# VISIBLE HORIZON

THE OFFICIAL JOURNAL OF RAPIDES SENIOR CITIZENS CENTER

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# Older Americans Month May Picnic

Every year we start May off with a celebration of our older Americans with a picnic. This year we celebrated at Lake Buhlow with a "fun in the sun day"! Very thankful to all of our sponsors and board members that showed up and helped make this event a success. It was a day filled with music, fishing, prizes, fellowship, games and information. We even had a fishing contest this year with winners for the most fish, largest fish and even the smallest fish caught. Our winners this year were Mr. Joseph "Rabbit" Carter for most fish and largest fish caught and Mr. Vance Walters for smallest fish caught barely beating out Mrs. Becky Walters. Mr. Terry Johnson didn't submit his catch until after everyone was packed up and ready to leave. He would have won largest fish caught though. It was HOT, but a great day to fish and we had a good breeze! Next year will be even better! Also, want to thank Mayor Bishop and the City of Pineville for helping with chairs, the facility and making sure our seniors were taken care of. Thank you to the Rapides Parish Sheriffs Office for helping with the tables and the National Guard for providing a tent. If you would like to get involved with one of our functions please contact our office at 318-487-1561.











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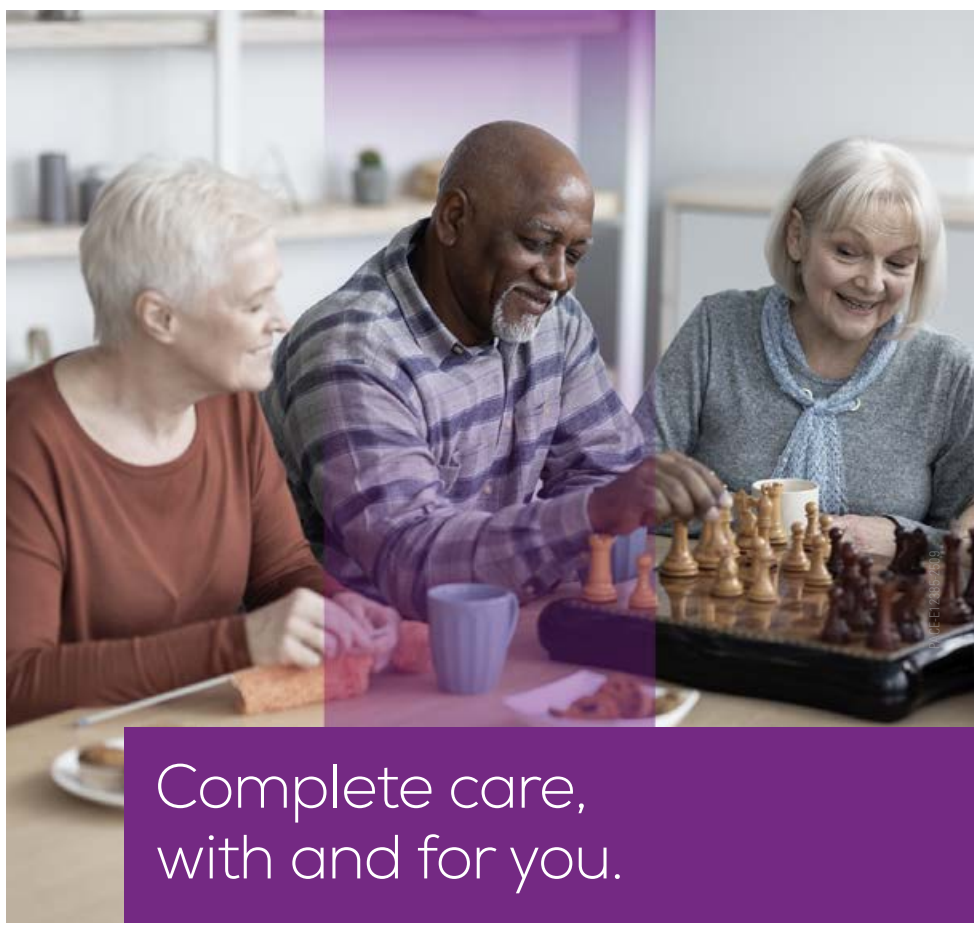













