



## TELEPHONE REASSURANCE PROGRAM

Senior Services is pleased to partner with YVEDDI's RSVP program to offer a new service to those who live alone. This program provides a daily telephone call to anyone who lives alone, and is either 55 years of age or older, or is an adult with a physical disability. See all the details on pages 19 & 22.

## SINGING TELEGRAMS

Are you looking for a unique Valentine's Day idea for your sweetheart, friend or family member? Our very own Singing Seniors will go to the home or office of your loved one and serenade them.

Telegrams can be arranged for any of the following dates:

**Monday, Tuesday or Wednesday  
February 11, 12 or 13**

Call Senior Services to arrange the telegram. Cost is \$10.00 for two songs. You can choose the songs from a list or special requests will try to be accommodated. All money raised goes to Senior Services. This is open to all ages. Deadline is February 4th.

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# JANUARY 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.

## SENIOR TARHEEL PRIORITIES

**Thursday, January 3 - 1:00pm - MP Room B**  
**Speaker: Jack Koontz, Senior Tarheel Delegate for Davie County**  
**RSVP by: Dec. 27**

The Senior Tarheel Legislature was created to provide information to seniors on the legislative process and matters being considered by the NC General Assembly, promote citizen involvement and advocacy concerning aging issues before the NC General Assembly, and to assess the legislative needs of older citizens by convening a forum modeled after the NC General Assembly. Mr. Koontz will share with the group their top priorities for the upcoming year. You will also have the opportunity to ask questions and voice your concerns for Mr. Koontz to take back to the Legislature. Open to adults of all ages – no children please.

## HANDBELLS

**Friday, January 4 - 10:00am - MP Room B**  
**RSVP by Dec. 28**  
See all the details on pg. 17.



## SNOWMAN CRAFT

**Friday, January 4 - 1:00pm - MP Room B**  
**Cost: \$5.00**

**RSVP by Dec. 28**

For our quarterly craft we will make cute snowmen to decorate your home during the winter months. An example is on display at Senior Services. Open to adults 55 & older and exceptions under the general participation policy.

## ASK THE DOCTOR

**Monday, January 7 - 10:45 - 11:15am**  
**- MP Room A**  
**Speaker: Dr. George Kimberly**  
See all the details on pg. 15.

## BOWLING LUNCH

**Monday, January 7 - 12:30pm - Multipurpose Room B**  
**RSVP by Dec. 31**



This lunch is for current bowlers and those who would like to join. We will be picking teams for the next league and awarding trophies to last session's winners. 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.

## BLOOD PRESSURE SCREENINGS

**Tuesday, January 8 - 10:45am - MP Room A**  
**Screener: Representative from CareSouth Homecare Professionals**  
See all the details on pg. 15.

## MASSAGE THERAPY

**Tuesday, January 8 (note change of date) - 1:00pm - 4:00pm - by appointment only - Classroom B**  
**Cost: \$30.00 for 30 minute massage**  
See all the details on pg. 16.

## SCRAPBOOKING

**Tuesday, January 8 - 2:00pm - Classroom A**  
**RSVP by Jan. 2**  
See all the details on pg. 11.

## ALZHEIMER'S SUPPORT GROUP

**Tuesday, January 8 - 6:30pm - MP Room B**  
**Please RSVP by Jan. 2**  
See all the details on pg. 20.



**TELEPHONE REASSURANCE PROGRAM VOLUNTEER MEETING**  
**Wednesday, January 9 - 2:00pm - MP Room B**

**RSVP by Jan. 4**

Senior Services and RSVP are starting a new program where volunteers will call seniors who live alone and wish to be called. This call will provide a daily check on the person, as well as some social interaction and friendship. If you would like to learn more information about volunteering for this program, please attend this session. Open to adults of any age.

# JANUARY SPECIAL EVENTS - MOCKSVILLE SITE

## KNITTING/CROCHETING GROUP

Thurs., January 10 - 1:00 - 3:00 -  
Classroom B

See all the details on pg. 11.

## SATURDAY MORNING BREAKFAST

Saturday, January 12 - 9:00am - Multipur-  
pose Rooms A & B

RSVP by Jan. 4

Adults 55 and older & their guests of any age are invited to a great breakfast. 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.

## SENIOR BOOK CLUB

Tuesday, January 15 - 2:30 - 4:00pm -  
Classroom A

RSVP by Jan. 8

See at the details on pg. 16.

## MASSAGE THERAPY

Tuesday, January 15 - 9:30am - 4:00pm - by  
appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 16.

## ASK THE DIETICIAN

Tuesday, January 15 - 10:45am -  
Multipurpose Room A

Speaker: Mandi Irwin, Davie Co. Health  
Department

RSVP by: Jan. 8

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.

**Qualifies for Destination Fitness drawing.**



## SENIOR GAMES CHEERLEADING KICKOFF MEETING

Thursday, January 17 - 1:00pm -  
Multipurpose Room B

RSVP by: Jan. 10

Were you ever a cheerleader? Did you always want to be? Do you like to have fun? If you answered yes to any of those questions consider becoming a Senior Games

Cheerleader. Senior Services will be recruiting and training a team of cheerleaders to participate in the local Senior Games and go on to show off their skills at State Games. At this meeting we will assess the interest level and set up practice times. Must be 55 or older to join.

## THEATRE CLUB

Tuesday, January 22 - 1:00pm -  
Classroom B

See all the details on pg. 17.

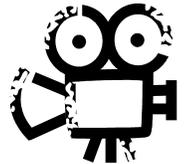
## MOVIE DAY WITH THE GRANDKIDS (OR NOT!) - "THE LORAX"

Tuesday, January 22 - 2:00pm -  
Multipurpose Rooms A & B

RSVP by Jan. 15

MPLC license No: 12377840

In this Dr. Seuss movie, a 12-year-old boy searches for the one thing that will enable him to win the affection of the girl of his dreams. To find it he must discover the story of the Lorax, the grumpy yet charming creature who fights to protect his world. Starring Danny DeVito, Zac Efron and Taylor Swift, this film is rated PG for mild brief language. Runtime is approximately 1 hour and 34 minutes. This is an out of school day for Davie County schools & you are welcome to bring your grandkids, great-grandkids, etc. All children must be accompanied by an adult. You may also attend without children. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*



## KNITTING/CROCHETING GROUP

Thursday, January 24 - 1:00 - 3:00 -  
Classroom B

See all the details on pg. 11.



