

Senior News

Serving **MACON** & CENTRAL GEORGIA



*Silver Spurs
still jingling!*

Story on Page 2

September 2009
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On the Cover

Silver Spurs still jingling!

by FAYE JONES
Editor

COVER: Silver Spurs
Front, seated left to right: Peggie Grantham, Margaret Fordham.
Left to right: Katherine Woodard, Shirley Giles, Diane Vann, Juanita Curl, Joan Wood. Not pictured, Glynda Dooley.

The amazing line-dancing group, The Silver Spurs are still going strong – not only in the Macon area but across the state as well. A call from Katherine Woodard last week informed us the group is on a quest to introduce more seniors in this area to the joys and health benefits of dancing.

So, what are they doing? Each Monday from September 28 through November 2 this fabulous group of seniors will be teaching free dance classes at Bloomfield Park from 6 p.m. to 7 p.m. Remember, classes are held only on Mondays. Spurs teacher Shirley Giles will teach the class. She has the reputation of being one of the best senior dancers in this area.

Other dancers will assist her. And this is all free! All you have to do is come out and dance, dance, dance. We can hardly wait!

The Silver Spurs dance team was started in 1996. They go to all nursing homes, assisted living facilities, fairs, arts and crafts events and wherever they are invited. One of their favorite shows is the massive Gay, Georgia Fall Festival where they will dance again this year.

There are eight members from Middle Georgia. One hails from Lizella, one from Warner Robins and the other 6 are from Macon. Ages range from 57 - 81. They practice every Monday 10:00 - 12:00 at Bloomfield Recreation Department off Rocky Creek Road on Lions Place and visitors are always welcome to come watch.

After practice they go to lunch and always furnish their own transportation. They also furnish their matching shirts and pants. They are strictly volunteers who bring a lot of joy to seniors here. While visiting in nursing homes, they dance with patients in wheel chairs. Katherine says it is such fun and they get so much fulfillment from making patients smile.

Margaret Fordham, the dancer who started this team, left in 2004 but returned in 2006.

Members of the Silver Spurs are: Juanita Curl, Glynda Dooley, Margaret Fordham, Shirley Giles, Peggie Grantham, Diane Vann, Joan Wood, Katherine Woodard.

You may call Katherine for additional information at 478-781-7150; cell 478-954-9735.

Get your name in the hat early for free dancing lessons. It will be an experience you don't want to miss. Get the word out. Bloomfield Park is convenient to all.

National photographers descend on Georgia this September

SlowExposures:
A Juried Exhibition Celebrating
Photography of the Rural South
www.slowexposures.org
Friday, September 18th through
Sunday, September 27th, 2009
Williamson, Pike County, GA

Special to Senior News

Photographers from New York to Florida, from Massachusetts to Oklahoma – eighteen states total – have submitted their works for the 2009 edition of SlowExposures, the nationally recognized juried photo exhibition held annually in Pike County that realistically captures the rural South's character through fine art photography.

The seventh edition of the free photography showcase will move to the newly created Candler Field Museum in Williamson. Located one hour south of the Atlanta International Airport, SlowExposures attracts hundreds of visitors each year.

The two-week celebration also includes cutting edge seminars, satellite shows and the traditional, black tie SlowExposures Ball on Saturday, September 26th at the new Barnstormer's Grill. This year partygoers will dine and dance surrounded by the one hundred show images from all over the United States and the museum's collection of meticulously restored antique autos and planes.

In addition to the main events in Williamson, a map featuring a driving tour of satellite shows and historic sites throughout Pike County will be available for visitors.

SlowExposures is the annual fundraiser of Pike Historic Preservation and is dedicated to supporting the historical and cultural heritage of the rural south through contemporary photography. All proceeds from the show and the dinner/dance go to the preservation of Pike County's historic buildings and landscapes.

For more information, please visit www.slowexposures.org or contact Slow Exposures, P. O. Box 489, Zebulon, GA, 30295, 770-567-3600.

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by **CLAIRE HOUSER DODD**

*For those who are running late:
"The only time the average child is
as good as gold is on April 15."*

Lavern Bayen

Can you believe it's September and everybody is already in school? Some little ones have been there almost a month already! We prefer the old way – later was bad enough and hot enough! Ft. Valley, however, has gone to a four day school. We would have loved that and understand so far most everybody feels the same way. Time will tell.

We really had great theatre in Macon this summer. "Chicago" at the Macon Little Theatre was better than Broadway and the "Producers" at Theatre Macon was just as exceptional. We're still laughing about the gay Nazi nincompoops. They were just too good!

For those children and grands who love mud boggin', Southcreek 2949 U.S. 441 South Milledgeville will hold bogging events the third Saturday of each month. Camping and coolers welcome. \$10 trail fee for dirt bikes, ATVs and UTVs. \$10 admission. Call 478-453-7057 for more info or go to southcreek.us@gmail

Wanna see a "Cowboy Astronomer?" Go to the Museum of Arts and Sciences 4182 Forsyth Rd. 4 p.m. Tuesday - Sunday and 2 p.m. Sat. and Sun. through Sept. 28. Call 477-3232. Free with museum admission.

"Sky Over Macon" is an exciting planetarium event and occurs at 8 p.m. every Friday night at the museum. You may enter through the planetarium doors which will be unlocked at 7:45 p.m. instead of the main entrance. Free, but donations for the live show and talk will certainly be appreciated.

We headed out to the Dauset Trail a couple of weekends ago but got waylaid and went over to Lake Jackson to visit friends instead. We're going to try again soon as it gets cooler. It's a fun trip and close to Macon. 9 a.m. - 5 p.m. Mon - Fri; 9 a.m. - 7 p.m. Sat. noon - 7 p.m. on Sundays. 360 Mt. Vernon Rd., Jackson. Just off GA 42 near Indian Springs State Park, and another fun trip. The live animals at Dauset are fascinating. Call 770-775-6798 or www.dauset-trails.com. Free.

