



www.ci.king.nc.us
Highlight City Departments.
Highlight King Senior Center in the box on right & Click Calendars for the King Senior Center & King Senior Travel Club are at the bottom as well as other information.
How To Details on Page 12

Recreation Acres Lower Level
107 White Road
King, NC 27021
Telephone 336 983-0751

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Tuesday,
December 6, 2016
(cost \$80.00)**



1 Low Impact 11:30 Y
King of Spades
Garden Club 9am

PRACTICE then
\$asUGO Line Dancing
12:30pm
Bridge 2pm

Drumming 6:30pm

2 Aqua Fit 10:30 YMCA
WWW
Noon

MEXICAN GRILL

Games 1pm

Beginning Line Dance 7pm

3 Low Impact 11:30 Y
Executive 9am


Health Time
SHIIP
Presentation
1pm
SHIIP Counselor
Nonie Sands will be here
till 5pm
Bridge 1pm until
Twisted Stitchers
Crochet/Knit 6pm

4 Aqua Fit 10:30 YMCA
Veterans 2nd Cup 8am
ONE Foot Forward 10am
JFF 12noon
Canasta 12:30pm
Tai Chi 2pm

is the sponsor of
2nd Cup Coffee
on the 1st Friday
Euchre 3pm

5 **Sorry
Driffwood
is NOT
BACK yet!**

6

7  Aqua Fit 10:30
Chi Kung 10am
Canasta 12:30 pm
AG Bridge 1pm
Art Time

King City Council 7pm

8 Election Day
Low Impact 11:30 Y

PRACTICE then
\$asUGO
Line Dancing 12:30pm

Bridge 2pm

Drumming 6:30pm 

9 Aqua Fit 10:30 YMCA

12:15 pm
BRING YOUR FAVORITE DISH!

Games 1pm

Beginning Line Dance 7pm

10 Low Impact 11:30 Y
10am 

SHIIP Counselor
Nonie Sands will be here
12:30pm till 5pm

Health Time
Bridge 1pm until
Twisted Stitchers 6pm

11 Aqua Fit 10:30 YMCA
Veterans 2nd Cup 8am
ONE Foot Forward 10am
JFF 12noon
**Canasta
12:30pm**
Tai Chi
2pm
**Euchre
3pm**



November 2016

King Senior Center
Recreation Acres Lower Level 107 White Road
King, NC 27021



Cups for all music nights are provided by Wendy's

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p>13</p> <p>KSC rented</p>	<p>14 Aqua Fit 10:30 YMCA Chi Kung 10am</p> <p>11:15am-1pm Activities Canasta 12:30 pm AG Bridge 1pm ART 1:30-4:30pm</p>	<p>15 Low Impact 11:30 Y PRACTICE then \$asUGO Line Dancing 12:30pm</p> <p>Bridge 2pm</p> <p>Drumming 6:30pm</p>	<p>16 Aqua Fit 10:30</p> <p>Games 1pm</p> <p>Beginning Line Dance 7pm</p>	<p>17 Low Impact 11:30 Y Clogging with Fran & Don 10am-12:30pm Health Time 9:30am- 12:30pm SHIIP Counselor Nonie Sands will be here 12:30pm till 5pm Bridge 1pm until</p> <p><i>Twisted</i> 6pm <i>Stitchers</i></p>	<p>18 Aqua Fit 10:30 YMCA Veterans 2nd Cup 8am <u>1 Foot Forward 10:00am</u> <u>JFF 12noon</u> Canasta 12:30pm Tai Chi 2pm Euchre 3pm</p>	<p>19</p> <p><i>Third Saturday</i> Driffwood 7-10pm</p>
<p>20</p>	<p>21 Aqua Fit 10:30 Chi Kung 10am BP 11:15am-1pm</p> <p>Canasta 12:30 pm AG Bridge 1pm</p> <p>ART 1:30-4:30pm</p> <p>Adult Coloring King Public Library 6pm</p>	<p>22 Low Impact 11:30 Y PRACTICE then \$asUGO Line Dancing 12:30pm</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Living Will & Healthcare Power of Attorney Sponsored Hospice & Palliative Care Center Fourth Tuesday 1pm Notary Available</p> </div> <p>Bridge 2pm</p> <p>Drumming 6:30pm</p>	<p>23 Aqua Fit 10:30 YMCA GAMES 1 pm</p> <p>Beginning Line Dance 7pm</p>	<p>24</p> <p style="text-align: center;"><i>Happy Thanksgiving</i></p>	<p>25 Aqua Fit 10:30 YMCA YMCA Second Cup 8am Line Dancing <u>1 Foot Forward 10:00am</u> <u>JFF 12noon</u> Canasta 1 pm Tai Chi 2pm Euchre 3pm</p>	<p>Entertainment Night Games in the Parlor</p> <p>26</p>
<p>27 KSC rented</p>	<p>28 Aqua Fit 10:30 Y Chi Kung 10am BP Canasta 12:30 pm AG Bridge 1pm</p> <p>ART 1:30pm set aside for ART whether it is a scheduled class or just time to get together with other artists to exchange ideas or just paint!</p>	<p>29 Low Impact 11:30 Y PRACTICE then \$asUGO Line Dancing 12:30pm Bridge 2pm</p> <p>Drumming 6:30pm</p>	<p>30 Aqua Fit 10:30 GAMES 1 pm Beginning Line Dance 7pm</p>			

Art Time 1:30pm till 4:30pm
Tuesday, November 1 Stokes Family YMCA Low Impact 11:30am
 King of Spades Garden Club
 Some Practice Time
 then SasUGO Line Dancing Class 12:30 pm (cost)
 Bridge 2:00 pm
 6:30pm Drumming Summer Time Schedule 3pm Central Park Sunday
Wednesday November 2 YMCA Aqua Fit 10:30
WWW 12 noon Mi Pueblo
 Games 1:00 pm
 Beginning Line Dance 7pm
Thursday November 3 Low Impact 11:30am
 Bridge 1pm until
 Twisted Stitchers 6pm
Friday November 4 YMCA Aqua Fit 10:30
 “Second Cup” Veteran’s Coffee Social 8am
 1 Foot Forward 10am
 Just For Fun (JFF) Line Dancing **PRACTICE** 12:00pm
 Canasta 1pm
 Tai Chi for Arthritis & Fall Prevention 2pm BP ✓
 Euchre 3pm
Saturday November 5 First Saturday **AGAIN!**
 Driffwood 7-10pm (donations)
 Entertainment Night - Games & Card Playing in the Parlor
Sunday November 6
Monday, November 7 YMCA Aqua Fit 10:30
 Chi Kung 10am /BP
 Activities Time 11:15am-1pm
 Canasta 12:30pm
 AG Bridge 1pm
 Art Time 1:30pm till 4:30pm
 King City Council

