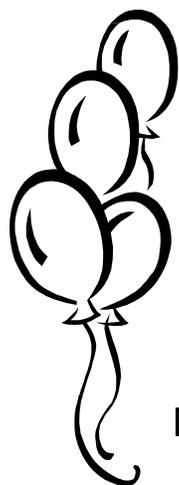


## Senior Center Month



September is Senior Center Month and we are celebrating all month long. We have a variety of different programs and events throughout the month of September, including something special just for you “Boomers”.

We will hold our 10th Annual Taste of the Town fundraiser, so we want this one to be the biggest yet. Also Senior Services’ cookbooks will be discounted to just \$5.00 starting Sept. 1. Many businesses have sponsored Senior Center Month in order to help make all the fun possible. Throughout the month of September a board will be on display with the



names of all the sponsoring businesses. Be sure to support our sponsors and thank them for helping Senior Services. Details about particular events are in this newsletter, or just ask a staff member how you can be part of all the fun.

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# JULY 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.

## ASK THE DOCTOR

Monday, July 2 - 10:45 - 11:15am - MP Room A

Speaker: Dr. George Kimberly  
See all the details on pg. 15.



## SENIOR FINANCIAL CARE

Tuesday, July 3 - 8:30am - 4:30pm - by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem  
See all the details on pg. 19.

## BLOOD PRESSURE SCREENINGS

Tuesday, July 3 - 10:45am - MP Room A  
Screener: Senior Services' representative  
See all the details on pg. 15.

## MASSAGE THERAPY

Tuesday, July 3 - 1:00pm - 4:00pm - by appointment only - Classroom B  
Cost: \$30.00 for 30 minute massage  
See all the details on pg. 15.

## HANDBELLS

Friday, July 6 - 10:00am - MP Room B  
See all the details on pg. 16.



## PATRIOTIC PARTY

Friday, July 6 - 2:00pm - MP Room B

Cost - Free

RSVP by June 29

We will celebrate America at his fun event. We will have refreshments and some great entertainment. Open to adults 55 and older and exceptions under the general participation policy.



## PEOPLE BINGO AT THE 13th ANNUAL TRACTOR SHOW & PARADE

Friday, July 6 - 5pm - 9pm -

Masonic Picnic Grounds

Cost - Free

Stop by our booth at the Tractor Show on Friday for a fun game of People Bingo. There will be prizes and fun for all ages. For more details on the Tractor Show, please call Piedmont Power Association president.

## SCRAPBOOKING

Tues., July 10 - 2:00pm - Classroom B

RSVP by July 3

See all the details on pg. 10.

## ALZHEIMER'S SUPPORT GROUP

Tues., July 10 - 6:30pm - Classroom B

See all the details on pg. 19.

## SENIOR LUNCH

Thursday, July 12 - 11:30am - MP Room B

Speaker: Mike Wells

Cost: Free

RSVP by July 5

Due to a scheduling conflict Attorney Mike Wells was not able to be at our last Senior Lunch. However he has rescheduled for this quarter and will share his entertaining & informative talk, "What I Learned About Life On the Way to the Courthouse". Afterwards we will enjoy lunch. Open to adults 55 & older and exceptions under the general participation policy.



## KNITTING/CROCHETING GROUP

Thurs., July 12 - 1:00 - 3:00 - Classroom B

See all the details on pg. 11.

## FRIDAY AFTERNOON AT THE MOVIES - "EVAN ALMIGHTY"

Friday, July 13 - 1:00pm - MP Rooms A & B

RSVP by July 6

MPLC license No: 12377840

Newly elected to Congress, the polished, preening newscaster leaves Buffalo behind and shepherds his family to suburban northern Virginia. Once

# JULY SPECIAL EVENTS - MOCKSVILLE SITE

there, his life gets turned upside-down when God appears and mysteriously commands him to build an ark. But his befuddled family just can't decide whether Evan is having an extraordinary mid-life crisis or is truly onto something of Biblical proportions. Starring Steve Carell, Morgan Freeman & John Goodman, this movie is rated PG for mild rude humor and some peril. Runtime is approximately 1 hour and 29 minutes. Due to the age of the movie, closed captions may not be available, but will be used whenever possible. Open to adults 55 & older & exceptions under the general participation policy.

## DESTINATION FITNESS TESTING

**Monday, July 16 - 9:30 - 11:00am - Exercise Room - By appointment only**  
See all the details on pg. 17.



## MONTHLY MOVIE - "WAR HORSE"

**Mon., July 16 - 2:00pm - MP Rooms A & B**  
**RSVP by July 9**

**MPLC license No: 12377840**

Adapted from a novel by Michael Morpurgo, this majestic World War I drama centers on Albert and his steadfast horse, Joey, whose faithful bond cannot be shaken -- even when Joey is sold to the cavalry and sent off to France. Starring Jeremy Irvine and Emily Watson, this movie is rated PG-13 for intense sequences of war violence. Runtime is approximately 2 hours, 26 minutes. 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 when available.*

## MASSAGE THERAPY

**Tuesday, July 17 - 9:30am - 4:00pm - by appointment only - Classroom B**  
**Cost: \$30.00 for 30 minute massage**  
See all the details on pg. 15.

## ASK THE DIETICIAN

**Tuesday, July 17 - 10:45am - MP Room A**  
**Speaker: Cathy Manson, Davie Co. Health Dept.**

**RSVP by: July 10**

Get the answers to your nutritional questions from the expert. Also learn about the Diabetes Program offered through the Health Dept. Open to adults of any age, no children, please.

## SENIOR BOOK CLUB - NEW TIME!

**Tuesday, July 17 - 2:30 - 4:00pm - Classroom A**

**RSVP by July 10**

See at the details on pg. 15.

## AARP DRIVER SAFETY CLASS

**Friday, July 20 - 9:00am - 1:00pm - Multipurpose Room B**

**Instructor: Jerry Shelby, AARP**

**Cost: \$12 for AARP members / \$14 for non-members, payable to instructor on day of class**



Founded in 1979, the AARP Driver Safety program has helped millions of people stay safe on the road. The objectives of the AARP Driver Safety Program are to help participants understand the effects of aging on driving by getting them to know themselves; learn driving strategies that take into account the changes people experience as they age; identify the most common crash situations we face; reduce the chances of having a crash by reviewing basic driving rules, traffic hazards and accident prevention measures; update knowledge and understanding of today's roads, vehicles and other road users; plan and think about how people drive; the effects of medication on driving; identify when driving may no longer be safe. Upon completing the course, graduates of the AARP Driver Safety Program may be eligible to receive a discount on their auto insurance premiums. Although the class is geared to those 50 and up any age can take the class.

## THEATRE CLUB

**Tues., July 24 - 1:00pm - Classroom B**

See all the details on pg. 16.

## JULY/AUGUST SPECIAL EVENTS - MOCKSVILLE SITE



### **EXERCISING IN THE HEAT**

**Tuesday, July 24 - 1:00pm - MP**

**Room B**

**Cost: Free**

**Speaker: Representative from Davie Family YMCA**

**RSVP by: July 17**

Exercising in the summer heat requires special planning and may mean a change in your exercise routine. The Davie Family YMCA will share tips & hints to help us keep our exercise up during the summer months. It is open to adults of any age - no children please.

