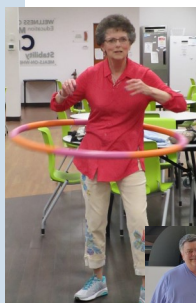


October 2020

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

Update on Re-Opening RSAA - Phase 3!

North Carolina has just entered Phase 3! What does this mean for RSAA? The Governor announced he is moving NC to this new phase on September 30th, but the first thing he stated was that **“if you are in the at-risk/vulnerable population (Senior Adults), you are still safer at home.”** This means that the move to Phase 3 **does not change our ability to reopen our Centers.** Therefore, we will continue to remain closed for the foreseeable future.

RSAA 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 continues to be a great time to explore the internet. Read on and you will find lots of entertaining links, as well as Part 2 of Steve Cain’s Tai Chi class and a new video from jacquie Reininger about the basics of yoga. Stay safe at home and go virtual!

Enjoy!



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)



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 Tai Chi and Yoga

RSAA is working with Tai Chi instructor, Steve Cain, and Yoga instructor, jacquie Reininger, to produce videos for you to enjoy at home! Now, there are three videos taught by local instructors giving you exercises to de-stress at home. Both instructors will continue to provide classes in-person at the Adult REC just as soon as it is safe to return!



[Intro to Tai Chi for Seniors Part 1](#)

[Intro to Tai Chi for Seniors Part 2](#)

New Yoga Video



[Intro to Gentle Yoga Part 1](#)

Shag Dancing, a laid back exercise

Looking for a cool, slower paced exercise? Check out Shag Dancing and enjoy the sounds of the boardwalk. Get up and move! But make sure you are smooth!



[Celebrating the SC Shag](#)

[Shag Dancing in
North Myrtle Beach](#)



[Learn to Shag Dance](#)

[Carolina Shag Fundamentals](#)

Just for Fun

Stay Safe at Home Virtual Edition



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Bling!

Do you like bling? Want to add some sparkle to your day? Take a look at this link and see all of the beautiful items from Elizabeth Taylor's collection of jewelry and fashion prior to the 2012 Christie's auction of the items.

[The Collection of Elizabeth Taylor](#)



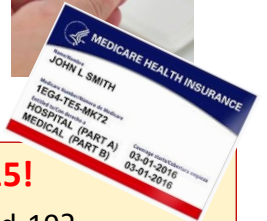
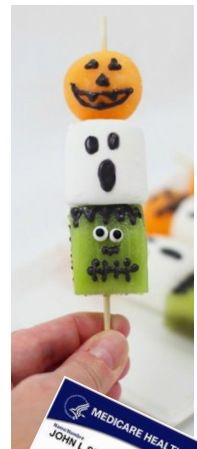
'Tis the Season!

Hard to believe it's Fall! First comes Halloween, then Thanksgiving and Christmas! This issue has several cooking videos for all of your upcoming festivities. All of these goodies promise to be crowd pleasers and everyone will want seconds! Again, this is for fun, so don't count the calories!

[Halloween Treats](#)

[Thanksgiving Sweets](#)

[Christmas Goodies](#)



Medicare Open Enrollment begins October 15!

How will Open Enrollment work this year due to Covid-19?

You have until December 7 to make changes. [Click here](#) to find out how to work with RSAA's SHIP coordinators.

Brain Exercise!

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.

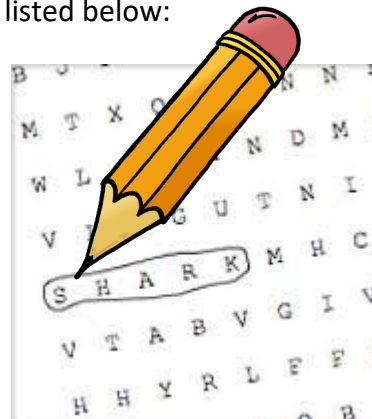
A few favorite links are listed below:

[Word Search Puzzles](#)

[Jigsaw Puzzles](#)

[Crossword Puzzles](#)

[Play Solitaire](#)



LIVE UNITED
United Way
Community Partner

Travel North Carolina

Stay Safe at Home Virtual Edition



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Tour North Carolina's Lighthouses



Enjoy a coastal trip touring
North Carolina's lighthouses. Sit
back and enjoy the virtual ride!

[Tour Lighthouses](#)



Visit North Carolina's Largest Mansion

One of North Carolina's most popular tourist attractions, Biltmore Estate, has been a working farm, a family's home and recently a destination for beautiful exhibits. This issue gives you links to tour the Mansion, take a look behind the scenes, attend a house party and find out if it's haunted! Enjoy!

[Visit the Biltmore Estate](#)

[More Stories from the Biltmore Estate](#)

[House Party at Biltmore Estate](#)

[Images of Downton Abbey at Biltmore](#)

[Is Biltmore Haunted?](#)



While you are traveling virtually through the mountains of North Carolina, don't miss the most scenic drive in the state: [Travel the Blue Ridge Parkway](#)