TWIN RIVERS FRIENDS

Supporting Reading, Lifelong Learning,
Libraries, & Community Enrichment

Programs for Seniors & Senior Facilities

Free Programs to Enrich the Lives of Seniors

CONTACT

Judy Hills, President

252.670.1913

jahnbnc@gmail.com

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PO Box 808 New Bern, NC 28563-0808

PO Box 808
New Bern, NC 28563-0808
friendsnewbern@gmail.com

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Twin Rivers Friends

The Twin River Friends was formed in 1968. We are a 501(c)(3) incorporated, insured, nonprofit. Our purpose is to advocate for the freedom to read; support the development of library resources and services; develop and support a community of readers and lifelong learners; and collaborate with other organizations to enrich our community and achieve these purposes.

This document lists programs the Twin Rivers Friends are currently offering for seniors. Please review these offerings and contact us via the email address above to discuss further or to schedule. If you have another idea for a program, please discuss it with us.

Refreshing facility libraries

The Twin Rivers Friends uses donated books to refresh libraries in senior facilities. Our team comes to the facility once a quarter (or more frequently, if requested). We remove dilapidated books and dispose of them. We exchange some of the books and provide new titles and new authors. If residents have requests, we will try to fill them.

FREE Entertaining/Educational Programs

Twin Rivers Friends offers the following programs at no charge for senior citizens living in care facilities and those attending senior programs at facilities. We bring:

- a facilitator,
- needed assistants,
- all materials needed for the planned activities/games,
- decorations when needed,
- plates, napkins, tableware, bowls, cups, and
- food and beverages--for some programs, this may include a meal.

All programs are themed, so what is planned will vary. A facility may want to schedule the four national parks and the four Italy trip sessions as a series, but it is possible to do them separately. Oktoberfest and State Fair are a stand-alone programs.

If the series is offered, we ask that participants arrange their schedules so they can attend all four sessions. Whatever number of participants we start a series with is the maximum number that can be accommodated in each of the future sessions in that series.

We will provide a poster for the facility once the program is booked to help promote it.

We do not object to guests or staff participating as long as their names are included in the projected list of attendees so we can plan accordingly. The target participant number is 20.

We have attached a list of items we may use for prizes and giveaways. This list was reviewed by the AAA ombudsman and found to be acceptable. If you have any specific objections to a listed item, please let us know before the program.

The facility needs to:

- advertise the program to residents/participants,
- Inform those with food allergies or special dietary needs that we may not be able to accommodate their needs,
- provide the number of planned attendees one week before the program,
- provide appropriate space (seating for 20 at tables with a side table for a laptop, if required, a table for prizes, if required, and a table for refreshments/meal),
- provide one staff person to be in attendance to ensure safety, and
- provide a large TV that can be linked to a laptop to show video clips (if required).

If the facility wants to provide paper goods, table decorations, ice, etc., that would be appreciated.

Those with food allergies or special dietary needs will need to be able to make their own food and beverage choices. We recommend they provide their own alternatives, if required.

We will take pictures to post on our Twin River Friends Facebook page, website, and newsletter. We might also use them to promote these programs. If anyone objects to having their photo taken, please inform us the day of the program.

Here is a list of options. Each program is one to two hours. All video clips are between two and twenty minutes each for those with short attention spans. The sing-a-longs have on-screen words. Dances can be done in a seated position. The programs are designed for individuals who can mentally process the material and engage in the activities. Those who are mentally incapacitated may not be appropriate attendees.

If we do the National Park or Travel Series, participants will receive a journal to write about their experience. We will also be taking pictures, and at the last session in the series, we'll give them some pictures.

We reserve the right to modify the program elements due to circumstances and opportunities that might crop up.

The Senior Programs coordinator, Judy Hills, is formerly an RN who did discharge planning, and currently she helps with the Come Again Day Respite Care program. Her last position before she retired was as Executive Director of the Eastern Carolina Council of Governments. The Area Agency on Aging program came under her purview.

1. **Gametime**
    a. 1 to 2 hours—any time that works for both parties
    b. We will bring various games (board or skill).
    c. One of our team will lead or teach the game to the participants.
    d. We provide snacks and drinks (Arnold Palmer half/half low-calorie tea, lemonade, water).
    e. We'll provide small prizes (packaged snacks, personal care items). No one will leave empty-handed.