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# The Cost Of Cancer Care



*Dr. David Holcombe, MD, MSA, FACP*

More than 2.5 million Americans will be diagnosed with some form of cancer in 2026 or 5,800 cases each day. One in three people in the U.S. will be diagnosed with cancer in their lifetime. Cancer, however, is not a unitary entity, but encompasses many different forms of cancer with many different treatments and outcomes. Globally, there has been considerable progress with the cancer death rates as a whole dropping by over 30% since 1991. The 5-year survival rate is now at a record high of 70%, although that includes many different cancers with different prognosis.

The most comment cancer diagnosis are breast, prostate, lung and colo-rectal. Louisiana had 29,980 cancer cases in 2025 with an associated 9,340 deaths. The age-adjusted cancer rate in Louisiana is 489.2/100,000 which is much higher than the national average of 448.6/100,000. Louisiana also has the fifth highest cancer mortality in the U.S. with over half of those deaths in only four cancers: lung, colo-rectal, breast and pancreatic. The five most common cancers diagnosed in men in Louisiana were prostate, lung, colorectal, bladder and kidney. Among women, the most common cancers were breast, lung, colorectal, and uterine. Over a quarter of all deaths are from lung cancer, many being related to tobacco use.

Dying from cancer is always a fearful prospect. Compounding that fear is the growing issue of the economic cost of cancer care. No one suffering from any form or cancer wants to be burdened by the cost of treatment, but that cost of cancer treatment has steadily risen with advances in technology and pharmacology. The cost care related to cancer care in 2024 was already $100 billion and will probably increase to $180 billion by 2028. The vast majority of new cancer drugs approved by the FDA will cost an average of $196,000/year or anywhere from $1,000 to $12,000/month. Cancer drugs coming on line in 2024 already cost $370,000 as a median price. Gene therapies, the most expensive of all, can cost almost a half a million dollars for a treatment course. Out-of-pocket spending can exceed $16 billion annually. Fortunately, the Inflation Reduction Act capped out-of-pocket expenses to $2,000, offering some patient relief, but the cost to Medicare and other insurers remains staggering.

Dr. Antonio Fojo of the National Cancer Institute stated in an American Society of Clinical Oncology interview, "When you charge $80,000 for a drug that gives a patient an average of 1.2 months survival advantage that just doesn't make sense. So we're giving these drugs to too many patients, including many patients who experience no benefit, and we are in fact causing them harm."

About 3% of cancer patient in the U.S. will declare bankruptcy, over three times the national average. Around 42% of cancer patients will run through their life savings in withing two years of their diagnosis and treatment. Over half will go into debt of over $10,000. Younger patients go bankrupt more than older ones, with women and blacks more likely to go into debt than men and whites. Patients with thyroid, lung, leukemia and lymphoma are the most likely to go into debt (4 times the general population.).

Can we afford to treat all patients under all circumstances, regardless of the cost? What can physicians do to reduce cost while still providing the compassionate care expected of all doctors? An article in the *New England Journal of Medicine* by Drs. Smith and Hillner offered a few suggestions. First, oncologist need to recognize that their decisions generate costs. Second, both doctors and patients need to have realistic expectations. Third, reimbursement needs to value management rather than just medication delivery. Fourth, palliative care (hospice) needs to be maximized. And fifth, cost-effectiveness must be factored into decision making.

There will always be a collision between unlimited demand and limited resources (either personal or national.) Our decisions regarding cancer care, as with all medical treatments, needs to include knowledge not just of the potential benefits, but of the individual and social costs as well.

