

◆ Marshall County RSVP ◆

Volume 21 Issue 2

www.mcrrsvp.org

Fall 2017

Melodies and Musings



Our Appalachian Legacy

9th Melodies & Musings

RSVP will host mountain dulcimer players from all over the southeast again this year for Melodies and Musings, September 27-29.

RSVP will end the festival with a concert given by the four national mountain dulcimer artists who will be instructing at the workshop. The concert will be open to the public. **Please make plans to attend.** It will be at the Gunterville Senior Center, Friday, **September 29** starting at 6:30pm, \$5 for adults, \$2 for 7-12 year old and 6 and under are free. Tickets at the door & RSVP. Proceeds go to the RSVP Building Fund.

CD's from Celtic to Bluegrass to Christmas will be available for purchase at the concert.

Featured mountain dulcimer artists will be:

- **Aubrey Atwater** from Warren, RI, in a scholarly, yet humorous way, conveys the heritage behind traditional folk music and dance, showing a deep passion and understanding of folk history and its key players.
- **Jan Hammond** an Alabama-based mountain dulcimer instructor, has a distinctive style of contemporary folk, focusing on simple melodies and thoughtful lyrics. Recognized for her enthusiastic rhythm on traditional tunes, she enjoys finger-picking songs that stir the soul and touch the heart.
- **Lorinda Jones** from Rineyville, Kentucky, is a nationally recognized performer, teacher, and recording artist of the mountain dulci-

mer, as well as a board certified music therapist. She is striving to preserve the traditional music of Kentucky and Southern Appalachia.

- **Heidi Muller** from Joseph, Oregon, uses syncopated rhythms, delicate fingerpicking and uncommon chords to create innovative arrangements. Her eclectic tastes combine many genres of music and she encourages players to "Play whatever music you like the best you can, and don't let your fears get in the way!"

The Concert will show the diversity of the mountain dulcimer to play all genres of music in addition to traditional Appalachian music.

Volunteer Call

We need volunteers for the regional dulcimer workshop, Melodies and Musings:

Pre-workshop Anytime

Assemble registration packets, copies, etc.

Again This Year:

We are going to bake sheet cakes for Thursday BBQ night. RSVP will buy the cake mix, disposable pans, etc. Need folks to come by RSVP pick up ingredients, bake cakes ahead and bring to RSVP to freeze

At Festival:

Monday & Friday Afternoon

Setup and take down decorations

Wednesday, Thursday, & Friday:

1. Bake muffins, cookies, brownies, etc.
2. 7:30-10:30am Breakfast & Snack hosts
3. 10:30-1pm Lunch hosts
4. 1:00-3:45 Afternoon Break hosts

Thursday

5:00-7pm BBQ & Open Stage Hosts

Friday

5:45-8pm Dulcimer

Concert hosts

Any and all times

Photographers

Please call RSVP 256-571-7734 to volunteer.



Learning Opportunities Call RSVP 256-571-7734 To Register & Join In the Fun



Book Club would like for you to join them on the **4th Tuesday** of the month at 1pm. Each member is responsible for getting and reading the book selection. Fall selections: **Aug 22**, *The Client*, John Grisham; **Sept 26**, *The Whole Town is Talking*, Fannie Flagg; **Oct 24**, *A Man Called Ove*, Fredrik Bachman; **Nov 28**, *News of the World*, Paulette Giles. No meeting in December.

Dog Therapy Evaluation
Dogs must be at least 1 yr old, have shot record, proof of a negative fecal exam done within the past year and health certificate from your veterinarian. Call RSVP, 256-571-7734, to register, you will be given a time to bring your dog on the afternoon of **Sept 18th**.



DRUG ROUNDUP October 27th 9-Noon



To help keep pharmaceuticals out of our local ground water don't flush them or put them in the trash. Clean out your medicine cabinets and bring everything (except pre-filled syringes) in the original container to one of the following driveup/drop off locations:
Albertville Sr. Center Arab Rec Center
Boaz Sr. Center Guntersville Rec Center

Caregiver Support Information

Come **Sept 6** from 1-2pm to RSVP to learn about the new Adult Respite Ministry to be offered at the Guntersville First United Methodist Church on Tuesdays from 10-2 for mild to moderate dementia, Alzheimer's or Parkinson's individuals.



