

# Fredericksburg Seniors

540.371.2429

Office Hours

Monday Wednesday Friday

10:00 AM - 2:00 PM

President, Nancy Griswold (H)

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[www.fredburgseniors.org](http://www.fredburgseniors.org)

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August 2017

## Greetings From Our President

What a great time we've been having at senior activities lately. And that's a good thing because it's been too hot to go outdoors anyway. First there was the ice cream social. Our hostesses were Marilyn Graves and Judy Mitchell, and oh my what a great job they did. There was every kind of ice cream and topping imaginable.

They also brought a neat flag/pole combo set that was won by Kathy Corley. More skill was needed to win the other prizes like: how many words can you make from something (to be honest with you, I can't remember what the words were... in any event, I did not win!). Those winners were: Mary Ann Dent, Kaye Loucks, Hank Murray, and Madoline Jenkins. Somehow Lillian Self ended up with a huge basket of garden supplies because of the generosity of some other member. Thanks Marilyn and Judy on a job very well done!!!!

Okay and what about our July luncheon? Those Lindy Dancers sure knew how to kick up their heels. After a demonstration showcasing the Charleston, the Lindy and a line dance, the entertainers opened the floor up to the seniors. I'm not sure if they were ready for the participation they received but boy did they get it. The Fredericksburg Seniors know how to 'cut the rug!!' Check out the enclosed pictures.

Have a great rest of the summer. Stores are already featuring back to school supplies and clothes. I for one am happy those days are behind me.

Thanks ever so much to Marilyn Graves who supplied us with the FAST stroke cards. Make sure you familiarize yourself with the list, which is on the next page.

Thanks also to Kathy Corley for putting us in touch with the File of Life and thanks to Sue Eley for assembling them.

*Nancy Griswold*

## July Highlights

Our July Birthday flower recipients were Marilyn Graves, Phyllis Pickins, Warren Bradshaw, Rose Marie Schlemm, and Sharon Reedy. Our 50/50 Winner of \$21.50 was Christel Wells. Congratulations to you all.

As Nancy mentioned, the "Lindy in the Burg" Dancers really got us going. It was so good to see all you dancers on the floor. If you go to our website, you will see a little video of you "doing your thing!"



**Correction** - In announcing the death of Jim Raughley in last month's newsletter, his full name was inadvertently omitted. Our apologies.

## Statement of Income and Expenses

The Treasurer's Report for June will be published in the September newsletter.

## Stroke Information Reminder

Having a stroke is a very serious event, so please know the warning signs. As explained at our last meeting, here are the warning signs:

### STROKE IS AN EMERGENCY ACT F.A.S.T.

#### FACE

Facial droop  
Uneven smile

#### ARM

Arm numbness  
Arm weakness

#### SPEECH

Slurred speech  
Difficulty speaking

#### TIME

Time to call 911 and  
get to the hospital  
immediately

Have the ambulance go to the  
nearest certified stroke center

#### Stroke risk factors

High blood pressure  
High cholesterol  
Diabetes  
Smoking  
Heavy alcohol use

Physical inactivity  
and obesity  
Atrial fibrillation (Ir-  
regular heartbeat)  
Family history of  
stroke

## Corresponding Secretary Greetings

Get well cards were sent to Harriett Gallahan and Christel Wells, and a sympathy card was sent to Nancy Chilton.

If you know of a member who should receive a card, please notify Marilyn Graves at 786-4421 or 287-5092 (a message can be left) or by email at [gravesmmg@aol.com](mailto:gravesmmg@aol.com). Please also leave your name and telephone number in case she needs additional information.

*Marilyn Graves, Corresponding Secretary*

## News from the Travel Office

Upcoming trips:

### Riverside Dinner Theater:

"Seven Brides for Seven Brothers"– Sept. 20 (may be full);

"On Golden Pond" - Nov. 1. **Your reservation and payment is due September 15<sup>th</sup>;**

"Riverside Christmas Spectacular," December 20th with **payment due November 8<sup>th</sup>.**

Please reserve early for these shows at \$52 each show. Upcoming is the Global Smash hit, "Mamma Mia!" on January 31, 2018. So mark your calendar and we'll let you know when we start taking reservations!

