

GRACE'S GREETINGS

Grace Martin Harwell
Senior Center

February - March 2017

AARP Tax Aide



AARP TAX-AIDE VOLUNTEERS WILL BE AT THE SENIOR CENTER PREPARING TAXES ON MONDAYS AND SATURDAYS, BEGINNING SATURDAY, FEBRUARY 4, 2017, AND CONTINUING THROUGH MONDAY, APRIL 10, 2017. THE SENIOR CENTER DOORS WILL OPEN AT 8:00 AM TO REGISTER PARTICIPANTS.

TAXPAYERS WILL BE TAKEN ON A FIRST COME, FIRST SERVE BASIS.

YOU WILL NEED TO BRING:

- ___ 1. Photo Identification for you and your spouse.
- ___ 2. Tax Identification for you, your spouse and all dependents
Tax Identification must be ONE of the following:
 - (a) Social Security Card
 - (b) Social Security statement of benefits (SSA-1099)
 - (c) Verification Letter from the Social Security Administration
 - (d) Medicare Card ending with the letter A.
- ___ 3. A printed copy of last years Federal and NC tax returns
- ___ 4. All "Tax Document" forms received for 2016 tax year

AARP TAX-AIDE IS DESIGNED TO ASSIST SENIORS, PARTICULARLY LOW TO MODERATE INCOME SENIORS. IF THE VOLUNTEERS FEEL THAT YOUR TAXES ARE COMPLICATED ENOUGH TO NEED MORE ASSISTANCE THAN THEY HAVE AVAILABLE, THEY WILL RECOMMEND YOU FIND ASSISTANCE ELSEWHERE. WE APPRECIATE THE VOLUNTEERS WHO PROVIDE THIS FREE SERVICE TO OUR SENIORS AND WE APPRECIATE YOUR PATIENCE WITH THIS PROCESS.

Staff

Stephen Clayton
Senior Center
Supervisor

Zoe Taylor
Recreation Program
Specialist

Frank Rhem
Program Assistant

Joanne Poore
Information
and Assistance

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Walking Program



GOAL: WALK 800 MILES IN 2017

200 miles every 4 months = mystery trips

1ST MYSTERY TRIP WILL BE: (January, February, March, April) = MAY 11, 2017

2ND MYSTERY TRIP WILL BE: (May, June, July, August)= SEPTEMBER 14, 2017

3RD MYSTERY TRIP WILL BE: (Sept, Oct. Nov, Dec.) = JANUARY 11, 2018

- * Your walking must be recreational. Walking to the refrigerator or the mailbox does not count! Walk for the purpose of WALKING! We are NOT counting Pedometer miles!
- * Every 20 minutes of brisk walking counts as 1 mile.
- * Report your progress ONCE a MONTH, by the 5th of the following month. We will provide logbooks for you to use. Call the office or come by and drop your miles at the front desk.
- * Progress will be displayed at the Senior Center. Call Zoe at (252) 975-9638 if you need more information and DON'T FORGET TO REGISTER!

Participants who met the goal of

Walking 800 Miles:

Ken Bowen—1394 MILES
 Phyllis Woolard—1392 MILES
 Fred Williamson—1378 MILES
 Lena Davis—1232 MILES
 Lela Herring—1158 MILES
 Gene Mish—1101 MILES
 Darlene Elks—1073 MILES

Mary Williamson—1072 MILES

Geraldine Smith—1054 MILES

Sadie Daniels—996 MILES

Donna Hodges—990 MILES

Carl Smith—984 MILES

Iris Furlough—884 MILES

Jean Hopkin—834 MILES

Lossie Savage—826 MILES

Participants who have been in the program every year from

2002-2016

***14years**

Ken Bowen

Carl Smith

Geraldine Smith

Nancy Waters



TRANSPORTATION TO THE SENIOR CENTER

DID YOU KNOW?

If you live in the City of Washington or immediate area and are 60 years old or older, there is transportation available to the Senior Center.

Call Stephen at 252-975-9641 for more information!

WE WANT TO HEAR WHAT YOU HAVE TO SAY!

Suggestion Boxes are located at the front desk and side entrance!

Please leave your questions, comments and/or concerns about the center!

Advanced Directives

Need an Advanced Directive? Vidant Health will be coming to the center to help! This event is sponsored by ECU Life- Long Learning.

February 8– Part 1

February 15– Part 2

March 8– Part 3

1:30 PM



VIDANT HEALTH™

Contact the Senior Center at
252-975-9368 x0 to sign up!



SERVICE STATION

THANK YOU!!

Thanks to all who came in during Annual Open Enrollment for Medicare Part D. We're happy to report that we (GMHSC) served over 215 clients and saved a total of over \$213,000 for them!