***Qualifies for Destination Fitness drawing.***

### **KNITTING/CROCHETING GROUP**

**Thurs., July 26 - 1:00 - 3:00 - Classroom B**

See all the details on pg. 11.

### **“MYSTERY” CRAFT**

**Friday, July 27 - 1:00pm - MP Room B**

**Instructor: Program Coordinator**

**Cost: Free - bring own scissors & t-shirts (1 size small & 1 size XXL - solid shirts only, no pictures)**

**RSVP by July 20**

Did you know that you can use a t-shirt to create pretty fashion accessories? We aren't going to give too much away but if you are up for a little surprise, bring t-shirts & come learn more. Open to adults 55 & older & exceptions under the general participation policy.

### **SINGLE'S DINNER**

**Tuesday, July 31 - 5:30pm**

**Cost: \$5.00 for transportation & Dinner on Your Own**

**RSVP by July 24**

**Transportation space limited to the first 24 - MONEY IS DUE AT TIME OF SIGN UP & IS NON-REFUNDABLE**

This is a special event for all single adults 55 and older - whether never married, divorced, or widowed. We will meet at Senior Services at 5:30 and go to Yadkin Valley Seafood in Yadkinville. All participants will pay for their own meal. For those who wish to meet us at the restaurant, the \$5.00 transportation fee will

be waived. Please still RSVP so that we can reserve enough table space. Open to single adults 55 and older.

### **HANDBELLS**

**Friday, August 3 - 10:00am - MP Room B**

See all the details on pg. 16.



### **GOLDEN GIRLS MARATHON**

**Fridays, August 3 - 31 - 1:00pm**

**Cost: Free**

Everyone loves the “Golden Girls”, a TV series that follows the lives of four older women who share a home in Miami, FL. Every Friday in August we will show 4 - 5 episodes of this hit series, working our way through the entire first season. Open to adults 55 & older & exceptions under the general participation policy.

### **SATURDAY MORNING CINEMA - “THE IRON LADY”**

**Sat., August 4 - 10:00am - MP Rooms A & B**

**RSVP by July 27**

**MPLC license No: 12377840**

Each quarter we will show a movie one Saturday morning. It will be a mix of older & newer movies. This time we will show “The Iron Lady”. In it, Meryl Streep portrays Margaret Thatcher, the first female prime minister of Britain, whose political career and determination changed the rules that had limited women's opportunities for leadership. This movie is rated PG-13 for some violent images and brief nudity. Runtime is 1 hour, 45 minutes. Closed captions will be used whenever possible. Open to adults 55 & older and exceptions under the general participation policy.

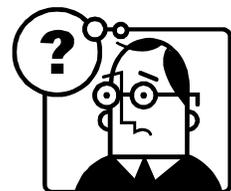
### **ASK THE DOCTOR**

**Mon., August 6 - 10:45 -**

**11:15am - MP Room A**

**Speaker: Dr. George Kimberly**

See all the details on pg. 15.



# AUGUST SPECIAL EVENTS - MOCKSVILLE SITE

## **INTERGENERATIONAL MOVIE - "WE BOUGHT A ZOO"**

**Monday, August 6 - 1:00pm -  
MP Rooms A & B  
RSVP by June 14**

**MPLC license No: 12377840**

Based on a true story, Benjamin Mee is a recently-widowed father who moves his family to a beautiful estate miles outside the city. The only catch is that the estate is also a dilapidated zoo complete with 200 animals, and the purchase of the home is conditional on the new owner keeping the zoo and its entire staff. The Mee family subsequently sets out to rebuild and refurbish the zoo to its former glory, making new friends along the way. Rated PG for some language and thematic elements, this movie stars Matt Damon, Colin Ford, Thomas Haden Church and Scarlett Johansson. Runtime is approximately 2 hours and 4 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 whenever available.*



## **SENIOR FINANCIAL CARE**

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

**Counselors provided by Senior Financial  
Care of Winston Salem**

See all the details on pg. 19.

## **BLOOD PRESSURE SCREENINGS**

**Tues., August 7 -10:45am - MP Room A  
Screener: Senior Services' representative**

See all the details on pg. 15.

## **MASSAGE THERAPY**

**Tuesday, August 7 - 1:00pm - 4:00pm - by  
appointment only - Classroom B**

**Cost: \$30.00 for 30 minute massage**

See all the details on pg. 15.

## **BOWLING LUNCH**

**Monday, August 13 - 12:30pm**

**Cost: Free**

**RSVP by August 6**

This lunch is for current bowlers and those who would like to join. We will be picking teams for the next league and discussing possible changes to the league. If you are not able to make the lunch, but want to bowl, call & let us know. Open to adults 55 & older and exceptions under the general participation policy.



## **SCRAPBOOKING**

**Tues., August 14 - 2:00pm - Classroom B**

**RSVP by Aug. 7**

See all the details on pg. 10.

## **WINSTON SALEM DASH GAME**

**Tuesday, August 14 - 6:00pm**

**Cost: \$5.00 for transportation, \$10.00 for  
ticket & free hat**

**RSVP Deadline - when spaces fill**

**Space limited to 24 people - ALL MONEY IS  
DUE AT TIME OF SIGN UP -**

**TRANSPORTATION MONEY IS NON-  
REFUNDABLE, TICKET MONEY MAY BE  
REFUNDED IF THERE IS SOMEONE ON THE  
WAITING LIST TO TAKE YOUR PLACE**

Let's go root for the home team as the Winston Salem Dash take on the Salem Red Sox. We will meet at Senior Services at 6:00 and go to the game where we will enjoy a free hat & recognition of the group on the video board. A pickup point in the Hillsdale area will be announced at a later date for those who are in that area. For those who wish to drive their own car, the \$5.00 transportation fee will be waived. You must still meet at one of the pickup locations so that all can arrive together. Open to adults 55 & older and exceptions under the general participation policy.

## **ALZHEIMER'S SUPPORT GROUP**

**Tues., August 14 - 6:30pm - Classroom B**

See all the details on pg. 19.

## AUGUST SPECIAL EVENTS - MOCKSVILLE SITE

### **DINNER & A MOVIE -** **"EXTREMELY LOUD and** **INCREDIBLY CLOSE"**

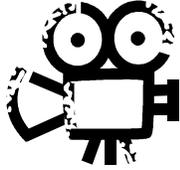
**Thursday, August 16 - 5:30pm**

**Cost: Free**

**RSVP by Aug. 10**

**MPLC license No: 12377840**

Enjoy dinner then stay for "Extremely Loud and Incredibly Close", an adaptation of the novel by the same name. In it, young Oskar is convinced his father, who died in the World Trade Center on 9/11, has left him a secret message. As he searches New York for the lock that fits the key he found in his father's closet, he moves beyond his own loss to an understanding of the greater world around him. The movie is rated PG-13 for emotional thematic material, some disturbing images and language. It stars Tom Hanks, Sandra Bullock and Thomas Horn. Runtime is approximately 2 hours and 9 minutes. It is open to adults 55 & older & exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available.*



### **DESTINATION FITNESS TESTING**

**Monday, August 20 - 9:30 - 11:00am -**

**Exercise Room - By appointment only**

See all the details on pg. 18.