Tuesday, November 8 Election Day
 YMCA Low Impact 11:30am
 Some Practice Time then SasUGO Line Dancing Class 12:30 pm (cost)
 Bridge 2:00 pm
 6:30pm Drumming Summer Time Schedule 3pm Central Park Sunday
Wednesday November 9 YMCA Aqua Fit 10:30
 Second Wednesday Covered Dish 12:15pm
 Games 1:00 pm
 Beginning Line Dance 7pm
Thursday November 10 Low Impact 11:30am
 Health Time 9:30am- 12:30pm
 Adult Coloring 10am King Public Library
 Clogging with Fran & Don 10am-12:30pm
 Bridge 1pm until
 Twisted Stitchers 6pm
Friday November 11 Veterans Day
 YMCA Aqua Fit 10:30
 “Second Cup” Veterans coffee social 8am
 1 Foot Forward 10am
 Just For Fun (JFF) Line Dancing **PRACTICE**
 12:00pm
 Canasta 12:30pm
 AG Bridge 1pm
 Art Time 1:30pm till 4:30pm
 Tai Chi for Arthritis & Fall Prevention 2pm BP ✓
 Euchre 3pm
Saturday November 12
Sunday November 13
Monday, November 14 YMCA Aqua Fit 10:30am
 Activities Time 11:15am-1pm
 Canasta 12:30pm
 AG Bridge 1pm



MISSION STATEMENT

The King Senior Center is an extra-governmental facility affiliated with the City of King dedicated to providing services and opportunities to citizens 55 years and older and their families. It is publicly and privately funded and operates for all senior adults in the community, regardless of race, color, religion, sex, national origin or disability. The King Senior Center exists to enrich the lives of seniors through programs and services that will improve their health and wellness, decrease their loneliness and isolation, and provide social, economic, and educational opportunities that will enhance their quality of life.

Tuesday, November 15 Low Impact 11:30am
 Some Practice Time then \$asUGO Line Dancing Class 12:30 pm (cost)
 Bridge 2:00 pm
 Adult Coloring 6pm King Public Library
 6:30pm Drumming Summer Time Schedule 3pm Central Park Sunday

Wednesday November 16 YMCA Aqua Fit 10:30am
 Games 1:00 pm
 Beginning Line Dance 7pm

Thursday November 17 Low Impact 11:30am
 Health Time 9:30am- 12:30pm
 Bridge 1pm until
 Twisted Stitchers 6pm

Friday November 18 Third Friday
 YMCA Aqua Fit 10:30am
 “Second Cup” Veterans coffee social 8am
 1 Foot Forward 10am
 Just For Fun (JFF) Line Dancing **PRACTICE** 12:00pm
 Canasta 1pm
 Tai Chi for Arthritis & Fall Prevention 2pm BP ✓
 Euchre 3pm
 Cranford Creek 7-9pm (donations)

Saturday November 19 Third Saturday!
 Driffwood 7-10pm (donations)
 Entertainment Night - Games & Card Playing in the Parlor

Sunday November 20
Monday, November 21 YMCA Aqua Fit 10:30am
 Chi Kung 10am /BP
 Activities Time 11:15am-1pm
 Canasta 12:30pm
 AG Bridge 1pm
 Art Time 1:30pm
 Adult Coloring 6pm King Public Library

Tuesday, November 22 Low Impact 11:30am
**Living Will & Healthcare Power of Attorney
 Sponsored Hospice & Palliative Care Center
 Fourth Tuesday 1pm** There will be a notary available
 Some Practice Time then \$asUGO Line Dancing Class 12:30 pm (cost)
 Bridge 2:00 pm
 6:30pm Drumming Summer Time Schedule 3pm Central Park Sunday

Wednesday November 23 YMCA Aqua Fit 10:30am
 Games 1:00 pm
 Beginning Line Dance 7pm

Thursday November 24

*Happy
 Thanksgiving*

Friday November 25 YMCA Aqua Fit 10:30am
 “Second Cup” Veterans coffee social 8am
 1 Foot Forward 10am
 Just For Fun (JFF) Line Dancing **PRACTICE** 12:00pm
 Canasta 1pm
 Tai Chi for Arthritis & Fall Prevention 2pm BP ✓
 Euchre 3pm

Saturday November 26
Sunday November 27
Monday, November 28 YMCA Aqua Fit 10:30am
 Chi Kung 10am /BP
 Activities Time 11:15am-1pm
 Canasta 12:30pm
 AG Bridge 1pm
 Art Time 1:30pm

All the bands that perform at the King Senior Center on the weekends are ONLY paid the donations that are received at the door!

Tuesday, November 29 Low Impact 11:30am
 Some Practice Time then \$asUGO Line Dancing Class 12:30 pm (cost)
 Bridge 2:00 pm
 6:30pm Drumming Summer Time Schedule 3pm Central Park Sunday
Wednesday November 30 YMCA Aqua Fit 10:30am
 Games 1:00 pm
 Beginning Line Dance 7pm

There are several activities that are available on a drop in basis anytime that is not in conflict with other activities ...

Please remember there are three rooms...

READING: The King Senior Center subscribes to both the Winston-Salem Journal and The Stokes News. Slate Funeral Home provides a subscription service with a variety of magazines available. These items are available for participants to read while at the center. Also there is a good selection of books available that participants can "check out" or "exchange".

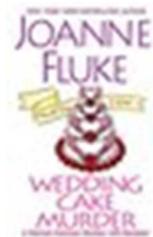
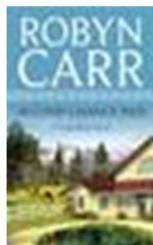
PUZZLES: Often there is a jigsaw puzzle set up, usually 1000 pieces. Many of the puzzles that senior center participants have put together have been framed and hung in the center.

GAMES: Rook - Spades - Skipbo - Canasta - Uno - Phase 10 - Pinochle Bridge - Euchre - Hand & Foot - Sequence - Train Dominoes - Checkers Chinese Checkers - Various Rummy Card Games - Golf - Rummikub Kings in the Corner - Other Board Games

GARDENING - The Master Gardeners of Stokes have a community garden at Recreation Acres. If you are interested in joining the group please call Randy Fulk at 336 593-8179.

COMPOSTER - Always needs turning !

WALKING TRAIL - There is a walking track around the ballfields at Recreation Acres. One and one half times around the track equals one mile. The hours posted at Recreation Acres are 5:30am to 12 midnight.



