



Capital Connections

Capital Senior Center Newsletter

August/September 2010

Board of Directors

Hayes Mizell
Chair

Daisy Block
Darrell Brannon
Anita Brewer
Bob Coble
Elaine Garrick

Secretary

John Hutto
Carol Kososki

Vice Chair

Myra Nelson

Facilities Chair

Robert Oakman

Membership Chair

Barbara Pearson

Program Chair

Jonathan Phillips

Treasurer

Jennifer Porth

Candy Waites

Nominating Chair

Staff

Mary K. Kessler

Executive Director

Vanessa Whitehead

Executive Assistant

Nancy Parsons

*Marketing/Program
Coordinator*

Faye Brown

Travel Coordinator

David Fleming

Facilities Manager

Allie Whittle

Program Assistant

Hours of Operation

Monday-Friday

7:00am-7:00pm

Saturday

8:00am-3:00pm

Sunday

8:00am-12:00pm

Dear Members,

The Capital Senior Center is very fortunate to have a group of volunteers overseeing our operations, setting policy and taking fiduciary responsibility for the fiscal controls of our Center. These volunteers make up our elected Board of Directors, and each member is committed to advancement of CSC.

We have two outstanding board members who have retired from the board due to term limits, and each has left his or her mark on the Center. LaBruce Alexander served as President of the Board for the last two years and did an outstanding job. She was active on every committee and was very visible at the Center. Brusi was instrumental in developing the Wine and Unwind program and was personally responsible for securing our most popular speakers. We thank Brusi for her leadership and generous spirit.

Michael Slapnik served as the Board Treasurer for 6 years and has also retired due to term limits. Michael is a CPA and was invaluable in developing the fiscal controls and accounting practices we use at the Center. Mike kept us all on our toes with his insightful analysis of our financial

reports and was a wonderful resource for business procedures in general. We thank Mike for all his hard work and dedication to the Center. Thanks also to retiring member Gibby Pocari for her service on the board and particularly her help with the Development Committee.

We welcome some new members to our Board of Directors this year. Jonathan Phillips, John Hutto, Bob Coble and Daisy Block were elected to the Board at the Annual Meeting last month. Each new member brings with him or her a set of skills that will enhance the Board and help to bring the Center to the next level. We are very grateful for their commitment and look forward to a long, productive relationship.

A very special thanks also goes our continuing members and to the Board Members who have accepted a leadership role as an officer; they are Hayes Mizell, President, Carol Kososki, Vice President, Jonathan Phillips, Treasurer and Elaine Garrick, Secretary.

Sincerely,

Mary



CSC board members, Carol Kososki and Myra Nelson, are responsible for the beautiful flowers all around the building. Thank you for all of your hard work maintaining these lovely gardens!

What's New at the Center?



Zumba Gold was a hit!

CSC wrapped up its first 8-week course of *Zumba Gold* in May. Over 20 participants made it a success. Zumba Gold is a unique fitness class that fuses Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program for older adults. A 2nd session of classes may be offered in the Fall. *Check the Front Desk for more info.*

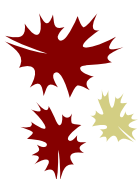
****CSC is planning our Fall Programming****

The following are programs under consideration for the fall. Please sign the sheet in the lobby or call 803-779-1971 to indicate your interest in any of these classes. There must be a minimum of 6 participants per class to get a program started:

- *Beginner's Spanish
- *Ballroom Dancing
- *Saturday Morning Workout
- *Out-door Club
- *Art History
- *American Sign Language

CSC's Annual Fall Festival ▀ Saturday, October 2nd

Featured at this year's event: a Craft Fair, live music, a Bake Sale, Cocky, and ELVIS! Joe Pinner will serve as Emcee.



- **Do you love to bake?** CSC needs homemade breads, cakes, pies, jellies, muffins, brownies, or other favorites for the Bake Sale at the Fall Festival. Please sign up at the Front Desk.
- **Craft Vendors Needed**— CSC is looking for vendors for the Craft Fair. Contact the Center if you're interested in purchasing a table for \$25.

