

Seasoned Living is compiled and edited by Campbell County's Retired and Senior Volunteer Program and the Campbell County Recreation Department



## Happy Birthday To You!

- Mrs. Betty Arthur
- Mrs. Hilda Ashwell
- Mrs. Karen Bragg
- Mrs. Viola Burnette
- Mrs. Shirley Burnham
- Mrs. Frances Clements
- Mrs. Ann Davis
- Mrs. Janice B. Driskill
- Mrs. Lucille Farmer
- Miss Nelly W. Finch
- Mr. George Fulcher
- Mr. William Gates
- Mrs. Viola Hazelton
- Mrs. Marion Litchford
- Mrs. June C. McHaney
- Mrs. Lucille R. Merritt
- Mrs. Ruby Moon
- Mrs. Dorothy H. Moore
- Mrs. Catherine Phillips
- Mr. Stephen F. Richards
- Mrs. Betty Rosser
- Mr. J.B. Rosser
- Ms. Bettie Jo Shrum
- Ms. Ginger W. Tucker
- Mrs. Jeanette Walker
- Mrs. May Zimmerman

## Make a Wish!



### Medicare Open Enrollment:

The Annual Enrollment Period will be from October 15, 2011 - December 7, 2011.




# COMEDY CAFE

Join members of our local senior centers for an afternoon of entertainment featuring four senior theatrical performances.

Light refreshments will be available for purchase, and a 50/50 raffle.

For more details, please call Sandy Becton at (434) 332-9570, 283-9570, or 592-9570.

Sat., Oct. 15  
2:00 p.m.

R.H.S. Auditorium  
\$5.00 in advance  
\$6.00 at the door  
Ages 12 and under are Free

## FLEA MARKET

### Altavista Fall Fling Flea Market

Saturday, November 5  
7:30 a.m. - 2:00 p.m.  
Booker Building located adjacent to English Park in Altavista

Vendors are welcome!  
\$10.00 per table

Grocery Basket Raffle  
Tickets \$1.00

Please call Pat at (434) 941-0660 or Nancy at (434) 369-6871 for more details or to reserve a vendor space.

Because too many go hungry...



## 2nd Annual Campbell County Empty Bowls

Friday, December 9  
11:00 a.m. - 2:00 p.m. AND  
4:00 - 6:30 p.m.

Rustburg Ruritan Club  
\$10.00 per handmade bowl;  
donation for a non-handmade bowl  
(includes unlimited soup and bread)

Join us at this special fundraiser and help end hunger in Campbell County. All proceeds raised benefit the Rural Emergency Assistance Program (REAP) Food Pantry. For more details, please call (434) 332-9570, 592-9570, or 283-9570.

# Recreation Programs & Trips

For more information, please call (434) 332-9570, 283-9570, or 592-9570.

## Carolina Premium Outlets

Friday, November 4

Fee: \$50.00

This trip is a shopper's dream! For more details, call Amy at (434) 332-9570, 283-9570, or 592-9570.



## Campbell County Sheriff's Office Deputy Jason Saunders Memorial Car Show & Swap Meet



Saturday, October 8  
10:00 a.m. - 2:00 p.m.  
Yellow Branch  
Elementary School

Trophies will be awarded. Food and drinks available for purchase. On-site activities for the whole family!

**All proceeds benefit:  
DARE; PROJECT LIFE SAVER;  
and the Deputy Jason Saunders Memorial.**

Pre-registration must be completed by September 30th. In the event of rain, the event will be held the following day (October 9) from 1:00 - 5:00 p.m.

Please contact Rhonda Mason, Campbell County Sheriff's Office, at (434) 332-9580 for additional details or to pre-register.

## Washington D.C. "Blossoms" in Springtime April 13-15, 2012

Double	Triple	Quad
\$489.00*	\$453.00*	\$419.00*

\*Prices are based on a per person rate



Take in the ambiance of our nation's capital in springtime!

### Your escorted package includes:

Motor-coach transportation  
2 night hotel accommodations  
"Schokolad Sweet Night Out Tour"  
"Chocolate City Tour"  
Dinner in Georgetown

## A Yellowstone Experience!

### "A Wildlife Safari"

August 5-12, 2012

Single	Double	Triple
\$3,454.00*	\$2,987.00*	\$2,843.00*



\*All prices are based on the per person rate.

