

LOCATIONS

**THE HARRY AND JEANETTE WEINBERG
ADULT RESOURCE & EDUCATION CENTER**
347 W. Salisbury Street, Asheboro, NC 27203
336-625-3389 or 1-800-252-2899
Fax: 336-626-3590
Monday-Friday: 7:00 a.m. - 8:00 p.m.
Saturday: 9:00 a.m. - 3:00 p.m.

OUR PLACE ADULT DAY CARE
714 Farr Street, Asheboro, NC 27203
336-629-3787

ARCHDALE SENIOR CENTER
108 Park Drive, Archdale, NC 27263
336-431-1938

ASHEBORO SENIOR CENTER
347 W. Salisbury Street, Asheboro, NC 27203
336-625-3389

RANDLEMAN SENIOR CENTER
144 W. Academy Street, Randleman, NC 27317
336-498-4332

LIBERTY SENIOR CENTER
128 S. Fayetteville Street, Liberty, NC 27298
336-622-5844

**REGIONAL COORDINATED
AREA TRANSPORTATION SYSTEM (RCATS)**
Randolph County: 336-629-7433
Montgomery County: 910-572-3430



The Harry and Jeanette Weinberg Adult REC
347 W. Salisbury Street • Asheboro, NC 27203
Phone: 336-625-3389 • www.senioradults.org 

**Randolph Senior Adults Association is our community's lead organization
on aging services for adults age 50 and over.**

Our purpose is to empower adults age 50 and over in Randolph County
toward a life of personal independence, healthy aging,
social connection, and life-long learning.

Randolph Senior Adults Association is a United Way agency.



RANDOLPH SENIOR ADULTS ASSOCIATION

Live well,
Age well

PROGRAMS & SERVICES



**RANDOLPH
SENIOR
ADULTS
ASSOCIATION**



**United
Way**
Community Partner

RANDOLPH SENIOR ADULTS PROGRAMS & SERVICES

ADULT RESOURCE AND EDUCATION CENTER

Those 50+ can enjoy Gospel Music every Friday evening, fitness room, computer lab, billiard room, and classes in yoga, cooking, bridge, and more. Where fees apply, becoming a member may offer discounts. Monthly calendars are available upon request.

SENIOR CENTERS

Those 60+ can enjoy fellowship, fun and creative activities, such as monthly birthday celebrations, Bingo, board games, word finds, and crafts at our four senior centers. Music and entertainment are always part of the scheduling with small local bands, choirs and entertaining speakers. Exercise is offered weekly, as well as monthly blood pressure checks. Health and social service programs are also scheduled, such as Medicare and Medicaid updates, services available to seniors, disease prevention information and good health awareness, just to name a few.



CONGREGATE LUNCH

This program provides a nutritionally balanced meal for those 60+ at our four Senior Centers, Monday through Friday.

HOME-DELIVERED MEALS

Meals-on-Wheels provides a nutritionally-balanced meal to homebound eligible persons 60+, Monday through Friday. Frozen meals are provided for participants where there is not a meal route, shelf stable meals are provided when the center is closed due to severe weather.



TRANSPORTATION

Regional Coordinated Area Transit System (RCATS) vans provide transportation for various activities to all senior centers, medical appointments, human service agencies, grocery stores, employment, and other public transportation needs. There is no charge for those 60+ and a small fare for those underage. Those on Medicaid are not charged for rides for Medicaid-eligible services. Call

to schedule: Randolph County (336-629-7433); Montgomery County (910-572-3430).

BINGO

Bingo is offered the 1st and 3rd Tuesday of each month at McDonald's on North Fayetteville Street in Asheboro at 9:00 am. Countywide Bingo is offered the last Wednesday of each month at the Asheboro Senior Center at 1:30 pm. Transportation may be available through RCATS.



TRAVEL OPPORTUNITIES & TRAVEL CLUB

Adventures range from day trips to overseas excursions. Travel Club participation provides input into future travel destinations as well as fellowship.

SENIOR MOVIE DAY

Held on the first Thursday of each month at 1:00pm at the beautiful Sunset Theatre in downtown Asheboro. Free admission to those 50+ includes a free soda and popcorn and the opportunity to win door prizes. *There is no movie in January.*

OUR PLACE ADULT DAY CARE

Our Place serves adults 18 and older who cannot or should not remain alone all day, who want to live at home, desire companionship or require help with daily living activities. Our Place offers a structured environment for stimulating their social, physical, and emotional needs. Participants may schedule to attend from two to five days per week. Contact Our Place to receive fee information and additional information.

INFORMATION & OPTIONS COUNSELING

I&OC Services are available to persons age 50+ or persons acting on their behalf. Medicare assistance is provided to those of any age. I&OC services are available Monday-Thursday 8:30am-4:00pm at the Adult REC and include: Senior Information Line serves as a "one-stop shopping place" for senior adult services over the telephone, through office visits and e-mail. Questions are answered and referrals to appropriate resources are given.

CASE ASSISTANCE

Available to help complete forms, read letters received, provide referrals, follow-up and advocacy activities on behalf of the older adult to ensure that needed assistance is received.

OPTIONS COUNSELING

Available to assist in creating an Action Plan to help a person accomplish their goals. A follow-up call is given to ensure decisions and supports are to their satisfaction.

FAMILY CAREGIVER SUPPORT PROGRAM

This program helps caregivers understand care options, research appropriate services, and develop a plan to help meet the needs of the care recipient. Powerful Tools for Caregivers is a six-week workshop that teaches family caregivers how to reduce the stress of caregiving. Caregiver Skills Class trains family caregivers how to physically help their loved one.

SHIIP

Seniors' Health Insurance Information Program provides assistance to Medicare Beneficiaries in choosing and enrolling in a Medicare Part D plan or Medicare Advantage Plan, applying for Extra Help or assisting with solving problems regarding their plans. Certified counselors also give guidance in selecting Medicare Supplements.

PRESCRIPTION ASSISTANCE

Assists with locating free or discounted prescription medication through pharmaceutical companies and help completing applications.

SENIOR HEAT RELIEF PROGRAM Fans are donated by local power companies and distributed to seniors 60+ or those on disability in need of heat relief. Limitations apply.



SITTER'S LIST

List consists of caring people who can provide company, assist with household chores, errands, etc. This is an option for someone needing in-home assistance and able to pay out of pocket.

S.A.L.T. COUNCIL

The Seniors And Law Enforcement Together Council meets quarterly rotating between the four senior centers. Educational programs are presented on safety concerns and more.

LEGAL AID

A lawyer comes to Adult REC once a month to help those 60+ with advanced directives and other civil matters. Appointments required.

AARP TAX PREPARATION

Trained AARP Tax Aides help file income tax returns on Mondays and Saturdays from February through mid-April at no charge. Appointments required.