



# NEWSLETTER

July 2014

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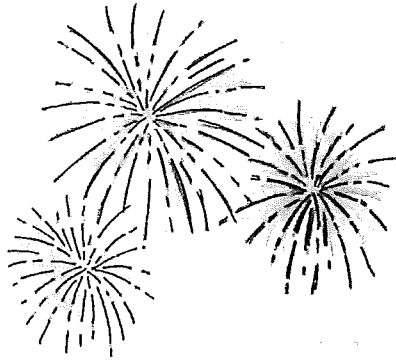
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## Celebrate Independence Day!



Celebrate this great country of ours on July 3rd at The Meeting Place. We'll have all the trimmings (dessert will be delightfully traditional) plus games and prizes. Learn a little history (this will not be painful!) and enjoy the company of a really fun group of people.

Practice the Pledge of Allegiance and "God Bless America" in your best Kate Smith voice. Plan to share a memory of the Fourth of July from your childhood. Wear red, white and blue. Come prepared for a good time.

### USDA announcement:

#### Home repair grants available to Polk County senior home owners

On June 26, Warren Smith of the Shelby, NC USDA office announced grant funds available for low income home owners in Polk County who are 62 or older. Grants up to \$7500 per home are available for essential home repairs which affect the health and safety of the occupants and which make the home accessible for the disabled. Work must be done under the supervision of a licensed contractor.

If necessary repairs cost more than the \$7500 grant, loans can be used for the balance with USDA working in conjunction with banks to make it happen.

Applicants must own the dwelling and site, show repayment ability or lack thereof, have a lack of personal assets, have acceptable credit history, and be income eligible per the following guidelines:

No. in Family	1	2	3	4	5
Annual income	\$19,650	\$22,450	\$25,250	\$25,200	\$27,250

75 Carmel Lane  
Columbus, NC  
28722  
828-894-0001  
Meetingplacepam  
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Call 704-471-0235, extension 4 for application and information.

*"We hold these truths to be self evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights that among these are Life, Liberty, and the pursuit of Happiness."*

## News Briefs

### **RADA Cutlery is available at The Meeting Place**

As a fund raiser for the senior center programs we are once again selling RADA Cutlery. RADA sells extremely affordable knives as well as other kitchenware at reasonable prices. Catalogs are available at any of the senior centers. If you are interested, call and ask for a catalog. We will be ordering the merchandise periodically as we have sufficient volume.

### **Qi Gong classes are Wednesdays at 2:00 p.m.**

Ed Kan teaches this easy to learn exercise program that combines simple stretching movements with slow and deep breathing. It is taught by traditional medical practitioners in China as illness prevention. The emphasis is on the health of internal organs as each movement targets a specific area of the body and the muscles connected to the organs. It can be practiced sitting in an armless chair. The entire series of movements takes only 20 to 30 minutes.

### **See *My Fair Lady* at Flat Rock Playhouse**

Our first trip to Flat Rock Playhouse this year will be to see the Lerner and Lowe musical, *My Fair Lady*. The tale of a cockney flower girl becoming a lady under the tutelage of phonetics professor Henry Higgins has been called "the perfect musical". It was a long-running production on Broadway before being made into a film. The Flat Rock Playhouse production promises to

be extraordinary fun. We will attend the 2:00 p.m. show on July 3. There are only 20 tickets available and the cost will be \$25.00. Because of the limited seating tickets must be paid by June 27 and there will be no refunds for cancellations after that date. Call 894-0001 to reserve a place.



### **Bodies in Motion**

On Thursday July 10, a new class called Bodies in Motion will be offered at 10 a.m. at The Meeting Place. This class is a unique form of dance and movement. It is moving to music. Classes incorporate many forms of music ranging from the Oldies, Rock and Roll, Latino, Funky, Blues, New Age, and more. Classes begin with slow, simple stretching and warm up to high energy guided and free dance movements. No experience is necessary. All ages and body types are welcome. A Bodies in Motion class will not only help your body become more flexible, it will mentally rejuvenate you and just make you smile. It's FUN!

