



## Upcoming Socials



### MOTHER/DAUGHTER

**Friday, May 10 - 6:30pm**

*All ladies age 55 & older and their daughters, granddaughters, nieces or friends regardless of age are invited to this event. Dinner will be provided. After dinner we will have musical entertainment by Joni Hanna. Ladies 55 and older are welcomed without guests as well.*

### FATHER/SON

**Tuesday, June 18 - 6:00pm**

*All men age 55 & older and their sons, grandsons, nephews or friends regardless of age are invited to this event. We will enjoy a delicious dinner & hear an entertaining program from Bill Junker & sons. Men 55 and older are welcome to come without guests as well.*

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## APRIL SPECIAL EVENTS - MOCKSVILLE SITE

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

### TAX AIDE

#### 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

#### **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:

- 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

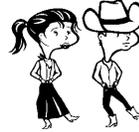
Volunteers who are willing to be trained are needed to strengthen and ensure that Tax Aide is available. If you are interested, please contact Senior Services.

### ASK THE DOCTOR

**Monday, April 1 - 10:45 - 11:15am  
- MP Room A**

**Speaker: Dr. George Kimberly**

See all the details on pg. 16.



### LINE DANCING - NEW!!

**Mondays each week starting April 1 and the first Thursday of each month starting April 4 - 9:30 - 10:30am - Exercise Classroom**

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

See all the details on pg. 13.

### SENIOR FINANCIAL CARE

**Tuesday, April 2 - 8:30am - 4:30pm - by appt. - Media Room**

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

See all the details on pg. 20.

### BLOOD PRESSURE SCREENINGS

**Tuesday, April 2 - 10:45am -**

**Multipurpose Room A**

See all the details on pg. 16.



### ASK THE SHERIFF

**Tuesday, April 2 - 10:45am - Multipurpose Room A**

**Speaker: Sheriff Andy Stokes  
RSVP by March 26**

Do you have questions or concerns about safety issues or scams that affect seniors? Sheriff Stokes will answer all your questions and bring us up to date on the information we need to know. Open to adults of all ages - no children, please.

### SENIOR GAMES OPENING CEREMONIES & PICNIC

**Wednesday, April 3 - 12:30pm - MP Room B  
Cost - Free (with paid Senior Games registration)**

**RSVP by March 27**

Kick off an exciting month full of Senior Games and SilverArts activities. There will be a few short remarks and lunch. Open to all paid Senior Games & SilverArts participants. Call for more information on Senior Games & SilverArts or see page 10 for details.

# APRIL SPECIAL EVENTS - MOCKSVILLE SITE

## **POWERFUL TOOLS FOR CAREGIVERS**

**Wednesdays, April 3 - May 8 - 2:00 - 4:30pm  
- Classroom B**

**Instructor: Kelly Sloan, Community Resource Specialist & other certified instructor**

**RSVP by March 27**

Powerful Tools for Caregivers is a six-week educational program designed to help family caregivers (no professional caregivers, please). This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping someone who lives at home, in a nursing home or across the country. The class will give YOU, the family caregiver, tools to help you reduce stress, communicate effectively with other family members, your doctor and paid help, take care of yourself, reduce guilt, anger and depression, help you relax, make tough decisions, and set goals and problem solve. Open to family caregivers of any age.

## **HANDBELLS**

**Friday, April 5 - 10:00am - MP Room B**

**RSVP by March 29**

See all the details on pg. 18.

## **SCRAPBOOKING**

**Tuesday, April 9 - 2:00pm - Classroom A**

**RSVP by April 2**

See all the details on pg. 11.

## **ALZHEIMER'S SUPPORT GROUP**

**Tuesday, April 9 - 6:30pm - MP Room B**

**Speaker: Scott Herrick, Alzheimer's Association**

**Please RSVP by April 2**

Guest speaker at this meeting will be Scott Herrick. He will speak from professional and personal experience in coping with the disease. He will do a short presentation telling his own personal story and then be available to answer any questions. Open to adults of all ages - no children, please.

## **KNITTING/CROCHETING GROUP**

**Thursday, April 11 - 1:00 - 3:00 -  
Classroom B**

See all the details on pg. 11.

## **SATURDAY MORNING BREAKFAST**

**Saturday, April 13 - 9:00am -**

**Multipurpose Rooms A & B**

**RSVP by April 5**

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.



## **DESTINATION FITNESS TESTING**

**Monday, April 15 - 10:30 - 11:30am -**

**Exercise Room - By appointment only**

See all the details on pg. 18.



## **MONTHLY MOVIE - "THE WORDS"**

**Monday, April 15 - 2:00pm -**

**Multipurpose Rooms A & B**

**RSVP by April 8**

**MPLC license No: 12377840**

Young writer Rory Jansen finally achieves long sought after literary success after publishing the next great American novel. There's only one catch - he didn't write it. As the past comes back to haunt him and his literary star continues to rise, Jansen is forced to confront the steep price that must be paid for stealing another man's work, and for placing ambition and success above life's most fundamental three words. This movie stars Bradley Cooper, Jeremy Irons, Dennis Quaid and Zoe Saldana and is rated PG-13 for brief strong language and smoking. Runtime is approximately 1 hour and 37 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.*

## APRIL SPECIAL EVENTS - MOCKSVILLE SITE

### SENIOR FINANCIAL CARE - NEW DAY!

Tuesday, April 16 - 8:30am - 2:00pm - by appt. - Classroom A

Counselors provided by Senior Financial Care of Winston Salem

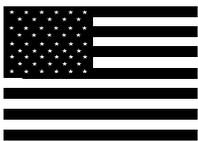
See all the details on pg. 20.

### SENIOR BOOK CLUB

Tuesday, April 16 - 2:30 - 4:00pm - Classroom A

RSVP by April 9

See at the details on pg. 17.



