



Need a Speaker?

If you are looking for a speaker for your church or civic group, the staff of Senior Services is well trained in a variety of topics. Programs can include the following:

- Presentation about Senior Services, our programs, services and activities - can also be combined with Senior Services Bingo
- Older Adult Sensitivity training - See the world through the eyes of older adults in this fun, interactive training
- American Red Cross' Family Caregiving Program - Learn to take better care of your loved one & yourself as a caregiver
- Advance Care Planning - Learn how to make sure your wishes are carried out and help your loved ones during the difficult time
- Welcome to Medicare/Other Medicare Training - Let us guide you through the Medicare maze

Reminders:

- May is Older American's Month so be sure to attend all the great events as we celebrate this year's theme - "Older Americans: Connecting the Community"
- 25th anniversary cookbooks are still on sale. Cost is \$20.00 & all proceeds go to Senior Services
- SilverArts & Senior Games will be going on throughout April & May. Register early so that you don't miss out on any of the fun.
- As summer approaches, remember that children should not be brought to the center unless it is for an intergenerational activity. These will be denoted in the newsletter.

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APRIL SPECIAL EVENTS - MOCKSVILLE SITE

Our Mocksville site is located at 278 Meroney Street. Hours are Monday - Thursday, 8:00am - 8:00pm, Friday, 8:00am - 5:00pm, Saturday - 9:00am - 1:00pm. Phone Number is 336-753-6230.

TAX AIDE

Time: Fridays & Saturdays - Feb. 4 - March 12 - 9am - 1pm - 1st come, 1st served

Additional dates by appointment only:

- Friday, March 18 - 9:00am - 1:00pm
- Saturday, March 19 - 9:00am - 1:00pm
- Friday, March 25 - 9:00am - 1:00pm
- Saturday, March 26 - 9:00am - 1:00pm
- Friday, April 1 - 9:00am - 1:00pm
- Saturday, April 2 - 9:00am - 1:00pm
- Friday, April 8 - 9:00am - 1:00pm
- Saturday, April 9 - 9:00am - 1:00pm
- Monday, April 11 - 9:00am - 1:00pm

Location: Media Room

Cost: Free

Trained and certified AARP tax counselors will be on hand to prepare 2010 tax returns. To expedite the tax preparation process, you are asked to do the following before meeting with a tax counselor:

- Bring the 2009 tax return and supporting documents
 - Be sure to have all documents needed to complete the 2010 return
 - Open all envelopes containing 2010 documents, unfold the forms, and place them in a file folder or clip together and place the packet inside the front part of the 2009 envelope
 - Make sure all out-of-pocket costs (if itemizing) have been totaled by categories for health insurance, doctor's visits, drugs, etc.
 - Prepare a list of charitable donations
- Come with a smile and plenty of patience!
Tell your friends and family about this service.

SIGN LANGUAGE CLASSES

Fridays, April 1 - May 27 (no class April 22) - 10:00am - 12:00noon

Cost: \$40.00

Instructor: Barry Geller

RSVP by March 25

If you have ever thought about learning sign language, these are the classes for you. Each session is fun and interactive. Classes are open to all ages, including children (must be accompanied by an adult.)



HANDBELLS

Friday, April 1 - 10:00am - MP Room B

See all the details on pg. 18.

SENIOR GAMES OPENING CEREMONIES & PICNIC

Friday, April 1 - 12:30pm - MP Room B

Cost - Free (with pd. Sr. Games registration)

RSVP by March 25

Kick off an exciting month full of Senior Games and SilverArts activities. There will be a few short remarks and lunch. Open to all paid Senior Games & SilverArts participants. Call for more information on Senior Games & SilverArts or see page 9 for details.

ASK THE DOCTOR

Mon., April 4 - 10:45 - 11:15am - MP Room A

Speaker: Dr. George Kimberly

See all the details on page 16.

FOOT HEALTH SEMINAR

Monday, April 4 - 1:00pm - MP Room B

Speaker: Don Bernhard, Foot Solutions

Cost: Free

RSVP by: March 28

The proper fitting shoe is essential to preventing foot pain and other problems. Mr. Bernhard will discuss some common foot problems, and ways to help alleviate those problems with the proper footwear. Open to adults of all ages, no children please.

Qualifies for Destination Fitness drawing.



APRIL SPECIAL EVENTS - MOCKSVILLE SITE

SENIOR FINANCIAL CARE

Tuesday, April 5 - 8:30am - 4:30pm - by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on page 20.

BLOOD PRESSURE SCREENINGS

**Tuesday, April 5 - 10:45am - MP Room A
Screener: Davie County Home Health representative**

See all the details on page 16.

SIGN LANGUAGE CLASSES

**Tuesdays, April 5 - May 24 - 6:00 - 8:00pm
Cost: \$40.00**

**Instructor: Barry Geller
RSVP by March 25**

If you have ever thought about learning sign language, these are the classes for you. Each session is fun and interactive. Classes are open to all ages, including children (must be accompanied by an adult.)



DUPLICATE BRIDGE

**Wed., April 6 - 2:00 - 6:00pm -
Multipurpose Room A**

Cost: Free

See all the details on pg. 16.

DINNER & A MOVIE - "SOMETHING'S GOTTA GIVE"

Thursday, April 7 - 5:30pm

Cost: Free

RSVP by March 31

MPLC license No: 12377840

Enjoy a delicious meal, then stay for the movie, "Something's Gotta Give". In this movie Harry (Jack Nicholson) is sixty, still sexy, and having the time of his life, wining, dining and bedding women half his age. When he goes to the Hamptons with his girlfriend (Amanda Peet), plans go awry when her playwright mother, Erica (Diane Keaton), stops in unannounced. While the living arrangements are awkward at first, Harry soon discovers there's nothing wrong with -- and plenty good about -- acting your age. This movie is rated PG-13 for sexual

content, brief nudity and strong language. Run time is approximately 2 hours. It is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*

AMERICAN MAH JONGG - NEW!!

Tues., April 12 - 12:30 - 4:00pm - Classroom A
See all the details on pg. 16.



EASTER PARTY

**Tuesday, April 12 - 2:00pm -
Multipurpose Rooms A & B**

Cost: Free

RSVP by April 5

Join us for a celebration of the Easter season. There will be food, fun, games and a visit from the Easter Bunny (bring your own camera if you would like a picture). Open to adults 55 & older and exceptions under the general participation policy.

SCRAPBOOKING

Tues., April 12 - 2:00pm - Classroom B
RSVP by April 5

See all the details on pg. 10.

DUPLICATE BRIDGE

**Wed., April 13 - 2:00 - 6:00pm -
Multipurpose Room A**

Cost: Free

See all the details on pg. 16.

KNITTING/CROCHETING GROUP - NEW!!

Thursday, April 14 - 1:00 - 3:00 - Classroom B
See all the details on pg. 10.

DESTINATION FITNESS TESTING

**Monday, April 18 - 9:30 - 11:00am -
Exercise Room - By appointment only**

See all the details on pg. 16.



MONTHLY MOVIE - "AMELIA"

**Mon., April 18 - 2:00pm - MP Rooms
A & B**

Cost - Free

RSVP by April 11

MPLC license No: 12377840

APRIL/MAY SPECIAL EVENTS - MOCKSVILLE SITE

Hilary Swank stars as famed aviator Amelia Earhart in this movie that follows the daring pilot's rise from obscurity in Kansas to her troubled marriage to businessman George Putnam (Richard Gere), who recruited her for her first transatlantic flight. Run time is approximately 1 hour and 51 minutes. The film is rated PG for some sensuality, language, thematic elements and smoking. It is open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*

MASSAGE THERAPY

Tuesday, April 19 - 9:30am - 4:00pm - by appointment only - Classroom B
Cost: \$30.00 for 30 minute massage
See all the details on pg. 16.



SENIOR BOOK CLUB - NEW DAY!!

Tues., April 19 - 2:30pm - Classroom A
RSVP by April 12
See all the details on page 17.

BINGO

Tuesday, April 19 - 1:00pm - MP Room B
Cost: 50 cents per card
RSVP by: April 12
Our quarterly Bingo game offers great prizes and refreshments. Open to adults 55 & older and exceptions under the general participation policy.

DISABILITY RIGHTS NC

Monday, April 25 - 1:00pm - MP Room B
Cost: Free
Speaker: Gabrielle Martino, Outreach Specialist
RSVP by: April 18
Disability Rights NC is a non-profit organization that provides legal services, protection and advocacy for people with disabilities. Come learn more about this organization and how to be your own self-advocate or advocate for a loved one. Open to adults of any age - no children, please.

AMERICAN MAH JONGG - NEW!!

Tues., April 26 - 12:30 - 4:00pm - Classroom A
See all the details on pg. 16.

THEATRE CLUB

Tues., April 26 - 1:00pm - Classroom B
See all the details on pg. 18.

KNITTING/CROCHETING GROUP - NEW!!

Thursday, April 28 - 1:00 - 3:00 - Classroom B
See all the details on pg. 10.



SENIOR LUNCH

Friday, April 29 - 11:30am - Multipurpose Room B
Cost - Free

Speaker - Randell Jones, "Famous & Infamous Women of North Carolina"
RSVP by April 21

Our state is rich in stories about people, places, and events that set us apart from all other states. Our state has also been home to some real characters over the centuries, folks whose antics, tomfoolery, and sometimes their all-around, pure cussedness has made them worth remembering. And that's just the women! Come hear some exciting stories about NC's women, then enjoy a delicious meal. Open to adults 55 and older and exceptions under the general participation policy. *This project is made possible by a grant from the North Carolina Humanities Council, a statewide nonprofit and affiliate of the National Endowment for the Humanities.*

ASK THE DOCTOR

Mon., May 2 - 10:45 - 11:15am - Multipurpose Room A
Speaker: Dr. George Kimberly
See all the details on pg. 16.

