

55+ News and Updates

- **Enrollment** - Anyone participating in our Fountain Inn 55+ programs/activities must be in our enrollment. We welcome all, and encourage you to please see Sue Grubbs or Heather Johnson to make sure you are enrolled. Thank you!
- Make sure you **RSVP** ahead for all events you are interested in. There will be a deadline for all signups, as food must be ordered in advance of event.
- **Riverbanks Zoo & Gardens** - Trip is Thursday May 2nd. Bus will be leaving the facility at 8:00 AM. T-shirts will be provided to those going on the trip. Please come prepared to change into your shirt if you were not able to pick it up ahead of time. If you have signed up and are no longer able to attend, please let Sue or Heather know so that your seat can be given to someone else. Bus will be returning to the Center around 4:30 PM.
- **Senior Nutrition w/ Heather** - Thursday May 9th @ 9:30 in the Community Room. TOPIC: "The Big C". Cancer is the #1 killer of Americans between the ages of 45 to 84. Healthy eating and being more active can help prevent cancer. Sign up at the front desk.
- May **BINGO** is on Tuesday May 14th. Games start at 11:00. Chicken tenders will be served for lunch @ 12:00. \$3 donation requested. Anyone with a birthday the same month as BINGO gets a second BINGO card. This month is sponsored by Loretta Carpenter with Gentiva Hospice. Don't forget, **RSVP** at the front desk **no later than Thursday May 9th**.
- **Summer Games** - We have a selection of games that will be available to you to be played throughout the summer months. Soak up the sunshine and get in some Vitamin D out on the patio!! To kick things off, we will have all games set up in the gym to be enjoyed Tuesday May 14th after Bingo.
- The American Legion Auxiliary Unit 123 will be distributing **Poppies** on Tuesday May 14th. The donations support Veterans in nursing homes in our local area. Stop by the table in the hallway to find out more about this program and to get your poppy!
- May **Birthday Celebration!** Check our Community Bulletin Board in the hallway for Monthly Birthdays and wish your friends a Happy Birthday! Everyone's birthday is celebrated each month in the Senior Adult Lounge. May birthdays will be celebrated on Thursday 5/23 @ 11:15. Everyone is invited even if it's not your birthday.
- **Fountain Inn Diabetes Support Group** - Tuesday May 28th @ 8 AM. This group meets every other month and is facilitated by diabetes educators from Prisma Health. TOPIC: "Statin & Cholesterol Medications" with Skye Mitchell, pharmacy resident from Prisma Health. Anyone with Type 1, Type 2, prediabetes, or caring for someone with any type of diabetes is welcome to attend. Healthy breakfast provided in the hallway.
- **Electronic Cards** will be issued to all members. These will be scanned at the front desk upon check-in. For questions, please see Heather.
- **New Members....** if you are interested in using the weight room, you must first complete an Orientation/Safety Class. This class occurs every Wednesday at 11:00 and lasts approximately 30 mins. Once you have completed your class, you are cleared to use the weight room.
- **Beginning this year...** if you have signed up for BINGO and are not participating in the fitness class or walking laps directly before games begin, we ask that you wait in the lounge until class has ended. It is difficult for those in the class to hear the instructor with the extra chatter from the back of the room. Thank you for your understanding!

Senior & Activities Center

55+ Newsletter May 2024

CITY of
FOUNTAIN INN

Mothers Day
BINGO

Tuesday May 14th

Games @ 11:00

Lunch @ 12:00

**** Chicken Tenders ****

Sponsored by
Loretta Carpenter
with Gentiva Hospice
\$3 donation

Memorial Day

Facility will be closed
May 27th in observance.

Volunteers Needed

**Thrive Upstate Spring Fling
Thursday May 16th**

You are invited to attend the Spring Fling party for our local special needs adults. FI Parks and Rec Dept organizes this event for the participants of the Greenville County Disabilities, Thrive Upstate. This is a day work program for special needs adults who live in the community. Thrive Upstate offers a skills program and gives special needs adults an opportunity to work, earn a paycheck, socialize, learn new skills and be more involved in the community.

This is a great time to volunteer and provide some much needed encouragement. Every participant gets a wonderful Chicken Alfredo lunch. Sign up at the hospitality desk. See Sue or Justin Kelly if you have any questions or need more information.

Volunteers are needed for decorating tables and also to help with hospitality. Hospitality is anything from greeting at the door, helping pour drinks and serving food and clean-up. Games will be set up around the facility for everyone to play. As always this is a great time of fellowship! We have folks in our community that just simply need a warm smile and a hug, and this is a great opportunity to give a piece of your heart.

Coming in June...

Protect yourself from fraud.

There are many different types of frauds and scams that affect many different age groups, but seniors tend to be the biggest victims. Investigator Andrew Guest with the Simpsonville Police Department will be here Thursday June 6th at 11:15 AM to educate you on the different scams that you should be aware of and to answer any questions you may have. Sign up sheet will be at the front desk.

