

Senior News

Serving **AUGUSTA** & the CSRA
Information For Ages **50 PLUS!**

*Great Events for
the Holidays!*

Story on page 8

December 2017
Vol. 31, No. 12

Gorgeous lights displaying
at the Festival of Lights

Taking Care

Make Your Home Safe For Older Visitors... Simple Steps To Reduce The Risk Of Falls

by LISA M. PETSCHÉ

Did you know that falls are the primary cause of injury and hospitalization for older adults, and that half of those injured do not regain their former level of independence?



Lisa Petsché

Health- and age-related changes that contribute to falls include arthritis, decreased sensation in the feet (known as peripheral neuropathy), loss of strength, visual impairment, balance problems and the use of certain medications.

Hazardous conditions in home environments are the other major cause of potentially serious spills.

If guests to your home this holiday season will include frail relatives, extra planning and preparations are advisable, to help ensure their safety.

Planning Ahead

Before extending an invitation, determine if senior relatives have spe-

cial needs or limitations. Then go through your home and the surrounding property to check for potential problem areas. Consider the following:

- Is parking available close to the entrance? Are the driveway and walkways level and in good condition?
- Are entrances and interior doorways wide enough to accommodate a walker or wheelchair? If a prospective guest uses one, find out the width of it and measure to be sure.
- Are all areas of your home that guests will need to access – entrance, living room or family room, bathroom, dining area if there's going to be a meal, and sleeping area if they're staying overnight – on one level? If not, are prospective guests able to navigate stairs? If entrance steps are the only barrier, look into renting a portable ramp from a medical supply store.
- Are porch steps and interior stairways in good repair, and do they have a non-skid surface? Are steps evenly spaced and moderate in height? Are there handrails – preferably on both sides – and are they secure? (Ideally, rails should project past the top and bottom steps.)

• Is there adequate lighting throughout your home, including in closets, hallways and stairwells? (If necessary, get battery-powered dome lights that easily attach to the wall.) What about at entrances and along outdoor paths?

• If your home can't accommodate an older relative's needs, take him or her out to a restaurant that's accessible. If you're organizing a family gathering that includes him or her, consider another member's home, a restaurant with a private dining room or a community hall, depending on the size of the guest list.

Preparing Your Home

- Ensure outdoor walkways are clear of clutter and debris. Be prepared with the necessary supplies for clearing snow and ice.
- Replace burnt-out light bulbs, indoors and out. Consider using higher wattage bulbs in place of low-watt ones.
- Remove clutter in rooms, hallways and stairwells. If necessary, rearrange furnishings so guests can move within rooms freely and easily. Relocate excess pieces to a spare room.
- Put away furnishings on casters. Also remove items that might pose a tripping hazard, such as footstools and floor plants.
- Ensure walkways are clear of electrical and telephone cords.
- Don't allow decorations to block doorways or pathways through rooms. Be prepared to scale down decorating if necessary – for example, by using a tabletop tree instead of a

full-size one.

• Collect pet toys and stash them away. Do the same with grandchildren's toys, unless your guests will include youngsters, in which case keep all toys in the corner of one room.

• Ensure throw rugs and scatter mats have a non-skid backing. Better yet, remove them, since they're one of the most common causes of falls.

• Have non-skid slipper socks available if you wish guests to remove footwear at the door. Be aware, though, that some older folks may need to keep their shoes on to ensure proper support.

During The Visit

- Keep lights on in all areas guests might need to access, both inside and outside.
- Keep pets – especially high-energy kittens or puppies – in an area separate from the entertaining zone, so they don't startle guests. Bear in mind that sleeping cats and dogs are also a tripping hazard.
- Reserve for senior guests some chairs that have arms; the higher and firmer the seat, the better.
- Be cautious about serving alcohol, which can impair balance.
- If a guest experiences a dizzy spell, have him or her immediately sit down until it passes, and rise slowly when they're ready to stand.

Lisa M. Petsché is a medical social worker and a freelance writer specializing in boomer and senior health matters. She has personal experience with elder care.



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theledges@comcast.net



Jimmie Dyess Symposium slated for January 11, 2018

Special to Senior News

The Augusta Museum of History is proud to present the Jimmie Dyess Symposium. The eighth annual Symposium will be held on Thursday, 11 January, 2018 at 5 p.m. The Jimmie Dyess Symposium honors individuals for Valor and Civic Contributions.