# JANUARY/FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

## SENIOR BIRTHDAY PARTY

Friday, January 25 - 2:00pm -  
Multipurpose Rooms A & B  
Cost: Free  
RSVP by Jan. 18 (or when  
spaces fill)



Once again we will have one big birthday party for all seniors. If you have a birthday, and we know you do, then come out for this party. We will have wonderful entertainment from the Snappy Tappers, along with cake and ice cream. Open to adults 55 & older and exceptions under the general participation policy.

## DESTINATION FITNESS TESTING

Monday, January 28 - 9:30 - 11:30am - (note  
change of date)  
Exercise Room - By appointment only  
See all the details on pg. 17.

## MONTHLY MOVIE - "PEACE, LOVE AND MISUNDERSTANDING"

Monday, January 28 - 2:00pm - MP Rooms  
A & B

RSVP by Jan. 22

MPLC license No: 12377840

An uptight NYC lawyer takes her two teenagers to her hippie mother's farmhouse upstate for a family vacation. What was meant to be a weekend getaway quickly turns into a summer adventure of romance, music, family secrets and self-discovery. Starring Jane Fonda, Catherine Keener and Elizabeth Olsen, this film is rated R for some drug content and sexual reference. Runtime is approximately 1 hour, 36 minutes. 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.*



## TAX EXEMPTION SEMINAR

Tuesday, January 29 - 10:45am -  
Multipurpose Room A  
Speaker: Brian Myers, Davie County Tax  
Administrator  
RSVP by Jan. 22

Did you know that some older adults are eligible for reductions in their tax bills? The laws have changed for 2013 so come get all the information you need to see if you might qualify. Open to adults of all ages - no children please.

## MEDICARE FRAUD AND ABUSE AND PROTECTING YOUR IDENTITY

Thursday, January 31 - 1:00pm -  
Multipurpose Room B  
Speaker: Diane Trainor, NC SHIIP  
RSVP by Jan. 24

Learn what you need to know about Medicare Fraud and Abuse, current scams targeting seniors, the importance of protecting one's identity and tips on how to prevent becoming a victim of scam artists. Open to adults of any age - no children please.

## TAX AIDE

TIME: Fridays and Saturdays, February 1-  
March 1 - 9:00am - 1:00pm, 1st come,  
1st served

### Additional dates by appointment only:

- Friday, March 8 - 9:00am - 1:00pm
- Saturday, March 9 - 9:00am - 1:00pm
- Friday, March 15 - 9:00am - 1:00pm
- Saturday, March 16 - 9:00am - 1:00pm
- Friday, March 22 - 9:00am - 1:00pm
- Saturday, March 23 - 9:00am - 1:00pm
- Friday, April 5 - 9:00am - 1:00pm
- Saturday, April 6 - 9:00am - 1:00pm
- Monday, April 8 - 9:00am - 1:00pm

Location: Media Room

Cost: Free

Tax returns are prepared and e-filed at no cost to taxpayers by trained and certified volunteer AARP tax counselors. Completion of the tax return can go more smoothly and quickly if the taxpayer does the following before coming to the Senior Center:

## FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

- Bring the 2011 tax return and supporting documents
- Have all documents needed to complete the 2012 return
- Open all envelopes received and place the contents in a file folder or large envelope to be presented to the counselor doing the return
- Make sure all out-of-pocket cost (if itemizing) have been totaled by categories for health insurance, doctor's visits, drugs, etc.
- List all charitable donations and amounts that are supported by letters or receipts from the organization

Volunteers who are willing to be trained are needed to strengthen and ensure that Tax Aide is available. If you are interested, please contact Senior Services.

### HANDBELLS

**Friday, February 1 - 10:00am - MP Room B**

**RSVP by Jan. 25**

See all the details on pg. 17.



### ASK THE DOCTOR

**Monday, February 4 - 10:45 -**

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

**Speaker: Dr. George Kimberly**

See all the details on pg. 15.

### SENIOR FINANCIAL CARE

**Tuesday, February 5 - 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, February 5 -10:45am -**

**Multipurpose Room A**

**Screeener: Representative from Bayada Home Health Care**

See all the details on pg. 15.

### MASSAGE THERAPY

**Tuesday, February 5 - 1:00pm - 4:00pm - by appointment only - Classroom B**

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

See all the details on pg. 16.



### SENIOR LUNCH

**Thursday, February 7 - 11:30am - MP Room B**

**Entertainment: The South Iredell Senior Center**

**Serendipity Players**

**RSVP by Jan. 31**

This fun group of seniors provides funny as well as educational skits and performances. They will have the group laughing. A delicious lunch will follow. Open to adults 55 & older and exceptions under the general participation policy.

### SATURDAY MORNING CINEMA - "I DON'T KNOW HOW SHE DOES IT"

**Saturday, February 9 - 10:00am - MP Rooms A & B**

**RSVP by Feb. 1**

**MPLC license No: 12377840**

This quarter's Saturday morning movie focuses on Kate Reddy, a mother and wife who devotes her days to her work and her nights to her husband and two children. When Kate gets handed a major new account that will require frequent trips to New York, her husband also wins the new job he's been hoping for -- and both will be spreading themselves even thinner. Complicating matters is Kate's charming new business associate who begins to prove an unexpected source of temptation. Starring Sarah Jessica Parker, Pierce Brosnan and Greg Kinnear, this movie is rated PG -13 for sexual references throughout. Runtime is approximately 1 hour, 35 minutes. Closed captions will be used whenever possible. Open to adults 55 & older and exceptions under the general participation policy.

# FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

## SINGING TELEGRAMS

Monday, Tuesday & Wednesday -  
February 11, 12 & 13 - by  
reservation



Cost: \$10.00 for two songs

Last day to reserve: Feb. 4

Send your loved one a singing telegram for Valentine's Day. Call Senior Services to arrange a time for our chorus to go to the home or office of your sweetheart, friend or family member. You choose 2 songs from a list. Special requests will try to be accommodated. All money raised goes to Senior Services. Open to all ages.

## SCRAPBOOKING

Tuesday, February 12 - 2:00pm -  
Classroom B

RSVP by Feb. 5

See all the details on pg. 11.



## SINGLE'S DINNER

Tuesday, February 12 - 5:30pm

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

RSVP by Feb. 5

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 K&W in Statesville. 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.

## ALZHEIMER'S SUPPORT GROUP

Tuesday, February 12 - 6:30pm -  
Multipurpose Room B

Please RSVP by Feb. 5

See all the details on pg. 20.

## KNITTING/CROCHETING GROUP

Thursday, February 14 - 1:00 - 3:00pm -  
Classroom B

See all the details on pg. 11.

## VALENTINE'S DAY PARTY

Thursday, February 14 - 2:00pm -  
MP Rooms A & B

Cost: Free

RSVP by Feb. 7 (or until spaces fill)

Our annual Valentine's Day party will have great food and fun. Entertainment will be piano music by Matthew Weaver. Open to adults 55 & older and exceptions under the general participation policy.



## DESTINATION FITNESS TESTING

Monday, February 18 - 9:30 - 11:30am -  
Exercise Room - By appointment only

See all the details on pg. 17.

## MONTHLY MOVIE - "THE LUCKY ONE"

Monday, February 18 - 2:00pm -

Multipurpose Rooms A & B

RSVP by Feb. 11

MPLC license No: 12377840

US Marine Sergeant Logan Thibault returns from his third tour of duty in Iraq with the one thing he credits with keeping him alive - a photograph of a woman he doesn't even know. He learns her name and address, shows up at her door, and ends up taking a job at her family-run local kennel. Despite her initial mistrust and the complications in her life, a romance develops between them, giving Logan hope that she could be much more than his good luck charm. This movie stars Zac Efron, Taylor Schilling, and Blythe Danner and is rated PG-13 for some sexuality and violence. Runtime is approximately 1 hour, 41 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.*

## MASSAGE THERAPY

Tuesday, February 19 - 9:30am - 4:00pm - by  
appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 16.

## FEB./MARCH SPECIAL EVENTS - MOCKSVILLE SITE

### HIGH BLOOD PRESSURE & OLDER ADULTS SEMINAR

Tues. February 19 - 1:00pm - MP Room B

Cost: Free

Speaker: Dr. Julie Williams, J. Paul Sticht Center, Wake Forest Baptist Medical Center

RSVP by: Feb. 12

Dr. Williams will bring to the group information about treating high blood pressure in older people. These seminars are open to adults of any age - no children please.

*Qualifies for Destination Fitness drawing.*



### SENIOR BOOK CLUB

Tuesday, February 19 - 2:30 -

4:00pm - Classroom A

RSVP by Nov. 13

See all the details on pg. 16.

### VETERAN'S SOCIAL

Friday, February 22 - 10:30am -

Multipurpose Room B

Speaker: Nancy Luckey, Veteran's Service Officer

RSVP deadline: Feb. 15

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. 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, unless a caregiver is needed in order for the veteran to attend.*

### THEATRE CLUB

Tuesday, February 26 - 1:00pm -

Classroom B

See all the details on pg. 17.

### BLACK HISTORY MONTH CELEBRATION

Wednesday, February 27 - 10:30am -

Multipurpose Rooms A & B

Speaker: Davie County High School STAND chapter

RSVP by Feb. 20 for lunch

February is Black History Month & Senior Services is pleased to join once again with Graham Funeral Home to celebrate. This event is always filled with great music and an inspiring speaker. Lunch will be served at 11:30 am for those who wish to stay. You must reserve your meal by Feb. 20. Open to general public of all ages.

### KNITTING/CROCHETING GROUP

Thursday, February 28 - 1:00 - 3:00pm -

Classroom B

See all the details on pg. 11.



### HANDBELLS

Friday, March 1 - 10:00am -

Multipurpose Room B

RSVP by Feb. 22

See all the details on pg. 17.

### ASK THE DOCTOR

Monday, March 4 - 10:45 - 11:15am -

Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on pg. 15.

### SENIOR FINANCIAL CARE

Tuesday, March 5 - 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, March 5 - 10:45am -

Multipurpose Room A

Screener: Representative from Bayada Home Health Care

See all the details on pg. 15.



### MASSAGE THERAPY

Tuesday, March 5 - 1:00pm - 4:00pm - by

appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 16.

# MARCH SPECIAL EVENTS - MOCKSVILLE SITE

## WELCOME TO MEDICARE

Tuesday, March 5 - 5:30pm - 8:00pm -  
Multipurpose Room B

Speaker: Kim Shuskey, Senior Services  
Director and various SHIP counselors

Cost: Free

RSVP by Feb. 26

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. This program 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 meal will be served prior to the program.

## DINNER & A MOVIE - "HOPE SPRINGS"

Thursday, March 7 - 5:30pm

RSVP by Feb. 28

MPLC license No: 12377840

Enjoy dinner then stay for "Hope Springs". Kay and Arnold are a devoted couple, but decades of marriage have left Kay wanting to spice things up and reconnect with her husband. When she hears of a renowned couple's specialist in the small town of Great Hope Springs, she attempts to persuade her skeptical husband, a steadfast man of routine, to get on a plane for a week of marriage therapy. Just convincing the stubborn Arnold to go on the retreat is hard enough -- the real challenge for both of them comes as they shed their bedroom hang-ups and try to re-ignite the spark that caused them to fall for each other in the first place. The movie is rated PG-13 for mature thematic content involving sexuality. It stars Meryl Streep, Tommy Lee Jones and Steve Carell and runtime is approximately 1 hour and 32 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 BREAKFAST

Friday, March 8 - 9:00am -  
Multipurpose Room B

Register no later than March 1

Logs due March 4 to Elizabeth Norman,  
Program Coordinator

For our next destination we will "walk" 130 miles to Las Vegas. 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.

