spiritual well-being of Williamsburg County’s senior citizens. Services are provided within a framework of love, understanding and respect to allow an opportunity for mature adults to continue their lives with meaning and purpose.”*



**We're on the Web!**

**[www.vitalaginginc.org](http://www.vitalaginginc.org)**

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### **Vital Aging Board of Directors**

**Stiney O. Gardner — Chair**

**The Honorable Kimber Cooper —  
Vice Chair**

**Richard Dukes—Secretary**

**Lee Lineberger—Treasurer**

**Martha Boyd**

**The Honorable Ricky Burrows**

**Jeannette V. Chambers**

**Dr. Janice M. Gamble**

**Abraham Henryhand**

**Helen McFadden**

**Judith Murdaugh**

**Addie Nesmith**

**Hattie Philpott**

**The Honorable Sharon Washington  
Staggers**

**The Honorable Stephen Gardner**

#### **Hemingway’s Festive Christmas Bulletin Board**



Hemingway Wellness Center Seniors put a special effort into decorating a most festive Christmas bulletin board (pictured above) wishing everyone a Merry Christmas!

#### **Seniors make Christmas Cards for Seniors**



Hemingway Seniors are pictured above with the Christmas Cards that they made for the residents of the Kingstree Nursing facility. These cards were hand-delivered by Kingstree Center “Seasoned Seniors” chorus as they shared Christmas Joy with the resi-