

September 2020

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**



Branching Out

Stay Safe at Home Virtual Edition



Mark Hensley, RSAA Executive Director, greets Liberty Senior Center participant, Cooky Lambert, with a foot tap instead of a hand shake.



Website: www.senioradults.org



Facebook: [Randolph Senior Adults Association](https://www.facebook.com/RandolphSeniorAdultsAssociation)



Instagram: [@Randolph Senior Adults](https://www.instagram.com/RandolphSeniorAdults)



YouTube: [Randolph Senior Adults](https://www.youtube.com/RandolphSeniorAdults)

Update on Re-Opening RSAA - Pause!

Many things have changed since March, greeting each other with a foot tap instead of a hand shake, but the re-opening of RSAA is still on pause and sadly remains the same:

All Centers of the Randolph Senior Adults Association remain closed for the foreseeable future. Due to our serving an at-risk population and the mandate to keep gatherings to 10 individuals or less, our Centers will remain closed until we are allowed to reopen. However, we will continue serving 10 frozen meals to our existing meal program clients every two weeks; RCATS continues to provide trips, including out-of-county, daily Monday – Friday; and our Information and Options Counselors are available for assistance via telephone (336-625-3389) daily Monday - Thursday. We will reopen our Centers just as soon as the Randolph County Public Health Department, the Governor's Executive Orders and the NC Department of Health and Human Services believe it is safe to do so. Thank you for your patience during this unprecedented period!

Although our classes and activities have been suspended in-person, it's a great time to explore the internet. Continue to read and you will find lots of entertaining links in the safety and comfort of your home!

Enjoy!



Randolph Senior Adults Association

*The Harry and Jeanette Weinberg
Adult Resource & Education Center*
347 W. Salisbury Street
Asheboro, NC 27203
336-629-7433 or 1-800-252-2899
Fax: 336-626-3590
Monday-Friday 7:00am-8:00pm

RCATS

*The Harry and Jeanette Weinberg
Adult Resource & Education Center*
347 W. Salisbury Street
Asheboro, NC 27203
336-629-7433 or 1-866-580-8726
Monday-Friday 6:00am-6:00pm

Archdale Senior Center

108 Park Drive
Archdale, NC 27263
336-431-1938
Monday - Friday 8:00am - 5:00pm

Asheboro Senior Center

347 W. Salisbury Street
Asheboro, NC 27263
336-625-3389
Monday - Friday 8:00am - 5:00pm

Liberty Senior Center

128 S. Fayetteville Street
Liberty, NC 27298
336-622-5844
Monday - Friday 8:00am - 5:00pm

Randleman Senior Center

144 W. Academy Street
Randleman, NC 27317
336-498-4332
Monday - Friday 8:00am - 5:00pm

Our Place Adult Day Care

714 Farr Street
Asheboro, NC 27203
336-629-3787
Monday - Friday 7:00am - 5:00pm

Exercise

Stay Safe at Home Virtual Edition

De-stress with Focused Breathing

RSAA is working with Tai Chi instructor, Steve Cain, to produce videos for you to enjoy at home! Steve's first class provides instruction on focused breathing, the foundation of Tai Chi. In the video, he shows you how to properly breathe to help de-stress and relax your body. Something we all need!

Intro to Tai Chi for Seniors Part 1



Part 2 of Steve's class will be available in the next issue. Steve will also continue his in-person classes at the Adult REC as soon as it is open. Enjoy and remember to breathe!

YouTube is full of excellent exercise videos!

- Walking is one of the best exercises:
[Walk with Leslie](#)
- Shape up with Silver Sneakers:
[5 Exercises for Seniors to Lose Belly Fat](#)
[5 Exercises Seniors Should Do Everyday](#)

GIVE BLOOD



SAVE LIFE

[MakeAppointment](#)

EMERGENCY NEED

DUE TO COVID 19!

Red Cross Blood Drive

Wednesday, October 7 10:00am - 3:00pm

109 N. Church St. Downtown Asheboro

Park in lot at corner of Church St. and Hoover St.

