



“NC Certified
Senior Center of Excellence”

Senior Connection

Activities for Mocksville & Farmington Sites

July, August, September 2013

Senior Center Month



Check out our new Website!

September is Senior Center Month and we are celebrating all month long. We have a variety of different programs and events throughout the month of September, including our 11th Annual Taste of the Town fundraiser. Many businesses have sponsored Senior Center Month in order to help make all the fun possible.

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

We have updated our website and it is now filled with lots of information about Senior Services. You can also get the newsletters, monthly calendars, menus, rental forms and more. We will continue to add new things and update the site frequently so be sure to visit often and let us know of things you want to see.

The address is

www.daviecountync.gov
then click on Departments then Senior Services.

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JULY SPECIAL EVENTS - MOCKSVILLE SITE

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

ASK THE DOCTOR

Monday, July 1 - 10:45 - 11:15am
- MP Room A
Speaker: Dr. George Kimberly
See all the details on pg. 16.

SENIOR FINANCIAL CARE

Tuesday, July 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

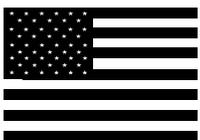
Tuesday, July 2 - 10:45am -
Multipurpose Room A
See all the details on pg. 16.

MASSAGE THERAPY

Tuesday, July 2 - 1:00pm - 4:00pm - by appointment only - Classroom B
Cost: \$30.00 for 30 minute massage
See all the details on pg. 16.

HANDBELLS

Friday, July 5 - 10:00am - MP Room B
RSVP by June 28
See all the details on pg. 17.



PATRIOTIC PARTY

Friday, July 5 - 2:00pm - MP Room B
Cost - Free
RSVP by June 28

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

PEOPLE BINGO AT THE 14th ANNUAL TRACTOR SHOW & PARADE

Friday, July 5 - 5pm - 9pm -
Masonic Picnic Grounds
Cost - Free



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

VETERAN'S SOCIAL

Tuesday, July 9 - 10:30am - Multipurpose Room B

Speaker: Barry Cartner, Veteran's Service Officer at NC State Veteran Nursing Home
RSVP deadline: July 2

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.*

SCRAPBOOKING

Tuesday, July 9 - 2:00pm - Classroom A
RSVP by July 2
See all the details on pg. 11.

ALZHEIMER'S SUPPORT GROUP

Tuesday, July 9 - 6:30pm - Classroom A
Please RSVP by July 2
See all the details on pg. 21.

"PERSONAL AND FAMILY PREPAREDNESS IN THE EVENT OF AN EMERGENCY"

Thursday, July 11 - 1:00pm - MP Room B
Speaker: Luann Angell, Davie County Health Department
RSVP by July 3

Emergencies can happen at any time - weather emergencies, power outages, etc. Make sure that you and your family are prepared in case the worst happens. Open to adults of all ages - no children, please.

Qualifies for Destination Fitness drawing.

JULY SPECIAL EVENTS - MOCKSVILLE SITE

KNITTING/CROCHETING GROUP

Thursday, July 11 - 1:00 - 3:00pm -
Classroom B

See all the details on pg. 12.

TRIP TO BOWMAN GRAY

STADIUM

Saturday, July 13 - 6:30pm

Transportation Cost: \$5.00

Ticket Price: \$2.00 for ladies & \$12.00 for
men (It is Ladies' Night at the Stadium)

RSVP Deadline - July 5 (or when spaces fill)

Space limited to 24 people -

**TRANSPORTATION MONEY IS DUE AT
TIME OF SIGN UP AND IS NON-
REFUNDABLE. YOU WILL PAY FOR YOUR
OWN TICKET AT THE DOOR.**

For all you race fans out there, we will be going to Bowman Gray Stadium for the O'Reilly Auto Parts 100. This is a 100-lap modified race plus racing in Sportsman, Street Stock and Stadium Stock Divisions. This is Ladies' night so all ladies get in for only \$2.00. We will meet at Senior Services at 6:30 and go to the race which starts at 8:00pm. Bowman Gray Stadium offers concessions for purchase, but if you prefer, you may bring in your favorite snacks. Coolers are permitted, but the size is limited and NO GLASS or ALCOHOL will be allowed to be brought into the Stadium. 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.

DESTINATION FITNESS TESTING

Monday, July 15 - 10:30 - 11:30am -
Exercise Room - By appointment only

See all the details on pg. 18.



MONTHLY MOVIE - "ADMISSIONS"

- NEW TIME!!

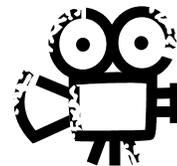
Monday, July 15 - 1:00pm -

Multipurpose Rooms A & B

RSVP by July 8

MPLC license No: 12377840

A Princeton admissions officer who is up for a major promotion takes a professional risk after she meets a college-bound alternative school kid who just might be the son she gave up years ago in a secret adoption. This movie stars Tina Fey and Paul Rudd and is rated PG-13 for language and some sexual material. Runtime is approximately 1 hour and 47 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.*



SENIOR FINANCIAL CARE

Tuesday, July 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.

MASSAGE THERAPY

Tuesday, July 16 - 9:30am - 4:00pm - by
appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 16.

HOW TO READ YOUR MEDICARE SUMMARY NOTICE

Tuesday, July 16 - 10:45am

Speaker: Diane Trainor, NC SMP

RSVP by July 9

The Medicare Summary Notice has changed. Do you know how to get the information you need from it? Come to this informative seminar to learn great tips for getting the most out of your Medicare Summary Notice. Open to adults of all ages - no children, please.