*David J. Holcombe, MD, MSA, FACP*

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# Pineville Sewing

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# Monte Chicola

***By Michael D. Wynne***

Great women and men surround all of us every single day in Central Louisiana. Just because we may not know about every single person that we cross paths with daily doesn't mean they don't quietly make great contributions to the world around us.

Monte Chicola is one such example of a great Cenla citizen. He descends from one of the most prominent and important immigrant families in all of Louisiana, the Chicolas. Monte continues the family tradition of trying to make the world a better place for you and I.

Monte is the great grandson of Vincent Chicola (1852-1944) and Virginia Porto Chicola (1860-1944) who immigrated from Palermo, Sicily to Alexandria in 1913. Their son, Joseph Patrick "Joe" Chicola, Sr. (1887-1938), killed early on in a family dispute by gunshot, married Carrie Parise (1894-1969). They ran a longtime successful and profitable grocery store in Alexandria.

Monte's parent's, Nick George Chicola (1923-1985) and Olla Rae Montalbano Chicola (1928-2018) continued the family's grocery store tradition for 40 years with the well-known Nick's Food Center on Lee Street. The store profits provided for a good education for all of the Chicola children. Olla Rae, originally from Bunkie, who was later recognized by President Clinton for her great contributions to the Cenla poor, was the driving force to help feed the hungry in Alexandria through her beloved Manna House "soup kitchen." Manna House was actually created in the former Chicola grocery store on Lee Street (the parking lot was once the Chicola home!). Manna House continues to save thousands of people from hunger every year.




Nick and Olla Rae blind-dated just once before Nick was shipped off with the Army at the beginning of World War II. Nick actually fought on his family's ancestral grounds in Italy during the war. Both of them waited till Nick got home when they married and later became the parents of 7 well-respected children, of which Monte was the third to last.

Monte, born in Alexandria, always had a job available to him at the grocery store, but he had greater plans for this world instead. "I did everything in the store, from stocking the shelves, to unloading the trucks, to running the cash registers, to even hanging and butchering the meat," Monte shared. He ran the store after his father's illness.

A 1975 graduate of Menard, Monte went on to NSU where he earned his computer and accounting degrees (plus played the trombone in the university band!). Monte these days teaches an IBM programming course back at NSU with the focus being on AI. But way back then, he rightly predicted the future use of computer technology. He soon joined up with Dave Woodring and created the REALVISION Software Company, a company that was clearly ahead of its time. This company is all about digital media, things today (2026) that we just take for granted in using that were unimaginable in the early 1990's.

Through great efforts at trying to convince IBM of their advance and near "impossible" ideas, Monte finally won IBM over. In essence, Monte was working on developing facets of AI (yes, that AI) long before it was even called AI. In a quote taken by Bob Tompkins, "You're not going to believe what AI will do in one year; Every six months it doubles its capacity in speed."

But possibly Monte's greatest single accomplishment is in the development of the creation of the digital photograph. He told me the lengthy and fascinating story of its creation process. His story told me of his incredible doggedness in trying to convince people of its now invaluable usefulness.

This article cannot cover anything near Monte's complete life and many accomplishments; maybe I will cover more in a future. But let it suffice to say here that we are blessed to be able to call Monte a great Cenla neighbor.


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## Nazarene Q-Tip Art

We have a lot of talented seniors in our centers. Nazarene Seniors are showing off their painting skills by using Q-Tip's instead of brushes.














# SENIOR CITIZENS' FAIR DAY

## COMING SOON!!!
## Friday, October 16, 2026

**State Evacuation Site**

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**Lunch 11:00 am**

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# CPR Training provided by Rapides Regional

In June all our coordinators and program director got certified and recertified in choking and CPR. Huge thank you to Rapides Regional Medical Center, especially Ms. Theresa Hood and Ms. Tamera Tullos with the Community Education Department. They are both amazing teachers and two of the kindest ladies.











# Pineville Tai Chi

Our Pineville seniors have been doing Tai Chi exercises since the beginning of the year. Ms. Angie started out with a handful of participants willing to give it a try and after 6 months of watching them strengthen their muscles week after week, she barely fit everyone into the exercise space. Monday, Wednesday and Fridays at 9:30 am if anyone would like to join in.











