



EMBRACED MATURITY



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

MLK Birthday

January 2018
Volume 12 Issue 7

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



On December 20th, The Kingtree Center "Seasoned Seniors" shared Christmas Carols with Residents of the Kingtree 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.



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



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 Kingtree 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)

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Jr.
Kachel Williams
Keith Martin
Deborah Lee

Drivers

Marie Epps
Candance Green
Myra Mack
Norma McClam

Homemaker
Services



January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>HAPPY NEW YEAR 2018</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 & 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 & 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 & 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: Kingstree@ 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>& 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>Happy New Year</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 Ornament Craft



In December, seniors painted beautiful Christmas ornaments of their own creation. Edna James and Virginia Fulton of the Kingstree 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 Kingstree 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.

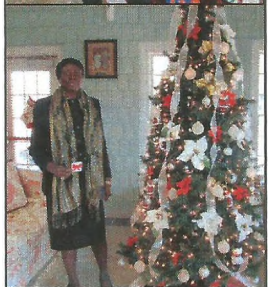


Kacehel Williams (pictured left) says that she enjoys helping seniors and likes to see a smile on their faces. A smile lets her know that she has done her job well.

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.



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



Carrie Bradley
Ella Brown
Eva Chapman
William Cole
Jack Graham

Barbara Hillman
Samuel Mitchell
Psnovia Pressley
Rozetta Reid
Virginia Shaw

Seniors of the Month

Greeleyville Center
Betty Roberts
Hemingway Center
Mary Miller
Kingstree Center
Christine Smith



Christmas Tree Relay Race



Kingstree 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."



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**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-