

Love Really Does Conquer All



Pete and Katherine Hutton met dancing at a bar when Pete was just 18 years old and Katherine was 17. They soon went on their first date to see the classic *Jail House Rock* starring Elvis Presley. Pete said his first impression of Katherine was that "she was really something!" Katherine recalls him wearing a white jacket and said he was "sharp as a tack." The two got engaged ironically after a heated argument. When Katherine walked away, Pete came up with a plan. He asked her to take a ride with him, drove her to Devou Park and proposed. Spoiler...she said yes.

They got married a total of 4 times, having one Methodist wedding, one Catholic wedding and renewed their vows twice. They initially tied the knot on November 1, 1958 and have been married for 64 years since. On that rainy day in November, they received groceries as a wedding gift from Katherine's parents. Katherine chuckled as she recalled potatoes rolling down the aisle that day as the paper bag had torn from being drenched from the rain.

Just four short years after the Huttons were married, the bar where they met was demolished. Pete said years before if they ever tore down that building, he would have a brick from it. Sure enough, Pete got that brick and now keeps it safely in his armoire. Katherine said he is a lucky man not to have been hit with it yet!

Although they faced many challenges throughout their marriage, they both agreed that getting through them is what's important. "It is work to keep a marriage that long," Pete said. The Huttons concur that "just being together is what's important." Through tears, Katherine recapped the time when Pete learned he was in remission from cancer, one of the happier memories of their time together.

Pete and Katherine agree that it is notable to never have secrets, respect each other, work together and that everything is 50/50. Their final advice for any young couple: never go to bed mad and always have a sense of humor.

Life is short so love big. That's what the Huttons do.

*Anna Claire Kelly
Senior Activities Coordinator*

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Davidson County Senior Services, in partnership with Davidson County Public Library, will host a discussion on current black authors from 2 - 3 p.m. Feb. 24 at the Senior Center in Lexington. For more information or to register, call 336.242.2290.

ABOUT SENIOR SERVICES

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Our Locations

Senior Services, Lexington

555-B W Center St. Ext.
Lexington, NC 27295
Phone: 336.242.2290
dcsslex@davidsoncountync.gov

Senior Services, Thomasville

211 W Colonial Dr.
Thomasville, NC 27360
Phone: 336.242.2290
dcsstville@davidsoncountync.gov

Hours of Operation

Monday: 8 a.m. - 5 p.m.
Tuesday: 8 a.m. - 5 p.m.
Wednesday: 8 a.m. - 5p.m.
Thursday: 8 a.m. - 5 p.m.
Friday: 8 a.m. - 5 p.m.
Saturday: Closed
Sunday: Closed

STAFF DIRECTORY

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Our Mission

Empower, Engage, and Encourage the Aging Population of Davidson County

Get the latest edition of our monthly Prime Times at any of the following locations:



Lexington

Barbecue Center (outdoor box)
Davidson Co. Public Library
Davidson Co. Senior Services
Hilltop Terrace Apts.
J. Smith Young YMCA
Jackson Square Apts.
Kidron Corner Apts.
Lexington Drug (outdoor box)
Lexington Family Pharmacy
Mt. Moriah Manor Apts.
Southern Lunch (outdoor box)
Your Pharmacy of Lexington

West Davidson

Davidson Co. Public Library
Homeplace at Tyro School Apts.
Tyro Family Pharmacy

Thomasville

Davidson Co. Public Library
Davidson Co. Senior Services
Guy's Family Pharmacy (outdoor box)
Piedmont Crossing
Rosa Mae's Cafe (outdoor box)
Thomasville Family Pharmacy
Tom A. Finch YMCA

Denton

Davidson Co. Public Library
Denton Drug

North Davidson

Davidson Co. Public Library
Senior Country Store
Villas at Hickory Tree Apts.

*Valentine's Day
Party*

**Tuesday, Feb. 14
9 - 10:30 a.m.**
Davidson County Senior
Center, Lexington

Join Senior Services to have a syrupy
sweet time and enjoy a brunch of
breakfast goodies, fun and games.
Promise you won't have a waffle time.



