

Senior Center keeping mind & body active, serving community through Meals on Wheels

The Union County Senior Center is bustling with numerous activities for Union County residents who have lived sixty years or longer. The atmosphere is welcoming for those who have made it part of their life and for those who drop in occasionally.

"They usually come for the socialization, but soon realize we offer a little bit of everything to keep their mind active, their body active, to help them live in their home without having to go to a nursing home as soon as some people would," said Kathy Hill, director of the center. "The activities are ways for them to express themselves and it makes them feel good about themselves."

Activities include exercise classes, quilting, wood-carving, painting with acrylic and drawing with pencil, games, a pool table, computer time, plus sitting and relaxing with good conversation or reading.

Meals are served mid-day during weekdays to those at the center. Home delivered meals are distributed in the community.

Exercise, geared to various age groups and physical situations, includes Silver Sneaker, cardio-circuit, classic chair exercise class, tai chi, yoga, line dancing and

other ideas.

Ladies sit around a loom and quilt the traditional way, hand stitching one stitch at a time, which means there could be several different styles of stitching in each quilt, giving it individual character.

"People just do not realize how much effort is put into quilting," said Kathy.

They quilt special orders for people and others are sold after being completed.

Volunteers assist with the paint program, working one-on-one until a person is able to continue themselves. Paintings consist of landscapes, people, flowers, people and others. Items made at the center are sold with the money going back into the center to purchase more supplies.

The Meals on Wheels program utilizes about 30 volunteers each week day to take meals to elderly people who are unable to prepare meals for themselves. The meals are catered in through a food vendor. The volunteers pack them out to deliver them on six routes. Funding for Meals On Wheels includes funding from federal, state and county funds. The balance is raised through donations



Kathy Hill

and items sold at the center.

A grant allowed the center to add rooms and expand the kitchen, doubling the number of people served.

The location is ideal, sharing a driveway with the college off Hwy. 515. It is close to town, yet due to the buffer of trees the traffic noise is kept out. Being next to hiking trails (known as the dog park for walking pets) those at the center can see the people and pets. Large windows makes the building bright, aiding those with limited vision the ability to see. "The center works well with people with low vision," said Kathy.

Vans pick up people, the center coordinates day trips, and Friday is shopping day with several stops.

The center has an Alzheimer Respite Program twice a week, allowing the caregiver to bring the individual they care for to the center and leave them for three hours. They are offered singing, mind stimulating activities and games.

The Union County Senior Center is located on 95 Senior Center Drive, Blairsville. 706-439-6105

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Warrior Fellowship Fund Spelling Bee benefits UCHS seniors going into ROTC

Students at Union County High with a goal of joining ROTC in college obtain financial assistance from the Warrior's Fellowship Fund. Part of that funding comes from an annual spelling bee, coordinated by Charles Sowers and Skip Belton. The Blairsville Civic Center was the venue where five teams com-



Winners Rotary Club and Runners Up The Commissioner's Office



Charles Sowers, seated nc

peted for the title of best spellers and competition lasted for more than two hours. There were numerous rounds before the first word was misspelled. The winning team representing the Rotary Club consisted of Patti Barnes, Norma Berkman and Rick Maddox.

The second place team representing the Union County Commissioner's office consisted of Peggy Deyton, Jennifer Queen and Pam Worden. Other

teams were from North Georgia Technical College, United Community Bank, and the Junior Board of Directors of United Community Bank.

The event included Director Charles Sowers as the Timer, Pronouncer Jackie Hughes Queen Bee Barbara Williams, greeter Barbara Richardson, and master of ceremony Norm Cooper. Numerous businesses donated gift certificates and merchandise for door prizes.

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Everyone who achieves success in a great venture solves each problem as they came to it and they helped themselves. They were also helped through powers known and unknown to them at the time they set out on their voyage. They keep going regardless of the obstacles.

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