2. **Cards**
    a. 1 to 2 hours—any time that works for both parties
    b. We will bring decks of cards and anything else needed to play and keep score.
    c. One of our team will lead or teach various card games to the participants.
    d. We provide snacks and drinks (Arnold Palmer half/half low-calorie tea, lemonade, water).
    e. We'll provide small prizes (packaged snacks, personal care items). No one will leave empty-handed

3. **Silent Book Club, Book-to-Movie Club, Book Club**
    We will help get it started and work with a facility resident to continue it.

    A silent book club is a designated time and place where people gather to read in a shared space. Often described as an "introvert happy hour," these clubs strip away the assigned reading and homework of traditional book clubs, replacing them with peace, focus, and low-pressure socializing.

    A Book-to-Movie Club involves selecting a movie that was made from a book and discussing how they align or how they are different.

    A regular book club has members reading and discussing the same book.

a. 1 to 2 hours—any time that works for both parties
b. We will bring books, but participants can bring their own.
c. We provide snacks and drinks (Arnold Palmer half/half low-calorie tea, lemonade, water).
d. Our team will interact with those attending.

4. **Writing for fun**

   Sometimes in order to get inspired, people need a little nudge or encouragement. Our team will lead a few sessions and then turn it over to one of the group members to continue.

   a. 1 to 2 hours—any time that works for both parties
   b. Ideas: Journal writing, writing your own obituary, pen pals, greeting cards, letter writing, forgiveness writing, etc.
   c. We provide snacks and drinks (Arnold Palmer half/half low-calorie tea, lemonade, water).
   d. Our team will interact with those attending.

5. **Puzzle competition for teams**
   a. 2 hours—any time that works for both parties
   b. We'll bring 300-piece puzzles.
   c. Time limit will be set in case no group finishes in 1.5 hours.
   d. Prizes will be awarded.
   e. We provide snacks and drinks (Arnold Palmer half/half low-calorie tea, lemonade, water).
   f. Our team will interact with those attending.

6. **Get Crafty**
   a. 2 hours—any time that works for both parties
   b. We'll provide all materials needed for one craft project.
   c. We provide snacks and drinks (Arnold Palmer half/half low-calorie tea, lemonade, water).
   d. Our team will interact with those attending.

7. **Oktoberfest**
    a. This is a stand-alone program
    b. Best for September or October
    c. Best time 2 to 4 PM
    d. We have appropriate decorations
    e. Mimics what one would do at an Oktoberfest in Munich
    f. Welcome & Introduction
    g. Video: short travel video of a real Oktoberfest
    h. Video: official opening and tapping of keg by Mayor of Munich
    i. Sing-along: Ein Prosit
    j. Sing-along: Fur die Liebe
    k. Video: Yodeling --Sound of Music--The Lonely Goatherd, learn to yodel, and state fair yodeling contest
    l. Activity: Ask attendees to try yodeling
    m. Break with Bavarian background music
    n. Food/Drinks: Oktoberfest fare: soft pretzels, German desserts, beverages (Arnold Palmer half/half low-calorie tea, lemonade, cider, water)
    o. Video: Wienerlympics
    p. Video and participate in Chicken Dance
    q. Video and participate in singing and dancing: Das Fliegerlied
    r. Video: Beer Barrel Polka
    s. Games of chance to win tickets (ring toss, ping pong ball toss, prize wheel)
    t. Use tickets to "purchase" small prizes (packaged snacks, personal care items, other stuff)
8. **State Fair**
    a. This is a stand-alone program
    b. Best for fall, but OK anytime
    c. Best time 2 to 4 PM
    d. Mimics what one would do at a state fair
    e. Welcome & Introduction
    f. Photo booth
    g. Paper quiz about fairs
    h. Guess the weight (a team game where they guess the weight of objects)
    i. Games of chance to win tickets: will have a midway with five games
    j. Videos:
        i. Sights and sounds of midway at state fair
        ii. Agricultural barn at fair

iii. Village of Yesteryear
iv. Eerie montage of vintage midway
v. Animal Cracker Conspiracy—how they create puppets for their fair act
vi. Hog calling contest
vii. Husband calling contest

k. Activity: Participants' contest: calling residents for dinner (prize for winner)
l. Videos on fair rides:
    i. Invader ride
    ii. Clip from Morning Glory
m. Food/Drinks--Fair fare: Carmel popcorn, peanuts, funnel cakes, nachos, mini corn dogs, apple pie/cobbler, sliced apples, beverages (Arnold Palmer half/half low-calorie tea, lemonade, diet cola, water)
n. Performers
    i. Minnie Pearl
    ii. County Fair performed by Bruce Springsteen
    iii. Bluegrass performance of Tennessee at the Ryman Auditorium
    iv. Dolly Parton
    v. Cotton Eyed Joe montage
    vi. Live line dance demonstration