This very special symposium has been created and developed to recognize a native Augustan's courage as both a Civilian and a Marine and to identify others who have shown similar valor or made civic contributions above and beyond the call of duty. This event supports six worthy causes. No other fundraising event in the CSRA has such a wide impact.

The symposium will include remarks by Major General Perry Smith, who served thirty years in the United States Air Force.

Three individuals will be honored with the Symposium's 2018 Distinguished American Award. Honorees and speakers for 2018 will be Medal of Honor Recipient Roger Hugh Charles Donlon, a retired United States Army Colonel. He was the first person to receive the Medal of Honor in the Vietnam War, as well as the first member of the U.S. Army Special Forces so honored; Mr. Vince Dooley, one of college football's greatest coaches and a generous supporter of many causes; and Barbara Meshad Dooley a very active supporter of worthy causes including Easter Seals, Special Olympics, and Winship Cancer Center. In their own way, these individuals have given a lifetime of service to this nation and to their fellow citizens.

Please come and join us for this special evening! For more information on the Symposium please contact the Museum at 706-722-8454.

Agency Alert

Medicare and YOU in 2018!

by KATHLEEN ERNCE
Executive Director, The Senior
Citizens Council Augusta, Georgia
kernce@seniorcitizenscouncil.org

Many Medicare beneficiaries will pay higher monthly premiums next year for outpatient coverage, an expense that will eat away at an increase in their Social Security checks, the government announced late November 17, 2017. The news about "Part B" premiums was buried in the fine print of a notice issued by the Centers for Medicare and Medicaid Services.

"For many seniors living on fixed incomes this could be a concern," said the Kaiser Family Foundation. "People who are expecting an increase in their Social Security checks because of the cost-of-living adjustment may be disappointed."

Although the standard Part B premium will stay the same next year – \$134 a month – many benefi-

ciaries will still have to pay more. That's because their Social Security checks are going up 2 percent after several years of little or no cost-of-living raise.

Many of those affected are now paying \$109 a month, so they'll owe \$25 more. The government didn't release specific estimates of the number of people who'll be paying the higher rates.

By law, increases in the Part B premium can't exceed increases in Social Security benefits. But several years of low inflation have put a damper on Social Security cost-of-living adjustments. Medicare responded by keeping premiums stable for many beneficiaries. But now that Social Security checks are growing again, so will premiums.

Medicare's announcement said the Part B deductible will stay the same next year, \$183. That's the annual amount patients pay for medical services before Medicare coverage kicks in. The inpatient "Part A" deductible will go up by \$24, to \$1,340.

Many seniors purchase private insurance (Medigap or supplemental policies) to cover their Medicare deductibles and co-payments. But

the monthly Part B premium that is paid by most beneficiaries, except those with very low incomes, and

the premium is generally deducted from retirees' Social Security checks.

Public Hearing: Services for Age 60 and Older and Persons with Disabilities

Submitted by
JEANETTE CUMMINGS
Director, Area Agency on Aging
A Division of the CSRA Regional
Development Center

Written remarks may be submitted as part of the official record and sent to:
jcummings@csrarcd.org or mailed to: Area Agency on Aging, 3626 Walton Way Extension, Suite 300, Augusta, GA 30909.

The CSRA Regional Commission Area Agency on Aging (AAA) invites you to a public hearing on Wednesday, December 13, 2017 from 10:00 a.m. 11:30 a.m. at the McDuffie County Senior Center, 304 Greenway Street, Thomson, GA 30824. The hearing will provide an opportunity for seniors, caregivers and individuals with disabilities to voice their recommendations regarding services available and services needed.

Individual Comments are limited to three minutes and a group discussion will follow individual testimony.

The AAA provides home and community-based services to seniors, caregivers and people with disabilities. These services include congregate and home delivered meals, information and assistance, case management, advocacy, legal assistance, in-home care, caregiver support, respite care, chronic disease self-management, medication management, options counseling and wellness programs. The Agency serves 14 counties: Burke, Columbia, Glascock, Hancock, Jefferson, Jenkins, Lincoln, McDuffie, Richmond, Screven, Taliaferro, Warren, Washington and Wilkes.