Tickets are just \$5 per
person and are available
at both Senior Centers.

211 W. Colonial Dr.
Thomasville

555-B W. Center St. Ext.
Lexington

**Deadline to purchase
tickets is Feb. 7.**

For more information or to register please call 336.242.2290 or email
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HospiceOfDavidson.org

A Matter of Balance

Tuesdays and Thursdays, Feb. 7- Mar. 2
1 - 3 p.m., Senior Center, Lex

Improve your balance and increase your confidence in the evidence-based program A Matter of Balance. This class emphasizes practical strategies to increase balance and lessen fall risks. Whether you have experienced a fall or are simply concerned about falling, this award-winning program will give you the education, skills and confidence needed to potentially prevent falls moving forward. There is no charge for Davidson County residents 55 and older but preregistration is required. For more information on class specifics, call 336.242.2290. Call today as this class has limited spaces available.



Announcing the 2023 Senior Center Bake Off!



Tuesday, Feb. 28
11 a.m. - 1 p.m.

Senior Center, Lex.

Put your baking skills to the test. Enter your best cake, cookies, pie, bread, etc. for a panel of judges to taste test and choose their favorites. Taste testers of all ages are needed to cast their vote for only \$2/person. No charge for county residents 55 and older to enter the contest. Entry forms are available at the Senior Center in Lexington (555-B W. Center St. Ext.)

Registration is required for classes by calling 336-242-2290

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DAVIDSON COUNTY SENIOR GAMES

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Davidson County Senior Games and SilverArts is an exciting three-week sports and arts festival exclusively for men and women who are residents of Davidson County and are 50 and better in age. It features events in over 20 different sports and five creative/literary and performing art categories. Davidson County Senior Games is sanctioned by North Carolina Senior Games, Inc.

The 2023 local games will be held Apr. 25 - May 31 and has something for everyone. The athletic portion of the competition includes: Basketball Shoot, Bocce, Bowling, Checkers, Croquet, Track and Field events (softball/football throws, long jumps, discus, shotput and running), Golf, Horseshoes, Pickleball, Race Walking, Silverstriders Fun Walk, Mini Golf, SpinCasting, Swimming, Table Tennis, and Corn Hole. The SilverArts portion includes Literary (essays, poetry, etc.), Visual (photography, painting, etc.), Heritage (woodworking, crocheting, etc.) and Performing Arts (dance, musical, comedy/drama), showcased at the annual Follies Show scheduled for Thursday, May 18 at the Edward C. Smith Civic Center in Lexington. SilverArts Showcase will be held

on Monday, May 8 at the Lexington Senior Services location and will allow guests to view the 2023 SilverArts entries.

Types of Registration:

\$8 - Kickoff Party: Friday, Feb. 17 (9 - 11 a.m. Senior Services, Lexington; 2 - 4 p.m. Senior Services, Thomasville)

\$10 - Early Bird: Saturday, Feb. 18 - Monday, March 6

\$12 - Regular: Tuesday, Mar. 7 - Monday, Mar. 27

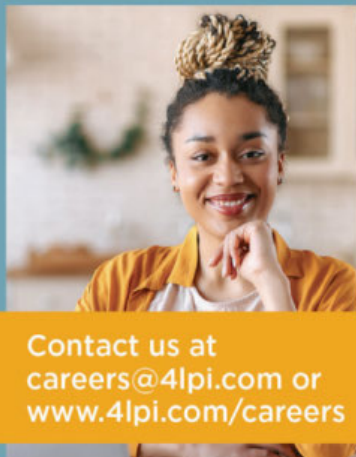
Registration Deadline 5 p.m. Mar. 27, 2023