Also along the Jackson Short Route is Juliette, GA, home of Fried Green Tomatoes movie and restaurant. (And the tomatoes are delicious). From noon - 5 p.m., Saturdays and Sundays you may visit the old Juliette mill and see the collection of antique motorcycles and collectables. A good ride for some of you senior motorcycle groups. Call 478-992-9931. Adults \$7. Free for adults 95 and up or those 15 and under. Wonderful things are happening for older seniors! Take advantage of them!

We had such a thrill last night. One of our favorite students from Ft. Valley State University called from West Palm Beach. It was so good to hear from her. She's coming up to Dublin with her parents. We'll go down and meet with them. Her father is a very well known law enforcer in South Florida and she has become a lawyer after teaching or several years. It is so wonderful to hear from dear old students and I can't wait to see her.

We're on Susan McDuffie's com-

mittee to beef up the symphony attendance in this area. Hopefully, Susan and Adrian Gnam will both be able to come to our study club meeting here in Ft. Valley on Sept. 15. Adrian has been maestro of the Macon Symphony Orchestra since 1983 and has done an exemplary job. He speaks of his work at "creating an exceptional level of artistic quality." Larry Fennelly says he's never spoken with a guest artist who was not amazed that a city the size of Macon is home to an orchestra with such a glorious sound. We are looking forward to their program the 15th. We hope you saw the summer issue of Address Macon as it presents a six-page profile of Adrian. It is a free publication and can be found in the library or at some merchants down town.

The other morning we went out to pick up a paper left on the front porch by a friend and discovered (on the other side of the porch) pictures of Doctor Dodd at Johnny and Ginger Mercer's grave plat. We assumed Liz had found them at her house as she'd brought some over earlier, but no, she had not! We are at a complete loss as to where they were and who brought them. Whoever you are, we thank you!

"Johnny Mercer," Too marvelous for words" will be celebrating her 100th birthday of the Savannah, GA native with an exhibit that covers his outstanding career in music for 50 years at the Music Hall of Fame, Martin Luther King, Jr. Blvd. Call 751-3334. You'll probably want to see this more than once. You'll love the opportunity. It'll hang around (pun intended) until 6/6/10.

We're hoping Johnny's niece and our friend will be down soon to see it. We always go up to Atlanta and join her in the festivities honoring Johnny at the Civic Center and other places. It's always a fun show in Atlanta. The one here will be more of an exhibit, but still fun.

The Big Bash in Forsyth was a rip-roaring success as usual due to Mike Griffin and his faithful crew. It's a fundraiser for the old Legion Hall, invitation only, band, food and the whole nine yards. Congrats to you all.

Coming up in October, the Battle of Byron will proudly present their first annual Fall Festival and Chilli cook-off. The prize for the best chilli cooked that Saturday of Oct. 24th will be \$200. This is a great opportunity for businesses as well as individuals to become better

known in the community and to present their business cards by entering the Big Chilli Cook-off. For more info on how to enter – battleofbyron.com.

Besides, all these good eats cooking up that day, there will be the Blue Collar Band, a fearful Ghost Tour, a fantastic pumpkin pie and pumpkin carving contest - and a raffle for a computer netbook (a small business laptop). We'll be buying a block of those tickets which are only \$2. We're mentioning this now because you need to sign up early!

We've been to a bunch of meetings lately. Do you know the meaning of meeting? A place that takes minutes and loses hours. Compliments of a friend who wants to remain anonymous and so is our next quote.

"To err is human, but it is against company policy."

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

Isn't it funny to look back over the years and compare our lives then and now? When I first began thinking about it, depression set in. Then I heard a wonderful sermon by Joel Osteen about living my life to the fullest and beginning all over again no matter how old we are or the state of our health. I know that child stayed up all night writing that sermon just for me and it really hit home.

Armed with my new ambition to conquer the earth, I began with the homestead. It began with painting the living room. I soon learned that the huge wall-size window not only needed painting, it needed to be replaced. Nothing but luck was holding it in. I was appalled! Where have I been. Must have been a while since I had washed the thing or I would have noticed that the panes were about to fall out.

Onward and upward, another sweet friend answered my cry for help and in one day installed a new modern, 3-pane window that is lovely. Bad thing is the blinds don't fit anymore. Neither do the curtains. In addition, the remaining three windows in the room need replacing.

Well, there's no need to buy blinds and curtains for the big window until the small ones are replaced. At this writing they have been ordered. In the meantime, I am sitting nightly in a naked living room sans most of the furniture and nothing at the windows. Just hope I

don't get booed by a peeping Tom.

Other than being disgusted with our government at this point, life is good. Dr. Wayne Dyer advised on a recent TV program that when we think of where we are and find ourselves unhappy, we should think of where we want to be and FEEL that we are there. He says feelings bring things about. I am now thinking rich, famous, well-traveled and best dressed. If this works, you dear readers shall be the first to know.

For a bit of laughter, I thought you might possibly enjoy the following quotes from famous people. I found them hilarious.

Sometimes, when I look at my children, I say to myself, "Lillian, you should have remained a virgin."

Lillian Carter
(mother of Jimmy Carter)

I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: "No good in a bed, but fine against a wall."

Eleanor Roosevelt

Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement.

Mark Twain

The secret of a good sermon is to have a good beginning and a good ending; and, to have the two as close

together as possible.

George Burns

Santa Claus has the right idea. Visit people only once a year.

Victor Borge

Be careful about reading health books. You may die of a misprint.

Mark Twain

By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher.

Socrates

I was married by a judge. I should have asked for a jury.

Groucho Marx

My wife has a slight impediment in her speech. Every now and then she stops to breathe.

Jimmy Durante

I have never hated a man enough to give his diamonds back.

Zsa Zsa Gabor

Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat.

Alex Levine

My luck is so bad that if I bought a cemetery, people would stop dying.

Rodney Dangerfield

Money can't buy you happiness... But it does bring you a more pleasant form of misery.

Spike Milligan

Until I was thirteen I thought my name was SHUT UP.

Joe Namath

I don't feel old. I don't feel anything until noon. Then it's time for my nap.

Bob Hope

I never drink water because of the disgusting things that fish do in it.