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Johnathan Chappell, MD
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Senior News & Views of Georgia

Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please email it to seniornewsga@cox.net or mail it to Senior News, 214 Wilsons Creek Bend, Bonaire, GA 31005. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

FAMILY

by Sandy Straughan

*Thanksgiving and Christmas are very special times!
We enjoy being with Family... it is sublime!*

*On Thanksgiving we share what we are Thankful for...
Food... Family... Fellowship...
Love... All Four!*

*Christmas is Christ's day of birth,
Our Family sharing at this time is worth!*

*Love, Caring, Giving of ourselves
to help those in need,
Is a precious time indeed!*

*Family is "Special" and always
will be,
For people everywhere... for YOU
and me!*

CHRISTMAS GIFT

by Shirley Glisson

*Christmas is for kids they say,
With Santa, toys and reindeer,
Christmas trees and lights that blink,
And little hearts so full of cheer.*

*Tiny elves fill Santa's sleight,
As he readies for his flight.
Soon you'll hear the sleighbells ring,
As he dashes through the night.*

*Tiny tots are all tucked in,
But find it hard to sleep,
With visions dancing in their heads,
Of sugar plums and fancy treats.*

*But Christmas isn't just for kids,
It's for a special few.
Who celebrate the Saviour's birth,
As we have come to do.*

*There are gifts for all so neatly
wrapped,
Beneath the Christmas tree.
But the most expensive give of all,
Some still will not receive.*

*It has no monetary value,
To buy it you cannot.
To work for it is hopeless,
With blood this gift was bought.*

*If you have not received this gift,
Just open your heart's door.
And you will find Him waiting
there,
Where He has been before.*

*He'll give you life and peace and
joy,
And meet your every need.
Won't you accept this gift of love,
Why not now on Him believe?*

Opinion

The meaning of POW/MIA

by DANIEL W. GATLYN, USN Ret.
Minister/Journalist

Those citizens born before our major conflicts are substantially acquainted with the term POW and MIA! And those who have become Prisoners of War, or are Missing in Action, depend on the knowledge and loyalty of fellow Americans to trumpet their cause and stance. We have just passed another Veterans Day; where most are reminded of the innumerable Veterans who have served with the Armed Forces of our Nation; their sacrifice for our liberties; and, their plight to measure up mentally,

psychologically, and physically. Hopefully, all will agree that they are deserving of our accolade and support.

A youngster on the nation's academic circuit recently asked the meaning of POW (rhyming with NOW). Though ready for college, she had no idea what the letters POW or MIA stood for. Her lack of knowledge surrounding these terms, is tragic; and, proof that historical instruction is in deficit. It is also the rationale for my commentary.

POW stands for Prisoners of War, MIA for Missing in Action; and, includes the thousands who never returned. The statistics of those who rendered their best are staggering, and should never be taken for granted. And, while most are ready to support our Wounded Warriors, a majority of Americans have never really considered what it means to be totally disenfranchised from all liberties far from home. An ex-POW can enlighten you on the despondency and the excru-

ciating miseries involved.

A majority of American adults are familiar with the loss of warriors in conflicts around the globe – and mourn with next of kin as they are laid to rest. While the mainland has been substantially spared, the arrival of body bags or caskets containing remains of those who gave their all has become a spasmodic, yet continual occurrence; and, we cringe at each disturbing moment. And even though the National News Channels advise of those who have been captured, or are missing in action, this status remains a mystery to millions of our citizens. It is safe to relate that the status of POW or MIA absolutely "takes the wind from our sails" like no other news – and for the victim it is often worse than death! The Geneva Accords enacted years ago, supposedly sets down limits of allowed treatment of prisoners, yet the record for those held against their will is generally atrocious – being bereft of adequate food, medical care, and communication with families.

It is my aim, in multiple columns, to acquaint our readers with basic information surrounding these dire circumstances of war; and, hopefully arouse your empathy and concerns. Entire books have been penned by those who have experienced such horrible treatment; with only a minimal indulgence within the ranks of readers, especially with the younger generation. Subsequent phrase will include a host of information, including statistics, and the thousands who are still missing from our ranks! Please be apprised of those who have left the scene – many on a permanent basis – and all for your freedoms.

Senior NEWS

Newspapers & Website

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For Details!

BBB Tips on Fun Run Events

by **KELVIN COLLINS**
President/CEO, BBB of Central
Georgia & the CSRA, Inc.

In recent years, the number of Fun Runs – themed races such as Color Runs, Foam Runs and Mud Runs – offered to racing enthusiasts and beginners have skyrocketed. These races are sold as fun but runners take them very seriously and unfortunately, some have left hopeful racers very unhappy. Though many of these races deliver on their promise of fun and adventure, there have been some issues in regard to races of this nature.