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February

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Ongoing Activities				
8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring 3-4:30 p.m. Crafters Circle	8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring 11:30 a.m. - 1 p.m. Ladder Golf	8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring	8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring 10 a.m. Fitness Room Orientation	8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring Table Tennis 11:30 a.m.-1 p.m. Cornhole
Special Activities				
"To love and be loved is to feel the sun from both sides." David Viscott	1.	2.	3.	
	12-1 p.m. Tech Café 	10:30-11:30 a.m. Blood Pressure Checks 1:30-3 p.m. Free your Photos 		
6.	7.	8.	9.	10.
	1-4 p.m. Legal Aid—By Appt. Only  1:30-3 p.m. Free your Photos 		1:30-3 p.m. Free your Photos  	10-11 a.m. NCSTHL 30th Anniversary Party  9-10:30 a.m. Instagram Workshop
13.	14.	15.	16.	17.
11 a.m. Brunch Book Club - Thomasville Library	2-3 p.m. Bingo (Café) 9-10:30 a.m. Valentines Party \$  1:30-3 p.m. Free your Photos 		1:30-3 p.m. Free your Photos 	2-4 p.m. Senior Games Kick-off Party 
20.	21.	22.	23.	24.
	1:30-3 p.m. Free your Photos 	2-3:30 p.m. Chain Reaction 	1:30-3 p.m. Free your Photos 	10-11 a.m. Macramé Keychain \$ 
27.	28.	 Registration Required  Virtual or Hybrid Option \$ Program has Fee 		
9-10:30 a.m. Bookmobile (Parking lot) 	1:30-3 p.m. Free your Photos  2-3 p.m. Bingo (Cafe)			

