

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

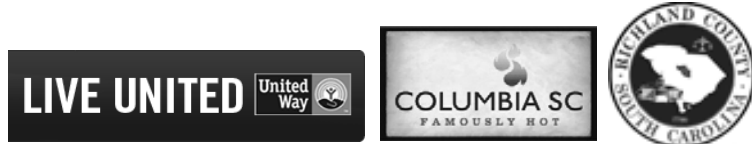
Return Service Requested

<u>Hours of Operation</u>	
Monday - Friday	7 AM to 7 PM
Saturday	8 AM to 3 PM
Sunday	8 AM to 12 Noon

We will be **CLOSED** on these dates in 2011:

July 4	Independence Day
September 5	Labor Day
November 24-25	Thanksgiving
December 23-26	Christmas

NON-PROFIT ORG
 U.S. Postage
 PAID
 Permit 177



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/year or \$25/month) Gym Member (\$85) Associate Member (\$25)



Capital Connections

Capital Senior Center Newsletter

July/August/September 2011

Board of Directors

Hayes Mizell
Chairman of the Board
 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
Development Chair

Staff

Mary K. Kessler
Executive Director
 Vanessa Whitehead
Executive Assistant
 Nancy Parsons
Marketing/Program Coordinator
 David Fleming
Facilities Manager



Faye Brown
Travel Coordinator
Tours With Faye

Hours of Operation

Monday-Friday
 7:00am-7:00pm
 Saturday
 8:00am-3:00pm
 Sunday
 8:00am-12:00pm
 Special Events by Appointment

Dear Members,

I hope that by now you all have seen our renovation and are as pleased with the results as I am. We are all very grateful to those who made the face-lift possible. The majority of the funds came from a Permanent Improvement Program grant from the Lt. Governor's Office on Aging and administered by the Area Agency on Aging. This grant required matching funds from the community and we received extremely generous donations from Palmetto Health, the City of Columbia, Harbison Housing Foundation, the Golden Kiwanis, Columbia Bridge Club, Jean Bridges and Doris and Bill Manley.

The project included renovating all six restrooms, new flooring, carpeting, a new reception desk, new water fountains, ceiling tiles and repair and repainting of walls. The work was completed without closing the center, but there was some inconvenience to our members and I thank them for their patience.

We celebrated our new look with a breakfast honoring past members, donors and board members on April 12. Very special thanks to the Reverend Ernest Barnes who delivered a lovely, thoughtful invocation, and to Lt. Governor Ken Ard and Richland County Council Chairman Paul Livingston who were kind enough to

Lt. Governor at CSC Grand Reopening



Lt. Governor Ken Ard, at the Grand Reopening of CSC on April 12, pledged his commitment to the welfare of South Carolina's seniors and said he is always willing to help them.

address our gathering. Both the Lt. Governor and Mr. Livingston affirmed their support of senior centers and senior programming.

I would also like to thank Holley and Reid Wallace and the Wallace Construction Company, as well as their wonderful subcontractors led by Dennis Long, Howie, Eddie, Thomas and Mike. The new built-in book cases in our little library are a gift from the Wallace Construction Company.

Have a wonderful, safe and healthy summer

Sincerely,

Mary K. Kessler
 Executive Director

What's New at the Center?

Wine and Unwind Series Revamped

The monthly series *Wine and Unwind* has been changed to a quarterly event and moved to Thursday night. The after-work event will focus on light entertainment accompanied by light refreshments.



The first *Wine and Unwind* in the new format was an evening of song and humor presented by entertainer Phil Markert on May 19. The audience sang along to old standards, enjoyed humorous stories, and laughed to funny lyrics substituted in familiar tunes. Mr. Markert ended his performance with a rendition of a George Carlin monologue that delighted the audience.

The next *Wine and Unwind* will be on Thursday, September 15 with wine-tasting and music.



COMPUTER LAB HOURS

7 AM to 7 PM Monday—Friday
7 AM to 12 Noon Saturday & Sunday



CSC Tribute Fund

Mary Sturgeon in Memory of Mickey Reynolds
Virginia Brooks in Memory of Mickey Reynolds
Carol Fore in Memory of Treas Wooten

Make a gift to the Capital Senior Center in honor of a friend or family member to mark a milestone occasion (such as an anniversary or birthday,) or in memory of a loved one. Tribute Fund contributions support the Center's daily operations and services.

Welcome New Members!