Your tour package includes the following:

Roundtrip Air to Salt Lake City, UT  
Roundtrip Motor-coach Transportation to Airport  
7 nights accommodation & luggage handling  
12 meals  
Admission to parks, monuments & museums  
Admissions to all attractions during tour  
Guided tour of Yellowstone area

First deposit of \$100.00 per person due by October 31. For details, please call Sandy Becton at (434) 332-9570, 283-9570, or 592-9570.

## 'Empty Bowls' Handmade Bowl Class Schedule



Wednesday, October 19

11:00 a.m. – 12:30 p.m.  
6:30 p.m. – 8:00 p.m.

Thursday, October 20

6:30 p.m. – 8:00 p.m.

Saturday, October 22

10:00 a.m. - 11:30 a.m.

Wednesday, October 26

11:00 a.m. – 12:30 p.m.  
6:30 p.m. – 8:00 p.m.

Fee: \$10.00 per person/per class

Join local potter, Jenna Brubaker and learn how to use simple hand-building skills to create your own bowl. Class fee includes all supplies and instruction, firing and glazing. Bowls will be available for pick-up at our Empty Bowls soup fundraiser. All proceeds directly benefit the Rural Emergency Assistance Program (REAP).

**Due to class restrictions, registration is mandatory.** Please call (434) 332-9570, or 283-9570, or 592-9570 for details.

# YACS: RSVP and Volunteerism

For more information, please call (434) 332-9572, 283-9572, or 592-9572.

## THE VOLUNTEER VIEW



Serving  
Communities and  
Country

### *Update on the Status of Volunteer Programs*

On August 2, 2011, Congress and the current White House Administration reached an agreement on our nation's deficit, averting the potential disaster of defaulting on our nation's debt. This agreement enacts 1 trillion dollars in cuts to discretionary programs, such as the Corporation for National and Community Service which supports the RSVP Program. A 12 member bipartisan Congressional committee must identify an additional 1.5 trillion dollars in cuts, which will include entitlement and tax reform, by November 23, 2011. It is almost certain RSVP will incur deep, devastating cuts. A number of programs were forced to close this summer due to the 20% cut already enacted this year. We will keep you informed as the Legislative process continues.

### *Campbell County Assists Partner Gleaning For the World in Recent Disasters*



RSVP volunteers and County employees have been collecting items for personal disaster kits and pet food all summer. In the wake of Hurricane Irene, Gleaning for the World has sent 11 tractor-trailers full of relief supplies to communities throughout Virginia and North Carolina. In addition another tractor-trailer was sent to Rotterdam New York to help 3,500 residents displaced from their homes. Campbell County volunteers continue to make a difference to "folks down the road and around the world".

### *RSVP Planning Banquet for 2012*

With an uncertain outlook for the nation-wide RSVP program, staff members are scheduling the annual recognition banquet for January 2012. This will give volunteers an opportunity to celebrate the program and all it has accomplished for the community over the past 40 years. Staff is in the process of finalizing the details of this winter gala. Invitations will be sent in the mail to all RSVP volunteers; non-RSVP members/guests will need to purchase a ticket to attend. Stay tuned to Seasoned Living for more details



**PLEASE SEND IN YOUR REPORTS BY THE 5TH!!!**

***We value your input.***

If you have a suggestion or questions regarding County services, please mail written comments to:

Office of the County Administrator  
P.O. Box 100  
Rustburg, VA 24588

or email us at:  
[Administration@campbellcountyva.gov](mailto:Administration@campbellcountyva.gov)  
Your comments are greatly appreciated.

*Governing With Vision to be the most collaborative, professional, value-driven locality in Virginia.*

***Campbell County Staff***

Youth Adult & Community Services  
Retired and Senior Volunteer Program  
(434) 332-9572, 283-9572, or 592-9572

*Tammy Blair, Program Manager*  
*Lynne Burnham, Field Coordinator*  
*Felicia Williams, Administrative Aide*  
*Annie Younger, Van Driver*

Campbell County Recreation Department Senior Programs Division  
(434) 332-9570, 283-9570, 592-9570

*Sandy Becton, Senior Programs Manager*  
*Wendy Billings, Administrative Aide*  
*Marilyn Bryant, Coordinator*  
*Debby Snell, Coordinator*  
*Brenda Walsh, Coordinator*  
*Delores Gowen, Van Driver*