## SCRAPBOOKING

Tuesday, March 12 - 2:00pm - Classroom B

RSVP by March 5

See all the details on pg. 11.

## HELP FOR ALZHEIMER'S SEMINAR

Tuesday, March 12 - 6:30pm - MP Room B

Speaker: Chris Sterling, Home Instead Senior  
Care

RSVP by March 5

A diagnosis of Alzheimer's – an incurable disease that experts predict will afflict nearly half of seniors over the age of 85 – can strike fear in the hearts of family caregivers. Now there is help. The Home Instead Senior Care® network has a new training program available for *family* caregivers – unique in the industry. Information includes helping to manage the challenges of Alzheimer's, signs of Alzheimer's, and what to expect. Open to adults of any age - no children please.

## THE BENEFIT OF CHIROPRACTIC CARE

Wednesday, March 13 - 1:00pm - MP Room B

Speaker: Dr. Brandon Byers, Davie  
Chiropractic Clinic

RSVP by March 6

Dr. Byers will speak to the group about how chiropractic care can be beneficial to your health and everyday living. Open to adults of any age - no children please.

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

## KNITTING/CROCHETING GROUP

Thursday, March 14 - 1:00 - 3:00 -  
Classroom B

See all the details on pg. 11.

# MARCH SPECIAL EVENTS - MOCKSVILLE SITE

## **ST. PATRICK'S DAY BINGO**

**Friday, March 15 - 1:00pm -**

**Multipurpose Room B**

**Sponsored by: Laurels of Salisbury**

**RSVP by March 8**

Come out for some fun games of Bingo! Refreshments will be served. Due to the sponsorship, Bingo will be free. 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.*



## **CROP 'TILL YOU DROP**

**Saturday, March 16 - 9:00am - 2:00pm**

**Cost: Free**

**RSVP by March 8**

Attention all scrappers!! Bring your scrapbooking supplies and get ready to have fun! For five hours we will scrapbook, give away lots of door prizes, play some fun games, have great snacks and listen to experts share tips. Come for the whole time or just part of the day - whatever suits you best. You are sure to have fun, learn something new and get lots done. Open to the community of all ages.

## **DESTINATION FITNESS TESTING -**

**Monday, March 18 - 9:30 - 11:30am -**

**Exercise Room - By appointment only**

See all the details on pg. 17.

## **MONTHLY MOVIE - "THE ODD LIFE OF TIMOTHY GREEN"**

**Monday, March 18 - 2:00pm - Multipurpose Rooms A & B**

**RSVP by March 11**

**MPLC license No: 12377840**

Happily married couple, Cindy and Jim Green can't wait to start a family but can only dream about what their child would be like. When young Timothy shows up on their doorstep one stormy night, Cindy and Jim, and their small town of Stanleyville, learn that sometimes the unexpected can bring some of life's greatest gifts. Starring Jennifer Garner, Joel Edgerton and CJ Adams, this movie is rated PG for mild

thematic elements and brief language. Runtime is approximately 2 hours. 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, March 19 - 9:30am - 4:00pm - by appointment only - Classroom B**

See all the details on pg. 16.

## **SENIOR BOOK CLUB**

**Tuesday, March 19 - 2:30 - 4:00pm - Classroom A**

**RSVP by March 12**

See at the details on pg. 16.



## **ART SHOW**

**Thursday, March 21 - 6:00pm - 7:30pm - Multipurpose Rooms A & B**

**Cost: Free**

The Art Class at Senior Services will hold a special art show. Come see the talented works of the artists. Some pieces will also be for sale if you are interested in adding to your collection. 10% of all proceeds goes to Senior Services.

## **ROCK-A-THON**

**Friday, March 22 - 5:00pm -**

**9:00pm -Senior Services**

**Cost: Free**

For four hours, "Rock-A-Teers" will rock in rocking chairs. There will be non-stop music, entertainment, games and give-aways throughout the event. Rock-A-Teers will recruit sponsors to sponsor their time rocking and anyone in the community can attend the event. Food and drink will be on sale for the entire period. Non-profits can participate in our Bonus Incentive Program, where they can share some of the money raised. Become a Rock-A-Teer or just come out and enjoy the fun. All proceeds go to Senior Services.



## **THEATRE CLUB**

**Tuesday, March 26 - 1:00pm - Classroom B**

See all the details on pg. 17.

# MARCH SPECIAL EVENTS - MOCKSVILLE SITE

## **KNITTING/CROCHETING GROUP**

**Thursday, March 28 - 1:00 - 3:00pm -  
Classroom B**

See all the details on pg. 11.

## **EASTER PARTY**

**Thursday, March 28 - 2:00pm -  
Multipurpose Rooms A & B**

**Cost: Free**

**RSVP by March 21**

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.



IN CASE OF BAD  
WEATHER

The weather can be unpredictable during the upcoming months. Our main concern is for the safety of our participants and staff.

Please note the following guidelines:

### Lunch schedule:

If Davie County schools are delayed up to 2 hours we are open for lunch and will serve homebound meals provided our caterer can get the food to us. If Davie County schools are closed, we will not serve lunch or homebound meals. If meals are not served our Farmington site will not open.

### Programs and daily activities at the

### Mocksville site:

Senior Services is a county agency and will rarely ever close the Mocksville site during periods of inclement weather. However, in the event of inclement weather there will be limited programming at Senior Services. Typically we will close during evening and weekend hours if the weather is bad. Please call ahead to determine if the activity you would like to participate in is cancelled.