SENIOR BOOK CLUB

Tuesday, July 16 - 2:30 - 4:00pm -

Classroom A

RSVP by July 9

See at the details on pg. 17.



JULY/AUG SPECIAL EVENTS - MOCKSVILLE SITE

SATURDAY MORNING BREAKFAST

Saturday, July 20 - 9:00am -

Multipurpose Rooms A & B

RSVP by July 12

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.

THEATRE CLUB

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

See all the details on pg. 18.



SUMMER COOKOUT

Tuesday, July 23 - 5:30pm -

Farmington Community Center

RSVP by July 16

We will celebrate summer with a good old fashioned cookout. We will eat under the picnic arbors at the Farmington Community Center and then enjoy a few games of Bingo. Event will be held rain or shine (in case of bad weather it will be moved indoors). Open to adults 55 & older and exceptions under the general participation policy.

KNITTING/CROCHETING GROUP

Thursday, July 25 - 1:00 - 3:00pm -

Classroom B

See all the details on pg. 12.

SUNCATCHER CRAFT

Thursday, July 25 - 1:00pm - MP Room B

Cost: \$3.00

Instructor: Elizabeth Norman, Program & Outreach Coordinator

RSVP by July 18

We will make beautiful suncatchers to hang in your garden or on your porch. You decide the size and bring the appropriate pan - either a cake pan or a muffin tin. We will supply everything else. Open to adults 55 & older and exceptions under the general participation policy.

MARIE'S "KICK THE BUCKET" BOOK

Monday, July 29 - 10:45am - MP Room A

Instructor: Marie Roth

RSVP by July 22

If something happened to you would your family know where to find your important documents? Do they know about all your accounts, life insurance policies and often overlooked things such as passwords, etc? Marie will share a simple design with you that she has used and shared with members of her family. Open to adults 55 & older and exceptions under the general participation policy.

SINGLE'S DINNER

Tuesday, July 30 - 5:30pm

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

RSVP by July 23

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 Zaxby's in Salisbury. 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.



MOVIE DAY WITH THE

GRANDKIDS (OR NOT!) - "THE CROODS"

Thursday, August 1 - 1:00pm -

Multipurpose Rooms A & B

RSVP by July 25

MPLC license No: 12377840

Surviving in a volcanic world is tough enough, but caveman Grug gets a rude awakening when an earthquake forces him to leave behind the only world he knows. With his family in tow, he ventures out into the volatile world in search of a new home. The situation becomes even more complicated when Grug's family - but in particular his eldest daughter - becomes smitten with a nomad they encounter on their dangerous

AUGUST SPECIAL EVENTS - MOCKSVILLE SITE

journey. This quirky, imaginative stranger's search for "tomorrow" is at odds with Grug's reliance on the traditions of yesterday. Featuring the voices of Ryan Reynolds, Nicholas Cage and Emma Stone, this movie is rated PG for some scary action. Run time is approximately 1 hour and 31 minutes. 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.*

HANDBELLS

Friday, August 2 - 10:00am - MP Room B
RSVP by July 26

See all the details on pg. 17.

ASK THE DOCTOR

Monday, August 5 - 10:45 - 11:15am - MP Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

SENIOR FINANCIAL CARE

Tuesday, August 6 - 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, August 6 -10:45am - Multipurpose Room A

See all the details on pg. 16.

MASSAGE THERAPY

Tuesday, August 6 - 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

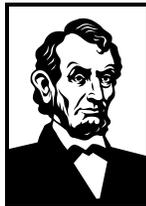
Wednesday, August 7 - 11:30am -

Multipurpose Room B

Speaker: Charles Crenshaw

RSVP by July 31

Mr. Crenshaw will share some very interesting Davie County History. 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.**



SATURDAY MORNING CINEMA - "LINCOLN"

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

RSVP by Aug 2

MPLC license No: 12377840

As the Civil War continues to rage, America's president struggles with continuing carnage on the battlefield and as he fights with many inside his own cabinet on the decision to emancipate the slaves. Starring Daniel Day Lewis, Sally Field and David Strathairn, this movie is rated PG-13 for an intense scene of war violence, some images of carnage and brief strong language. Run time is approximately 2 hours and 30 minutes. Closed captions will be used whenever possible. Open to adults 55 & older & exceptions under the general participation policy.

BOWLING LUNCH

Monday, August 12 - 12:30pm

Cost: Free

RSVP by August 5

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 season'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.

SCRAPBOOKING

Tuesday, August 13 - 2:00pm - Classroom B

RSVP by Aug. 6

See all the details on pg. 11.

AUGUST SPECIAL EVENTS - MOCKSVILLE SITE

VIRTUAL DEMENTIA TOUR

**Tuesday, August 13 - 6:30pm -
Classrooms A & B**

Please RSVP by Aug. 6

If you are caring for someone or have a loved one with Alzheimer's or dementia, do you really know what they are going through? This experience will allow you to spend a brief time in their shoes as you are asked to perform simple tasks while senses are impaired to simulate increased confusion, hearing and vision impairment, neuropathy and more. This experience will help you understand your loved ones in an entirely new way. Open to adults of all ages - no children, please.



