

# Seasoned Living

Seasoned Living is compiled and edited by Campbell County's Retired and Senior Volunteer Program and the Campbell County Recreation Department



## Happy Birthday To You!

- Mrs. Dossie Adams (Gladys/LI)
- Mrs. Hilda Arnold (RSVP)
- Mrs. Evelyn Bell (RSVP)
- Mrs. Melba Blanks (RSVP)
- Mrs. Sylvia Childress (RSVP)
- Mrs. Grace Clark (Altavista)
- Mrs. Marjorie Dawson (RSVP/Concord)
- Mrs. Lilia Fleshman (Concord)
- Mr. Ed Foster (RSVP)
- Mr. David Grix (RSVP)
- Mrs. Kathleen Hawkins (Timberlake)
- Mrs. Geneva W. Lane (RSVP)
- Mrs. Christa Massie (RSVP)
- Mr. Kenneth McManis (RSVP)
- Mr. Arthur Lee Palmer (RSVP)
- Ms. Augusta Phelps (RSVP)
- Mrs. Donna Porter (RSVP)
- Mr. Clyde Preas (RSVP/Concord)
- Mrs. Margaret Puckette (RSVP)
- Mrs. Arlene C. Quarles (RSVP)
- Mrs. Irma Ragland (Rustburg)
- Mr. Alvin Smith, Jr (RSVP)
- Mrs. Lois Smith (RSVP/Concord)
- Mrs. Alease Trent (Concord)
- Mrs. Gail Tweedy (Altavista)
- Mrs. Brenda Walsh
- Mrs. Betty Wilkins (RSVP)
- Ms. Vivian Williams (RSVP)
- Mrs. Phyllis Winter (Concord)
- Mrs. Christina Woodruff (RSVP)

## Make a Wish!



## AARP Adult Driving Class

May 2 & 3

9:00 a.m. - 1:00 p.m.

Fee: \$12.00/AARP members;  
\$14.00/non-members

CCRD is now accepting registrations, so call today and reserve your spot! Completion of this instructional, 2-day seminar may qualify you for a discount through your automobile insurance company (contact your provider for details).

Light refreshments will be served. To register, please call Sandy Becton at (434) 332-9570, 283-9570, or 592-9570.

## Senior Center Media Forum



Weds, March 28  
10:30 a.m. - Noon  
Haberer Building,  
Rustburg

Our first forum of the year will be with Danner Evans from WSET! Come join us in meeting this local celebrity for an exciting time of learning what life is like as a news anchor! For more information, or to sign up, please contact your center coordinator or call the Recreation Office.

## Senior Awareness Day



Save the date! Mark your calendars now for the 2012 Senior Awareness Day!

Tuesday, May 8  
10:00 a.m.

Timberlake United  
Methodist Church  
21649 Timberlake Road  
Lynchburg, VA 24502

FREE TO THE PUBLIC

## Art in the Square

Saturday, May 12  
9:00 a.m. - 2:00 p.m.  
Rustburg's Historic  
Courthouse Sq.  
Free to the Public

This special event provides a peaceful, serene setting that allows artists of all media to showcase and sell their work. Artists may submit their work for judging by requesting an application.

We are happy to accommodate special requests; however, space is limited. Please call Beth Worth at (434) 332-9570, 283-9570, or 592-9570 for more details.

# Recreation Programs & Trips

For more information, please call (434) 332-9570, 283-9570, or 592-9570.



## Washington D.C. "Blossoms" in Springtime April 13-15, 2012

Double	Triple	Quad
\$489.00*	\$453.00*	\$419.00*

*\*Prices are based on a per person rate  
Payment plan available;  
\$25.00 deposit immediately*

*Take in the ambiance of our nation's capital in springtime!*

*Your escorted package includes:*

*Motor-coach transportation*

*2 night hotel accommodations*

*"Schokolad Sweet Night Out Tour"*

*"Chocolate City Tour"*

*Dinner in Georgetown*

For details, please call Sandy Becton at (434) 332-9570,  
283-9570, or 592-9570.