### **MONTHLY MOVIE - "5th** **QUARTER"**

**Monday, August 20 - 2:00pm - MP**  
**Rooms A & B**

**RSVP by Aug. 13**

**MPLC license No: 12377840**

When 15-year-old Luke Abbate is killed in a tragic car accident, the loss leaves his close-knit family reeling with grief. The Abbates try to rebuild their lives without Luke, fulfilling his wish to help others by donating his organs to save the lives of five other people. Luke's older brother Jon, a gifted football player at Wake Forest University, decides to honor his brother's memory and love for the game by dedicating the 2006 season to him. He dons Luke's beloved No. 5 jersey and inspires his

teammates to play the best football of their lives - and become the most improved team in America. Predicted to finish last in their division, the Wake Forest football team surpassed all expectations by winning an unforgettable championship season. Based on a true story, this movie is rated PG for thematic material, some language, medical images, and brief smoking. It stars Andie MacDowell, Aidan Quinn and Ryan Merriman. Look closely & you may also see some familiar faces!! Runtime is approximately 1 hour and 30 minutes. 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 when available.*

### **MESSAGE THERAPY**

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

**Cost: \$30.00 for 30 minute massage**

See all the details on pg. 15.

### **SENIOR BOOK CLUB - NEW TIME!**

**Tuesday, August 21 - 2:30 - 4:00pm -**  
**Classroom A**

**RSVP by Aug. 14**

See all the details on pg. 15.

### **WELCOME TO MEDICARE LUNCHEON**

**Wednesday, August 22 - 10am - 12pm -**  
**Multipurpose Room B**

**Speaker: Kim Shuskey, Director**

**Cost: Free**

**RSVP by August 15**

If you will be eligible for Medicare soon, learn about the many options available so you can make the choices that are right for you. We will explore the basics of Medicare, including Parts A & B, supplements, prescription drug plans, Advantage plans, as well as assistance programs to help pay for some of Medicare-related costs. This program is open to anyone who will soon be on Medicare. A light lunch will be served.

## AUGUST/SEPTEMBER SPECIAL EVENTS - MOCKSVILLE SITE



### VETERAN'S SOCIAL

Thursday, August 23- 10:30am -  
MP Room B

RSVP deadline: Aug. 16

Senior Services and the Veteran's Service Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. This quarter there will be a short presentation on information pertinent to veterans. ***This is intended to be a time of reminiscing and socialization for veterans, therefore it is limited to veterans only, no guests.***

### KNITTING/CROCHETING GROUP

Thursday, August 23 - 1:00 - 3:00pm -  
Classroom B

See all the details on pg. 11.

### THEATRE CLUB

Tues., August 28 - 1:00pm - Classroom B

See all the details on pg. 16.

### HEALTH SEMINAR

Tuesday, August 28 - 2:00pm - MP Room B  
Cost: Free

Speaker: Dr. Jeff Williamson, J. Paul Sticht  
Center, Wake Forest Baptist Medical  
Center

RSVP by: Aug. 21

Dr. Williamson always brings us great information and this time will be no exception. These seminars are open to adults of any age - no children, please.

***Qualifies for Destination Fitness drawing.***



### 50'S PARTY

Thursday, August 30 - 2:00pm -  
MP Rooms A & B

Cost: Free

RSVP by Aug. 23

Remember the 50's with this fun party. We'll have some great refreshments, listen to some 50's music & reminisce about "The Good Old Days". You are welcome to wear your favorite 50's look if you would like. This event is open to adults 55 and older and exceptions under the general participation policy.

### SENIOR CENTER MONTH BEGINS!!!

#### SENIOR FINANCIAL CARE

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

Counselors provided by Senior Financial Care  
of Winston Salem

See all the details on pg. 19.

#### BLOOD PRESSURE SCREENINGS

Tuesday, September 4 - 10:45am -  
Multipurpose Room A

Screener: Metro Nursing, Inc. representative

See all the details on pg. 15.



#### MASSAGE THERAPY

Tuesday, September 4 - 1:00pm - 4:00pm - by  
appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 15.

#### BINGO

Thursday, September 6 - 1:00pm - MP Room B

Sponsored by: Southern States

Cost: Free

RSVP by Aug. 30

Join us for some fun games of bingo and a chance to win prizes. Refreshments will be served. Open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, Braille cards and display screen are available.*

#### HANDBELLS

Fri., September 7 - 10:00am - MP Room B

See all the details on pg. 16.

#### ASK THE DOCTOR

Mon., September 10 - 10:45 - 11:15am -  
Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on pg. 15.

#### FALLS PREVENTION

Monday, September 10 - 1:00pm - MP Room B

Cost: Free

Speaker: Kevin Mullis, War Eagle Rehab

RSVP by: Sept. 4

## SEPTEMBER SPECIAL EVENTS - MOCKSVILLE SITE

Falls are the number one cause of injuries for older adults. Mr. Mullis will share tips on how we can help prevent falls. It is open to adults of any age - no children, please.

### SCRAPBOOKING

**Tuesday, September 11 - 2:00pm - Classroom B**

**RSVP by Sept. 4**

See all the details on pg. 10.

### ALZHEIMER'S SUPPORT GROUP

**Tuesday, September 11 - 6:30pm - Classroom B**

See all the details on pg. 19.

### KNITTING/CROCHETING GROUP

**Thursday, September 13 - 1:00 - 3:00pm - Classroom B**

See all the details on pg. 11.

### DESTINATION FITNESS BREAKFAST

**Fri., September 14 - 9:00am - MP Room B**

**Sponsor: Davie Family YMCA**

**Register no later than June 1**

**Logs due Sept. 4 to Program Coordinator**

For our next destination we will "walk" 130 miles to Asheville, NC. 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 pg. 17.

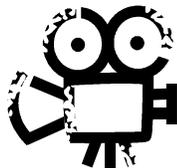
### FRIDAY AFTERNOON AT THE MOVIES - "WITNESS"

**Friday, September 14 - 1:00pm - MP Rooms A & B**

**RSVP by Sept. 7**

**MPLC license No: 12377840**

When a young Amish boy is the only witness to a murder, the cop in charge of the case goes with him and his mother back to Amish country to hide from the killers. Can he adjust to this new lifestyle, his feelings for the boy's mother and protect them at the same time? This Oscar winning drama stars Harrison Ford, Kelly McGillis and Lukas Haas. It is rated R and runtime is approximately 1 hour, 52 minutes. Due to the age of the movie,



closed captions may not be available, but will be used if possible. Open to adults 55 & older and exceptions under the general participation policy.



### SATURDAY MORNING BREAKFAST

**Saturday, September 15 - 9:00am - MP Rooms A & B**

**Cost: Free**

**RSVP by Sept. 7**

Adults 55 and older & their guests of any age are invited to a great breakfast. Afterwards we will play some cornhole and Wii games. Kick off your weekend with friends and family at this fun event. You may bring any number of guests, but anyone under 55 must be accompanied by someone 55 or older.