## Trinity at Sieper

Thanks Sandra with Trinity Health Pace for coming to Sieper and sharing with the seniors!



## Sieper Gardens

Our seniors at the Sieper Center are amazing horticulturists/gardeners. They produce some outstanding vegetables and fruits.






## Kolin Bingo

A big thank you to Passages Hospice for playing bingo with our seniors at the Kolin Center. The Kolin Center is located at the Gathering Place Church at 5022 Old Marksville Hwy. They are open Tuesday through Thursday from 9:00 am to 1:00 pm.








**RAPIDES SENIOR CITIZEN'S CENTERS, INC.**

## RICE COOK-OFF

### September is National Rice Month!

Bring your favorite Rice Dish to one of these Rice Cook-Off Events!



**Compete at the following Locations:**

| | |
|---|---|
| **September 9th** | **Pineville Senior Center** |
| **September 9th** | **Forest Hill Senior Center** |
| **September 9th** | **Ball Senior Center** |
| **September 23rd** | **Sieper Fellowship Hall** |

**All entries must be checked in by 9:00 AM**
**Judging will start at 9:30 AM**

**1st, 2nd, & 3rd Place Prizes will be awarded!**

**For more information contact your local Senior Center**
**Or call 318-487-1561**

# July 4th Celebrations

Everyone loves a good party and what better time than to celebrate our great nation turning 250! Thank you to all our veterans who have helped keep this great nation free! We love to see our seniors having a good time! Happy 250th Birthday America!







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# Our Golden Legends

*Violet "Maurine" Alexander, Wilda Center,91*
*James Belgard, Ball Center, 94*
*Orline Carpenter, Pineville Center, 95*
*Arlene Cook, Pineville Center, 91*
*Mary Cotton, Pineville Center, 95*
*Elizabeth Coutee, Boyce Center, 95*
*Jo Pat Dix, Forest Hill Center, 90*
*Nona J. DuBois, Pineville Center, 90*
*Elma Gunter, Forest Hill Center, 97*
*Geneva Hammons, Pineville Center, 91*
*Edna Hayes, Bolton Center, 90*
*Robert Johnson, Sieper Center, 91*
*Doreen Kuykendall, Pineville Center, 92*
*Mary Maltempi, Ball Center, 93*
*Dolores Morrison, Sieper Center, 96*
*Jeanne Rachal, Boyce Center, 94*
*Audie Radford, Wilda Center, 96*
*Charles "Gene" Sanders, Bolton Center, 90*
*Eddie Smith, Sieper Center, 96*
*Helen Warner, Ball Center, 90*
*Marjorie Wiemers, Wilda Center, 94*
*Robert Wright, Forest Hill Center, 91*
*Willie B. Williams, MLK Center, 93*

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# CENLA Area Agency on Aging, Inc.

## ~~~SENIOR RESOURCES NO COST SERVICES~~~




- Assistance applying for government programs such as Medicaid, Food Boxes, S.N.A.P., Eye Glasses, Hearing Aids and more.
- SenioRx program for FREE or discounted medications from drug manufacturer.
- Ombudsman Program: Nursing Home Resident Advocates in Central & Northeast Louisiana.
- Preventive Health & Wellness activities.

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# Golden Years Reward Program

We tried out a new program this year, RSCC Golden Years Reward Program and it is going great! But, like anything new there are always some adjustments that need to be made. More importantly is that the seniors are enjoying the activities and increasing participation. Keep earning those points and cash them in with your coordinator. Coming soon to the website will be pictures of the various levels of prizes that the points can be cashed in to receive.

Here are a few of our reward prize winners from Sieper and Wilda!



















# ON-THE-GO NUTRITION

## BALANCED EATING FOR A HECTIC SCHEDULE

Eat well on the go to keep your energy and focus steady. Skipping meals or choosing less nutritious options can leave you feeling tired. A little planning helps you stay energized and support your health.