9. **National Park Tour Day 1: Chicago, Seattle, Glacier National Park, Yellowstone Park**
    a. This is part one of a four-session series
    b. Best time 2 to 4 PM
    c. Welcome & Introduction
    d. Distribute Travel journal and explain use
    e. Create a name tag to be worn at all sessions
    f. Paper Quiz: Roller Coaster v Train. Review responses.
    g. Video and sing-along: Don't Worry Be Happy
    h. Video: train ride between Chicago and Portland
    i. Video: boarding our tour bus—scene from Ferris Bueller's Day Off
    j. Video: traveling music from Weird Al Yankovic
    k. Video: Best of Glacier National Park
    l. Bathroom Break
    m. Food/Drinks: S'mores (Moon pies), fruit, beverages (Arnold Palmer half/half low-calorie tea, lemonade, water)
    n. Paper Quiz: 8 questions on Glacier National Park. Review responses.
    o. Video: Yellowstone National Park
    p. Paper Quiz: recalling 12 things needed for an overnight hiking trip (mentioned in the video). Review responses.
    q. Video sing-along: I met a Bear
    r. Award prizes for the quizzes (snacks, personal care items)
    s. Video: Lullabye by Billy Joel
    t. Make notes in Journal
    u. Feedback form
    v. Hand out bear postcards to color later
    w. Closing

10. National Park Tour Day 2: Grand Teton and National Oregon/California Trail Center

a. This is part two of a four-session series
b. Best time 2 to 4 pm
c. Welcome & Introduction
d. Video Sing-along: Rocky Mountain High by John Denver
e. Video: Grand Teton National Park Top 12 things to do
f. Short talk on the history of hot air ballooning
g. Video: Magical hot air balloon flight in Grand Teton
h. Video: National Oregon/California Trail Center
i. Bathroom Break
j. Food/Drinks: cowboy crunch mix (pretzels, mini marshmallows, and chocolate chips), cactus treats (pretzel rods dipped in white chocolate and covered in green sprinkles), fruit, beverages (Arnold Palmer half/half low-calorie tea, lemonade, water, and a taste of Sarsaparilla knock-off—Dr. Pepper)
k. Video: 10 most memorable movie campfire scenes
l. Video: The campfire scene from Blazing Saddles
m. Video: The campfire scene from Stand by Me
n. Video: Short ghost story: Ghost in the Alley
o. Video: Short ghost story: The Lady in the Veil
p. Storytelling Campfire Game: Fortune/Misfortune statements. Attendees participate.
q. Video and sing-along: What a Wonderful World by Louis Armstrong
r. Make notes in Journal
s. Feedback form
t. Hand out Grand Teton Park Sticker
u. Closing

11. National Park Tour Day 3: Bryce Canyon and Zion

a. This is part three of a four-session series
b. Best time 2 to 4 pm
c. Welcome & Introduction
d. Video: song "I woke up on the wrong side of the truck bed this morning"
e. Video: Intertribal Pow Wow Dance educational video
f. Video and dancing: Pow Wow dance
g. Video: Betty White and Sandra Bullock's Indian Campfire Dance Scene from the movie The Proposal.
h. Dramatic reading of poem: The Powwow at the End of the World by Sherman Alexie
i. Video: Bryce Canyon National Park
j. Bathroom Break
k. Food/Drinks: Beef jerky, corn chips with con queso & salsa, Chex Mix, fruit, beverages (Arnold Palmer half/half low-calorie tea, lemonade, water)
l. Video: Song: Where My Bus At?
m. Video: Zion Cable Mountain Lodge
n. Video: Zion Canyon
o. Video—Campfire sing-alongs:
    i. Take me home country roads
    ii. Brown eyed girl
    iii. Sweet Caroline
    iv. Stand by Me
    v. Wagon Wheel
p. Video: Song: Into the West by The Hound and The Fox
q. Make notes in Journal
r. Feedback form
s. Hand out Indian postcard to color later
t. Closing

