



E.L. Roberson Center Newsletter

Tarboro Parks & Recreation
March - April 2020

Accredited by 
National Institute of
Senior Centers

Mission Statement:

To provide the older adult the opportunity to continue a productive and active life through nutrition, education, fitness and recreational activities.

DOWN EAST SENIOR GAMES 2020!!

Registration has begun for the 2020 Down East Senior Games! Early Bird deadline for registration is 3/13/20 and the cost is \$15; after 3/13, you have until 4/1/20 to register and cost is \$20. Please see Alan or call 641-4279 if you have any questions! Come join in the fun of the Down East Senior Games!




HAPPY EASTER



Meetings, Classes, & Services

Golden K

Meets every Wednesday at 9:00am. If you are interested in joining please see a member for more information.

Community Line Dance

Held each Tuesday at 1:30pm. This is a group teaching one another, practicing and coming together for fun. Interested persons should see Clara Harrell, Class Instructor.

Line Dance

Held each Tues. at 3:00pm. Joe Harper is the instructor. **Class cost \$25.00/month (\$50.00 for non residents)**

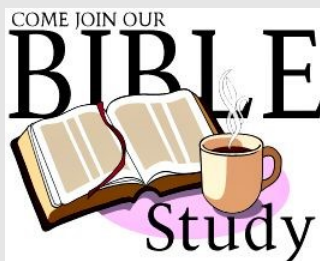
Yoga

Held each Friday at 2:00pm. Kathleen Loucks is the instructor. **Cost is \$16.00/month (\$32.00 for non residents)**



Edgecombe County Senior Games Club

Meets each 3rd Wednesday at 11:00am. If you are interested in joining please see a member or attend the meeting.



Bible Study

Held each Thursday at 10:30am in the Library.

Crocheting

Held each Tues. at 2pm and Fri. at 9:30am. Join new and old friends and work on an existing piece or try something new. No formal instructor provided.

Needle Work

Held each Thursday at 3:00. Join new and old friends and work on an existing piece or try something new. No formal instructor provided.

Happy Roberson Club

Meets each 1st Wednesday of the month at 1:00 pm. If you are interested in joining this club see President Geraldine Powell.

Happy Roberson Club Gift Bingo

Is held the 1st and 3rd Thursday of the month from 7-9pm.



Birthday Bingo

Is held the last Friday of the month at 10:30am.

Devotion

Will be held the second and fourth Mondays of each month at 10:30am. If you know someone you would like to have come, please see committee member Dorothy Byrd or Maryann Puckett.

Hearing Assistance

On the 1st Tuesday of the month get hearing screening services and any questions answered at 9:30a.m. You must register by calling 1-800-999-6828.

Blood Pressure Check

Will be held the 2nd Tuesday, 10:30-11:30am. Sonya Webb and one of her helpers will assist us.



Flag Raising Ceremony

Held each first Monday of the month. Ceremony will be held at the Town Commons.





Continued



Computer Lab

The lab is open daily from 8-5. Please do not turn computers **ON** or **OFF**. No drinks or food allowed near computers. If you need help, please see a staff member.

Bowling

We will be going bowling on Mon., Mar. 15th and Mon., Apr. 13th at 1pm at the Bowling Center in Rocky Mount. Cost is \$5. Please sign up at the front desk as space is limited.



The next Dinner & A Movie dates will be Mon., Mar. 9th and Mon., Apr. 20th at 6pm. Cost is \$3/person which includes dinner as well. Transportation is provided to those that need it. Come join us for a fun time!

Legal Aide

To assist with Wills, Power of Attorney's, etc. This service is income based. To make an appointment please call 877-579-7562 between the hours of 9-11am and 1-3pm.



Adult Services Provided by Edgecombe County DSS:

Meal Program
 Blind Service
 Intake Services
 In-Home Aide Services, Transportation
 Adult Day Care
 Protective Service
 Guardianship & In-Home Aide
 Enhance Care Case Management

641-7637
 641-7614
 641-7604
 641-7622
 641-7608
 641-7615
 641-7607
 641-7883



Caregivers Meetings

1. A family caregiver is a person (friend, neighbor, etc.) providing care for a Senior Adult 60 or over with Alzheimer's Disease (regardless of their age).
2. An individual, age 55 or older that is raising a relative child under the age of 18.
3. Relative Caregivers of Adult Children with MR/DD (Ages 19-59) Edgecombe County's support group meets at the Edgecombe County Administration Building Room 260. Interested persons should call 252-641-5831.