WELCOME TO MEDICARE LUNCHEON

Welcome! **Wednesday, August 14 - 10am -
12pm - Multipurpose Room B**

Speaker: Kim Shuskey, Director

Cost: Free

RSVP by August 7

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

DINNER & A MOVIE - "IDENTITY THIEF"

Friday, August 16 - 5:30pm

RSVP by Aug. 9

MPLC license No: 12377840

Enjoy dinner then stay for "Identity Thief". Mild-mannered businessman Sandy Patterson travels from Denver to Miami to confront the deceptively harmless-looking woman who has been living it up after stealing Sandy's identity. But keeping tabs on the other Sandy is harder than he was expecting, and ultimately the cross-country trip is going to find both Sandys learning life tips from one another. Starring Jason Bateman and Melissa McCarthy, this movie is rated R for sexual content and

language. Runtime is approximately 1 hour and 51 minutes. It is open to adults 55 & older and exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

DESTINATION FITNESS TESTING

Monday, August 19 - 10:30 - 11:30am -

Exercise Room - By appointment only

See all the details on pg. 18.

MONTHLY MOVIE -

"SAFE HAVEN" - NEW TIME!!

Monday, August 19 - 1:00pm -

Multipurpose Rooms A & B

RSVP by Aug. 12

MPLC license No: 12377840

When a mysterious young woman named Katie appears in the small North Carolina town of Southport, her sudden arrival raises questions about her past. Katie seems determined to avoid forming personal ties until a series of events draws her into two reluctant relationships: one with Alex, a widowed store owner; and another with her plainspoken single neighbor, Jo. Despite her reservations, Katie slowly begins to let down her guard, putting down roots in the close-knit community. But even as Katie begins to fall in love, she struggles with the dark secret that still haunts and terrifies her - a past that set her on a fearful, shattering journey across the country, to the sheltered oasis of Southport. With Jo's empathic and stubborn support, Katie eventually realizes that she must choose between a life of transient safety and one of riskier rewards. This movie stars Julianne Hough and Josh Duhamel and is rated PG for thematic material involving threatening behavior, and for violence and sexuality. Runtime is 1 hour, 55 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.*



AUGUST SPECIAL EVENTS - MOCKSVILLE SITE

SENIOR FINANCIAL CARE

Tuesday, August 20 - 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, August 20 - 9:30am - 4:00pm - by appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 16.

SENIOR BOOK CLUB

Tuesday, August 20 - 2:30 - 4:00pm - Classroom A

RSVP by Aug. 13

See all the details on pg. 17.

KNITTING/CROCHETING GROUP

Thursday, August 22 - 1:00 - 3:00pm - Classroom B

See all the details on pg. 12.



"ALL THINGS BLUE" SUMMER PARTY

Thursday, August 22 - 2:00pm -

Multipurpose Rooms A & B
RSVP by Aug. 15

August is National Blueberry Month. Let's celebrate with blueberries, blues music and more. There will be great refreshments and lots of fun. Open to adults 55 & older and exceptions under the general participation policy.

WINSTON SALEM DASH GAME

Monday, August 26 - 6:00pm

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

RSVP Deadline - when spaces fill

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

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



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



BUDGETING WORKSHOP

Tuesday, August 27 - 10:45am - MP Room A

Instructor: Elizabeth Norman,
Program & Outreach Coordinator
RSVP by Aug. 20

Making a budget is something everyone knows how to do, right? Actually, budgeting is not something that was often taught in schools and many people have never really been shown how to keep track of their money and be able to budget appropriately. Elizabeth will share a simple budgeting system that can help you get a handle on just where your money is going and help you ensure that your money lasts until the end of the month. Open to adults 55 & older and exceptions under the general participation policy.

THEATRE CLUB

Tuesday, August 27 - 1:00pm - Classroom B

See all the details on pg. 18.

ALL YOU EVER WANTED TO KNOW ABOUT BLOOD DONATION BUT WERE AFRAID TO ASK

Thursday, August 29 - 1:00pm - MP Room B
Speaker: Katherine Harrigan, American Red Cross

Ms. Harrigan will speak to the group about blood donation - giving blood, receiving blood, why donation is so important, etc. If you've ever had a question about blood donation, now is your chance to ask. Open to adults of all ages - no children, please.

Qualifies for Destination Fitness drawing.

SEPTEMBER SPECIAL EVENTS - MOCKSVILLE SITE



SENIOR CENTER MONTH BEGINS!!!



SENIOR FINANCIAL CARE

**Tuesday, September 3 - 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, September 3 - 10:45am -
Multipurpose Room A**
See all the details on pg. 16.

MASSAGE THERAPY

**Tuesday, September 3 - 1:00pm - 4:00pm -
by appointment only - Classroom B**
Cost: \$30.00 for 30 minute massage
See all the details on pg. 16.

"SCAMS, SCAMMERS & THEIR VICTIMS - INVISIBLE FRAUD"

**Thursday, September 5 - 1:00pm -
Multipurpose Room B**
**Speaker: Dr. William Tullar, University of
North Carolina at Greensboro**
RSVP by Aug. 29
This workshop is different from any that you
have ever attended on fraud. Instead of trying
to describe various scams that exist (which is
really impossible) it focuses on educating the
participant on the specific approach that will
likely be used so they can recognize it when it
surfaces. It also will provide the participant
with verbal and legal weapons to resist the
persuasion of the potential scammers. This
will be done through instruction and practice.
Don't miss this seminar that can help protect
you regardless of what the latest scam
happens to be. Open to adults of all ages - no
children, please.

HANDBELLS

**Friday, September 6 - 10:00am -
Multipurpose Room B**
RSVP by Aug. 30
See all the details on pg. 17.

THRIFT STORE TREK

Saturday, September 7 - 10:00am
**Cost: \$5.00 for transportation - Money is due
at time of sign up and is non-refundable.**
All participants must use transportation.
RSVP by August 30 - Limited to 24
We have some great thrift shops and consignment
stores around here and they have some incredible
deals. Grab your friends and let's spend the day
shopping for some bargains. We will stop for
lunch along the way. Be sure to bring money for
lunch & shopping! Open to adults 55 & older.