## **Special Thanks!**

In September, 2012 Davie County Senior Services celebrated Senior Center Month with a month-long fundraising effort. We appreciate all the community support of the effort, which was very successful. Thanks also to the many volunteers who made the events possible.

The money raised will help ensure programs and services will continue to help those who need it and will help purchase needed equipment.

We especially would like to thank the following businesses for their support as sponsors of Senior Center Month:

### **Platinum Sponsor:**

Wake Forest Baptist Health

### **Bronze Sponsors:**

Bayada Nurses Home Health Care

Christy Trucking

Foster Drug, Inc.

Hayworth Miller

Webb Heating & A/C Co., Inc.

We would also like to thank the following restaurants for their generous donation of food & staff for our Taste of the Town:

**KENT'S KITCHEN  
LA CARETTA MEXICAN RESTAURANT  
MARCO'S PIZZA  
NEW JIN-JIN BUFFET  
SANDY'S SMOOTHIE SHACK  
SHEETZ  
SUBWAY  
THE FEED BAG RESTAURANT  
ZEKO'S**

# 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**

**-(Jan. 21, Feb. 18, March 18)**

**- 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 - (Jan. 8, Feb. 12, March 12)**

**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 group is open to all ages.

### 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 - NEW TIME!!

**Fridays - 10:00am - 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.



## 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**

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## **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:

- March 11, 13 & 15 (Mon., Wed., Fri.) - 3:00 - 5:00pm - 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:

- January 28, 29, 30 & 31 (Mon., Tues., Wed. Thurs.) - 5:00 - 8:00pm - Media Room

## **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:

- February 5, 7 & 8 (Tues., Thurs., Fri.) - 3:00 - 5:00pm - 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 Sessions:

- February 18, 19 & 21 (Mon., Tues., Thurs.) - 5:30pm - 7:30pm - 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 4 days.*

### Upcoming Sessions:

- March 25, 26, 27 & 28 (Mon., Tues., Wed., Thurs.) - 6:00pm - 8:00pm - Media Room



# ONGOING ACTIVITIES - MOCKSVILLE SITE



## 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 will 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
- \* Books
- \* Cards
- \* Checkers
- \* Chess
- \* Computer Lab
- \* Fitness Room
- \* Magazines
- \* Music
- \* Newspapers
- \* Ping Pong Table
- \* Puzzles
- \* Scales
- \* Shredder
- \* Videos
- \* Wii

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

## Exercise



### SILVERHEALTH

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

**Instructor: Elizabeth Norman, 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: Elizabeth Norman, Program & Outreach Coordinator**

This class is a continuation of the SilverHealth class. 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 - January 2 - March 27 - 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 December 14 at 8:00am. You may only sign up for 1 yoga session per quarter.**

### YOGA FOR SENIORS

**Wednesdays & Fridays - January 2 - March 27 - 10:00am - 11:00am - Exercise Room**

**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 December 14 at 8:00am. You may only sign up for 1 yoga session per quarter.**

# ONGOING ACTIVITIES - MOCKSVILLE SITE



## TAI CHI

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

**Session Dates: January 8 - March 12  
Instructor: Mike DePeuw, Beach 'n'  
Tans**

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

**RSVP deadline December 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)**

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 information on walking availability call Parks & Rec. at 751-2325.

## FITNESS ROOM

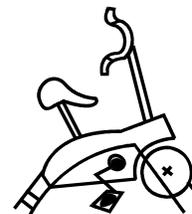
**Monday - Thursday - 8:00am - 8:00pm**

**Friday - 8:00am - 5:00pm**

**Saturday - 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.**



# ONGOING ACTIVITIES - MOCKSVILLE SITE



## Games

### Wii GAMES

**Time: Drop In Whenever Room is Available - Multipurpose Room A**

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. Call if you have a question regarding availability.

Available games include:

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

### 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 Tracy O'Neal 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 - 11:30am - Exercise Room - By appointment only - (Jan. 28 (note change of date), Feb. 18, March 18) 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 (Jan. 7, Feb. 4, March 4) 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 - (Jan. 8 - note change of date, Feb. 5, March 5)**

**Cost: Free**

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

## ONGOING ACTIVITIES - MOCKSVILLE SITE



**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 - Jan. 8 (NOTE CHANGE IN**  
**DATE) & 15, Feb. 5 & 19, March 5 & 19**  
**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**

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

**Jan. 15 - "Into Thin Air" by Jon Krakauer**

**Feb. 19 - "Secret Life of Bees" by Sue Monk Kidd**

**March 19 - "The Awakening" by Kate Chopin**

**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 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**  
**(Jan. 7, Feb. 4, March 4)**

**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).

## ONGOING ACTIVITIES - MOCKSVILLE SITE

### SENIOR SERVICES ADVISORY COUNCIL

4th Tuesday of every other month - 3:00pm -  
Media Room (Jan. 22, March 26)

**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 (Jan. 4, Feb. 1, March 1)

**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  
(Jan. 22, Feb. 26, March 26)

**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 - 11:30am.**



### 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.**

# OTHER ONGOING PROGRAMS & SERVICES

## 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.

### **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 provide 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.

# 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: Elizabeth Norman, Prog. & Outreach Coord. 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.

## **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.

## **SHIIP - (Seniors' Health Insurance Information Program)**

**Staff Contact: Mitzi Hunter, 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.



## **TELEPHONE REASSURANCE PROGRAM - NEW!!**

**Staff contact: Kim Shuskey, Director**

**Cost: Free**

This program provides a daily telephone call to anyone who lives alone, and is either 55 years of age or older, or is an adult with a physical disability. Each call is an opportunity to confirm safety as well as impart care and concern.

## OTHER ONGOING PROGRAMS & SERVICES

### 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 - (Jan. 8, Feb. 12, March 12 - no regular meeting, attend the informative seminar instead)**

**Facilitator: Kelly Sloan, Community Resource Specialist**

**RSVP no later than the Friday before the meeting**

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. Please call no later than the Friday before the meeting to let us know you will be coming. Meetings will be canceled if not enough interest is shown.