**Build Balanced Meals** – Include protein, fiber-rich carbs, and healthy fats to stay full, energized, and satisfied.

**Prioritize Whole Foods** – Choose fruits, vegetables, whole grains, lean proteins, nuts, and seeds.

**Watch Portions & Extras** – Restaurant portions can be large and extras add calories. Choose smaller portions, save half, and ask for sauces on the side.

**Plan Ahead** – Keep snacks ready, carry a water bottle, and pack simple options like:

- Salads or grain bowls with protein
- Wraps or sandwiches with lean protein and veggies
- Hard-boiled eggs with whole grain crackers
- Fruit and veggies with hummus or nut butter
- Snack boxes with cheese, nuts, fruit, and crackers
- Overnight oats
- Trail mix



## Smart Grab-and-Go Options

**Convenience Stores/Gas Stations**

- Protein boxes
- Greek yogurt cups
- String cheese
- Fruit, nuts, whole grain bars
- Trail mix
- Tuna packets
- Fresh fruit cups
- Water or flavored seltzer

**Coffee Shops**

- Oatmeal
- Egg bites or breakfast sandwiches on whole grain bread
- Spinach & egg wrap
- Avoid sugary specialty drinks—choose unsweetened or lightly sweetened instead
- Ask for unsweetened milk
- Try adding cinnamon instead of sugar

**Vending Machines**

- Nuts & seed packets
- Low-sugar protein bars
- Popcorn
- Whole grain crackers or pretzels
- Baked chips
- Turkey jerky
- Dried fruit
- Low-fat milk
- 100% Fruit juice

Sources: diabetes.org, eatright.org

# CENLA AAA HOT MENU
# AUGUST 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **3** | **4** | **5** | **6** | **7** |
| **Chicken & Sausage Jambalaya**<br>Cabbage<br>Carrots<br>Wheat Bread<br>Strawberry Craisins<br>Margarine | **Salisbury Patty Brown Gravy**<br>Garlic Potatoes<br>Green Beans<br>Wheat Bread<br>Chocolate Pudding<br>Margarine | **Sliced Ham with Honey Glaze**<br>Whole Kernel Corn<br>Green Peas<br>White Roll<br>Fruited Gelatin<br>Margarine | **Chicken Chef Salad**<br>California Salad<br>Saltine Crackers<br>Almond Cookie<br>Milk<br>Assorted Dressing | **Hamburger or BBQ Pork Riblet**<br>Baked Beans<br>Lettuce & Tomato<br>Wheat Hamburger Bun<br>Fresh Fruit<br>Mustard<br>Ketchup |
| **10** | **11** | **12** | **13** | **14** |
| **Baked Chicken Breast Creamy Dijon Sauce**<br>Ranch Potatoes<br>Peas & Carrots<br>Wheat Bread<br>Star Crunch<br>Margarine | **Sloppy Joe** or **BBQ Chicken Breast**<br>Baked Beans<br>Mixed Vegetables<br>Wheat Hamburger Bun<br>Fresh Fruit | **Swedish Meatballs**<br>Rice<br>Broccoli & Cauliflower<br>Wheat Bread<br>Birthday Cake<br>Ice Cream<br>Apple Juice<br>Margarine | **Ham & Pinto Beans**<br>Brown Rice<br>Mixed Greens<br>Cornbread<br>Raisin Creme Cookie<br>Cranberry Juice<br>Margarine | **Apple Glazed Pork Roast**<br>Garlic Potatoes<br>Chuckwagon Corn<br>Wheat Bread<br>Oatmeal Raisin Cookie<br>Margarine |
| **17** | **18** | **19** | **20 SPECIAL** | **21** |
| **Mongolian Chicken**<br>Fried Rice<br>Ginger Carrots<br>Wheat Bread<br>Fudge Round<br>Cranberry Juice<br>Margarine | **Red Beans & Sausage**<br>Brown Rice<br>Cabbage<br>Cucumber/Onion Salad<br>Cornbread<br>Oatmeal Crème Cookie<br>Margarine | **Chicken & Sausage Gumbo & Rice**<br>Yams<br>Okra & Tomato<br>Saltine Crackers<br>Fruit Juice Blend<br>Margarine | **Taco Salad/Bowl**<br>Shredded Cheese<br>Charro Beans<br>Cilantro Lime Corn<br>Tortilla Chips<br>Fresh Fruit<br>Taco Sauce<br>Sour Cream | **Chicken Salad** or **Ham/Cheese**<br>Lettuce & Tomato<br>Coleslaw<br>Wheat Bread (2)<br>Chocolate Chip Cookie<br>Mayonnaise<br>Mustard |
| **24** | **25** | **26** | **27** | **28** |
| **BBQ Sausage Link**<br>Crispy Cubed Potatoes<br>Broccoli & Cauliflower<br>Hot Dog Bun<br>Strawberry Craisins | **Meatballs or Pork Riblet Brown Gravy**<br>Whipped Potatoes<br>Mixed Vegetables<br>Wheat Bread<br>Fig Bar<br>Margarine | **Spaghetti/Meat Sauce**<br>Green Beans<br>Tossed Salad<br>Wheat Bread<br>Pineapple Cobbler<br>Ranch Dressing<br>Margarine | **Ham & White Beans**<br>Brown Rice<br>Turnip Greens<br>Cucumber/Onion Salad<br>Cornbread<br>Fruit & Grain Bar<br>Margarine | **Baked Bone-in Chicken Brown Gravy**<br>Yams<br>Black-eyed Peas<br>Wheat Bread<br>Fresh Fruit<br>Margarine |
| **31** | | | | |
| **Chicken & Sausage Jambalaya**<br>Cabbage<br>Carrots<br>Wheat Bread<br>Strawberry Craisins<br>Margarine | Each Meal<br>is Served with<br>1/2 Pint of<br>2% Milk | | TRIO Community Meals<br>Nourishment through compassionate care. | |