First Aid and CPR Class: Oct 24, 8am -Noon Cost \$5. American Heart Association certification for a First Aid, adult, infant and child CPR and AED

COMPUTER CLASSES

Bring a Flash drive for all classes -



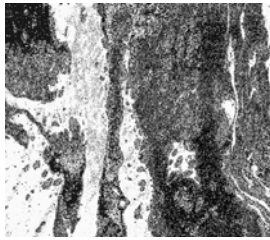
- **Personalize a Win 10 Laptop:** Bring a Win 10 laptop. 4 topics will be offered multiple times, take one or all:
Settings: Sept 11, Oct 2, Nov 6
Edge: Sept 25, Oct 23, Nov 27
Social Media: Oct 30, Dec 4
Task Bar: Sept 18, Oct 16, Nov 20
All classes are 1-3pm, Cost \$5 each
- **Genealogy:** 3 classes will be offered. 4 sessions Fri from 9:30-11:30am, starting monthly Sept 8; Oct 6; and Nov 3 (skip some Fridays for holidays), \$20.
- **Word:** Sept 5, 12, 19, 9-11am, \$15
- **Beginning Facebook:** Sept 20, 27 & Oct 4, 9-Noon, \$15
- **Excel:** Oct 5, 12, 19, 9-11am, \$15
- **Does the Internet Know Too Much About You:** Oct 18, 9-Noon, \$5, bring your own laptop, if you use one to change settings
- **Google Earth:** Nov 1, 9-noon, \$5
- **Google Search Tools:** Nov 29, 9-noon, \$5
- **Specific need?** - Call for an appointment with PC or Apple question for 1-on-1 help. \$5
Class Details www.mcrrsvp.org



BRAIN TEASER APPS FOR IPADS/IPHONES

Need something to pass the time while waiting? There are many excellent iPad and iPhone apps that can help to keep your mind sharp. Apps like "Lumosity" feature a large selection of scientifically devised and tested games. These apps are designed to stimulate different areas of the brain, including the parts that deal with memory, problem solving, and attention. In the long run, games like these have been shown to battle dementia and fight off other memory-related illnesses. There are a number of free brainteaser games.

Bring your iPad or iPhone and your Apple ID. If you don't have an ID, go to this website and get one before class, <https://appleid.apple.com/account> Spend a fun morning with Dr. Poppy Moon, check out several of these apps, how to download them, and how to use them effectively.
September 19, 10am, cost \$5.



FLUID ART

Join Janelle Parker to learn the new art concept of "Fluid Art". You can create on any surface—even an old album, light covers, canvas, boards, etc. Bring an apron & a rag as pouring paint

can be messy. Materials provided. Fridays, 1-3pm
Sept 8: Learn the dirty pour technique with flip cup and pour. We will use a vinyl record, canvas and tile as our substrates.

Sept 15: Bullseye and blowing technique.
Sept 22: Swipe technique (super cool but a little tricky)
Sept 29: Negative space wet and Negative space dry.
 Cost: \$20/session includes supplies. Limit 5/session

Balance for Life Program

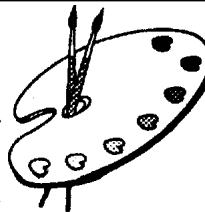


Key balance exercises are introduced. Emphasis is placed on body awareness, including inner ear and vision; ankle, leg, and hip strength; coordination and flexibility. Classes are formatted to accommodate a wide range of fitness levels from chair exercises, to using a chair as support, to free standing. Wear loose clothing and athletic shoes.

Session 1: Sept 6—Oct 30 (except Oct. 11)
Session 2: Nov 1—Dec 20 Classes Mondays & Wednesdays 10:00-11:00am \$30 for 6 weeks
 Be sure and check with your doctor prior to the program regarding your participation in the classes. If you are coming with a caregiver, they may participate for free.

PAINT & TAKE

Join us for a fun 4th Monday afternoon from Noon-3pm with your friends. Jeanne Smiertka will help you create a painting that you will take home to share and enjoy. Bring snacks to enjoy during our break. To view Jeanne's work, visit Jamoka's on Gunter Ave. **September 25th** session will be painting "Falling Leaves". Wear an old t-shirt or bring an apron. **Oct 30 & Nov 27** topics TBA. Sign up for one or all. Limit 6-8/session. Cost \$20/session (includes supplies).



