

The Rutherford County Senior Center is a community focal point where adults come together for activities and services which enhance dignity, support independence, and involve them in the community.

We strive to meet the social, educational, and physical needs that enrich quality of life. The Senior Center is a place for developing new skills, as well as sharing gifts and talents in a safe, convenient, and well-maintained facility.

To know details on our activities offered, stop by for a tour and/or call the Center and request a copy of our free newsletter OR follow us on our facebook page @RutherfordCountySeniorCenter

➤ HOW DO I JOIN?

- Are you 55 or over?
- There is **NO MEMBERSHIP FEE** required to join in the fun and fellowship at the Senior Center, simply come by and register during business hours.
- A staff member will complete a short registration form with you, followed by a tour of the facility.



SENIOR CENTER

RUTHERFORD COUNTY

www.RutherfordCounty.gov/Departments/Senior_Center/Index.php



We are a multipurpose facility dedicated to providing quality programs, services and activities to individuals aged 55 or older. A weekday nutrition program is also provided for people aged 60 and older. **THE BENEFITS ARE ENDLESS!** We invite you to visit the center and take a tour.

DONATIONS

Senior Center donations are welcomed and encouraged. Donations may also be made in honor of a special occasion, a memorial, or in the form of a bequest.

FOR MORE INFORMATION CALL 828-287-6409
THERE ARE NO STRANGERS HERE...
ONLY FRIENDS WE HAVE NOT MET

A UNITED WAY MEMBER AGENCY



193 Callahan Koon Road | Suite 132 | Spindale, NC 28160
Senior Center of Excellence | 828.287.6409



Activities



SENIOR CENTER
RUTHERFORD COUNTY NC

MONDAY-FRIDAY 7:30 AM-4 PM
828.287.6409



Get Active

- Aerobics
 - Billiards Room
 - Chair Exercise
 - Chair Volleyball
 - Table Tennis
 - Virtual Classes
 - Walking Groups
 - Yoga
 - Zumba
 - Gym
- OPEN DAILY:
- ✓ Treadmills
 - ✓ Nu Steps
 - ✓ Elliptical Trainer
 - ✓ Recumbent Exercise Bike
 - ✓ Resistance Training Equipment



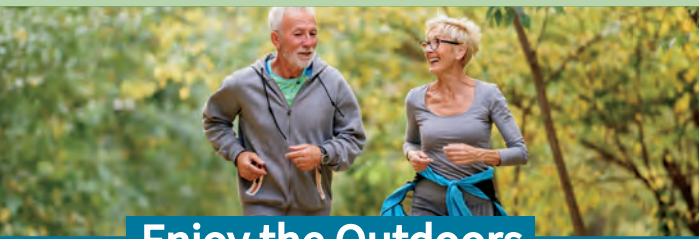
Around the Table

- Board Games
- Bridge
- Engaging Conversation
- Puzzles
- Playing Cards



Resources

- Computer Lab
 - ✓ 6 Computer Stations
- Free Wifi
- Library
- Local Newspapers
- Magazines
- Monthly Newsletter
- Notary Public
- Paper Shredder
- Public Tri-City Transit Stop
- Transportation to/from Center
- Virtual Programs



Enjoy the Outdoors

- Bocce Ball
- Cornhole Boards
- Horseshoes
- NCSG Senior Games
- Shuffleboard
- Walking Trail



Fun & Fellowship

- Bingo
- Breakfast Club
 - ✓ Everyone meets at a local restaurant
- Dances
- Monthly Meet & Eat
 - ✓ Everyone meets at a local restaurant
- TV & Conversation
- Trivia



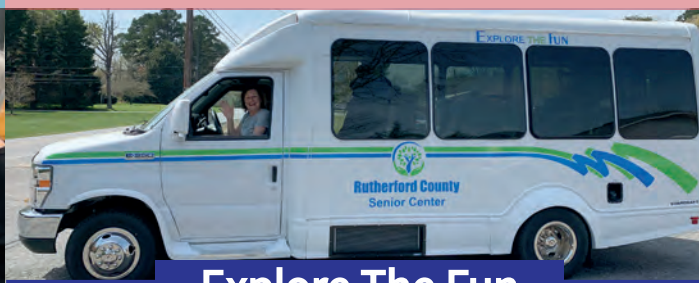
Health & Wellness

- Educational Programs
- Flu Shots & Wellness Fair
- Monthly BP Clinic
- Medical Supplies
 - ✓ Equipment as available
- Trained SHIIP Counselors Medicare (Senior Health Insurance Information Program)
 - ✓ Available by appt., free and unbiased



Be Creative

- Art Class
- Crafts
- Recipe Club
- Silver Threads & Needles
 - ✓ All forms of Needlework



Explore The Fun

We love day trips! Some recent trips include Hamrick's of Gaffney, the Prime Outlet Mall, Strawberry Hill, Southern Christmas Show, and Apple Picking in Hendersonville. Seasonal trips make for fun outings.