We need and desire your input-Please use our Suggestion Box to offer ideas-Thanks



About “Your” Senior Center

The E.L Roberson Center

Built in 1977, the E.L. Roberson Center is dedicated to providing services to Tarboro residents who are 50 years of age and older. Non-residents are required to pay a non-resident fee for classes held at the center. Seminars, service programs and informational sessions held at the center are open to all seniors and the general public at no cost. The facility hosts a game room, a nutrition site, a small stage, an arts & crafts area, meeting room, small fitness room, a wonderful outdoor court-yard, bocce courts, shuffle board courts, horseshoe pits, a paved walking path, a conference room, and a greenhouse. Patrons have ease of access at both entrances with a sloped ramp and an automatic sliding door at the rear entrance of the facility. Patrons are welcome to come and stay awhile, enjoy socializing with others, or shoot some pool with good friends whatever you choose to do while visiting, know our staff is here to make your day an enjoyable one.



Facility Hours of Operation (M-F) 8:00 a.m-5:00 p.m.
Fitness Center Hours (M-F) 8:00 a.m. - 5:00 p.m.
Walking Trail Daily-sunrise to sunset



DIABETES SELF-MANAGEMENT CLASS

Beginning on Tuesday, April 21, we will begin hosting a Diabetes Management class in partnership with the Region AAA Office. You must be 60+ years old to attend this course, per the AAA office. This is an 8 week course aimed to help you take control of your diabetes! Introduction class is 4/21/20 and is from 10:30-11:30; classes begin 4/28/20 and are from 9:30-12:00. Sign-up is required for this class. Please see Alan if you have any questions or for more details!

We need and desire your input-Please use the Suggestion Box to offer ideas-Thanks



Transportation Program

Funny Jokes!

My wife got so mad one time at my bad sense of direction, so I packed up my stuff and right.

I stayed up all night wondering where the sun had gone, then it dawned on me.

If I woke up in the morning and nothing hurt on my body, then I would really start to worry.

The Town Of Tarboro provides transportation for senior citizens who are town residents and wish to participate in programs and activities sponsored by the Tarboro Parks & Recreation Department at the E. L. Roberson Center. Transportation is also provided for persons participating in afternoon or evening activities. For further information please stop by the front desk or request to speak with the Senior Center Supervisor for more details and information regarding this program and opportunities that may be available to you. To have your name added to the list, please call 641-4278.

Daily Nutrition Program

The Town of Tarboro operates a congregate Nutrition Program at the E. L. Roberson Center for seniors five days a week (Monday-Friday, 12:00pm). The Nutrition Program is open to persons 60 years of age or older, spouse, (may or may not be 60) or on disability- meeting certain guidelines. The service cost per unit is \$4.25. **If you want to come or cannot come to lunch on any day please call and let someone know or leave a message. THE NUMBER TO CALL IS 641-4278.**

Nutritional Information Session: will be held **Wed., March 25th and Wed, April 22nd** at 11:30am, given by Marguerite Phillips

Dining Area: The dining room has been prepared for your comfort. It will take each one of you to help maintain the cleanliness and neat decor.

Hand Washing: Washing your hands helps to prevent the spread of many germs. Please wash hands in hot soapy water before wrapping silverware.



<p>Remember,</p>  <p>If we get caught, you are deaf and I don't speak English!</p>	<p>My boss told me to Have a good day... so I went home</p> 	<p>THINGS TO DO TODAY:</p> <ol style="list-style-type: none"> 1. GET UP. 2. SURVIVE. 3. GO BACK TO BED. 
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We need and desire your input-Please use the Suggestion Box to offer ideas-Thanks



More things to See & Do!

Movie Time

March 23rd at 1pm

April 22nd at 1pm

Movies are shown in the Library and start promptly at 1pm.



Lunch & Learn

Join us for a fun and educational Lunch & Learn featuring one of Vidant Edgecombe Hospital's informative staff members. Lunch will be provided. Seating is limited, and registration is required.

Thur. March 19th at 12pm

&

Thur. April 16th at 12pm

Supper Club

March 12 at 4pm—
Cracker Barrel

April 21 at 4pm—
Grandson's

Space is limited on the Supper Club outings so please be sure to sign up at the front desk.