W. C. Fields

We could certainly slow the aging process down if it had to work its way through Congress.

Will Rogers

Don't worry about avoiding temptation. As you grow older, it will avoid you.

Winston Churchill

Maybe it's true that life begins at fifty; but, everything else starts to wear out, fall out, or spread out.

Phyllis Diller

By the time a man is wise enough to watch his step, he's too old to go anywhere.

Billy Crystal

Don't you love to laugh? It's like walking on sunshine! Have a blessed month and remember, it's almost apple pickin' time! ©8/21/09

Dr. Baggett can be reached at Dunwoody Baptist Church, 1445 Mt. Vernon Road, Atlanta, GA 30338; phone 770-280-1200.

Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.

Spiritual Notes

Teacher's Influence

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Even though summer is still lingering, school children and teachers have returned to the classroom. The stores have been filled with parents getting their children set for the new school year with new clothes and supplies. My grandchildren were bemoaning the fact that all the freedom they experienced from daily classes is over. I think they protested too much! There was a lot of talk of seeing good friends again, band performances, football games and other special activities.

However, kids today face so many more issues than in years past. I remember when I was in "grade" school things were not nearly so complicated. The world was a different place. In many ways, in our day, we were naive, respected authority, and knew if we got into trouble at school, it wouldn't be over when we returned home. This doesn't seem to be the case today.

While students are braving complicated issues in the school room, I am well aware of the teachers and the responsibilities that are on their shoulders. The news is often filled with distressing events that take place in schools. Teachers are attacked by students and parents, and in some instances, have been killed in the classroom. Also, they are daily

besieged with discipline problems. Teachers are expected to play the role of administrators by keeping records, direct cafeteria and bus control, completing numerous forms in addition to preparing lectures and grading papers. Teachers have spent many years in college preparing for their duties as an educator and are so often inadequately compensated for their work.

Teachers are still in the business of influencing the youth of our country. Even with all the issues mentioned above, the teacher's role is critical to the healthy development of our young people. They are in a position to inspire and motivate these youthful minds to reach their maximum potential. May they have the insight and strength to guide their students to be individuals of strong character, honesty, academic inquiry, and faith!

In the book of Proverbs 22:6 we read: "Train up a child in the way he/she should go (and in keeping with his/her individual gift or bent) and when he/she is old they will not depart from it." This familiar passage was written primarily for parents; however, teachers spend many hours a day teaching and training our children. Their influence is profound. As we pray for our children, say a special prayer for their teachers.

Poets' Corner

Lend a Hand By Paul J. Hewitt

As a country we tend to ignore the poor.
And it is very sad indeed.
To help the poor feels so right.
That is when we see God's light.

I do not have to depend on others for food.
I am blessed, He does the rest.
But others do and it is painful for them.
Our helping hands and prayers help them see God's light.

I help the poor and I feel good more and more.
To serve like God did, is to help and not to judge.
We should help the poor every chance we get.

Of A Winter's Day By Henry Newton Goldman

The quietness of this day,
so white like deep
depression in a vacuum -
siphoning out inner
most thoughts; thoughts
caught up watching snowy
crystals twirling and falling
to a beat like dandelion seeds
quietly kissing the earth.
Silhouettes of trees
photographed on smooth
snowy hills by the sun passing
through an aperture of the clouds -
closing its shutter instantly.
Occasionally a wind gust
kicks up dry snow in granular
diamond dust, tumbling quietly like
miniature ocean waves, piling to a
final stop as dunes.
And I retreat once more to my
book of garden poems -
to bring cheer to this dreary day.

The Pulpit By Charlotte Owens Phillips

A young man stood in the pulpit.
Where the preacher would usually
stand,
An open Bible before him,
A few notes in his hand.

"Friends," he began, "I'm nervous.
I tremble as I speak.

If I falter, bear with me,
My voice is very weak.

Tonight is New Year's Eve.
I had planned somewhere to go,
But when I was asked to speak to
you
How could I say no?

Our church has many college
students.
I wish they all were here.
I'll tell you about life at college
And what Christ has meant to me
there."

Then his voice became steady.
His testimony overflowed.
He told of his own experiences,
About those who witnessed for our
Lord.

He spoke of good and evil
And the choice one has to make,
To step out on the Lord's side
Would never be a mistake.

He encouraged the high school
students
To seek a college education,
To listen to their parents and
teachers,
And go without persuasion.

Then, he read from Matthew,
"Seek and ye shall find..."
As he finished the scripture,
He had used his allotted time.

All the time that he was talking
Tears were rolling down my face.
It was my son there in the pulpit
Who stood in the preacher's place.

As I sat in solemn silence,
I unclasped a little boy's hand.
In those few minutes I realized
My son had become a man.

In a whisper of a voice,
I began humbly to pray,
"Dear Lord, I'd like
To turn him over to you today.

I cannot go with him
Through all of his life,
To college, to serve his country,
And when he takes a wife.

But Lord, you will be with him,
Here and in all places.
Bless him with faith, hope and love
No matter what he faces.

Although he is grown now,
He's still a child of thine

Take hold of that little boy's hand,
That I just released from mine.

Ellijay celebrates 38 Fun-Filled Years!

Special to Senior News

The Ellijay Lion's Club, The Gilmer County Chamber of Commerce, and the Cities of Ellijay and East Ellijay invite everyone to join them in celebrating the 38th Year of the Georgia Apple Festival. This year's festival will include over 300 vendors with handmade, hand-crafted items; as well as many on-site demonstrations of how selected types of crafts are made. This year promises new crafts as well as favorites from past festivals. On the "first Saturday only," you'll want to check out the Antique Care Show; and, on the "second Saturday only," join us for a special Apple Festival Parade. There will also be provided a special "Children" section for all the younger guest to enjoy.

The Apple Festival will be held for two weekends this year at the Ellijay Lion's Club Fairgrounds on Saturday and Sunday, October 10th and 11th; and, October 17th and 18th. Saturday hours will be from

9:00 a.m. to 6:00 p.m. both Saturdays and Sunday hours will be from 9:00 a.m. to 5:00 p.m. on both Sundays. Admission is \$5 for adults and children under 10 are free. No pets are allowed except for those assisting handicapped persons.