SENIOR FINANCIAL CARE

Tuesday, May 3 - 8:30am - 4:30pm - by appt. - Media Room
Counselors provided by Senior Financial Care of Winston Salem
See all the details on page 20.

MAY SPECIAL EVENTS - MOCKSVILLE SITE

BLOOD PRESSURE SCREENINGS

Tuesday, May 3 -10:45am - MP Room A
Screener: Davie County Home Health representative
See all the details on page 16.

DUPLICATE BRIDGE

Wed., May 4 - 2:00 - 6:00pm - Multipurpose Room A
Cost: Free
See all the details on pg. 16.

HANDBELLS

Friday, May 6 - 10:00am - MP Room B
See all the details on pg. 18.

MOTHER/DAUGHTER SOCIAL

Friday, May 6 - 6:30pm - MP Rooms A & B
Cost: Free
RSVP deadline April 29 (or when all spaces fill)

This event is open to senior ladies age 55 & older and their daughters, granddaughters, nieces or friends regardless of age. Dinner will be provided. After dinner we will have a Mother/Daughter Fashion Show featuring some familiar faces and fashions provided by Shop 601 in Clemmons. Ladies 55 and older are welcomed without guests as well.

SPRING BLOOMS TRAY

Tues. & Wed., May 10 & 11 - 1:00pm - Multipurpose Room B
Cost: \$5.00
Instructor: Ina Beavers, Program & Outreach Coordinator
RSVP by May 3

We will embellish & paint a tray that will make a beautiful Spring accessory for your home. An example is on display at Senior Services. Open to those 55 and older and exceptions under the general participation policy.

AMERICAN MAH JONGG - NEW!!

Tues., May 10 - 12:30- 4:00pm- Classroom A
See all the details on pg. 16.

SCRAPBOOKING

Tuesday, May 10 - 2:00pm - Classroom B
RSVP by May 3
See all the details on pg. 10.

DUPLICATE BRIDGE

Wed., May 11 - 2:00 - 6:00pm - Multipurpose Room A
Cost: Free
See all the details on pg. 16.

KNITTING/CROCHETING GROUP - NEW!!

Thursday, May 12 - 1:00 - 3:00 - Classroom B
See all the details on pg. 10.

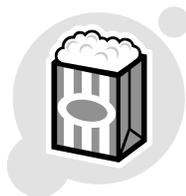
ARABIAN NIGHTS PARTY

Thurs., May 12 - 6:00pm - MP Rooms A & B
Cost: Free
RSVP deadline May 5 (or when spaces fill)
Limited to 162 people

Find yourself transported into a fairytale, where magic and mystery fill the air at our Arabian Nights Party. We will have a themed dinner, great entertainment and lots of fun at this event. Open to adults 55 & older & exceptions under the general participation policy.

DESTINATION FITNESS TESTING

Monday, May 16 - 9:30 - 11:00am - Exercise Room - By appointment only
See all the details on pg. 16.



MONTHLY MOVIE - "WORLD'S FASTEST INDIAN"

Mon., May 16 - 2:00pm
RSVP by May 9
MPLC license No: 12377840

Set in 1967, this fact-based drama stars Anthony Hopkins as quirky New Zealander Burt Munro, a 67-year-old grandfather who flies across Utah's Bonneville Salt Flats and blazes into the record books at 183.586 mph on his customized Indian Scout motorcycle. Run time is approximately 2 hours and 7 minutes and is rated PG-13 for brief language, drug use and a sexual reference. Open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*

MAY/JUNE SPECIAL EVENTS - MOCKSVILLE SITE

MASSAGE THERAPY

Tuesday, May 17 - 9:30am - 4:00pm - by appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 16.

SENIOR BOOK CLUB - NEW DAY!!

Tuesday, May 17 - 2:30pm - Classroom A

RSVP by May 10

See all the details on page 17.

SILVERARTS EXHIBITION & PERFORMANCES

Tuesday, May 17 - 6:00pm -

Multipurpose Room B

RSVP by: May 10

This is your chance to see, hear and experience some of Davie County's finest senior talents. All entries for SilverArts will be on display during the event. In addition, you will be able to watch the Performing Arts entrants as they compete in that section of SilverArts. Refreshments will be served. This event is open to the public of all ages. To enter SilverArts, call Senior Services or see pg. 9 for all the details.



SENIOR GAMES/SILVERARTS CLOSING CEREMONIES & AWARDS DINNER

Thursday, May 19 - 6:00pm - MP Room B

RSVP by: May 12

COST: Free with pd. Senior Games Entry

If you are a Senior Games/SilverArts participant don't miss the conclusion of the games. Dinner will be served and awards will be given. Event for paid Senior Games/SilverArts participants and paid guests only.

AMERICAN MAH JONGG - NEW!!

Tues., May 24 - 12:30 - 4:00pm-Classroom A

See all the details on pg. 16.

THEATRE CLUB

Tuesday, May 24 - 1:00pm - Classroom B

See all the details on pg. 18.



BEACH PARTY FOR SENIOR HEALTH & FITNESS DAY

Wed., May 25 - 2:00pm

RSVP by May 18

Help us celebrate National Senior Health & Fitness Day with a fun beach party. There will be beach games, food and shag lessons. The event is open to those 55 & older and exceptions under the general participation policy.

KNITTING/CROCHETING GROUP - NEW!!

Thursday, May 26 - 1:00 - 3:00 - Classroom B

See all the details on pg. 10.

ANDY GRIFFITH SHOW

Friday, May 27 - 10:30am - MP Room A

Episode: "The New Doctor"

RSVP by May 20

See all the details on pg. 18.

HEART HEALTH EVENT

Friday, May 27 - 11:30am - 1:00pm

Cost: Free

Speakers: Dr. Preli, Forsyth Medical Center, Mandi Irwin, Davie County Health Dept.

RSVP by May 20

We are teaming up with the Chronic Disease subcommittee of Healthy Carolinians for this event. A panel of experts will provide us with the latest information on heart health. A delicious lunch will be served. Open to anyone 18 or older.

Qualifies for Destination Fitness drawing.



HOW TO AVOID CONSTRUCTION SCAMS/BUILDING CODE ADVOCACY

Wednesday, June 1 - 1:00pm

Cost: Free

Speakers: Chris Nuckolls, Director of Inspections & William Whaley, Past President of NC's Building Inspector's Association's Education Committee

RSVP by: May 25

Are you or a loved one thinking of doing some remodeling or building a house? Do you feel strongly that building codes are too lenient in some areas, or maybe too strict? Then this is the seminar for you. Mr. Nuckolls will bring us all the information we need to know to avoid construction scams. Mr. Whaley will take your comments and concerns about building codes back to the ones responsible for writing the codes. Open to adults of all ages - no children please.

JUNE SPECIAL EVENTS - MOCKSVILLE SITE

DUPLICATE BRIDGE

Wed., June 1 - 2:00 - 6:00pm -

Multipurpose Room A

Cost: Free

See all the details on pg. 16.

HANDBELLS

Friday, June 3 - 10:00am - MP Room B

RSVP by May 27

See all the details on page 18.

ASK THE DOCTOR

Monday, June 6 - 10:45 - 11:15am -

Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on page 16.

SENIOR FINANCIAL CARE

Tuesday, June 7 - 8:30am - 4:30pm - by
appt. - Media Room

Counselors provided by Senior Financial
Care of Winston Salem

See all the details on page 20.



BLOOD PRESSURE SCREENINGS

Tuesday, June 7 - 10:45am -

Multipurpose Room A

Screener: Davie County Home

Health representative

See all the details on page 16.

GOLDEN ANNIVERSARY PARTY

Wed., June 8 - 12:00pm - MP Room B

Register no later than: June 1

All couples who have been married 50 years
or more as of June 8 are invited to a luncheon
in their honor. We'll have a great meal and be
entertained by singer Benita Finney.

DUPLICATE BRIDGE

Wed., June 8 - 2:00 - 6:00pm -

Multipurpose Room A

Cost: Free

See all the details on pg. 16.

KNITTING/CROCHETING GROUP - NEW!!

Thursday, June 9 - 1:00 - 3:00 -

Classroom B

See all the details on pg. 10.

DESTINATION FITNESS BREAKFAST

Fri., June 10 - 9:00am - MP Room B

Sponsor: Davie County Senior Services

Register no later than June 4

Logs due June 3 to Ina Beavers

For our next destination we will "walk" 130 miles
to Fort Bragg. Everyone who participates in the
Destination Fitness testing or is interested in
participating in the program is invited. For more
details on this program, see page 16.



VETERAN'S SOCIAL

Tuesday, June 14 - 10:30am - MP
Room B

Cost - Free

RSVP deadline: June 7

Senior Services and the Veteran's Service Office
host this event. Any veteran is invited to come
out for a time of socialization and refreshments.
Mickey Cartner will share with the group about
the flag donation program offered by Woodmen
of the World. We would like this to be a time of
socialization and reminiscing for our veterans,
therefore it will be limited to veterans only, no
guests.

AMERICAN MAH JONGG - NEW!!

Tues., June 14 - 12:30 - 4:00pm - Classroom A

See all the details on pg. 16.

SCRAPBOOKING

Tuesday, June 14 - 2:00pm - Classroom B

RSVP by June 7

See all the details on pg. 10.