Welcome New Members!

Ronald J. Beattie
Lila Bendkowska
Brenda Chambers
Judy Devens
Rufus J. Ford
Mary Fay Hall
Harold Hirsch
Connie Hudson
Iona Hunter
Angie Kempson
Teresa Lanham
Carol Lawson
Bruce Lefleur
P.A. Leonard
Ray B. Mixon, Jr.
Myrtle Moseley
Seung Ja Mount
Pattie Muckelvaney
Sue O. Myers
Francesse Newcomer
Timothy E. Pearson
Joyce A. Purvis
Margaret Santilli
Patricia Snyder
Edward Taylor
Marilyn N. Thomas
Joyce J. Trice
Arnetha Tucker
Nancy Washington
Linda U. Yonce

Wheels Update

Five Points Wheels is now operating four days a week!

CSC has found a new Wheels Driver, Robbie Douglas, who is driving the bus on Thursdays in the Five Points area. Pick-up times at Christopher Towers, Finlay House, and Marion Street Apartments will remain the same. To schedule an appointment call 803-779-1971.

And don't forget about our Northeast Wheels Program:

Operating on Mondays and Thursdays from 9:00am-1:00pm. To schedule an appointment call Captain Williams at 803-576-3467.



Mark Your Calendars!

CSC Canoe Trip

Canoe down Cedar Creek at Congaree National Park! Enjoy the diverse wildlife of the park: birds, deer, river otters, turtles, and raccoons! This trip is perfect for beginners. All equipment provided. \$5 for members, \$15 for non-members.

Sunday, October 17th

Carolina Jazz Society

The Carolina Jazz Society begins its season in September. Concerts are held on the first Sunday of each month unless conflicting with a holiday. \$4 for members - \$8 for non-members.

**Sunday,
September 12th,
2:30pm**



Weekly Lunch & Learns

Topics: stress management, getting a better night's sleep, the power of humor, and more. *Bring your lunch—Beverages and snacks will be provided.* Presented by Hospice Care of Tri-County.

**Wednesdays, 11:30am-12:30pm
September 1st– October 20th**

Breakfast For Your Brain

A 5-week program designed to improve memory and sharpen thinking through fun mental exercises & nutrition tips. *Breakfast provided.* \$5 for members, \$15 non-members.



**Tuesdays, September 14th -
October 12th. 9:45 -10:45am**

Hearing Short Stories with Jack Dillard Ashley

Another exciting literature class, featuring short stories of Flannery O'Connor, William Faulkner, and more. Class format will be oral recitation, followed by discussion. No text needed.

**Tuesdays & Thursdays
October 5th– Nov. 11th
2:00-3:30pm**



BG TIME Open House

Hear about this popular program bridging generations through technology. Learn how to tell your story.
August 3, 11 am—12 Noon

Friday Night Dances

Weekly dances with live music. BYOB + party food. \$5 at the door. **7:30pm.**

Grief Relief Support Group

This is a supportive and confidential discussion to help individuals examine their personal losses, regardless of what they may be. Led by Sylvia Hipp, LISW-CP. *Open to the public.* Every Wednesday for 6 weeks.

Sept. 1– Oct. 6th 11:30am-1pm

Ross Holmes Big Band Dance

BYOB + Party Food. Semi-formal dress. Tickets: \$12 in advance ▪ \$15 at door.

**Friday, October 15
7:30-11:00pm**



Stay in Balance Program

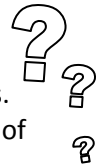
Improve balance, mobility, and functional abilities with this program. Refreshments will be provided. Limit 10 people. *Meets twice a week for 10 weeks.*

**Tuesdays & Thursdays, 3-4:00pm
Begins September 14th**

Weekly Trivia Game

Moderate difficulty questions. Bring your pals for a little bit of friendly competition!

Wednesdays, 11am-12noon



Interested in Volunteering at the Capital Senior Center?

If you're interested in volunteering in the following areas, contact Nancy Parsons at 779-1971 x 12.

