



Follow us on Facebook! "Moore County Senior Enrichment Center"

Certified as a *Senior Center of Excellence* by the

NC Division of Aging & Adult Services

The Point

VOLUME 26, ISSUE 1

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DEPARTMENT OF AGING STAFF

Terri Prots

Aging Services Director

Emily Tostado

Administrative Officer I

Sue Groves

Office Assistant IV

Shanelle Taylor

Processing Assistant

Stephanie Cross

Processing Assistant

Lynne Drinkwater

SEC Program Coordinator

Katie Hall

Senior Insurance &
Volunteer Services Advisor

Rhonda Priest

Nutrition/Transportation Manager

Karen McNeill

Nutrition Coordinator

Kathie Lewis

Nutrition Site Manager

Alveda Person

Family Caregiver Advisor

Debbie Hickman, RN

Quality Assurance/ In-Home
Services Manager

Becky DeRose, RN

Quality Assurance/ RN
In-Home Services

Jennifer Thomas

In-Home Services Supervisor

Amethyst Barnes

Stephanie Barnes

Lynette Harris

Rhonda Hinton

Linda Johnson

Lisa Kennedy

Tamekia McLean

Donna Woodle

In Home Aides

Chris Pevia

Fitness Coordinator



Something for
Everyone



Silver Arts

KICKOFF



Ages
50 & up



Aberdeen
Parks and Recreation



Moore County Senior Enrichment Center

8040 US Hwy 15-501, 2 miles north of the Pinehurst traffic circle

Monday, Wednesday, & Friday 7am - 5pm Tuesday & Thursday 7am - 7pm Saturday 8am-1pm

Phone: 910-947-GIVE(4483)

Our newsletters and monthly activity calendars are available online at:

<https://www.moorecountync.gov/161/Aging>

New Employees



Stephanie Cross

Stephanie will be working at the downstairs desk Mon / Tues / Wed / Fri 9a-2p to assist with check-ins, questions & collecting payments for fitness.

Stephanie enjoys crafting, cooking, baking & going on adventures with her husband & 2 dogs. She is looking forward to getting to know everyone & being part of this wonderful community!



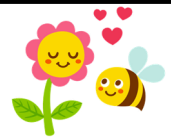
Shanelle Taylor

Shanelle will be working at the Front Desk on Tuesdays & Thursdays 3:30p-7p & Saturdays 8a-1p.

Shanelle loves to read books, write in her journal, and find new recipes online. She has 6 plants she takes care of, 1 of them she's had since she was younger!

Welcome

Caregivers Corner



Respite care provides short-term relief for primary caregivers giving them time to rest from their caregiving responsibilities. If you are a family caregiver caring for a loved one that is living with dementia and in need of respite, contact us at 910-947-4186.

RESPITE CARE

Caregiver's Support Group

3rd Tuesday of the Month 11am-12:30pm

Please Contact

Alveda Person@ 910-947-4186

or by Email

aperson1@moorecountync.gov

WE LOVE CAREGIVERS!

Ensure Program

You must be age **60+** and your income must not exceed 150% of the poverty level. Based on the 2025 US Poverty Guidelines, the monthly income range for an individual is \$1,956 - \$2,281 and for a couple is \$2,644 - \$3083.

Clients are to complete/submit the registration form and attach a copy of the doctor's prescription to:

Alveda Person at The Moore County Senior Enrichment Center. 910-947-4483

* **Ensure** — \$18/case * **Ensure Plus** — \$20/case * **Glucerna** — \$29/case

SENIORS' HEALTH INSURANCE INFORMATION PROGRAM IS FREE & UNBIASED



SHIIP

SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

N.C. Department of Insurance , Mike Causey, Commissioner

855-408-1212 (toll free) • www.ncdoi.gov

NEW TO MEDICARE? ATTEND OUR MEDICARE 101

JANUARY 13 10-11 AM CALL TO ENROLL (910) 947-4483



PWR! is an exercise program that promotes aerobic and specific skills that can protect vulnerable neurons, repair damaged circuits, and optimize function in individuals with Parkinson's disease.