### DESTINATION FITNESS TESTING

**Monday, September 17 - 9:30 - 11:00am - Exercise Room - By appointment only**

See all the details on pg. 17.

### MONTHLY MOVIE - "THE DESCENDANTS"

**Monday, September 17 - 2:00pm - Multipurpose Rooms A & B**

**Cost - Free**

**RSVP by Sept. 10**

**MPLC license No: 12377840**

Matt King has not been the best husband or father. But when his wife suffers a boating accident, he attempts to mend the relationship with his daughters, while at the same time wrestle with the decision to sell his family's land. Starring George Clooney, Shailene Woody and Mary Birdsong, this movie is rated R for language (including some sexual references). Run time is approximately 1 hour, 55 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

**Tues., September 18 - 9:30am - 4:00pm - by appointment only - Classroom B**

See all the details on pg. 15.

## SEPTEMBER SPECIAL EVENTS - MOCKSVILLE SITE

### **SENIOR BOOK CLUB - NEW TIME!**

**Tues., September 18 - 2:30 - 4:00pm -  
Classroom A**

**RSVP by Sept. 11**

See at the details on pg. 15.

### **10th ANNUAL TASTE OF THE TOWN FUNDRAISER**

**Tuesday, September 18 - 6:00pm - 7:30pm -  
Senior Services**

**Cost: \$5.00 entrance ticket plus 50 cents  
per tasting ticket**

Don't miss this year's Taste of the Town. Participants can sample "tastes" from many different local restaurants and caterers. Proceeds will help support the many programs and services that Davie County Senior Services offers to older adults. Buy your ticket at Senior Services after Aug. 1. The entire community of all ages is invited to this fun filled event.

### **CAREGIVER LUNCH & LEARN**

**Thursday, September 20 - 11:45am - 1:00pm  
- MP Room B**

**Topic: Caring for the Caregiver**

**Speaker: Rosemary Niles, RN, BSN, FCN**

**Cost: Free**

**Sponsored by: Davie Co. Senior Services,  
Hospice & Palliative Care  
Center and Davie Medical  
Equipment**

**RSVP by Sept. 13**

If you care for a loved one at home or in a facility, this is for you. After a lunch sponsored by Davie Medical Equipment, Ms. Niles will present "Caring for the Caregiver". This session will discuss caregiver stress as it relates to caring for a family member or a friend. The speaker will explore techniques to reduce stress and provide self-care, in order to better balance your life. Open to caregivers of all ages – no children, please.

### **THEATRE CLUB**

**Tuesday, September 25 - 1:00pm -  
Classroom B**

See all the details on pg. 16.

### **DISASTER PREPAREDNESS**

**Tuesday, September 25 - 1:00pm**

**Speaker: Jerry Myers, Emergency  
Mgt. Coordinator**

**Cost: Free**

**RSVP by Sept. 18**

Are you prepared in case of a disaster? You may think it will never happen, but fire, weather-related emergencies and other disasters can happen to anyone. Don't be caught off-guard. Learn what you need to know to be prepared. Open to adults of any age - no children, please. ***Qualifies for Destination Fitness drawing.***



### **KNITTING/CROCHETING GROUP**

**Thursday, September 27 - 1:00 - 3:00 -  
Classroom B**

See all the details on pg. 11.

### **BOOMER BASH**

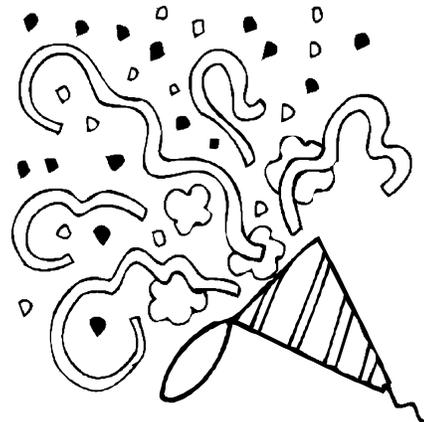
**Saturday, September 29 - 6:30pm - Masonic  
Picnic Grounds**

**Cost: Free**

**Open to: Anyone ages 55 - 66**

**RSVP by Sept. 21**

Attention Baby Boomers, ages 55 to 66! This event is just for you. We will have a delicious meal and entertainment by Tin Can Alley. There will be a great door prize and lots of fun. There is no need to go out of town for a great dinner and entertainment. We have it for you right here.



## SPECIAL INFORMATION SECTION



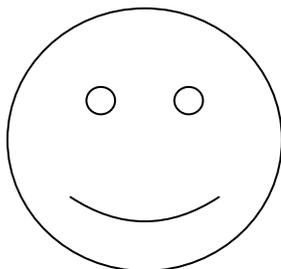
### **OPERATION FAN/HEAT RELIEF PROGRAM**

To help beat the heat this summer Davie County Senior Services is offering free fans to those 60 & older (or under 60 with documented disability). To receive a fan you must not have air conditioning in your home (or in a part of your home where you spend a frequent amount of time). Fans are provided through a grant from the Duke Energy Foundation.

The following is a list of staff members. Please let us know if there are any suggestions you have regarding programs or services.

#### STAFF:

- Kim Shuskey, Director
- Janet Ball, Farmington Nutrition Site Manager
- Ina Beavers, Nutrition Program Coordinator
  - Beth Haire, Administrative Assistant
  - Tammy Hicks, Afternoon Receptionist
- Mitzi Hunter, Morning Receptionist / SHIP Coordinator
  - Beverly Maurice, Facilities Mgr. during Rentals
- Kelly Sloan, Community Resource Specialist
  - Barbara Thornton, Senior Center Aide
- Program Coordinator position vacant at time of printing



## 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**

**- (July 16, Aug. 20, Sept. 17)**

**- Multipurpose Rooms A & B**

**President: Imogene Stroud**

**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 the first class before buying supplies.** Open to adults 55 & older.

### SCRAPBOOKING

**2nd Tuesday of each month - 2:00pm**

**- Classroom B - (July 10, Aug. 14, Sept. 11)**

**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.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## 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

**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**

Ten computers are available during normal operating hours when there is not a meeting or class in progress. Users must be 55 or older and sign a user form. Call ahead to make sure the lab is available or just drop in to take advantage of this room.