### VETERAN'S SOCIAL

Wednesday, April 17 - 10:30am  
- Multipurpose Room B

Speaker: David Montelone,

Veterans Employment Consultant, NC Dept. of Commerce, Division of Workforce Solutions

RSVP deadline: April 10

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 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.***

### WALKER APRONS & BIBS SERVICE PROJECT/ CRAFT

Friday, April 19 - 1:00pm - MP Room B

Instructor: Kim Shuskey, Director

Cost: Free - bring own scissors & portable sewing machine if you have one

RSVP by April 12

For this quarter's craft, we will have fun while helping out others. Senior Services gives away Walker Aprons and bibs to those who can benefit from them. We are looking for a few good folks who would be willing to help us make these. Come to this class to learn how to make these items, make a few while you are here and then continue the project throughout the year if you so choose. All supplies will be provided. If you have a portable sewing machine, please bring it along with your own scissors. Open to adults of any age.

### THEATRE CLUB

Tuesday, April 23 - 1:00pm - Classroom B

See all the details on pg. 18.



### WINSTON SALEM DASH GAME

Wednesday, April 24 - 10:15am

Cost: \$5.00 for transportation, \$18.00 for ticket (includes all you can eat food at game)

RSVP Deadline - April 17 (or 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 Lynchburg Hillcats. We will meet at Senior Services at 10:15 and go to the game where we will enjoy all you can eat food and recognition of the group during the game. A pickup point in the Hillsdale area will be announced at a later date if interest is shown. 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.

### LEGAL ISSUES FOR GRANDPARENTS

#### RAISING GRANDCHILDREN

Thursday, April 25 - 10:00am - Classrooms A & B

Speaker: Sally Strohacker, Partner with Martin, VanHoy Attorneys

RSVP by April 18

If you are raising your grandchildren or other family members there are many questions that arise. What kind of rights do you have? Ms. Strohacker has much experience dealing with child welfare issues and will answer your questions. Open to adults of all ages.

## APRIL/MAY SPECIAL EVENTS - MOCKSVILLE SITE

### KNITTING/CROCHETING GROUP

Thursday, April 25 - 1:00 - 3:00pm -  
Classroom B

See all the details on pg. 11.



### SPRING PARTY

Friday, April 26 - 2:00pm -  
Multipurpose Rooms A & B  
RSVP by April 19

Celebrate the Spring season with this fun party. There will be great refreshments and entertainment from the Triad Dulcimer Group. Open to adults 55 & older and exceptions under the general participation policy.

### SINGLE'S DINNER

Monday, April 29 - 5:30pm

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

RSVP by April 22

Transportation space limited to the first 24 -  
**TRANSPORTATION 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 Panera Bread in Clemmons. 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.

### "HARD TO SWALLOW"

Tuesday, April 30 - 1:00pm - MP Room B

Speaker: Dr. Catherine Rees Lintzenich,  
Wake Forest School of Medicine

RSVP by April 23

Dr. Lintzenich will present a program on Swallowing Physiology and Disorders and answer any questions you have. Open to adults of all ages - no children, please.  
**Qualifies for Destination Fitness drawing.**

### HANDBELLS

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

RSVP by April 26

See all the details on pg. 18.



### SATURDAY MORNING CINEMA - "LES MISERABLES"

Saturday, May 4 - 10:00am - MP  
Rooms A & B

RSVP by April 26

MPLC license No: 12377840

Ex-prisoner Jean Valjean is hunted for decades by the ruthless policeman Javert after he breaks parole. When Valjean agrees to care for factory worker Fantine's young daughter, Cosette, their lives change forever. This musical is rated PG-13 for suggestive and sexual material, thematic elements and violence. It stars Hugh Jackman, Russell Crowe, Anne Hathaway and Amanda Seyfried. Run time is approximately 2 hours and 32 minutes. Closed captions will be used whenever possible. Open to adults 55 & older & exceptions under the general participation policy.

### ASK THE DOCTOR

Monday, May 6 - 10:45 - 11:15am - MP Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

### SENIOR FINANCIAL CARE

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

Counselors provided by Senior Financial Care  
of Winston Salem

See all the details on pg. 20.

### BLOOD PRESSURE SCREENINGS

Tuesday, May 7 - 10:45am -

Multipurpose Room A

See all the details on pg. 16.



### MASSAGE THERAPY

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

Cost: \$30.00 for 30 minute massage

See all the details on pg. 17.

### KNITTING/CROCHETING GROUP

Thursday, May 9 - 1:00 - 3:00pm -  
Classroom B

See all the details on pg. 11.

# MAY SPECIAL EVENTS - MOCKSVILLE SITE

## **MOTHER/DAUGHTER SOCIAL**

**Friday, May 10 - 6:30pm - MP Rooms A & B**

**Cost: Free**

**RSVP deadline May 3 (or when all spaces fill)**

This event is open to ladies age 55 & older and their daughters, granddaughters, nieces or friends regardless of age. Dinner will be provided. After dinner we will have musical entertainment by Joni Hanna. Ladies 55 and older are welcomed without guests as well.

## **MAMMOGRAPHY CLINIC**

**Tuesday, May 14 - 9:00am - 3:45pm**

**Cost: All Insurances Accepted (for Medicare to pay it must have been at least 365 days since last mammogram)**

**Provider: The Breast Clinic, Forsyth Medical Center**

**Appointment deadline: April 26**

One in eight women will be diagnosed with breast cancer, but if detected early, the cure rate for many types is as high as 90%. Forsyth Medical Center will be here with their mobile mammography clinic by appointment only. All insurances are accepted (please check with your plan to see how much they will pay). The process only takes about 20 minutes and can save your life. The clinic is open to anyone 35 years of age or older.

## **SCRAPBOOKING**

**Tuesday, May 14 - 2:00pm -**

**Classroom B**

**RSVP by May 7**

See all the details on pg. 11.