ASK THE DOCTOR

**Monday, September 9 - 10:45 - 11:15am -
Multipurpose Room A**
Speaker: Dr. George Kimberly
See all the details on pg. 16.



BINGO

**Monday, September 9 - 1:00pm -
Multipurpose Room B**
**Sponsored by: Autumn Care of
Mocksville**
RSVP by Sept. 3

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.*

SCRAPBOOKING

**Tuesday, September 10 - 2:00pm -
Classroom B**
RSVP by Sept. 3
See all the details on pg. 11.

ALZHEIMER'S SUPPORT GROUP

**Tuesday, September 10 - 6:30pm -
Classroom B**
Please RSVP by Sept. 3
See all the details on pg. 21.

KNITTING/CROCHETING GROUP

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

SEPTEMBER SPECIAL EVENTS - MOCKSVILLE SITE



CAR CARE FOR WOMEN

Thursday, September 12 - 5:30pm
- MP Room B & Parking Lot
Instructor: Seth James, Auto
Mechanics Teacher, Davie County
High School

RSVP by Sept. 5

Many women have never touched a car except to drive it. They often rely on fathers, brothers, boyfriends then husbands to take care of the maintenance and routine checks. But even if you never plan on changing your own oil, there are some important basic things that all car owners should know - even if your mechanic handles everything for you. Come learn in a non-threatening environment some basic car care tips that will keep you safe on the road. Open to women 55 and older.

DESTINATION FITNESS BREAKFAST

Friday, September 13 - 9:00am -
Multipurpose Room B

Sponsor: Davie Family YMCA
Register no later than Sept. 6

Logs due September 3 to Elizabeth
Norman, Program Coordinator

For our next destination we will "walk" 130 miles to Cherokee, 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, September 16 - 10:30 - 11:30am -
Exercise Room - By appointment only

See all the details on pg. 18.

MONTHLY MOVIE -

"OLYMPUS HAS FALLEN" -
NEW TIME!!

Monday, September 16 -
1:00pm - Multipurpose Rooms A & B

RSVP by Sept. 9

MPLC license No: 12377840

When the President is kidnapped by a terrorist who seizes control of the White House, disgraced former Presidential guard Mike



Banning finds himself trapped within the building. As the national security team rushes to respond, they must rely on Banning's insider knowledge to save the President and prevent an even greater catastrophe. Rated R for strong violence and language throughout, this movie stars Gerard Butler, Morgan Freeman and Ashley Judd. Runtime is approximately 1 hour and 59 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

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

See all the details on pg. 16.

SENIOR BOOK CLUB

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

RSVP by Sept. 10

See at the details on pg. 17.

11th ANNUAL TASTE OF THE TOWN **FUNDRAISER**

Tuesday, September 17 - 6:00pm - 7:30pm -
Senior Services

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

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

SEPTEMBER SPECIAL EVENTS - MOCKSVILLE SITE

THEATRE CLUB

**Tuesday, September 24 - 1:00pm -
Classroom B**

See all the details on pg. 18.

FALL PREVENTION IN OLDER ADULTS

**Thursday, September 26 - 1:00pm -
Multipurpose Room B**

**Speaker: Jacqueline Kayler DeBrew
Clinical Professor, Community Practice
Nursing PhD, The University of North
Carolina at Greensboro**

RSVP by: Sept. 19

According to the CDC, each year at least one in three older adults fall. Falls can be severe and even lead to early death. Luckily, most falls are preventable. Get all the information you need to know at this informative seminar. Open to adults 55 and older - no children, please.

Qualifies for Destination Fitness drawing.

KNITTING/CROCHETING GROUP

**Thursday, September 26 - 1:00 - 3:00pm -
Classroom B**

See all the details on pg. 12.

SUMMER DANCE

**Friday, September 27 - 6:00pm -
Multipurpose Rooms A & B
RSVP by Sept. 20**

Let's wrap up Senior Center Month with a fun dance. DJ Mark Lawrence will play all your favorites 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.



SPECIAL SHIIP INFORMATION

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

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

Of course there are other things to consider when determining your Medicare options.

SHIIP has created a handout meant to help you navigate the Medicare system and initial enrollment process. The handout, "The Road to Medicare," outlines the decisions you'll need to make and what options are available through the Medicare system. To obtain a free copy of "The Road to Medicare" call SHIIP at 1-800-443-9354 or visit SHIIP's Web site at www.ncshiip.com. You can also meet with a certified SHIIP Volunteer Counselor in your community to discuss your Medicare options.

To arrange an appointment with a SHIIP Volunteer Counselor, contact Senior Services. Don't wait to make your Medicare decisions — you can start the process before your 65th birthday. Let SHIIP help you understand your options and get you on the road to Medicare.

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

ONGOING ACTIVITIES - MOCKSVILLE SITE



Special Announcements



OPERATION FAN/HEAT RELIEF PROGRAM

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

WARNING ABOUT INSURANCE SALESMEN

Lately Senior Services has received several calls from seniors about Medicare insurance salespeople. They say they received a call from someone they understood to be from Senior Services & the caller wishes to come to their home to help them with their Medicare or to talk to them about Medicare. Please keep in mind that while our SHIIP counselors are happy to help people with their Medicare, we do not call people and ask to go to their home. If you receive such a call it is not from Senior Services, but rather from someone who is wishing to sell you insurance. The only reason Senior Services would call is if you call us first requesting help.