Since its inception in 1972, the Georgia Apple Festival has enjoyed many years of success; and, 2009 marks the 38th year that Ellijay, Georgia has celebrated its main agricultural product... the apple. Through many years of productive change and excellent growth, the Apple Festival has become known as one of the most well-attended and enjoyable shows in the state of Georgia and beyond! Last year's festival was attended by approximately 50,000 persons.

So, escape to the mountains of North Georgia for a day or two and where you'll find a weekend of fun and entertainment for the entire family.

For additional information on the 38th Annual Apple Festival Arts & Crafts Fair, call 706-635-7400 or visit www.georgiaapplefestival.org.

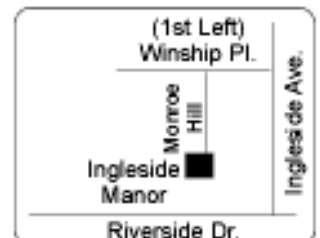
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Warner Robins Little Theatre presents "Driving Miss Daisy" beginning September 11th

Article and Photos
by JOE GASKINS
Director

"DRIVING MISS DAISY" by Alfred Uhry. Directed for WRLT by Jo Gaskin. Presented by the Warner Robins Little Theatre beginning Sep 11, 2009.

How important can a can of salmon be? – (no pun intended, of course!) – Well, to Miss Daisy Werthan, MIGHTY

IMPORTANT! Not only had her newly-hired chauffeur, Hoke Coleburn, removed it from her pantry without asking, but this moment of tragedy represented another small ebbing away of Daisy's control over her house as well as her environment.

Hired by Daisy's son, Boolie, an Atlanta businessman, Hoke actually was a necessary part of her everyday life now, since she was no longer able to drive. Without Hoke driving her car, there would be fewer trips to the Piggly Wiggly for groceries, more dependence on her friends for shared automobile rides to the Temple and to other special events in her life. So, the confrontation occurs – and reveals a new truth about Hoke. As time goes by, Daisy, Boolie and Hoke must all adjust to changing times and to changes within themselves.

Join us for this Pulitzer Prize-winning play (1988), set mostly in Atlanta, Georgia from 1948 to the early



Automobiles from Daisy's childhood: A sedan with whitewalls, raised fenders and a box attached at the back – which served as a tool box and/or a small trunk. The truck features a pushout windshield and sun visor. Both automobiles photographed in Texas.



Left to right: Boolie, Hoke and Daisy. "The Trip to Mobile."

Seventies. LAUGH with us; GASP with us; and ENJOY with us the adventures of Miss Daisy as she teaches us lessons of devotion to family, dependence on the past, and the need for shared help to face a changing future. Presented via special arrangements with Dramatists Play Service, Inc.

Play Dates: September 11-12; 17-20; 24-26, 2009. Showtimes: 8:00 p.m. evenings; 2:30 p.m. for the matinee. Reservations are strongly recommended. Call WRLT at 478-929-4579.



Jerry Walker wrangles the teasers at WRLT.

Ninety years and counting!

by CLAIRE HOUSER DODD

Beautiful as a bride, Marie Terese Johnson Anderson celebrated her 90th birthday at

the Methodist Church's Fellowship Hall in Fort Valley. The lovely decorations were befitting a wedding or a very fancy garden party – even a night time formal dance as there were stars above; a gor-

geous curtained gazebo, a three or four tiered cake, delightful food. It was a seated reception with round tops draped and decorated to the hilt.

Marie hails from South Carolina. Her mother met and married a military American in Paris, France and after three ceremonies came back to the states to start their family.

How wonderful for us. We had this beautiful fascinating teacher here in the valley with international charm, a powerful brain and a love of teaching. She instilled the love of learning in us and kept our attention with her vivid personality!

However, her favorite saying was "I declare" with an accent on the last syllable and yours truly jumped out of her seat at least twice a day wondering what she was doing this time? It always turned out to be nothing, thank heavens.

Consequently, we still love and admire Marie, as do all her former students.

Excuse that. We're all still learning from her every day – sometimes it's about her latest trip to Paris, a grammar point, or when it's the best time to go to the grocery store. The consummate teacher. We praise her for that.

We think all of her students plus all her many friends attended her grand 90th birthday bash. It was gloriously decorated by good friends Sue Humphries, Delise Knight, Kay Whitley, Marcia Shephard, Bambi James, Ann McGehee, Sandra Haga and all four of her children and their families. They were beaming right along with her. There were Ernest, Jr., Ellen, Louise and William. All present to love, respect and honor their mother in this fairyland of a reception.



20th

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LOTTERY

20th Annual Georgia National Fair scheduled for October 8-18



Special to Senior News

The annual, state-sponsored Georgia National Fair, October 8-18, 2009, is a family event celebrating "20 Years of Georgia's Best." The Fair is a "sense-ational" experience. See it. Smell it. Taste it. Feel it. Hear it. Livestock. Food. Exhibits. Midway rides. Concerts.

For 20 years, the Georgia National Fair has made great strides to promote the state's heritage, people, and agriculture. The Fair offers a safe and clean, family-oriented environment. The Fair is well-known for its comprehensive youth and home and fine arts exhibits. The Georgia National Schoolhouse attracts pre-K

through high school students from throughout the state to tour the educational and livestock displays. Midday at the Fair is a special recognition of Fair activities of interest to senior citizens, including free entertainment scheduled in the afternoon.

The Georgia National Fair appeals to everyone with its livestock and horse shows, competitive exhibits, food, midway rides and games, commercial vendors, major concerts, street entertainers, family entertainment, circus, and nightly fireworks.

The Georgia National Fair has been designated a "Top 50 Fair" by Amusement Business magazine and www.carnivalwarehouse.com.