## **SILVERARTS EXHIBITION & PERFORMANCES**

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

**Multipurpose Rooms A & B**

**RSVP by: May 7**

This is your chance to see, hear and experience some of Davie County's finest senior talents. All entries for SilverArts will be on display during the event. In addition, you will be able to watch the Performing Arts entrants as they compete in that section of SilverArts. Refreshments will be served. This

event is open to the public of all ages. To enter SilverArts, call Senior Services or see pg. 10 for all the details.

## **ALZHEIMER'S SUPPORT GROUP**

**Tuesday, May 14 - 6:30pm -**

**Multipurpose Room B**

**Please RSVP by May 7**

See all the details on pg. 21.



## **SENIOR GAMES/SILVERARTS**

### **CLOSING CEREMONIES & AWARDS DINNER**

**Thursday, May 16 - 6:00pm -**

**Multipurpose Rooms A & B**

**COST: Free with pd. Senior Games Entry**

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

## **DESTINATION FITNESS TESTING**

**Monday, May 20 - 10:30 - 11:30am -**

**Exercise Room - By appointment only**

See all the details on pg. 18.

## **MONTHLY MOVIE -**

### **"PARENTAL GUIDANCE"**

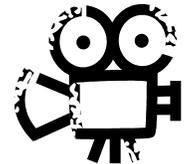
**Monday, May 20 - 2:00pm -**

**Multipurpose Rooms A & B**

**RSVP by May 13**

**MPLC license No: 12377840**

Comedy legends Billy Crystal and Bette Midler play Artie and Diane Decker, who are called in by their daughter (Marisa Tomei) to help care for their three grandkids. When their old school methods of parenting collide with their grandchildren's new school and hyper-scheduled way of life, the once-orderly household spins out of control, and Artie and Diane must employ some unexpected tactics, including a new parenting style for themselves, to help teach their grandkids how to actually act like kids. Rated PG for some rude humor, runtime is 1 hour, 36 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.*



# MAY/JUNE SPECIAL EVENTS - MOCKSVILLE SITE

## SENIOR FINANCIAL CARE - NEW DAY!

Tuesday, May 21 - 8:30am - 2:00pm - by appt. - Classroom A

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 20.

## MASSAGE THERAPY

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

Cost: \$30.00 for 30 minute massage

See all the details on pg. 17.

## REFLEXOLOGY SEMINAR & DEMONSTRATION

Tuesday, May 21 - 1:00pm - Multipurpose Room B

Speaker: Angie Vaughn, Certified TCM Neuro Reflexologist

Reflexology is a holistic healing art in which pressure techniques are applied to reflex points on the feet, hands, ears or face. These points correspond to every gland, organ, nerve and muscle. Ms. Vaughn will discuss the benefits and process of reflexology as well as demonstrate the technique. Open to adults of all ages - no children, please.

*Qualifies for Destination Fitness drawing.*

## SENIOR BOOK CLUB

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

RSVP by May 14

See all the details on pg. 17.

## KNITTING/CROCHETING GROUP

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

See all the details on pg. 11.



## SENIOR LUNCH

Friday, May 24 - 11:30am - Multipurpose Room B

Speaker: Lanie Pope, Chief Meteorologist, WXII Channel 12

RSVP by May 17

Ms. Pope will share information about the

weather and spring storms. A delicious lunch will follow. Open to adults 55 & older and exceptions under the general participation policy. **Space limited to the first 90 who RSVP.**

## THEATRE CLUB

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

See all the details on pg. 18.

## BINGO

Tuesday, May 28 - 1:00pm -

Multipurpose Room B

Sponsored by: Brenda Battle, Edward Jones Insurance

RSVP by May 21

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.*



## SPRING DANCE

Friday, May 31 - 6:00pm -

Multipurpose Rooms A & B

RSVP by May 24

Larry Pope will be back to entertain the group at this fun dance. There will be all types of dancing, so come with or without a partner. Refreshments will be served. Open to adults 55 & older and exceptions under the general participation policy.

## ASK THE DOCTOR

Monday, June 3 - 10:45 - 11:15am -

Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

## SENIOR FINANCIAL CARE

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

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 20.

# JUNE SPECIAL EVENTS - MOCKSVILLE SITE

## BLOOD PRESSURE SCREENINGS

Tuesday, June 4 - 10:45am -  
Multipurpose Room A  
See all the details on pg. 16.

## MASSAGE THERAPY

Tuesday, June 4 - 1:00pm - 4:00pm - by  
appointment only - Classroom B  
Cost: \$30.00 for 30 minute massage  
See all the details on pg. 17.

## HANDBELLS

Friday, June 7 - 10:00am - Multipurpose  
Room B  
RSVP by May 30  
See all the details on pg. 18.

## LEGAL SEMINAR

Tuesday, June 11 - 10:45am -  
Multipurpose Room A  
Speaker: Brian Williams,  
Partner with Martin and VanHoy Attorneys  
RSVP by: June 4  
Mr. Williams' background is focused in elder  
law and general estate planning. He will  
present the latest information that you need to  
know about this topic and take your questions.  
Open to adults 55 and older - no children,  
please.



## SCRAPBOOKING

Tuesday, June 11 - 2:00pm - Classroom B  
RSVP by June 4  
See all the details on pg. 11.

## SENIOR BOOK CLUB

Tuesday, June 11 - 2:30 - 4:00pm -  
Classroom A (note change of date)  
RSVP by June 4  
See at the details on pg. 17.

## ALZHEIMER'S SUPPORT GROUP

Tuesday, June 11 - 6:30pm -  
Multipurpose Room B  
Please RSVP by June 4  
See all the details on pg. 21.

## GOLDEN ANNIVERSARY PARTY

Wednesday, June 12 - 12:00pm -  
Multipurpose Room B  
Register no later than June 5



All couples who have been married 50 years or  
more as of June 12 are invited to a luncheon in  
their honor. We'll have a great meal and be  
entertained by the Morning Glories.