Partnering to Build a Stronger Community



*Seasoned Living, Senior Recreation Newsletter*  
*c/o Campbell County Recreation Department*

**P.O. Box 369**  
**Rustburg, VA 24588**

***Clip It 'n Keep It Recipe***  
***Crockpot Brunswick Stew***



Ingredients:

- 1 can (14.5 ounces) diced tomatoes
- 1 can tomato paste, (6 oz.)
- 3 cups chicken, cooked and cubed
- 1 1/2 cups frozen sliced okra, thawed
- 1 cup corn kernels, frozen thawed or fresh
- 1 cup chopped onion
- 1 bay leaf
- 1 teaspoon salt
- 1/4 teaspoon dried rosemary, crushed
- 1/4 teaspoon dried oregano, crushed
- 1/2 teaspoon pepper
- 1 dash ground cloves
- 2 1/2 cups chicken stock

Preparation:

In slow cooker, combine tomatoes and tomato paste; stir to blend. Add chicken, frozen succotash or sliced okra, corn, onion, bay leaf, salt, rosemary, pepper and cloves. Stir in chicken broth. Cover; cook on low for 5 to 6 hours. Before serving, remove bay leaf and stir well.

**PRSRT STD**  
**U.S. Postage PAID**  
**Rustburg, VA 24588**  
**PERMIT #29**



# Senior Activity Schedule

For more information, please call (434) 332-9570.



**Altavista Friendship Senior Center**  
**Grace Community Church**  
911 Grace Ave. Altavista, VA 24517  
Mondays, 12:30 p.m. - 3:30 p.m.  
Coordinator: Marilyn Bryant

*Every Monday - Line Dancing*

10:00 a.m. - 11:00 a.m. at the Altavista YMCA

*Every Tuesday - Breakfast Bingo*

9:00 a.m. - 10:30 a.m. at McDonalds - Bring a friend!

**Monday, October 3**

Exercise, devotions by team 3, lunch, band practice

**Monday, October 10**

Columbus Day - Center Closed

**Saturday, October 15**

2:00 p.m. "Comedy Café"

**Rustburg High School Auditorium**

Tickets are available at the Recreation Dept.

**Monday, October 17**

Autumn Care nursing home visit

**Monday, October 24**

Day Trip - Peaks of Otter, Apple Orchard, visit Liberty Station restaurant

**Monday, October 31**

Exercise, devotions by team 4, flea market preparation, games



**Brookneal Young At Hearts**  
**Brookneal Community Center**  
239 Main Street, Brookneal  
Wednesdays, 10:30 a.m. - 4:00 p.m.  
Coordinator: Debby Snell

**Wednesday, October 5**

Exercise, craft, covered dish lunch, and cards in the afternoon

**Wednesday, October 12**

Trip to Apple Orchard, bring a bag lunch

**Saturday, October 15**

2:00 p.m. "Comedy Café"

**Rustburg High School Auditorium**

Tickets are available at the Recreation Dept.

**Wednesday, October 19**

Erin Fritts visits, covered dish lunch, cards in the afternoon

**Wednesday, October 26**

Covered dish lunch, birthday celebration, bring items for the flea market.

**Concord Happy Hearts**  
**Concord Community Center**  
327 Midget Farm Rd., Concord  
Wednesdays, 9:30 a.m. - 2:00 p.m.  
Coordinator: Brenda Walsh



**Wednesday, October 5**

9:30-10:00 Exercise

Devotion by Norma Jean Booth

Business Meeting

Show-n-Tell by Frances Crance

Lunch

**Wednesday, October 12**

Devotion by Ruth Sandidge

Line-Dancers from Timberlake

Celebrate Birthday

Covered Dish

**Thursday, October 13**

Riverboat trip

**Saturday, October 15**

2:00 p.m. "Comedy Café"

**Rustburg High School Auditorium**

Tickets are available at the Recreation Dept.

