

## Alzheimer's Support Group to meet

The first Alzheimer's Support Group meeting will be held Thursday, April 14, from 7-8 p.m. at Kings Mountain Hospital.

Southern Piedmont Chapter of Alzheimer's Association and Kings Mountain Hospital are co-sponsoring the regular monthly meetings the second Thursday in the KMH Board Room. The public is invited.

Alzheimer's is a progressive degenerative disease of the brain in which brain cells die and are not replaced. It results in impaired memory, thinking and behavior and is the most common form of dementia illness. This disease is the fourth leading fatal disease among

adults, afflicting 2.5 million Americans.

Dr. Everette Thombs, a member of the organizational committee for the local support group, said the 10 warning signs of the disease are:

- Recent memory loss that affects job skills.
- Difficulty performing familiar tasks.
- Problems with language.
- Disorientation of time and place.
- Poor or decreased judgment.
- Problems with abstract thinking.
- Misplacing things.
- Changes in mood or behavior.
- Changes in personality.
- Loss in initiative to do normal housework, activities or social obligations.

## MS Support Group to begin at Gaston

Gaston Memorial Hospital is starting a support group for people with Multiple Sclerosis and their families. The first meeting is scheduled for Saturday, April 23 at 10 a.m. in Classroom 1 at the hospital.

Dr. John Difini, a Gastonia neurologist and a representative from the National MS Society, will be present.

For more information, call the Neuroscience Unit at Gaston Memorial at 834-4200.

## Activities set at Shelby Senior Center

The Council on Aging has scheduled several events at the Senior Center, 408 E. Marion St., Shelby.

Free blood pressure checks will be given Thursday at 10 a.m.

Pizza and Movie Day is Friday. Lunch is \$3. Afterwards, the love story, "Used People," will be shown free at 12:45.

A new quilting class begins Tuesday at 9:30 a.m. Evelyn Jackson will instruct the course from 9:30-12:30 on Tuesday. There is no charge and anyone 60 and older is invited to attend. To register, call Tracy Davis at 482-3488.

A program for men on "Prostate and Other Urological Disorders" will be held Wednesday at 2 p.m. at Lawndale Senior Center.

Fun and games will feature the April 15 noon covered dish luncheon at Shelby Senior Center. A sampling of some of the events at Senior Games will be featured. Call ahead if you'd like the cook to prepare your dish for \$3.

A color video featuring Woody Herman and Young Thundering Herd will be presented at the Senior Center April 18 at 2 p.m. The program is entitled, "Big Bands At Disneyland."

A program honoring older Americans will be held Friday, May 20, at the Senior Center. Names of Cleveland County citizens over age 90 should be sent to the Center. Call 482-3488 with the name of the person you would like a special invitation.

## Health screenings set at KM church

The Kings Mountain Senior Center and the Cleveland County Council on Aging/Senior Center, in cooperation with the Cleveland County Health Department, will offer a variety of health screenings to all senior citizens in the area May 17 from 9 a.m.-2:30 p.m. at East Gold Street Wesleyan Church in Kings Mountain.

All seniors, regardless of income, are invited to take advantage of the opportunity to have testing for height/weight, blood pressure,

glaucoma, anemia, urinalysis, diabetes, hearing screenings, foot screening and tetanus shots.

Appointments for pap smears can be made at the Health Care Fair with the Health Department. All tests are free with the exception of the blood analysis. SMA-12 blood analysis will be done for a donation, which will be at least \$13.

For transportation, call TACC at 482-6465 by Thursday, May 5.



**WIN BASKET CONTEST** - Evelyn Davis, Mary Addison, and Nettie Crank, left to right, won first, second and third place respectively in last week's Easter basket decorating contest at the Kings Mountain Senior Center. The baskets were taken to shut-ins. The candles on the table were lit in memory of Bill Shytle and Geneva Crosby.



**WINS GIFT CERTIFICATE** - Lottie Means, right, accepts a \$50 gift certificate from Carolyn Bell Thursday at the Kings Mountain Senior Center. The Center's Swinging Mountaineers recently sold certificates to raise money for their band. Mrs. Bell said the Center appreciated the support of the public.