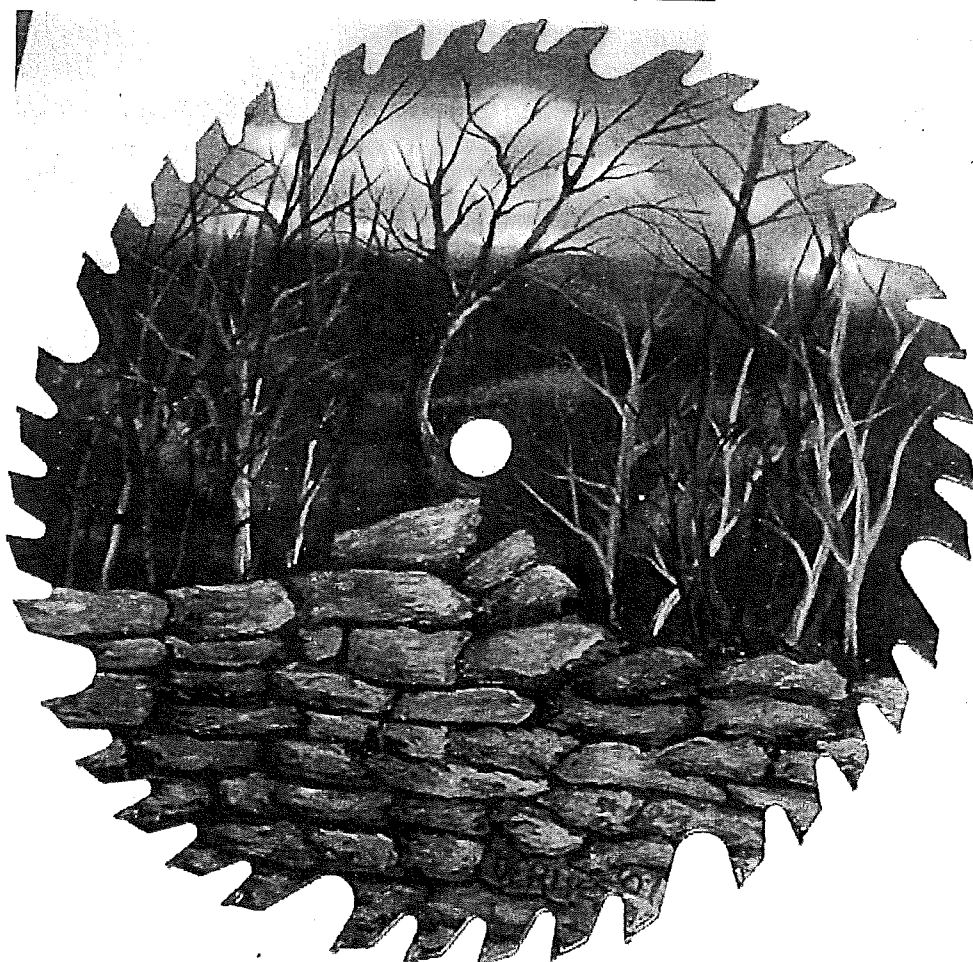
The fee for the class is \$8 per class or 5 classes for \$30 or 10 classes for \$50. For more information, call instructor Jo Rytter at 828-290-9247 or [jo@jorytter.com](mailto:jo@jorytter.com).

## Painting classes to begin August 4 at The Meeting Place

Verlie Murphy, a graduate of Kendall College of Art & Design, Grand Rapids, Michigan, will be teaching at The Meeting Place in Columbus beginning the first Monday in August. This class will meet from 9-11:30 a.m. each week on Monday. To begin with, students will paint a landscape together in oils on canvas board. There are no requirements to signing up, just a willingness to try to paint! It will be taught in a step-by-step process. The goal is to learn something new and most of all have a great time. The easiest way to learn is 'hands on' and Verlie has taught for years. Many locals say she has the 'patience of a saint!' Verlie attributes her patience to growing up with a dozen siblings but also to the fact that she is hearing impaired (she wears hearing aids and reads lips).

Since Verlie came to Saluda, North Carolina ten years ago she has been a member of Tryon Painters & Sculptors, as well as Tryon Arts & Crafts. A few years ago her oil painted saw blade was chosen to be included in the NC State book for tourists, called Access. The book includes the artwork and writings from physically challenged people in our state. This publication, coordinated and published by Philip Woodworth (vocational rehab in Raleigh), is available to all people in and out of state who need to know what accommodations we have for those who need special considerations at NC tourist sites. Many of her techniques are used to teach art to mentally and physically-challenged individuals.

The cost is \$10 a week, per person. If you need supplies, there is a one-time supply fee of \$50 (due the first week). If you bring your own supplies, be sure you bring **odorless turpentine**. You may get a supply list by emailing Verlie at [artistverlie@yahoo.com](mailto:artistverlie@yahoo.com). If you want to see some of her work, her website is [www.verliemurphy.com](http://www.verliemurphy.com).



“Rock Wall”