Smith's Red & White

We will take a van full of folks to Smith's Red & White in Dortches at 1pm on Wed., Mar 11th and Tues., Apr. 14th. Please be sure to sign up at the front desk.



AARP

Meets each 3rd Tuesday of the month at 1:30pm. This group does not meet in July or August.

Center Closed

The E.L. Roberson Center will be closed on Friday, April 10th in observance of Good Friday.



Book Donations!

We are gladly accepting book donations to improve our library. See Alan for more details!



Quotes!

"Evening news is where they say 'Good evening' and then proceed to tell you why it isn't."

"I used to be indecisive, but now I'm not so sure."

Grocery Shopping March 2020

- 6 Food Lion (Western)
- 13 Piggly Wiggly
- 20 Food Lion (St. Andrews)
- 27 Walmart

April 2020

- 3 Food Lion (Western)
- 10 Piggly Wiggly
- 17 Food Lion (St. Andrews)
- 24 Walmart



Registration fees are 100% refundable when programs and events are canceled OR adjusted by the E.L. Roberson Center OR if there is a waiting list with a participant who can fill the open spot.



Continued

Seniors Health Insurance Information Program (SHIIP)

Are you new to Medicare or are you currently on it and have questions? Senior Health Insurance Information Program (SHIIP) assistance is available to help answer questions.

Become a SHIIP Volunteer

Has SHIIP helped you and now you would like to help others and become a volunteer?

Medicare Part D Assistance

Are your prescriptions getting to expensive? Do you need help paying for them? Assistance and information about low income subsidy eligibility is available by appointment.

NC Senior Medicare Patrol

Protect, Detect, and Report! Protect yourself from Medicare errors, fraud and abuse. Learn to detect potential errors, fraud and abuse. If you suspect you have been a target of errors, fraud or abuse, report it by calling 1-855-408-1212.

**For more information or to make an appointment stop by the front desk
or call 641-4263 or 1-855-408-1212
www.medicare.gov**

Drop In Activities

Daily Indoor: board games are available in the game room: Shuffleboard, checkers, Puzzles, Connect Four, dominos, and group card games, such as: canasta, rummikub, Uno, etc.

Daily Outdoor: games available: shuffleboard, horseshoes, croquet, football throw, corn hole, and bocce.

**PLAY
GAMES!**

After Hours Play

The center is open on the 1st and 3rd Thursday night from 7:00 p.m.-9:00 p.m. for those that may want to play a game of pool, bocce, shuffleboard, horseshoes, use the computer lab, checkers, board games, fitness room, or join the Happy Roberson Club at Gift Bingo.

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EASTER WORD SEARCH

EASTER WORD SEARCH

S R Y Q I I S Y M J D N Y S U C Q K B N
 B W J H L D Y I H F O U O P N B K P J C
 N L Q N G S J Y H I T B X R U Q F Y O F
 X F A D V U Z E T Z M I B I F A T C J P
 N L A M L V O A L A I C W N K Y A J Z U
 S O A P B N R F D L Y C V G A N K D I K
 A W T M S B M D M A Y P L F D G X Z P N
 T E A D E W T Z I U M B U Y C E H Q C P
 C R G L M E Y R O L B H E E T L B C I C
 Z S E Y Y W O F I L D N H A Y H U X C A
 O C J I A L M R I M Q X R T N N G C R H
 P Z F C H R I V U A G O P X I S P X F T
 I O Z F Z A I L G F C H L T H Q Q P K R
 S O E L S N O Z N E L H W E C I H M C Q
 N K X X N T L O D U H V K A T U D H I I
 A R E T S A E S W J K F S D N F O E H Q
 H O T E G G S K G R I W U T N C H B C R
 Y C U C Y A N O S C U X N T O F T S T U
 F B N N L V P Q B A R X D L I B Y X R Y
 S L B T P M E X F T B U A V W E X M V Y
 O V H W X P B R T L X T Y K A Q U O M C
 H P A R A D E K R D E B L B K X V W R Y
 M X B T I I Z W J Y X Y M I Z G W T X E
 X Q G B L C P J A L B U N N Y S C Q A F
 X M T E N N O B W K Y Y N Z N Y Q S Y B

- | | | | |
|--------|-------------|--------|--------|
| Easter | Jellybeans | Spring | Bonnet |
| Basket | Celebration | Candy | Fun |
| Bunny | Decorate | Hunt | Sunday |
| Hide | Chocolate | Lily | Parade |
| Eggs | Flowers | Chick | Lamb |