SENIOR SERVICES, LEXINGTON

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February

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>DAVIDSON COUNTY SENIOR SERVICES <i>Aging EMPOWERED!</i></p> <p>\$: Class has a cost *: Class requires preregistration</p>		<p>1. 9-10:30 a.m. Apple Class * The Cube</p> <p>9:45-10:45 a.m. Tai Chi * Wellness Studio</p> <p>2:30-4 p.m. Beyond the Basics App Based * Wellness Studio</p>	<p>2. 10-11 a.m. Bingocize * Wellness Studio</p> <p>1-2 p.m. Improve Your Balance \$* Wellness Studio</p> <p>3:30-4:30 p.m. IMPROVment * Wellness Studio</p>	<p>3. 10-11 a.m. Budget Counseling The Café</p> <p>1-2:30 p.m. Valentines Snacks \$* The Café</p> <p>GO RED FOR HEART DISEASE PREVENTION!</p>
		<p>8. 9-10:30 a.m. Apple Class * The Cube</p> <p>9:45-10:45 a.m. Tai Chi * Wellness Studio</p> <p>1:30-3 p.m. Computer Essentials * The Café</p> <p>2:30-4 p.m. Beyond the Basics App Based * Wellness Studio</p>	<p>9. 10-11 a.m. Navigating the County Website * The Cube</p> <p>10-11 a.m. Bingocize * Wellness Studio</p> <p>1-3 p.m. Matter of Balance * Wellness Studio</p> <p>3:30-4:30 p.m. IMPROVment * Wellness Studio</p>	<p>10. 2-3:30 p.m. Instagram Basics * The Café</p>
<p>6. 9-10:30 a.m. Apple Class * The Cube</p> <p>9:45-10:45 a.m. Tai Chi * Wellness Studio</p> <p>1:30-3 p.m. Computer Essentials * The Café</p> <p>2:30-4 p.m. Beyond the Basics App Based * Wellness Studio</p>	<p>7. 10-11 a.m. Calm and Color * The Cube</p> <p>10-11 a.m. Bingocize * Wellness Studio</p> <p>1-3 p.m. Matter of Balance * Wellness Studio</p> <p>Love Your Neighbor Come in and write a card to a shut-in senior.</p>			
<p>13. 9-10:30 a.m. Apple Class * The Cube</p> <p>9:45-10:45 a.m. Tai Chi * Wellness Studio</p> <p>1:30-3 p.m. Computer Essentials * The Café</p> <p>2:30-4 p.m. Beyond the Basics App Based * Wellness Studio</p>	<p>14. 9-10:30 a.m. Valentines Brunch * Wellness Studio</p> <p>10-11 a.m. Bingocize * The Cube</p> <p>1-3 p.m. Matter of Balance * Wellness Studio</p> <p>2-4 P.M. Tech Time The Cube</p> 	<p>15. 9-10:30 a.m. Apple Class * The Cube</p> <p>9:45-10:45 a.m. Tai Chi * Wellness Studio</p> <p>10-11 a.m. I Love My Senior Center The Café</p> <p>1:30-3 p.m. Computer Essentials * The Café</p> <p>2:30-4 p.m. Beyond the Basics App Based * Wellness Studio</p>	<p>16. 10-11 a.m. Bingocize * Wellness Studio</p> <p>1-3 p.m. Matter of Balance * Wellness Studio</p> <p>1-2:30 p.m. Introduction to TikTok * The Café</p> <p>3:30-4:30 p.m. IMPROVment * Wellness Studio</p>	<p>17. 9-11 a.m. Senior Games Kick Off Party The Cube</p>
<p>20. 9-10:30 a.m. Apple Class * The Cube</p> <p>9:45-10:45 a.m. Tai Chi * Wellness Studio</p> <p>1:30-3 p.m. Computer Essentials * The Café</p> <p>2:30-4 p.m. Beyond the Basics App Based * Wellness Studio</p>	<p>21. 10-11 a.m. Bingocize * Wellness Studio</p> <p>1-3 p.m. Matter of Balance * Wellness Studio</p> <p>1-2:30 p.m. Facebook Basics * The Cube</p>	<p>22. 9-10:30 a.m. Apple Class * The Cube</p> <p>9:45-10:45 a.m. Tai Chi * Wellness Studio</p> <p>1:30-3 p.m. Computer Essentials * The Café</p> <p>2:30-4 p.m. Beyond the Basics App Based * Wellness Studio</p>	<p>23. 10-11 a.m. Bingocize * Wellness Studio</p> <p>1-3 p.m. Matter of Balance * Wellness Studio</p> <p>3:30-4:30 p.m. IMPROVment * Wellness Studio</p>	<p>24. 9-10:30 a.m. Instagram Workshop * The Cube</p> <p>2-3 p.m. A Conversation on Current Black Authors * The Cube</p>
<p>27. 9:45-10:45 a.m. Tai Chi * Wellness Studio</p> <p>1:30-3 p.m. Computer Essentials * The Café</p> <p>2:30-4 p.m. Beyond the Basics App Based * Wellness Studio</p>	<p>28. 9:45-10:45 a.m. Tai Chi * Wellness Studio</p> <p>11 a.m.-1 p.m. Bake Off * The Cube</p> <p>10-11 a.m. Bingocize * Wellness Studio</p> <p>1-3 p.m. Matter of Balance * Wellness Studio</p>	 		

Food Safety – Why Can't You Leave My Meal?

A number of people often wonder why we don't like leaving Meals on Wheels food in a cooler, or why participants can't take congregate nutrition meals home with them. If you reheat food that is left out, won't it be safe to eat later?

Leaving food out too long at room temperature can cause bacteria (such as staphylococcus aureus, Salmonella Enteritidis, Escherichia Coli O157:H7, and Campylobacter) to grow to dangerous levels that can cause illness. Bacteria grow most rapidly in the range of temperatures between 40-140 degrees Fahrenheit. This range of temperature is often referred to as the "Danger Zone". Just one bacterium, doubling every 20 minutes, can grow to over 2,097,152 bacteria in seven hours!



Never leave food out of refrigeration over two hours. If the temperature is above 90 degrees Fahrenheit, food should not be left out more than one hour. Perishable foods include meat, poultry, seafood, dairy products, cooked pasta, rice and vegetables, fresh, peeled and/or cut fruits and vegetables.

Reheating food may not make it safe. If food is left out too long, some bacteria, such as staphylococcus aureus (staph), can form a heat-resistant toxin that cooking can't destroy. Most likely, the only way you'll know if a food contained bacteria is when you consume the meal and get sick. Getting sick just isn't worth the risk, and this is why we don't let congregate nutrition meals go home nor approve of leaving meals in coolers for Meals on Wheels.

