

Singing Telegrams



Are you looking for a unique Valentine’s Day idea for your sweetheart, friend or family member?

Our very own Singing Seniors will go to the home or office of your loved one and serenade them.

Telegrams can be arranged for the following dates:

**Tuesday, Wednesday & Thursday
February 11, 12 or 13**

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

This is open to all ages. Deadline is February 4th.

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JANUARY SPECIAL EVENTS - MOCKSVILLE SITE

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

LEARN ABOUT NEW TECHNOLOGY "TOYS"

Thursday, January 2 - 2:00 - 4:00pm - Multipurpose Room B

Speaker: Jackie Allen

RSVP by: Dec. 27

Did you get an E-reader, tablet, GPS or MP3 for Christmas? Are you looking to buy one with some of your Christmas cash? Ms. Allen will demonstrate some of the latest technology "toys" and teach us the basics of how to use them & what to look for when purchasing. Open to adults 55 & older & exceptions under the general participation policy.



SENIOR BIRTHDAY PARTY

Friday, January 3 - 2:00pm - Multipurpose Rooms A & B

Cost: Free

RSVP by Dec. 27 (or when spaces fill)

Once again we will have one big birthday party for all seniors. If you have a birthday, and we know you do, then come out for this party. We will have wonderful entertainment from the "Hat Lady" who will share humorous stories and experiences based on her collection of hats. Cake and ice cream will be served. Open to adults 55 & older and exceptions under the general participation policy.

ASK THE DOCTOR

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

Speaker: Dr. George Kimberly

See all the details on pg. 16.



BOWLING LUNCH

Monday, January 6 - 12:30pm - Multipurpose Room B
RSVP by Dec. 30

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

SENIOR FINANCIAL CARE

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

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 19.

BLOOD PRESSURE SCREENINGS

Tuesday, January 7 - 10:45am - Multipurpose Room A

See all the details on pg. 16.

EYE CARE SEMINAR

Thursday, January 9 - 1:00pm - MP Room B

Speaker: Dr. Michelle Patel, Wake Forest School of Medicine

RSVP by Jan. 2

Dr. Patel will speak about eye health and eye problems that are common in older adults. There will also be time for questions. Open to adults of all ages - no children, please.

Qualifies for Destination Fitness drawing.



SHARING & CARING

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

See all the details on pg. 11.

JANUARY SPECIAL EVENTS - MOCKSVILLE SITE

SATURDAY MORNING BREAKFAST

Saturday, January 11 - 9:00am -

Multipurpose Rooms A & B

RSVP by Jan. 3

Adults 55 and older & their guests of any age are invited to a great breakfast. You may bring any number of guests, but anyone under 55 must be accompanied by someone 55 or older.

TAX EXEMPTION SEMINAR

Monday, January 13 - 10:45am -

Multipurpose Room A

Speaker: Brian Myers, Davie County Tax Administrator

RSVP by Jan. 6

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

MONTHLY MOVIE - "THE LONE RANGER"

Monday, January 13 - 1:00pm -

Multipurpose Rooms A & B -

Note change of date due to holiday

RSVP by Jan. 6

MPLC license No: 12377840

In the 1930s, an elderly Tonto tells a young boy the tale of John Reid, the Lone Ranger. An idealistic lawyer, he rides with his brother and fellow Texas Rangers in pursuit of the notorious Butch Cavendish. Ambushed by the outlaw and left for dead, John Reid is rescued by the renegade Comanche, Tonto, at the insistence of a mysterious white horse and offers to help him to bring Cavendish to justice. Starring Johnny Depp and Armie Hammer, this movie is rated PG-13 for sequences of intense action and violence and some suggestive material. Runtime is approximately 2 hours and 29 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.*



SCRAPBOOKING

Tuesday, January 14 - 2:00pm -

Classroom A

RSVP by Jan. 7

See all the details on pg. 11.

ALZHEIMER'S SUPPORT GROUP

Tuesday, January 14 - 6:30pm -

Classroom A

Please RSVP by Jan. 7

See all the details on pg. 20.

MEN'S OUTING

Friday, January 17 - 11:30am - 2:30pm

RSVP by Jan. 10

Attention all men - this one is for you! We will have a men's only event, starting with lunch at 101 and then moving on to Court Square Billiards for some fun games of pool. Participants will meet at 101 and pay for their own lunch and refreshments at the pool room. All participants must RSVP so that we can reserve enough space in the restaurant. Open to men only 55 and older.

SENIOR FINANCIAL CARE

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

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 19.