FATHER/SON SOCIAL

Thurs., June 16 - 6:00pm - MP

Rooms A & B

Cost: Free

RSVP by June 9

All senior men age 55 & older and their sons,
grandsons, nephews or friends regardless of age
are invited to this event. We will enjoy a delicious
dinner & be entertained by Wicker & Jones.
Please be sure to sign up early for this event, as
it will be canceled if there are not enough
participants. Men 55 and older are welcome to
come without guests as well. Men only please.



JUNE SPECIAL EVENTS - MOCKSVILLE SITE

DESTINATION FITNESS TESTING

**Monday, June 20 - 9:30 - 11:00am -
Exercise Room - By appointment only**
See all the details on pg. 16.

MONTHLY MOVIE - "YOU AGAIN"

**Mon., June 20 - 2:00pm - MP Rooms A & B
Cost - Free**

RSVP by June 13

MPLC license No: 12377840

Marni heads home for her brother's wedding and learns he is marrying her arch nemesis from high school, who has conveniently forgotten all the mean things she used to do. Before the wedding bells toll, Marni must show her brother that a tiger doesn't change its stripes. Meanwhile, Marni's mother comes face to face with her high school rival when she meets the fiancé's jet-setting aunt. This movie stars Kristen Bell, Odette Yustman, Jamie Lee Curtis, Sigourney Weaver, and Betty White. It is rated PG for brief mild language and rude behavior. Run time is approximately 1 hour, 45 minutes. It is open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

MASSAGE THERAPY

**Tuesday, June 21 - 9:30am - 4:00pm - by
appointment only - Classroom B**

See all the details on pg. 16.

MELANOMA SEMINAR

**Tuesday, June 21 - 1:00pm - MP Room B
Speaker: Becky Vogler, RN, Davie County
Hospital**

RSVP by June 14

Today is the first day of summer and that means hot weather & lots of time in the sun. Learn how to keep yourself safe from this potentially deadly form of skin cancer, as well as how to detect it early. Open to adults of all ages, no children please.

Qualifies for Destination Fitness drawing.



KNITTING/CROCHETING GROUP

**Thursday, June 23 - 1:00 - 3:00 -
Classroom B**

See all the details on pg. 10.

ANDY GRIFFITH SHOW

**Friday, June 24 - 10:30am - MP Room A
Episode: "A Plaque for Mayberry"**

RSVP by June 17

See all the details on pg. 18.

AMERICAN MAH JONGG

Tues., June 28 - 12:30 - 4:00pm - Classroom A

See all the details on pg. 16.

THEATRE CLUB

Tuesday, June 28 - 1:00pm - Classroom B

See all the details on pg. 18.

INTERGENERATIONAL MOVIE -

"TOY STORY 3"

Tues., June 28 - 2:00pm - MP Rooms A & B

RSVP by June 21

MPLC license No: 12377840

Woody, Buzz and the whole gang are back. As their owner Andy prepares to depart for college, his loyal toys find themselves in daycare where untamed tots with their sticky little fingers do not play nice. So, it's all for one and one for all as they join Barbie's counterpart Ken, a thespian hedgehog named Mr. Pricklepants and a pink, strawberry-scented teddy bear called Lots-o'-Huggin' Bear to plan their great escape. Featuring the voices of Tom Hanks, Tim Allen, Joan Cusack, John Ratzenberger, Don Rickles, Michael Keaton and Ned Beatty, this film is rated G. Run time is approximately 1 hour and 43 minutes. You are welcome to bring your grandkids, great-grandkids, etc. All children must be accompanied by an adult. *In order to make our events more accessible, closed captioning will be used for all movies.*

SENIOR BOOK CLUB - NEW DAY!!

**Tues., June 28 - 2:30 - 3:30pm - Media Room
(note change of date)**

RSVP by June 14

See all the details on page 17.

UPCOMING EVENTS

PHOTOGRAPHY CONTEST

ATTENTION ALL PHOTOGRAPHERS - Be sure to enter our photography contest. The Senior Centers in our region (Davie, Forsyth, Stokes, Surry & Yadkin) will each enter pictures for a calendar to be published in 2012. Each Senior Center will submit 13 photos (one for each month, two for December). The Regional Advisory Committee for the Area Agency on Aging will pick the final winners for the calendar. Here are the details:

- Photographers must be 55 and older.
- Picture has to be taken within the past two years.
- Picture must be submitted both digitally and printed in either a 5 x 7 or 8 x 10.
- Photos should be unframed and unmounted. We will mount all photos.
- Photos may not be returned to owner.
- You must select which month the photo represents. You may only enter one photo for each month (with the exception of December, where you may enter 2 photos).
- Names should not be on photos.
- Entry in contest automatically allows the use of your photos in any publications.
- Prizes will be awarded for all 1st place winners at a celebration to occur in late July or early August.
- Entry packets may be picked up at Senior Services after April 4th.
- Photos are due to Senior Services by July 8.
- All first place winning photos will be entered in the regional contest, which will occur in August or September.



SENIOR GAMES

SILVERARTS



SilverArts provides a stage for the creative talents of visual, heritage, literary and performing artists 55 and older. Categories include knitting, crocheting, painting, quilting, woodworking, pottery, photography, poems, short stories, and much more. If you can sing, dance, tell a funny story, read a poem, perform a dramatic reading or skit, we need you for the Performing Arts section of SilverArts.

Staff Member Ina Beavers is available to help you develop your performance and get you ready for the "Big Night". Just call for an appointment.

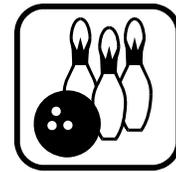
Please note that all SilverArts entries must be the original work of the artist, and all pieces must have been completed within two years of the date of entry.



SENIOR GAMES

Senior Games offers competitive and non-competitive sports events for seniors 55 and older.

Various games offered include horseshoes, basketball, bocce, tennis, golf, bowling, ping pong, etc.



Consider becoming part of this fun-filled program. You compete in your own age & sex categories within five year increments. One small participation fee covers competition in all SilverArts events, most Senior Games events, as well as opening and closing ceremony events and meals. You also get a great souvenir t-shirt. SilverArts & Senior Games are co-sponsored by Davie Co. Senior Services and Mocksville Davie Parks & Rec.

ONGOING ACTIVITIES - MOCKSVILLE SITE

Arts & Crafts

QUILTING

Each Monday - 10:00am - 12:00pm
- Classrooms A & B

Join this talented group who loves to quilt. Bring your supplies and work with, and learn from, other quilters. No instruction is provided. This is an intergenerational program.

DAVIE CO. QUILT GUILD

3rd Monday of each month at 6:30pm
- (April 18, May 16, June 20)
- Multipurpose Rooms A & B

President: Gina Booe

Membership Dues: \$20.00 year

Monthly meetings may include show & tell, demonstrations, guest speakers or work sessions. Senior Services is a co-sponsor of this group. For detailed information, please call the group leader (call for number).

ART - STILL LIFE & LANDSCAPES

Mondays - 9:00am - 12:00noon
- Multipurpose Room B

Instructor: Annette Ratledge

Cost: Furnish your supplies

Classes will run each Monday, and students can start at any time. Annette will work one on one to get students started. **Beginners need to come to first class before buying supplies.** Open to adults 55 & older.

SCRAPBOOKING

2nd Tuesday of each month - 2:00pm
- Classroom B - (April 12, May 10, June 14)

Group Leader: Barbara Thornton

Cost: Free

Bring your supplies & your current projects & "scrap" with friends. Barbara & other participants can help with ideas and techniques if needed. Special programs and field trips are sometimes held. This is an intergenerational program.

WOODCARVING

Wednesdays - 9am - 11am - Classroom A
Facilitator - Tim Trudgeon

Cost: Free

Expert woodcarver Tim Trudgeon will be here each Wednesday. Anyone with an interest in carving is invited to get together with him at that time. All levels are welcome - beginner to advanced. You may come as often as you wish, but please call before attending your first session. Open to adults of any age.

TATTING

Wednesdays - 1:00 - 3:00pm - Classroom B

Cost - Free

Join this group who loves to tat. Bring your supplies and work with, and learn from, other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided.

KNITTING/CROCHETING GROUP - NEW!!

2nd & 4th Thursdays of each month - 1:00pm - 3:00pm - Classroom B

All knitters and crocheters are invited to join this group. Twice a month they will get together to make afghans for service organizations in Davie County. If you do not knit or crochet, you may help the group join squares together. Donations of yarn are also appreciated.



Computer Lab & Classes

UPCOMING COMPUTER CLASSES:

Instructor: Jackie Allen

Cost: Free

Location: Senior Services' Media Room

Register by: No later than 1 week prior to 1st day of class (Note - classes fill quickly, so you may want to register early)

Class Size: Limited to 10 students

MICROSOFT WORD 2007 LEVEL 1

This class continues from Beginning Computers. We will learn more advanced editing options, including different ways to select text, working with the many icons on the formatting toolbar, making your document easier to read, and working with the options in the page setup dialog box, for example margins and orientation of paper. We will also work some with graphics.

This class is 3 days and is intended for students

ONGOING ACTIVITIES - MOCKSVILLE SITE

who are familiar with creating/saving a document and basic editing techniques (bold, alignments, cut/copy, paste and how to use delete & backspace keys).