Since its beginning in 1990, the Georgia National Fair has won 81 awards from the International Association of Fairs and Expositions for its livestock and horse events, competitive exhibits, and communications programs. The Fair has been designated a Southeast Tourism Society "Top 20 Event for October" 12 times (1991, 1996, 1997, 2000-2007, 2009). The Fair has received one "Special Events Directory and Events Business News Top 200 Event" award (1997). The Fair was designated one of Southern Living magazine's "Our Best 202 Things About the South First-Prize Fair" (2002).



Left to right: Past President (PP), President Vicky Betrossoff, PP Jack Steed, Member Kenny Kitchens, PP Bob Griggers, PP Ken Asbury and Past District Governor Kenan Kern.

Rotary Club of Centerville wins first Blankenship Award

by JACK STEED

In Rotary District 6920, 65 clubs competed for the Blankenship Cup, named after former District Governor William Blankenship, who died several months after his term, was awarded by the District for the first time. The cup was presented to the Rotary Club of Centerville during a District Meeting on July 15th. The club had the highest capita of (\$293 per member) giving to the Annual Programs Fund during the past three years. The trophy has room for a dozen inscriptions, with plans to have it pass from one winning club to another.

Immediate Past District

Governor (PPG) Kenan Kern said that "The cup is a great way to establish a tradition and do something to remember an outstanding individual." Club president, Vicky Betrossoff said, "The Blankenship Cup Award testifies to the dedication and vitality of the Rotary Club of Centerville. Our members truly practice "Service Above Self."

"Rotary International has recognized District 6920 for its inspiring means of bringing attention to Every Rotarian Every Year (EREY) by the initiation of the Blankenship Cup.

The award was presented to club president, Vicky Betrossoff and Past Presidents Ken Asbury, Bob Griggers, Jack Steed, Joy Hurst and member Kenny Kitchens.

Nationally Certified Diabetes Program.

Right in Your Patients' Own Backyard.

Did you know Houston Healthcare's Outpatient Diabetes Management program is certified nationally by the American Diabetes Association?

With a staff of four Registered Nurse Certified Diabetes Educators and a Clinical Dietician Certified Diabetes Educator, the program offers adults with Type II diabetes one-on-one assessments, diet instruction, comprehensive education, screenings and follow-up at three, six and twelve month intervals after completion of the program. Physician referral is required. Medicare and most insurance plans are accepted. The program also includes a monthly support group as well as a Diabetes Exercise class. For more information, call 478-923-9771 or visit hhc.org/community_ed.



HOUSTON HEALTHCARE
Houston Medical Center • Perry Hospital

Georgia eye doctor helps legally blind to see again



High technology for low vision patients allows many to drive again!

by ELENA LOMBARDI

Atlanta, Georgia —

Just because you have macular degeneration or other eye diseases like diabetic retinopathy doesn't mean you must give up driving or reading.

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and much easier to see.

Georgia optometrist, Dr. Brian Saunders, is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. "Some of my patients consider us the last stop for people who have vision loss," said Dr. Saunders, one of only a few doctors who specialize in fitting bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that could improve your vision enough to change your life. Biopic telescopes may be the breakthrough in optical technology that could help you regain your independence. "Our job is to figure out everything and anything possible to keep a person functioning," says Dr. Saunders. "Even if it's driving."

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

James Wheeler of West Georgia was seen in the Atlanta office. He could not read street signs soon enough and felt unsafe while driving. Dr. Saunders fit him with a pair of biopic telescopes for driving. "I can now read the street signs and I feel much more comfortable driving again," says James. Dr. Saunders also prescribed microscope glasses for reading newspapers and playing dominos.

Randy Day of North Georgia

came to Dr. Saunders having trouble with everyday activities. "These biopic glasses have greatly changed my outdoor activities, as well as, the things I can do in the house," says Randy. "They help me see the TV, the computer, and read books. As you know, I'm a ham radio operator and the new technology has made everything much smaller, but with my biopic glasses, it's no longer a challenge for me."

Telescopic glasses can cost over \$2,000, says Dr. Saunders.

Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

Dr. Brian Saunders has offices located in Atlanta, Savannah, and Valdosta, Georgia.

To learn more about biopic

telescopes, or to schedule a complimentary phone consultation with Dr. Saunders, call 770- 948-7784 or toll free at 1- 877-948-7784.

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Indian Footprints

"Medical School – Indian Style"

by W. MAXWELL DUKE

Going to Medical School is a very old tradition in Georgia. It began with the Indians thousands of years ago. By anthropologists and historians, they are referred to as high priests, doctors, shaman, magi, and even fasters.

No matter what they are called, they all had one thing in common – they had to go to "medical school." The classes were small. Four students was the maximum class size. Many times only one student would be in attendance.

The small group would go to a town where a highly respected Indian lived that had been taught the medical arts. If he agreed to share his knowledge with them, they would all go to a secluded stream of water in a densely wooded creek bottom where there was no chance of any outsider seeing what they did.

Secrecy was of utmost importance. They even built a screen behind which they could hide their classes.

The old shaman would begin by digging up a reddish colored root and pound-

ing it into a pulp from which he made a tea. He would serve each student a separate pot of the tea. Before the drinking of the tea, the student had to wait for the shaman to blow his breath through a reed into the drink allowing the bubbles of breath to infuse with the fluid. The instructor would then leave and allow the students to drink large amounts of the concoction.

At noon of the same day the shaman would come back to teach them simple, elementary chants and songs. He would leave and return about sundown. A long series (about 12) of these daily lessons were offered and the students had to memorize everything to perfection and pass all the tests.

The last "course" was a grueling experience. Only the student(s) who had passed everything so far could participate. It required fasting and being totally isolated from any form of noise. The students would be wrapped in a blanket with hot stones. Water would be thrown on the hot stones to create steam within the blanket. It was a test of endurance and purification.

With all instruction completed and the instructor was satisfied that the student was ready for the final experience, the shaman would dig a deep trench in the ground and present his student with a long hollow reed.

The student would accept the reed,

lay flat on his back in the trench, put the reed vertically in his mouth and lay still while the shaman buried him alive. Buried alive, his only source of air came through the reed.

On top of this "grave," the shaman placed a layer of dry leaves and set them on fire. As the student breathed through the tube he inhaled the putrid smoke.