Last month, BBB issued an alert on FitGeek Events, who began receiving complaints for the sudden cancellation of all Muddy Mortal events originally scheduled to be held in 24 cities across the nation. According to the organizer's website, they have "proceeded with the dissolution and bankruptcy process". In the last couple of years, a number of 5K Foam Fest races – including events scheduled to be held locally – were canceled after previous races fell through without notice. Issues with races aren't just limit-

ed to Fun Runs but can include longer marathons.

Whether you're thinking about participating in a themed Fun Run or a much longer race, here are some BBB tips to help you avoid potential obstacles and common pitfalls:

Do your research. Check out the race organizer's BBB Business Profile and look online for additional information before signing up. Read customer reviews from runners who have participated in previous races or events.

Don't be fooled by a well-designed website. Scammers can easily create an official-looking website. Look for misspellings or poor grammar, which is a sign you might be dealing with fraudsters.

Check the local venue. Contact the park or host venue to confirm that the event is on the calendar. It's also a good idea to contact city officials to ensure race permits have been obtained.

Pay with a credit card. Charges made on a credit card can be disputed after a purchase, whereas debit, cash or wire transfers are tougher to dispute.

Understand the terms and

conditions. In a lot of cases, promoters say right on their websites that they don't offer refunds. However, many consumers don't read the fine print before hitting "I agree" when registering for a race.

Keep documentation of your order. After completing the online registration process, you should receive a confirmation receipt. Print out and keep a copy of the confirmation and any supporting documentation for future reference.

Check out the charity. Many fun runs are for-profit, but some have a charitable aim. If race organizers claim a portion of the proceeds will go to charity, ask for more details. Contact the charity to make sure there's a connection. You can also do your research at give.org to make sure your donation is going to a trustworthy charity. Be wary of sound-alike names similar to those of more established charities.

File a complaint. People who have issues with a race should file complaints at bbb.org and through their state's Consumer Protection's Office.

Fun Runs can indeed be fun, but have also led to headaches in some cases. Just as it's a good idea to stretch out and train before undertaking a race, it's also a good idea to do your research ahead of time to ensure your fun run delivers the goods.

For more trustworthy consumer tips, visit BBB.org.

Kelvin Collins is President/CEO of the Better Business Bureau serving the Fall Line Corridor, serving 83 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina. This tips column is provided through the local BBB and the Council of Better Business Bureaus. The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. Questions or complaints about a specific company or charity should be referred directly to the BBB by visiting bbb.org, by emailing info@centralgeorgia.bbb.org, or by calling 800-763-4222.

ELI'S
Bethlehem Inn
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SHOW DATES & TIMES

Thursday, November 30	- 7PM
Friday, December 1	- 7PM
Saturday, December 2	- 6PM
Monday, December 4	- 7PM
Thursday, December 7	- 7PM
Friday, December 8	- 7PM
Saturday, December 9	- 6PM

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The next **OPEN HOUSE** will be held in January 2018. Location and date will be announced in the next edition of Senior News.

**For more information and listings please
call Valerie Greene at 706-863-2390
or Email: v.greene@jensencommunities.com
www.jensencommunities.com**

Additional Senior Services & Events Information Available at www.seniornewsga.com

**AUGUSTA/CSRA METRO AREA
Senior Services & Events
Directory**
For additional Services & Events
listings, please visit our website at:
seniornewsga.com.

The Senior Citizens Council
4210 Columbia Road, Suite 13A,
Martinez, GA 30907; 706-868-0120
www.seniorcitizenscouncil.org

The Senior Citizens Council is
open Monday through Friday for the
following services:

- Advocacy Programs Department –
including: Caseworker Services -
Caregiver Respite, Referral
Information and Support (CRRIS);
Bill and Money Management
(MAP); Senior Health Insurance and
Education (SHINE) - the Center for
the Prevention of Elder Abuse,
Neglect and Exploitation.
- The Senior Corps Department:
Foster Grandparent Program (FGP)
and Senior Companion Program
(SCP) for income-eligible persons
age 55 and older who “serve up to
20 hours a week with special needs
children or adults.” Call us at 706-
868-0120 for complete details. The
Retired and Senior Volunteer
Program (RSVP) for individuals
looking for “fun and rewarding ways
to make a difference in the commu-
nity” or just get out-of-the-house a
few hours a month. RSVP recruits
individuals age 55 and over for the
opportunity to apply their skills,
expertise, and experience to help
meet critical community needs while
meeting other like-minded folks in

our community. RSVP pairs talented
volunteers with a variety of local
nonprofit, health care, governmental,
and faith based organizations to
assist these groups with meeting the
needs of those they serve. Please call
us at 706-868-0120 for details on
any of our programs or make an
appointment for a needed service.
Our physical address is 4210
Columbia Road, Suite 13A,
Martinez, GA 30907, Monday
through Friday, 8:30 a.m. to 5:00
p.m.