- **Wheels Drivers:** Substitute drivers for 5 Points Wheels: MTWTh 9:30am-12noon; Tours and Day Trips around SC/NC/GA.
- **Instructors/Leaders of Classes, Workshops:** Music Appreciation, Art History, Creative Writing, American Sign Language, Foreign Languages, History (American, World, South Carolina), Tap Dance, Creative Movement, Saturday Morning Workout, Scrapbooking, Wii Games, Hiking Group
- **Receptionist:** Front Desk: answer phones, receive money, greet visitors, etc.
- **Other:** Website development, Big Band Dances (selling drinks, taking tickets, decorating), One-on-one Computer tutoring, Marketing or PR, Computer data input.

Color Your World Fundraiser

Thank you to **Marsha Clayman and the Senior Care Professionals of the Midlands** for organizing “Color Your World,” a successful fundraiser held on July 27th to raise money to re-paint the Center. Thank you to our sponsors: AAA Movers Inc., AARP Chapter 753, Agapé Senior, Comfort Keepers, Gentiva Hospice, Geri Advocates, HarborChase of Columbia, Heartstrings Hospice, Lutheran Home of SC, Palmetto Health Behavioral Care, Right at Home, Solutions for Living at Home, Three Rivers Behavioral Health, Triangle Pharmacy, Tri County Home Health, Winyah Community Hospice, Frank & Anne Dreher Adams, Greg Austin, Robert and Lisa Douglas, and Myra Nelson. *(At the time of printing.)*



Thanks to:

- **Kristy Harmon of Agape Senior** for sponsoring and calling bingo on the third Thursday of each month.
- **Hospice Care of Tri-County** for presenting a 6-week series of Lunch & Learns.
- **The Capital City Big Band** for donating their time and wonderful talents at our Summer Big Band Dance on June 29th.
- **Mike Marsha of Forest Lake Fabrics** for donating material for the curtains in the ballroom.
- **The Dance Committee** for decorating for the Capital City Big Band Dance: *Gloria Bowers, Pat Pope, Anne & WC West.*
- **Homecare Solutions Unlimited** and **SC Dept. of Health and Human Services** for presenting Dementia Dialogues.

Memorials:

- **Janet Craig** in Memory of Mary Lee Hill-Ward.
- **Eugene Henderson** in Memory of Kathy Merrill.
- **Pat Pope** in Memory of Guy Brooks.

Movies with Marcia

August Movies

8/4	A Single Man
8/11	It's Complicated
8/18	Stars in My Crown
8/25	#1 Ladies Detective Agency



September Movies

9/1	The Reader
9/8	Last Chance Harvey
9/15	The Blind Side
9/22	Crazy Heart
9/29	#1 Ladies Detective Agency

**Movies run every Wednesday
from 2pm to 4pm**

Wine and Unwinding

CSC LECTURE SERIES
Relaxed Gatherings...Hot Topics!

Lectures take place on the third Wednesday of each month at 5:30pm.

August: No Lecture

September 15th: TBA

October 20th:

Guest Speaker: John Sherrer

Topic: “Connecting Communities Through History”

November: No Lecture

December: No Lecture

January:

Guest Speaker: Woody Harris

Topic: “Living in the Asylum”



Tours With Faye

Go on your lifetime dream trip ...

Alaska Cruise Meeting **Thursday, Aug. 5th 1:00 pm**

Make your dream a reality by going on an Alaskan Cruise! Trip is in September. Come to the meeting for more info.

Victoria Valley Vineyards... **Friday, August 6th \$53**

We'll enjoy a bit of Europe right here in South Carolina as we visit this winery styled after a French chateau. Lunch at the deli, a tour of the winery and a traditional wine tasting all included.

"The Music Man" **Thursday, August 12th \$53**

Enjoy this delightful musical Broadway show, which has won five Tony awards. Dinner and transportation included.

Canadian Rockies Meeting **Thursday, Aug. 19th 1 pm**

Faye's slide presentation of her recent trip to the Canadian Rockies. See how you too can enjoy this dream vacation.