## KNITTING/CROCHETING GROUP

Thursday, June 13 - 1:00 - 3:00 -  
Classroom B  
See all the details on pg. 11.

## DESTINATION FITNESS BREAKFAST

Friday, June 14 - 9:00am -  
Multipurpose Room B  
Sponsor: Mocksville/Davie Parks & Rec. Dept.  
Register no later than June 7  
Logs due June 3 to Elizabeth Norman,  
Program Coordinator

For our next destination we will "walk" 130 miles to  
Durham, 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. 18.

## DESTINATION FITNESS TESTING -

Monday, June 17 - 10:30 - 11:30am -  
Exercise Room - By appointment only  
See all the details on pg. 18.

## MONTHLY MOVIE - "GUILT TRIP"

Monday, June 17 - 2:00pm -  
Multipurpose Rooms A & B  
RSVP by June 10  
MPLC license No: 12377840



Andy Brewster is about to embark on the road trip  
of a lifetime, and who better to accompany him  
than his overbearing mother Joyce. After deciding  
to start his adventure with a quick visit at mom's,  
Andy is guilted into bringing her along for the ride.  
Across 3,000 miles of ever-changing landscape,  
he is constantly aggravated by her antics, but over  
time he comes to realize that their lives have more  
in common than he originally thought. His  
mother's advice might end up being exactly what  
he needs. Starring Barbara Streisand and Seth

# JUNE SPECIAL EVENTS - MOCKSVILLE SITE

Rogen, this movie is rated PG-13 for language and risqué material. Runtime is approximately 1 hour and 35 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.*

## **SENIOR FINANCIAL CARE - NEW DAY!**

**Tuesday, June 18 - 8:30am - 2:00pm - by appt. - Classroom A**

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

See all the details on pg. 20.

## **MASSAGE THERAPY**

**Tuesday, June 18 - 9:30am - 4:00pm - by appointment only - Classroom B**

See all the details on pg. 17.

## **FATHER/SON SOCIAL**

**Tuesday, June 18 - 6:00pm - Multipurpose Rooms A & B**

**Cost: Free**

**RSVP by June 11**

All senior men age 55 & older and their sons, grandsons, nephews or friends regardless of age are invited to this event. We will enjoy a delicious dinner & hear an entertaining program from Bill Junker & sons. Men 55 and older are welcome to come without guests as well. Men only please.



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

**"BRAVE"**

**Thursday, June 20 - 1:00pm - Multipurpose Rooms A & B**

**RSVP by June 13**

**MPLC license No: 12377840**

In this animated tale, Merida is a skilled archer and impetuous daughter of King Fergus and Queen Elinor. Determined to carve her own path in life, Merida defies an age-old custom sacred to the uproarious lords of the land: massive Lord MacGuffin, surly Lord Macintosh and cantankerous Lord Dingwall. Merida's actions inadvertently unleash chaos and fury

in the kingdom, and when she turns to an eccentric Witch for help, she is granted an ill-fated wish. The ensuing peril forces Merida to harness all of her skills and resources -- including her clever and mischievous triplet brothers -- to undo a beastly curse before it's too late, discovering the meaning of true bravery. Starring Kelly Macdonald, Billy Connelly and Emma Thompson, this movie is rated PG for some scary action and rude humor. 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.*

## **THEATRE CLUB**

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

See all the details on pg. 18.

## **HEALTH SEMINAR**

**Tuesday, June 25 - 1:00pm - Multipurpose Room B**

**Speaker: Representative of Wake Forest Baptist Health**

**RSVP by: June 18**

We have a wealth of knowledge through doctors in our community. A representative from Wake Forest Baptist Health will present a seminar relevant to Senior Health. Exact topic will be confirmed after April 1. Open to adults 55 and older - no children, please.

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

## **KNITTING/CROCHETING GROUP**

**Thursday, June 27 - 1:00 - 3:00pm - Classroom B**

See all the details on pg. 11.



# JUNE SPECIAL EVENTS - MOCKSVILLE SITE



## **DINNER & A MOVIE - "THE TROUBLE WITH THE CURVE"**

**Thursday, June 27 - 5:30pm**

**RSVP by June 20**

**MPLC license No: 12377840**

Enjoy dinner then stay for "The Trouble With the Curve". Gus Lobel (Clint Eastwood) has been one of the best scouts in Major League Baseball. But these days his eyes just aren't what they used to be, and as a phenomenal young batter enters the draft, the owners of the Atlanta Braves cast a shadow of doubt over Gus' judgment. Meanwhile, his daughter Mickey (Amy Adams) is an aspiring partner at a major Atlanta law firm. In the wake of his wife's death, Gus sent Mickey away, and their relationship has been strained ever since. But she knows a thing or two about baseball, and recognizing that her father's job is in jeopardy, she decides to help him -- even at the risk of derailing her own career. Now, throwing caution to the wind (and ignoring her gruff father's objections), Mickey joins Gus for a scouting trip that could keep him in the game until he's ready to retire, as well as repair a father/daughter relationship that once seemed all but lost. Justin Timberlake, John Goodman, Robert Patrick, and Matthew Lillard co-star. The movie is rated PG-13 for language, sexual reference, some thematic material and smoking. Runtime is approximately 1 hour and 51 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.*

# SENIOR GAMES & SILVERARTS

## **SILVERARTS**



SilverArts provides a stage for the

creative talents of visual,

heritage, literary and

performing artists 55 and older.



Categories include knitting,

crocheting, painting, quilting,

woodworking, pottery, photography, poems,

short stories, and much more. If you can sing,

dance, tell a funny story, read a poem, perform

a dramatic reading or skit, we need you for the

Performing Arts section of SilverArts.

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

## **SENIOR GAMES**

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

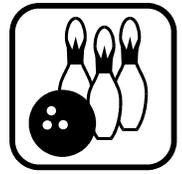
and older. Various

games offered include

horseshoes, basketball,

bocce, tennis, golf,

bowling, ping pong, etc.