12. National Park Tour Day 4: Grand Canyon

a. This is part four of a four-session series
b. Best time 11 am to 1 pm (serving chili for lunch)
c. Welcome & Introduction
d. Video: Sing-along: Oh, What a Beautiful Morning from Oklahoma
e. Video: Mule trip down into the Grand Canyon
f. Video: Grand Canyon by Drone
g. Paper Quiz: What do you think you know about the Grand Canyon?
h. Video: Dueling Banjos clip from the movie Deliverance
i. Video: Rafting the Grand Canyon with 77-year-old Rick
j. Bathroom Break
k. Food/Drinks: chili (white or red mildly seasoned), crackers, fruit, chuckwagon fruit cobbler, beverages (Arnold Palmer half/half low-calorie tea, lemonade, water)
l. Video: clips from movie National Lampoon's Vacation with Chevy Chase
    i. Road to Grand Canyon
    ii. Scene at the Grand Canyon
m. Video: Best things to do at the Grand Canyon
n. Video: music: Ghost Riders in the Sky
o. Video: Night Requiem—Grand Canyon Star Party 2019
p. Paper exercise: Write out your love message to a pet or a person who has passed away
q. Video: song Happy Trails to You by Roy Rogers & Dale Evans
r. Make notes in Journal
s. Feedback form
t. Give party bag—mementos of the experience, including a picture of the group and an individual picture. Give facility an 8x10 of the group.
u. Closing Comments and Sharing

13. Italy Day 1: Italy Trip Planning

a. This is part one of a four-session series
b. Best time 2 to 3:30 pm
c. Appropriate decorations
d. Welcome & Introduction
e. Game: Your Italian Food Name (prize for best)—create your name
f. Create a name tag using your Italian food name to be worn at all sessions
g. Video: Top 20 places to visit in Italy
h. Italian Food word search
i. Distribute Travel journal and explain use
j. Peruse travel guides and books—cut out pictures and create a travel plan in journal
k. While working on their journals: Play songs/video Best Italian Music and aerial Italy landscapes
l. Snacks throughout the session: Anise Biscotti, Italian Wedding Cookies, fruit, beverages (Arnold Palmer half/half low-calorie tea, lemonade, water)

14. Italy Day 2: Cruise to Italy on the Love Boat

a. This is part two of a four-session series
b. Best time 11 am to 1 pm (includes lunch)
c. Welcome and introduction
d. Video: Love Boat Theme
e. Receive a boarding pass
f. Appropriate decorations
g. Video: The Most Beautiful Italian Music and Aerial Landscapes (Play during pictures and party)
h. Have picture(s) taken on boarding (group, individual, multiples)
i. Bon Voyage Party (sparkling cider & appetizers, streamers)
j. Participant leg contests (male & female) with prizes
k. Italian trivia contest—small teams with prizes
l. Italian lunch: Pasta e Fagioli, salad, Italian bread, Italian desserts, beverages (Arnold Palmer half/half low-calorie tea, lemonade, water, sparkling cider)
m. During lunch, play music video: continue playing Best Italian Music and aerial Italy landscapes
n. Journal writing

15. Italy Day 3: Italy Day Trip and Fun on the Cruise Ship

a. This is part three of a four-session series
b. Best time 11 am to 1 pm (includes lunch)
c. Welcome and introduction
d. Game: Italian Food Think Quick
e. Video: Southern Italy
f. Game: Italian Food—guess the pasta
g. Video: Rome—Sistine Chapel 360
h. Trivia teams—all things Italian (one round of 20 questions—4 categories of 5 answers each)
i. Video: I Love Lucy—Lucy stomps grapes in Italy
j. Journal writing
k. Lunch: Margherita Pizza and salad, fruit, Italian ice, beverages (Arnold Palmer half/half low-calorie tea, lemonade, water)