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EASTER WORD JUMBLE



Easter Unscramble Game

TESABK

GGSE

SRSAG

CETCALOHO

HPO

SGNRIP

EYD

TBEUKC

YBNNU

PEPSE

LMAB

HKCCSI

RCATSOR

TUHN

CCRHUH

TSHCIR

ECRRTRSEU

ESEBJANLL



Winter Edition Recipe



Quick 'n' Easy Southern Biscuits

INGREDIENTS

- 3 1/2 c. all-purpose flour
- 1 1/2 tbsp. baking powder
- 3/4 tsp. baking soda
- 1 1/2 tbsp. sugar
- 3/4 tsp. salt
- 6 tbsp. butter
- 2 c. buttermilk
- 2 tbsp. melted butter



For More Fun Recipes
visit
www.mccormick.com

Have an interesting or fun recipe idea? Please use our Suggestion Box to drop off any recipe ideas to be shared with others. If yours is chosen, we will be sure to share with all readers of this bulletin so everyone can try your great recipe!



Continued

Preparation

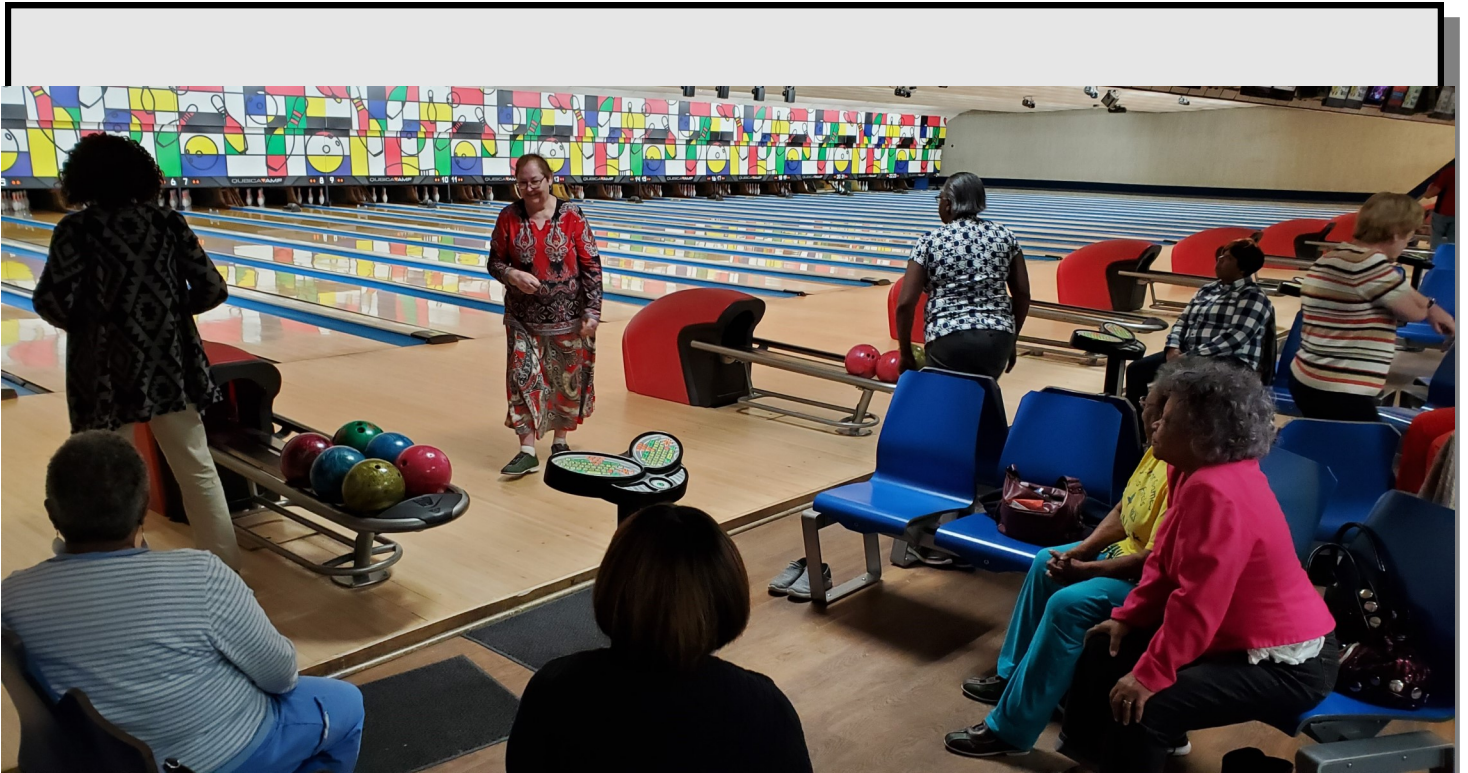
1. Preheat oven to 500 degrees F. Grease 9-inch-square baking pan and 1/3-cup measuring cup. Sprinkle 1/2 cup flour on rimmed baking sheet.
2. In food processor, pulse 3 cups flour, baking powder, baking soda, sugar, and salt; add butter. Pulse to form coarse crumbs; transfer to bowl.
3. With rubber spatula, stir buttermilk into flour mixture until just combined. With greased measuring cup, scoop 9 heaping cupfuls dough onto floured baking sheet. Lightly dust tops of mounds with flour from sheet. With floured hands, gently arrange mounds in pan in 3 rows of 3.
4. Brush with melted butter. Bake 5 min. Reset oven to 450 degrees F. Bake 15 to 20 minutes or until golden.
5. Cool in pan 2 minutes. Carefully invert onto wire rack. Serve warm. Or, cool, wrap tightly and store at room temperature up to 3 days. To serve, reheat in 350 degrees F oven, 10 minutes.