Paul Backand
Drucilla Barker
Charles Bushee
Patsy Bushee
Aileen Cunliffe
Frank Deas
Melita deTreville
Alma Dupont
Edwina E. Fields
Joan R. Foster
Nora Ann Frye
Dottie Gardner
Michelle Gonzales
David Gonzales
Anna S. Griswold
Carol Harper
Donald Harper
Sharon S. Heinz
Helen Hewitt
Barbara Holloway
Gloria Humphries
Andrea Kaniarz
Betty J. Martin
Linda Martin
Susan Kelly Martin
Katherine E. Matthews
Donna Mazloom
Brenda McMaster
Spencer McMaster
Rebecca Milligan
John G. Norris
Penny C. Norris

Mary Petersen
Richard Petersen
Margaret Powell
Diane Reed
Betty Reynolds
Edith Richardson
Paul Richardson
Merlin Roosen
Bridget D. Ross
Diean Rovenstine
Jay Rovenstine
Sally Sanshury
Larry Schier
Elizabeth Simmons
Elizabeth Smalls
Leesa Sue Smith
Margaret Smith
Oscola Smith
Shirley H. Smith
Jocelyn Stephen
Judy Timmons
Jocelyn Stephenson
Claudia Shine
Bet Tarrant
Joanne Thompson
Willis Walker
Lee Waters
Mary Baskin Waters
Nancy Whitlock
Charlene Wilson
William Wilson
Gwendolyn C. Young

.....
• **How old would you be if you didn't** •
• **know how old you were?** •
•
• **~Satchel Paige** •
•
.....

2011 Class Schedule

	Morning	Afternoon
Mon.	9:00: Strong to the Bone	1:00: Needlecraft Group
	9:30: Low Impact Aerobics	3:00: Jewelry Making
	10:00: Arthritis Exercise	3:00 Stay in Balance
	10:00 Pilates Fundamentals (6 week blocks)	
	10:00: Quilting with Joy	4:00: Strong to the Bone
	10:45: Pilates with Dot	5:30: Zumba
	11:30: R & B Line Dancing with Stephanie	
Tues.	9:00: Strong to the Bone	12:00: Canasta
	9:45: Hi-Lo Cardio Aerobics	1:30: Wild Goose Chi Kung
	10:45: Pilates with Vickie	2:00: Beginner Spanish (starts Sept. 20)
		4:00 Strong to the Bone
		5:30: Aerobics
		5:30: Shag Dance Lessons
	6:30: Sociable Singles (1st and 3rd Tues.)	
Wed.	8:30: Tai Chi	2:00: Movies with Marcia
	9:30: Low Impact Aerobics	2:30: Meditation with Ken
	10:00: Arthritis Exercise	3:00: Stay in Balance
	10:00: Qi Gong	5:15: Yoga (Multilevel)
	11:00: Yoga (Beginners)	5:30: Zumba
	11:30 Grief Relief	5:45: Tai Chi
Thurs.	9:00: Strong to the Bone	12:30: Bingo
	9:45: Hi-Lo Cardio	2:00: Coffee and Conversation
	10:00: Arthritis Exercise	
	10:00: Yoga (Experienced)	4:00: Strong to the Bone
	11:00: Spanish (intermediate)	5:30: Aerobics
	10:45: Pilates with Vickie	
Fri.	9:30: Low Impact Aerobics	1:30: Gentle Yoga (Arthritis & Neuropathy)
	10:00: Qi Gong	7:30: Friday Night Dance
	10:45: Pilates with Dot	
	11:00: TOPS Chapter Meeting	
	11:15: Tai Chi	

Other Activities

Meet with Fitness Trainer (appointment suggested)	10-12noon (Monday-Thursday)
Golden Friendship Club	6:30 (2nd & 4th Mondays)
Salsa Social	5:30 (1st, 3rd, 5th Mon.) others by appointment
Read a Book Club	2:00 (1st Fridays)
Massage by Marzi	Appt Required (376-5081)

Tours with Faye

<u>Thursday, July 14</u>	Travel Show – Alaska	
	Learn how you can go with us to Alaska! 1pm at CSC	
<u>Friday, July 8</u>	Columbia	\$45
	Shop at the new SC State Farmer's Market for variety of produce, flowers and visiting Jacob's General Store. Lunch at new restaurant, Judy's, at the Market and Bakery.	
<u>Thursday, July 14</u>	Lake Murray	\$58
	See the amazing Purple Martins on a Dinner Sunset Cruise aboard the yacht.	
<u>Friday, July 22</u>	Asheville	\$56
	Craft Fair of the Southern Highlands	
<u>Saturday, July 23</u>	Hendersonville	\$85
	"Hairspray" at Flat Rock Playhouse	
<u>Friday, August 5</u>	Charlotte	\$45
	Find your treasures at the International Collectibles & Antique Show.	
<u>Saturday, August 13</u>	Huntersville	\$63
	Latta Plantation and Flight Show at the Carolina Raptor Center	
<u>Thursday, August 18</u>	Columbia	\$42
	"Oz" by Community Players and delicious dinner	
<u>Friday, September 2</u>	Hendersonville	\$57
	Hendersonville Apple Festival and stop at Granddad's Barn for your apples	
Alaska! Interior!	September	
<u>Saturday, September 17</u>	Greenville	\$95
	Shake, Rattle & Roll! Tribute to Elvis	
<u>Sunday, September 18</u>	Columbia	\$25
	Discover Columbia Historic Houses and Gardens	
<u>Saturday, October 1</u>	Columbia	
	Off the Wall onto the Stage. Dancing the Art of Jonathan Green Ballet	

Make your reservation as early as possible, to guarantee your space. Your deposit is due with your reservations. And your space is confirmed only when we have received your payment. Thank you for making these trips possible.