When the shaman was satisfied that the event had gone well, he would dig up the student and dignify him by giving him the title of "doctor." He now had all the privileges offered to such a high ranking social position. If he were so inclined, the new shaman could continue his studies and actually "specialize" in certain types of treatments.

TIDBIT OF TRIVIA

The tasks before an Indian doctor were sometimes as gruesome as his training. For example, the treatment for festering boils was to slit the boil, suck on the incision until the core "lump" of infection was sucked out. The doctor would then spit the contents of his mouth into a small, special pot and observe whether the mass stayed together in one lump. If it did, that was a good sign – the patient would have relief. (The author has to wonder if an extra "co-payment" would be required for that procedure today.) ©



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HOUSTON LAKE



C'mon, let's eat

by FAYE JONES

"The goldenrod is yellow, the corn is turning brown, the trees in apple orchards with fruit are bending down." Well, almost. We're officially moving into fall and into the holiday spirit that will keep us going until the bills come due in January.

During the coming months, let's reward ourselves with good solid food that is easy to prepare and economical, too. Start with our old friend – the chicken. Read on.

COMPANY CHICKEN SANDWICHES

- 2 cups cooked chicken breast
- 1 rib celery
- 1 hard boiled egg, finely chopped
- 1/4 tsp salt
- 1/2 tsp sugar
- Pepper to taste
- 1/2 tsp thyme (fresh is better but dried will be o.k.)
- 1/3 cup sweet pickle relish
- 2/3 cup or more mayonnaise
- Texas toast slices or thick sandwich bread slices

Boil chicken breast until tender in slightly salted water. When tender but not dry, remove from broth and save broth for soup of dumplings at a later date. It will freeze well. When chicken is cool, cut in very small pieces and place in a bowl. Add all other ingredients and mix well. Butter one side on each of two slices of Texas toast. Grill in a skillet until browned. Turn grilled side to the outside and place chicken salad on the soft inside. Get ready to smack your lips!

CHICKEN CASSEROLE

- 3 cups boiled and diced chicken (about 1 whole breast)
- 1 package wild and long grain rice, cooked according to box directions
- 1 cup mayonnaise
- 1 can cream of celery soup, undiluted
- 1 can water chestnuts, coarsely chopped
- 1 small jar pimento peppers
- 2 cans French green beans, drained

Salt and pepper to taste

Toss chicken and rice together. Add all other ingredients. Spoon into a greased casserole dish and bake for 25 to 30 minutes at 350 degrees.

Note: When boiling chicken, add a bay leaf to the water and a pinch of poultry seasoning. It gives the chicken and broth wonderful flavor.

PEACHY PRALINE PIE

- 1 9-inch deep-dish pie shell, uncooked
- 5 cups peeled, sliced Georgia peaches
- 1/2 - 3/4 cup sugar
- 2 1/2 Tbsp cornstarch
- 1/8 tsp ground nutmeg
- 1 Tbsp fresh lemon juice
- 1/8 tsp vanilla extract

- 1 egg white, lightly beaten
- 1/3 cup firmly packed light brown sugar
- 1/2 cup all-purpose flour
- 6 Tbsp unsalted butter, cut into 1-inch cubes
- 1 cup chopped pecans

Preheat oven to 425 degrees. In a large bowl, combine sliced peaches, sugar, cornstarch and nutmeg. Set aside for 15 minutes. Stir lemon juice and vanilla into peaches. Lightly brush pie shell with a thin layer of egg white to make the crust moisture proof. Pour filling into pie shell. In a small bowl, combine brown sugar with flour. Cut in butter cubes until crumbly. Stir in pecans. Sprinkle mixture over peaches. Bake for 15 minutes at 425 degrees. Reduce oven heat to 400 degrees and

continue baking for 35 to 40 minutes. Cover edges of crust with strips of aluminum foil if necessary to prevent excessive browning.

This pie will make you soooo proud of yourself!

GINGER COOKIES

- 1 cup brown sugar
- 1/2 cup butter or margarine
- 1/3 cup honey
- 2 Tbsps sweet cream (or evaporated milk)
- 1/2 tsp cinnamon
- 1/2 tsp allspice
- 2 eggs
- 1 cup flour
- 2 Tsp baking powder
- 1/4 tsp salt
- 1 1/2 cups rolled oats
- 1 tsp ginger

1/2 cup chopped pecans

Cream butter or margarine and sugar. Add honey, cream and beaten egg yolks. Mix ell. Sift flour; measure and sift with salt, baking powder and spices. Add rolled oats and nuts. Mix thoroughly. Fold in stiffly beaten egg whites. Drop by teaspoonfuls on a well oiled baking pan. Bake at 375 degrees for about 10 minutes. Makes about 3 dozen.

Enjoy! ©8/21/09

EDITORS NOTE: If you have a favorite recipe, please share with us!

Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.

Macon/Central Georgia CALENDAR

Coliseum Health System

• Advance Directives for Final Healthcare: Mon., Sept. 14, 9-10 a.m., Coliseum Northside Hospital, Conference Room. For complete details call 478-464-8171.

Support Groups

- Bosom Buddies: A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.
- Bosom Buddies Too: A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.
- Chronic Fatigue/Fibromyalgia Support Group: First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
- G.L.A.D. (Good Living Around Diabetes): 2nd Mon. every month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
- Surviving Together... Strive From Stroke Support Group: 3rd Thurs. each month, 11:30

a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.

- United Ostomy Association Support Group: 4th Sun. every month, 2 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
- Helping Hands Grief Support Group: Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.
- Middle GA MS Support Group: 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.

H2U Activities

- For additional information call 478-757-6092
- Improving the Chemotherapy Experience: Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-765-4805.
- Joint Pre-Surgery Education Classes: 2nd &

4th Wed., 10-11 a.m., Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189

- Focus on Healing Classes (Lebed exercise): Advanced: Mon. & Thurs. 8 a.m.-9 a.m.; Beginner: Tues. & Thurs., 11 a.m.-12 noon. Coliseum Medical Centers, Bldg. D, Suite 230. \$34 per month. 478-765-4413 to register.
- Perspectives: Mon., 12:30 p.m.; Tues., 9 a.m.; Fri., 7 p.m. Cox Cable channel 15
- Classes for Patients who are going to have Joint Replacement Surgery: 1st Wed., 9:30 a.m.-1:30 p.m.; 3rd Tues., 3-7 p.m. Coliseum Northside Hospital. 478-757-8200 after March 1st.