MOVIE DAY WITH THE GRANDKIDS (OR NOT!) - "THE CROODS" - Rescheduled from August

Tuesday, January 21 - 1:00pm - Multipurpose Rooms A & B

RSVP by Jan. 14

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



JAN/FEB 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. This is an out of school day so 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.*

SENIOR BOOK CLUB

Tuesday, Jan. 21 - 2:30 - 4:00pm - Classroom A
RSVP by Jan. 14
See at the details on pg. 16.

SHARING & CARING

Thursday, January 23 - 1:00 - 3:00pm - Classroom B
See all the details on pg. 11.



VETERAN'S SOCIAL

Friday, January 24 - 10:30am - Multipurpose Room B
Speaker: Barbara Earnhardt, Master Trainer with Paws 4 Soldiers

RSVP deadline: Jan. 17
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.*

DESTINATION FITNESS TESTING

Monday, January 27 - 10:45 - 11:45am - Exercise Room - By appointment only - NOTE CHANGE OF DATE
See all the details on pg. 17.

THEATRE CLUB

Tuesday, January 28 - 1:00pm - Classroom B
See all the details on pg. 17.

VOLUNTEER "SOUPERBOWL" PARTY

Thursday, January 30 - 1:00 - 7:00pm - Multipurpose Rooms A & B
RSVP by Jan. 23



We love our volunteers and we need more!! If you have ever thought about volunteering for Senior Services, we invite you to learn more about the volunteer opportunities available. The event will feature tasty soup & dessert and is open to prospective volunteers of all ages, including student volunteers and church groups. Current volunteers are also welcome, but we ask that, if possible, you bring a prospective volunteer with you. This will be a floating event, so come whenever it is convenient for you. Presentations will be made regularly about the volunteer opportunities that are open. Contact information will be collected from all in attendance. In keeping with the spirit of the theme, canned soup and/or other canned items will be collected and given to A Storehouse for Jesus.

TAX AIDE

TIME: Fridays and Saturdays, February 1 - February 28 - 9:00am - 1:00pm, 1st come, 1st served

Additional dates by appointment only:

- **Friday, March 7 - 9:00am - 1:00pm**
- **Saturday, March 8 - 9:00am - 1:00pm**
- **Friday, March 14 - 9:00am - 1:00pm**
- **Saturday, March 15 - 9:00am - 1:00pm**
- **Friday, March 21 - 9:00am - 1:00pm**
- **Saturday, March 22 - 9:00am - 1:00pm**
- **Friday, March 28 - 9:00am - 1:00pm**
- **Saturday, March 29 - 9:00am - 1:00pm**
- **Friday, April 4 - 9:00am - 1:00pm**
- **Saturday, April 5 - 9:00am - 1:00pm**
- **Friday, April 11 - 9:00am - 1:00pm**

Location: Media Room

Cost: Free

Tax returns are prepared and e-filed at no cost

FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

to taxpayers by trained and certified volunteer AARP tax counselors. It is your responsibility to have all the appropriate documents and information for counselors to complete an accurate return in a timely manner. Please do the following prior to arriving at the Senior Center:

- Bring the 2012 tax return along with the supporting documents.
- Open and place all 2013 documents together in a large envelope to be presented to the counselor who is preparing your return.
- Make sure you have all income documents from employment, pension, social security, interest, dividends, etc.
- Provide a broker's statement if stock was sold. If the stock purchase price is not on the broker statement, you must have written proof of the purchase price or the cost basis will be zero.
- Total all out-of-pocket cost (if itemizing) by categories for health and dental insurance, doctors' visits, drugs, etc.
- List all charitable donations and provide evidence (letters or receipts from organizations) of the dollar amounts.

New volunteers for this important service are urged to go to the aarp.org website and complete the volunteer form.

ASK THE DOCTOR

Monday, Feb. 3 - 10:45 - 11:15am - MP Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

SENIOR FINANCIAL CARE

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

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 19.

BLOOD PRESSURE SCREENINGS

Tuesday, February 4 -10:45am - MP Room A

See all the details on pg. 16.