CSRA Senior Life Enrichment Centers

Over 60? Do you enjoy socializ-
ing, parties, cards, crafts, Bingo and
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healthy and active? Are you tired of
eating lunch alone?

If you answered YES to these
questions, check out a Center near
you!

• Blythe Area Recreation Department

Patricia Strakosch, Brenda Buck
3129 Highway 88, GA 30805; 706-
592-6668

• Carrie J. Mays Recreation Center

Kristy Banks, Tammy Olive
1015 11th Ave., Augusta, GA 30901;
706-821-2831

• Henry H. Brigham Senior Center

Heather Koons
2463 Golden Camp Rd., Augusta,
GA 30906; 706-772-5456

• McBean Community Center

Dana Pettigrew, Willamae Shaheed
1155 Hephzibah/McBean Rd.,
Hephzibah, GA 30815; 706-560-
1814

• Sand Hills Community Center

Brandi Robertson, Linda Taylor
2540 Wheeler Rd., Augusta, GA
30904; 706-842-1912 or 706-842-
1916

• McDuffie Woods Community Center

Frank Booker
3431 Old McDuffie Rd., Augusta,
GA 30906; 706-771-2656

• New Bethlehem Community Center, Inc.

Sheridan Glaze
1336 Conklin Ave., Augusta, GA
30901; 706-722-0086

• Columbia County Senior Center

Christie Lowe
5913 Euchee Creek Drive,
Grovetown, GA 30813; 706-556-
0308

• Burke County Senior Center

Jackie Brayboy, Sherry Moody
717 W. 6th St., Waynesboro, GA
30830; 706-437-8007

• Glascock County Senior Center

Anita May
568 Brassell Park Ln., Gibson, GA
30810; 706-598-3050

• Betty Hill Senior Citizens Center

Knakia Huff
330 Waters Work Rd., Sparta, GA
31087; 706-444-7532

• Harlem Senior Center

Sabrina Threet
405 B West Church St., Harlem, GA
30814; 706-449-8400

• McDuffie Senior Center

Kimberly Ivy
304 Greenway St., Thomson, GA
30824; 706-595-7502

• Jenkins County Senior Center

Errand Drake
998 College Ave., Millen, GA
30442; 478-982-4213

• Jefferson County Leisure Center

Tammie Bennett
1841B Highway 24 West, Louisville,
GA 30434; 478-625-8820

• Lincoln County Senior Center

Pam Parton
160 May Ave., Lincolnton, GA
30817; 706-359-3760

• Sylvania Senior Center

Cathy Forehand
209 E. Ogeechee St., Sylvania, GA
30467; 912-564-7727

• Taliaferro County Senior Center

Velma Harris
119 Commerce St., Crawfordville,
GA 30631; 706-456-2611

• Warren County Senior Center

Porsha Johnson
48 Warren St., Warrenton, GA
30828; 706-465-3539

48 Warren St., Warrenton, GA
30828; 706-465-3539

• Washington County Council on Aging

Lynne Beal
466 Maurice Friedman Rd.,
Sandersville, GA 31082; 478-552-
0898 (Mon., Tues. and Thurs.); 478-
552-0013

• Wilkes County

Diana Hall
108 Marshall Street, Washington,
GA 30673; 706-678-2518

• Shiloh Comprehensive Community Center

Elizabeth Jones
1635 15th St., Augusta, GA 30901;
706-738-0089

Aiken County Parks, Recreation & Tourism

902 Vacluse Rd., Aiken, SC 29801;
803-642-7559;
www.aikencountysc.gov/tourism

Courtney Senior Center

49 Roy St., Wagener, SC; 564-5211
• Senior Bingo: 3rd Fri., 2 p.m., Free
• Canasta Club: Wednesdays, 12
noon, Free

Harrison-Caver Park

4181 Augusta Rd., Clearwater, SC;
593-4698

Aiken County Recreation Center

917 Jefferson Davis Hwy.,
Graniteville, SC; 663-6142

Roy Warner Park

4287 Festival Trail Rd., Wagener,
SC; 564-6149

Augusta Area Libraries

Headquarters Library
706-821-2600; TTY: 706-722-1639;
823 Telfair St, Augusta, Mon-Thu, 9-
9; Fri-Sat, 9-5:30. Sun, 2-5:30