The winner is

Lorraine Lachapelle

She read several books and attended "Food As Medicine" program and regularly attends the "Exercise Your Mind" **COLORING** for Adults program!

Summer Reading Program

June 15 to November 1, 2016

One Book = one ticket

Each Movies = one ticket (limit 5)

Each Program = three tickets

All tickets were entered into a drawing for a gift certificate for \$50.00 from Wal*Mart

CONSUMER CONTRIBUTIONS

Voluntary contributions are appreciated!

You have the opportunity to make a voluntary contribution for your participation in the Health Promotion and Disease Prevention Program. Contributions will be used to expand the program so that more people may participate. The money that pays for this program is a combination of federal, state, county/local funds, plus voluntary contributions of service participants. Your contribution is confidential and the amount you choose to give is your choice. Services will not be terminated or reduced if you choose not to contribute as you are under no obligation.

The Health Promotion and Disease Prevention Programs include Tai Chi for Arthritis offered at 2pm every Friday which is an evidence based program Chi Kung is offered every Monday at 10am and is currently not evidence based program.

WEEKLY SCHEDULE

Every Monday

YMCA please check the Y schedule

10 am Chi Kung/David McMahon

Blood Pressure Check with Different Health Agencies

Before 9:45am & After 10:15am

11:15am-1pm Dance / Exercise Time

This time is set aside for Physical Activities or classes.

12:30 pm Canasta

Canasta & Audrey Grant Bridge currently scheduled!

1:30pm till 4:30pm **Art Time** This time is set aside for ART whether is a scheduled class or just time to get together with other artists to exchange ideas or just paint!

Every Tuesday

YMCA please check the Y schedule

10 am Chain Gang Crochet Group (NOW meeting Thursday 6pm)

12 Noon Line Dancing Practice until

12:30 - 1:30 pm **\$** (Pay) as yo**U GO** Line Dancing (cost \$3.00 per one hour class) Teacher Pat Atkins

2 pm Bridge until the game is finished!

2-4 pm Computer Basics (cost) This time is set aside for computer classes or just time to get together with others to exchange information!

7pm Drumming Summer Time Schedule 3pm Central Park Sunday

Every Wednesday

YMCA please check the Y schedule

Chair Exercise upstairs King Nutrition Site 10:30am

1 pm Games



Some weeks there are **Dances Classes** after 5:30pm (Cost) Please call to check what days and times!

* Clogging/Line/Shag/Country Western/Two Step/Partner/Circle at Different Levels so **Please Check Daily Calendar**

Every Thursday

YMCA please check the Y schedule

9:30am till 12:30pm **Health Time** This time is set aside for health related classes, whether it is a scheduled class such as “Living Healthy” or a talk session with a health agency. It could be just time to get together with other center participants to talk about health concerns! This time could also be set aside for Physical Exercise or dance classes.

1pm Bridge until the game is finished!

2-4 pm Computer Basics 2-4pm (cost) (see Tuesday)

please see the note on Wednesday about **Dance Classes!**

Twisted Stitchers (Crochet / Knit) 6pm

Every Friday

YMCA please check the Y schedule

Veterans Second Cup Coffee Time 8:00am - 9:30am

This is open to everyone, veterans from any branch of service or time and to all of those who honor these our veterans. Coffee and some kind of snack item are available every Friday. Often local business, group or different veterans provides these treats with the coffee.

10:00 am



One Foot Forward *is line dancing at the next level*
With Don Richardson (cost\$ 5.00 per two hour class)

12:00 pm

Just For Fun *is line dancing for everybody—beginners or experienced where teaching is shared by participants.*

12:30 pm Canasta

2 pm Tai Chi for Arthritis & Falls Prevention

MISSION STATEMENT

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BIMONTHLY / MONTHLY SCHEDULE

Fourth Tuesday of Month Slim Chicks 6:30 pm (currently off schedule)

First Wednesday of Month **WWW**

12 noon The location of the meal is decided each month by pulling a restaurant name out of a hat at the current meal for the next month!

Second Wednesday of Month

Meal - Potluck or Planned

First Friday of Month

Looking again ? Bluegrass/Country 7-9pm (Donations for band requested!)

Third Friday of Month

Cranford Creek Bluegrass 7 - 9pm (Donations for band requested!)

First & Third Saturday of Month Entertainment Night 5:30pm

Movies & Popcorn or Games as usual in the Parlor

First Saturday of Month taking Summer Off Pilot Mountain Cruise In

Third Saturday of Month

Driffwood 7pm - 10pm (Donations for band requested!)

Quarterly Fourth Saturday Night

Kick-U-Up Covered Dish then Dancing or Card Playing 5:30pm

Fifth Saturday Night

Early Birds Eating Out Somewhere **Location To Be Decided**

Fifth Sunday Progressive Bridge 2 pm

Sundays The center is usually rented at least twice a month on Sunday.

When the center is not rented, there may be a dance class scheduled.

Please check each month to see if there are any classes scheduled and what type of dance.

Thursday (usually 1st & 3rd) Clogging with Fran & Don

Insurance Assistance As Scheduled

Other Events As Scheduled

King Senior Travel Club

The club meets every other month on the fourth Monday at the center for a meal and business meeting. Some months the schedule changes based on the trips planned. Usually every other month a trip is planned for the group and there is no meal. For more information call the King Senior Center 336 983-0751 and request a KSTC calendar or check online. There are more details on page 9.

www.ci.king.nc.us How To Details on Page 12

Highlight City Departments.

Highlight King Senior Center & Click in the box on right

Calendars for the King Senior Center & King Senior Travel Club are at the bottom as well as other information.

Blood Pressure Check King Senior Center

Every Monday Before & After Chi Kung 10am *

Every Friday Before & After Tai Chi for Arthritis 2pm *

*when a medical trained person is available to take participants' blood pressure reading



Dance! Dance! Dance! Dance! Dance!

Monday

11:15am-1pm **Activities** This time is set aside for any Physical Activities or Dance Classes.

Friday

10am-12 noon

One Foot Forward is the advanced level!

12 noon-2pm **Just For Fun** all beginners **WELCOME!**

If you need copies of instruction sheets, please ask Virginia or Suzan to make the copies. There is no charge, but a donation to the senior center would be appreciated!

Toward
The
Kitchen



RIGHT
LEFT



Toward
The
Fireplace



King Nutrition Site:

Upstairs Recreation Community Building

EVERY 1st Tuesday of month

BP clinic at 10am

Informative Program at 11am



Dancing with Pat Adkins

\$Pay as you GO Line Dancing

Every Tuesday at 12:30pm Cost \$3 per Class

Special Monthly Rates

if taking more than one class per week!