Consider becoming part of this fun-filled program. You compete in your own age & sex categories within five year increments.

One small participation fee covers competition in all SilverArts events, most Senior Games events, as well as opening and closing ceremony events and meals. You also get a great souvenir t-shirt. SilverArts & Senior Games are co-sponsored by Davie Co. Senior Services and Mocksville/Davie Parks & Rec.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## Arts & Crafts

### QUILTING

**Mondays - 10am - 12pm - Classrooms A & B**

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

### DAVIE CO. QUILT GUILD

**3rd Monday of each month at 6:30pm - (April 8 - note change of date, May 20, June 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 - 9am - 12pm- MP 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 - (April 9, May 14, June 11)**

**Group Leader: Barbara Thornton**

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**

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

**Fridays - 10:00am - Classroom B**

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 - 1pm - 3pm - 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**

### 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.

#### Upcoming Session:

- April 22, 23 & 25 (Mon., Tues., Thurs.) - 6:00 - 8:00pm - Media Room

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## **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 class is intended for those with mouse/keyboard skills.*

### Upcoming Session:

- May 20, 21, 22 & 23 (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 intended for those who have a basic understanding of computers. Mouse & keyboard skills required.*

### Upcoming Session:

- May 21, 22 & 23 (Tues., Weds., Thurs.) - 10:00am - 12:00pm - 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. *Beginning Computers is recommended prior to beginning this class.*

### Upcoming Sessions:

- April 12, 15 & 19 (Fri., Mon., Fri) - 3:00 - 5:00pm - Media Room
- June 25, 26 & 27 (Tues., Weds., Thurs.) - 10:00am - 12:00pm - 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.

### Upcoming Sessions:

- June 3, 4, 5 & 6 (Mon., Tues., Wed., Thurs.) - 6:00 - 8:00pm - Media Room
- June 25, 26 & 27 (Tues., Wed., Thurs.) - 12:00pm - 2:30pm - Media Room

## **MICROSOFT WORD 2007 LEVEL 1**

This class continues from Beginning Computers. We will learn more advanced editing options, including different ways to select text, working with the many icons on the formatting toolbar and how this can make your document easier to read, working with the options in the page setup dialog box, for example margins and orientation of paper. We will also work some with graphics. *This class is intended for students who are familiar with creating/saving a document and basic editing techniques (bold, alignments, cut/copy, paste and how to use delete & backspace keys).*

### Upcoming sessions:

- May 21, 22 & 23 (Tues., Wed., Thurs.) - 12:00 - 2:00pm - Media Room
- June 25, 26 & 27 (Tues., Wed. Thurs.) - 5:30 - 7:30pm - Media Room

## **MICROSOFT WORD 2007 LEVEL 2**

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

### Upcoming Session:

- June 11, 12 & 13 (Tues., Wed., Thurs.) - 10:00am - 12:00pm

## **ENVELOPES & LABELS LEVEL 1**

Learn to print envelopes and labels the easy way. Your addresses are saved in Microsoft Excel &

# ONGOING ACTIVITIES - MOCKSVILLE SITE

we merge them into Microsoft Word so you can print directly on the envelope or on labels. We are using Microsoft Excel & Word 2007. *This class is intended for students who have a basic understanding of Microsoft Word & Microsoft Excel. Mouse & Keyboard skills required.*

## Upcoming Sessions:

- April 1 (Mon.) - 3pm - 5pm - Media Room
- May 16 (Thurs.) - 6pm - 8pm - Media Room

## PRINTING INVITATIONS

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

## Upcoming Session:

- April 22 (Mon.) - 3pm - 5pm - Media Room

## EBAY

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

## Upcoming Sessions:

- May 29, 30 & 31 (Wed., Thurs., Fri.) - 10am - 12pm - Media Room

## DEVICES AND BASIC USE

This class will discuss how to install & review the basic use of the following devices: printers, scanners, digital cameras and digital camcorders. You'll learn what to know when purchasing the devices, discuss pros/cons & some features of each device, & how to find out more information about devices from the internet. *Beginning Computers is recommended prior to this class.*

## Upcoming Session:

- May 29, 30 & 31 (Wed., Thurs., Fri.) - 12 - 2pm - Media Room

## MICROSOFT EXCEL 2007 LEVEL 1

You will learn how Excel works & the basics of using this program including: how to maneuver around the spreadsheet, how to type in cells,

and basic editing techniques. *This class is intended for students who have taken Beginning Computers or have acquired those skills.*

## Upcoming Session:

- June 11, 12 & 13 (Tues., Wed., Thurs.) - 12 - 2pm - Media Room



# Dance

## LINE DANCING - NEW!!

**Every Monday starting April 1 & the first Thursday of each month starting April 4 - 9:30 - 10:30am - Exercise Classroom**  
**Instructor: Elizabeth Norman, Program & Outreach Coordinator**

Each Monday & also the 1st Thursday of the month, we will learn all the latest line dance steps. Open to adults 55 & older and exceptions under the general participation policy.