Upcoming sessions:

- April 18, 20 & 21 (Mon., Wed., Thurs.) - 10:00am - 12:00noon
- April 25, 26 & 28 (Mon., Tues., Thurs.) - 6:00pm - 8:00pm - Media Room
- June 21, 23 & 24 (Tues., Thurs., Fri.) - 12:00pm - 2:00pm - Media Room

MICROSOFT WORD 2007 LEVEL 2

This picks up from the Level 1 class. We will look at when and how to use tables and clipart. We will review basic formatting that was discussed in Level 1 to enhance the table/clipart as well as reviewing formatting options. *Word Level 1 is required prior to this class. This class is 4 days.*

Upcoming Sessions:

- May 5, 6, 11 & 12 (Thurs., Fri., Wed., Thurs.) - 10:00am - 12:00pm
- May 9, 10, 11 & 12 (Mon., Tues., Wed., Thurs.) - 6:00pm - 8:00pm

MICROSOFT WORD 2007 LEVEL 3

This class goes into more detail of how to set up a document. You will learn when to use tabs and indentions versus margins, how to use spelling and grammar checks and the Thesaurus effectively, and how to use the find/replace option and customize the bullets. *Word Levels 1 & 2 are required prior to this class. This class is 4 days.*

Upcoming Session:

- June 6, 8, 9 & 10 (Mon., Wed., Thurs. & Fri) - 2:00 - 4:00pm

ENVELOPES & LABELS LEVEL 1

Learn to print envelopes and labels the easy way. Your addresses are saved in Microsoft Excel & we merge them into Microsoft Word so you can print directly on the envelope or on labels. We are using Microsoft Excel & Word 2007. *This class is 1 day and is intended for students who have a basic understanding of Microsoft Word & Microsoft Excel. Mouse & Keyboard skills required.*

Upcoming Sessions:

- May 3 (Tues.) - 6:00pm - 8:00pm
- May 13 (Mon.) - 12:00pm - 2:00pm

MICROSOFT EXCEL 2007 LEVEL 1

You will learn how Excel works & the basics of using this program including: how to maneuver around the spreadsheet, how to type in cells and basic editing techniques. *This class is 3 days & is intended for students who have taken Beginning Comp. or have acquired those skills.*

Upcoming Sessions:

- May 16, 17 & 19 (Mon., Tues., Thurs.) - 10:00am - 12:00pm
- May 16, 17 & 19 (Mon., Tues., Thurs.) - 6:00pm - 8:00pm

MICROSOFT EXCEL 2007 LEVEL 2

This continues from the Excel Level 1 class. You will learn new features to enhance the spreadsheet by using a basic list of addresses, a budget and how to sort or filter information so it can be best understood. After completing this class you'll be able to set up a budget to track your expenses, create a check register, type addresses or track your eBay expenses or purchases. *Excel Level 1 is required prior to this class. This class is 4 days.*

Upcoming Session:

- June 6, 8, 9 & 10 (Mon., Wed., Thurs., Fri.) - 12:00pm - 2:00pm

MICROSOFT EXCEL 2007 LEVEL 3

This class will work with charts/graphs and clipart. There will be some review of basic formatting options in how to enhance the chart to make the text easier to understand. *Microsoft Excel Levels 1 & 2 are required prior to this class. This class is 3 days.*

Upcoming Session:

- June 21, 23 & 24 (Tues., Thurs., Fri.) - 3:00pm - 5:00pm

EMAIL LEVEL 1

This is a way to communicate electronically. Learn the proper way to send an email and to include attachments. Learn how a virus and/or spyware impacts sending/receiving emails. Contact your internet provider to find out how

ONGOING ACTIVITIES - MOCKSVILLE SITE

you can access your account outside of your home. You will need your login name and password. If you do not have an email address we can set one up for you using a free email service. You will need to come in 15 minutes early the first day so we can set this up before class begins. *This class is 3 days & is intended for students who have a basic understanding of computers. Mouse & keyboard skills required.*

Upcoming Session:

- May 16, 17, & 19 (Mon., Tues., Thurs.) - 1:00 - 3:00pm

EBAY

There are some great bargains available on eBay & it is a wonderful way for you to sell things you no longer need. This class will teach you how to purchase items, how to list your items, what to sell, how to price it and how to get paid. *This class is 3 days and is intended for those who have a basic understanding of computers.*

Upcoming Sessions:

- May 16, 17, & 19 (Mon., Tues., Thurs.) - 3:00 - 5:00pm
- May 23, 25 & 26 (Mon., Wed., Thurs.) - 6:00 - 8:00pm

FACEBOOK

This is an example of a social networking site. We will be signing up on the site and communicating with each other in class. This is a hands-on class. *This class is 1 day and is intended for those who have a basic understanding of computers.*

Upcoming Session:

- May 24 (Tues.) - 10:00am - 12:00noon

MYSAPCE

This is an example of a social networking site. We will be signing up on the site and communicating with each other in class. This is a hands-on class. *This class is 1 day and is intended for those who have a basic understanding of computers.*

Upcoming Session:

- May 26 (Thurs.) - 10:00am - 12:00noon

TWITTER

This is an example of a social networking site. We will be signing up on the site and communicating with each other in class.

This is a hands-on class. *This class is 1 day and is intended for those who have a basic understanding of computers.*

Upcoming Session:

- May 27 (Fri.) - 10:00am - 12:00noon

TROUBLESHOOTING YOUR COMPUTER

We'll review basic troubleshooting techniques to check when you are experiencing computer issues. We will look at the different avenues that are available to you to help correct the problem or better understand exactly what the problem is. *Beginning Computers is recommended prior to this class. This class is 3 days.*

Upcoming Session:

- May 23, 25 & 26 (Mon., Wed., Thurs.) - 1:00pm- 3:00pm

WEBPAGE LEVEL 1

Have you ever wanted to create your own webpage so your family will know what is going on, or maybe one for your business or church? This class is to get you familiar with what a webpage is and how you can quickly publish something. We will be using Microsoft Word to create the web pages in this first level. Most email accounts allow you space to post your own webpage or they have free websites you can use. *This class is 3 days.*

Upcoming Session:

- May 23, 25 & 26 (Mon., Wed., Thurs.) - 3:00pm- 5:00pm

PRINTING INVITATIONS

You will learn to use blank invitations to create beautiful invitations for baby showers, birthdays, or any type of celebration. *This class is 1 day and is intended for students who have a good understanding of Microsoft Word. Word Levels 1, 2 & 3 are recommended prior to taking this class.*

Upcoming Session:

- June 1 (Wed.) - 2:00pm - 4:00pm

ONGOING ACTIVITIES - MOCKSVILLE SITE

WINDOWS COMPONENTS LEVEL 1

This class will review some software that comes with your computer - Disk Defragmenter, Scandisk, Paint, Disk Clean-Up, Sound Recorder and Windows Media Player. These should be on all Windows Operating Systems. We will show you how to use these programs more efficiently instead of purchasing another software program that may do the same thing. *Beginning Computers is recommended prior to this class. This class is 2 days.*

Upcoming Session:

- May 31 & June 1 (Tues., & Wed.) - 12:00pm - 2:00pm

MICROSOFT POWERPOINT 2007 LEVEL 1

This is a presentation software program. You may have seen it used in churches or meetings to show information on a big screen. This class is to get you familiar with the layout. We will create very basic presentations and bring in a lot of features already learned in previous Word classes. *Word Levels 1-3 is recommended prior to this class. This class is 3 days.*

Upcoming Session:

- June 9, 10 & 14 (Thurs., Fri., Tues.) - 10:00am - 12:00pm

WINDOWS MOVIE MAKER

This program allows you to incorporate your pictures and camcorder video into a movie. Then you will finalize the movie to publish it onto a CD and send out to your friends and family. If you have Windows XP, Vista or 7 this program should be on your computer already. *Word Level 2 is recommended for this class. Prior knowledge will enhance your ability to understand the concepts quickly. This class is 3 days.*

Upcoming Sessions:

- June 21, 23 & 24 (Tues., Thurs., Fri.) - 10:00am - 12:00noon
- June 21, 22 & 23 (Tues., Wed., Thurs.) - 5:30pm - 7:30pm



Dance

CURRENT SOCIAL DANCING

(Formerly Line Dancing)

Thursdays - 11:00am - 12:00pm - Exercise Room (Current session ends May 26)

Instructor: Tami Langdon, Davie School of Dance

Cost: Free (donations to Senior Services are appreciated)

Come learn some basic current steps of line dancing such as the Cupid Shuffle, basic jazz steps and some Latin and salsa dances too. Wear comfortable shoes & clothes. Open to adults 55 & older and exceptions under the general participation policy.



Drop In Activities

Senior Services invites you to drop by anytime to take advantage of the following:

- | | |
|----------------|-------------------|
| * Board Games | * Music |
| * Books | * Newspapers |
| * Cards | * Ping Pong Table |
| * Checkers | * Puzzles |
| * Chess | * Scales |
| * Computer Lab | * Shredder |
| * Fitness Room | * Videos |
| * Magazines | * Wii |

Items are available as long as an activity is not occurring in the room they are located in. For any questions concerning availability of drop in items, please call ahead.

ONGOING ACTIVITIES - MOCKSVILLE SITE

Exercise



SILVERHEALTH

Mondays, Wednesdays & Fridays - 8:30 - 9:00am - Exercise Room

Instructor: Ina Beavers, Program & Outreach Coordinator

Cost: Free

If you are looking for a beginner class, this is for you. This class works with hand weights and resistance bands and focuses on toning - especially those important core muscles. Stay for the Morning Wake Up Program if you desire a more intense workout or leave at 9:00 if you prefer a shorter program. Open to adults 55 & older and exceptions under the general participation policy.

MORNING WAKE UP PROGRAM

Mondays, Wednesdays & Fridays - 9:00 - 9:30am - Exercise Room

Instructor: Ina Beavers, Program & Outreach Coordinator

This class is a continuation of the SilverHealth program. Come at 8:30 for stretching and toning and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth. Open to adults 55 & older and exceptions under the general participation policy.