Mark Your Calendar!

Fundamentals of Pilates Class

Prerequisite for beginners before enrolling in the Pilates with Dot class Mondays and Fridays, or the Pilates with Vickie class on Tuesday and Thursday. Classes will be held on Mondays at 10 a.m. for six weeks. Begins Sept. 12. Registration required.

?Habla Espanol?

Spanish classes offered weekly

Beginner: Tuesday, 2-3 pm. Class resumes September 20.

Advanced: Thursday, 11am-noon.

Quilting and Needlecraft

Mondays. Learn to quilt 10 am to 12 pm
Join the group for needle work 1 to 3 p.m.



Flu Shot Clinic

Protect yourself. Get your shot before the flu season starts.

Thursday, September 29
9 am to 4 pm

Seeds of Hope Farmers Market

The market offers fresh produce **Wednesdays from 9 am to 1 pm** throughout the summer and fall months.

Stay in Balance Program

Improve balance, mobility, and functional abilities with this program. Meets twice a week for 10 weeks. Begins second week in September. Class size limited. Sign up now.

Mondays & Wednesdays, 3-4:00 pm

Carolina Jazz Society

2011-12 Concerts: 2:30 pm Sept 11, Oct 2, Nov 6, Dec 4, Jan 8, Feb 5 or 12 TBA, Mar 4, Apr 1, May 6. \$5 Jazz Society members, \$10 non-members. Individual Membership is \$15; family membership \$25.

Read a Book Club

Meets on the first Friday at 2 pm.
Club will resume **September 2.**



Lunch and Learn

Monthly brown bag lunch and learns will be held on the second Thursday 11:30 to 12:30 beginning **September 8.** Topic TBA.


DANCING AT THE CENTER

Shag Dance August 5
with the Sensational Epics

Big Band Dance October 14
with Ross Holmes

Friday Night Dances 7:30pm.
Live music, BYOB + party food.

Dance Lessons:
Shag: Tues., 5:30 pm \$3. members, \$5 non-members
Salsa: 1st, 3rd, 5th Mon., 5:30 pm; or by appt \$5 per class
R&B Line : Mon. 11:30 am. \$3 members, \$5 non-members



Grief Relief Support Group

An ongoing, weekly gathering for persons dealing with grief. This group is open to members and non-members alike at no charge. Space is limited to seven persons. Meets **Wednesdays from 11:30am to 1pm.** Coffee is provided. You may bring your lunch or a snack. Led by Sylvia Hipp, LSW-CP. Call the Center for details.

MOVIES WITH MARCIA
Wednesday 2 to 4 pm

July

- 6 Second Hand Lions
- 13 The Greatest Game Ever Played
- 20 Our Family Wedding
- 27 Honky Tonk Man

August

- 3 & 10 No Movie
- 17 Pirates of the Caribbean Part 1
The Curse of the Black Pearl
- 24 Pirates of the Caribbean Part 2
The Curse of the Black Pearl
- 31 No. 1 Ladies Detective Agency
Episode 1

September

- 7 It Happened Tomorrow
- 14 Enemy of the State Part 1
- 21 Enemy of the State Part 2
- 28 No. 1 Ladies Detective Agency
Episode 2

THANK YOU CSC VOLUNTEERS

- 5Points Wheels drivers **Lester Johnson, Pete Poulos, Dale Rothman and Geraldine Moss**
- Marcia Hendrix** for *Movies with Marcia*
- Agape** for calling *Bingo*
- Jim Smith** our *Bingo* Coordinator
- Susan Appenzeller, Pam Jenkins, Adrianna Lavell, George Lewellyn** front desk staff
- Carol Barnes** for teaching the Jewelry Class
- Sylvia Hipp** for facilitating the Grief Relief Group
- HealthSouth** for supporting *Bingo*
- Angie Jones** for organizing the library and kitchen
- Daisy Block** for the reopening event floral arrangements
- Ann and W.C. West** for organizing the *Big Dances*
- Pat Pope and Sociable Singles** for dance decorations

Special Thanks

Special thanks to three board members who are leaving after serving the two-term limit. **Elaine Garrick** served as Secretary, and as Chair of both the Development Committee and Nominating Committee. **Carol Kososki** has been Vice Chair, and served on the Building and Grounds committee, including as Chair. **Myra Nelson** also has been Chair of the Building and Grounds Committee after serving five years as a committee member.