# AUGUST 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 3<br>Bingo w/Passages - Pineville<br>Watermelon Day - Pineville | 4<br>Story Telling - Bolton | 5<br>Crafts - Kolin<br>Movie Day - Nazarene<br>Music & Cards - Deville | 6<br>Bean Bag Baseball - Bolton vs. MLK (tournament), Christian Love | 7<br>Garage Sale Day - Ball, Bolton, Deville, MLK |
| 10<br>Fall Prevention - Wilda | 11<br>Bingo w/Passages - Ball<br>Table Hockey - Bolton | 12<br>Elvis Day - Pineville<br>Home Sewing Machine Patented - Ball, Bolton, Deville, MLK<br>Mustard Day - Boyce, Choctaw, Hineston, Sieper, Wilda | 13<br>Bean Bag Baseball - Ball | 14<br>Bean Bag Baseball - MLK<br>Best Friend's Day - Ball, Bolton, Deville, MLK<br>Relaxation Day - Cheneyville, Forest Hill, Glenmora, Lecompte |
| 17<br>Fall Prevention - MLK | 18 | 19<br>August B-days - Pineville<br>Best Friend's Day - Forest Hill, Lecompte<br>Bill Clinton's B-day - Ball, Bolton, Deville, MLK<br>Family Day - Boyce, Choctaw, Hineston, Sieper, Wilda | 20<br>Bean Bag Baseball - Christian Love<br>Pekeno - Ball | 21<br>Best Friend's Day - Cheneyville, Glenmora |
| 24<br>Be Kind Week - Cheneyville, Forest Hill, Glenmora, Lecompte | 25 | 26<br>Lung Cancer Awareness<br>Boyce, Choctaw, Hineston, Sieper, Wilda<br>Women's Equality Day - Ball, Bolton, Deville, MLK | 27<br>Pekeno - Ball<br>Pool Noodle Volleyball - Bolton | 28<br>Katrina Anniversary - Ball, Bolton, Deville, MLK |
| 31 | | | | |

# August
# Fun & Educational Events

## Please see calendar for centers celebrating these events and dates

**August Birthdays** – We are celebrating all those born in the month of August!

**Bean Bag Baseball Tournament** – Bolton and MLK are going head to head to see who the winner is! Nothing like a friendly competition! Looks like they are both trying to become the ultimate winners of this years Bean Bag Baseball Tournament this fall.