Remember to make your appointment early next year.

VOLUNTEERS NEEDED!!

Blood Pressure

Front Desk

Transportation

Contact Stephen Clayton at
252-975-9641 if you're interested!



Did You Know?



March is National Nutrition Month!

Healthy Eating Tips:

- Drink water often & limit beverages with added sugar and salt.
- Use herbs and spices to boost and add flavor to your meals!
- Read the Nutrition Facts label when buying food.
- Eat for your teeth and gums.
- Include a variety of different colored vegetables on your plate.

COMPUTER CLASSES

ANYONE???

Contact Zoe Taylor
at

252-975-9638 for
more information!



SAVE PAPER and

contact Zoe to have
your newsletter
e-mailed to you!



Black History Month is an annual observance in the United States, Canada, and the United Kingdom for remembrance of important people and events in the history of the African dispersion. It is celebrated annually in the United States in February.





FEBRUARY 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Activities located outside Senior Center are in BOLD		1 8:00 - 10:00: Blood Pressure Check 10:30: Pamlico Senior Citizens	2 8:15: Aerobics 8:30: Pickleball 10:00: Helping Hands 11:00: Ahoy-East Haven 1:00: Bridge 1:00: Canasta <u>1:30: Beg. Knitting</u>	3 8:30: Senior Games Practice 8:30: Yoga 9:45: Tai Chi 11:00: Ahoy-Sr Cntr <u>1:30: TED Talks - ECU Life-Long Learning</u>	4 8:00: AARP Taxes
5	6 8:00: Shuffleboard <u>8:00: AARP Taxes</u> 8:30: Yoga 9:45: Tai Chi 10:30: BINGO 1:00: Needlecraft 2:00: 80 & Better	7 8:15: Aerobics 9:00: Beg. Swimming 9:15: Painting 11:00: Ahoy-Choco 1:00: Mah Jongg 5:45: Mat Yoga	8 8:00 - 10:00: Blood Pressure Check 10:00: Quilters Guild 1:00: Golden Cards <u>1:30: Advanced Directives Part I - Being Mortal Video Presentation</u> 3:00: Brain Builders	9 8:15: Aerobics 8:30: Pickleball 9:00: Grand Ideas 9:00: Adv. Swimming 11:00: Ahoy-East Haven 1:00: Bridge 1:00: Canasta <u>1:30: Beg. Knitting</u> 7:00: Senior Dance	10 8:30: Senior Games Practice 8:30: Yoga 9:00: Garden Club 9:00: Massages 9:45: Tai Chi 11:00: Ahoy-Sr Cntr <u>1:30: Sweetheart Movies</u>	11 8:00: AARP Taxes
12	13 <u>8:00: AARP Taxes</u> 8:30: Yoga 9:45: Tai Chi 10:30: BINGO 1:00: Needlecraft	14 8:15: Aerobics 9:00: Beg. Swimming 9:15: Painting 11:00: Ahoy-Choco 1:00: Mah Jongg 5:45: Mat Yoga	15 8:00 - 10:00: Blood Pressure Check <u>12:00: Senior Games Kickoff Lunch</u> <u>1:30: Advanced Directives Part II - Education Session</u>	16 8:15: Aerobics 8:30: Pickleball 9:00: Adv. Swimming 11:00: Ahoy-East Haven 1:00: Bridge 1:00: Canasta	17 8:30: Senior Games Practice 8:30: Yoga 9:45: Tai Chi 11:00: Ahoy-Sr Cntr <u>1:30: TED Talks - ECU Life-Long Learning</u>	18 8:00: AARP Taxes
19	20 8:00: Shuffleboard <u>8:00: AARP Taxes</u> 8:30: Yoga 9:45: Tai Chi 10:30: BINGO 1:00: Needlecraft	21 8:15: Aerobics 9:00: Beg. Swimming 9:15: Painting 11:00: Diabetic Support 11:00: Ahoy-Choco 1:00: Mah Jongg 3:30: Grief Support 5:45: Mat Yoga	22 8:00 - 10:00: Blood Pressure Check 10:00: Quilters Guild 3:00: River Readers	23 8:15: Aerobics 8:30: Pickleball 9:00: Adv. Swimming 11:00: Ahoy-East Haven 1:00: Bridge 1:00: Canasta	24 8:30: Senior Games Practice 8:30: Yoga 9:45: Tai Chi 11:00: Ahoy-Sr Cntr	25 8:00: AARP Taxes
26	27 <u>8:00: AARP Taxes</u> 8:30: Yoga 9:45: Tai Chi 10:30: BINGO 1:00: Needlecraft	28 8:15: Aerobics 9:00: Beg. Swimming 9:15: Painting 11:00: Ahoy-Choco 1:00: Mah Jongg 2:00: Beaufort Co. Traditional Music 5:45: Mat Yoga		Special Events & Events which require pre-registration are <u>UNDERLINED.</u>		