YOGA FOR SENIORS

Mondays & Wednesdays - April 4 - June 29- Exercise Room

Instructor: Kim Smith

3 CLASSES TO CHOOSE FROM:

1:00 - 2:00pm

2:00 - 3:00pm

3:00 - 4:00pm

Cost: Free (Donations to Senior Services are appreciated)

Limited to first 12 per session who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins March 18 at 8:00am. You may only sign up for 1 yoga session per quarter.**

YOGA FOR SENIORS

Wednesdays & Fridays - April 6 - July 1 - 10:00am - 11:00am - Exercise Room

Instructor: Melissa Marklin Rollins

Cost: Free (Donations to Senior Services are appreciated)

Limit to the first 12 who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for this session begins March 18 at 8:00am. You may only sign up for 1 yoga session per quarter.**



TAI CHI

Tuesdays - 10:00 - 11:00am - Exercise Room

Session Dates: April 5 - June 7

Instructor: Mike DePeuw, Beach 'n' Tans

Cost: Free (donations to Senior Services are appreciated)

RSVP deadline: March 29 (or when filled - limited to 15)

This class is wonderful for seniors. It helps improve balance, lower blood pressure & can help those with arthritis. These slow, gentle motions are easy to learn for all fitness levels. Open to adults 55 & older. Classes build upon one another and therefore students cannot join later than two weeks into the 10 week session.

DANCE PARTY AEROBICS

Tuesdays & Thursdays - 5:30 - 6:30pm

Instructor: Lorri Carlton

Cost: Free (donations to Senior Services are appreciated)

This class is designed to get you up and moving! These moves are inspired by Latin dance steps and will help you have fun while increasing your heart rate and burning calories. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

ONGOING ACTIVITIES - MOCKSVILLE SITE

ARTHRITIC EXERCISE

Every other Wednesday - 10:45 - 11:15am - Multipurpose Room A

Instructor: Nancy Luckey

This class focuses specifically on adults with arthritis, working mainly on flexibility. Other beginner exercisers may also benefit. Open to adults 55 & older and exceptions under the general participation policy.

LOW IMPACT AEROBICS

Wednesdays & Fridays - 11:00am - 12:00 noon - Exercise Room

Instructor: Lorri Carlton

Cost: Free (donations to Senior Services are appreciated)

This is a low impact, low intensity aerobics workout that uses simple patterns. Classes include basic strength exercises, abdominal strengthening and ends with a stretching session. Class is ideal for beginners or active older adults, but can be modified for all levels. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.



BOWLING LEAGUE

Mondays - 8:30am - depart from

Rec. Dept.

Cost: \$6.00 per session (3 games)

Our bowlers will be starting another session soon. Regular bowlers & substitutes are welcomed.

WALKING

Weekdays - 6:30 - 9:00am - Parks & Rec.

The gym at Parks & Rec. is open each weekday morning for seniors to walk. Don't forget to record your mileage & sign up for our Destination Fitness program to earn great incentives. For more info. on walking availability call Parks & Rec. at 751-2325.

FITNESS ROOM

Mon - Thurs - 8:00am - 8:00pm

Fri - 8:00am - 5:00pm

Sat. - 9:00am - 1:00pm



Cost: Free (donations are appreciated)

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come, first serve basis. Each 15 minutes of exercise counts toward 1 mile in the Destination Fitness program. **You must call for an appointment for training. Training is required prior to the first time using equipment.**



Games

Wii GAMES

Time: Drop In Whenever Room is Available
Exercise Classroom

In these sports video games you actually do the moves - swing the tennis racket, the baseball bat, the golf club, etc. If you need help, simply make an appointment with a staff member & they can give you a short orientation session. Wii is available on a drop in basis whenever the room is not being used for classes. Call if you have a question regarding availability.

Available games include:

- * Golf
- * Baseball
- * Fishing
- * Tennis
- * Ping Pong
- * Shooting Range
- * Boxing
- * Billiards
- * Many, many more

PING PONG

Our ping pong table is available on a drop in basis whenever the room is available. Call ahead if you have a question regarding availability.

SCRABBLE

Mondays - 1:00pm - Classroom B

Strengthen your vocabulary & have fun with this classic game. Any number can play. Open to adults 55 & older and exceptions under the general participation policy.

ONGOING ACTIVITIES - MOCKSVILLE SITE



Health & Wellness

AMERICAN MAH JONGG - NEW!!

2nd & 4th Tuesdays - 12:30 - 4:00pm -

Classroom A (starting April 12)

Facilitator: Barbara Ford

Mah Jongg is a game that originated in China. It uses tiles and combines skill, strategy and a certain degree of chance. Ms. Ford will teach those who are unfamiliar with how to play. Open to adults of any age - no children, please.

SKIPBO

Every Wednesday - 1:00pm - Classroom A

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

DUPLICATE BRIDGE

1st & 2nd Wednesday - 2:00 - 6:00pm -

Multipurpose Room A

Bring a partner and join this group for duplicate bridge. Open to adults 55 & older & exceptions under the general participation policy. Alternates may be under age 55.

TEXAS HOLD EM

Thursdays - 1:00pm - Classroom A

This is the poker game that is sweeping the nation. This game is for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcome. Open to adults 55 & older & exceptions under the general participation policy.

BRIDGE

Fridays - 2pm - Classroom A

Bring some friends to play this timeless game. A foursome is required. If you are interested in playing but need to be placed with a group, please call Beth Haire at Senior Services. Open to adults 55 & older and exceptions under the general participation policy. Alternates may be under age 55.

DESTINATION FITNESS TESTING

3rd Monday of each month - 9:30 - 11:00am

- Exercise Room - By appointment only

- April 18, May 16, June 20

Tester: YMCA or Sr. Services rep.

If you want to participate in the Destination Fitness Program, you need to participate in this testing. Please call for appointment.

ASK THE DOCTOR

1st Monday of each month - 10:45 am -

MP Room A (April 4, May 2, June 6)

Cost - Free

Dr. Kimberly is here the first Monday of each month to answer your questions. Although this is no substitute for a doctor's visit, it is a great opportunity to ask about those issues that have been on your mind. You'll also benefit from hearing other questions asked & answered as well. Open to adults 55 & older and exceptions under the general participation policy.

BLOOD PRESSURE SCREENINGS

1st Tuesday of each month - 10:45am -

MP Room A - (April 5, May 3, June 7)

Tester: Davie County Home Health representative

Cost: Free

A trained professional will take your blood pressure at no charge.

PODIATRIST VISITS

THURSDAYS - EVERY 3 WEEKS - Call for current dates

8:30 - 10:00am - Classroom B

Cost: Usually Private Pay

Dr. Grady Dunn, podiatrist in Forsyth Co. brings his services to Senior Services every 3 weeks. Call Senior Services for current dates. Call Dr. Dunn's office directly at 768-9180 for more information on services and charges.

MASSAGE THERAPY

3rd Tuesday of each month - 9:30am -

4:00pm - by appointment only -

Classroom B (April 19, May 17, June 21)

ONGOING ACTIVITIES - MOCKSVILLE SITE

Massage Therapist : Tammy Hauser, owner of In Touch Therapeutic Massage License #5815

Cost: \$30.00 for 30 minute massage
Massage is a wonderful way to relax & it provides health benefits as well. Ms. Hauser will be here once a month to offer massages customized to the client. Payment will be made at time of visit & will be collected by Ms. Hauser. After 2 missed visits, you will no longer be allowed to make appointments. Clients must be 55 or older. If appointments remain open the day before her visit, those under 55 may fill those slots. Massages will be offered on a table or in a chair. Let us know which you prefer.



Literary Arts

SENIOR BOOK CLUB - NEW DAY!!

3rd Tuesday of each month - 2:30 - 3:30pm - Classroom B

**April 19 - "Plant Life" by Pamela Duncan
May 17 - "Our Southern Highlanders" by Horace Kephart and "In the Arms of Elders" by William Thomas**

**June 28 - "Member of the Wedding" by Carson McCullers (Note change of date)
Leader: Genny Hinkle - Davie Co. Library**
At each meeting you will discuss the book that was read the month before & receive the new book to read. Books are provided at no charge. You must turn in your book on or before the meeting date so that we can continue to get the books at no charge. Co-sponsored with Davie Co. Public Library. Open to adults 55 & older and exceptions under the general participation policy.

LIBRARY

We accept donations of recently published books in good condition. These may be checked out at the front desk. Because of space constraints, please limit donations to recent publications (within the past 5 years) hardback books. We will donate any books we cannot use to another organization.



Lunch

**Mondays - Wednesdays - 11:30am
Thursdays & Fridays - 11:00am - MP Room A
Staff Contact: Nancy Luckey, Nutrition Program Coordinator**
Cost: Free, donations appreciated
Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$4.98. A program is offered each day at 10:45am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Interest

PIEDMONT POWER ASSOCIATION



**1st Mon. of each month - 7:00pm - Multipurpose Room B
(April 4, May 2, June 6)**

President: Arthur Bostick

Annual Dues: \$20.00

This group loves old tractors. If you do too, why not join them? Monthly meetings include dinner and a program. Senior Services is a co-sponsor of this group. For specific info, please call the group leader (call for number).

SENIOR SERVICES ADVISORY COUNCIL

4th Tuesday of every other month - 3:00pm - Media Room (May 24)

Staff Contact: Kim Shuskey, Director

This is a volunteer group appointed by Davie Co. Commissioners to help Senior Services plan, set goals and fundraise. If you are interested in serving, please contact Kim Shuskey. Meetings are open to the public.