**Be Kind Week** – Cheneyville, Forest Hill, Glenmora and Lecompte are spending a week doing kind things for one another and throughout the community.

**Best Friends Day** – Our centers are sharing a day to spend with or talk about their best friends.

**Bill Clinton's Birthday** – Ball, Bolton, Deville, and MLK are celebrating former president Clinton's birthday.



**Bingo with Passages** – Passages is making their way to various centers each month to talk about their services and play a friendly game of Bingo!

**Crafts** – Kolin center spends their Wednesdays crafting, talented bunch of ladies!



**Family Day** – Boyce, Choctaw, Hineston, Sieper, and Wilda are spending the day talking about their families and hopefully bringing a family member to the center.

**Garage Sale Day** – Ball, Bolton, Deville and MLK are talking about garage sales.

**Home Sewing Machine Patented** – Ball, Bolton, Deville, and MLK are talking about when the home sewing machine was first patented.

| August | | BINGO GAMES |
|---|---|---|
| DATE | DAY | SENIOR CENTER |
| 3 | Mon | Ball, Bolton, Boyce, Cheneyville, Glenmora, Lecompte, Nazarene, Pineville |
| 4 | Tue | Boyce, Choctaw, Deville, Glenmora |
| 5 | Wed | Ball, Bolton, Boyce, Choctaw, Christian Love, Glenmora, MLK, Nazarene, Pineville |
| 6 | Thur | Boyce, Glenmora, Kolin, Nazarene |
| 7 | Fri | Ball, Bolton, Boyce, Cheneyville, Forest Hill, Glenmora, Lecompte, MLK |
| 10 | Mon | Ball, Bolton, Boyce, Cheneyville, Glenmora, Lecompte, Nazarene, Pineville |
| 11 | Tue | Boyce, Choctaw, Deville, Glenmora, Lecompte |
| 12 | Wed | Ball, Bolton, Boyce, Choctaw, Christian Love, Glenmora, MLK, Nazarene, Pineville |
| 13 | Thur | Boyce, Glenmora, Kolin, Nazarene |
| 14 | Fri | Ball, Bolton, Boyce, Cheneyville, Forest Hill, Glenmora, Lecompte, MLK |
| 17 | Mon | Ball, Bolton, Boyce, Cheneyville, Glenmora, Lecompte, Nazarene, Pineville |
| 18 | Tue | Boyce, Choctaw, Deville, Glenmora, Lecompte |
| 19 | Wed | Ball, Bolton, Boyce, Choctaw, Christian Love, Glenmora, MLK, Nazarene, Pineville |
| 20 | Thur | Boyce, Glenmora, Kolin, Nazarene |
| 21 | Fri | Ball, Bolton, Boyce, Cheneyville, Forest Hill, Glenmora, Lecompte, MLK |
| 24 | Mon | Ball, Bolton, Boyce, Cheneyville, Glenmora, Lecompte, Nazarene, Pineville |
| 25 | Tue | Boyce, Choctaw, Deville, Glenmora |
| 26 | Wed | Ball, Bolton, Boyce, Choctaw, Christian Love, Glenmora, MLK, Nazarene, Pineville |
| 27 | Thur | Boyce, Glenmora, Kolin, Nazarene |
| 28 | Fri | Ball, Bolton, Boyce, Cheneyville, Forest Hill, Glenmora, Lecompte, MLK |
| 31 | Mon | Ball, Bolton, Boyce, Cheneyville, Glenmora, Lecompte, Nazarene, Pineville |




**Katrina Anniversary** – Ball, Bolton, Deville, and MLK are reminiscing about one of the largest and most devastating hurricanes in the world.

