

ADVISORY BOARD MEMBERS

DONATIONS NEEDED

Regena Baynard
Cheryl Bennix
Eddie Brown
Michelle Ford
Robin Gibson
Betty Grant
Lee Ann Long (Vice President)
Beth McDaniel (Secretary)
Janie McVay
Tamra Moody
Carl Morrow
Jancy Patrick
Connie Stowe
Rev. William Thompson (President)
Claudia Vaughn

SHOP Pantry:
 Personal hygiene products,
 Depends (pull up style), toilet paper,
 tissues, paper towels, cleaning &
 laundry products, canned and dry
 goods, microwavable meals, etc.

Backpack Project:
 Individually packaged cups or items:
 Pudding, fruit, soup, Pop Tarts,
 cereal, oatmeal, mac & cheese, peanut
 butter, crackers, granola bars, etc.

Other:
 Pet food, Coffee, Creamer, Sugar and
 Cups, Butterbean Auction donations.
No clothing donations please.

CITY OF KINGS MOUNTAIN
H. LAWRENCE PATRICK SENIOR LIFE
AND CONFERENCE CENTER
909 E. KING STREET
KINGS MOUNTAIN, NC 28086



ADDRESS CORRECTION REQUEST



*JANUARY,
 FEBRUARY,
 MARCH 2026
 NEWSLETTER*

**THE PATRICK CENTER
 NEWSLETTER**

909 E. King Street Kings Mountain, NC 28086
 (704) 734-0447 FAX: (704) 734-4477

**The Patrick Center will be closed Thursday, January 1 for News Years Day,
 Monday, January 19 for Martin Luther King, Jr. Day and Monday, February 16
 for President's Day.**



**A very special thanks goes out
 to all of our talented and
 faithful volunteers!
 We couldn't be a Senior Center
 of Excellence without each and
 every one of you!**



Mission Statement:
**The H. Lawrence Patrick Senior Life
 and Conference Center serves as a
 focal point on aging, providing a
 broad range of ever changing
 programs, activities, and services that
 enhance the well-being and dignity of
 senior adults in the greater Kings
 Mountain area.**

A Note from Tabitha—

2025 has been a year of growth for the Patrick Center! With over 110 people on average participating each day, the center is a vibrant place with opportunities galore. We have much to be grateful for, including all of our volunteers who contribute their time and talents to bless others! Our community here is a place where everyone is welcome and there is a chance for everyone to learn, connect and grow!! As we enter into 2026, let's pause and take a moment to count our blessings, focus on the positive, and do what we can to take care of ourselves and those around us. Please know that each one of you are loved and cherished, and we are glad you are part of the Patrick Center family.

**Merry Christmas and Happy New Year
 from the Staff of the Patrick Center!**

PATRICK CENTER HOURS: MONDAY — FRIDAY
HOURS OF OPERATION: 8:00AM—5:00PM
RENTALS: Call Bonnie Hale for appointment

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How do I Join The Center?

If you are 55 and older, just simply stop by the Front Desk and fill out an application. One of our staff will be happy to give you a tour of the facilities. There is no charge to be a member and we look forward to meeting you!

STAFF MEMBERS

Tabitha Thomas, Senior Services Manager

704-734-4489

Whitney Douglas, Administrative Assistant/Bookkeeper

704-730-2167

Brittini England, Back Receptionist/Resource Coordinator

704-734-4587

Karen Grigg, Program Coordinator

704-730-2168

Bonnie Hale, Receptionist/Transportation Coordinator

704-734-0447

Lynn Lail, Administrative Assistant/My Senior Center Technician

704-730-2166

Sherry Cooke, Gift Shop Clerk

704-734-4515

Custodians: Ethel Odums, Stan Scruggs and Steve Watkins



VOLUNTEER CORNER

HOW DO I BECOME A VOLUNTEER?

Please come see Karen to complete an application if you would like to volunteer. We would love for you to get involved!!



UPCOMING VOLUNTEER MEETINGS

(Third Tuesday of the month) 12:15—1:00PM
January 20, February 17 and March 17

VOLUNTEER OPPORTUNITIES AT THE CENTER

- *Bag Food and help distribute for the Monthly Food Give-A-Way.
- *Red Cross Blood Drive—Tuesday, January 13, 10:00AM—2:30PM
- *Decorate for the Valentine's Day Dance—Friday, February 13, 2:00PM.
- *Serve refreshments during the Bingo parties.
- *Ongoing opportunities include newsletter folding, office work, serving as a class instructor, Friday Lunch volunteer and special event planning!