### UPCOMING COMPUTER CLASSES:

**Instructor: Jackie Allen**

**Cost: Free**

**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**

## COMPUTER BASICS

This class is for those of you who have never used a computer before. You'll learn the basics such as how to turn it on & off, how to use the mouse & the keyboard, etc. *This class is 3 days.*

Upcoming Session:

- July 16, 18 & 19 (Mon., Wed. & Thurs.) - 12:00noon - 2:00pm - Media Room

## BEGINNING COMPUTERS

This class is suitable for those who have very little knowledge of computers, but do know how to use the mouse/keyboard. We will discuss the parts of the computer and what to look at when purchasing a computer. Also we will spend time on the Internet, making sure you know how to go directly to a web site. We will also become familiar with the layout of Microsoft Word. *This is a 4 day class and is intended for those with mouse/keyboard skills.*

Upcoming Session:

- July 16, 17, 18 & 19 (Mon., Tues., Wed. & Thurs.) - 5:00pm - 8:00pm - Media Room

## INTERNET LEVEL 1

Topics that will be covered pick up from the Beginning Computers class. We will go into more detail on how to use a search engine, what the Internet is and how to safely download files. *This class is 3 days. Beginning Computers is recommended prior to beginning this class.*

Upcoming Session:

- July 16, 17 & 18 (Mon., Tues. & Wed.) - 10:00am - 12:00noon - Media Room

## FILE MANAGEMENT LEVEL 1

You'll learn how to save files in several formats (what if the person you are sending a document to only has WordPerfect and not Word), how to save to several devices, make folders & rename them, search for those files that are somewhere on your computer & how to copy or move files for back up or deletion. *This class is 3 days.*

Upcoming Session:

- July 23, 24 & 25 (Mon. Tues., & Wed.) - 10:00am - 12:00noon - Media Room

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## 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 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:

- July 23, 24 & 25 (Mon., Tues. & Wed.) - 12:00noon - 2:00pm - Media Room

## COMPUTER NOTES:

**Jackie will be adding more classes during this quarter. Please call Senior Services after August 20 to get a list of new classes.**



# Dance

## BALLROOM/SOCIAL DANCING

**Wednesdays - 6:00pm - MP Room B**

**Cost: Free**

If you enjoy dancing, come join this fun group. A group of dancers get together every Wednesday night to practice ballroom dancing and shagging. There is no instruction provided. You would need to bring a partner with you. Open to adults 55 and 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.

# Exercise



## SILVERHEALTH

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

**Instructor: Ina Beavers, Nutrition Program 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.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## MORNING WAKE UP PROGRAM

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

**Instructor: Ina Beavers, Nutrition Program 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 - July 2 - September 26 - Exercise Room**

**Instructor: Kim Crawford**

**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 June 15 at 8:00am. You may only sign up for 1 yoga session per quarter.**

## YOGA FOR SENIORS

**Tuesdays & Fridays - July 3 - August 2**

**Wednesdays & Fridays - Aug. 8 - Sept. 28 - 10:00am - 11:00am - Exercise Room**

**(THIS COUNTS AS 1 SESSION OF YOGA, THE DAYS WILL JUST CHANGE DURING THE MONTH OF JULY)**

**Instructor: Valerie Slogick**

**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 June 15 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: August 7 - October 9**

**Instructor: Mike DePeuw, Beach 'n' Tans**

**Cost: Free (donations to Senior Services are appreciated)**

**RSVP deadline July 31 (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 more 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.

## ARTHRITIC EXERCISE

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

**Instructor: Ina Beavers, Nutrition Program Coordinator**

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)**

# ONGOING ACTIVITIES - MOCKSVILLE SITE

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. Training is required prior to the first time using equipment. Each 15 minutes of exercise counts toward 1 mile in the Destination Fitness program. **Please call for an appointment for training.**



# Games

## **Wii GAMES**

**Time: Drop In Whenever Room is Available - Exercise Classroom**

In these 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
- \* Fishing
- \* Tennis
- \* Shooting Range
- \* Boxing
- \* Billiards
- \* Baseball
- \* Big Brain Academy
- \* Ping Pong
- \* 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.

## **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**

**Every Wednesday - 2:00 - 5:30pm - 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.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## TEXAS HOLD EM

**Thursdays - 1:00pm - Classroom A**

This poker game is sweeping the nation & is for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcomed. 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.



## **Health & Wellness**

## DESTINATION FITNESS TESTING

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

- Exercise Room - By appointment only  
- (July 16, Aug. 20, Sept. 17)

**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 (July 2, Aug. 6, Sept. 10 -  
note change of date in Sept. due to

Holiday)

**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 & exceptions under the general participation policy.

## BLOOD PRESSURE SCREENINGS

**1st Tuesday of each month - 10:45am -**  
**MP Room A - (July 3, Aug. 7, Sept. 4)**

**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

**1st Tuesday of each month - 1:00 - 4:00pm**

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

**4:00pm - by appointment only -**

**Classroom B - (July 3 & 17, Aug. 7 & 21,**  
**Sept. 4 & 18)**

**Massage Therapist : Tammy Hauser**

**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 twice 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 TIME!

**3rd Tuesday of each month - 2:30 - 4:00pm**

**- Classroom A**

**July 17 - "Delta Wedding" by Eudora Welty**

**Aug. 21 - "Joy Luck Club" by Amy Tan**

**Sept. 18 - "I Heard the Owl Call My Name" by**  
**Margaret Craven**

**Leader: Genny Hinkle - Davie Co. Library**

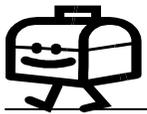
At each meeting you will discuss the book that was read the month before & receive the new book to read. Books are provided at no charge.

## ONGOING ACTIVITIES - MOCKSVILLE SITE

You must turn in your book on or before the meeting date so 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). Hardbacks are preferred. 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: Ina Beavers, 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 \$4.74. 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 (July 2, Aug. 6, Sept. 3)**

**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 information please call the group leader (call for number).

**SENIOR SERVICES ADVISORY COUNCIL**  
**4th Tuesday of every other month - 3:00pm - Media Room (July 24, Sept. 25)**

**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.



## 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 (July 6, Aug. 3, Sept. 7)**

**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. Please call before you come the first time. Open to adults 55 & older and exceptions under the general participation policy.

**THEATRE CLUB**

**4th Tues. each month - 1pm - Classroom B (July 24, Aug. 28, Sept. 25)**

**Staff Contact: Barbara Thornton, Senior Center Aide**

This group meets once a month to discuss various theatrical options in the area and to 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.

## OTHER ONGOING PROGRAMS & SERVICES



### 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 - 11:00am.**



### Financial Support

Davie County Senior Services is committed to bringing quality programs & services to older adults in our county, most 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.**

## Services



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

### BUDDY PROGRAM

**Staff Contact: Mitzi Hunter, 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.

# OTHER ONGOING PROGRAMS & SERVICES

## **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. 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.



## **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, Nutrition Prog. 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.

# OTHER ONGOING PROGRAMS & SERVICES

## 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. For more information you may call them directly at 336-896-1328.

## SHIP - (Seniors' Health Insurance Information Program)

**Staff Contact: Mitzi Hunter, SHIP 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.

## 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

2nd Tuesday of each month - 6:30pm - Classroom B - (July 10, Aug. 14, Sept. 11)

**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

Transportation can be provided to the 1st 24 who sign up. **There is a \$5.00 charge for transportation for each trip, due upon sign up. \$5.00 fee is non-refundable if you cancel.**

**Each person going on a trip must sign up in person at either the Mocksville or Farmington site.** All participants buy their own lunch. If trip is canceled due to weather or other unforeseen circumstance, money will be refunded. See staff for complete trip rules.