Medical Center of Central Georgia - Partners In Health Classes

- Golden Opportunities
- The Wellness Center
- 3797 Northside Drive, Macon 478-757-7817
- Close Knit Bunch: Tuesdays, 2 p.m., Free
- Card Sharks: Wednesdays, 1-3 p.m.
- Man to Man Prostate Cancer Support Group: First Tues., 7 p.m., 478-633-2229

Heartworks

- 389 First St. (Inside the MHC)
- 478-633-5090
- Smoking Cessation: Weds., 5 p.m., Free

Central Georgia Rehabilitation Hospital

- 3351 Northside Drive
- 478-201-6500
- Stoke Support Group: Third Tues., 4 p.m.
- Spinal Cord Injury Support Group: First Tues., 6:30 p.m.

continued on page 10

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CALENDAR

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- Brain Injury Group: Third Tues., 6:30 p.m.

Support Groups

- Lupus Support Groups: Second Sat., 12:30-2 p.m. 478-238-6862
- Parkinson's Disease Support Group: Call Mary Toole at 478-743-7092, x211
- Adult Grief Support Group: First & Third Tues., 6:30-8 p.m. 478-633-5660
- Parent Grief Support Group: Third Tues., 6:30-8 p.m. 478-633-5660
- Alzheimer's Support Groups: Carlyle Place, Second Wed., 478-405-4542. Peyton Anderson Building, Second Tues., 478-746-7050.

Houston Health EduCare

- Diabetes Type 2 Support: 1st Weds., 1 p.m. & 2nd Thurs., 7 p.m., Houston Health Pavilion EduCare Center. 4th Tues., 12 noon, Perry Hospital Cafeteria.

SeniorCare

A service of Houston Healthcare promoting wellness of mind, body and spirit for senior adults. All exercise participants must acquire a signed Physician Release Form from their personal doctor.

Perry SeniorCare

- Call 478-923-9771 for complete details.
- Mon., Wed., and Fri., 10 a.m. at Rozar Park. Includes an exercise class featuring strength and flexibility stretching.
- Mon., 1-2 p.m., Line Dancing. • Wed. only. PVO Bingo immediately following exercise.
- 2nd Fri. of month, optional healthy lunch (\$5) and a guest speaker targeting senior adults' mental, spiritual, and/or physical health is provided after exercise.

Warner Robins SeniorCare Water Aerobics

- Call 478-923-9771 for complete details.
- Tues. & Thurs., 10 a.m., Cottages on Lakeview. Outdoor pool exercise class geared toward senior adults including strength and flexibility led by a certified instructor from June-Sept.

Centerville SeniorCare

Call 478-923-9771 for complete details.

- Mon., Wed. & Fri., 8:30 a.m., Centerville City Hall. Exercise class including strength and flexibility led by a certified instructor.
- Once a Month. A mini-check will be provided focusing on recommended annual checks for senior adults.

TOPS Club, Inc.

- Weight loss support group. Call 478-923-9771 for complete details.
- Perry Hospital Chapter: Wednesdays, 5-6 p.m., Perry Hospital Medical Library.
- Houston Health Pavilion Chapter: Thursdays, 6:30-8 p.m., Houston Health Pavilion EduCare Center.

Alzheimer's Association, Central Georgia Regional Area Caregivers' Support Groups

- Call 478-746-7050 for details.
- Macon
 - First Tues., 5:30 p.m., Carlyle Place, Stafford Suites Activity Room, 5300 Zebulon Road, 478-405-4500
 - Second Tues., 3:30 p.m., Peyton Anderson Building, 277 MLK, Jr. Blvd., Peyton Anderson Room (Ground Floor), 478-746-7050
- Warner Robins
 - Second Tues., 10 a.m., Summer's Landing, 600 S. Kimberly Road, The Library, Belinda Johnson, 478-328-3800
 - Fourth Tues., 7 p.m., Houston Health Pavilion, 233 N. Houston Road, Health Connection Room, 478-746-7050
 - Third Thurs., 7 p.m., Antebellum Grove, 1010A South Houston Lake Road, Activity Room, 478-746-7050
- Perry
 - Second Tues., 6 p.m., Summerhill Elderliving Home & Care, 500 Stanley Street, 478-987-3251
- Milledgeville
 - Fourth Tues., 10 a.m., First Baptist Church, Corner of Franklin & Liberty Streets, Agape Room, downstairs, 478-453-1374

Free Legal Services Available to Seniors

The Macon Office of Georgia Legal Services provides free legal services to seniors (60 and over) as resources allow. We interview clients in the following counties BY APPOINTMENT ONLY: Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson. Call the Macon Office at 478-751-6261 for

an appointment.

Meals on Wheels of Macon and Bibb County

Meals on Wheels of Macon and Bibb County needs volunteers to help deliver meals to home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare two hours a day one day a week, then you may just be the person needed. We especially need help on Thursdays and Fridays. Meals on Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.

If you are interested in volunteering, please call Joyce Waller or Beverly McCard at 478-745-9140.