Just for Fun

Stay Safe at Home Virtual Edition

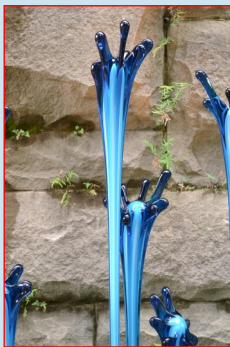


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Featured link:

Immerse yourself in beautiful glass sculpture by Dale Chihuly by clicking the link below to view 31 different videos of his colorful work:

chihuly.com



Game On!

Like to play games and solve puzzles? The internet is a great resource for tons of games and endless word searches for free! There's also free apps to download on your smartphone.

A few favorite links are listed below:

[Crossword Puzzles](#)

[Jigsaw Puzzles](#)

[Play Solitaire](#)

[Word Search Puzzles](#)



Active Aging Inspiration

Olivia de Havilland, last surviving actor from *Gone with the Wind*, passed away in July of natural causes. She was 104 years old. A two-time Oscar winner, starred in 49 feature films throughout her career in Hollywood that spanned from 1935 to the late 1980s. She was awarded a damehood by the Queen of England in 2017 for services to drama. She was aged 101 at the time, becoming the oldest woman to become a dame. Olivia continued to enjoy riding her bicycle until aged 103.



- Read Olivia's biography at:
[TCM: Olivia de Havilland](#)
- Watch an interesting video, *Life of Olivia de Havilland*
[TCM on Olivia de Havilland](#)

Travel North Carolina

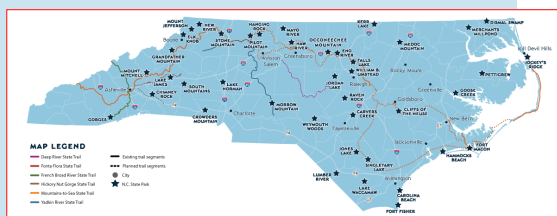
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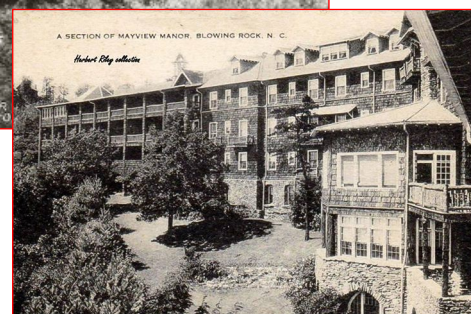
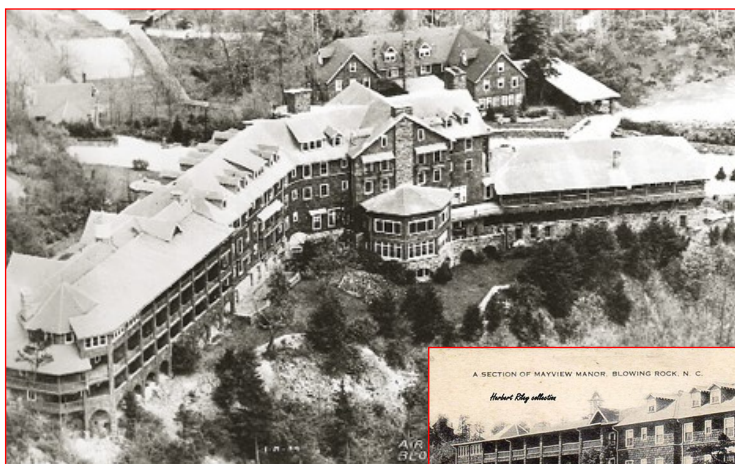
Est. 1975

Tour the Mountains of North Carolina Past and Present



Did you know there are 34 State Parks in North Carolina? Check out the list of State Parks, including hours, locations, available activities and individual websites at:

[NC State Parks](#)



Mayview Manor 1922-1978, located just outside of Blowing Rock, NC was a vacation spot for many VIPs including Annie Oakley. Read about its history at: [Hail to the Queen](#), and then watch the video about the grand hotel: [Mayview Manor](#).

Continue your trip to two of our best state parks

- Continue to Grandfather Mountain Park:
[Visit Grandfather Mountain State Park](#)
- Check out Chimney Rock State Park:
[Visit Chimney Rock State Park](#)