



COUNTY OF DARE

December 2019

Older Adult Services Newsletter

www.darenc.com Hours: Monday-Friday
8:30am-5:00pm *CLOSED Dec. 24, 25, 26th

The Thomas A. Baum Senior Center provides Dare County residents and visitors who are 55 and older with a variety of programs and activities to promote active and healthy lifestyles for older adults and provides opportunities for recreation, socialization, nutrition, and health support services.



Annual Tree Trimming and Pot Luck Lunch

You are invited to attend our 32nd Tree Trimming and Pot Luck Luncheon. Please join us on December 6th from 10:00am until 1:00pm. Don't forget to sign up at the front desk to bring a dish and join us for fun, fellowship, entertainment, and a delicious meal! For more information, please contact Mary at 252-475-5637.

Fitness classes and activities may be moved or cancelled due to the Angel Gift Program Dec. 3rd-Dec.12th. Please call 252-475-5635 with questions regarding scheduling during this time.

Santa for Seniors

If you are interested in making the holiday a little brighter for a local senior– we can use your help! We are hosting a gift drive for our home-bound meals on wheels clients. A tin of cookies or candies, soft socks, tissues, lip balm, lotion, or a box of chocolates are a few ideas! All items will be used to make holiday gift bags that will be delivered by our volunteers. We are also accepting \$10 gift cards from Walmart to add to the bags. You may drop your items or gift cards with Jodie at the Baum Center. Thanks to Lynne Bloomfield, our official holiday gift bag organizer! Any questions. please contact Jodie at 252-475-5638 or Lynne Bloomfield at 252-261-8937.

December Senior Luncheon

Our luncheon will be at Shipwreck's Grill in Kitty Hawk at milepost 3.5 (4020 N. Croatan Hwy.)
Join us Monday, December 16th at 11:30am
RSVP to Carroll Swan at 252-715-0542





Cookie Exchange Party

Thursday, December 19th

from 1:00-3:00 pm. If you would like to participate, please bring 4-6 individual bags with 3-4 cookies in each to swap with the group and an additional dozen cookies for sampling. We will enjoy coffee, cocoa, or tea while sampling the cookies. Please sign up at the front desk, bring your favorite cookie and recipe to join the fun!

Any questions, please call Mary at 252-475-5637.

Shopping Trip to Greenbrier Mall and Olive Garden Lunch

Friday, December 13th

We will depart from the Baum Center at 8:30am and return to the Baum Center by 6:00pm. We will enjoy shopping at the mall and lunching at the Olive Garden. Cost is \$5 and you will need additional money for lunch. Please note, will be riding in a Dare County Van and space is limited. Sign up at the front desk or call Jodie at 252-475-5638.

Make a Beach Charm Bracelet

Monday, December 16th from 1:00pm-3:00pm.

Basic cost includes one charm bracelet with 5 charms and crystals for \$15. All supplies will be provided. Additional charms are available for purchase at \$2 each. You can make additional bracelets for \$15 each. This is a great gift idea for the holidays!

Class led by Laura Howard of Abundant Spirit Jewelry.

Please register at the front desk and if you have additional questions, please call Mary at 252-475-5637.



**Remember we will be closed
Dec. 24th, 25th, and 26th for the
holidays.
We will also be closed January 1st
for New Year's Day. Happy 2020!**

The Power of Art

**Classes for GEM's HARMONY CAFÉ at the Baum Center
Monday, December 2nd from 1:30-3:30**

GEM's Harmony Cafe is partnering with the Dare County Arts Council to connect local teaching artists with our GEM family to create art in various mediums such as stained glass, wood, clay and paint. Harmony Café is a place where any senior that would benefit from memory care may practice that skill in a safe, supportive, and engaging environment.

***This is not a drop off program and each participant should be accompanied by a family member or community friend.**

Join us on Monday, December 2nd with Mary Ann Toboz. Class times are 1:30pm-3:30pm. There is no charge for Harmony Cafe , but please preregister with Gail Sonnesso, Executive Director, either by email: gsonnesso@gmail.com or by phone at 252-480-3354.

MEDICARE 101 at the BAUM CENTER

Interested in learning more about Medicare? Please attend one of our upcoming Medicare 101 educational meetings on Tuesday, January 14th or Tuesday, Feb. 11th at 10:00am. We will not offer a class in December. Join us to learn the basics of Medicare, including the benefits of Part A & B, Part D, and supplemental plans. Ask about the Low-income/ Extra Help program if you qualify for financial assistance. Preregistration is not required.

Questions? Please call Jodie at 475-5638.

We will not have a Medicare 101 in December

New Tai Chi Series

The Baum Center will be starting a beginner Tai Chi for Arthritis/Fall Prevention Series starting Tuesday, January 7, 2020. This very popular class will be held every Tuesday and Thursday at 1:00pm for ten weeks. **You will need to register, as this is NOT a drop in class.** For more information or to sign up, call Aubrey Remige at 475-5644.



• **Upcoming Events and Announcements**

- Free Health Screening with the OBH Health Coach Jan. 6, 8:30-12:00 at the Baum Center. More info to follow.
- New for the new year! Starting in January you will be able to subscribe or unsubscribe to our newsletter online.
- 9 Ball Pool Tournament will be Friday, Jan. 17, 2020. More info to follow.
- No Medicare 101 class in December.

Pickleball

Join the fastest growing racquet sport in the world with over 2 million players in the U.S. alone and have fun with some terrific over 50 women and men. Our learn to play Pickleball has been a huge success. There are eight days remaining- so don't be left out. Monday, Wednesday, and Friday 12/2 through 12/18 from 9-11am. Interested? Questions? Call or e-mail Dave Needham on 252-599-2773 or gmgmedical@gmail.com,



BRANDI BOHANAN	DIRECTOR	475-5636
AUBREY REMIGE	FITNESS COORDINATOR	475-5644
DEBBIE MONDAY	ADMINISTRATIVE SPECIALIST	475-5635
MARY JERNIGAN	LEISURE ACTIVITIES COORINATOR & Home Delivered Meals	475-5637
JODIE FUTCH	LEISURE ACTIVITIES COORDINATOR & SHIIP Coordinator	475-5638
AL FISHER	CUSTODIAN	