## 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.

### JANUARY 8 - YADKIN CULTURAL ARTS CENTER, YADKINVILLE, NC

**Tuesday, Jan. 8 - (NOTE CHANGE OF DATE)**

**Departure time 9:30am, Return approximately 2:30pm**

**Cost: \$5.00 for transportation**

**Money for lunch**

We will visit the new center in downtown Yadkinville and see artists at work. We will have lunch in their "Third Branch Café". Sign up starts November 15.

### FEBRUARY 5 - WINMOCK BARN & TRAILERS OF EAST COAST, DAVIE COUNTY, NC

**Tuesday, Feb. 5 - Departure time 9:30am, Return approximately 3:00pm**

**Cost: \$5.00 for transportation**

**Money for lunch**

We will tour the new Winmock Barn, have lunch, then visit the graphics department of Trailers of the East Coast. We will learn about making signs, etc. and there might be some Nascar vehicles being prepared for the Daytona race. Sign up starts Dec. 13.

# OTHER ONGOING PROGRAMS & SERVICES

## MARCH 5 - TOUR OF THE SUGAR VALLEY AIRPORT, MOCKSVILLE, NC

Tuesday, March 5 - Departure time 9:45am,  
Return approximately 2:30pm

Cost: \$5.00 for transportation  
Money for lunch

We will tour this airport right in our own backyard and learn about all the interesting services they provide. Wear comfortable shoes for the tour. We will stop for lunch along the way. Sign up starts January 15.

## APRIL 2 – HISTORIC TOUR OF MOCKSVILLE, NC

Tuesday, April 2 - Departure time 10:00am,  
Return approximately 1:30pm

Cost: \$5.00 for transportation  
Money for lunch

We will once again stay in our own county with a historic tour of Mocksville. Local historian Charles Crenshaw will be our step on guide as we learn interesting history about our town. We will stop for lunch along the way. **THIS TOUR IS LIMITED TO 16 PARTICIPANTS.** Sign up starts Feb. 15.



## Trips - Extended

### NEW BERN, NC

Thursday - Saturday, May 9 - 11

Prices - Per Person:

\$443.00 - single      \$339.00 - double

\$302.00 - triple      \$284.00 - quad

**Trip Leader - Barbara Thornton**

We will head to beautiful New Bern for a great Spring trip. Price includes the following:

#### Thursday, May 9:

- 7:30 AM – Depart Davie Senior Services
  - Lunch at Bakers Kitchen
  - Tour of Tryon Palace
  - Dinner at Golden Corral

#### Friday, May 10:

- Breakfast at hotel
- Trolley tour of New Bern
- Tour of Cherry Point Marine Air Station
  - Dinner at Sting Ray Café
- “Nine to Five” at New Bern Civic Theater

#### Saturday, May 11:

- Breakfast at Hotel
- Farmer’s Market
- Lunch at The Meeting Place in Washington, NC
- Tour of Belhaven Memorial Museum

Price also includes hotel accommodations at Hampton Inn and travel on motor coach. Reservations can be made with your \$50.00 deposit. Deadline for registration is March 22. 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.

# 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.

### **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 are encouraged.

### **FRONT DESK VOLUNTEERS**

**Staff Contact: Tracy O'Neal, Adm. Asst.**

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: Tracy O'Neal 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: Mitzi Hunter, 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: Elizabeth Norman, 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.

### **TELEPHONE REASSURANCE PROGRAM - NEW!!**

**Contact Person: Gloria Wommack, RSVP (753-8270)**

We are partners with YVEDDI's RSVP program in this service. Volunteers will call those who live alone to provide a friendly voice and a daily welfare check. Monday - Friday phone calls are required.

# 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

### TRANSPORTATION TO FARMINGTON SITE

#### **Mondays, Wednesdays & Fridays**

YVEDDI's transportation program will bring those persons 60 and older who live within an approximate 5 mile radius to the Farmington site on these days. To sign up, call YVEDDI at 751-2187.

### 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.

### LINE DANCING - NEW!!

#### **Every 1st Wednesday - 10:30am**

(Jan. 2, Feb. 6, March 6)

We will learn all the latest line dance steps on the first Wednesday of each month.

### BLOOD PRESSURE SCREENINGS

#### **Every 3rd Wednesday - 10:30am**

(Jan. 16, Feb 20, March 20)

**Screener: Representative of CareSouth Homecare Professionals**

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

### CRAFT DAY

#### **Last Wednesday of each Month - 10:30am**

(Jan. 30, Feb. 27, March 27)

**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: Darlene Sheets, 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

### CELEBRATE HOT TEA MONTH

#### **Wednesday, Jan. 9 - 10:30am**

**RSVP by Jan. 2**

January is Hot Tea month. We will celebrate this month and have a variety of teas for you to try. Open to adults 55 & older and exceptions under the general participation policy.

### MAGAZINE SCAVENGER HUNT

#### **Monday, January 14 - 10:30am**

**RSVP by Jan. 7**

In this unique twist on a scavenger hunt we will use magazines to find the things on our list. Open to adults 55 & older and exceptions under the general participation policy.



### AVOID THE COMMON COLD

#### **Wednesday, January 23 - 10:30am**

**Speaker: Rhonda Mock, RN - Davie County Health Dept.**

**RSVP by Jan. 16**

Learn ways to protect yourself during this cold and flu season. Open to adults of all ages - no children please.

**Qualifies for Destination Fitness drawing**

### GOLDEN GIRLS

#### **Monday, January 28 - 10:30am**

**RSVP by: Jan. 22**

We will watch two episodes of this classic television series. Open to adults 55 & older and exceptions under the general participation policy.

# CLASSES & ACTIVITIES - FARMINGTON SITE

## ASK THE DIETICIAN

**Tuesday, February 5 - 10:30am**

**Speaker: Mandi Irwin, Davie County Health Dept.**

**RSVP by: Jan. 29**

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.