We also say good bye to **Jonathan Phillips**, our Treasurer for the past year. Jon has done an outstanding job of overseeing our financial reports, keeping the information clear and accessible.

Five Points Wheels

Monday - Thursday mornings. Pick-up at 9 am at Christopher Towers, Finlay House, and Marion Street Apartments. For information or an appointment call 803-779-1971.

Northeast Wheels Program:

Mondays & Thursdays from 9 am-1 pm. To schedule an appointment call Captain Williams at 803-576-3467.



Tune in to "The Parent Care Show™" every Saturday from 11:00 am to 12:00 noon on News-Radio 560AM WVOC and listen for CSC announcements.

Thanks to Steve Parrot of Retirease and Todd King of Long Term Care Insurance Advisors.



 * Congratulations to **Daisy Block** for being named Columbia Council of *
 * Neighborhoods 2011 Friend of the Year. *

STRONG TO THE BONE CLASS KEEPS SENIORS FIT

CSC members are staying fit well into their 70s, 80s, and 90s thanks to a low impact program developed at the Center.

Three times a week, *Strong to the Bone* classes get a total body workout that includes stretching, cardio strengthening and conditioning. Classes are offered at 9 am and at 4 pm Monday, Tuesday and Thursday.

Done both standing and sitting, the exercises use bands, balls, and weights to strengthen and condition muscle, bones and heart. Stretching movements relieve joint stiffness due to arthritis and other conditions.

The exercises increase mobility, balance and coordination, and members of the classes attest to their effectiveness. Lucille Brooks and Rose Chai credit the class with helping them recover from strokes.

Strong to the Bone has been in the class schedule at CSC practically since its doors opened in 1995. Mary Papadea has taken the afternoon class since it began. She said that the class is important to staying physically active, but also provides social interaction and camaraderie.

Space is available in both classes. Those interested in taking *Strong to the Bone* should check with their doctor before starting any new exercise program.



Columbia Bridge Club

The duplicate club meets at CSC Monday through Saturday with an average of 8-9 tables per session and master points awarded for top winners in each bracket. Games are at 12:30 PM Tuesday, Wednesday, Thursday, Friday and Saturday, and at 7 PM Monday and Thursday.

Membership is \$15 a person (\$28 a couple); individual games cost an additional \$6, \$7 for non-members of CBC. Lessons are offered on all levels at scheduled times for an additional fee.

Website: www.columbia.bridge-club.org



Coffee and Conversation

Thursday at 2:00 pm.
 Enjoy refreshments, stimulating conversation, and meet new friends.

BINGO!

Thursday 12:30- 2 PM.
 All members welcome. Prizes, refreshments and good fun. No charge, but you are encouraged to bring a non-perishable item for Harvest Hope.

CSC Q & A

Question: Can I rent space at the CSC for a private event?

Answer: Yes. The CSC is often used by families for weddings, birthday parties, anniversaries and other milestone events. Rates depend on space required and length of time. See a staff member for information and reservations.



Are you on Facebook?

Become a CSC fan. Check out the Capital Senior Center on Facebook and click on the "like" button. You'll receive our updates and events notices. Or visit our Website: www.capitalseniorcenter.com.

Sociable Singles

First and third Tuesdays, 6:30 pm.
 On the last Tuesday each month the group holds a Friendship Dinner off the premises.

HYDRATION IMPORTANT FOR SENIORS

During hot summer weather it is especially important for seniors to get enough fluids to stay hydrated and prevent heat-related illnesses.

Hydration refers to a person's body water balance. **Dehydration** occurs when people don't have enough fluid in their bodies. Dehydration is a serious problem, but is very easy to prevent.

Many older people have problems with dehydration. The ability to feel thirst lessens with age so seniors may not realize when they need to drink more. Some medications, such as diuretics for high blood pressure, also cause fluid loss.

Dehydration is ranked in the top ten most frequent reasons for Medicare hospitalizations.

Know the symptoms of dehydration

First symptoms: drink water

- Thirst
- Dry mouth
- Dark yellow urine
- Fatigue
- Irritability

Life threatening symptoms: go to the ER or contact your physician right away.

- Dizziness
- Feeling of blacking out when sitting up or standing
- Confusion
- Muscle weakness or cramps
- Sunken eyes
- Low blood pressure
- Increased heart rate

Tips for Staying Hydrated

- Don't wait until you're thirsty to drink; by this time you're already dehydrated.
- Carry water with you and drink it regularly.
- Drink at least 8 cups of water every day.
- Keep water in the refrigerator and take a drink each time you open the refrigerator.
- Drink extra in extreme heat to replace water lost from sweating.
- Start and end the day with a cup of water.
- Do not replace water with alcohol.