Hearing Loss Association of Augusta

Meetings are normally held on
the 3rd Saturday, 11 a.m.-1 p.m.,
September-April except for
December, at University Hospital,

continued on page 7

General Business Directory For Seniors



TrueCare Personal Care Home
We provide peace of mind
Welcome to a place you'll truly love to call home.
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- Fully trained caregivers
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We Speak Spanish.
1909 Central Avenue • Augusta, Georgia 30904
706-364-1412

Goodwill NEEDS YOU!



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YOUR TIME
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CALL: Mid GA: 478-475-9995
OR CSRA: 706-650-5760

To find a location near you, visit
www.goodwillworks.org

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706-407-1564 • seniornewsga@att.net

Billy Tucker
478-929-3636 • seniornewsga@cox.net

EVENTS

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1350 Walton Way, Dining Rooms 1-3. For information on the organization please contact Gayle Tison at g.m.tison@wowway.com.

Hephzibah Lions Club

Meets the 2nd & 4th Thursdays, 7 p.m., Jesse Carroll Community Center, Windsor Spring Rd., Hephzibah. For additional information contact Lion Frank Spinney, President, at 706-592-5618 or Jon Winters at 706-592-9622 or 706-833-0458.

Morris Museum of Art

1 Tenth Street at Riverwalk in Augusta Riverfront Center. Call 706-724-7501 for more information or visit the Museum's website at www.the.morris.org.

• Create With Me: 'Tis The Season!: Thurs., Dec. 7, 10:30-11:30 a.m.

• Southern Soul & Song: Suzy Bogguss: Fri., Dec. 15, 7:30 p.m.

Augusta Museum of History

560 Reynolds Street in downtown Augusta. Call 706-722-8454 for events information.

• Happy Holidays: Story on the Polar Express: Dec. 18

• Brown Bag Series: An Overview of Business Development in the River Region, Dr. Lee Ann Caldwell: Jan. 17

Lucy Craft Laney

Museum of Black History

www.lucycraftlaneymuseum.com
Call 706-724-3576 for events information.

USA DANCE Augusta Chapter 6074

Every Third Saturday of the Month

The USA Dance is a National Dance Organization. Our Chapter 6074 focuses on the Augusta and Aiken areas. Our dances are held on the THIRD SATURDAY of each month. The dance is held at

American Legion Post 63, 90 Milledge Rd., Augusta, from 7:30 to 11 p.m. Lessons at 8 p.m. If you are able, please bring something sweet or savory for the goody table. Tasty food, the best dance floor in the CSRA, great music, a friendly and welcoming atmosphere all add up to a perfect Saturday evening experience. Cost is \$8.00 for USA Dance members or \$10.00 for non-members. For additional information call Kay Cooke at 706-210-8780 or Rudy Brostrom at 803-442-9337. Join us for an evening of fun and fellowship!

Augusta Christian Singles Dance

Dances are at 7:30 p.m. with complimentary dance lessons at 6:30 p.m. Admission will be \$10.00 for guests and \$8.00 for members. Light refreshments will be served.

Located at The Ballroom Dance Center, 525 Grand Slam Drive, Evans, GA 30809.

Friday Night Dance

Every Friday, 8-11 p.m., American Legion Post 63, 90 Milledge Rd., Augusta. With band or DJ. \$10 cost. Free coffee and cake. Everyone welcome. Call 706-733-5184.

DBSA (Depression Bi-Polar Support Alliance)

Meets the 3rd Tues. of every month at 6:30 p.m., First Baptist Church of Augusta, Walton Bldg., Room 105., 3500 Walton Way Ext., Augusta. Call 706-722-0010 for complete details or the Friendship Center (see Augusta phone book for number).

Alzheimer's Caregiver Support Group

Meets 3rd Tues., 6:30 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3591 or 706-854-3501.

CSRA Parkinson Support Group

Meets monthly, St. John Towers Dining Room, 724 Greene St., Augusta. For details call 706-364-1662.