## A Yellowstone Experience!

### "A Wildlife Safari" August 5-12, 2012

Single	Double	Triple
\$3,454.00*	\$2,987.00*	\$2,843.00*



*\*All prices are based on the per person rate.  
Payment plan available; \$100.00 deposit due immediately*

Your tour package includes the following:

*Roundtrip Air to Salt Lake City, UT*

*Roundtrip Motor-coach Transportation to Airport*

*7 nights accommodation & luggage handling*

*12 meals*

*Admission to parks, monuments & museums*

*Admissions to all attractions during tour*

*Guided tour of Yellowstone area*

For details, please call Sandy Becton at (434) 332-9570,  
283-9570, or 592-9570.

## Arsenic and Old Lace

*A performance by the  
Bedford Little Town Players*

*Sunday February 26*

*2:00 p.m.*

*Elks National Home Theatre*

This trip is for all senior center members, and seats are limited. Tickets cost \$12.00, which needs to be paid when registering with your Senior Center Coordinator.

Again, spaces are limited, and registration is first-come, first-serve, with a final deadline for payment to your coordinator being February 10. Extra cost in addition to the ticket price will be for gas.

For details, please call (434) 332-9570, 283-9570 or 592-9570.



During the winter months, the weather can be a little unpredictable.

Don't forget, if the Campbell County schools are closed, our centers are closed. If they are delayed, it's up to the center coordinator as to whether it is safe to open that day. Please contact your coordinator if you have any questions.

*All County Offices  
will be Closed on  
Mon., Feb. 20  
in observance of  
Presidents Day.*



# *YACS: RSVP and Volunteerism*

For more information, please call (434) 332-9572, 283-9572, or 592-9572.

## **THE VOLUNTEER VIEW**

### **CONGRESS PASSES FINAL FY12 FUNDING**



Congress has approved H.R.2055, a nine-bill appropriation which will fund government operations through September 30, 2012. The legislation includes funding for The Corporation for National and Community Service through which RSVP operates. The approved bill cuts the Corporation \$24.7 million or a 2.3% reduction from the severe cuts during 2011. The Senate Appropriations Committee has indicated there will be one small cut to come before final funding figures are made known. This is the latest update RSVP has and we will keep you informed of any changes and how they will affect the program.

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### **VOLUNTEERING IDEAS IN 2012**

- The Gladys Goodtimers: widely known singing group which performs in area nursing homes and retirement homes.
- The XYZ( Xtra Years of Zest) Kitchen Band from Altavista: singers and kitchen band play for area nursing homes.
- Lynchburg General Hospital: Join the Auxiliary and volunteer at the hospital or make teddy bears for the ER.
- Virginia Baptist Hospital: Join the Auxiliary or make baby hats for the newborns.
- Head Huggers: Knit hats for cancer survivors
- Central Virginia Area Agency on Aging: Deliver meals to the homebound.
- REAP and DAWN: help at your local food closet

Call the RSVP office if you would like to be matched! (434) 332-9572



# Happy Valentines

## Campbell County Staff

Youth Adult & Community Services  
Retired and Senior Volunteer Program  
(434) 332-9572, 283-9572, or 592-9572

*Tammy Blair, Program Manager*  
*Lynne Burnham, Field Coordinator*  
*Felicia Williams, Administrative Aide*  
*Annie Younger, Van Driver*

Campbell County Recreation Department Senior Programs Division  
(434) 332-9570, 283-9570, 592-9570

*Sandy Becton, Senior Programs Manager*  
*Wendy Billings, Administrative Aide*  
*Marilyn Bryant, Coordinator*  
*Debby Snell, Coordinator*  
*Brenda Walsh, Coordinator*  
*Delores Gowen, Van Driver*

*Seasoned Living, Senior Recreation Newsletter*  
*c/o Campbell County Recreation Department*

**P.O. Box 369**  
**Rustburg, VA 24588**



Partnering to Build a Stronger Community



## **Clip It 'n Keep It Recipe** **Double Chocolate Walnut Brownies**

½ cup dark chocolate chips  
¼ cup coconut flour  
½ teaspoon celtic sea salt  
½ teaspoon baking soda  
2 eggs  
½ cup agave nectar  
¼ cup grape seed oil  
1 tablespoon vanilla extract  
½ cup chopped walnuts  
⅓ cup dark chocolate chips

- Place ½ cup chocolate chips in food processor and pulse until the consistency of coarse sand
- Pulse in coconut flour, salt and baking soda until combined Pulse in eggs, agave, grape seed oil and vanilla Pour batter into a greased 8x8 inch Pyrex baking dish
- Sprinkle walnuts and remaining chocolate chips over batter Bake at 350° for 25-30 minutes

## **We value your input.**

If you have a suggestion or questions regarding County services, please mail written comments to:

Office of the County Administrator  
P.O. Box 100  
Rustburg, VA 24588

or email us at:  
[Administration@campbellcountyva.gov](mailto:Administration@campbellcountyva.gov)  
Your comments are greatly appreciated.