* Clogging/Line/Shag/Country Western /Two Step/Partner/Circle

Beginning / Immediate / Advanced Levels

Please Check Daily Calendar



Classes maybe scheduled
on Wednesday
Thursday
Sunday



Hours

Monday 9 am – 6pm

Tuesday 9 am – 6pm

Open later when dance classes scheduled

Wednesday 9 am – 6pm

Open later when dance classes scheduled

Thursday 9 am – 6pm

Open later when dance classes scheduled

Friday 9 am – 6pm

Open later when dance classes scheduled

Saturday- when activities are scheduled

Relay for Extra Help

Stokes County Senior Services

For more information call

Stokes Senior Services

336 593-8156



NC SHIP

1-800-443-9354

www.ncship.com

King Nutrition Site

Recreation Acres Community Building - Upper Level

107 White Road

336 983-9298

Jean Graham, Site Manager

Operating hours are 8:30am till 12:30pm Monday-Friday.

Lunch is served Monday-Friday at 11:30am and participant must let staff know two days ahead when they plan to attend.

The King Nutrition Site, serves both congregate and home delivered meals, is located upstairs from the King Senior Center. This site is operated by the Stokes Senior Services.

Stokes Senior Services

Community Services Building in Danbury

PO Box 29

Danbury, NC 27016

Operating hours are 8:30am till - 5pm (336 593-8156).



King Nutrition Site Activities

Monday: Bingo 10:30am

Tuesday: Chair Exercise 9-10am with Jennifer

Wednesday: Games & Fellowship 10:30am

Thursday: King Senior Band 9-11:30am

Friday: Health or Nutrition Information

Games & Fellowship/Reading



Stokes County SENIOR SERVICES

Community Services Building 700 N. Main Street PO Box 29 Danbury, NC 27016
Phone : (336) 593-8156 Fax : (336) 593-8402

[Holiday Schedule](#)

Office Hours : 8:30 am - 5:00 pm Monday - Friday

Meals on Wheels Volunteer Drivers Needed!

Flexible schedule and mileage reimbursement

PLEASE Contact Stokes Senior Services: 336 593-8156

King Nutrition Site 336 983-9298

Jean Graham, Site Manager

The Stokes Family YMCA in King, NC will host older adults 55+ for the specific water fitness classes that are listed below. These classes are offered free of charge and participants of the King Senior Center may choose two (2) of these classes to attend weekly without purchasing a membership. The participant will be allowed to participate in only two of the following five water fitness classes per week. This is a list of classes that are offered : *

- Monday Aqua Fit 10:30-11:30 am
- Tuesday Low Impact 11:30 am-12:30pm
- Wednesday Aqua Fit 10:30-11:30 am
- Thursday Low Impact 11:30 am-12:30pm
- Friday Aqua Fit 10:30-11:30 am

*This is the current schedule of water fitness classes that are available to King Senior Center participants. This schedule is set by Stokes Family YMCA and maybe changed based on staffing and facility maintenance. Stokes Family YMCA will provide the facility and the instructor. The older adults do not have to purchase a membership to take advantage of this program. These classes will be offered free of charge to King Senior Center participants. All participants in these classes will sign a YMCA of Northwest North Carolina RELEASE and WAIVER of LIABILITY and INDEMNITY AGREEMENT and a King Senior Center Participant Profile. The Stokes Family YMCA will post a sign-in sheet for all participants so that a record can be kept for both the King Senior Center and the Stokes Family YMCA Partners.



King Senior Travel Club 2016 Schedule

November No Meeting

Tuesday, December 6, 2016

"Christmas Show" WHDT (\$80.00)

Monday, January 23, 2017

Covered Dish Meal & Meeting

Election of Officers and 2017 Trip Schedule



Virginia Byerly, Treasurer /Trip Coordinator King Senior Travel Club
King Senior Center
Recreation Acres Community Building Lower Level
107 White Road King, NC telephone number 336 983-0751
Mailing Address: PO Box 453 King, NC 27021

Amish Country PA



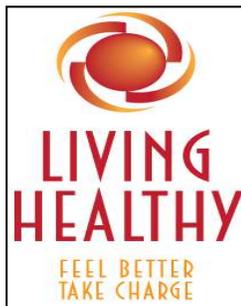
Harvest Drive Family Inn
3370 Harvest Drive
Intercourse, PA 17543
717-768-7186



**Control Your Health Condition...
Don't Let Your Condition Control You...**

Are you age 60 and better with an ongoing health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or cancer? The *Living Healthy* workshop can help you take control of your health!

- ★ **FREE 2 1/2 hour workshop, once a week for six weeks**
- ★ **Learn from trained volunteer leaders**
- ★ **Set goals**
- ★ **Make a step-by-step plan to improve your health**
- ★ **Manage Pain**
- ★ **Increase Fitness**
- ★ **Manage Medications**
- ★ **Improve Communication with Health Providers**
- ★ **Choose Foods for Health**



CONSUMER CONTRIBUTIONS

Voluntary contributions are appreciated!

You have the opportunity to make a voluntary contribution for your participation in the Health Promotion and Disease Prevention Program. Contributions will be used to expand the program so that more people November participate. The money that pays for this program is a combination of federal, state, county/local funds, plus voluntary contributions of service participants. Your contribution is confidential and the amount you choose to give is your choice. Services will not be terminated or reduced if you choose not to contribute as you are under no obligation. The Health Promotion and Disease Prevention Programs include Tai Chi for Arthritis offered at 2pm every Friday which is an evidence based program Chi Kung is offered every Monday at 10am and is currently not evidence

Any of these Health classes could be on the schedule

when ... there are eight participants signed up to take the class. The class is taught by a team of trained staff. The class will be free but the King Senior Center will ask for a Consumer Contribution. If you are interested in taking this class or any other classes please let us know and tell others about it so we will get enough participants to hold the class. The signup sheet is at the calendar girl at the parlor entrance. Thanks!

What is a Matter of Balance?

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase activity levels among older adults. A Matter of Balance includes eight two-hour sessions for a small group led by a trained facilitator. This nationally recognized program was developed at the Roybal Center at Boston University.

During the class, participants learn to:

- *View falls as controllable
- *Set goals for increasing activity
- *Make changes to reduce fall risk at home
- *Exercise to increase strength and balance



Who should attend A Matter of Balance?