## 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  | * 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 in which they are located. For any questions concerning availability of drop in items, please call ahead.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## Exercise



### SILVERHEALTH

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

**Instructor: 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 - April 1 - June 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 March 18 at 8:00am. You may only sign up for 1 yoga session per quarter.**

### YOGA FOR SENIORS - NEW!!

**Tuesdays & Thursdays - April 2 - June 27 - 6:30pm - 7:30pm - Exercise Room (no class the 2nd Thursday of each month)**

**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 March 18 at 8:00am. You may only sign up for 1 yoga session per quarter.**

### YOGA FOR SENIORS

**Wednesdays & Fridays - April 3 - June 28 - 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 March 18 at 8:00am. You may only sign up for 1 yoga session per quarter.**

### TAI CHI

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

**Session Dates: April 2 - June 4**

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

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

**RSVP deadline March 25 (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.



# ONGOING ACTIVITIES - MOCKSVILLE SITE

## 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.**



# 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
- \* 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.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## 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 Veach 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 - 10:30 - 11:30am**  
- Exercise Room - By appointment only -  
(April 15, May 20, June 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 (April 1, May 6, June 3)**

**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 - (April 2, May 7, June 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.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## 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 - May 7  
& 21, June 4 & 18 (No dates in April)  
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  
April 16 - "The Hare With the Amber Eyes"  
by Edmund de Waal  
May 21 - "Caleb's Crossing" by Geraldine  
Brooks  
June 11 (note change of date) - "The Tiger's  
Wife" by Tea Obreht

**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  
(April 1, May 6, June 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 (May 28)  
**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.

## ONGOING ACTIVITIES - MOCKSVILLE SITE

### Stage, Screen & Music

#### **DAVIE COUNTY SINGING SENIORS**

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

**Chorus Director: Marie Roth**

**Annual Dues: \$10.00**

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

#### **HANDBELLS**

**1st Friday each month - 10:00am -**

**MP Room B (April 5, May 3, June 7)**

**Staff Contact: Kim Shuskey, Director**

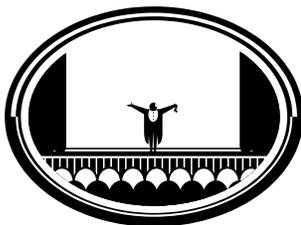
Join this group who have fun learning an easy version of handbells that combines bell ringing with full background music. No prior music experience is necessary to participate. Please call before you come the first time. Open to adults 55 & older and exceptions under the general participation policy.

#### **THEATRE CLUB**

**4th Tues. each month - 1pm - Classroom B (April 23, May 28, June 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 10:30 - 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 of Mocksville Site**

**2nd Tuesday of each month - 10:00am -**

**1:00pm - Farmington Site**

**3rd Tuesday of each month - 8:30am -**

**2:00pm - Classroom A of Mocksville Site**

**4th Tuesday of each month - 10:00am -**

**1:00pm - Farmington Site**

**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 Financial Pathways of the Piedmont 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.

## OTHER ONGOING PROGRAMS & SERVICES

### TELEPHONE REASSURANCE PROGRAM

**Staff contact:** Tracy Veach, Administrative Assistant

**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.

### 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. It is available anytime there is a free room.



## Support Groups

### ALZHEIMER'S SUPPORT GROUP

**2nd Tuesday of each month - 6:30pm - Classroom B - (April 9, May 14, June 11)**

**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.** 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.

### 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 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.

### MAY 7 - OLD MILL OF GUILFORD, GREENSBORO, NC

**Tuesday, May 7 - Departure time 8:30am, Return approximately 3:00pm**

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

We will visit the old mill and then go to the Farmer's Market and have lunch at the Moose Café. Sign up starts March 15.

### JUNE 4 – SPENCER DOLL AND TOY MUSEUM, SPENCER, NC

**Tuesday, June 4 - Departure time 9:00am, Return approximately 2:30pm**

**Cost: \$5.00 for transportation  
\$4.00 for museum tour  
Money for lunch**

This museum will appeal to everyone and will bring back memories. After the tour we will stop for lunch at K&W in Salisbury. Sign up starts April 15.

## OTHER ONGOING PROGRAMS & SERVICES

### JULY 2 - ALL A FLUTTER BUTTERFLY FARM, HIGH POINT, NC

Tuesday, July 2 - Departure time 8:30am,  
Return approximately 3:00pm

Cost: \$5.00 for transportation  
\$5.00 for Butterfly Farm  
Money for lunch

By request we are returning to the Butterfly Farm. This is an outside programs so wear comfortable shoes and warm-weather clothes (bright colors if possible, because butterflies are attracted to bright colors). Do not use any type of bug spray which would keep the butterflies from coming to you. We will stop for lunch along the way. Sign up starts May 15.



## Trips - Other

### WOHLFAHRT HAUS DINNER THEATRE, WYTHEVILLE, VA

Wednesday, May 8 - Depart at 9:00am,  
Return approximately 7:00pm

Cost: \$45.00 for transportation, show,  
lunch, tax & gratuity

Wohlfahrt Haus is a state of the art German-themed dinner theatre nestled in the beautiful Appalachian mountains of southwest Virginia. We will travel there to see "Showboat". Come aboard for a sweeping tale spanning four decades. Show Boat is a journey into the lives, loves and heartbreaks of three generations of show folks on the mighty Mississippi river. This Tony Award-winner features the musical highlights *Make Believe*, *Life Upon the Wicked Stage*, *Can't Help Lovin' Dat Man* and of course *Ol' Man River*.

**Full payment is due at time of sign up.**

**Spot will not be reserved until payment is received. Space is limited to 35 people. No refunds will be issued after money is sent to theatre company. Deadline for registration is April 13, but spaces fill early so be sure to sign up as soon as possible.**



## 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 Veach, 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.

## OTHER ONGOING PROGRAMS & SERVICES

### **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 Veach, 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**

**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.

### **BLOOD PRESSURE SCREENINGS**

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

**(April 17, May 15, June 19)**

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

### **CRAFT DAY**

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

**(April 24, May 29, June 26)**

**Cost: Free**

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

### **SENIOR FINANCIAL CARE**

**2nd & 4th Tuesday of each month - 10:00am - 1:00pm**

**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 Financial Pathways of the Piedmont of Forsyth County. They provide personal budgeting & monthly expense management, credit and debt repayment counseling, reverse

# CLASSES & ACTIVITIES - FARMINGTON SITE

mortgage counseling, and fraud awareness and prevention counseling. For more information you may call them directly at 336-896-1328.