*Governing With Vision to be the most collaborative, professional, value-driven locality in Virginia.*

**PRSR STD**  
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**PERMIT #29**



# Senior Activity Schedule

For more information, please call (434) 332-9570.



**Altavista Friendship Senior Center**  
**Grace Community Church**  
911 Grace Ave. Altavista, VA 24517  
Mondays, 12:30 p.m. - 3:30 p.m.  
Coordinator: Marilyn Bryant

**Every Monday - Line Dancing**

10:00 a.m. - 11:00 a.m. at the Altavista YMCA

**Every Tuesday - Breakfast Bingo**

9:00 a.m. - 10:30 a.m. at McDonalds - Bring a friend!

## Monday, February 6

Exercise, Devotions, Pot Luck Lunch, Band practice.

## Monday, February 13

Exercise, Devotions, Valentine Fun and Games.

## Monday, February 20

Center Closed Holiday

## Monday, February 27

Exercise, Devotions, "Your Heart Health" Presentation by Representative of Centra's Cardiovascular group.



**Brookneal Young At Hearts**  
**Brookneal Community Center**  
239 Main Street, Brookneal  
Wednesdays, 10:30 a.m. - 4:00 p.m.  
Coordinator: Debby Snell

## Wednesday, February 1

Exercise, Blood Pressure Check, Business meeting, Covered dish lunch, and cards in the afternoon.

## Wednesday, February 8

Exercise, Valentine craft with Joan, Covered dish lunch, and cards in the afternoon.

## Wednesday, February 15

Exercise, Valentine party (bring something red, pink or white), and cards in the afternoon.

## Wednesday, February 22

Exercise, Celebrate Presidents Day with games, Covered dish lunch, and cards in the afternoon.

## Wednesday, February 29

Exercise, Share a fun fact on frogs (leap), Covered dish lunch, and cards in the afternoon.



**Concord Happy Hearts**  
**Concord Community Center**  
327 Midget Farm Rd., Concord  
Wednesdays, 9:30 a.m. - 2:00 p.m.  
Coordinator: Brenda Walsh

## Wednesday, February 1

Exercise 9:30 a.m. - 10:00 a.m., Devotion by Wilmoth Moore, Business Meeting, Special Guest Susan Kadas Helping Hands Ministry, Smocks of Hope, Celebrate Birthdays, Lunch.

## Wednesday, February 8

Exercise 9:30 a.m. - 10:00 a.m., Devotion by Sue Marshall, Blood Pressure Check, Show-N-Tell by Nancy Bryan, Baskets by Michelle, Lunch.

## Concord Happy Hearts continued...

## Wednesday, February 15

Exercise 9:30 a.m. - 10:00 a.m., Devotion by Mark Grooms from Thomas Terrace Baptist Church, Special Guest Gladstone Center visit, Fun and Games, Covered dish.

## Wednesday, February 22

Exercise 9:30 a.m. - 10:00 a.m., Devotion by Betty Lucado, Special Guest Linda Fox (five wishes), Fun and Games, Lunch

## Wednesday, February 29

Day Trip

**Gladys Goodtimers**  
**Gladys Community Center**  
135 Long Island Rd., Gladys  
Thursdays, 1:30 p.m. - 3:30 p.m.



## Thursday, February 2

2:30 p.m. Heritage Green

## Thursday, February 9

2:30 p.m. Clearbrook Apartments

## Thursday, February 16

2:30 p.m. Runk & Pratt-Graves Mill Rd.

## Thursday, February 23

2:30 p.m. McGurk House

**Gladys-Long Island Friendly Faces**  
**The Serenade Center**  
3070 Long Island Rd., Gladys  
Wednesdays, 10:00 a.m.- 1:00 p.m.  
Coordinator: Marilyn Bryant



## Wednesday, February 1

Exercise, Devotions, Groundhog Day Trivia, Fun & Fellowship.

## Wednesday, February 8

9:30 a.m. Van departs for Legacy Museum, Community Market, and Guggenheimer Nursing Home.

