

## Kings Mountain Historical Museum free "Toys, Games and Trains" exhibit

Kings Mountain Historical Museum invites you to visit the Museum for the free "Toys, Games and Trains" exhibit opening Saturday and continuing through Jan. 2, 2015 with special extended holiday hours from 1-4 p.m. on Sundays, Nov. 23, Dec. 21 and Dec. 28. The exhibit is open Tuesdays through Saturdays from 10 a.m.-4 p.m.

This annually recurring exhibit fills the Museum with model train displays assembled by the Piedmont "S" Gaugers, as well as railroad memorabilia, and antique toys and games. Visitors of all ages will be enchanted as they explore the miniature snow-covered scenes that line the tracks, and discover the interactive features such as a carousel, chocolate factory, hot air balloons, and mailbag pickup. Parents and grandparents will enjoy reminiscing with the children about the toys and games of their childhood, such as cowboy memorabilia, doll houses, marbles, and board games. Bring your cameras - this exhibit provides great opportunities for holiday family photos. In association with the Kings Mountain Woman's Club's Breakfast with Santa (starting at 7:30 am) and Mauney Memorial Library & Gaston Dance Theatre's reading of The Nutcracker (starting

at 10:00 am), the Trains, Toys and Trains exhibit will be open starting at 7 a.m. on Saturday, November 22. The Museum will also host a special night run of the trains from 5-7 p.m. on Monday, November 24, before the City of Kings Mountain's children's Christmas tree lighting.

During this holiday exhibit, the gift shop will be open with hand-made ornaments, a selection of Moravian cookies and cheese straws, train novelties, and locally made gifts for everyone on your list.

Also a great selection of North Carolina pottery, jewelry, wood-turned creations, watercolor prints, beeswax candles, soaps, honey, and other one-of-a-kind items crafted by local artists. The Museum also sells a variety of books, novelties, toys, and crafts. This year, The Museum will also have Liberty Mountain commemoratives such as t-shirts and caps. Celebrate the Spirit of Christmas Past on Saturday, Dec. 6, from 10 a.m.-7 p.m. Celebrate the season with a full day of activities sure to get the whole family into the holiday spirit!

10am-3pm: Experience the magic of the Toys, Games and Trains exhibit, and tour the historic Barber House decorated for the holidays. Learn about the

history of Christmas celebrations, and participate in traditional craft demonstrations such as Scherenschnitte, the historic German art of paper-cutting, presented by Linda Bell. Bring home your own hand-made ornaments!

3pm-5pm: City of Kings Mountain's annual Christmas Parade. 5pm-7pm: Enjoy a special "night run" of the Toys, Games and Trains exhibit, candlelight tours of the historic Barber House, and hot apple cider with cookies by the firelight.

### Santa, Mrs. Claus at museum Dec. 13

Santa and Mrs. Claus will be at the Historical Museum Saturday, Dec. 13, from 10 a.m.-1 p.m. 10:00 am.

Bring your camera for the perfect holiday family photo! Santa Claus will be at the Museum during the Toys, Games & Trains exhibit to visit with the little ones. Mrs. Claus will also do a special reading of the classic 1823 children's story, "The Night Before Christmas."

Admission is free. Donations are appreciated. To find out more about upcoming exhibits and events, please visit us at: kingsmountainmuseum.org, or call (704) 739-1019. Follow us on Facebook, Twitter, & Pinterest

## Caulder heads minister's group

Rev. Ron Caulder, pastor of Eastside Baptist Church, has been elected President of the Kings Mountain Ministerial Association for the coming year. He succeeds Rev. James Lochridge, pastor of Second Baptist Church.

Ordained in 1974, Caulder is a graduate of Southeastern Seminary at Wake Forest. He returned to Kings Mountain from Stanley where he served for six years as pastor of First Baptist Church. He was called as pastor of Eastside Baptist Church five years ago. He also previously was

a pastor in this area at Oak Grove Baptist Church for 14 1/2 years.

In 1999-2001 he served as President of the Kings Mountain Ministerial Association.

Caulder is married and the family includes three daughters, their husbands, and three granddaughters. The family resides in Stanley.

The Kings Mountain Ministerial Association will hold the monthly meeting Thursday, Nov. 13, at 12 noon at Sub Factory, 311 S. Battleground Ave. All local pastors and ministers are in-



Rev. Ron Caulder  
Pastor of Eastside Baptist

invited to come and share in the fellowship and planning for upcoming events in the community.

## CHURCH BRIEFS

### Community-wide Thanksgiving service

Kings Mountain Ministerial Association will lead the upcoming community-wide Thanksgiving service to be held Sunday evening, Nov. 23 at East Gold Street Wesleyan Church.

A pre-musical concert by the Kings Revue of Kings Mountain High School will begin the service at 6:45 p.m. with the worship service following at 7 p.m.