## JULY 3 - BELMONT ABBEY, BELMONT, NC

**Tuesday, July 3 - Departure time 8:30am,**

**Return approximately 3:00pm**

**Cost: \$5.00 for transportation**

**Money for lunch**

The church at Belmont Abbey was once the only abbey cathedral in the nation. Located on the 650-acre campus of Belmont Abbey College, its beautiful painted glass windows won 4 gold

## OTHER ONGOING PROGRAMS & SERVICES

medals at the Columbian Exposition in the 1892 World's Fair. We will tour this treasure, which is listed on the National Register of Historical Places, stopping for lunch in Belmont. Sign up starts May 15.

### AUGUST 7 – NC MUSIC HALL OF FAME MUSEUM, KANNAPOLIS, NC

**Tuesday, August 7 - Departure time 9:00am, Return approximately 3:00pm**

**Cost: \$5.00 for transportation  
Money for lunch**

This museum is located in the renovated Old Kannapolis Jailhouse Building. It honors musicians, songwriters and producers from NC. We will stop for lunch along the way. Sign up starts June 15.

### SEPTEMBER 4 - BARN QUILT TRAILS TOUR - DAVIE & IREDELL COUNTIES

**Tuesday, Sept. 4 - Departure time 8:30am, Return approximately 3:30pm**

**Cost: \$5.00 for transportation  
\$5.00 for tour  
Money for lunch**

**Narrator: Cora Ellen Stroud**

**DUE TO NATURE OF TRIP THIS TRIP WILL BE LIMITED TO 16 PARTICIPANTS.**

Due to the popularity of the first tour, we have scheduled another one. We will visit different locations, mostly in Iredell County. We will stop at "Taproot Artisans" in Harmony. Cora will give a talk on how the quilt patterns are assembled and painted. Then we will move on to visit barns on the trail in Iredell County. We will have lunch along the way. Sign up starts July 13.

### OCTOBER 2 – DIXIE CLASSIC FAIR, WINSTON SALEM, NC

**Tuesday, Oct. 2 - Departure time 9:00am, Return approximately 3:30pm**

**Cost: \$5.00 for transportation  
Money for lunch & any other food/  
products you wish to purchase at the  
Fair**

After your requests, we will go back to the Dixie Classic Fair. You can tour the Fair on your own or with a buddy. You will eat lunch at the Fair. Sign up starts Aug. 15.



## Trips - Extended

### PIGEON FORGE, TN

**Tuesday - Thursday, Nov. 13 - 15**

**Prices - Per Person:**

**\$452.00 - single      \$357.00 - double  
\$326.00 - triple      \$310.00 - quad**

**Trip Leader - Barbara Thornton**

We will go back to Pigeon Forge for another wonderful trip. Price includes the following:

#### Tuesday, November 13:

- 8:00 AM – Depart Davie Senior Services
- Travel to Pigeon Forge, lunch on the way on your own
- Stop at Smoky Mountain Knife Works
- Check into Comfort Inn Apple Valley
  - Dixie Stampede

#### Wednesday, November 14:

- Breakfast at hotel
- Visit Titanic Museum - This is the Centennial year of the maiden voyage
  - Shopping – Walden's Landing (lunch on your own) and Tanger Outlets
- Dinner at Applewood Farmhouse Restaurant
  - Country Tonite

#### Thursday, November 15:

- Blackwood Brothers Breakfast Show
- Return home, with stop at Asheville Farmer's Market

**Price also includes hotel accommodations at Comfort Inn and travel on motor coach. Reservations can be made with your \$50.00 deposit. Deadline for registration is Oct. 5. 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.**

**Reservations may be made on or after July 1st.**

### **DON'T MISS OUR OTHER TRIPS IN THIS NEWSLETTER:**

- Singles Dinner - July 31
  - Winston Salem Dash Game - Aug. 14
- See all the details on pages 4 & 5.**

# OTHER ONGOING PROGRAMS & SERVICES



## Volunteer Opportunities

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: Mitzi Hunter, 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.

### **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: Ina Beavers, 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.

### **SHIP (Seniors' Health Insurance Information Program)**

**Staff Contact: Mitzi Hunter, SHIP 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: Program 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.

### **TAX AIDE VOLUNTEERS**

**Staff Contact: Kim Shuskey, Director**

Tax-Aide Counselors complete 30 hours of training. Interested individuals should have some knowledge of the IRS tax code (gained by preparing your own returns previously or prior employment with a tax service), computer skills, and enjoy working with people.

# 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 (July 9, Aug. 13, Sept. 10)

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 DAY

Every 1st Tuesday - 10:30am (July 3, Aug. 7, Sept. 4)

We will listen to and learn about different types of music on this day.

### BLOOD PRESSURE SCREENINGS

Every 3rd Wednesday - 10:30am (July 18, Aug. 15, Sept. 19)

September's screening will be sponsored by Metro Nursing, Inc.

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

### CRAFT DAY

Last Wednesday of each Month - 10:30am (July 25, Aug. 29, Sept. 26)

Cost: Free

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

### GAMES

Every Friday - 10:30am

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

### LUNCH

Monday - Friday - 11:30am

Staff Contact: Janet Ball, 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 \$4.74. 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



### FIT TO GARDEN

Thursday, July 5 - 10:30am

RSVP by June 29

Gardening is exercise. At this seminar we will learn stretches and other exercises to ready yourself for the gardening season.

Limited to the first 25 to register.

Qualifies for Destination Fitness drawing.

### MOVIE - "PATCH ADAMS"

Tuesday, July 10 - 10:15am - NOTE

CHANGE IN TIME

RSVP by July 3

Patch Adams is a doctor that doesn't look, act or think like any doctor you've met before. This movie is rated PG-13 for strong language and crude humor. Runtime is approximately 1 hour and 56 minutes.

Limited to the first 25 to register.

### LEARN MORE ABOUT THE FOOD STAMP PROGRAM

Monday, July 16 - 10:30am

Speaker: Felecia McSwain, Davie Co. Dept. of Social Services

RSVP by July 9

There have been some changes in what used to be called the Food Stamp program. See if you might qualify and other benefits that are available.

Limited to the first 25 to register.

## CLASSES & ACTIVITIES - FARMINGTON SITE



### **CHRISTMAS IN JULY**

**Thursday, July 26 - 10:30am**

**RSVP by: July 19**

The cold and festivity of the Holiday season might seem a ways off, so let's celebrate early with this fun party. There will be refreshments and fun activities.

**Limited to the first 25 to register.**

### **FAVORITE SUMMER READ: BOOK DISCUSSION GROUP**

**Thursday, August 2 - 10:30am**

**RSVP by: July 26**

Come ready to share a little bit about your favorite summertime book. Everyone who wishes to participate will share with the group why they can't put down their favorite book.

**Limited to the first 25 to register.**

### **THRIFT STORE FINDS**

**Wednesday, August 8 - 10:30am**

**RSVP by July 25**

Come see some of the latest fashions at your local thrift stores. Feel free to wear your favorite thrift store find & share with the group the deal you got.

**Limited to the first 25 to register.**

### **COMMON SUMMER EMERGENCIES**

**Thursday, August 16 - 10:30am**

**Speaker: Dr. John Fortunato, MD, Wake Forest Baptist Health**

**RSVP by Aug. 9**

Summertime is fun, but can also bring about problems. From sunburns to insect bites, learn about common summer emergencies & how to protect yourself.

