

MEETINGS

Thursday

8 a.m. - Kings Mountain Business and Professional Association Board, meeting for coffee and conversation, second Thursday at Neely and Company Insurance.
 12 noon - Kings Mountain Rotary Club, H. Lawrence Patrick Senior Life and Conference Center, 909 E. King St.
 6:30 p.m. - Kings Mountain Kiwanis Club, Central United Methodist Church.
 7 p.m. - Kings Mountain Little Theatre Board, first Thursday, Joy Performance Center.

Monday

7 p.m. - Grover Town Council, first Monday of month, Town Hall, 207 Mulberry Road, Grover.
 7 p.m. - Cleveland County Board of Education, second Monday, Cleveland County Office Building Auditorium, Shelby.
 7 p.m. - Monday, January 24, Kings Mountain Sports Hall of Fame Committee, Kings Mountain YMCA.
 7 p.m. - Kings Mountain Woman's Club, fourth Monday, at the club house on East Mountain Street.

Tuesday

5:30 p.m. - Kings Mountain Business and Professional Association, third Tuesday, at First National Bank.
 5:30 p.m. - Kings Mountain Planning and Zoning Board, second Tuesday, Council Chambers, City Hall, E. Gold St.
 5:30 p.m. - Kings Mountain Board of Adjustment, third Tuesday, City Hall, E. Gold St.
 6 p.m. - Cleveland County Board of Commissioners, first and third Tuesday, Cleveland County Administrative Building, Shelby.
 6:30 p.m. - Kings Mountain Lions Club, second and fourth Tuesday, at Kings Mountain Woman's Club, East Mountain Street.
 7 p.m. - Kings Mountain City Council, last Tuesday of month, City Hall Council Chambers, East Gold St.
 7 p.m. - Grover Lions Club, first and third Tuesday, Rogers BBQ, downtown Grover.

Wednesday

4 p.m. - Kings Mountain Historic Landmark Commission, second Wednesday of every third month, beginning with February, Kings Mountain City Hall.

To have your meetings listed, fax to **The Herald** at 704 739-0611 or e mail gstewart@kingsmountain-herald.com

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SOCIAL CALENDAR

Thursday

Senior shuttle, 9 a.m.-1 p.m., for ages 60 and over, Kings Mountain Senior Center, 909 E. King St., Kings Mountain. Call 734-0447 for information.
Reflections, bereavement support group, 10-11:30 a.m., Cleveland County Hospice, 951 Wendover Heights Dr., Shelby. Call 487-0800 to sign up. Meets each Thursday through February 24.
Nutrition, 11 a.m. program, 11:30 meal, for ages 60 and over, Kings Mountain Senior Center, 909 E. King St., Kings Mountain. Call 734-0447 for information.
Bingo, 11 a.m., for ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
Shopping, 12-2 p.m., for ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
Craft Class, 1 p.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Kings Mountain. Call 734-0447 for information.
Support Group for Bereaved Parents, second Thursday of each month, 6-7:30 p.m., Cleveland County Hospice, 951 Wendover Heights Dr., Shelby. Call 487-0800 for more information.
Cleveland County Area Brain Injury Support Network, third Thursday of each month, 5:30-7 p.m., Poplar Springs Baptist Church Family Life Center, Shelby. For more information call Carolyn Costner at 434-5624.

Friday

Senior shuttle, 9 a.m.-1 p.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.
Men's Coffee Time, ages 60 and over, 10 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
Black History Program, "Extraordinary Inventions," 10:30 a.m., Kings Mountain Senior Center, 909 E. King St., Kings Mountain. Rev. Carol Davis will provide music and others will also participate. Call 734-0447 for information.

Friday

Senior shuttle, 9 a.m.-1 p.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.
Men's Coffee Time, ages 60 and over, 10 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
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more information.
Nutrition, ages 60 and over, 11 a.m. program, 11:30 meal, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
Sit For Fitness, ages 60 and over, 10:30-11:30 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
Sit For A King Exercise Class, ages 60 and over, 2 p.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.

Upcoming:

Bill Gaither Videos by Bill Worthen, Feb. 18, 10:30 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
"Moon Over Buffalo," comedy, February 18, 7:30 p.m., Joy Performance Center. For more information call Kings Mountain Little Theatre at 730-9408.
Bill Gaither Videos by Bill Worthen, Feb. 25, 10:30 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
"Moon Over Buffalo," comedy, February 25, 7:30 p.m., Joy Performance Center. Call 730-9408 for more information.

Saturday

Winter Lake Hike, 10 a.m., Crowders Mountain State Park. Short walk exploring lake. All ages welcome. Meet at lake fishing pier and dress appropriately for weather. Program cancelled if raining. Call 853-5375 for more information.
United States Navy Band and Sea Chanters Chorus from Washington, DC, concert, 7 p.m. at Clover School District Auditorium, Clover, SC. Concert is free but tickets are required by calling 803 222-8018.
Broad River Genealogical Society library, 1145 County Home Road, Shelby, open for researchers, second and third Saturday from 9 a.m.-1 p.m. Call Beverly Barnes at 482-5166 or Heather Robbins at 471-9197 for information.