## Kings Mountain Senior Center activities

Kings Mountain Senior Center activities for April and May:

**Senior Games** - The Senior Games are scheduled for April 25-29. Registration packets can be obtained at the Senior Center. Registration fee is \$ before April 11 and \$5 after April 11.

**Volunteer Recognition** - National Volunteer Week is April 17-23. Due to the hectic schedule at the Center in April and May, the Center will recognize volunteers at its annual Volunteer Appreciation Brunch on Saturday, June 11. Volunteers who have assisted the Center in the past 12 months will receive an invitation in May.

**Spring Socials** - The Orphanaries will provide music for dancing and listening pleasure on Friday, April 15. Admission is a \$2 donation. Hostesses are Boots and Everette Osborne. All seniors ages 60 and over are invited.

**Shopping trip** - The Center will host a shopping trip to Burlington Outlet on April 14. Cost is \$17. Each person is responsible for his/her own lunch. The

group will leave the Center at 9 a.m. Registration deadline is April 8.

**Advisory Board Meeting** - The Senior Center Advisory Board will meet May 3. The date is being changed from the last Tuesday in April due to the Senior Games.

**Library Program** - On April 21 at 10 a.m., Mrs. Louise Sanders of Mauney Memorial Library staff will present a Mother's Day program. She will explore the book, "Roaming the Mountains," by John Parris which focuses on two pioneer women.

**Older Americans Month** - May is Older Americans Month and May 8-14 has been proclaimed National Senior Center Week. In celebration of the events, many special activities have been planned. The Senior Center will hold its first dance of the month on Saturday, May 7 from 7-10 p.m. The Orphanaries will provide music and refreshments will be served. Admission is \$2. For transportation, call the center.

The annual Health Fair will be held at East Gold Street Wesleyan Church on Tuesday, May 17 from 9

a.m.-2:30 p.m.

The Center's annual picnic at Lake Crawford will be held Thursday, May 12 from 10:30 a.m.-1 p.m. Cleveland County Council on Aging will be joining in the fun and games. All senior adults in the Kings Mountain area are invited. Everyone needs to take a bag lunch and the Center will provide the beverages. Those who regularly attend the Center's nutrition site will have a bag lunch provided for them.

The annual Walk for Fun and Fitness will be held Friday, May 13. Participants will meet in front of the Center and leave at 10:15 for a one-mile walk.

To complete Older Americans Month, the Center will have a Country Western cookout and dance on Friday, May 21 from 7-10 p.m. Admission is \$2. Refreshments are provided by participants. For this dance participants will also be asked to sign up to bring a package of wieners, buns, chili, slaw, onions, ketchup, mustard, potato chips, drinks, cups, plates, napkins, and dessert.

Anyone who is not able to attend but would like to take something for the dance, call Sharon Weaker. Call the Center by May 19 for transportation. Wear Western cowboy and cowgirl outfits.

Ongoing events at the Senior Center:

**Mondays** - Senior shuttle 9-1, Ceramics 8-11, Coupon Club 9:30-11, Bible History, 11, Nutrition 11:30, aquatics 11-12, quilting 1 p.m., AHQY 2-3.

**Tuesdays** - Senior shuttle 9-1, ABE 9-11, Sing-a-long 11, nutrition 11:30, band practice 12 noon, Bridge 1:30-4, AARP meeting third Tuesday 2 p.m.

**Wednesdays** - Senior shuttle 9-1, Bible Study 10, aquatics 11-12, nutrition 11:30, beginning line dancing 12:30, line dancing 1 p.m., AHQY 2-3 p.m.

**Thursdays** - Senior shuttle 9-1, bingo 11, nutrition 11:30, shopping 12-2 p.m., crocheting 1 p.m., bridge 1:30-4, aquatics 11-12 (except first Thursday).

**Fridays** - Senior shuttle 9-1, ABE 9-11, nutrition 11:30, AHQY 2-3 p.m., legal services first Friday 1:15-3 p.m. by appointment only.

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