- The program was designed to benefit community dwelling older adults who:
- * Are concerned about falls
 - * Have sustained falls in the past
 - * Restrict activities because of concerns about falling
 - * Are interested in improving flexibility, balance and strength
 - * Are age 60 or older, ambulatory and able to problem solve

Alliant Quality is working in your community to improve health outcomes among people with diabetes.



Nearly one-third of all persons 65 and older have diabetes, the most common cause of blindness, kidney failure and amputations, and a leading cause of heart disease and stroke.

The Everyone with Diabetes Counts program addresses disparities in the prevalence and treatment of diabetes in underserved and rural populations who are affected at higher rates. Alliant Quality is building a sustainable network of diabetes self-management education (DSME) programs to reach Medicare beneficiaries in their communities.

**For
More Information
CALL
King Senior Center
336 983-0751**

Cuts to Aging Programs is the Wrong Choice

The federal sequester that will cut discretionary programs if Congress cannot agree on a budget *must be avoided!* A sequester will cause major setbacks for aging programs and the seniors and caregivers we serve. For over 45 years the Older Americans Act (OAA) has provided the momentum for continuing development of a system of cost-effective community based services to meet the needs of the nation's oldest and most vulnerable citizens. Information and assistance, in-home personal care, home delivered and congregate meals, and transportation are just a few of the vital services the Aging Network delivers to older Americans.

Across this country we are currently on the cusp of an unprecedented demand for aging programs and services. In the United States, 10,000 people are turning 65 years of age every single day! By the end of this year, there will be over 3 ½ million new Medicare beneficiaries. This rapid growth places further stress on the Aging Network to provide programs and services to help these individuals maintain their self-determination, dignity and independence. North Carolina is experiencing this growth, not only in those native to the state, but also in the increasing numbers of retirees moving to the Tar Heel state.

In 2000 Congress expanded the OAA, recognizing the contributions of unpaid caregivers in providing care to older adults. Many family, neighbors and friends in North Carolina assist their elder loved ones every day with personal care, meal preparation, transportation, housekeeping and much more. It is estimated these caregivers provide approximately 80% of the long-term support in this country.

Information, support groups and respite care made available under the Act offer much needed relief to caregivers and allows them to continue their care giving roles.

We in North Carolina have "gotten by" with primarily level funding of aging programs over the past several years. However, in referencing his aging programs' allocations, one astute provider stated, "While we Novemberbe rejoicing that we didn't get cut this year, we are actually losing ground due to the rapidly growing numbers of older adults." Wait lists are growing, as well as the cost of gas, food, salaries, benefits, etc. A 9% cut will impact thousands of people in the Tar Heel state who rely on these services to remain at home rather than in an institution. Cuts to meals, transportation, and other services will save in the short term, but cost the federal government much more in the long run as Medicare and Medicaid pay for hospital and long-term care facility bills.

Your Advocacy is needed!!

We know the situation regarding funding is gloomy. But now, Novemberbe more than ever, we need all aging advocates, caregivers, and older adults, especially those receiving services, to contact their Senators and Representatives to let them know we cannot afford to take steep cuts in services that help keep older adults independent and out of costly institutions. Let them know you are a tax payer and you would rather have your tax dollars going to efficiently-run and less costly community-based services than support Medicaid-funded hospital trips and nursing homes stays. Many aging services already have waiting lists. Ask your legislators, "What answer shall we give when seniors are calling asking for some help?". Also ask them what they think their actions are telling senior voters!

Help legislators understand:

- * that cutting Aging programs doesn't make fiscal sense**
- * the number of older adults in our communities is increasing rapidly**
- * it costs more to provide a meal, pay staff, keep the lights on etc. than it did a few years ago.**

Aging providers are serving fewer people due to increased costs and years of flat and now reduced funding for older adults programs.

Senator Richard Burr

**217 Russell Senate
Office Building
Washington, DC 20510
Phone: (202) 224-3154
Fax: (202) 228-2981
Winston-Salem
2000 West First Street
Suite 508
Winston-Salem, NC 27104
Phone: (800) 685-8916
Phone: (336) 631-5125
Fax: (336) 725-4493**

Senator Thom Tillis

**G55 Dirksen Senate Office Building
Washington, DC 20510
Phone: (202) 224-6342
Fax: (202) 228-2563**

**1520 South Boulevard
Suite 205
Charlotte, NC 28203
Phone: (704) 334-2448
Fax: (704) 334-2405**

**310 New Bern Avenue
Suite 122
Raleigh, NC 27601
Phone: (919) 856-4630
Fax: (919) 856-4053**

King, North Carolina

Your Friendly Home Town



Welcome to our website!

At the City of King, we are striving to provide up-to-date information on city services and how we are working to enhance your quality of life. Check back often for updates on park and recreation activities, latest action of City Council, city news, and other areas of interest.

If you find there is that it is hard to find, please contact [Tammy](#).

[Printer-friendly Version](#)

Annual Reports Now Posted

The annual [Oil & Grease Awareness Brochure](#), [Drinking Water Quality Report](#), and [Wastewater Report](#) have now been posted.

City of King named among the top 10 most affordable towns in North Carolina

Financial website SmartAsset has named King among the top 10 most affordable towns in North Carolina! Click [here](#) to read the entire report.

Congressman Mark Walker to have monthly representation

Highlight City Departments

- Home
- City Officials
- Agendas and Minutes
- City Departments**
- Events
- Forms
- Ordinances
- City Jobs
- News
- Tourism
- Helpful Links
- Living in King
- Chamber of Commerce
- City Glossary
- Services

King, North Carolina

Your Friendly Home Town



September 2016

[September 2016](#)

One Click on the item

Home

City Officials

Agendas and Minutes

City Departments

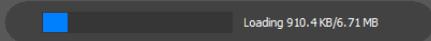
Events

Forms

Highlight King Senior Center

One Click on King Senior Center

This is the next screen showing the file being opened. It is a Adobe Acrobat Reader file . This program can be downloaded from the home page of the City of King. Click on Adobe Acrobat Reader and install the program by following the steps on the computer screen.



MISSION STATEMENT

The King Senior Center is an extra-governmental facility affiliated with the City of King dedicated to providing services and opportunities to citizens 55 years and older and their families. It is publicly and privately funded and operates for all senior adults in the community, regardless of race, color, religion, sex, national origin or disability. The King Senior Center exists to enrich the lives of seniors through programs and services that will improve their health and wellness, decrease their loneliness and isolation, and provide social, economic, and educational opportunities that will enhance their quality of life.

VISION STATEMENT

Enhancing the quality of life for senior adults through education, recreation and interaction with others.