Upcoming:

"Moon Over Buffalo," comedy, February 19, 7:30 p.m., Joy Performance Center. For more information call 730-9408.
"Moon Over Buffalo," comedy, February 26, 7:30 p.m., Joy Performance Center. For more information call 730-9408.
Kings Mountain Ridgeline hike, 10 a.m.-4 p.m., February 19, Crowders Mountain State Park. Strenuous hike. Take good shoes, water and food. Not appropriate for younger children. Meet at visitor center. Limited to 10 people. Call 853-5375 to reserve a place. No pets. Program cancelled if weather is bad.
Hawks of Crowders Mountain State Park, 2 p.m. February 19. Learn to identify hawks by sight and sound at Crowders Mountain and The Pinnacle. Call 853-5375 for more information.
Outdoor Safety, 2 p.m. February 26, Crowders Mountain State Park. Learn to do if you are lost in woods, and other tips. Great

for children, girl scouts and boy scouts. Meet at visitor center, rain or shine. Call 853-5375 for more information.

Sunday

"Moon Over Buffalo," comedy, 3 p.m., Sunday, Feb. 20, Joy Performance Center. Call 730-9408 for more information.
NC Catch Fishing Clinic, 1:30-3:30 p.m. February 20, Crowders Mountain State Park. Class limited to 5-15 children ages 6-15 (must be accompanied by adult). Call 853-5375 to sign up. Learn basics of angling. Hour of classroom time learning about tackle, bait, knots and safety, followed by an hour of fishing at the lake. Meet at the visitor's center classroom.

Monday

Ceramics, 9:30-11:30 a.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
Sit For Fitness, 10:30-11:30, ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
Broad River Genealogical Society library, 1145 County Home Rd., Shelby, open for researchers second and third Monday from 12 noon-4 p.m. Call Beverly Barnes at 482-5166 or Heather Robbins at 471-9197 for more information.
Quilting Class, 12:30 p.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
Senior shuttle by TACC, 9 a.m.-1 p.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447.

Nutrition by COA, ages 60 and over, 11 a.m., program, 11:30 meal, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.
Fairview Masonic Lodge #339, A.F. & A.M., stated communication, 7:30 p.m., Masonic Lodge. Meal will be served at 6:30 p.m. All qualified Masons invited.

Tuesday

Pre-registration for commodities, for ages 60 and over, 9-11 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
Senior shuttle by TACC, 9 a.m.-1 p.m., for ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
Nutrition by COA, ages 60 and over, 11 a.m. program, 11:30 meal, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.
Beginning line dancing, ages 60 and over, 9 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
Line dancing, ages 60 and over, 10 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
Bible History, ages 60 and over, 10:30 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
Knitting, ages 60 and over, 10:30 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

E. King St. Call 734-0447 for information.
Craft class, ages 60 and over, 1 p.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

AARP Meeting, 2 p.m., Kings Mountain Senior Center, 909 E. King St. New and prospective members welcome. Call 734-0447 for more information.
Luncheon Alzheimer's Support Group, 12 noon, third Tuesday, Summit Place, Phifer Rd., Kings Mountain. Lunch provided. Call Summit Place for more information.
Evening Dementia Support Group, third Tuesday, 5:30-7 p.m., Life Enrichment Center, Shelby. January 18 program is "Ask the Experts." Call LEC at 484-0405 for information.
Parkinson's Support Group, fourth Tuesday, 6:30 p.m., Life Enrichment Center, Shelby. Call LEC at 484-0405 for more information.
Broad River Genealogical Society library, 1145 County Home Rd., Shelby, open for researchers 6-8 p.m. Call Beverly Barnes at 482-5166 or Heather Robbins at 471-9197 for more information.

Upcoming:

Maintaining Healthy Legs, Tuesday, Feb. 22 at 11 a.m. at Patrick Senior Center, Kings Mountain. Tammy Hogue, RN and Revonda Granger, HME Manager, both of Cleveland Home Health Agency of Shelby, will discuss benefits of compression hosiery, prevention of leg ulcers and treatment for varicose veins and poor circulation. For more information call 704 734-0447.
Commodities Distribution, Tues., March 8, 1-3 p.m., Kings Mountain Senior Center, 909 E. King St. (for those who pre-registered with the center in February). Call 734-0447 for more information.

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Nutrition by COA, program 11 a.m., meal 11:30, Kings Mountain Senior Center, 909 E. King St., Kings Mountain. Call 734-0447 for information.
Sit For Fitness, 10:30-11:30, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.
Duplicate Bridge, 1:30 p.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.
Sit For A King Exercise Class, 2 p.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Upcoming:

Personal Care Services (manicures and pedicures) by appointment only, Feb. 23, Kings Mountain Senior Center, 909 E. King St. Call 734-0447.
Monthly Birthday Party, sponsored by Summit Place, 10:30 a.m., Wed., Feb. 23, Kings Mountain Senior Center, 909 E. King St. Call 734-0447.

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Cleveland Home Health Agency, Inc.
 Pete Moore, CEO

Get Moving to Manage Arthritis

Arthritis is the most common chronic condition among American seniors. The good news is that a simple exercise routine can dramatically reduce symptoms, help patients maintain independence longer, and even slow the disease's progress. For seniors who have never exercised regularly, a physical exam is recommended. Starting slow is a good idea. Aim for a daily walk of a few minutes, then gradually increase the time and distance. Studies have shown that arthritis patients often fear falling or suffering more painful symptoms if they exercise. But the reverse is true. Regular exercise, according to one study published in the Archives of Internal Medicine, helps patients maintain their activities of daily living with less pain than those who did not exercise.

No matter what your age, exercise is important. Cleveland Home Health Agency invites you to come in and get acquainted with us, even before you need our services. We carry a complete range of mobility aides and medical supplies in our Home Medical Equipment Store - open Monday-Friday, 8:30 - 5:00. Our nurses and therapists are here for you should the need arise.

Hint: Many malls, YMCAs, and local gyms have walking programs for seniors.

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