## Wednesday, February 15

Exercise, Devotions, Rustburg Center Visits, Baked Potato and Salad Luncheon, Valentine Celebration.

## Wednesday, February 22

Exercise, Devotions, Wii Games.

## Wednesday, February 29

Exercise, Devotions, "Your Heart Health" Presentation by representative from Centra's Cardiovascular Group Blood Pressure Checks

# Senior Activity Schedule

For more information, please call (434) 332-9570.



**Rustburg On-the-Go-Seniors**  
**Rustburg Presbyterian Church**  
**681 Village Highway, Rustburg, VA**  
**Tuesdays, 9:30 a.m. - 2:00 p.m.**  
**Coordinator: Sandy Becton**

**TIMBERLAKE B-I-N-G-O'ers**  
**McDonalds, Timberlake Road**  
**Thursdays, 8:30 a.m. - 10:30 a.m.**



8:30 a.m. Breakfast  
 9:00 a.m. 10:30 a.m.- BINGO FUN!

## Tuesday, February 7

9:30 a.m. - 9:45 a.m. Devotion with Katie/Dorothy  
 9:45 a.m. - 10:15 a.m. Group Fellowship/Exercise program  
 10:15 a.m. - 10:30 a.m. Go over Calendar schedule  
 10:30 a.m. - 11:00 a.m. Stamp Project with Dorothy  
 11:00 a.m. -11:30 a.m. Team # 6 program

## Tuesday, February 14

9:30 a.m. - 9:45 a.m. Devotion with Katie/Dorothy  
 9:45 a.m. -10:15 a.m. Group Fellowship/Exercise program  
 10:15 a.m. Depart for the Nursing Home

## Wednesday, February 15

10:15 a.m. Rustburg visits with Gladys LI.

## Tuesday, February 21

9:30 a.m. - 9:45 a.m. Devotion with Katie/Dorothy  
 9:45 a.m. - 10:15 a.m. Group Fellowship/Exercise program  
 10:30 a.m. - 11:15 a.m. Feel Good Bingo  
 11:15 a.m. - 11:30 a.m. Questions and Answer Section

## Tuesday, February 28

9:30 a.m. - 9:45 a.m. Devotion with Katie/Dorothy  
 9:45 a.m. - 10:15 a.m. Group Fellowship/Exercise program  
 10:15 a.m. - 11:00 a.m. Go over Schedule  
 11:00 a.m. - 11:30 a.m. Team # 6's Program  
 11:30 a.m. - 1:00 p.m. Program continues



**Timberlake Sunny Side Seniors**  
**Grace Church**  
**21129 Timberlake Road, Lynchburg**  
**Tuesdays, 9:30 a.m. - 2:00 p.m.**  
**Coordinator: Brenda Walsh**

## Tuesday, February 7

Exercise 9:30 a.m. - 10:00 a.m., Devotion by Jackie Arthur, Business meeting, Celebrate Birthdays, Valentine craft, Covered dish lunch.

## Tuesday, February 14

Exercise 9:30 a.m. - 10:00 a.m., Devotions by: David Espencheid, Blood Pressure Check, Out to Lunch and Movie.

## Tuesday, February 21

Exercise 9:30 a.m. - 10:00 a.m., Devotions by Mattie Scott, Fun and Games, Bag Lunch.

## Tuesday, February 28

Exercise 9:30 a.m. - 10:00 a.m., Devotions by Brenda Walsh, Bingo, Lunch at Yvonne Dunford.

**Timberlake Line Dancers**  
**Waterlick Moose Family Center**  
**934 Waterlick Rd., Lynchburg**  
**Tuesdays, 1:00 - 3:00 pm**  
**Coordinator: Brenda Walsh**



## Every Tuesday

Join Jim Harlow, Sr. and learn fun footwork!

1:00 - 2:00 p.m. Square Dancing  
 2:00 - 3:00 p.m. Line Dancing

7	5		9		3			6
			4	5				3
6	2			9		8		
		1	5				2	3
		9		1			7	5
3				8	4			
9			6		1		5	7

## How to Play Sudoku in 3 simple rules:

- 1: Every row of 9 numbers must include all digits 1-9 in any order
- 2: Every column of 9 numbers must include all digits 1- 9 in any order
- 3: Every 3 by 3 subsection of the 9 by 9 square must include all digits 1-9