STAFF OF SENIOR SERVICES

Kim Shuskey, Director

Ina Beavers, Nutrition Program Coordinator
Elizabeth Norman, Program & Outreach Coord.
Kelly Sloan, Community Resource Specialist
Tracy Veach, Administrative Assistant
Tammy Hicks, P/T Evening Receptionist
Mitzi Hunter, P/T Morning Rec. & SHIIP Coord.
Beverly Maurice, P/T Facilities Manager
Darlene Sheets, P/T Farmington Site Mgr.
Barbara Thornton, P/T Senior Center Aide

Please let us know if there are any suggestions you have regarding programs or services.



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 - (July 15, August 19, September 16)
- 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 - (July 9, Aug. 13, Sept. 10)
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

ONGOING ACTIVITIES - MOCKSVILLE SITE

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 projects for service organizations in Davie County.



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:

- July 24, 25, 26 (Wed., Thurs., Fri.) - 10:00am - 12:00pm - 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 class is intended for those with mouse/keyboard skills.*

Upcoming Session:

- Sept. 10, 12, 19 & 23 (Tues., Thurs., Thurs., Mon.) - 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:

- July 24, 25 & 26 (Weds., Thurs., Fri.) - 12:00 - 2:00pm - Media Room

MICROSOFT WORD 2007 LEVEL 2

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

Upcoming Session:

- July 9, 10 & 11 (Tues., Wed., Thurs.) - 5:30 - 8:00pm

ONGOING ACTIVITIES - MOCKSVILLE SITE

MICROSOFT EXCEL 2007 LEVEL 1

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

Upcoming Session:

- July 22, 23, 24 & 25 (Mon., Tues., Wed., Thurs.) - 5:30 - 7:30pm - Media Room

MICROSOFT EXCEL 2007 LEVEL 2

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

Upcoming Session:

- Sept. 19, 20 & 23 (Thurs., Fri. & Mon.) - 3:00 - 5:00pm - Media Room

COMPUTER NOTES:

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



Dance

LINE DANCING

Every Monday - 9:30 - 10:30am -

Exercise Classroom

Instructor: Elizabeth Norman, Program & Outreach Coordinator

Each Monday 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

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 - July 8 - Sept. 30 - Exercise Room

NO CLASS THE WEEK OF AUG 5 & THE WEEK OF SEPTEMBER 2

Instructor: Kim Crawford

3 CLASSES TO CHOOSE FROM:

1:00 - 2:00pm

2:00 - 3:00pm

3:00 - 4:00pm

Cost: Free (Donations to Senior Services are appreciated)

Limited to first 12 per session who register

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

EVENING YOGA FOR SENIORS

Tuesdays & Thursdays - August 13 - September 26 - 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 June 18 at 8:00am. You may only sign up for 1 yoga session per quarter.**

YOGA FOR SENIORS

Wednesdays & Fridays - August 14 - September 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 June 18 at 8:00am. You may only sign up for 1 yoga session per quarter.**

DANCE PARTY AEROBICS

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

Instructor: Lorri Carlton

Cost: Free (donations to Senior Services are appreciated)

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

ONGOING ACTIVITIES - MOCKSVILLE SITE

ARTHRITIC EXERCISE

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

M.A.D.E. (MODERN AEROBIC DANCE EXERCISE) - NEW!!

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.**

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



Games

PING PONG

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

SCRABBLE

Mondays - 1:00pm - Classroom B

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

ONGOING ACTIVITIES - MOCKSVILLE SITE

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

1st Friday of each month- 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 - (July 15, Aug. 19, Sept. 16)

Tester: YMCA or Sr. Services rep.

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

ASK THE DOCTOR

1st Monday of each month - 10:45 am - MP Room A (July 1, Aug. 5, Sept. 9 - note change of date)

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

BLOOD PRESSURE SCREENINGS

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

MP Room A - (July 2, Aug. 6, Sept. 3)

Cost: Free

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



PODIATRIST VISITS

THURSDAYS - EVERY 3 WEEKS -

Call for current dates

8:30 - 10:00am - Classroom B

Cost: Usually Private Pay

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

MASSAGE THERAPY

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

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

4:00pm - by appointment only - Classroom B (July 2 & 16, August 6 & 20, Sept. 3 & 17)

**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.

ONGOING ACTIVITIES - MOCKSVILLE SITE



Literary Arts

SENIOR BOOK CLUB

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

July 16 - "Animal Farm" by George Orwell

August 20 - "Three Cups of Tea" by Greg Mortenson

September 17- "Frankenstein" by Mary Shelley

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 \$3.58. A program is offered each day at 10:45am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Interest

PIEDMONT POWER ASSOCIATION

1st Mon. of each month - 7:00pm -

Multipurpose Room B

(July 1, Aug. 5, Sept. 2)

President: Arthur Bostick

Annual Dues: \$20.00

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

SENIOR SERVICES ADVISORY COUNCIL

4th Tuesday of every other month - 3:00pm -

Media Room (July 23, Sept. 24)

Staff Contact: Kim Shuskey, Director

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



Stage, Screen & Music

DAVIE COUNTY SINGING SENIORS

Each Thursday - 10:00am - Multipurpose

Room B (Jan. - June/Sept. - Dec.)

Chorus Director: Marie Roth

Annual Dues: \$10.00

If you love to sing, why not join this fun group?

The chorus practices each week and performs at churches, civic clubs, nursing homes & community events. Open to adults 55 & older.

HANDBELLS

1st Friday each month - 10:00am -

MP Room B (July 5, Aug. 2, Sept. 6)

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.