An offering will be taken

for the Kings Mountain Crisis Ministry.

"Everyone is welcome to come as we express our thanksgiving to our Lord," said Rev. Ron Caulder, President of the ministers' group.

### Faith Baptist celebrates 61st anniversary

Faith Baptist Church, 1009 Linwood Road, will celebrate its 61st anniversary Sunday, Nov. 16, at 10:30 a.m. Vision 2 Hear featuring songs in sign language, Appointed 2 featuring Randy and Amy Nichols and worship leaders Rev. Jason and Jessica Burton will feature the service to which the public is invited

to attend. A covered dish luncheon will follow the morning service. George Lockhart will lead the songs in sign language and Randy and Amy Nichols will present special music. Appointed 2, the Nichols duo won the grand finale in the Prayze Factor competition and will present special music. Rev. Jason and Jes-

sica Robbins Burton, daughter and son-in-law of Faith Baptist Pastor J. R. Robbins and Mrs. Robbins, will lead the worship service. "We invite the community to share with us in this special service celebrating our church's 61st anniversary in Kings Mountain," said Pastor Robbins.

## Bynum Chapel AME Zion benefit

Bynum Chapel AME Zion Church and Home Mission Department will sponsor a food sale and yard sale Friday and Satur-

day, Nov. 14 and 15, from 10:30 a.m.-8 p.m. at Bynum Chapel Family Life Center. Dine in or carry out fried chicken, fried fish

and hot dogs featuring two sides with dessert and sandwiches. Call the church at 704-730-0027 or Bubba at 704-772-5129.

# THE SAVVY SENIOR

By JIM MILLER  
Editor



## How to Improve Your Balance as You Age

### Dear Savvy Senior,

I've always been a walker, but when I fell last month my doctor suggested I start doing some balance exercises. Is this really something I need to practice? What can you tell me?  
Avid Walker

### Dear Walker,

Most people don't think much about practicing their balance, but you should, the same way that you walk to strengthen your heart, lungs and overall health, or you stretch to keep your body limber.

As we age, our balance declines - if it isn't practiced - and can cause falls. Every year more than one in three people age 65 years or older fall, and the risk increases with age. A simple fall can cause a serious fracture of the hip, pelvis, spine, arm, hand or ankle, which can lead to hospital stays, disability, loss of independence and even death.

### How Balance Works

Balance is the ability to distribute your weight in a way that enables you to hold a steady position or move at will without falling. It's determined

by a complex combination of muscle strength, visual inputs, the inner ear and the work of specialized receptors in the nerves of your joints, muscles, ligaments and tendons that orient you in relation to other objects.

It's all sorted out in the sensory cortex of your brain, which takes in the information from those sources to give you balance. But aging dulls our balance senses, and causes most seniors to gradually become less stable on their feet over time.

Poor balance can also lead to a vicious cycle of inactivity. You feel a little unsteady, so you curtail certain activities. If you're inactive, you're not challenging your balance systems or using your muscles. As a result, both balance and strength suffer. Simple acts like strolling through a grocery store or getting up from a chair become trickier. That shakes your confidence, so you become even less active.

### Balance Exercises

If you have a balance problem that is not tied to illness, medication or some other specific cause, simple exercises can help preserve and improve your

balance. Some basic exercises you can do anytime include:

- One-legged stands: Stand on one foot for 30 seconds, or longer, then switch to the other foot. You can do this while brushing your teeth or waiting around somewhere. In the beginning, you might want to have a wall or chair to hold on to.
- Heel rises: While standing, rise up on your toes as far as you can. Then drop back to the starting position and repeat the process 10 to 20 times. You can make this more difficult by holding light hand weights.
- Heel-toe walk: Take 20 steps while looking straight ahead. Think of a field sobriety test.
- Sit-to-stand: Without using your hands, get up from a straight-backed chair and sit back down 10 to 20 times. This improves balance and leg strength.

For additional balance exercises visit [go4life.nia.nih.gov](http://go4life.nia.nih.gov), a resource created by the National Institute on Aging that offers free booklets and a DVD that provides illustrated examples of many

appropriate exercises. You can order your free copies online or by calling 800-222-2225.

Some other exercises that can help improve your balance and flexibility is through tai chi and yoga. To locate a beginner's class in your area that teaches either of these disciplines, call your local senior center, health club or wellness center, check your yellow pages or try online directory sites like [americantaichi.net](http://americantaichi.net) and [yogafinder.com](http://yogafinder.com).

If nothing is available near you, there are DVDs and videos that offer tai chi and yoga instructions and routines for seniors that you can do at home. Some good resources for finding them are [amazon.com](http://amazon.com), [collagevideo.com](http://collagevideo.com) and [ieftit.com](http://ieftit.com), or check with your local public library.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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