DAVIE COUNTY AARP CHAPTER

3rd Thursday of every other month - 10:30am - Classroom A (May 19)

President: Daniel Straka

Join your local chapter of AARP today. Meetings include a speaker or event. Senior Services is a co-sponsor of this group. For specific information please call the Chapter President (call for number).

ONGOING ACTIVITIES - MOCKSVILLE SITE



Stage, Screen & Music

DAVIE COUNTY SINGING SENIORS

Each Thursday - 10:00am - Multipurpose Room B (Jan. - June/Sept. - Dec.)

Chorus Director: Marie Roth

Annual Dues: \$10.00

If you love to sing, why not join this fun group? The chorus practices each week and performs at churches, civic clubs, nursing homes & community events. Open to adults 55 & older.

HANDBELLS

1st Friday each month - 10:00am -

MP Room B (April 1, May 6, June 3)

Staff Contact: Kim Shuskey, Director

Join this group who have fun learning an easy version of handbells that combines bell ringing with full background music. No prior music experience is necessary to participate. Open to adults 55 & older and exceptions under the general participation policy.

THEATRE CLUB

4th Tues. each month - 1pm - Classroom B

(April 26, May 24, June 28)

Staff Contact: Barbara Thornton, Senior Center Aide

This group meets once a month to discuss various theatrical options in the area and choose different plays and performances to attend as a group. Each person pays for their ticket. Open to adults 55 & older and exceptions under the general participation policy.

ANDY GRIFFITH SHOW

4th Friday of each month - 10:30am -

Multipurpose Room A

(April - No mtg. date, May 27, June 24)

Cost: Free

We've all enjoyed the Andy Griffith Show for years. Come join your friends as we show an episode from the show each month. Open to adults 55 & older and exceptions under the general participation policy.



Destination Fitness!

This joint effort between Senior Services, Parks & Rec., Davie Family YMCA & the Davie Co. Hospital rewards exercise. Each quarter there is a destination that you strive to reach. You keep track of the number of miles you walk & the number of approved exercise classes in which you participate. At the end of each quarter all participants are invited to a breakfast and those who have met their miles will receive a special prize. To participate, you need to fill out a participation form & complete a pre-program evaluation which will consist of a short survey & a few measurements. Follow up tests will be conducted every 6 months to help you see how your exercise program is benefiting you. In addition to the exercise programs, educational seminars will be offered & each quarter participants will receive a chance for a special prize based on attendance at these seminars. For complete information and forms, contact a staff member. **Testing dates will be the 3rd Mon. of each month at the Mocksville Site from 9:30 -11am.**



Financial Support

Davie County Senior Services is committed to bringing quality programs & services to older adults in our county, many at no charge. To do this, donations are needed and appreciated. Individuals & organizations can contribute to the following areas:

- **General Support** - for the general operating expenses of Senior Services
- **Homebound Meals (Meals on Wheels)** - to provide meals to a senior who cannot cook for themselves and cannot come to the lunch program at the center

• **Endowment Fund** - to provide permanent financial support for programs & services

There are also many options available to give to Senior Services through your will. Please contact us for more information about planned giving. **Donations are tax deductible.**

OTHER ONGOING PROGRAMS & SERVICES

Services

**STAFF CONTACT FOR ALL SERVICES IS
KELLY SLOAN, COMMUNITY RESOURCE
SPECIALIST, UNLESS INDICATED
OTHERWISE.**

BUDDY PROGRAM

Staff Contact: Tracy O'Neal, Morning
Receptionist

Cost: Free

If you are new to Senior Services and are unsure of attending your first event alone, this program is for you. We match volunteers with participants who are new to Senior Services. They meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes". To request a buddy for a special event, please let us know when you sign up for the event.

CAREGIVING CLASSES & RESOURCE CENTER

Cost: Free

Our Resource Specialist can meet with you individually or as a group to provide training to help you become a better caregiver. Various topics are available. In addition, materials of interest to caregivers - videos, books, pamphlets - are available to check out at the Mocksville site of Senior Services. Open to any age.

CAREGIVER SUPPORT PROGRAM

Cost: Free, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break to run errands, go to a movie - whatever you need to do. We can also provide free nutritional supplements such as Boost or Ensure and incontinence supplies such as Depends. To qualify you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or have Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

ENSURE PROGRAM

Cost: Free, donations appreciated

This program provides free nutritional supplements such as Ensure to seniors whose doctors prescribe supplementation. Qualifying seniors must be an existing nutrition client or 60 or older and unable to tolerate solid foods. Call for appointment for an assessment. Home visits can be arranged.

FIDGET APRONS

Cost: Free

These aprons provide those with Alzheimer's or other forms of dementia something to keep their hands busy, which can help reduce agitation and wandering. They are made by volunteers and are provided free of charge to anyone who can use one.

FRIENDLY VISITOR

Cost: Free

This program matches up volunteers who agree to visit socially isolated seniors on a regular basis. One hour visits every other week with a phone call the week in between are required of the program. More visits are encouraged.

HANDMADE PERSONAL ITEMS

Cost: Free, donations appreciated

Senior Services has access to handmade items for those in wheelchairs and walkers. Items include pillows, walker aprons and lap blankets. If you or someone you know can benefit from these items, please call our Resource Specialist.

HOMEBOUND MEALS

Cost: Free, donations appreciated

Homebound meals provides a nutritionally balanced meal to homebound seniors 5 days a week. For those who can benefit, frozen weekend meals are also available. To qualify, one must be 60 or older & unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.

OTHER ONGOING PROGRAMS & SERVICES



INFORMATION & ASSISTANCE

Our Resource Specialist can answer questions and assist seniors, family members and caregivers of any age in obtaining a wide variety of information and services for seniors. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

JOB MATCH

Staff Contact: Barbara Thornton, Senior Center Aide

If you are a senior interested in work, fill out a JobMatch application. When we receive a call from someone who needs that type of work, we will give them your information. Senior Services only provides potential employers with names, no references, recommendations or hiring decisions are made by us. Pay rate is between the employer & employee.

LEGAL AIDE

Cost: Free, donations appreciated

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

NOTARY SERVICE

Staff Contact: Beth Haire, Adm. Assistant or Ina Beavers, Prog. & Outreach Coordinator

Cost: Free

Time: By appointment only

We will provide free notary services to those 55 and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

REVERSE MORTGAGE COUNSELING

Time: By appointment only

See information under Senior Financial Care.

SENIOR FINANCIAL CARE

1st Tuesday of each month - 8:30am - 4:30pm - Media Room

Cost: \$10 for first visit - Subsequent visits based on a sliding scale (Fees may be waived if unable to pay)

Senior Financial Care is a program of Consumer Credit Counseling Service of Forsyth County. They provide personal budgeting & monthly expense management, credit and debt repayment counseling, reverse mortgage counseling, and fraud awareness and prevention counseling. They will have space in our building once a month for their services. For more information you may call them directly at 336-896-1328.

SHIIP - (Seniors' Health Insurance Information Program)

Staff Contact: Tracy O'Neal, SHIIP Coordinator

Cost: Free

Time: Wednesday afternoons by appointment (other times can be arranged if necessary)

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

SHREDDER

(Available at Mocksville Site)

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead bring your items here where we can shred them for you. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.



VIAL OF LIFE

Cost: Free

This program allows you to record your medical history and medications on a form which is placed in a bottle in your refrigerator. A sticker on your door alerts EMS that this information is there in case they respond to your home in an emergency. Co-sponsored with Davie Co. Healthy Carolinians. Available to all ages.

OTHER ONGOING PROGRAMS & SERVICES

VIDEO EYE

(Available at Mocksville Site)

The Video Eye is a low vision reading machine that uses a camera to magnify text and objects onto a computer monitor for easier viewing. This machine can help with reading, writing and hobbies like needlework and crossword puzzles. The machine is available anytime there is a free room.



Support Groups

ALZHEIMER'S SUPPORT GROUP - NEW TIME!!

**2nd Tuesday of each month - 6:30pm - Classroom B - (April 12, May 10, June 14)
Facilitator: Kelly Sloan, Community Resource Specialist**

This group is open to adults of any age. It is intended for those caring for a loved one with Alzheimer's or other dementia but is open to any caregiver that can benefit. Meetings may consist of sharing time and/or guest speakers. This group is offered in conjunction with the Alzheimer's Association.



Trips - Day

APRIL 5 - BELMONT, NC

Tuesday, April 5 - Departure time 9:00am, Approximate return time 3:00pm

Cost: \$5.00 for transportation

Money for lunch

No charge for Museum, but donations are accepted.

After many requests we will once again head to Belmont, NC. We will tour the Belmont Historical Society Museum, then have time to shop in the shops on Main Street and have lunch at one of the restaurants there. There are a couple of new restaurants since the last time we visited. Sign up starts February 15.

MAY 3 - LEVINE MUSEUM - HISTORY OF CHARLOTTE

Tuesday, May 3 - Departure time 8:30am, approximate return time 3:00pm

Cost: \$5.00 for transportation

\$4.00 for museum

Money for lunch

You will visit the exhibits at your leisure, which should take about 2 hours. Museum includes stories of the American South from the end of the Civil War to the present time. There is also an inspirational exhibit called "Courage". We will stop for lunch along the way. Sign up starts March 15.