16. Italy Day 4: Last night on cruise ship—dress up dinner dance

a. This is part four of a four-session series
b. Best time: 5 to 7 PM
c. Participants dress up
d. Welcome & Introductions
e. Sharing their scrapbook/journals, thoughts on the Italy experience
f. Italian dinner (ziti, Italian sausage, meatballs, salad, Italian desserts, beverages (Arnold Palmer half/half low-calorie tea, lemonade, water) Wine—if permitted
g. During dinner play Italian dance mix video https://www.youtube.com/watch?v=aYuERxYeGt8
h. Clip of dancing to Ti Amo: Z https://www.youtube.com/watch?v=Ezw28l32lDA
i. Clip of dancing to Waltz No. 2: https://www.youtube.com/watch?v=cN1vniebhzM
j. Clip of an Italian Line Dance: https://www.youtube.com/watch?v=XKlIeheB-I0&t=41s
k. Italian songs sing-along and dance after dinner (60 minutes)
    i. Provide instructions: The Wedding Tarantella Dance
    ii. Andriano Celentano—Azzurro;
    iii. Umberto Tozzi—Ti Amo
    iv. Josh Groban--Oceano
    v. Ed Sheeran with Andrea Bocelli—Perfect Symphony;
    vi. "Sull'aria... che soave zeffiretto," from Mozart's opera Le Nozze di Figaro
    vii. Josh Groban Mi Mancherai (Il Postino);
    viii. Tony Enis—Quando, Quando, Quando
    ix. Luciano Pavarotti--Funiculi Funicula; Sing along---words on the screen
    x. Luigi Ricci—Tarantella Napoletana;
    xi. Bryan Adams and Luciano Pavarotti—O Sole Mio
    xii. Andrea Bocelli—Caruso
    xiii. Josh Groban--Un Amore per Sempre
    xiv. Andrea Bocelli & Sarah Brightman—Con Te Partiro--Time to Say Goodbye
l. Disembark --Give party bag—mementos of the experience, including a picture of the group and an individual picture. Give facility an 8x10 of the group.

EXAMPLES OF PRIZES FOR SENIORS

We will keep in mind that some facilities have residents with their own living quarters, so some items on this list may be needed by them, but not by those who only have a room in a facility. This is not an all-inclusive list. Please NO medicine, razors, incense, or candles.

Food—prepackaged (any size), unrefrigerated, current use-by or best-by date

- Cookies (including sugar-free)
- Crackers
- Trail mix
- Raisins
- Dried Fruit
- Candy (including sugar-free)
- Pudding/jello (including sugar-free)
- Pretzels, chips
- Jerky
- Nuts
- Snacking packs
- Nutritional food bars

Drinks—any type, any size, unrefrigerated, non-alcoholic, current use-by or best-by date
Please do not purchase drinks that must be refrigerated after opening, as the resident may not have access to a refrigerator. Sizes that can be consumed in one serving are preferable.

- Soda
- Lemonade
- Tea (liquid or bags)
- Coffee (liquid, Keurig pods, ground)
- Energy drink
- Protein drink
- Juice
- Flavored water
- Gatorade

Personal care items—new, unopened, current use-by or best-by date (if applicable)

- Lip balm
- Dental care items (picks, floss, brushes, denture paste, denture cleaning tablets, mouthwash, toothpaste—including for sensitive teeth)

- Hair products (spray, shampoo/conditioner, hair ties or clips, shower cap, brushes, combs, hair picks)
- Deodorant
- Soaps (hand soap, body wash, bars of soap)
- Nail care (nail polish, nail polish remover, emery boards, orange sticks, nail brush, manicure kit, clippers, nail files)
- Q-tips
- Ear plugs
- Cotton pads or cotton balls
- Band-Aids
- Moisturizer (face, body, hands, feet)
- Wipes (body) Note that most facilities will not allow flushable wipes due to plumbing issues
- Disinfecting wipes (surfaces)
- Artificial tears
- Room deodorizer (NO Candles, NO incense)
- Hand sanitizer
- Tissues (large, medium, and small)
- Safety pins (assorted sizes)

Other ideas (prefer new, unopened, but some could be barely used)

- Handheld illuminated bifocal magnifier
- Pocket LED magnifier
- Small LED flashlight
- Earbuds
- Headphones
- Batteries: AA, AAA
- Mirror (magnifying, light up, handheld)
- Eyeglass repair kit
- Small bottle of Dawn
- Puzzles (jigsaw, spatial, word, logic, number, mechanical, 3D, visual, mystery)
- Games
- Deck of cards
- Fidgets
- Stationery supplies and stamps
- Pens, pencils, notepads, post-it notes
- Books (to read, to color, to play games)
- Journals

- Small arts and craft kits
- Small sewing kits
- Coloring pencils
- Small plastic bathroom totes
- Non-slip socks (men & women)
- Bandanas
- Battery-operated cooling fan
- Emergency kit items (mini flashlight, whistle, space blanket, poncho, face mask, HELP flag, basic first aid kit, hand sanitizer, wet wipe body towels, tissues, personal hygiene kit, safety pins, deck of cards, name tag, pen, drinking water, nutritional food bar, other personal items)