## 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*



### FOOT CARE

**Friday, April 5 - 10:30am**

**RSVP by March 28**

Learn how to care for your feet so that they will stay happy & healthy. Open to adults of all ages - no children please.

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

### NATIONAL LICORICE DAY

**Friday, April 12 - 10:30am**

**RSVP by April 5**

We will celebrate National Licorice Day by learning interesting facts about licorice and of course taste testing!! Open to adults 55 & older and exceptions under the general participation policy.

### THE THREE R'S - REDUCE, REUSE & RECYCLE

**Monday, April 15 - 10:30am**

**RSVP by April 8**

Earth Day is just a week away. In preparation learn ways that you can reduce your "footprint" by following the three R's. Open to adults of all ages - no children please.

### CELEBRATE EARTH DAY

**Monday, April 22 - 10:30am**

**RSVP by: April 15**

Celebrate Earth Day with interesting facts and fun activities. Open to adults 55 & older and exceptions under the general participation policy.



### COOKING WITH EGGS

**Wednesday, May 1 - 10:30am**

**RSVP by: April 24**

May is National Egg Month. Learn how to prepare your eggs properly and safely. Open to adults of any age, no children, please.

### GOLDEN GIRLS

**Monday, May 6 - 10:30am**

**RSVP by: April 29**

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

### NATIONAL ARMED FORCES DAY

**Friday May 17 - 10:30am**

**RSVP by May 10**

The actual day is Saturday, May 18, but it is always a good time to celebrate the brave men and women who serve our country. Open to adults 55 & older and exceptions under the general participation policy.

### SPELLING BEE

**Monday, May 20 - 10:30am**

**RSVP by: May 13**

How's your spelling? Come have some fun and participate in our Spelling Bee. There will be a prize given to the winner. Open to adults 55 & older and exceptions under the general participation policy.

### PROTECT YOUR SKIN

**Friday, May 31 - 10:30am**

**RSVP by May 24**

As summer gets closer, learn ways to protect your skin from damage and disease. Open to adults of all ages - no children, please.

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

## CLASSES & ACTIVITIES - FARMINGTON SITE

### NATIONAL CANDY MONTH CELEBRATION

**Monday, June 3 - 10:30am**

**RSVP by May 24**

We will celebrate all things candy with fun facts and some candy games. Open to adults 55 & older and exceptions under the general participation policy.

### FLAG DAY

**Friday, June 14 - 10:30am**

**RSVP by June 7**

Celebrate Flag Day by learning interesting facts and history about the US flag. Open to adults 55 & older and exceptions under the general participation policy.

### PANTRY BINGO

**Friday June 21 - 10:30am**

**Sponsor: Brenda Battle, Edward Jones Insurance**

**RSVP by: June 14**

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

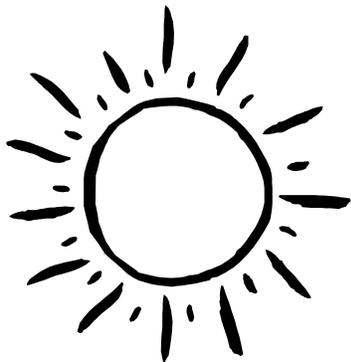
### KNOW YOUR DAIRY

**Monday, June 24 - 10:30am**

**RSVP by June 17**

Learn about the importance of dairy in your diet and ways to still meet your dairy needs even if you are lactose intolerant. Open to adults of all ages - no children, please.

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



## CALENDAR OF EVENTS - FARMINGTON SITE

### APRIL

- April 5 - Foot Care - 10:30am
- April 9 - Senior Financial Care - 10am - 1pm
- April 12 - National Licorice Day - 10:30am
- April 15 - The Three R's - Reduce, Reuse & Recycle - 10:30am
- April 17 - Blood Pressure Screens - 10:30am
- April 22 - Celebrate Earth Day - 10:30am
- April 23 - Senior Financial Care - 10am - 1pm
- April 24 - Craft Day - 10:30am

### MAY

- May 1 - Cooking With Eggs - 10:30am
- May 6 - Golden Girls - 10:30am
- May 14 - Senior Financial Care - 10am - 1pm
- May 15 - Blood Pressure Screens - 10:30am
- May 17 - National Armed Forces Day - 10:30am
- May 20 - Spelling Bee - 10:30am
- May 27 - CLOSED FOR MEMORIAL DAY
- May 28 - Senior Financial Care - 10am - 1pm
- May 29 - Craft Day - 10:30am
- May 31 - Protect Your Skin - 10:30am

### JUNE

- June 3 - National Candy Month Celebration - 10:30am
- June 11 - Senior Financial Care - 10am - 1pm
- June 14 - Flag Day - 10:30am
- June 19 - Blood Pressure Screens - 10:30am
- June 21 - Pantry Bingo - 10:30am
- June 24 - Know Your Dairy - 10:30am
- June 25 - Senior Financial Care - 10am - 1pm
- June 26 - Craft Day - 10:30am

# Calendar of Events - Mocksville Site

## APRIL

- April 1 - Ask the Doctor - 10:45am
- April 1 - Line Dancing Starts - 9:30am
- April 1 - New Yoga session starts - 1:00pm - Must pre-register
- April 1 - New Yoga session starts - 2:00pm - Must pre-register
- April 1 - New Yoga session starts - 3:00pm - Must pre-register
- April 1 - Envelopes & Labels Level 1 - 3pm
- April 1 - Piedmont Power Assoc. - 7:00pm
- April 2 - Senior Financial Care - 8:30am - 4:30pm
- April 2 - Tai Chi starts - 10:00am
- April 2 - Day Trip - Historic Tour of Mocksville - Depart at 10:00am
- April 2 - Blood Pressure Screenings - 10:45am
- April 2 - Ask the Sheriff - 10:45am
- April 2 - New Yoga session starts - 6:30pm - Must pre-register
- April 3 - Senior Games Opening Ceremonies & Picnic - 12:30pm
- April 3 - Powerful Tools For Caregivers Begins - 2:00pm
- April 3 - New Yoga session starts - 10:00am - Must pre-register
- April 5 - Handbells - 10:00am
- April 8 - Quilt Guild - 6:30pm
- April 9 - Scrapbooking - 2:00pm
- April 9 - Alzheimer's Support Group - 6:30pm
- April 11 - Knitting/Crocheting Group - 1:00pm
- April 12 - Internet Level 1 Class Starts - 3pm
- April 13 - Saturday Morning Breakfast - 9:00am
- April 15 - Destination Fitness Testing - 10:30 am - 11:30am
- April 15 - Monthly Movie - "The Words" - 2:00pm
- April 16 - Senior Financial Care - 8:30am - 2:00pm