**Limited to the first 25 to register.**

***Qualifies for Destination Fitness drawing.***

### **PANTRY BINGO**

**Tuesday, August 21 - 10:30am**

**Cost: Free**

**RSVP by: Aug. 14**

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

**Limited to the first 25 to register**

### **ASK THE DIETICIAN**

**Tuesday, August 28 - 10:30am**

**Speaker: Cathy Manson, Davie Co. Health Dept.**

**RSVP by: Aug. 21**

Get the answers to your nutritional questions from the expert. Also learn about the Diabetes Program offered through the Health Department.

**Limited to the first 25 to register.**



### **WII BIG BRAIN ACADEMY**

**Wednesday, September 5 -**

**10:30am**

**RSVP by: Aug. 29**

Wii games are not only good exercise, but they can be good for your mind too. Come try out the latest addition to our Wii game library - Big Brain Academy. You will challenge your brain with these fun games & activities.

**Limited to the first 25 to register.**

### **REMEMBERING 9/11**

**Tuesday, Sept. 11 - 10:30am**

**RSVP by: Sept. 4**

September 11, 2001 is a day that we will never forget. Everyone remembers where they were & what they were doing when they heard the tragic news of the attack on US soil. Join us for a time of remembrance and reflection of that day.

**Limited to the first 25 to register.**

### **BASIC LINE DANCE STEPS**

**Thursday, September 20 - 10:30am**

**RSVP by Sept. 13**

Line Dancing is fun, easy, great exercise and can be done without a partner. Learn some basic steps at this event.

**Limited to the first 25 to register.**

### **FALLS PREVENTION AWARENESS**

**Thursday, Sept. 27**

**RSVP by Sept. 20**

Falls are the leading cause of injury for older adults. Learn smart, simple ways you can protect yourself.

**Limited to the first 25 to register.**

***Qualifies for Destination Fitness drawing.***

## CALENDAR OF EVENTS - FARMINGTON SITE

### July

- July 3 - Music Day - 10:30am
- July 4 - CLOSED FOR INDEPENDENCE DAY
- July 5 - Fit to Garden - 10:30am
- July 9 - Travel Time - 10:15am
- July 10 - Movie - "Patch Adams" - 10:15am
- July 16 - Learn More About the Food Stamp Program - 10:30am
- July 18 - Blood Pressure Screens - 10:30am
- July 25 - Craft Day - 10:30am
- July 26 - Christmas in July Celebration - 10:30am

### August

- August 2 - Favorite Summer Read - 10:30am
- August 7 - Music Day - 10:30am
- August 8 - Thrift Store Finds - 10:30am
- August 13 - Travel Time - 10:30am
- August 15 - Blood Pressure Screens - 10:30am
- August 16 - Common Summer Emergencies - 10:30am
- August 21 - Pantry Bingo - 10:30am
- August 28 - Ask the Dietician - 10:30am
- August 29 - Craft Day - 10:30am

### September

- Sept. 3 - CLOSED FOR LABOR DAY
- Sept. 4 - Music Day - 10:30am
- Sept. 5 - Wii Big Brain Academy - 10:30am
- Sept. 10 - Travel Time - 10:30am
- Sept. 11 - Remembering 9/11 - 10:30am
- Sept. 19 - Blood Pressure Screenings - 10:30am
- Sept. 20 - Basic Line Dance Steps - 10:30am
- Sept. 26 - Craft Day - 10:30am
- Sept. 27 - Falls Prevention Awareness - 10:30am

## SPECIAL SHIP INFORMATION

Much like you anticipated turning 16 and getting your driver's license, you must anticipate and plan for becoming a Medicare beneficiary. Don't wait until you're 65 to start thinking about your Medicare choices. Start now and let the Department of Insurance's SHIP (Seniors' Health Insurance Information Program) help you. SHIP provides free, unbiased information about Medicare and other insurance-related issues, and there are SHIP sites in all 100 counties in North Carolina. It is recommended that you review your Medicare options before you need to enroll so that you don't make any hurried decisions at the last minute. Your Medicare choices will depend on several factors including:

1. Are you retired or will you or your spouse continue to work?
2. Will you have access to medical and/or prescription drug coverage through an Employer Group Health Plan?
3. How does your Employer Group Health Plan compare with Medicare supplement plans and Medicare Advantage plans?

Of course there are other things to consider when determining your Medicare options. SHIP has created a handout meant to help you navigate the Medicare system and initial enrollment process. The handout, "The Road to Medicare," outlines the decisions you'll need to make and what options are available through the Medicare system. To obtain a free copy of "The Road to Medicare" call SHIP at 1-800-443-9354 or by visiting SHIP's Web site at [www.ncship.com](http://www.ncship.com). You can also meet with a certified SHIP Volunteer Counselor in your community to discuss your Medicare options. To arrange an appointment with a SHIP Volunteer Counselor, contact Senior Services. Don't wait to make your Medicare decisions — you can start the process before your 65th birthday. Let SHIP help you understand your options and get you on the road to Medicare.

***DON'T MISS THE WELCOME TO MEDICARE LUNCHEON. SEE DETAILS ON PG. 6.***

# Calendar of Events - Mocksville Site

## July

- July 2 - Ask the Doctor - 10:45am
- July 2 - New Yoga session starts - 1:00pm - Must pre-register
- July 2 - New Yoga session starts - 2:00pm - Must pre-register
- July 2 - New Yoga session starts - 3:00pm - Must pre-register
- July 2 - Piedmont Power Assoc. - 7:00pm
- July 3 - Senior Financial Care - 8:30am - 4:30pm
- July 3 - Day Trip - Belmont Abbey - Depart at 8:30am
- July 3 - Blood Pressure Screenings - 10:45am
- July 3 - Massage Therapy - 1pm - 4pm - by appt. only
- July 3 - New Yoga session starts - 10:00am - Must pre-register
- July 4 - CLOSED FOR INDEPENDENCE DAY
- July 6 - Handbells - 10:00am
- July 6 - Patriotic Party - 2:00pm
- July 6 - People Bingo @ Tractor Show - 5:00pm
- July 10 - Scrapbooking - 2:00pm
- July 10 - Alzheimer's Support Group - 6:30pm
- July 12 - Senior Lunch - 11:30am
- July 12 - Knitting/Crocheting Group - 1:00pm
- July 13 - Friday Afternoon at the Movies - "Evan Almighty" - 1:00pm
- July 16 - Destination Fitness Testing - 9:30 - 11:00am
- July 16 - Internet Level 1 classes begin - 10:00am - Must pre-register
- July 16 - Computer Basics classes begin - 12:00noon - Must pre-register
- July 16 - Monthly Movie - "War Horse" - 2:00pm
- July 16 - Beginning Computer classes begin - 5:00pm - Must pre-register