610 Fairview Street

(864) 862-4675

M-Th 7:30 am--5 pm

Friday 7:30 am--12 pm (Noon)



Closed Saturday and Sunday

Beth Anne Zivitski

Activities Center Manager
Bethanne.zivitski@fountaininn.org

Sue Grubbs
Senior Adult Coordinator
Sue.grubbs@fountaininn.org

May Calendar and Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">29</p> <p>8:30-9:15 Group Fit 2 <i>Heather</i> - GYM 9:30-10:30 T'ai Chi Chih <i>Adabelle</i> - CR 10:45-11:45 Chair Yoga <i>Nicole</i> - CR(\$2)</p>	<p style="text-align: right;">30</p> <p>9:00-Noon Quilting - CR 10:30-11:15 Group Fit 1 <i>Heather</i> - GYM</p>	<p style="text-align: right;">1</p> <p>8:30-9:15 Group Fit 3 <i>Aaron</i> - GYM 9:30-Noon Pinochle - Stage 9:30-10:30 Stability Ball <i>Heather</i>- CR 10:45-11:45 Floor Yoga <i>Nicole</i> - CR(\$2)</p>	<p style="text-align: right;">2</p> <p>8:00-4:30 Riverbanks Zoo Trip 10:30-11:15 Group Fit 1 <i>Aaron</i> - CR</p>	<p style="text-align: right;">3</p> <p>8:30-9:15 Group Fit 2 <i>Aaron</i> - GYM</p>
<p style="text-align: right;">6</p> <p>8:30-9:15 Group Fit 2 <i>Heather</i> - GYM 9:30-10:30 T'ai Chi Chih <i>Adabelle</i> - CR 10:45-11:45 Chair Yoga <i>Nicole</i> - CR(\$2)</p>	<p style="text-align: right;">7</p> <p>9:00-Noon Quilting - CR 10:00-Noon Knitting - CR 10:30-11:15 Group Fit 1 <i>Heather</i> - GYM</p>	<p style="text-align: right;">8</p> <p>8:30-9:15 Group Fit 3 <i>Aaron</i> - GYM 9:30-Noon Pinochle - Stage 9:30-10:30 Stability Ball <i>Heather</i>- CR 10:45-11:45 Floor Yoga <i>Nicole</i> - CR(\$2)</p>	<p style="text-align: right;">9</p> <p>9:30-10:30 Nutrition Class - CR 10:30-11:15 Group Fit 1 <i>Aaron</i> -GYM</p>	<p style="text-align: right;">10</p> <p>8:30-9:15 Group Fit 2 <i>Aaron</i> - GYM</p>
<p style="text-align: right;">13</p> <p>8:30-9:15 Group Fit 2 <i>Heather</i> - GYM 9:30-10:30 T'ai Chi Chih <i>Adabelle</i> - CR 10:45-11:45 Chair Yoga <i>Nicole</i> - CR(\$2)</p>	<p style="text-align: right;">14</p> <p>9:00-Noon Quilting - CR  10:00-Noon Poppy Distribution 10:30-11:15 Group Fit 1 <i>Heather</i> - GYM 11:00 BINGO - GYM 12:00 Lunch - GYM</p>	<p style="text-align: right;">15</p> <p>8:30-9:15 Group Fit 3 <i>Aaron</i> - GYM 9:30-Noon Pinochle - Stage 9:30-10:30 Stability Ball <i>Heather</i>- CR 10:45-11:45 Floor Yoga <i>Nicole</i> - CR(\$2)</p>	<p style="text-align: right;">16</p> <p>10:30-11:15 Group Fit 1 <i>Aaron</i> - CR 11:00-2:00 Thrive Upstate - Gym</p>	<p style="text-align: right;">17</p> <p>8:30-9:15 Group Fit 2 <i>Aaron</i> - GYM</p>
<p style="text-align: right;">20</p> <p>8:30-9:15 Group Fit 2 <i>Heather</i> - GYM 9:30-10:30 T'ai Chi Chih <i>Adabelle</i> - CR 10:45-11:45 Chair Yoga <i>Nicole</i> - CR(\$2)</p>	<p style="text-align: right;">21</p> <p>9:00-Noon Quilting - CR 10:00-Noon Knitting - CR 10:30-11:15 Group Fit 1 <i>Heather</i> - GYM</p>	<p style="text-align: right;">22</p> <p>8:30-9:15 Group Fit 3 <i>Aaron</i> - GYM 9:30-Noon Pinochle - Stage 9:30-10:30 Stability Ball <i>Heather</i>- CR 10:45-11:45 Floor Yoga <i>Nicole</i> - CR(\$2)</p>	<p style="text-align: right;">23</p> <p>10:30-11:15 Group Fit 1 <i>Aaron</i> -GYM 11:15 Birthday Celebration - SL</p>	<p style="text-align: right;">24</p> <p>8:30-9:15 Group Fit 2 <i>Aaron</i> - GYM</p>
<p style="text-align: right;">27</p> <p>MEMORIAL DAY  CLOSED</p>	<p style="text-align: right;">28</p> <p>8:00-9:00 Diabetes Support Group 8:00-9:00 Breakfast in the Hallway 9:00-Noon Quilting - CR 10:30-11:15 Group Fit 1 <i>Heather</i> - GYM</p>	<p style="text-align: right;">29</p> <p>8:30-9:15 Group Fit 3 <i>Aaron</i> - GYM 9:30-Noon Pinochle - Stage 9:30-10:30 Stability Ball <i>Heather</i>- CR 10:45-11:45 Floor Yoga <i>Nicole</i> - CR(\$2)</p>	<p style="text-align: right;">30</p> <p>10:30-11:15 Group Fit 1 <i>Aaron</i> -GYM</p>	<p style="text-align: right;">31</p> <p>8:30-9:15 Group Fit 2 <i>Aaron</i> - GYM</p>