- April 16 - Senior Book Club - 2:30pm
- April 17 - Veteran's Social - 10:30am
- April 19 - Walker Aprons & Bibs Service Project/Craft - 1:00pm
- April 22 - Printing Invitations Class - 3pm
- April 22 - Computer Basics Class Starts - 6:00pm
- April 23 - Theatre Club - 1:00pm
- April 24 - Winston Salem Dash Game - Depart at 10:15am
- April 25 - Legal Issues for Grandparents Raising Grandchildren - 10:00am
- April 25 - Knitting/Crocheting Group - 1:00pm
- April 26 - Spring Party - 2:00pm
- April 29 - Single's Dinner - 5:30pm
- April 30 - Hard To Swallow - 1:00pm

## MAY

- May 3 - Handbells - 10:00am
- May 4 - Saturday Morning Cinema - "Le Miserables" - 10:00am
- May 6 - Ask the Doctor - 10:45am
- May 6 - Piedmont Power Assoc. - 7:00pm
- May 7 - Senior Financial Care - 8:30am - 4:30pm
- May 7 - Day Trip - Old Mill Of Guilford - Depart at 8:30am
- May 7 - Blood Pressure Screenings - 10:45am
- May 7 - Massage Therapy - 1pm - 4pm - by appt. only
- May 8 - Wohlfahrt Haus Dinner Theatre Trip - Depart at 9:00am
- May 9 - Knitting/Crocheting Group - 1:00pm
- May 10 - Mother/Daughter Social - 6:30pm
- May 14 - Mammography Clinic - 9am - 3:45pm - by appointment only
- May 14 - Scrapbooking - 2:00pm
- May 14 - SilverArts Exhibition & Performances - 6:00pm
- May 14 - Alzheimer's Support Group - 6:30pm

## Calendar of Events - Mocksville Site

- May 16 - Senior Games/SilverArts Closing Ceremonies & Awards Dinner - 6:00pm
- May 16 - Envelopes & Labels Level 1 - 6pm
- May 20 - Destination Fitness Testing - 10:30 - 11:30am
- May 20 - Monthly Movie - "Parental Guidance" - 2:00pm
- May 20 - Beginning Computers Class Starts - 5:00pm
- May 20 - Quilt Guild - 6:30pm
- May 21 - Senior Financial Care - 8:30am - 2:00pm
- May 21 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- May 21 - Email Level 1 Class Starts - 10am
- May 21 - Microsoft Word Level 1 Class Starts - 12:00pm
- May 21 - Reflexology Seminar and Demonstration - 1:00pm
- May 21 - Senior Book Club - 2:30pm
- May 23 - Knitting/Crocheting Group - 1:00pm
- May 24 - Senior Lunch - 11:30am
- May 25 & 27 - CLOSED FOR MEMORIAL DAY
- May 28 - Theatre Club - 1:00pm
- May 28 - Bingo - 1:00pm
- May 28 - Advisory Council Meeting - 3:00pm
- May 29 - Ebay Class Starts - 10:00am
- May 29 - Devices & Basic Use Class Starts - 12:00pm
- May 31 - Spring Dance - 6:00pm

### JUNE

- June 3 - Ask the Dr. - 10:45am
- June 3 - File Mgt. Level 1 Class Starts - 6pm
- June 3 - Piedmont Power Assoc. - 7:00pm
- June 4 - Senior Financial Care - 8:30am - 4:30pm
- June 4 - Day Trip - Spencer Doll & Toy Museum - Depart at 9:00am

- June 4 - Blood Pressure Screening - 10:45am
- June 4 - Massage Therapy - 1:00pm - 4:00pm - by appt. only
- June 7 - Handbells - 10:00am
- June 11 - Microsoft Word Level 2 Class Starts - 10:00am
- June 11 - Legal Seminar - 10:45am
- June 11 - Microsoft Excel Level 1 Class Starts - 12:00pm
- June 11 - Scrapbooking - 2:00pm
- June 11 - Senior Book Club - 2:30pm
- June 11 - Alzheimer's Support Group - 6:30pm
- June 12 - Golden Anniversary Party - 12:00pm
- June 13 - Knitting/Crocheting Group - 1:00pm
- June 14 - Destination Fitness Breakfast - 9:00am
- June 17 - Destination Fitness Testing - 10:30 - 11:30am
- June 17 - Monthly Movie - "Guilt Trip" - 2:00pm
- June 17 - Quilt Guild - 6:30pm
- June 18 - Senior Financial Care - 8:30am - 2:00pm
- June 18 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- June 18 - Father/Son Social - 6:00pm
- June 20 - Movie Day with Grandkids (Or Not) - "Brave" - 1:00pm
- June 25 - Internet Level 1 Class Starts - 10am
- June 25 - File Mgt. Level 1 Class Starts - 12:00pm
- June 25 - Theatre Club - 1:00pm
- June 25 - Health Seminar - 1:00pm
- June 25 - Word Level 1 Class Starts - 5:30pm
- June 27 - Knitting/Crocheting Group - 1:00pm - 3:00pm
- June 27 - Dinner & a Movie - "Trouble With the Curve" - 5:30pm



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.