ELRC Photos!



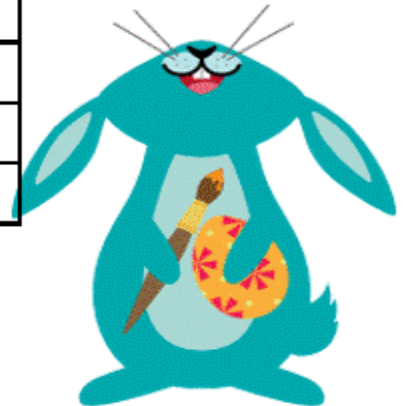
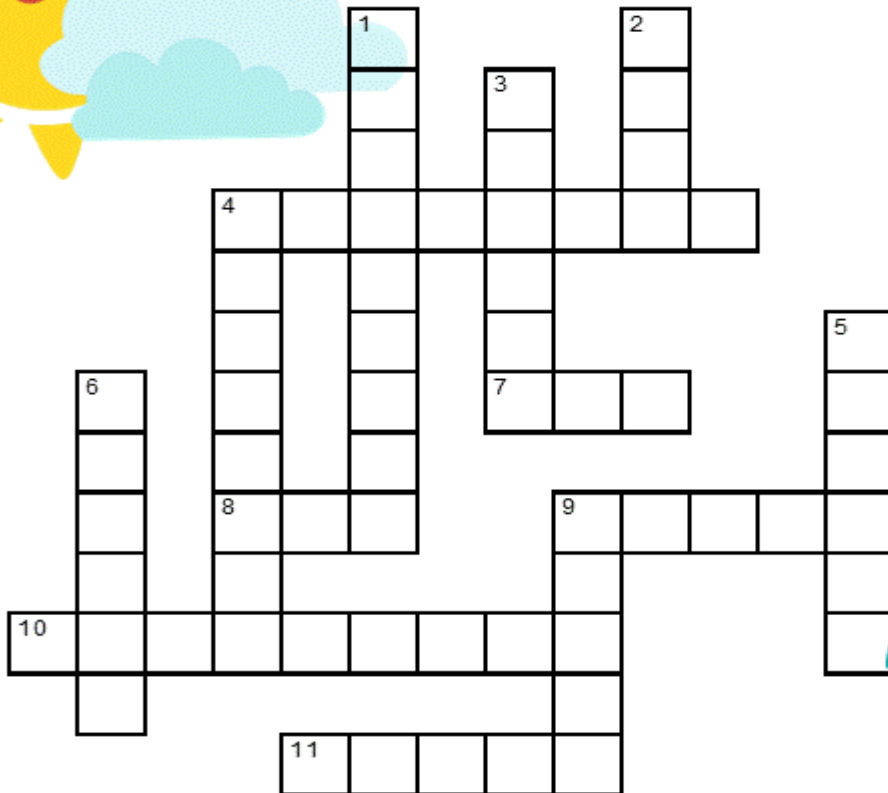
ELRC Photos!