Macon-Bibb County Parks & Recreation Department

- Call centers for information and schedule of events.
- Photo I.D.'s & Memberships for Seniors: Bibb Senior Center. Each Tues. & Thurs., 1-3 p.m. Cost, \$10. Call 478-751-2790.
- Downtown Center
 - 1283 Adams Street
 - 478-751-2790
- Bloomfield Park
 - 4115 Lions Place
 - 478-781-6000
- East Macon Park
 - 3326 Ocmulgee East Boulevard
 - 478-751-9271
- Frank Johnson Recreation Center
 - 2227 Mercer University Drive
 - 478-751-9274
- Freedom Park Senior Center
 - 3301 Roff Avenue
 - 478-751-9248
- Memorial Park
 - 2465 Second Street
 - 478-751-9210
- North Macon Park
 - 815 North Macon Park Drive
 - 478-477-8526
- Rosa Jackson Senior Center
 - 1211 Maynard Street
- Bible Study for All Ages: Each Thurs., 7-9 p.m.
- 478-751-9169
- Tattnall Tennis Center
 - 478-751-9196
- John Drew Smith Tennis Center

478-474-5075
Bowden Golf Course
3111 Millerfield Road
478-742-1610

Warner Robins Recreation Department, Senior Citizens Services Wellston Center

- AARP: 4th Wednesday of each month. John Echols, President, 478-953-5060.
- NARFE: 2nd Wednesday of each month. Betty Northen, President, 478-929-1067.
- Ted Wright Senior Citizens Social Club: 2nd and 4th Thursday of each month. Betty Lou Lovain, President, 478-922-7774. Joyce Hutcherson, Program Director, 478-929-6960.
- Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Van Adams, President, 478-923-2174. Joyce Hutcherson, Program Director, 478-929-6960.
- MGCAA Senior Center: Monday-Friday, 8:30-4:30. Lunch (by appointment only), transportation, trips information and referral services. For more information call Renea McFeeters, Manager, at 478-923-0229.
- AARP Mature Driving Classes: For more information call 478-929-6960.
- Senior Activity Center
For information call 478-929-6960.

The Gospelaires Quartet Outreach Ministry

The Gospelaires Quartet is ready to sing at your Senior Meetings, Church, Reunions, Assisted Living Center or Nursing Home, as well as special Birthday Celebrations and Club Meetings.

continued on page 11

BUSINESS CARD SECTION

For Advertising Information Call
David VonAlmen at 478-213-5986
Billy Tucker at 478-939-3636
Jan Tassitano at 770-993-2943

General Business Directory For Seniors



AFFORDABLE APARTMENTS FOR SENIORS
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CALENDAR

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For additional information call 478-929-3816.

Houston County Council Of The Blind

The Houston County Council of the Blind meets the first Saturday of each month at the Centerville Lions Club located on Houston Lake Road voicing state and local concerns for the blind or visually impaired. Fellowship and membership are welcomed.

Georgia Leathercrafters Guild

The Guild meets every second Sunday in the month, 2 p.m., at Kroger Company located at 4650 Forsyth Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 478-934-7519, G. Woody in Cochran.

Health Education

The Office of Health Education at the Macon-Bibb County Health Department has brochures-pamphlets on various topics available in English and Spanish. These materials are available to businesses, community-based organizations, and faith-based organizations upon request.

For additional information call 478-749-0113.

The Macon Arts Alliance's Arts Art Gallery

451 Martin Luther King, Jr. Blvd.
478-743-6940

Massee Lane Gardens

For information call 478-967-2358 or www.camellias-acsc.com (The American Camellia Society.)

Macon Little Theatre

4220 Forsyth Road, Macon
Reservations: 478-471-PLAY

Museum of Arts & Sciences

4182 Forsyth Road, Macon
478-477-3232 or visit website www.masma-con.com.

Theatre Macon

438 Cherry Street, Macon
478-746-9485
• On Golden Pond by Ernest Thompson: Sept. 11-19

Douglass Theatre

355 Martin Luther King, Jr. Boulevard, 478-742-2000

Georgia Music Hall of Fame

200 Martin Luther King Jr. Blvd., Macon; 888-GA-ROCKS
www.georgiamusic.org

Tubman Museum

340 Walnut St., Macon
www.tubmanmuseum.com

Middle Georgia Art Association Gallery

2330 Ingleside Ave., Ingleside Village, Macon.
478-744-9557; middlegeorgiaart.org. Tues.-Fri.,

Noon-5 p.m.; Sat., Noon-3 p.m.

Divorce Recovery Group

First Baptist Church of Macon, located at 511 High Place, is offering a Divorce Recovery Group for those interested. The meetings are held on Wednesday evenings. Child care and children's activities will be provided.

For additional information call the church office at 478-742-6485.

NAMI-C.A.R.E. Support Groups

Support groups for persons having any diagnosis of mental illness. Meet the 1st and 3rd Mondays of each month, 10:30 a.m.-12:00 noon, at the Pavilion Educare Center located at 233 N. Houston Road (old Houston Mall).

For additional information call 478-329-8498.

Senior College Offers Variety of Programs

Wesleyan and Macon State Senior College offers older adults a variety of educational opportunities designed to enable continued life-long learning and lifestyle enrichment. Courses are held on either the Wesleyan College campus, Macon State College campus, or Carlyle Place and are available to anyone over the age of 50.

For additional information call 478-471-2770.

DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help at DivorceCare.

DivorceCare is a special weekly seminar and support group for people who are separated

or divorced. The group meets at Central Baptist Church located at 1120 Lake Joy Road, Warner Robins. Childcare is provided for babies through 5th grade.

For additional information call 478-953-9319.

Bloomfield United Methodist Church

5511 Bloomfield Rd., Macon
478-788-2262 or 478-397-6568
Hosting the popular group "Pure Heart" on Sept. 13 at 6 p.m. in the Fellowship Hall.

FAMA Meetings

FAMA (Families Against Methamphetamine Abuse) meets the 3rd Tues. of each month, 6 p.m., Centerville Lions Club. Call 478-953-6955 or visit www.middlegafama.org for complete details.

Substance Abuse Help Available

Did you know alcohol is the most-used drug in the country and it's the number one abused substance among teens? Although most parents don't realize it, they are the best prevention tool around when it comes to underage drinking. Children do listen to their parents. Not only can you be a good role model for drinking behavior, you can have a meaningful, honest discussion with your children about alcohol, its pitfalls and risks. If you need more information or help, Hodac, Inc. is here to lend a hand. You can talk to trained professionals 24-hours a day, seven days a week by calling the Georgia Helpline at 800-338-6743. Making that call puts you on the road to answers so why not call today.

General Business Directory For Seniors

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www.arc-macon.org 478-477-7764 #116

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