- The telephone number for the King Senior Center is **336 983-0751**.
- The King Senior Center is located in the lower level of Recreation Acres Community Building at 107 White Road in King. Please feel to call for directions to the center.

September 2016

[King Senior Center Brochure](#)

August 2016

["Senior" Senior Prom 2016](#)

[Fifth Saturday Summer Celebration](#)

One Click on the item you want to open

- [King Public Library](#): Public internet service, books, periodicals, videos, DVD's, children's story time, summer reading program and fax service.
- [Forsyth County Government](#)
- [Stokes County Government](#)
- [Stokes County Arts Council](#): Arts, crafts, gifts, music, books, portraits and wildlife information.
- [Stokes County Economic Development](#) economic development, tourism
- [Stokes County School Districts](#): School District Activities.
- [Stokes Partnership for Children](#)
- [NC Representative Kyle Hall \(King/Stokes\)](#)
- [NC Representative Debra Conrad \(King/Forsyth\)](#)
- [NC State Senator Shirley Randleman \(King/Stokes\)](#)
- [NC State Senator Joyce Krawiec \(King/Forsyth\)](#)
- [US Congressman Mark Walker](#)
- [US Senator Richard Burr](#)
- [Adobe Acrobat Reader](#) Some of our download documents require Adobe Acrobat Reader. If you do not have this program please click here.
- [NC Foreclosure Prevention Fund](#)
- [Homeland Security Investigations Victim Notification Program](#)
- [North Carolina Sex Offender Registry](#) You may search this site to locate sex offenders in your area.

2016

Carolina Blue



Sugarloaf Mountain

Progressive Bridge 5th Sunday

Kick-Um-Up

Early Birds Eating Out Somewhere

Fifth Saturday Summer Celebration Cookout & Stan Bobbitt

King Senior Travel Club 4th Monday meal & meeting unless a trip is planned. In February the KSTC will provide Soup & Sandwiches The Anniversary BBQ is in September this year. There is no meal/meeting in November. (details on page 9)

D Day Memorial-Lunch Cruise

WHDT Plays Joseph&ATDC The Buddy Holly Story & Supper Willingham

Christmas American Jubilee

KSTC Overnight Trips

9th Annual "Senior" Senior Prom Saturday November 28, 2016

Annual Open House Sunday, September 18, 2016

January - 2016 calendar grid with days of the week and dates.

February - 2016 calendar grid with days of the week and dates. Includes Sweetheart Dance 02/13/16 Stan Bobbitt.

March - 2016 calendar grid with days of the week and dates. Includes American Jubilee April 9.

April - 2016 calendar grid with days of the week and dates.

May - 2016 calendar grid with days of the week and dates.

June - 2016 calendar grid with days of the week and dates.

July - 2016 calendar grid with days of the week and dates. Includes 4th of July Cook Out and 5th Saturday Summer Celebration Cookout & Stan Bobbitt.

August 2016 calendar grid with days of the week and dates.

September - 2016 calendar grid with days of the week and dates.

October - 2016 calendar grid with days of the week and dates.

November - 2016 calendar grid with days of the week and dates. Includes King Senior Center is RENTED 13.

December - 2016 calendar grid with days of the week and dates.

Charles Henry Goren (March 4, 1901 – November 3, 1991) was an American bridge player and writer who significantly developed and popularized the game. He was the leading American bridge personality in the 1950s and 1960s – or 1940s and 1950s, as "Mr. Bridge" – as Ely Culbertson had been in the 1930s. Culbertson, Goren, and Harold Vanderbilt were the three people named when *The Bridge World* inaugurated a bridge hall of fame in 1964 and they were made founding members of the ACBL Hall of Fame in 1995.

According to *New York Times* bridge columnist Alan Truscott, more than 10 million copies of Goren's books were sold. Among them, *Point-Count Bidding* (1949) pushed the great mass of bridge players into abandoning Ely Culbertson's clumsy and inaccurate honor-trick method of valuation. As he continued writing, Goren began to develop his point count system, based on the Milton Work point count, as an improvement over the existing system of counting "honor tricks". Goren, with assistance, formulated a method of combining the Work count, which was based entirely on high cards, and various distributional features. This Novemberwell have improved the bidding of intermediate players and beginners almost immediately.

Goren also worked to continue the practice of opening *four-card suits*, with an occasional three-card club suit when the only four-card suit was a weak major. In this, he was following the practice established by Ely Culbertson in the early 1930s. Later on, he continued this practice, resisting the well-known *five-card majors* approach that has become a major feature of modern Standard American bidding. Opening a four-card suit can improve the chances of the partnership identifying a four-four trump fit, and the four-card approach is still used by experts today, notably by most Acol players. It is claimed that the drawback of the four-card approach is that the Law of Total Tricks is more difficult to apply in cases where it is used. However, the five-card majors approach became popular before the Law of Total Tricks was propounded.

In addition to his pioneering work in bringing simple and effective bridge to everyday players, Goren also worked to popularize the Precision bidding method, which is one of many so-called big club or strong club systems (which use an opening bid of one club to indicate a strong hand).

High Point Count

ACE = 4 KING = 3
 QUEEN = 2 JACK = 1
 Count only high cards for no trump bid.
 Count only high cards and short suits
 for suit bids.

Distribution Point Count

Void Suit = 3 Singleton = 2
 Doubleton = 1

Rank of Suits

Spades ♠ - 30
 Hearts ♥ - 30
 Diamonds ♦ - 20
 Clubs ♣ - 20
 No Trump is the highest!
 First trick - 40 rest - 30

Notable Quotes of Omar Sharif who enjoyed a phenomenal career as an actor and bridge player.

"Acting Novemberbe my business, but bridge is my passion."
 "There was a point when I became too keen. It was obsessive. I would play all the tournaments. I would not make certain films if they interfered with my bridge schedule. I dreamt about cards. I was driven by the competition. I was good at it and I wanted to be perfect. But bridge is like golf; you can never achieve perfection. You get better, but because it is a game of partnership there is no way you can get there. You need to perfect a system between you and your partner.
 During the 1970s that Sharif began writing a bridge column with the Chicago Tribune. Co-authored with Tannah Hirsch, the column has since been widely syndicated. Sharif also penned two bridge books in the '80s and '90s: "Omar Sharif's Life in Bridge" (1983), and "Play More Bridge With Omar Sharif" (1994).

Audrey Lindop Grant (born 16 December 1940) is a Canadian professional educator, a contract bridge teacher and writer known for her simple and humorous approach to the game. Grant is from Toronto, Ontario.