WHAT YOU NEED:

Physicians Parkinson's Diagnosis/Doctor's Medical Authorization AND New Member Orientation/Screening/Assessment

PWR! Circuit Wednesdays 1pm: Parkinson's Wellness Recovery class that utilizes exercise stations to promote large amplitude, high effort and attention to action using an array of exercise equipment. These exercises increase motor control and repetitive effort within time restraints at each exercise station.

PWR! Group Fridays 1pm: Parkinson's Wellness Recovery class that focus on movements that promote large amplitude, high effort and attention to action from multiple positions (prone, supine, all 4's and standing).

These exercises help to increase motor control with sustained and repetitive effort while also promoting better balance.

Once the above items are complete, class assignment will be based on assessments and screenings. *Class is limited to 10, so please complete the above items in advance to ensure your spot in the classes.*

For more information or to schedule an appointment in regards to PWR!
Please contact Chris Pevia at 910-947-4184 or email at cpevia@moorecountync.gov.



Friday JAM Sessions

FRIDAYS 9:30AM-NOON

Musicians of ALL levels are Welcome!
Singers are encouraged to attend or just come, listen & tap your feet. The group plays a variety of music from Jimmy Buffet, Eagles, John Denver, Eric Clapton, Crosby-Stills-Nash & Young, Creedence Clearwater Revival, Beatles, Bob Dylan, & many more. The group accesses a folder on Google Drive for music played.

If you have any questions for this group, please contact Kent Vandervort at CKentvan@gmail.com.



Participants must be 50 & a Moore County resident.

Virtual Exercise

We are offering virtual classes through Microsoft Teams to all fitness members of the Senior Enrichment Center. If you are currently a member of the SEC and are interested in participating in these exercise classes, please contact Chris Pevia at cpevia@moorecountync.gov to be added to the invitation list. The classes that will be offered virtually each week are **underlined on the fitness calendar**. One class will be offered each week, with that class being a Silver and Fit or Sit and Stretch class. If you are not currently a fitness member, and would like to be, email Chris and he will be glad to help you complete the forms to become a member. **The VIRTUAL classes are FREE and WILL NOT be recorded.**

Exercise With Chris

Silver & Fit * Tuesday & Friday 11:00AM \$2 fee
In Person & Virtual on Microsoft Teams. All Levels

Tabata * Monday & Wednesday at 10:00AM \$2 fee
Intermediate Level

Circuit Training * Friday at 10:00AM \$2 fee
Intermediate Level

SEE FITNESS CALENDAR FOR DETAILS!

Sit & Stretch * Monday & Wednesday 11:00 AM (In-Person & Virtual on Microsoft Teams) All Levels , **FREE**

Cardio Core * Tuesday at 9:00 AM \$2 Fee All Levels

CIA (Circuits, Intervals, Abs) * Tuesdays & Thursdays
5:30 PM \$2 fee Beginner to Intermediate level

YOGA with Karen Poppele

Chair Yoga: Thursday at 9am **Gentle Yoga:** Tuesday at 10am (SEE FITNESS CALENDAR FOR DETAILS)

***NEW* Yin Yoga: Thursday at 10am** This yoga class, using provided props, involves holding seated or reclined yoga poses anywhere from one to several minutes. The poses focus on the connective tissue of the body—fasciae, tendons, and ligaments—stretching without straining to improve circulation in and flexibility of the joints while fostering stillness in the mind.

ALL YOGA CLASSES: Cost: \$2 Front Desk and \$5 to the Instructor

TAI CHI

White Crane—Participants will have the chance to learn multiple styles of tai chi including an associated practice of Qi Gong in a class setting that is for all fitness levels. This ancient exercise increases balance, coordination, concentration, and increases immunity. Regular attendance is encouraged but not required. **Monday & Wednesday at 9:00 AM. Instructor: Martin Locklear \$2**

Beginner Tai Chi—A 4-month class that teaches participants the fundamentals and art of Tai Chi. Participants will learn a series of slow continuous flowing forms of moves under the modified Yang Style of Tai Chi which all together includes 108 moves. This class is for all participants regardless of experience their experience with Tai Chi. All participants interested need to register with Chris at (910) 947-4184 or email

cpevia@moorecountync.gov. **Start Date: January 6, 2026, Tuesdays and Thursdays at 1:00 PM.**