NASCAR Hall of Fame **Friday, August 20th \$75**

Your senses come alive at the sights and sounds in the spectacular NASCAR Hall of Fame. You can step into various NASCAR roles, call a race, and even get behind the wheel of Racing simulators. Be one of the first to sign up to visit the NASCAR Hall of Fame. Lunch is included.

Hendersonville Apple Festival **Friday, September 3 \$56**

You had such a wonderful time before, you requested it again! This is one of the best known Street Fairs in the Carolinas with freshly picked apples, arts & crafts, festival food and entertainment. We'll also visit Grandpa Apple Barn.

Southern Women Show **Friday, Sept. 17th \$39**

A woman's paradise - shopping, food, beauty & much more.

Alaska Cruise **September 12-18th**

Enjoy this once-in-a-lifetime trip to Alaska. 8 days include Seattle, Ketchikan, Juneau, Skagway, and cruising in the Inside Passage. Last day will be in Victoria, B.C. Canada

Grand Canyon Adventure Meeting **Friday, October 1st**

Come join us for 8 days from Scottsdale to Las Vegas!

Canada's Winter Wonderland **December 4-10th**

Highlights: travel on Canada's snow train express, see Jasper, Lake Louise and Banff. Stay at famous Fairmont Jasper Park Lodge, Fairmont Chateau Lake Louise and Fairmont Banff Springs Hotels!

ALL trips are open to the public

Contact Faye at 803.397.4187 or 803.779.1971 x 14
Check the Travel link at www.capitalseniorcenter.com

Congratulations to Faye Brown who was one of six chosen by Alberta Tourism for a one-week, all-expense paid trip to the Canadian Rockies. While on the trip, she researched new places to see and visit. Come to the August 19th meeting to see her pictures!

Healthy Southern Recipe: "Old Corn"

from [EatingWell](#): [Oct/Nov 2006](#)



This recipe is for corn that was picked a few days ago or has otherwise lost some of its sweetness. In the country it's called fried corn, but the corn's really boiled in milk or cream to soften and sweeten it.

Ingredients

- 2 slices bacon
- 2 teaspoons canola oil
- 3 cups fresh corn kernels (~4 ears) or 3 c. frozen
- 1/4 teaspoon freshly ground pepper
- 2/3 cup nonfat milk, plus more if needed

Preparation

Cook bacon in a large heavy skillet over medium heat until crispy, 2 to 4 minutes per side. Drain bacon on a paper towel; discard fat. Heat oil in same pan over high heat. Add corn and pepper. Cook, stirring often, until corn begins to brown, 4 to 5 min.

Add milk, bring to a simmer, stirring to scrape up any browned bits. Reduce heat to medium-low and simmer until most of the milk has evaporated, about 5 min. Add more milk to prevent sticking, a tablespoon at a time, if liquid boils away before corn is tender. Remove from heat. Crumble bacon into corn; stir to combine. Serve immediately.

Make Ahead Tip: Cover & refrigerate up to 3 days.

Nutrition Information:

141 calories; 5 g fat (1 g sat, 2 g mono); 5 mg cholesterol; 24 g carbohydrates; 0 g added sugars; 7 g protein; 3 g fiber; 134 mg sodium; 335 mg potassium.

Palmetto PC Club

The Palmetto PC Club meets at CSC on the 2nd Thursday of each month at 6:30pm. A variety of programs are presented, and it's free and open to the public!

Anyone with a computer problem or question is welcome to attend the meetings on the second Thursday at 6 PM. Check our website at palmettopc.org for more information!



Sociable Singles will no longer be meeting at the Capital Senior Center on the last Tuesday of each month. Instead, a Friendship Dinner will take place off the premises.