Grant and the world champion player Eric Rodwell co-wrote *The Joy of Bridge* and *Bridge Maxims* – full-length, primarily instructional books published in 1984 and 1987. Audrey Grant's *Better Bridge* was a series of instructional books published in 1995. She also wrote the ACBL Bridge series, or American Contract Bridge League introduction to bridge series, a set of five instructional books published by the ACBL: 1994 *Bidding*, *Play of the Hand*, *Defense*, *Commonly Used Conventions*, and *More Commonly Used Conventions*. She has written several other bridge books too. Grant also publishes the bi-monthly *Better Bridge Magazine*. Started in 2004, this magazine includes articles and hints related to bridge. As well, Grant publishes an online bridge column every day. Started in 2012, this column includes bidding quizzes, declarer-play practice, and practice defending. In 2012 the ACBL named Grant number 43 of the 52 most influential people during the 75-year lifetime of the organization. It cited her teaching and writing on bridge, as well as many years work as its educational consultant.

November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Twi A: 6:17am Sunrise: 7:44am Sunset: 6:26pm Twi A: 7:53pm Day length: 10h 41m	2 Twi A: 6:18am Sunrise: 7:45am Sunset: 6:25pm Twi A: 7:52pm Day length: 10h 39m	3 Twi A: 6:19am Sunrise: 7:46am Sunset: 6:24pm Twi A: 7:51pm Day length: 10h 37m	4 Twi A: 6:20am Sunrise: 7:47am Sunset: 6:23pm Twi A: 7:50pm Day length: 10h 35m	5 Twi A: 6:21am Sunrise: 7:48am Sunset: 6:22pm Twi A: 7:49pm Day length: 10h 33m
6 Twi A: 5:22am Sunrise: 6:49am Sunset: 5:21pm Twi A: 6:48pm Day length: 10h 31m	7 Twi A: 5:23am Sunrise: 6:50am Sunset: 5:20pm Twi A: 6:48pm First Qtr: 2:52pm Day length: 10h 29m	8 Twi A: 5:23am Sunrise: 6:51am Sunset: 5:19pm Twi A: 6:47pm Day length: 10h 28m	9 Twi A: 5:24am Sunrise: 6:52am Sunset: 5:18pm Twi A: 6:46pm Day length: 10h 26m	10 Twi A: 5:25am Sunrise: 6:53am Sunset: 5:17pm Twi A: 6:45pm Day length: 10h 24m	11 Twi A: 5:26am Sunrise: 6:54am Sunset: 5:16pm Twi A: 6:45pm Day length: 10h 22m	12 Twi A: 5:27am Sunrise: 6:55am Sunset: 5:16pm Twi A: 6:44pm Day length: 10h 20m
13 Twi A: 5:28am Sunrise: 6:56am Sunset: 5:15pm Twi A: 6:44pm Day length: 10h 18m	14 Twi A: 5:29am Sunrise: 6:57am Sunset: 5:14pm Twi A: 6:43pm Full Moon: 8:53am Day length: 10h 17m	15 Twi A: 5:30am Sunrise: 6:58am Sunset: 5:14pm Twi A: 6:42pm Day length: 10h 15m	16 Twi A: 5:30am Sunrise: 7:00am Sunset: 5:13pm Twi A: 6:42pm Day length: 10h 13m	17 Twi A: 5:31am Sunrise: 7:01am Sunset: 5:12pm Twi A: 6:41pm Day length: 10h 12m	18 Twi A: 5:32am Sunrise: 7:02am Sunset: 5:12pm Twi A: 6:41pm Day length: 10h 10m	19 Twi A: 5:33am Sunrise: 7:03am Sunset: 5:11pm Twi A: 6:41pm Day length: 10h 9m
20 Twi A: 5:34am Sunrise: 7:04am Sunset: 5:11pm Twi A: 6:40pm Day length: 10h 7m	21 Twi A: 5:35am Sunrise: 7:05am Sunset: 5:10pm Twi A: 6:40pm Last Qtr: 3:35am Day length: 10h 5m	22 Twi A: 5:36am Sunrise: 7:06am Sunset: 5:10pm Twi A: 6:39pm Day length: 10h 4m	23 Twi A: 5:36am Sunrise: 7:07am Sunset: 5:09pm Twi A: 6:39pm Day length: 10h 3m	24 Twi A: 5:37am Sunrise: 7:08am Sunset: 5:09pm Twi A: 6:39pm Day length: 10h 1m	25 Twi A: 5:38am Sunrise: 7:08am Sunset: 5:08pm Twi A: 6:39pm Day length: 10h 0m	26 Twi A: 5:39am Sunrise: 7:09am Sunset: 5:08pm Twi A: 6:38pm Day length: 9h 58m
27 Twi A: 5:40am Sunrise: 7:10am Sunset: 5:08pm Twi A: 6:38pm Day length: 9h 57m	28 Twi A: 5:41am Sunrise: 7:11am Sunset: 5:07pm Twi A: 6:38pm Day length: 9h 56m	29 Twi A: 5:41am Sunrise: 7:12am Sunset: 5:07pm Twi A: 6:38pm New Moon: 7:20am Day length: 9h 55m	30 Twi A: 5:42am Sunrise: 7:13am Sunset: 5:07pm Twi A: 6:38pm Day length: 9h 54m			

Calendar Options
 Moon Phases
 Astronomical Twilight
 Sunrise
 Sunset
 Day Length

Technical Definitions and Computational Details

Horizon: Wherever one is located on or near the Earth's surface, the Earth is perceived as essentially flat and, therefore, as a plane. The sky resembles one-half of a sphere or dome centered at the observer. If there are no visual obstructions, the apparent intersection of the sky with the Earth's (plane) surface is the horizon, which appears as a circle centered at the observer. For rise/set computations, the observer's eye is considered to be on the surface of the Earth, so that the horizon is geometrically exactly 90 degrees from the observer's zenith.

Transit: The transit time of a celestial body refers to the instant that its center crosses an imaginary line in the sky - the observer's meridian - running from north to south. For observers in low to middle latitudes, transit is approximately midway between rise and set, and represents the time at which the body is highest in the sky on any given day. At high latitudes, neither of these statements Novemberbe true - for example, there Novemberbe several transits between rise and set. The transit of the Sun is local solar (sundial) noon. The difference between the transit times of the Sun and Moon is closely related to the Moon's phase. The New Moon transits at about the same time as the Sun; the First Quarter Moon transits about 6 hours after the Sun; the Full Moon transits about 12 hours after/before the Sun; and the Last Quarter Moon transits about 6 hours before the Sun.