24 Forms of Tai Chi

Want to relax, to learn how to breathe, to improve balance, memory and concentration? JoBeth Shelton will start a 8-week Beginners class **Sept 8—Oct 27**, Fridays, 10:00-11:30am, \$40. Wear loose clothing and shoes with good support, such as walking shoes. Limit 15.

Cremation Workshop

Join us, **Sept 21, 1-2pm** for an informational presentation regarding cremation and the processes involved presented by Gene East of Carr's Funeral Service. We will also be discussing cremation as it relates to the church. No cost, must register.



Art History Western Art

Join Freeda Vest for a discussion and slide show of our own all-American western art history. Think cowboys, Indians, buffalos, mustangs, mountains and mission architecture. October 2, 10 & 17, 10-11am, \$15



would like for you to join them on the **1st-3rd Wednesdays** of the month at 10am. **Sept** Hats/Scarfs to Donate, **Oct** Autumn

Wreaths, Nov Painting Shirts/Sweatshirts and **Dec** Free/craft of your choice. \$5 for guests/session.



Latanya Rhines, a practicing elder care lawyer, will discuss legal documents that apply to end of life issues - Wills, Alabama Living Wills, Health Care Surrogate & Power of Attorney for Health Care Affairs. **October 4, 1-2:30pm, \$5.**

ON-GOING RSVP GROUPS

- * **Care and share** (our Knitting and Crochet club) Tuesdays at 9:30am
- * **Current Affairs Café** Thursdays, 9-10 am.
- * **Games Club** Friday 1-3pm.

RSVP CHORUS

meets on Tuesdays at 1:30pm starting back this fall on **September 19th**. New members welcome! Come join the fun and fellowship, no auditions. Need tenors, basses, sopranos and altos. Charles Bradley, director, and Ann Jones, pianist.



Marshall County Retired and Senior Volunteer Program
 1805 Gunter Avenue
 Guntersville, AL 35976



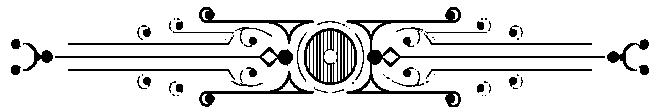
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Reading Buddies

Reading Buddies Needed: Returning and New, Signup to be a Reading Buddy for any elementary school. Day and time of your choice. Please call RSVP, 256-571-7734. No special skills needed, just the love of reading. You will receive more than you give!

Join the Fun - Volunteer



Day Trips

Shopping at Bridge Street, Sept 13

- Leave at 10am Return approx. 3:30pm Huntsville, cost \$6
- Lunch on Your Own at the Mall



Tour Golden Flake & Bud's Cookies, Sept 19

- Leave RSVP at 8:30am Return approx. 4:30pm Birmingham & Hoover Lunch on Your Own
- Must wear closed toe & heel shoes (no sandals). No jewelry, purses, sunglasses or hats.
- Train ride at Bud's Trip Cost, \$15

Fall Foliage Riverboat Trip, Oct 13

- Leave at 8:30am Return approx. 5pm Chattanooga, TN, cost \$61.00
- Riverboat Ticket & Buffet Included,

Outlet Shops of Grand River, Nov 16

- Leave RSVP at 9am, Return approx. 3:30pm Leeds, AL Cost \$12
- Lunch on Your Own at the Mall

Blue Bell Creameries Tour, Dec 5

- Leave RSVP at 9am, Return approx. 3:30pm Sylacauga, AL Cost \$14
- Lunch On Your Own at Avondale Steakhouse

CLIP OUT AND MAIL WITH DONATION



I/We want to help with the Capital Fund Drive for the new RSVP Gathering Place in Marshall County.

Name _____

Address _____

Enclosed is a donation in the amount of
 ___\$50 ___\$100 ___\$250 ___\$500 ___\$1,000
 ___\$5,000 ___Other \$_____

___One-time Donation ___Annual Pledge (3yr)

Make check to: **Marshall County RSVP, Inc.**
 1805 Gunter Avenue, Guntersville, AL 35976
Thank you for your generous tax-deductible donation and your commitment to RSVP.