Instructors: Gwen McCarty and Daniel Rodgers \$2

Beijing 24—This simplified form of Tai Chi is composed of 24 postures that is basically a short form of the Yang Style 108 moves that will also give participants an introduction to the essential elements of Tai Chi. This class is a drop-in class but is best suited for participants that has some experience in Tai Chi. Since each class is a continuation of the previous class, this form of Tai Chi requires participants to attend classes on a regular basis. **Monday & Wednesday at 2:00 PM Instructor Nancy O'Connell \$2**

“Guided Meditation & Tapping with Maureen Bertolozzi”

Gentle, seated, tapping, (a form of acupressure), mindful breathing & guided meditation.

Fridays at 12pm

*** This class is FREE!**

Cooking With Mamie

Thursday, January 8, 2026

10:00am-12:00pm

Call (910)947-4483 to register!

Volunteer Mamie Bennett will lead her class in making a simple, yet elegant meal.



This month's menu:
Stir Fry Pork
Pound Cake w/ Berries

Legal Aid Attorneys **assist adults with low to** **modest income**

Legal assistance concerning civil matters including; evictions, foreclosures, benefits (Medicaid & Food Stamps), elder abuse and debt collection. Please call the Senior Legal Helpline at 1-877-579-7562 Mon thru Fri 9A-11A & 1p-3p. Appointments take place at the Senior Enrichment Center. They provide FREE civil legal help to North Carolinians who are 60 years of age or older. *Brochures available in the Caregiver's Library!*



Volunteering Just 1 Day Can Help!

Won't You Please
deliver a meal to a
Homebound Senior?

*Homebound seniors depend on the kindness of volunteers to deliver a hot lunch & a bit of cheer. We desperately need volunteers for meal delivery in northern Moore County. **Just 2 hours in 1 day** can make a difference in someone's life.*

Thank You



Please call Rhonda Priest
Moore County Dept. of Aging (910) 947-4185

Beginner Greeting Card Making Class!

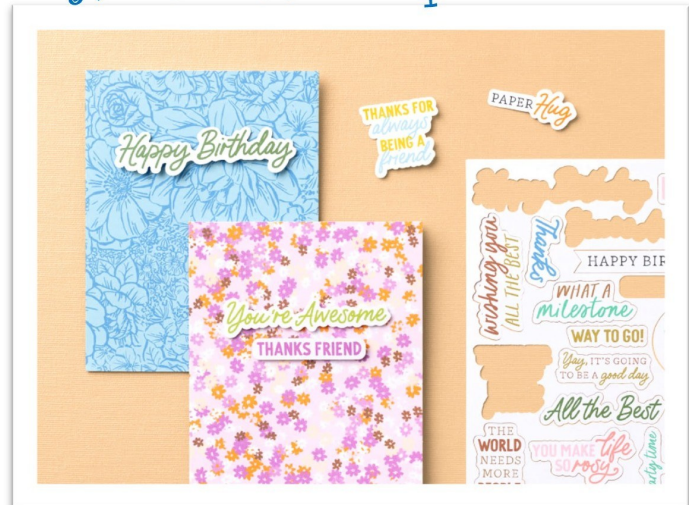
1st Saturday of February, March & April

10a-12p

Please call (910) 947-4483

to Reserve Your Seat

Fee \$10 for Supplies



Advanced Greeting Card Making Class!

2nd Tuesday of each month 10a-12p

Please Call
(910) 947-4483
to Reserve Your Seat

Fee \$10



Art Class



Aging Advisory Council

Susan Batts
Tom Batts
Kim Hanson
Bill Hughes
Brenda Ludeke
Carol Stanton
Larry White

"Tiger Face"



Thursday,
January 22
2p-5p
\$15.00 for
supplies.

12 person limit! Register at 910-947-4483



Our Mission: To Provide Services that Promote the Well-being of Older Adults.

The Point

Moore County Department of Aging
8040 Hwy 15-501
P.O. Box 487
Carthage, NC 28327
910-947-4483