JUNE 7 - VALDESE, NC

Tuesday, June 7 - Departure time 8:30am, Approximate return time 3:30pm

Cost: \$5.00 for transportation

\$18.00 for lunch & tour

We are heading back to Valdese. This time we will do "The Trail of Faith", which is a collection of 15 buildings and monuments dedicated to preserving the courageous history of the Waldensian people. We will then have a catered lunch. After lunch we will have time to wander on Main Street. We will finish our tour at the Sarah Lee Bakery. Although we cannot tour the actual bakery due to health code, we will be given a history of the bakery and a chance to shop in their retail store. Lunch menu will be chicken parmesan, salad, potatoes, green beans, roll, dessert, tea or water. Sign up starts April 15.

JULY 5 - PIEDMONT TRAD FARMERS MARKET, GREENSBORO

Tuesday, July 5 - Departure time 9:00am, approximate return time 3:00pm

Cost: \$5.00 for transportation

Money for lunch & shopping

We will visit the Farmers Market where you can buy local Piedmont fruits, vegetables, flowers, baked goods, jams, honey, crafts and more at this state of the art market. We will have lunch at the Moose Café at the market. Sign up starts May 16.

OTHER ONGOING PROGRAMS & SERVICES



Trips - Extended

DUPLIN COUNTY, NC

Friday - Sunday - May 20 - 22

Prices: \$415.00 - single

\$310.00 - double (per person)

\$285.00 - triple (per person)

\$270.00 - quad (per person)

Trip Leader - Barbara Thornton

For our Spring Trip, we will visit Duplin County, NC. Price includes the following:

Friday, May 20

- Visit Cowan Museum, featuring artifacts from our early rural American heritage
- Tour Liberty Hall Restoration, the 19th century home of the Kenan family, featuring the main house and 12 outbuildings
- Dinner at Mad Boar Restaurant

Saturday, May 21

- Deluxe Continental Breakfast at hotel
- Visit Rockfish General Store - a store that has "something for everyone"
- Visit Duplin Winery, including a tour, tasting, lunch and show entitled "Down Home Country"
- See the World's Largest Frying Pan, 15 feet in diameter, weighing 2 tons and having the capacity to cook 365 chickens at a time
- Visit Mike's Farm, including a country store, and hayrides to the strawberry patch. Dinner will be on your own tonight.

Sunday, May 22

- Deluxe Continental Breakfast at hotel
- Visit historical Hebron Presbyterian Church
- Shop at new Tanger Outlets in Mebane (Lunch will be on your own in the food court)

Price also includes hotel accommodations at the Holiday Inn Express in Wallace, NC and travel on motor coach. Reservations can be made with your \$50.00 deposit.

Deadline for registration is April 8. Final trip payment is due at that time as well. We are unable to give refunds after payment is made to tour company. See staff member for complete rules regarding trips.



Volunteer Opportunities

BASIC VOLUNTEER INFORMATION

All Senior Services volunteers receive training & orientation before beginning any assignment. Training varies with each opportunity. Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian. Each volunteer will receive a job description & a handbook. Volunteers are recognized each year at our Appreciation Dinner.

BUDDY PROGRAM

Staff Contact: Tracy O'Neal, Morning Receptionist

This program matches volunteers with participants who are new to Senior Services. They will meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes".

CLASS INSTRUCTORS

Staff Contact: Kim Shuskey, Director

In an effort to bring new offerings to the seniors of our county, we are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors can be compensated for their time if needed.

FUNDRAISING COMMITTEE

Staff Contact: Kim Shuskey, Director

This newly formed committee will assist with fundraising projects for Senior Services throughout the year. If you are interested in serving, call to find out when the next meeting is scheduled.

OTHER ONGOING PROGRAMS & SERVICES

FRIENDLY VISITORS

Staff Contact: Kelly Sloan, Community Resource Specialist

Our Friendly Visitor program matches up volunteers who agree to visit socially isolated seniors on a regular basis. One hour visits every other week & a phone call the week between are required. More visits encouraged.

FRONT DESK VOLUNTEERS

Staff Contact: Kim Shuskey, Director

Volunteers are used for afternoons at the front desk. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

HOMEBOUND MEAL DRIVERS

Staff Contact: Nancy Luckey, Nutrition Program Coordinator

Drivers deliver meals to homebound seniors. It takes approximately 1 1/2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid.

OFFICE HELP

Staff Contact: Beth Haire, Adm. Asst.

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

SHIIP (Seniors' Health Insurance Information Program)

Staff Contact: Tracy O'Neal, SHIIP Coordinator

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

SPECIAL EVENT ASSISTANCE

Staff Contact: Ina Beavers, Program & Outreach Coordinator

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help. Photographers & Videographers are also always needed at events.

CLASSES & ACTIVITIES - FARMINGTON SITE

Our Farmington site is located in the Farmington Community Center, 1723 Farmington Rd. Hours are Monday - Friday 10:00am - 1:00pm. Phone number is 998-3730.



Ongoing Activities

TRAVEL TIME

Every 2nd Monday - 10:30am (April 11, May 9, June 13)

Each month someone will share their travel experiences with the group. This is as good as going there, without the expense of the gas!!

GARDENING

Tuesdays & Thursdays - 10am (In Season)

If you have a green thumb, why not help out in the garden? Gardening tools are available, or you can bring your own.

MUSIC WITH CAROLYN - NEW!!

Every 1st Tuesday - 10:30am

Carolyn Smith will entertain us the first Tuesday of each month with music.

BLOOD PRESSURE SCREENINGS

Every 3rd Wednesday - 10:30am

(April 20, May 18, June 15)

A trained professional will take your blood pressure at no charge.

ART WITH BRUCE - NEW!!

Every 2nd Thursday - 10:30am

(April 14, May 12, June 9)

Artist Bruce White, from Mountain Design Art, will come once a month to do an art project with the group

CRAFTS WITH KAY

Last Wednesday of each Month - 10:30am

(April 27, May 25, June 29)

Cost: Free

Each month Kay Kilby will present a new craft. This is a great chance to learn some new skills.

CLASSES & ACTIVITIES - FARMINGTON SITE

GAMES

Every Friday - 10:30am

We bring out the games each Friday for some fun and friendly competition. There are a variety of games from which to choose.

LUNCH

Monday - Friday - 11:30am

Staff Contact: Teresa Dillon, Nutrition Site Manager

Cost: Free, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$4.98. A program is offered each day at 10:30am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Events

TWINKIES BIRTHDAY

Wednesday, April 6 - 10:30am

RSVP by March 30

The Twinkie turns 81 today! Help us celebrate at this fun event.

Limited to the first 25 to register.

LEARN MORE ABOUT THE HEALTH DEPT.

Tuesday, April 12 - 10:30am

Speaker: Brandi Patti, Health Educator

Cost: Free

RSVP by April 5

Our spotlight on county agencies continues with the Davie County Health Department. Learn more about the important programs and services they provide.

Limited to the first 25 to register.

EASTER CELEBRATION

Thursday, April 21 - 10:30am

RSVP by April 14

Celebrate Easter with all your friends at this event.

Limited to the first 25 to register.



STRESS AWARENESS

Tuesday, April 26 - 10:30am

Speaker: Amanda Davis, LPC, CareNet of NC

Cost - Free

RSVP by April 13

Stress can make you sick. Learn how to know when the stress in your life is becoming a problem.

Limited to the first 25 to register.

Qualifies for Destination Fitness drawing.



CINCO DE MAYO CELEBRATION

Thursday, May 5 - 10:30am

RSVP by April 28

Join all your friends to celebrate this fun-filled holiday.

Limited to the first 25 to register.

DON'T LET THE BEDBUGS BITE

Wednesday, May 11 - 10:30am

Speaker: Jamie Lawhon, Davie County Cooperative Extension

RSVP by May 4

Bedbugs are a nuisance that no one wants to endure. Learn more about bedbugs, and how to prevent an infestation at this seminar.

Limited to the first 25 to register.

PANTRY BINGO

Tuesday, May 17 - 10:30am

Cost: Free

RSVP by: May 10

Our quarterly pantry bingo will allow you to win useful items that you actually need.

Limited to the first 25 to register



STROKE SEMINAR

Monday, May 23 - 10:30am

Speaker: Jackie Snow, RN, CES, Davie County Hospital

RSVP by May 16

May is Stroke Awareness Month. Learn more about this third leading cause of death and how to keep yourself safe.

Limited to the first 25 to register.

Qualifies for Destination Fitness drawing.

CLASSES & ACTIVITIES - FARMINGTON SITE

FROZEN YOGURT MONTH CELEBRATION

Thursday, June 2 - 10:30am

RSVP by May 26

June is Frozen Yogurt Month. Help us celebrate with - what else - frozen yogurt!

Limited to the first 25 to register.

GOOD GRIEF: HEALTHY PRACTICES

Monday, June 6 - 10:30am

Speaker: Kelly Ryan, Hospice & Palliative CareCenter

RSVP by May 27

There is a healthy way to grieve. Learn more at this informative seminar.

Limited to the first 25 to register.

STRAWBERRY SHORTCAKE DAY

Tuesday, June 14 - 10:30am

RSVP by June 7

National Strawberry Shortcake Day is June 14. Celebrate with fun facts and a delicious treat of strawberry shortcake.

Limited to the first 25 to register.

DISASTER PREPAREDNESS TRAINING

Wednesday, June 22 - 10:30am

Speaker: Jerry Myers, Davie County EMS

RSVP by June 15

Learn what you need to know in case of a disaster. This important seminar can save your life.

Limited to the first 25 to register.

Qualifies for Destination Fitness drawing.



COMICS & COOKIES

Thursday, June 30

RSVP by June 23

We will have cookies and watch a fun video featuring the musical comedies of Ray Stevens.

Limited to the first 25 to register.

