

From: Stephanie Benjamin <Stephanie@louriecentersc.com>
To:
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Subject: February 2015 Update

Discoveries e-newsletter

February 2

Discoveries newsletter

Welcome to February!

We have some great events and programs this month and we look forward to seeing you here soon! **It's Bring a Friend Month!** Do you know a friend or family member who is trying to stick to a new health regimen and would enjoy classes at the center? The first day at the center is free, so please bring them in with you and let us introduce them to the great things that our programs have to offer!

It's still winter. In the event of an **Inclement Weather-Related Closing**, the center will post closings at the Lourie Center web site, telephone voice mail, and to local news outlets WIS, WACH Fox, Columbia, and WLTX.

Tickets On Sale for Heart n' Soul Valentines Dance!

Calling All Members! The Lourie Center needs YOU! Consider serving on a committee. It's fun and easy. Meet new people, have a voice in center activities, and show support for the center. Only a Few Hours per Month. Applications Available at the Front Desk.

See Our Full Class Schedule
by Clicking on the Image

Coming Up at the Lourie Center:

Mondays and Wednesdays February 2-April 14, 12:30-4 pm AARP's Tax-Aide Tax Preparation Program

Have your tax return prepared at the Lourie Center by an AARP II certified tax volunteer. File basic state and federal taxes. Free and open to all. **Call AARP at 250-6652 to set up an appointment.**

Wednesdays, through March 18

Creative Oriental Dance with Laura

This is a low-impact fusion workout, combining Chi dance movement, ancient Tibet Yoga, 5 elements, Qi Gong, Meditation, Chinese culture and more! Taught by Laura Yin, an accomplished dancer, instructor and native of China. All members.

Wednesday February 11, 2 pm

Movie Time! Magic in the Moonlight

Woody Allen's romantic comedy about an Englishman brought in to help unmask a possible swindle. Stars: Colin Firth, Emma Stone, Marcia Gay Harden

Wednesday February 18, 11:30 am-12:30 pm

Maintaining the Brain with Brain Fitness & Games

When it comes to aging, "Use it or Lose it!" applies to brain power as well as physical fitness. Join Marsha Clayman and friends for an hour of brain challenging activities and learn how to keep your memory, perception, and reaction times sharp with games and mind benders.

Marsha will also introduce us to the use of technology with online obstacle courses and gaming.

Thursday February 12, 11:30 am-12:30 pm

Lunch and Learn: Vial of Life

With Molly Burkett of Friendly Caregivers

The Vial Of Life can be useful in a medical emergency. The vial contains important medical information that can assist first responders and emergency personnel in administering the proper medical treatment. Ms. Burkett will be discussing how to get the benefits of having the Vial of Life in YOUR home. Vials of Life supplied will be for participants.

Light Lunch provided to those who sign up (max 25).

Free and open to the public.

Friday February 13, 11:30 am-12:30 pm

Gizmos and Gadgets for Independent Living

Carol Page from the SC Assistive Technology Program, Center for Disability Resources, University of South Carolina School of Medicine will present a discussion of tools to help again individuals maintain independence in activities of daily living, including devices that assist individuals in maintaining and increasing independence in dressing, bathing, cooking, eating, recreation, and environmental control. Assistive technology for computer access and sensory issues will

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be discussed and demonstrated. Attendees will have an opportunity for hands-on use of the items. Catalogs and other resources will be provided. Free and open to the public.

Wednesday February 18, 10 am-1 pm

Heart Health with Lutheran Hospice- Free blood pressure and
Lutheran Hospice and BeWell Home Services are offering this free event to honor the American Heart Health Month. Healthy Heart information, free resources, and free blood pressure and BMI che

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February 23, 2-3pm (Fourth Mondays)

Grief Relief Support Group

Non-denominational bereavement and loss support group. Refreshments provided. Free. Open to all. Led by Ron Taylor, SC Bereavement Coordinator and Chaplain for Pathway Hospice.

Wednesday February 25, 2 pm

Movie Time! Tammy

After losing her job and learning that her husband has been unfaithful, a woman hits the road with her profane, hard-drinking grandmother. Stars: Melissa McCarthy, Susan Sarandon, Kathy Bates

Thursday February 26, 11:30 am-12:30 pm

Lunch and Learn: Your Kidneys and You

Kidney disease kills more people than breast and prostate cancer combined. The National Kidney Foundation will present a comprehensive overview of your kidneys, risk factors for kidney disease, and how to keep these hard-working organs healthy. The educational program is open to the public. Those at risk for kidney disease – anyone with diabetes, high blood pressure, age over 60, or a family history of kidney failure -- are especially encouraged to attend.

This presentation introduces the public to programs and services available to individuals at risk for kidney disease, patients, and professionals. It also encourages those at risk for developing kidney disease, to go to the doctor and ask for medical testing. Free and open to the public.

Friday February 27, 7:30-10:30 pm

Friday Night Dance with the Dancetimers

\$7 for Lourie Center members with card, \$10 non-members. BYOB and snacks.

Tours With Faye: Fun, Friendly, SafeTravel!

Thursday, February 5, 1 pm

Travel Talk: Presentation of Jordan, Lourie Center

Faye traveled to Jordan IN 2014 and will sharing about her exciting trip. Come and see her photos and learn how amazing this country is. No reservations needed.

February 28, 2015

“Heart Throb”, Aiken, SC

Enjoy the musical “Hero’s Retreat”. Laugh, cry, and have a great time at the benefit the American Heart Association. Lunch is included. Register up by January 15th. **\$83** /\$87 per person

March 13, 2015

NASCAR Hall of Fame, Charlotte, NC

Your senses WILL come alive at the sights and sounds in the spectacular NASCAR Hall of Fame. You can step into various NASCAR roles, call a race, and even get behind the wheel of Race simulators. Lunch is included. **\$78**/\$83 per person

Register before the deadline at the front desk.

- Payment is due in full with your registration.
- Save 5% on one-day trips with your Lourie Center
- Membership! (Member prices are listed in **bold**)
- No refunds unless trip is cancelled by the Lourie Center

Faye Brown, Tour Coordinator

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Email