**Qualifies for Destination Fitness drawing.**



## VALENTINE'S DAY CELEBRATION

**Thursday, February 14 - 10:30am**

**RSVP by Feb. 7**

Celebrate this day of love with all your friends. There will be light refreshments and lots of fun. Open to adults 55 & older and exceptions under the general participation policy.

## CELEBRATE PRESIDENT'S DAY

**Monday, February 18 - 10:30am**

**RSVP by: Feb. 11**

We will celebrate Presidents past and present at this fun event. Open to adults 55 & older and exceptions under the general participation policy.

## PANTRY BINGO

**Thursday, February 28 - 10:30am**

**Sponsor: Mocksville Civitan Club**

**RSVP by: Feb. 21**

Win items you can actually use at this fun game of Bingo. Open to adults 55 & older and exceptions under the general participation policy.

## GET UP & GET MOVING (FEAR OF FRAILTY)

**Monday, March 4 - 10:30am**

**RSVP by Feb. 25**

A lack of activity can threaten seniors' independence. Fear of frailty is a big concern for seniors. This talk includes what frailty is and what the signs are of frailty, research, fear factors, and activities for the mind, body, and soul.

Open to adults of all ages - no children, please.

**Qualifies for Destination Fitness drawing.**

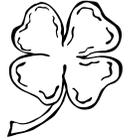
## ST. PATRICK'S DAY

### CELEBRATION

**Friday, March 15 - 10:30am**

**RSVP by March 8**

Wear your green and join in the fun for this St. Patty's Day celebration. Open to adults 55 & older and exceptions under the general participation policy.



## LEARN ABOUT KIDNEY DISEASE

**Monday, March 18 - 10:30am**

**RSVP by March 11**

Kidney disease can be difficult to diagnose. Learn some symptoms to be aware of and ways to help cope if you or a loved one have the disease. Open to adults 55 & older and exceptions under the general participation policy.

## EASTER CELEBRATION

**Monday, March 25 - 10:30am**

**RSVP by March 18**

We will celebrate the beginning of Spring and the Easter season at this fun celebration. There will be light refreshments and fun activities. Open to adults 55 & older and exceptions under the general participation policy.



IN CASE OF BAD  
WEATHER...

*Farmington site*

If Davie County schools are delayed up to 2 hours we are open for lunch at the Farmington site and will serve meals provided our caterer can get the food to us.

If Davie County schools are closed, we will not serve lunch and our Farmington site will not be open.

## CALENDAR OF EVENTS - FARMINGTON SITE

### JANUARY

- Jan. 1 - CLOSED FOR NEW YEAR'S DAY
- Jan. 2 - Line Dancing - 10:30am
- Jan. 9 - Celebrate Hot Tea Month - 10:30am
- Jan. 14 - Magazine Scavenger Hunt - 10:30am
- Jan. 16 - Blood Pressure Screens - 10:30am
- Jan. 21 - CLOSED FOR MARTIN LUTHER KING, JR. DAY
- Jan. 23 - Avoid the Common Cold - 10:30am
- Jan. 28 - Golden Girls - 10:30am
- Jan. 30 - Craft Day - 10:30am

### FEBRUARY

- Feb. 5 - Ask the Dietician - 10:30am
- Feb. 6 - Line Dancing - 10:30am
- Feb. 14 - Valentine's Day Celebration - 10:30am
- Feb. 18 - Celebrate President's Day - 10:30am
- Feb. 20 - Blood Pressure Screens - 10:30am
- Feb. 27 - Craft Day - 10:30am
- Feb. 28 - Pantry Bingo - 10:30am

### MARCH

- March 4 - Get Up & Get Moving Seminar - 10:30am
- March 6 - Line Dancing - 10:30am
- March 15 - St. Patrick's Day Celebration - 10:30am
- March 18 - Learn About Kidney Disease - 10:30am
- March 20 - Blood Pressure Screens - 10:30am
- March 25 - Easter Celebration - 10:30am
- March 27 - Craft Day - 10:30am
- March 29 - CLOSED FOR GOOD FRIDAY

## SPECIAL SHIP INFORMATION

Do you or someone you know need help paying for Medicare prescription drugs?

If so, the Extra Help program may be able to help.

You may qualify for EXTRA HELP for Medicare if:

- Your income is below \$16,755 per year for an individual or below or \$22,695 for a couple
- Your assets are below \$13,300 for an individual or \$26,580 for a couple

SHIP, the Senior's Health Insurance Information Program can provide free, unbiased information and help you apply.

Call Davie County Senior Services at 753-6230 for an appointment.

You may also apply online at [www.socialsecurity.gov](http://www.socialsecurity.gov) or by phone at 1-800-772-1213.

Receiving this help will not change your monthly Social Security benefits. Medicaid recipients need not apply, as they are automatically enrolled.

# Calendar of Events - Mocksville Site

## JANUARY

- Jan. 1 - CLOSED FOR NEW YEAR'S DAY
- Jan. 2 - New Yoga session starts - 10:00am  
- Must pre-register
- Jan. 2 - New Yoga session starts - 1:00pm -  
Must pre-register
- Jan. 2 - New Yoga session starts - 2:00pm -  
Must pre-register
- Jan. 2 - New Yoga session starts - 3:00pm -  
Must pre-register
- Jan. 3 - Senior Tarheel Priorities - 1:00pm
- Jan. 4 - Handbells - 10:00am
- Jan. 4 - Snowman Craft Class - 1:00pm
- Jan. 7 - Ask the Doctor - 10:45am
- Jan. 7 - Bowling Lunch - 12:30pm
- Jan. 7 - Piedmont Power Assoc. - 7:00pm
- Jan. 8 - Day Trip - Yadkin Cultural Arts  
Center - Depart at 9:30am
- Jan. 8 - Tai Chi starts - 10:00am
- Jan. 8 - Blood Pressure Screenings -  
10:45am
- Jan. 8 - Massage Therapy - 1pm - 4pm - by  
appt. only
- Jan. 8 - Scrapbooking - 2:00pm
- Jan. 8 - Alzheimer's Support Group -  
6:30pm
- Jan. 9 - Telephone Reassurance Program  
Volunteer Training - 2:00pm
- Jan. 10 - Knitting/Crocheting Group - 1:00pm
- Jan. 12 - Saturday Morning Breakfast -  
9:00am
- Jan. 15 - Senior Book Club - 2:30pm
- Jan. 15 - Massage Therapy - 9:30am -  
4:00pm - by appt. only
- Jan. 15 - Ask the Dietician - 10:45am
- Jan. 17 - Senior Games Cheerleading  
Kickoff Meeting - 1:00pm
- Jan. 21 - CLOSED FOR MARTIN LUTHER  
KING, JR. DAY
- Jan. 21 - Quilt Guild - 6:30pm
- Jan. 22 - Theatre Club - 1:00pm