April

- April 5 - Music with Carolyn - 10:30am
- April 6 - Twinkies Birthday Party - 10:30am
- April 11 - Travel Time - 10:30am
- April 12 - Learn More About the Health Dept. - 10:30am
- April 14 - Art With Bruce - 10:30am
- April 20 - Blood Pressure Screens - 10:30am
- April 21 - Easter Celebration - 10:30am
- April 22 - CLOSED FOR GOOD FRIDAY
- April 26 - Stress Awareness Seminar - 10:30am
- April 27 - Craft Day - 10:30am

May

- May 3 - Music With Carolyn - 10:30am
- May 5 - Cinco de Mayo Celebration - 10:30am
- May 9 - Travel Time - 10:30am
- May 11 - Don't Let the Bedbugs Bite - 10:30am
- May 12 - Art With Bruce - 10:30am
- May 17 - Pantry Bingo - 10:30am
- May 18 - Blood Pressure Screens - 10:30am
- May 23 - Stroke Seminar - 10:30am
- May 25 - Craft Day - 10:30am
- May 30 - CLOSED FOR MEMORIAL DAY

June

- June 2 - Frozen Yogurt Month Celebration - 10:30am
- June 6 - Grief Seminar - 10:30am
- June 7 - Music with Carolyn - 10:30am
- June 9 - Art With Bruce - 10:30am
- June 13 - Travel Time - 10:30am
- June 14 - Strawberry Shortcake Day - 10:30am
- June 15 - BP Screens - 10:30am
- June 22 - Disaster Preparedness Seminar - 10:30am
- June 29 - Craft Day - 10:30am
- June 30 - Comics & Cookies - 10:30am

Calendar of Events - Mocksville Site

April

- April 1– Sign Language Classes Start - 10am
- April 1 - Handbells - 10:00am
- April 1 - Senior Games Opening Ceremonies & Picnic - 12:30pm
- April 4 - Ask the Doctor - 10:45am
- April 4 - Foot Health Seminar - 1:00pm
- April 4 - New Yoga session starts - 1:00pm - Must pre-register
- April 4 - New Yoga session starts - 2:00pm - Must pre-register
- April 4 - New Yoga session starts - 3:00pm - Must pre-register
- April 4 - Piedmont Power Assoc. - 7:00pm
- April 5 - Senior Financial Care - 8:30am - 4:30pm - By appt. only
- April 5 - Day Trip - Belmont, NC - Depart at 9:00am
- April 5 - Tai Chi starts - 10:00am
- April 5 - Blood Pressure Screens - 10:45am
- April 5– Sign Language Classes Start - 6:00pm
- April 6 - New Yoga session starts - 10:00am - Must pre-register
- April 6 - Duplicate Bridge - 2:00pm
- April 7 - Dinner & a Movie - 5:30pm
- April 12 - American Mah Jongg - 12:30pm
- April 12 - Easter Party - 2:00pm
- April 12 - Scrapbooking - 2:00pm
- April 12 - Alzheimer's Support Group - 6:30pm
- April 13 - Duplicate Bridge - 2:00pm
- April 14 - Knitting/Crocheting Group - 1pm
- April 18 - Destination Fitness Testing - 9:30am - 11:00am
- April 18 - Word Level 1 class starts - 10:00am
- April 18 - Monthly Movie - "Amelia" - 2:00pm
- April 18- Quilt Guild - 6:30pm
- April 19 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- April 19 - Bingo - 1:00pm
- April 19 - Book Club - 2:30pm
- April 22 & 23 - CLOSED FOR EASTER

- April 25 - Disability Rights NC - 1:00pm
- April 25 - Word Level 1 class starts - 6:00pm
- April 26 - American Mah Jongg - 12:30pm
- April 26 - Theatre Club - 1:00pm
- April 28 - Knitting/Crocheting Group - 1pm
- April 29 - Senior Lunch - 11:30am

May

- May 2 - Ask the Doctor - 10:45am
- May 2 - Piedmont Power Assoc. - 7:00pm
- May 3 - Senior Financial Care - 8:30am - 4:30pm - By appt. only
- May 3 - Day Trip - Levine Museum - Departure time 8:30am
- May 3 - Blood Pressure Screen - 10:45am
- May 3 - Envelopes & Labels Class - 6:00pm
- May 4 - Duplicate Bridge - 2:00pm
- May 5 - Word Level 2 class starts - 10:00am
- May 6 - Handbells - 10:00am
- May 6 - Mother/Daughter Social - 6:30pm
- May 9 - Word Level 2 class starts - 6:00pm
- May 10 - American Mah Jongg - 12:30pm
- May 10 - Spring Blooms Tray Craft - 1:00pm
- May 10 - Scrapbooking - 2:00pm
- May 10 - Alzheimer's Support Group - 6:30pm
- May 11 - Duplicate Bridge - 2:00pm
- May 12 - Knitting/Crocheting Group - 1pm
- May 12 - Arabian Nights Party - 6:00pm
- May 13 - Envelopes & Labels class - 12:00pm
- May 16 - Dest. Fitness Testing - 9:30 - 11am
- May 16 - Excel Level 1 class starts - 10am
- May 16 - Email Level 1 class starts - 1:00pm
- May 16 - Monthly Movie - "World's Fastest Indian" - 2:00pm
- May 16 - Ebay class starts - 3:00pm
- May 16 - Excel Level 1 class starts - 6:00pm
- May 16 - Quilt Guild - 6:30pm
- May 17 - Massage Therapy - 9:30 - 4:00 - by appt. only
- May 17 - Senior Book Club - 2:30pm
- May 17 - SilverArts Exhibition & Performances - 6:00pm

Calendar of Events - Mocksville Site

- May 19 - AARP - 10:30am
- May 19 - Senior Games Closing Ceremonies - 6:00pm
- May 20 - 22 - Trip to Duplin County, NC
- May 23 - Troubleshooting Your Computer class starts - 1:00pm
- May 23 - Webpage Level 1 class starts - 3:00pm
- May 23 - Ebay class starts - 6:00pm
- May 24 - Facebook class - 10:00am
- May 24 - American Mah Jongg - 12:30pm
- May 24 - Theatre Club - 1:00pm
- May 24 - Advisory Council - 3:00pm
- May 25 - Beach Party for Senior Health & Fitness Day - 2:00pm
- May 26 - MySpace class - 10:00am
- May 26 - Knitting/Crocheting Group - 1pm
- May 27 - Twitter class - 10:00am
- May 27 - Andy Griffith Show - 10:30am
- May 27 - Heart Health Event - 11:30am
- May 28 - 30 - CLOSED FOR MEMORIAL DAY
- May 31 - Windows Components Level 1 class starts - 12:00pm

June

- June 1 - How to Avoid Construction Scams/Building Code Advocacy - 1:00pm
- June 1 - Duplicate Bridge - 2:00pm
- June 1 - Printing Invitations Class starts - 2:00pm
- June 3 - Handbells - 10:00am
- June 6 - Ask the Doctor - 10:45am
- June 6 - Excel Level 2 class starts - 12:00pm
- June 6 - Word Level 3 class starts - 2:00pm
- June 6 - Piedmont Power Assoc. - 7:00pm
- June 7 - Senior Financial Care - 8:30 - 4:30 - by appt. only
- June 7 - Day Trip - Valdese, NC - Depart 8:30am
- June 7 - Blood Pressure Screen - 10:45am
- June 8 - Golden Anniversary Party - 12pm

- June 8 - Duplicate Bridge - 2:00pm
- June 9 - Powerpoint 1 class starts - 10:00am
- June 9 - Knitting/Crocheting Group - 1pm
- June 10 - Dest. Fitness Breakfast - 9:00am
- June 14 - Veteran's Social - 10:30am
- June 14 - American Mah Jongg - 12:30pm
- June 14 - Scrapbooking - 2:00pm
- June 14 - Alzheimer's Support Group - 6:30pm
- June 16 - Father/Son Social - 6:00pm
- June 20 - Destination Fitness Testing - 9:30 - 11:00am
- June 20 - Monthly Movie - "You Again" - 2:00pm
- June 20 - Quilt Guild - 6:30pm
- June 21 - Massage Therapy - 9:30am - 4:00pm -by appt. only
- June 21 - Windows Movie Maker class starts - 10:00am
- June 21 - Word Level 1 class starts - 12:00pm
- June 21 - Melanoma Seminar - 1:00pm
- June 21 - Excel Level 3 class starts - 3:00pm
- June 21 - Windows Movie Maker class starts - 5:30pm
- June 23 - Knitting/Crocheting Group - 1pm
- June 24 - Andy Griffith Show - 10:30am
- June 28 - American Mah Jongg - 12:30pm
- June 28 - Theatre Club - 1:00pm
- June 28 - Intergenerational Movie - "Toy Story 3" - 2:00pm
- June 28 - Senior Book Club - 2:30pm



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New Things to Look For:

Our newsletter has gotten pretty large so we didn't want these new offerings to get lost in the shuffle. Be sure to read more information about these on the page specified:

- ✓ All special events at Mocksville site - pages 2 - 8
- ✓ All special events at Farmington site - pages 24 - 25
 - ✓ Photography Contest- page 9
 - ✓ Senior Games/SilverArts Details - page 9
 - ✓ New Knitting/Crocheting Group - page 10
 - ✓ New American Mah Jongg Group - page 16
 - ✓ New day for Book Club - page 17
- ✓ Alzheimer's Support Group is back at a new time - page 21
 - ✓ Trip to Duplin County, NC - page 22
- ✓ New Music With Carolyn @ Farmington - page 23
- ✓ New Art With Bruce @ Farmington - page 23

Call Senior Services at 753-6230 for more information or to register for any of these events or anything else in the newsletter.