OUTREACH OPPORTUNITIES IN THE COMMUNITY

- Our **chorus and line dancing groups** perform at local nursing homes.
- Our **knitting group** donates their handmade items to many local agencies including nursing homes and Hospice.
- We are always taking donations for our **SHOP Food Pantry** and the **School Back Pack Project**. (see back page for donation items)
- Please come see Karen if you would like to get involved!!

LIKE US ON FACEBOOK!

We have our own Facebook page! Search for the "Patrick Senior Center" and be sure to "LIKE" us! We will post updates, events, and plenty of photos!

JOIN US ON FACEBOOK LIVE!

We do a LIVE show on Mondays at 10:00AM. Come join us for conversation, updates, and riddles!

PEEK AT APRIL

Easter Bingo Party—Thursday, April 2

Dutch Lunch—Wednesday, April 8

National Healthcare Decisions Day—Wednesday, April 15

JUST PLAIN FUN!

COFFEE AND CONVERSATION

Fridays, 8:30—10:00AM
In the Dining Room



BILLIARDS ROOM

Drop in anytime between **8:00AM and 5:00PM** to play.

CHORUS

Fridays 10:00—11:00AM
in the Craft Room

SPECIAL OCCASION BINGO

Sponsored by Adoration Home Health
10:00—10:30AM
January 15—National Hat Day
Come sporting your favorite hat!
February 12—Valentines Day
Adorn yourself in red and/or pink.
March 19—National Let's Laugh Day
Bring your best joke or riddle!

BINGO!

Thursdays, 10:30—11:15AM
Bring a \$1 or a gift! Everyone wins!



PING PONG AND CORNHOLE

Fridays, 1:30—2:30PM
Join in the fun! Bring a friend or make new friends!

MONTHLY BIRTHDAY CELEBRATIONS

Sponsored by Food Lion
January 27, February 24 and March 24
10:00—11:00AM

CANASTA

Tuesdays, 1:00—3:00PM
Join us in the Bump-Out Room

HAND, FOOT & KNEE

Wednesdays, 12:00—3:00PM
Join us in the Bump-Out Room.
Beginners are welcome.

CLOGGING

Mondays, 3:30—4:30PM
Join us in the Dining Room!

CHAIR VOLLEYBALL

A fun way to be active!
Tuesdays 1:00—3:00PM and
Fridays, 12:00—2:00PM
A fun way to be active!

FRIDAY LUNCH!!!

Fridays from 11:00AM—12:00PM

You get a home cooked meal, a drink and a dessert for \$4.00. Call to sign up by Thursday at Noon or until full, whichever comes first.

UPCOMING EVENTS

BLACK HISTORY MONTH EVENT

**Celebrating Black History,
A Journey Through Music**
Tuesday, February 10
10:00—11:30AM

Seniors age 55 and older are invited to join us for an educational program and view some local artists' work. Lunch will be served following the program. Sign up begins on Monday, January 12. **RSVP by Tuesday, February 3 or until full.**

DEMENTIA PRESENTATION

Understanding Behavior Changes & Challenges, By Partners
Tuesday, February 3
11:00AM—12:00PM
Join us to increase your understanding of behaviors specific to dementia, why they may occur and how to cope. Call the Front Desk to sign up.



Carolinas Institute
for Neurology and Psychology

UNDERSTANDING DEMENTIA AND ALZHEIMER'S PRESENTATION

By Carolinas Institute
Tuesday, January 20
10:00—11:00AM

Join us as we learn about the signs of dementia and Alzheimer's, learn healthy habits that support brain wellness, and discover how counseling can help individuals and families cope and stay connected. Call the Center to RSVP.

VALENTINES DANCE

Friday, February 13
7:00—9:00PM
Come and dance the night away! Cost: \$3.00 per person. Funds go to our Pet Pantry. RSVP by Monday, February 9. Sign up begins on Tuesday, January 13.



AVOIDING FRAUD & SCAMS PRESENTATION

By Mike Hawkins with the NCDOJ
Tuesday, January 13
11:00AM—12:00PM
Join us to learn how to protect yourself against fraud and scams. Call the Front Desk to sign up.

UPCOMING EVENTS



COFFEE & CONVERSATION WITH THE SENIOR TAR HEEL DELEGATE

Wednesday, January 28
10:00—11:00AM

Join us for Coffee & Conversation with Clark Poole. You will gain a better understanding of what the Senior Tar Heels Legislators do and learn about this year's community and senior needs and share your concerns with him.

MEDITERRANEAN SOUTH PROGRAM

Tuesdays, March 3—March 31
11:15AM—12:00PM

Free classes of Southern eating with a Mediterranean Twist. You will learn about healthy food alternatives plus a lot more. **Call the Center to RSVP by Tuesday, February 24.**

UPCOMING TRIPS:

Registration will begin one month prior to each trip. Sign up and pay all related fees at the Front Desk. Participants with the 28086 zip code will have a three day priority registration period. Trip fees are non-refundable unless prior notice is given and someone can fill your spot.