ONGOING ACTIVITIES - MOCKSVILLE SITE

THEATRE CLUB

4th Tues. each month - 1pm - Classroom B
(July 23, Aug. 27, Sept. 24)

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.**

OTHER ONGOING PROGRAMS & SERVICES



Financial Support

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

- **General Support** - for the general operating expenses of Senior Services
 - **Homebound Meals (Meals on Wheels)** - to provide meals to a senior who cannot cook for themselves and cannot come to the lunch program at the center
 - **Endowment Fund** - to provide permanent financial support for programs & services
- There are also many options available to give to Senior Services through your will. Please contact us for more information about planned giving. **Donations are tax deductible.**

Services



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

BUDDY PROGRAM

Staff Contact: Mitzi Hunter, Morning Receptionist

Cost: Free

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

OTHER ONGOING PROGRAMS & SERVICES

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.

DRAGON SPEECH RECOGNITION SOFTWARE - NEW!!

Due to a generous donation by one of our participants, one computer in our lab is equipped with speech recognition software. If you have difficulty typing come by and use this program. Please note that each person who uses it will need to go through the setup process in order to recognize their voice. Headsets for the program can be checked out at the front desk. Available whenever the computer lab is free. You may wish to call ahead. If you need assistance from a staff member to use, you must make an appointment.

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 bibs and walker aprons made by volunteers to give to those who need them. If you or someone you know can benefit from these items, please call our Resource Specialist.

HOUBOUND 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.



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.

OTHER ONGOING PROGRAMS & SERVICES

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.

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

OTHER ONGOING PROGRAMS & SERVICES

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

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.

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 program so wear comfortable shoes and warm-weather clothes. We will stop for lunch along the way. Sign up starts May 15.

AUGUST 6 - NEW WINSTON MUSEUM, WINSTON SALEM, NC

Tuesday, August 6 - Departure time 10:15am, Return approximately 2:00pm

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

We will take a guided tour of this new museum and watch videos about Winston Salem. We will stop for lunch along the way. Sign up starts June 14.

SEPTEMBER 3 - SHATLEY SPRINGS

Tuesday, September 3 - Departure time 9:00am, Return approximately 4:00pm

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

We will enjoy the country cooking and enjoy the mountain scenery at this historic inn. You can order off the menu or order Family Style. Menu prices run between \$7.95 - \$9.95 and include 1 entrée, 2 vegetables, and a drink. Family Style is \$18.09 and includes all you can eat country ham, fried chicken, 5 vegetables, biscuits, drink and dessert. Please note that tip is not included in either meal and credit cards are not accepted - cash or check only! Sign up starts July 15.

OCTOBER 8 - DIXIE CLASSIC FAIR, WINSTON SALEM, NC

Tuesday, Oct. 8 - note change of date - Departure time 9:00am, Return approximately 4:00pm

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

Tour the fair with a buddy! This is Senior Day and there will be bingo from 10am - 12:00pm. Lunch will be own your own at the fair. Sign up starts Aug. 15.

OTHER ONGOING PROGRAMS & SERVICES



Trips - Other

WOHLFAHRT HAUS DINNER THEATRE, WYTHEVILLE, VA

**Wednesday, November 6 - Depart at 9:00am,
Return approximately 7:00pm**

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

We will travel to this German-themed dinner theatre to see the Wohlfahrt Haus Holiday Spectacular. Enjoy a delicious Holiday feast before you are completely immersed in the Christmas season. The Holiday Spectacular is packed with all the Christmas songs you know and love as well as dazzling dance numbers and beautiful costumes. This fun-filled Holiday production also features a breath-taking Nativity which is sure to put the whole family in the Christmas Spirit.

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. Spaces fill early so be sure to sign up as soon as possible.

MYRTLE BEACH CHRISTMAS TRIP

Monday - Wednesday, November 11 - 13

Prices Per Person:

Single: \$364.00 Triple: \$298.00

Double: \$309.00 Quad: \$292.00

We will head to the beach for our annual Holiday trip. Trip includes Legends in Concert, the South's Grandest Christmas Show at the Alabama Theatre, Hot Jersey Nights at the Palace Theater, a huge buffet lunch at Webster Manor, a Thanksgiving feast at the Palisades Ballroom at Hilton Myrtle Beach Resort and more. Get complete itinerary at Senior Services.

Reservations can be made with your \$50.00 deposit. Deadline for registration is October 4. Final trip payment is due at that time as well. We are unable to give refunds after payment is made to tour company. See staff member for complete rules regarding trips.



Volunteer Opportunities

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.

EXERCISE & WALKING

Tuesdays - 10:30am

Get your exercise each Tuesday with your friends.

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

(July 17, August 21, September 18)

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

CRAFT DAY

Last Wednesday of each Month - 10:30am

(July 31, August 28, September 25)

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)

See details on pg.20

CLASSES & ACTIVITIES - FARMINGTON SITE

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 \$3.58. 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

JULY 4TH CELEBRATION

Wednesday, July 3 - 10:30am

RSVP by June 26

Celebrate our nation's independence with a fun party. We will have games & refreshments. Open to adults 55 & older and exceptions under the general participation policy.



UV SAFETY MONTH

Monday, July 8 - 10:30am

RSVP by July 1

The Summer sun produces dangerous UV rays. Learn how to protect yourself from the dangers while still enjoying the great outdoors. Open to adults of all ages - no children please. ***Qualifies for Destination Fitness drawing.***

HEALTH BENEFITS OF PETS

Monday, July 15 - 10:30am

RSVP by July 8

Pets have many health benefits. Many animals are also used as therapy animals. Come learn more about this subject at this informative seminar. Open to adults 55 & older and exceptions under the general participation policy.