FEBRUARY LUNCH CALENDAR

1-Smoked Sausage w/Cabbage,Crowder Peas,Dinner Roll,Peaches,Milk

2-Breaded Chicken Filet,Baked Beans,Lettuce & Tomato Slices,Bun,Fruited Gelatin,Milk

3-Chicken Alfredo w/Noodles,Green Beans,Pickled Beets,Wheat Roll,Pears,Milk

6-Hot Dog w/Sauerkraut,Pinto Beans,Hot Sliced Apples,Bun,Fruited Gelatin,Milk

7-Fried Fish Filet w/Tartar Sauce,Okra & Tomatoes,Coleslaw,Bun,Mixed Fruit,Milk

8-½ Pimento Cheese on Wheat,Vegetable Beef Soup,Orange,Lemon Pudding,Milk

9-Spaghetti w/Meat Sauce,Green Beans,Side Salad,Garlic Bread,Pears,Milk

10-Pinto Beans,Turnip Greens,Macaroni & Cheese,Cornbread,Orange Juice,Milk

13-Chicken Pie,Blackeye Peas,Peaches,Dinner Roll,Assorted Cookie,Milk

14-Meatloaf,Diced Potatoes,Broccoli,Wheat Roll,Orange Juice,Pudding,Milk

15-Chicken Patty w/Gravy,Corn,Okra & Tomatoes,Cornbread,Fruited Gelatin,Milk

16-Smoked Sausage,Rice,Peas & Carrots,Dinner Roll,Pears,Pudding,Milk

17-Barbecue Boneless Pork Rib,Lima Beans,Mashed Potatoes,Dinner Roll,Fruit Cocktail,Milk

20-Sliced Turkey w/Gravy,Cornbread Stuffing,Green Beans,Peach Cobbler,Dinner Roll,Milk

21-Sloppy Joe,Tater Tots,Coleslaw,Bun,Fresh Apple Slices,Milk

22-Hot Dog w/Chili,Lima Beans,BBQ Slaw,Apple Juice,Bun,Chocolate PB Bar,Milk

23-Cube Steak w/Gravy,Broccoli & Chz,Mashed Potatoes,Fruit Cocktail,Roll,Cookie,Milk

24-Baked Chicken Patty,Broccoli-Cauliflower Medley,Blackeye Peas,Apple Juice,Roll,Cookie

27-Pancakes w/syrup,Scrambled Eggs,Sausage Links,Tater Tots,Fresh Orange,Milk

28-Chicken & Dumplings,Buttered Carrots,Dinner Roll,Orange Juice,Apple Cobbler,Milk

Entrée meal options for the cafés are:

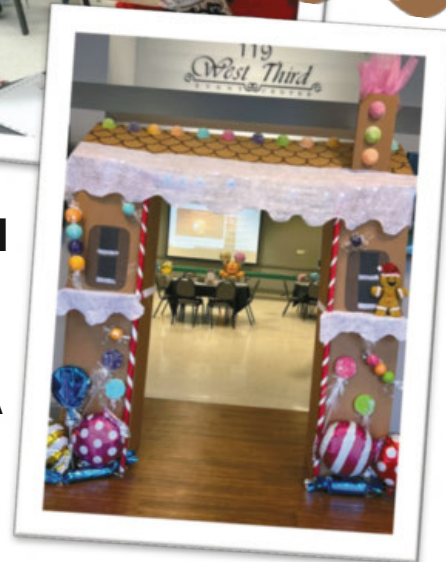
Tuesday - Thursday - Chef Salad or Cold Plate

Friday - Chef Salad

For more information about the Cafés or Meals on Wheels call **336.242.2290**



**Senior Center Annual
Christmas Party
Dec. 19, 2022
J. Smith Young YMCA**



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Computer Essentials

Mondays and Wednesdays, Feb. 6 - Mar. 8
1:30 - 3 p.m., Senior Center, Lex

Register for this five-week course covering the essentials of how to use the basic functions of a personal computer. Learn how to navigate the internet and how to send and receive email. Registration is required by Feb. 3.