**Wednesday, October 19**

Day Trip

Buggs Island Hosted by: Lois & Wiley Smith

Bag Lunch

**Wednesday, October 26**

Visit Gladstone Center & Lunch

**Gladys Goodtimers**  
**Gladys Community Center**  
135 Long Island Rd., Gladys  
Thursdays, 1:30 p.m. - 3:30 p.m.



**Thursday, October 6**

Medical Care Center

**Thursday, October 13**

Avante

**Saturday, October 15**

2:00 p.m. "Comedy Café"

**Rustburg High School Auditorium**

Tickets are available at the Recreation Dept.

**Thursday, October 20**

Bedford Adult Care Center

**Thursday, October 27**

Rehearsal at Gladys Ruritan Club

# Senior Activity Schedule

For more information, please call (434) 332-9570.



**Gladys-Long Island Friendly Faces**  
**The Serenade Center**  
**3070 Long Island Rd., Gladys**  
**Wednesdays, 10:00 a.m.- 2:00 p.m.**  
**Coordinator: Marilyn Bryant**

## Wednesday, October 5

Exercise, devotions, fall wreath craft, fun and fellowship

## Wednesday, October 12

Exercise, devotions, Medicare presentation with Erin Fitts,

## Saturday, October 15

2:00 p.m. "Comedy Café"

Rustburg High School Auditorium

Tickets are available at the Recreation Dept.

Fun and fellowship

## Wednesday, October 19

Exercise, devotions, games and prizes, fun and fellowship

## Wednesday, October 26

Special day trip - Brunch at Berry Hill Plantation



**Rustburg On the Go Seniors**  
**Rustburg Presbyterian Church**  
**681 Village Highway, Rustburg, VA**  
**Tuesdays, 9:30 a.m. - 2:00 p.m.**  
**Coordinator: Sandy Becton**

## Tuesday, October 4

9:30 - 10:15 a.m. Group fellowship, exercise program  
10:15 - 11:00 a.m. Update calendars, announcements  
11:00 - 11:30 a.m. Piedmont Medicare Advantage  
Presents: Understanding Medicare  
11:30- 11:45 a.m. Questions and answers  
11:45 a.m. - 1:00 p.m. Group activities continue

## Tuesday, October 11

9:30 - 10:15 a.m. Group fellowship, exercise program  
10:15 - 10:30 a.m. Update calendars, announcements  
10:30 - 11:00 a.m. Autumn Care - blood pressure check  
11:00 - 1:00 p.m. Presentation by team 2, lunch

## Saturday, October 15

2:00 p.m. "Comedy Café"

Rustburg High School Auditorium

Tickets are available at the Recreation Dept.

## Tuesday, October 18

9:30 - 10:15 a.m. Group fellowship, exercise program  
10:15 - 10:30 a.m. Update calendars, announcements

## Tuesday, October 25

9:30 - 10:15a.m. Group fellowship/exercise program  
10:15 - 11:00 a.m. Update calendars, announcements  
11:00 - 11:30 a.m. Guest: Mr. Ron Feinman, Esquire  
11:30 - 11:45 a.m. Questions and Answers  
11:45 - 1:00 p.m. Celebrate birthdays

## Timberlake Sunny Side Seniors Grace Church

21129 Timberlake Road, Lynchburg  
Tuesdays, 9:30 a.m. - 2:00 p.m.  
Coordinator: Brenda Walsh



## Tuesday, October 4

9:30-10:00 a.m. Exercise  
Business Meeting  
Celebrate Birthday  
Covered Dish

## Tuesday, October 11

Blood Pressure check  
Fall craft  
Lunch

## Saturday, October 15

2:00 p.m. "Comedy Café"

Rustburg High School Auditorium  
Tickets are available at the Recreation Dept.

## Tuesday, October 18

Health Talk  
Lunch

## Tuesday, October 25

Day Trip

**Timberlake Bingo-er's**  
**McDonalds, Timberlake Road**  
**Thursdays, 8:30 a.m. - 10:30 a.m.**



8:30 a.m. Breakfast  
9:00 a.m. 10:30 a.m.- BINGO FUN!

**Timberlake Line Dancers**  
**Waterlick Moose Family Center**  
**934 Waterlick Rd., Lynchburg**  
**Tuesdays, 1:00 - 3:00 pm**  
**Coordinator: Brenda Walsh**



## Every Tuesday

Join Jim Harlow, Sr. and learn fun footwork!

1:00 - 2:00 p.m. Square Dancing  
2:00 - 3:00 p.m. Line Dancing