Capital Senior Center Class Schedule

August / September 2010

Morning

Afternoon

Monday	9:00am: Strong to the Bone AM 9:30am: Low Impact Aerobics 10:00am: Water Aerobics (Shallow Water) 10:00am: Arthritis Exercise 10:00am: Quilting with Joy 10:45am: Water Aerobics (Walking) 10:45am: Pilates with Dot 11:30am: R & B Line Dancing with Stephanie	1:00pm: Needlecraft Group 3:00pm: Jewelry Making 4:00pm: Strong to the Bone PM
Tuesday	9:00am: Strong to the Bone AM 9:45am: Palmetto Hi-Lo Cardio 10:00am: Water Aerobics (Deep Water) 10:45am: Palmetto Pilates	12:00pm: Board Games with Rosa 12:00pm: Canasta 12:30pm: Drawing Class 1:30pm: Wild Goose Chi Kung 4:00pm Strong to the Bone PM 5:30pm: Aerobics (afternoon) 5:30pm: Shag Dance Lessons 5:30pm: Beginner's Cribbage 6:30pm Sociable Singles Group
Wednesday	9:00am: 4 Bs- Bands, Balls, Balance and Buns 9:00am: Tai Chi AM 9:30am: Low Impact Aerobics 10:00am: Water Aerobics (Shallow Water) 10:00am: Arthritis Exercise 10:00am: Qi Gong 10:45am: Water Aerobics (Walking) 11:00am: Yoga (Beginners)	2:00pm: Movies with Marcia 2:30pm: Meditation with Ken 5:15pm: Yoga (Multilevel) 5:45pm: Tai Chi PM
Thursday	9:00am: Strong to the Bone AM 9:45am: Palmetto Hi-Lo Cardio 10:00am: Water Aerobics (Deep Water) 10:00am: Arthritis Exercise 10:00am: Yoga (Experienced) 10:00am: Spanish (intermediate) 10:45am: Palmetto Pilates	12:30pm: Bingo 2:00pm: Coffee and Conversation 4:00pm: Strong to the Bone PM 5:30pm: Aerobics (afternoon)
Friday	9:30am: Low Impact Aerobics 10:00am: Qi Gong 10:45am: Pilates with Dot 11:00am: TOPS Chapter Meeting 11:15am: Tai Chi AM	1:30pm: Yoga (Neuropathy) 7:30pm: Friday Night Dance (\$5 at the door)

Other Activities:

Meet with Fitness Trainer
 Grief Relief Support Group
 Golden Friendship Club
 Salsa Social
 Read a Book Club
 Massage by Marzi
 Aging Well Workshops
 Tours with Faye
 Big Band Dances

10am-12noon (Monday-Thursday)
 11:30am-1pm (2nd & 4th Wednesdays)
 6:30pm (2nd & 4th Mondays)
 5:30pm (1st & 3rd Mondays)
 2:00pm (1st Fridays)
 Appt Required (376-5081)
 Check front desk
 Check front desk
 Quarterly

Shagging

at the

Pavilion



Featuring:

The Sensational Epics

Friday, August 13th

7:30-11pm

\$12 in advance • \$15 at the door

BYOB + Party Food

Dress is Beach Casual

No reserved tables.

Tickets may be
purchased at the Capital
Senior Center,
803-779-1971.
1650 Park Circle

Or tickets may be
purchased through W.C.
West at 803-786-4884.

*Hot Dogs and Virgin Margaritas
will be available for purchase!*

Make checks payable to Capital Senior Center

Mail to: W. C. West

3226 Danfield Drive.

Columbia, SC 29204

803-786-4884



Name _____ Phone _____

Address _____

Number of tickets _____ Amount Enclosed _____

Capital Senior Center
1650 Park Circle
Columbia, SC 29201
Phone: (803) 779-1971
Fax: (803) 779-8033
www.capitalseniorcenter.com

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Return Service Requested



The Capital Senior Center will be **CLOSED** on Monday, September 6th for Labor Day.



Capital Senior Center is supported in part by Richland County, the City of Columbia, and United Way.



Capital Senior Center **MEMBERSHIP FORM**

Name _____ Email _____

Address _____ Date of Birth _____

City/St./Zip _____ **Emergency Contact Information:**
Name _____

Phone _____ Phone _____

* Is this a gift? CSC will send a greeting card acknowledging your gift, along with a membership card, to the new member.

- Full Member (\$225) Gym Member (\$85) Associate Member (\$25)