Introduction to TikTok

Feb. 16, 1 - 2:30 p.m., Senior Center, Lex
Mar. 22, 9 - 10:30 a.m., Senior Center, Tville

TikTok is a social media platform where over 1 billion active users share short and often silly videos. This lecture will introduce you to the site and its most common features, including privacy settings. Register by Feb. 13 for the Lexington class.

Registration is required for classes by calling 336.242.2290.

Facebook 101

Feb. 21, 1 - 2:30 p.m.
Senior Center, Lexington



Receive an overview of Facebook's evolution, its most popular features and tips for getting in on the Facebook action. This class will also cover privacy settings as well as the role of advertising on Facebook. Registration is required by Feb. 16.

Instagram Basics

(Lecture & Workshop)
Feb. 10, 2 - 3:30 p.m., Senior Center, Lex



Feb. 24, 9 - 10:30 a.m., Senior Center, Lex
Feb. 10, 9 - 10:30 a.m., Senior Center, Tville

Instagram is a popular visually-oriented sharing social media platform. The lecture offers an overview of some of the site's most popular features and the workshop will provide an opportunity to set up an account with a "hands-on" experience. Registration is required by Feb. 7.

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Resource and Benefits Program

For those who wonder if they are receiving all of the benefits or services available to older adults, the Davidson County Resource and Benefits Specialist can provide information about different programs and resources in the county. These include services such as assistance with home repairs, durable medical equipment, Medicare questions, prescription assistance, financial/budgeting guidance, utilities assistance, food pantries, Meals on Wheels and many others.

The Benefits and Resource Specialist can also meet with you to complete an online tool called Benefits Checkup. This platform can assess whether you can get help from programs before you apply. Questions can be answered anonymously and if eligible for specific programs or benefits, information will be provided or the Resource and Benefits Specialist can assist you with applying online.



Call Senior Services at 336.242.2290 for additional information.

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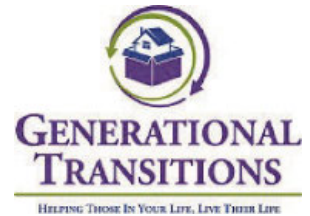
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VOLUNTEER SPOTLIGHT

Giving is Contagious!



Cindy Tapp loves to help others. As a child she was greatly influenced by her father who volunteered with Hospice for almost 20 years. Now in her retirement, she is following in his footsteps by brightening the lives of seniors across Davidson county.

Tapp thought that when she retired she was going to busy herself flipping furniture, but as she was checking into that possibility, a lady she was working with told her about Meals on Wheels, and she decided to give it a try.

So shortly after retirement, Cindy found herself delivering meals one day a week in the Thomasville area. She loved being with the people on her route so much, that after a short time she called Senior Services and requested a *second* delivery day each week—this time on a different route. It only takes

around two hours to deliver a route, so from her early retirement to the present time, Tapp has delivered meals every Tuesday in one area of the county and every Thursday in another!

When asked *why* she delivers Meals on Wheels, Tapp's response is simple, "It is **such** a blessing...to see these people and talk with them! I **love** the older people, I would love it if I could take six hours to deliver a route!" That kind of an attitude rubs off on the clients she delivers meals to, making her a source of life and hope to those she talks to every week as she brings them meals.

That kind of attitude is also infectious to those close to her. One of her friends is preparing to deliver Meals on Wheels in Forsyth County. In a few months Cindy will leave NC for a new home in another state where she has already been inquiring about delivering meals. Her family in that state is already delivering meals.

If she was not leaving soon, Tapp said she would be interested in delivering meals three days a week. That kind of kindness is contagious! Have you ever considered giving joy, comfort, and encouragement, to those in the area you live in? If you would like to learn more about Meals on Wheels, call 336.474.2646 or email chris.bitterman@davidsoncountync.gov