NO TRIP IN JANUARY

TRIP TO THE SALT BLOCK IN HICKORY

Wednesday, February 25
9:00AM—3:30PM

Join us for a day of fun and exploration at the Catawba Science Center! We will stop for lunch at the Parkway House before heading home. **Cost: \$18.00**

TRIP TO CHERRYVILLE

Wednesday, March 25
9:30AM—3:00PM

Join us for a day shopping at Dapper Dan's Antique Mall, lunch at Small Town Kitchen, downtown shopping and frozen yogurt/ice cream at the Fuzzy Cow. **Cost: \$3.00**

ARTS/ENRICHMENT

YOUR STORY, YOUR WAY

By Regena Baynard
1st & 3rd Wednesday of the month
January 7 & 21, February 4 & 18 and
March 4 & 18
11:30AM—12:30PM

Come share your memories! Whether they're moments of joy, lessons learned, or family tales, your stories are treasures worth keeping. Together, we'll put them on paper so they can be remembered and passed down.

ART NIGHT WITH JANIE

Thursday, January 29 and March 26
5:15—7:15PM

Sign up and pay the \$20.00 fee at the Front Desk by Thursday, March 5. All supplies and refreshments will be provided.

SENIOR GAMES KICK-OFF AT THE NEAL SENIOR CENTER

Thursday, January 29
1:30—3:30PM

Join us this year at the Neal Senior Center in Shelby. Come to ask Daniel Dedmon any questions you may have about the games and to pick up your Senior Games and/or Silver Arts Packet. **Call to sign up if you want to ride the bus.**

CRAFT CLASS WITH CLAUDIA

Tuesday, February 17
1:00—3:00PM

Join Claudia in the Ceramics Room (or Facebook Live if you would rather stay at home).

Cost: \$2.00. Please bring scissors and glue/hot glue gun. **Come by the Center to sign up by Thursday, February 12th.**

FLOWER ARRANGING CLASS

Tuesday, March 31
10:00AM—12:00PM

Come and join Cheryl to make a beautiful spring arrangement! Sign up and pay the **\$15.00 fee** by **Tuesday, March 24**

DULCIMER JAM

By Regena Baynard
Fridays, 9:00—10:00AM

Learning to play the dulcimer is a rewarding journey that blends simplicity with rich, melodic beauty. With patience, practice, and a bit of curiosity, learning the dulcimer can become not just a skill, but a joyful way to express yourself.

HEALTH AND WELLNESS

SENIORS IN MOTION

Mondays, Wednesdays and Fridays from 10:30—11:30AM
Suggested \$1 donation per class for non-YMCA members.

GENTLE EXERCISE

Join us on **Thursdays, 9:30—10:15AM** for gentle stretching, balance work, deep breathing and improvement for the whole body!

WALKING TRACKS/EXERCISE ROOM

Open **8:00AM—5:00PM** daily.
A variety of equipment is available!

MEDICINE DROP OFF

By Kings Mountain Police Department
Tuesday, March 17
9:00AM—12:00 PM
Bring your old, expired prescription and over-the counter medications to be properly disposed of.

LINE DANCING

BEGINNER LINE DANCING WITH *FRAN PAYNE*,
MONDAYS, 11:30AM—12:30PM
INTERMEDIATE LINE DANCE WITH THE *DANCE FLOOR ROCKERS*,
MONDAYS, 1:00—3:00PM
INTERMEDIATE LINE DANCE WITH THE *SOUTHERN CLASS LINE DANCERS*, **THURSDAYS, 10:00—11:30AM**

REFIT!

By **Claudia Vaughn**
Tuesdays, 11:00AM—12:00PM
No matter your size, shape, age or experience, throw doubt, fear and insecurity to the wind! REFIT is a life-changing experience!

SENIORCISE!

Tuesdays and Thursdays
3:30—4:15PM
Come have fun while you exercise! Margaret will guide you through a low impact workout using stability balls, hand weights, bands, etc. You can even use a chair. Suggested \$1 donation per class for non-YMCA members.

TAI CHI FOR ARTHRITIS

Wednesdays, 9:00—10:00AM
Join us and instructor Mickey Hill during this 16 week evidence based program.