**Reedsville Fishermen's Museum**– August 18; \$40 for members; \$45 for non-members; leave Dorothy Hart Community Center at 8 AM and return by 4 PM. We will tour the museum (takes about 2 hours), lunch at The Crazy Crab, then return to Fredericksburg. You can choose from 1) Crab cake sandwich and chips; 2) Shrimp basket; or 3) Fish and chips basket for lunch (cost not included in trip cost).



**Richmond Riverfront Canal Cruise**– Tues., Sept. 12; \$40 for members; \$45 for non-members; Take a 40 minute narrated historical tour of the James River and Kanawha Canal. Lunch is on your own at one of the nearby restaurants. **Limit: 28 people**

Sign up at the Fredericksburg Senior Citizens Office from 10 am until 2 pm on Mon., Wed., or Fri. We do not take credit card, only cash or check for any of the trips. You can contact us at 371-2429.

## New Members

Welcome to new members **Maxine Beer, Renee and Paul Hawes**. Glad to have you with us and we look forward to seeing you many more times in the future.



## White Elephant Sale

Don't forget to bring your items - maybe a little better than thrift shop quality. We'll price them and all the money will go into the Thrift Shop account that pays for our monthly flowers and possible table decorations. We will have a table set up for your goodies.



We would like to let you know what programs we have in store for you at our luncheons:

- August - A Brass Ensemble
- September - Mike Milstead
- October - TBA
- November - Rikki's Refuge
- December - Unitarian Bell & Chimes

More Lindy Dancers from our July Luncheon. Check our website for a short video!



## August Host and Hostesses

The host and hostesses for June will be Catherine Bullock, Anna Cox, Venus Baker and Loretta Rorvig. The host and hostesses will provide the desserts, and the organization provides the meat and beverages. All members are required to bring a covered dish (vegetables, gelatin or salads) to serve at least six or more people. Our members look forward to some good home cooked meals. It is asked that if you are not scheduled to work in the kitchen, please do not enter so that staff can work uninterrupted.

## BINGO



Date: **Monday, August 7, 2017**  
- the First Monday.

Time: **12:00**

Place: Auditorium

Come enjoy playing Bingo

and win some money. We have lots of fun, and a \$20 coverall prize. Only two cards per person.

## King and Queen Gala

The King and Queen Gala will be held in conjunction with the August 9th luncheon. Those ladies and gentlemen who are over the age of 80 can put their names in a box that will be at the check-in table and a name will be drawn for the king and queen as well as a prince and a princess. The "royal" court, along with their spouse or friend, will sit at a special designated table for the lunch and entertainment and the king and queen will each receive a special gift. We look forward to all the seniors being able to be a part of this annual crowning of some of Fredericksburg Senior Citizens' most special people.



## The Seven Phases of Life

Spills----infant  
Drills -----learning  
Thrills-----teenager  
Bills-----later on in life  
Pills-----late, late life  
Wills-----you get the message!  
Stills-----sitting, sleeping, rocking chair time.



Contributed by Reverend Self.

FREDERICKSBURG SENIOR CITIZENS  
ASSOCIATION, INC.  
408 CANAL STREET  
FREDERICKSBURG, VA 22401

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
PERMIT #258

DATED MATERIAL

### Thrift Shop

The Thrift Shop is in need of some new or slightly used items to sell. Doing some cleaning? Don't forget the Thrift Shop! Come into the shop and you might find something to buy. The Travel Committee will provide money from Thrift Shop sales to provide the monthly birthday flowers.

### Food Barrel

Please don't forget to bring in non-perishable items for the food barrel. We can make a difference if everyone coming to the luncheon will bring in a food item. Thank you for your donations. **Eleven** pounds of items were given to the Food Bank in July.

**Please note: No food items with an expired date will be accepted by the Food Bank. Also, please NO dented cans.**

### Calendar for August (at a Glance)

Monday, August 7	<b>Bingo</b>
Wednesday, August 9	<b>Board Mtg/King &amp; Queen Gala</b>
Friday, August 18	<b>Reedsville Day Trip</b>

### Newsletter

Newsletter Items due  
Newsletter Mailing

**August 11, 2017**  
**August 21, 2017**