Sunrise and sunset: For computational purposes, sunrise or sunset is defined to occur when the geometric zenith distance of center of the Sun is 90.8333 degrees. That is, the center of the Sun is geometrically 50 arcminutes below a horizontal plane. For an observer at sea level with a level, unobstructed horizon, under average atmospheric conditions, the upper limb of the Sun will then appear to be tangent to the horizon. The 50-arcminute geometric depression of the Sun's center used for the computations is obtained by adding the average apparent radius of the Sun (16 arcminutes) to the average amount of atmospheric refraction at the horizon (34 arcminutes).

Moonrise and moonset: Moonrise and moonset are defined similarly, but the situation is computationally more complex because of the nearness of the Moon and the eccentricity of its orbit. If the computations are carried out using coordinates of the Moon with respect to the Earth's center (the usual method), then moonrise or moonset is defined to occur when the geometric zenith distance of the center of the Moon is $90.5666 \text{ degrees} + \text{Moon's apparent angular radius} - \text{Moon's horizontal parallax}$. Under normal atmospheric conditions at sea level, the upper limb of the Moon will then appear to be tangent with a level, unobstructed horizon. No account is taken of the Moon's phase; that is, the Moon is always regarded as a disk in the sky and the upper limb might be dark. Here again, a constant of 34 arcminutes (0.5666 degree) is used to account for atmospheric refraction. The Moon's apparent radius varies from 15 to 17 arcminutes and its horizontal parallax varies from 54 to 61 arcminutes. Adding all the terms above together, the center of the Moon at rise or set is geometrically 5 to 10 arcminutes above the observer's "geocentric horizon" - the horizontal plane that passes through the Earth's center, orthogonal to the observer's local vertical.



Accuracy of rise/set computations: The times of rise and set phenomena cannot be precisely computed, because, in practice, the actual times depend on unpredictable atmospheric conditions that affect the amount of refraction at the horizon. Thus, even under ideal conditions (e.g., a clear sky at sea) the times computed for rise or set Novemberbe in error by a minute or more. Local topography (e.g., mountains on the horizon) and the height of the observer can affect the times of rise or set even more. It is not practical to attempt to include such effects in routine rise/set computations. The accuracy of rise and set computations decreases at high latitudes. There, small variations in atmospheric refraction can change the time of rise or set by many minutes, since the Sun and Moon intersect the horizon at a very shallow angle. For the same reason, at high latitudes, the effects of observer height and local topography are magnified and can substantially change the times of the phenomena actually observed, or even whether the phenomena are observed to occur at all.

Twilight. Before sunrise and again after sunset there are intervals of time, twilight, during which there is natural light provided by the upper atmosphere, which does receive direct sunlight and reflects part of it toward the Earth's surface. Some outdoor activities Novemberbe conducted without artificial illumination during these intervals, and it is useful to have some means to set limits beyond which a certain activity should be assisted by artificial lighting. The major determinants of the amount of natural light during twilight are the state of the atmosphere generally and local weather conditions in particular. Atmospheric conditions are best determined at the actual time and place of events. Nevertheless, it is possible to establish useful, though necessarily approximate, limits applicable to large classes of activities by considering only the position of the Sun below the local horizon. Reasonable and convenient definitions have evolved.

There are three kinds of twilight defined: civil twilight, nautical twilight, and astronomical twilight.

Civil Twilight: For computational purposes, civil twilight begins before sunrise and ends after sunset when the geometric zenith distance of the center of the Sun is 96 degrees - 6 degrees below a horizontal plane. The corresponding solar zenith distances for nautical and astronomical twilight are 102 and 108 degrees, respectively. That is, at the dark limit of nautical twilight, the center of the Sun is geometrically 12 degrees below a horizontal plane; and at the dark limit of astronomical twilight, the center of the Sun is geometrically 18 degrees below a horizontal plane. Civil twilight is defined to begin in the morning, and to end in the evening when the center of the Sun is geometrically 6 degrees below the horizon. This is the limit at which twilight illumination is sufficient, under good weather conditions, for terrestrial objects to be clearly distinguished; at the beginning of morning civil twilight, or end of evening civil twilight, the horizon is clearly defined and the brightest stars are visible under good atmospheric conditions in the absence of moonlight or other illumination. In the morning before the beginning of civil twilight and in the evening after the end of civil twilight, artificial illumination is normally required to carry on ordinary outdoor activities.

Nautical Twilight: Nautical twilight is defined to begin in the morning, and to end in the evening, when the center of the sun is geometrically 12 degrees below the horizon. At the beginning or end of nautical twilight, under good atmospheric conditions and in the absence of other illumination, general outlines of ground objects Novemberbe distinguishable, but detailed outdoor operations are not possible. During nautical twilight the illumination level is such that the horizon is still visible even on a Moonless night allowing mariners to take reliable star sights for navigational purposes, hence the name.

Astronomical Twilight: Astronomical twilight is defined to begin in the morning, and to end in the evening when the center of the Sun is geometrically 18 degrees below the horizon. Before the beginning of astronomical twilight in the morning and after the end of astronomical twilight in the evening, scattered light from the Sun is less than that from starlight and other natural sources. For a considerable interval after the beginning of morning twilight and before the end of evening twilight, sky illumination is so faint that it is practically imperceptible.



2nd Sarah Browder

Most Comically Decorated Hat
Carol Roger



Shortest Lady
1st Rhonda Ross
2nd Sarah Browder

Tallest Man
1st Ted Nelson
2nd Jim Carlin

Oldest Man
1st Marvin Hanks
2nd Bud Hicks

Oldest Lady
1st Margaret Newsome
2nd Virginia Hooker

Lady Whitest Hair
1st Margie Bullins
2nd Jane Bodenhammer

Man Baldest Head
1st Harold Mitchell
2nd R.W. Craddock

Best Rooster Crower
1st Jane Bodenhammer
2nd Marquerite Hixson

Sing A Song
1st Arlene Lowe
2nd Marquerite Hixson

Unusual Jewelry
1st Alda Geyer
2nd Jane Bodenhammer



Alan & Kay Sorrell
2 Years

Myra & Bud Hicks
70 Years



Man with Best Moustache
1st Aubrey Jenning (left grey shirt)
2nd Jack Holt (right white shirt)



Senior Citizens Club
Most Members Present
Sauratown Get Together 8
Walnut Cove Rainbow 6
Francisco 3



American Legion Auxiliary

Barbara Hunsucker

Nancy Holland

Iris Bennett



Best Man
Buck Dancer
Tony Bowman

Best Lady Buck Dancer
2nd Place Left Almeta Bowen (blue top)
1st Place Right Barbara Fain (pink top)