UPCOMING EVENTS

DUTCH LUNCH BUNCH

The 2nd Wednesday of the month!
January 14—Court Street Grille in Lincolnton, 11:00AM—2:00PM
February 11—Ken & Mary's in Shelby, 11:00AM—2:00 PM
March 11—Old Hickory Station and Hamrick's in Hickory, 9:00AM—3:00PM
Sign up at the Front Desk with \$2.00 bus fee (available one month prior to trip).
Trip fees are non-refundable unless prior notice is given and another participant can fill your spot.

ADVANCE CARE PLANNING

By **Michelle Petty with Carolina Caring**
Wednesday, February 4
10:00—11:30AM
Come to get help planning and/or preparing your Advance Directive document. Michelle will provide the forms and can notarize your signed documents that day.



AARP SAFETY DRIVING CLASS

Tuesday, February 24
9:00AM—1:00PM
Participants will receive reminders on safety, defensive driving and a whole lot more! **Course costs \$20 for AARP members and \$25 for non-AARP members.** (There may be limited grant funding for seniors 60 and over to assist with a portion of the payment, if needed). Please contact the Senior Center for more information and to pre-register.

YOUR CARE - YOUR CHOICE

Tuesday, January 6
11:00AM—1:00PM
Join us and Atrium Health for an opportunity to have your **Advance Directives** completed. You need to bring NC photo ID/Driver's License.



RED CROSS BLOOD DRIVE

TUESDAY, JANUARY 13 AND MARCH 24
10:00AM—2:30PM

PLEASE CALL KAREN GRIGG AT THE CENTER TO SCHEDULE AN APPOINTMENT! YOUR DONATION COULD SAVE A LIFE!



SERVICES

FOOD GIVEAWAY

On the third Wednesday of the month:
January 21, February 18 and March 18
1:00—2:30PM

We also have a limited supply of Boost, Depends and pet food. Please call each month to sign up.

COMPUTER TECHNOLOGY CLASSES

By Beth McDaniel with Cleveland
Community College
Wednesdays

February 4—March 25
10:00AM—12:00PM

Call the Center to pre-register. You must attend one of the first two classes to get enrolled.

TRANSPORTATION

TACC can take you to your doctor appointments or bring you to the Senior Center. Call Bonnie Hale to find out more about this service and current availability.

MEDICARE 101 ON FACEBOOK LIVE!

Thursday, January 15, 1:00—2:30PM

Are you new to Medicare or getting ready to retire? Join us on Facebook for an interactive presentation about the basics of Medicare. We will explain the different parts of Medicare and you can answer questions through the comment feature. The video will also be available to watch afterwards so if you miss the live show you can watch it later!

BLOOD PRESSURE

CHECKS

Sponsored by CenterWell
Home Health
(First Wednesday of the month)

10:00—11:30AM

January 7, February 4
and March 4

LOAN EQUIPMENT

The Patrick Center has wheelchairs, walkers, potty chairs, shower chairs, etc. (when available) to loan out if you are in need of any of these items. See Brittini for details.

AARP TAX ASSISTANCE

Wednesdays, February 4 to April 15;
8:30AM—3:30PM

Call or come see Brittini at the Patrick Center to sign up for your appointment and pick up the required paperwork. Tax preparations will be held at the Neal Senior Center in Shelby again this year.

SERVICES

VETERANS' MEETING

The first Tuesday of the month. Sponsored by Senior TLC
January 6, February 3 and March 3 9:00—10:00AM

NC SHIP

Between Jan 1 -
March 31, Medicare Advantage beneficiaries can switch to another Advantage plan or go back to original Medicare and join a prescription drug plan. Also you may qualify for **Extra Help** for your drug costs. Call for an appointment!



TECHNOLOGY PRESENTATION

By Trey Ross from the Mauney Library
Second Mondays of the month.
10:00—11:00AM
January 12, February 9
and March 9
Topics to be announced.

SHRED TRUCK

Wednesdays, January 28,
February 25 and March 25
Bring your items to be shredded at anytime and put them in the locked bin located in the lobby.

OTHER SERVICES WE CAN HELP YOU CONNECT YOU TO:

Home Repairs
In-Home Care (sitter list available)
Job Placement/Job Skills
Hospice and Palliative Care
Reverse Mortgage Counseling
Medicaid and Social Security Benefits
Home Delivered Meals
Mental Health Services
Disaster Preparedness
Long-term care/Ombudsman Rehab Services/Respite Care
Area Support Groups/Telephone Reassurance. **Call Brittini for more information!**

CONGREGATE NUTRITION

Meals Mon.—Thurs. Stop by and see Janet Beani in the kitchen
Mon.—Thurs. 9:00AM—1:00PM.

REFLECTIONS SUPPORT GROUP

By VIA Health Partners
1:00-2:00PM
January 13, February 10 and
March 10
This group is specifically designed for those who have experienced the death of a loved one.