Follow us on Social Media

Facebook—www.facebook.com/GMHSeniorCenter

Instagram—GMHSeniorCenter





MARCH 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Activities located outside Senior Center are in BOLD	Special Events & Events which require pre-registration are <u>UNDERLINED</u> .	1 8:00 - 10:00: Blood Pressure Check 10:30: Pamlico Senior Citizens 2:00: <u>Niagara Falls Trip Sign-Up Begins</u>	2 8:15: Aerobics 8:30: Pickleball 9:00: Adv. Swimming 10:00: Helping Hands 11:00: Ahoy-East Haven 1:00: Bridge 1:00: Canasta	3 8:30: Senior Games Practice 8:30: Yoga 9:45: Tai Chi 11:00: Ahoy-Sr Cntr <u>1:30: TED Talks - ECU Life-Long Learning</u>	4 8:00: AARP Taxes
5	6 8:00: Shuffleboard <u>8:00: AARP Taxes</u> 8:30: Yoga 9:45: Tai Chi 10:30: BINGO 1:00: Needlecraft 2:00: 80 & Better	7 8:15: Aerobics 9:00: Beg. Swimming 9:15: Painting 11:00: Ahoy-Choco 1:00: Mah Jongg 5:45: Mat Yoga	8 8:00 - 10:00: Blood Pressure Check 10:00: Quilters Guild 1:00: Golden Cards <u>1:30: Advanced Directives Part III - Clinic</u> 3:00: Brain Builders	9 8:15: Aerobics 8:30: Pickleball 9:00: Grand Ideas 9:00: Adv. Swimming 11:00: Ahoy-East Haven 1:00: Bridge 1:00: Canasta 7:00: Senior Dance	10 8:30: Senior Games Practice 8:30: Yoga 9:00: Garden Club 9:00: Massages 9:45: Tai Chi 11:00: Ahoy-Sr Cntr	11 8:00: AARP Taxes
12	13 <u>8:00: AARP Taxes</u> 8:30: Yoga 9:45: Tai Chi 10:30: BINGO 1:00: Needlecraft	14 8:15: Aerobics 9:00: Beg. Swimming 9:15: Painting 11:00: Ahoy-Choco 1:00: Mah Jongg 5:45: Mat Yoga	15 8:00 - 10:00: Blood Pressure Check <u>11:00: Chair Volleyball</u>	16 8:15: Aerobics 8:30: Pickleball 9:00: Adv. Swimming 11:00: Ahoy-East Haven 1:00: Bridge 1:00: Canasta	17 - ST. PATRICKS DAY 8:30: Senior Games Practice 8:30: Yoga 9:45: Tai Chi 11:00: Ahoy-Sr Cntr <u>1:30: TED Talks - ECU Life-Long Learning</u>	18 8:00: AARP Taxes
19	20 8:00: Shuffleboard <u>8:00: AARP Taxes</u> 8:30: Yoga 9:45: Tai Chi 10:30: BINGO 1:00: Needlecraft	21 8:15: Aerobics 9:15: Painting 11:00: Diabetic Support 11:00: Ahoy-Choco 1:00: Mah Jongg 3:30: Grief Support 5:45: Mat Yoga	22 8:00 - 10:00: Blood Pressure Check 10:00: Quilters Guild 3:00: River Readers	23 8:15: Aerobics 8:30: Pickleball 8:30: Duplin Winery Trip Departs 11:00: Ahoy-East Haven 1:00: Bridge 1:00: Canasta 4:30: <u>Duplin Winery Trip Returns</u>	24 8:30: Senior Games Practice 8:30: Yoga 9:45: Tai Chi 11:00: Ahoy-Sr Cntr SENIOR GAMES REGISTRATION ENDS	25 8:00: AARP Taxes
26	27 <u>8:00: AARP Taxes</u> 8:30: Yoga 9:45: Tai Chi 10:30: BINGO 1:00: Needlecraft	28 8:15: Aerobics 9:15: Painting 11:00: Ahoy-Choco 1:00: Mah Jongg 2:00: Beaufort Co. Traditional Music 5:45: Mat Yoga	29 8:00 - 10:00: Blood Pressure Check	30 8:15: Aerobics 8:30: Pickleball 11:00: Ahoy-East Haven 1:00: Bridge 1:00: Canasta	31 8:30: Senior Games Practice 8:30: Yoga 9:45: Tai Chi 11:00: Ahoy-Sr Cntr <u>1:30: TED Talks - ECU Life-Long Learning</u>	

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Instagram—GMHSeniorCenter



UPCOMING EVENTS...