**Lung Cancer Awareness** – August is Lung Cancer Awareness Month and some of our centers are spreading the awareness of lung cancer.

**Movie Day** – Nazarene is having a movie day, what adventure will they choose to watch?




**Mustard Day** – Boyce, Choctaw, Hineston, Sieper, and Wilda are talking about the benefits of mustard.

**Relaxation Day** – Cheneyville, Forest Hill, Glenmora and Lecompte are all about relaxing on this day.

**Story Telling Day** – Bolton seniors are telling stories, will some of them be tall tales?

**Table Hockey** – Table Hockey is a new game introduced to the coordinators earlier this year.

| August | | DOMINO GAMES |
|---|---|---|
| DATE | DAY | SENIOR CENTER |
| 3 | Mon | Forest Hill, Hineston, MLK, Nazarene |
| 4 | Tue | Forest Hill, MLK, Wilda |
| 5 | Wed | Forest Hill, Hineston, MLK, Nazarene |
| 6 | Thur | Boyce, Forest Hill, MLK, Nazarene, Wilda |
| 7 | Fri | Boyce, Forest Hill, MLK |
| 10 | Mon | Forest Hill, Hineston, MLK, Nazarene |
| 11 | Tue | Forest Hill, MLK, Wilda |
| 12 | Wed | Forest Hill, Hineston, MLK, Nazarene |
| 13 | Thur | Boyce, Forest Hill, MLK, Nazarene, Wilda |
| 14 | Fri | Boyce, Forest Hill, MLK |
| 17 | Mon | Forest Hill, Hineston, MLK, Nazarene |
| 18 | Tue | Forest Hill, MLK, Wilda |
| 19 | Wed | Forest Hill, Hineston, MLK, Nazarene |
| 20 | Thur | Boyce, Forest Hill, MLK, Nazarene, Wilda |
| 21 | Fri | Boyce, Forest Hill, MLK |
| 24 | Mon | Forest Hill, Hineston, MLK, Nazarene |
| 25 | Tue | Forest Hill, MLK, Wilda |
| 26 | Wed | Forest Hill, Hineston, MLK, Nazarene |
| 27 | Thur | Boyce, Forest Hill, MLK, Nazarene, Wilda |
| 28 | Fri | Boyce, Forest Hill, MLK |
| 31 | Mon | Forest Hill, Hineston, MLK, Nazarene |

Played with 2 teams of at least 4 players each, shortened pool noodles, a small ball and painters tape to mark out the spots.

**Watermelon Day** – Pineville center is kicking off the month with some delicious watermelon!

**Women's Equality Day** – Ball, Bolton, Deville and MLK are discussing women's equality.

















Lots of celebrations happening in our centers over the past few months. Happy 71st Anniversary to Robert and Shirley Johnson, Sieper center! Happy 88th Birthdays to Ms. Peewee Walker and Ms. Betty Moore from our Sieper center! Happy 96th Birthday to Ms. Audie Radford and Happy 84th Birthday to Ms. Vivian Long from our Wilda center! It's a Pineville Center tradition for Ms. Doreen Kuykendall (93) and Ms. Mary Galloway celebrate their July Birthdays together. Happy Birthday to you sweet ladies!




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## Knights of Columbus

This is the Knights of Columbus, 3rd Degree Council, #1134 helping raise money in a fund-raising project for Manna House of Alexandria. Left to Right: Leonard Wilson, Bennie Vandersyphen, Michael Wynne, John Moravich, Al Bedoya and Donald Bolton.





## Mother's Day celebration at Wilda Senior Center

Pictured Left to Right: Sally Cowan, Natalie Robinson, and Bro. Joey Rudisill



## Father's Day

Happy Father's Day to Mr. Eugene and Mr. Mickey from the Wilda Center!