EASTER CROSSWORD



Easter Crossword



ACROSS

- 4. You might do this to eggs for Easter
- 7. A hen makes this
- 8. Used to color eggs
- 9. The hen's baby
- 10. Colorful candy you might find in an Easter basket
- 11. Peter Cottontail is one

DOWN

- 1. Eggs might be made from this
- 2. Look for eggs
- 3. Easter Day event
- 4. Yellow or white spring flower that grows from a bulb
- 5. What the Easter Bunny brings
- 6. A pretty hat worn on Easter
- 9. Don't eat too much of this or you might get a belly ache



Monthly Calendars





E.L. ROBERSON CENTER MARCH DAY TRIP!

We will be going to Raleigh to do some shopping (by very popular request) at Hamrick's. We will also stop for lunch on the way back to Tarboro. Join us for a fun shopping day and a good lunch! Be sure to sign up at the front desk to join us for this fun trip!

When: Wednesday, March 18th

Time: Leaving promptly at 9am

Cost: Cost of any items bought & \$ for lunch



E.L. ROBERSON CENTER APRIL DAY TRIP!

That time of year again where we can finally get back to the NC State Farmers Market! Come and join us on this fun trip and get some of the freshest fruits & veggies possible! Also enjoy a great lunch while we are there! If the sign-up list is full when you try to sign up, make sure you put your name on the wait list in case someone drops out!

When: Friday, April 17th

Time: Leaving promptly at 9:30am

Cost: Cost of any items bought & \$ for lunch

Easter Word Search

F L O W E R S G N I R P S Z O
 S K C I H C T E B P A R A D E
 Y T P B Z E T M P M G E H Y S
 D G X P N A R J B S P A A E S
 N E Z N R U A S U B T S P D A
 A K O O A E D N N T D T P I R
 C B C E B T I A N E A E Y Y G
 X E G T B A T E Y K F R G L P
 D G E N I L I B U S F T G I S
 S C I E T O O Y V A O W E L U
 S K C U D C N L I B D O M V N
 U I Y K R O F L S P I L U T D
 O H Y G V H T E V A L X J F A
 K X R A W C F J A H U N T J Y
 Y L I M A F A S P E E P S E M

Basket

Bonnet

Bunny

Candy

Chicks

Chocolate

Daffodil

Decorate

Ducks



Dye

Easter

Egg Hunt

Eggs

Family

Flowers

Grass

Happy

Jellybeans

Lily

Parade

Peeps

Rabbit

Spring

Sunday

Tradition

Tulips





Nutrition Site Helpers
 Committee Members
 Senior Games Ambassadors
 Front Desk Attendants
 Instructors

Please contact Alan if you are interested in discussing potential volunteer opportunities.

Tarboro Parks & Recreation Staff

Travis Stigge	Parks & Recreation Director
Alan Miniard	Senior Center Supervisor
Thomas Perkins	Supervisor of Athletics
Janet Casper	General Services Specialist
Niki Barnes	Admin. Secretary
Marguerite Phillips	Nutrition Site Manager
Catina Morris	Cook
Corey Walker	Cook Assistant

E.L Roberson Center
 305 West Baker Street
 Tarboro, NC 27886
 Phone: 252-641-4263



ACTIVITIES

Daily Activities

Billiards
 Board Games
 Checkers
 Dominos
 Connect Four
 Puzzles
 Outdoor Games
 Card Games
 Library -Reading
 Lunch
 Computer Lab
 Nutrition Information
 Exercise
 Fitness Room
 Walking Trail
 DESG Practices
 Coffee/Snacks
 Game Room Fellowship

Weekly Activities

Classes
 Bible Study
 Shopping

Monthly Activities

Devotion
 Gift Bingo
 Blood Pressure Check-Up
 Birthday Celebration
 Coping & Living Class
 Advisory Board
 Club Activities
 Committee Meetings

Annual Activities

Trips
 Parties
 Valentines
 Easter
 Christmas

Down East Senior Games
 Health Clinics
 Fund Raisers

Seasonal Activities

Aquatic Exercise
 Swimming Lessons
 Volunteer Banquet
 Fellowship Programs

We need and desire your input-Please use our Suggestion Box to offer ideas-Thanks