- Jan. 22 - Movie Day With the Grandkids -  
"The Lorax" - 2:00pm
- Jan. 22 - Advisory Council Meeting - 3:00pm
- Jan. 24 - Knitting/Crocheting Group - 1:00pm
- Jan. 25 - Senior Birthday Party - 2:00pm
- Jan. 28 - Destination Fitness Testing -  
9:30 am - 11:30am
- Jan. 28 - Monthly Movie - "Peace, Love &  
Misunderstanding" - 2:00pm
- Jan. 28 - Beginning Computers Class Begins  
- 5:00pm
- Jan. 29 - Tax Exemption Seminar - 10:45am
- Jan. 31 - Medicare Fraud, Abuse & Protecting  
Your Identity Seminar - 1:00pm

## FEBRUARY

- Feb. 1 - Tax Aide Starts - 9:00am - 1:00pm
- Feb. 1- Handbells - 10:00am
- Feb. 4 - Ask the Doctor - 10:45am
- Feb. 4 - Piedmont Power Assoc. - 7:00pm
- Feb. 5 - Senior Financial Care - 8:30am -  
4:30pm
- Feb. 5 - Day Trip - Winmock & Trailers of East  
Coast - Depart at 9:30am
- Feb. 5 - Blood Pressure Screenings -  
10:45am
- Feb. 5 - Massage Therapy - 1pm - 4pm - by  
appt. only
- Feb. 5 - Email Level 1 Class Begins - 3:00pm
- Feb. 7 - Senior Lunch - 11:30am
- Feb. 9 - Saturday Morning Cinema - "I Don't  
Know How She Does It" -  
10:00am
- Feb. 11 - Singing Telegrams Start - by appt.
- Feb. 12 - Scrapbooking - 2:00pm
- Feb. 12 - Single's Dinner - 5:30pm
- Feb. 12 - Alzheimer's Support Group -  
6:30pm
- Feb. 14 - Knitting/Crocheting Group -  
1:00pm
- Feb. 14 - Valentine's Party - 2:00pm

## Calendar of Events - Mocksville Site

- Feb. 18 - Destination Fitness Testing - 9:30 - 11:30am
- Feb. 18 - Monthly Movie - "The Lucky One" - 2:00pm
- Feb. 18 - Internet Level 1 Class Begins - 5:30pm
- Feb. 18 - Quilt Guild - 6:30pm
- Feb. 19 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- Feb. 19 - High Blood Pressure & Older Adults - 1:00pm
- Feb. 19 - Senior Book Club - 2:30pm
- Feb. 22 - Veteran's Social - 10:30am
- Feb. 26 - Theatre Club - 1:00pm
- Feb. 27 - Black History Month Celebration - 10:30am
- Feb. 28 - Knitting/Crocheting Group - 1:00pm

### MARCH

- March 1 - Handbells - 10:00am
- March 4 - Ask the Dr. - 10:45am
- March 4 - Piedmont Power Assoc. - 7:00pm
- March 5 - Senior Financial Care - 8:30am - 4:30pm
- March 5 - Day Trip - Sugar Valley Airport - Depart at 9:45am
- March 5 - Blood Pressure Screening - 10:45am
- March 5 - Massage Therapy - 1:00pm - 4:00pm - by appt. only
- March 5 - Welcome to Medicare - 5:30pm
- March 7 - Dinner & a Movie - "Hope Springs" - 5:30pm
- March 8 - Destination Fitness Breakfast - 9:00am
- March 11 - Computer Basics Class Begins - 3:00pm
- March 12 - Scrapbooking - 2:00pm
- March 12 - Help For Alzheimer's Seminar - 6:30pm
- March 13 - The Benefit of Chiropractic Care - 1:00pm

- March 14 - Knitting/Crocheting Group - 1:00pm
- March 15 - St. Patrick's Day Bingo - 1:00pm
- March 16 - Crop 'Till You Drop - 9:00am
- March 18 - Destination Fitness Testing - 9:30 - 11:30am
- March 18 - Monthly Movie - "The Odd Life of Timothy Green" - 2:00pm
- March 18 - Quilt Guild - 6:30pm
- March 19 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- March 19 - Senior Book Club - 2:30pm
- March 21 - Art Show - 6:00pm
- March 22 - Rock-a-Thon - 5:00pm
- March 25 - File Management Level 1 Class Begins - 6:00pm
- March 26 - Theatre Club - 1:00pm
- March 26 - Advisory Council Meeting - 3:00pm
- March 28 - Knitting/Crocheting Group - 1:00pm - 3:00pm
- March 28 - Easter Party - 2:00pm
- March 29 & 30 - CLOSED FOR EASTER

### HOLIDAY CLOSINGS

We will be closed for the following Holidays:

- Tuesday, January 1 - New Year's Day
- Monday, January 21 - Martin Luther King, Jr. Day
- Friday & Saturday, March 29 & 30 - Easter





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

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ADDRESS SERVICE REQUESTED

*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.