NATIONAL PARKS MONTH

Friday, July 26 - 10:30am

RSVP by July 19

Our nation is filled with many beautiful parks. We will have pictures of, and information on, many of them at this fun event. Open to adults 55 & older and exceptions under the general participation policy.

NATIONAL LASAGNA DAY

Monday, July 29 - 10:30am

RSVP by July 22

Celebrate National Lasagna Day with us. We will give out all kinds of lasagna recipes and learn some interesting facts. Open to adults 55 & older and exceptions under the general participation policy.

PREVENT BONE LOSS

Wednesday, Aug. 7 - 10:30am

RSVP by July 31

It used to be that brittle bones and stooped posture were a common occurrence among the older population. But it does not have to be that way. Learn ways to help prevent bone loss now, before it is too late. Open to adults of all ages - no children, please.

Qualifies for Destination Fitness drawing.



PEACH ICE CREAM DAY

Friday, August 16 - 10:30am

RSVP by Aug. 9

We will celebrate this day in the best sort of way - by making homemade peach ice cream. Open to adults 55 & older and exceptions under the general participation policy.

GOLDEN GIRLS

Friday, August 23 - 10:30am

RSVP by Aug. 16

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

WOMEN'S EQUALITY DAY

Monday, August 26

RSVP by Aug. 19

The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women's continuing efforts toward full equality. Come celebrate women's rights. Open to adults 55 & older and exceptions under the general participation policy.

SLEEP APNEA

Wednesday, September 4 - 10:30am

RSVP by Aug. 28

Sleep apnea is a serious, potentially dangerous condition that affects many people. Learn about the symptoms, effects and treatments of this condition. Open to adults of all ages - no children, please.

Qualifies for Destination Fitness drawing.

CHAIR CORNHOLE

Wednesday, September 11 - 10:30am

RSVP by Sept. 4

Enjoy this fun game without even having to get up out of your chair. Open to adults 55 & older and exceptions under the general participation policy.

NATIONAL HONEY MONTH CELEBRATION

Friday, September 20 - 10:30am

RSVP by Sept. 13

Honey has so many benefits and can be used in many different ways. Learn more about this sweet food and enjoy some honey tasting as well. Open to adults 55 & older & exceptions under the general participation policy.

PANTRY BINGO

Monday, September 23 - 10:30am

Sponsor: Skinny Wheels Bike Shop

RSVP by Sept. 16

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

CALENDAR OF EVENTS - FARMINGTON SITE

JULY

- July 3 - July 4th Celebration - 10:30am
- July 4 - CLOSED FOR INDEPENDENCE DAY
- July 8 - UV Safety Month - 10:30am
- July 9 - Senior Financial Care - 10am - 1pm
- July 15 - Health Benefits of Pets - 10:30am
- July 17 - Blood Pressure Screens - 10:30am
- July 23 - Senior Financial Care - 10am - 1pm
- July 26 - National Parks Month - 10:30am
- July 29 - National Lasagna Day - 10:30am
- July 31 - Craft Day - 10:30am

AUGUST

- August 7 - Prevent Bone Loss - 10:30am
- August 13 - Senior Financial Care - 10am - 1pm
- August 16 - Peach Ice Cream Day - 10:30am
- August 21 - Blood Pressure Screens - 10:30am
- August 23 - Golden Girls - 10:30am
- August 26 - Women's Equality Day - 10:30am
- August 27 - Senior Financial Care - 10am - 1pm
- August 28 - Craft Day - 10:30am

SEPTEMBER

- Sept. 2 - CLOSED FOR LABOR DAY
- Sept. 4 - Sleep Apnea - 10:30am
- Sept. 10 - Senior Financial Care - 10am - 1pm
- Sept. 11 - Chair Cornhole - 10:30am
- Sept. 18 - Blood Pressure Screens - 10:30am
- Sept. 20 - National Honey Month - 10:30am
- Sept. 23 - Pantry Bingo - 10:30am
- Sept. 24 - Senior Financial Care - 10am - 1pm
- Sept. 25 - Craft Day - 10:30am

Calendar of Events - Mocksville Site

JULY

- July 1 - Ask the Doctor - 10:45am
- July 1 - Piedmont Power Assoc. - 7:00pm
- July 2 - Senior Financial Care - 8:30am - 4:30pm
- July 2 - Blood Pressure Screenings - 10:45am
- July 2 - Massage Therapy- 1pm - 4pm - by appt. only
- July 2 - Day Trip - All A Flutter Butterfly Farm - Depart at 8:30am
- July 4 - CLOSED FOR INDEPENDENCE DAY
- July 5 - Handbells - 10:00am
- July 5 - Patriotic Party - 2:00pm
- July 5 - People Bingo @ Tractor Show - 5pm - 9pm
- July 8 - New Yoga session starts - 1:00pm - Must pre-register
- July 8 - New Yoga session starts - 2:00pm - Must pre-register
- July 8 - New Yoga session starts - 3:00pm - Must pre-register
- July 9 - Veteran's Social - 10:30am
- July 9 - Scrapbooking - 2:00pm
- July 9 - Alzheimer's Support Group - 6:30pm
- July 9 - Microsoft Word Level 2 Class Begins - 5:30pm
- July 11 - Personal & Family Preparedness - 1:00pm
- July 11 - Knitting/Crocheting Group - 1:00pm
- July 13 - Trip to Bowman Gray Stadium - Depart at 6:30pm
- July 15 - Destination Fitness Testing - 10:30 am - 11:30am
- July 15 - Monthly Movie - "Admissions" - 1:00pm
- July 15 - Quilt Guild - 6:30pm
- July 16 - Senior Financial Care - 8:30am - 2:00pm
- July 16 - Massage Therapy - 9:30am - 4:00pm - by appt. only