- July 16 - Quilt Guild - 6:30pm
- July 17 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- July 17 - Ask the Dietician - 10:45am
- July 17 - Senior Book Club - 2:30pm
- July 20 - AARP Driver Safety Class - 9:00am
- July 23 - File Management classes begin - 10:00am - Must pre-register
- July 23 - Email Level 1 classes begin - 12:00 noon - Must pre-register
- July 24 - Theatre Club - 1:00pm
- July 24 - Exercising in the Summer Heat - 1:00pm
- July 24 - Advisory Council Meeting - 3:00pm
- July 26 - Knitting/Crocheting Group - 1:00pm
- July 27 - Mystery Craft - 1:00pm
- July 31 - Single's Dinner - 5:30pm

## August

- Aug. 3 - Handbells - 10:00am
- Aug. 3 - Golden Girls Marathon - 1:00pm
- Aug. 4 - Saturday Morning Cinema - "The Iron Lady" - 10:00am
- Aug. 6 - Ask the Doctor - 10:45am
- Aug. 6 - Intergenerational Movie - "We Bought a Zoo" - 1:00pm
- Aug. 6 - Piedmont Power Assoc. - 7:00pm
- Aug. 7 - Senior Financial Care - 8:30am - 4:30pm
- Aug. 7 - Day Trip - NC Music Hall of Fame Museum - Depart at 9:00am
- Aug. 7 - Tai Chi starts - 10:00am
- Aug. 7 - Blood Pressure Screenings - 10:45am
- Aug. 7 - Massage Therapy - 1pm - 4pm - by appt. only
- Aug. 9 - MOCKSVILLE SITE CLOSSES AT 12:00 NOON
- Aug. 10 - Golden Girls Marathon - 1:00pm
- Aug. 13 - Bowling Lunch - 12:30pm
- Aug. 14 - Scrapbooking - 2:00pm
- Aug. 14 - Winston Salem Dash Game - Depart at 6:00pm

## Calendar of Events - Mocksville Site

- Aug. 14 - Alzheimer's Support Group - 6:30pm
- Aug. 16 - Dinner & a Movie - "Extremely Loud & Incredibly Close" - 5:30pm
- Aug. 17 - Golden Girls Marathon - 1:00pm
- Aug. 20 - Destination Fitness Testing - 9:30 - 11:00am
- Aug. 20 - Monthly Movie - "5th Quarter" - 2:00pm
- Aug. 20 - Quilt Guild - 6:30pm
- Aug. 21 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- Aug. 21 - Senior Book Club - 2:30pm
- Aug. 22 - Welcome to Medicare Luncheon - 10:00am
- Aug. 23 - Veteran's Social - 10:30am
- Aug. 23 - Knitting/Crocheting Group - 1:00pm
- Aug. 24 - Golden Girls Marathon - 1:00pm
- Aug. 28 - Theatre Club - 1:00pm
- Aug. 28 - Dr. Williamson - 2:00pm
- Aug. 30 - 50's Party - 2:00pm
- Aug. 31 - Golden Girls Marathon - 1:00pm

### September **SENIOR CENTER MONTH!!**

- Sept. 1 - 3 - CLOSED FOR LABOR DAY
- Sept. 3 - Piedmont Power Assoc. - 7:00pm
- Sept. 4 - Senior Financial Care - 8:30am - 4:30pm
- Sept. 4 - Day Trip - Barn Quilt Trails Tour - Depart at 8:30am
- Sept. 4 - Blood Pressure Screening - 10:45am
- Sept. 4 - Massage Therapy - 1pm - 4pm - by appt. only
- Sept. 6 - Bingo - 1:00pm
- Sept. 7 - Handbells - 10:00am
- Sept. 10 - Ask the Dr. - 10:45am
- Sept. 10 - Falls Prevention Seminar - 1:00pm
- Sept. 11 - Scrapbooking - 2:00pm
- Sept. 11 - Alzheimer's Support Group - 6:30pm

- Sept. 13 - Knitting/Crocheting Group - 1:00pm - 3:00pm
- Sept. 14 - Destination Fitness Breakfast - 9:00am
- Sept. 14 - Friday Afternoon @ the Movies - 1:00pm
- Sept. 15 - Saturday Morning Breakfast - 9:00am
- Sept. 17 - Destination Fitness Testing - 9:30 - 11:00am
- Sept. 17 - Monthly Movie - "The Descendants" - 2:00pm
- Sept. 17 - Quilt Guild - 6:30pm
- Sept. 18 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- Sept. 18 - Senior Book Club - 2:30pm
- Sept. 18 - Taste of the Town - 6:00pm
- Sept. 20 - Caregiver Lunch & Learn - 11:45am
- Sept. 25 - Theatre Club - 1:00pm
- Sept. 25 - Disaster Preparedness - 1:00pm
- Sept. 25 - Advisory Council Meeting - 3:00pm
- Sept. 27 - Knitting/Crocheting Group - 1:00pm - 3:00pm
- Sept. 29 - Boomer Bash - 6:30pm

## HOLIDAY CLOSINGS

Senior Services will be closed on the following dates:

- Wednesday, July 4 for Independence Day
- Thursday, August 9 - Mocksville Site Only Will Close at 12:00noon for Masonic Picnic
- Saturday - Monday, September 1 - 3 for Labor Day





# ***We want to hear From You!***

1. Age Range (please circle): 55-60 61-65 66-70 71-75 76-80 81-85 86-90 91+
2. Gender (please circle): Male Female
3. Race (please circle ): African American Caucasian Hispanic Other \_\_\_\_\_
4. Approximately how many times per year do you participate in the activities and programs that Davie County Senior Services offers (Examples: parties, trips, educational seminars, exercise, etc.) Please circle: 0 1-10 11-20 20 or more
5. Do you utilize any of the services that Davie County Senior Services offers such as homebound meals, insurance assistance, legal assistance, etc.? Yes No
6. If you participate in activities & programs, what are your top three favorite activities/programs offered by Senior Services?) \_\_\_\_\_  
\_\_\_\_\_
7. If you are not active in Senior Services, what are some of the reasons?  
\_\_\_\_\_  
\_\_\_\_\_
8. What additional programs, activities, classes, etc. would you be interested in participating in at Senior Services? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. Do you participate in activities at our Farmington site? Yes No  
If no, why not? \_\_\_\_\_
10. Do you utilize our evening & weekend hours? Yes No  
If no, why not? \_\_\_\_\_
11. Other comments/suggestions: \_\_\_\_\_  
\_\_\_\_\_

Please take a few minutes to fill out this survey and mail back to Davie County Senior Services, 278 Meroney Street, Mocksville, NC 27028, or drop it by on your next visit. To ensure confidentiality, please tear off your mailing label before returning the survey. Thanks in advance for your participation.



278 Meroney Street  
Mocksville, NC 27028  
336-753-6230

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*It is the mission of Davie County Senior Services  
to provide seniors with accessible services and opportunities for  
fellowship, fun and learning, through activities and programs that enrich lives.*



# Don't Forget!

Anytime you come to Senior Services please remember to scan your membership card. This helps us to keep track of how many people use our building. We use this information to obtain grants and request additional money when necessary. It also lets us know who to call if an ongoing class is canceled for some reason.

If you do not have a membership card, see a staff person today to get one. Membership is free and the information is important to help us maintain a safe environment for our participants.

Call Senior Services at 336-753-6230 for more information or to register for any events or programs in the newsletter.