Area Agency on Aging

30-minute aging services information session, 3rd Thursday each month, 1 p.m. KROC Center Augusta, Senior Lounge, 1833 Broad Street. Registration not required. Contact April Young, Resource Specialist, 706-210-2022 or 706-210-2018.

Harmony River Chorus of Sweet Adelines International

Local chapter includes the Augusta, North Augusta and Aiken area of women ages 18 to 80 who love singing Barbershop style music. Open rehearsals are every Thurs., 7-9 p.m., at the North Augusta Church, 600 W. Martintown Rd., North Augusta, SC. For additional information contact Judy Tobin at 706-877-2715 (GA) or Connie Waiswiler at 803-522-0552 (SC) or visit website: harmonyriverchorus.org.

Washington Historic Home Tour

Saturday, December 9, from 10 am-5 pm. Free art venues and an evening Holiday Parade of Lights through Downtown Washington – one of the oldest towns in Georgia. The homes on our tour range from antebellum mansions to early twentieth century cottages – all decorated for the season. After eating at one of our restaurants on the Square, shop for unique gifts at our antique and boutique shops! Washington is located in East Central Georgia – one hour from Athens, one hour from Augusta, and two hours from Atlanta. Children are welcome! Tickets \$30 at

www.historyofwilkes.org. Sponsored by the Washington-Wilkes Historic Foundation.

"Will" you be prepared?: Wills and Advance Directives Workshop

"Leaving a Lasting Legacy: Advance Directives and Wills," a joint venture between AARP Georgia and Augusta-Richmond Public Library System is a workshop that will help attendees learn how to ensure that their wishes are protected. This FREE event will help individuals communicate last requests.

Thursday, Dec. 7, 11:30 am to 1 pm at the Headquarters Library, 823 Telfair St., Augusta. To register for this free event go to <https://aarp.event.com/AugustaLeaveaLastingLegacy> or call 1-877-926-8300.

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On the Cover

Great Events for the Holidays

by CAROLYN BRENNEMAN

The December holidays are finally here and they bring many festivities to the CSRA. It is a special time for reflecting, sharing, receiving, and enjoying time with friends and family. Every year, as the Christmas holidays approach, there are many unique and dazzling treasures and shows that are right here in our own CSRA.

One of the very special showings is the Lights of the South which displays all through December, and is open from 6 pm to 10 pm. You can walk around the dirt path and stop at many areas to view the gorgeous lights. Or you can catch the tractor-hay wagon ride which is quite fun going in the dark areas of the woods. There are also carriages you can sit in and a large area with camp fire pits to roast some marshmallows or to make smores and enjoy hot chocolate. All in all, it is great Christmas fun and a nice enjoyable together time with the family. Also, keep your eyes opened for the old shack – it has some surprises and it is something not to miss. There are many storybook characters made out of lights and there is also the world's largest vertical American Flag made with Christmas lights. Get in the Christmas Spirit listening to holiday music while walking through this

spectacular fantasy forest of over 5 million lights. The Lights of the South is located off the I-20, Appling/Harlem exit 183 near Grovetown. The address is 633 Louisville Road, Grovetown, 30813. For more information call 706.556.6623.

Every year, another noteworthy event is the Festival of Nine Lessons & Carols, which will be presented on Tuesday, December 5th, at the Guild of Sacred Heart Cultural Center. This marvelous event is under the direction of Keith Shafer and based on the traditional English Christmas program that originated at King's College Chapel, Cambridge University, England. The night will feature readers and St. John United Methodist Church Choir and Creative Impressions. For more information call 706-826-4700.

We are thrilled that Augusta will present the upcoming, "Annie Moses Band" at the Jabez S. Hardin Performing Arts Center on December 20th, at 7:30 pm. The Annie Moses Band performs a blend of folk and classical music and is comprised of extraordinary musicians from the same family. They call their style chamber pop, and it is a blend of classical, jazz and pop, mixed with some country music. They have been performing all over the world for over 10 years and the innovative sound has delighted audiences all around the world. We will not want to miss this great talent!

The Jabez Center is located at 7022 Evans Town Center Blvd, in Evans. Call (706) 726-0366 for more information.

So get ready for the holidays and make your plans and take part in sharing with family and friends this Christmas holiday!



Annie Moses Band



Rosie ready for the holidays



Gorgeous lights displaying at the Festival of Lights



Merry Polar Bear Ornaments. \$13 each in the Morris Museum of Art Store. Collect all six!