- July 16 - How to Read Your Medicare Summary Notice - 10:45am
- July 16 - Senior Book Club - 2:30pm
- July 20 - Saturday Morning Breakfast - 9:00am
- July 22 - Microsoft Excel Level 1 Class Begins - 5:30pm
- July 23 - Theatre Club - 1:00pm
- July 23 - Advisory Council Mtg. - 3:00pm
- July 23 - Summer Cookout - 5:30pm
- July 24 - Computer Basics Class Begins - 10:00am
- July 24 - Email Level 1 Class Begins - 12:00pm
- July 25 - Knitting/Crocheting Group - 1:00pm
- July 25 - Suncatcher Craft - 1:00pm
- July 29 - Marie's "Kick the Bucket" Book - 10:45am
- July 30 - Single's Dinner - 5:30pm

AUGUST

- Aug. 1 - Movie Day with Grandkids (Or Not) - "The Croods" - 1:00pm
- Aug. 2 - Handbells - 10:00am
- Aug. 5 - Ask the Doctor - 10:45am
- Aug. 5 - Piedmont Power Assoc. - 7:00pm
- Aug. 6 - Senior Financial Care - 8:30am - 4:30pm
- Aug. 6 - Day Trip - New Winston Museum - Depart at 10:15am
- Aug. 6 - Blood Pressure Screenings - 10:45am
- Aug. 6 - Massage Therapy - 1pm - 4pm - by appt. only
- Aug. 7 - Senior Lunch - 11:30am
- Aug. 8 - CLOSE AT NOON FOR MASONIC PICNIC
- Aug. 10 - Saturday Morning Cinema - "Lincoln" - 10:00am
- Aug. 12 - Bowling Lunch - 12:30pm
- Aug. 13 - Scrapbooking - 2:00pm
- Aug. 13 - Virtual Dementia Tour - 6:30pm
- Aug. 13 - New Yoga session starts - 6:30pm - Must pre-register
- Aug. 14 - Welcome to Medicare - 10:00am

Calendar of Events - Mocksville Site

- Aug. 14 - New Yoga session starts - 10:00am - Must pre-register
- Aug. 16 - Dinner & a Movie - "Identity Thief" - 5:30pm
- Aug. 19 - Destination Fitness Testing - 10:30 - 11:30am
- Aug. 19 - Monthly Movie - "Safe Haven" - 1:00pm
- Aug. 19 - Quilt Guild - 6:30pm
- Aug. 20 - Senior Financial Care - 8:30am - 2:00pm
- Aug. 20 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- Aug. 20 - Senior Book Club - 2:30pm
- Aug. 22 - Knitting/Crocheting Group - 1:00pm
- Aug. 22 - All Things Blue Summer Party - 2:00pm
- Aug. 26 - Winston Salem Dash Game - Depart at 6:00pm
- Aug. 27 - Budgeting Workshop - 10:45am
- Aug. 27 - Theatre Club - 1:00pm
- Aug. 29 - All You Ever Wanted to Know About Blood Donation - 1:00pm
- Aug. 31 - CLOSED FOR LABOR DAY WEEKEND

SEPTEMBER

- Sept. 2 - CLOSED FOR LABOR DAY WEEKEND
- Sept. 2 - Piedmont Power Assoc. - 7:00pm
- Sept. 3 - Senior Financial Care - 8:30am - 4:30pm
- Sept. 3 - Day Trip - Shatley Springs - Depart at 9:00am
- Sept. 3 - Blood Pressure Screening - 10:45am
- Sept. 3 - Massage Therapy - 1:00pm - 4:00pm - by appt. only
- Sept. 5 - Scams, Scammers & Their Victims - 1:00pm
- Sept. 6 - Handbells - 10:00am

- Sept. 7 - Thrift Store Trek - Depart at 10:00am
- Sept. 9 - Ask the Doctor - 10:45am
- Sept. 9 - Bingo - 1:00pm
- Sept. 10 - Scrapbooking - 2:00pm
- Sept. 10 - Beginning Computers Class starts - 5:00pm
- Sept. 10 - Alzheimer's Support Group - 6:30pm
- Sept. 12 - Knitting/Crocheting Group - 1:00pm
- Sept. 12 - Car Care For Women - 5:30pm
- Sept. 13 - Destination Fitness Breakfast - 9:00am
- Sept. 16 - Destination Fitness Testing - 10:30 - 11:30am
- Sept. 16 - Monthly Movie - "Olympus Has Fallen" - 1:00pm
- Sept. 16 - Quilt Guild - 6:30pm
- Sept. 17 - Senior Financial Care - 8:30am - 2:00pm
- Sept. 17 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- Sept. 17 - Senior Book Club - 2:30pm
- Sept. 17 - Taste of the Town - 6:00pm
- Sept. 19 - Microsoft Excel Level 2 Class Begins - 3:00pm
- Sept. 24 - Theatre Club - 1:00pm
- Sept. 24 - Advisory Council Mtg. - 3:00pm
- Sept. 26 - Fall Prevention in Older Adults - 1:00pm
- Sept. 26 - Knitting/Crocheting Group - 1:00pm - 3:00pm
- Sept. 27 - Summer Dance - 6:00pm

The Mocksville Site of Senior Services will be closed the following dates:

- **Thursday, July 4th - Independence Day**
- **Thursday, Aug. 8 - Close at Noon for Masonic Picnic**
- **Saturday - Monday, Aug. 31 - Sept. 2 - Labor Day Weekend**



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

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



Don't Forget!

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

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

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