Senior Games Kick Off Lunch

February 15, 2017
12:00 PM

Contact the Senior Center at (252) 975-9368 ext. 0 to register.

Save the Date!
PITT COUNTY SENIOR GAMES

April 18-29, 2017

Senior Games Sign-Up

**Mid- February
\$20- includes t-shirt**

***Ask for more info!**

ECU Life-Long Learning

TED (TALKS) & ME

TED Talks is a website that lives by their slogan "Riveting talks by remarkable people, free to the world." There will be a new topic each week.

UPCOMING DATES:

February 3 February 17 March 3

March 17 March 31 April 21

LLP MEMBER: \$10

NON-MEMBER: \$15

Save the Date!

Thursday,
April 6, 2017
Beaufort County
Senior Expo



Senior Swimming Class!

February 7-March 16, 2017

9:00AM-10:00AM

Tuesday- Beginner/Learn to Swim

Thursday-Advance/Practice for Senior Games

Moore Aquatic Center in Washington

\$30 for Non-Members

No Cost for Members

***Space is limited!**

Contact Zoe Taylor at 252-975-9638

Chair Volleyball!

When: March 15, 2017

Where: The Senior Center

Time: 11:00AM -12:00PM

Please Contact Zoe Taylor at

252-975-9638 to sign up!



2017 TRIPS



Mackinac Island, MI & Frankenmuth, MI

June 4 -10, 2017

Cost: \$799.00 per person

(Double Occupancy)

- “World Famous Dinner” at the Bavarian Inn
- Lunch Tahquamenon Falls Pub and Visit to the Falls
- Hydro Jet Ferry Ride to Mackinac Island
- Carriage Tour of Mackinac Island
- Visit the Great Lakes Shipwreck Museum

**Contact: Zoe Taylor at
252-975-9638.**

Niagara Falls

September 17-22, 2017

Cost: \$659.00 per person

(Double Occupancy)

- 2 Day Guided Tour of Niagara Falls
- IMAX Presentation of “Niagara: Miracles, Myths & Magic”
- Hornblower Niagara Cruise
- Wine Tasting
- Evening View of the Falls
- Visit Hershey’s Chocolate World

**Sign Up Begins Wednesday,
March 1, 2017
at 2:00PM**



Day Trip:



Duplin Winery Tasting & Tour



March 23, 2017

Cost: \$55

Please pay \$55 to hold your seat by
March 3 or until seats are filled.

Contact Zoe Taylor at 252-975-9638

Lancaster, PA

December 4 -6, 2017

Cost: \$359.00 per person

(Double Occupancy)

- Amish Style Dinner Feast
- Sight and Sound Theater for the Production of “Miracle of Christmas”
- Hershey Sweet Lights-Holiday Drive-Thru Spectacular
- Explore Hershey’s Chocolate World
- Holiday Shopping at the Famous Lancaster Outlet Stores

**Sign Up Begins Wednesday, May 3,
2017 at 2:00PM**

**Grace Martin Harwell
Senior Center Partners, Inc.**

310 W Main St
Washington, NC 27889

Phone: 252-975-9368

Email: senior.center@washingtonnc.gov

Non-Profit Organization
U.S. Postage

PAID

Washington, NC 27889

Permit No. 6

Mission Statement

"...is to provide programs and activities
to enhance the quality of life and
promote independent living for area adults 55
and older."



**THANK YOU
GRACE MARTIN HARWELL SENIOR CENTER
2016 GOLD PARTNERS**



WE WOULD LIKE TO THANK TO FOLLOWING
GOLD AND SILVER PARTNERS MEMBERS FOR

2017:

GOLD

Zeno & Carol Everett

Buck Frazier

Frankie & Kathy Waters

SILVER

Bob Hudson

Sue Wingard

Audrey Woolard

All Gold and Silver members are spotlighted in each newsletter. This is our opportunity to say thank you for your support of the Grace Martin Harwell Senior Center.

**WHAT IS THE GRACE MARTIN HARWELL
SENIOR CENTER PARTNERS?**

The Partners is a non-profit organization that supports the Grace Martin Harwell Senior Center through fundraising, advocacy, and public awareness. It is a 501(c)(3) non-profit organization. Membership is open to all individuals and representatives of other organizations who support the purpose of the Grace Martin Harwell Senior Center.

Partners membership starts as low as \$10 for the year, this contribution is tax deductible. Becoming a Partners member for 2017 includes **\$5 off towards Greenville—Pitt County Senior Games registration**. Additional benefits will be announced throughout the year!