DINNER & A MOVIE - "WHITE HOUSE DOWN"

Thursday, February 6 - 5:30pm

RSVP by Jan. 30

MPLC license No: 12377840

Enjoy dinner then stay for "White House Down". Capitol Policeman, John Cale, has just been denied his dream job of protecting President James Sawyer with the Secret Service. Not wanting to let down his little girl with the news, he takes her on a tour of the White House, when the complex is overtaken by a heavily armed paramilitary group. Now, with the nation's government falling into chaos and time running out, it's up to Cale to save the president, his daughter, and the country. Starring Channing Tatum and Jamie Foxx this movie is rated PG-13 for prolonged sequences of action and violence including intense gunfire and explosions, some language and a brief sexual image. Runtime is approximately 2 hours and 11 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.*

SENIOR TARHEEL PRIORITIES

Tuesday, February 11 - 10:45am -

Multipurpose Room B

Speaker: Ron Hoth, Senior

Tarheel Delegate for Davie County

RSVP by: Feb. 4

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

FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

SCRAPBOOKING

Tuesday, February 11 - 2:00pm -

Classroom B

RSVP by Feb. 4

See all the details on pg. 11.

ALZHEIMER'S SUPPORT GROUP

Tuesday, February 11 - 6:30pm -

Classroom B

Please RSVP by Feb. 4

See all the details on pg. 20.

SHARING & CARING

Thursday, February 13 - 1:00 - 3:00pm -

Classroom B

See all the details on pg. 11.

VALENTINE'S DAY PARTY

Friday, February 14 - 2:00pm -

MP Rooms A & B

Cost: Free

RSVP by Feb. 7 (or until spaces fill)

Our annual Valentine's Day party will have great food, fun and entertainment. Open to adults 55 & older and exceptions under the general participation policy.



DESTINATION FITNESS TESTING

Monday, February 17 - 10:45 - 11:45am -

Exercise Room - By appointment only

See all the details on pg. 17.



MONTHLY MOVIE - "RUMOR HAS IT"

Monday, February 17 - 1:00pm -

Multipurpose Rooms A & B

RSVP by Feb. 10

MPLC license No: 12377840

Sarah Huttinger has recently gotten engaged to her long-time boyfriend. But as she returns home to the family and life that she has never quite fit in with, she learns that her dad may not be her dad. In fact her family may have just been the inspiration for the book and film "The Graduate" -- and she just might be the offspring of the well-documented encounter. Starring Jennifer Aniston, Kevin Costner, Shirley Maclaine and Mark Ruffalo, this movie

is rated PG-13 for mature thematic material, sexual content, crude humor and a drug reference, language and brief drug use. Runtime is 1 hour, 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.*

SENIOR FINANCIAL CARE

Tuesday, February 18 - 8:30am - 2:00pm - by

appt. - Classroom A

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 19.

LEGAL EXECUTOR SEMINAR

Tuesday, February 18 - 10:45am -

Multipurpose Room A

Speaker: Brian Williams, Attorney

RSVP by Feb. 11

What is a Legal Executor? What are their roles? Mr. Williams will answer all your questions about executors at this informative seminar. Open to adults of any age - no children, please.

SENIOR BOOK CLUB

Tuesday, February 18 - 2:30 - 4:00pm -

Classroom A

RSVP by Feb. 11

See all the details on pg. 16.

ALZHEIMER'S DISEASE SEMINAR

Thursday, February 20 - 1:00pm - MP Room B

Speaker: Scott Herrick, Alzheimer's Association

RSVP by Feb. 13

Mr. Herrick has experience with Alzheimer's on a professional level through his work with the Alzheimer's Association, as well as on a personal level as a former caregiver. Learn from his vast wealth of knowledge at this seminar. Open to adults of any age - no children, please.

Qualifies for Destination Fitness drawing.

FEB/MARCH SPECIAL EVENTS - MOCKSVILLE SITE

BINGO

Tuesday, February 25 - 1:00pm

- Multipurpose Room B

Sponsored by: Davie Place

RSVP by Feb. 18

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.*



THEATRE CLUB

Tuesday, February 25 - 1:00pm -

Classroom B

See all the details on pg. 17.

BLACK HISTORY MONTH CELEBRATION

Wednesday, February 26 - 10:30am -

Multipurpose Rooms A & B

RSVP by Feb. 19 for lunch

February is Black History Month & Senior Services is pleased to join once again with Graham Funeral Home to celebrate. This event is always filled with great music and an inspiring speaker. Lunch will be served at 11:30 am for those who wish to stay. You must reserve your meal by Feb. 19. Open to general public of all ages.

SHARING & CARING

Thursday, February 27 - 1:00 - 3:00pm -

Classroom B

See all the details on pg. 11.

SINGLE'S DINNER

Thursday, February 27 - 5:30pm

Cost: \$5.00 for transportation

Dinner on Your Own

RSVP by Feb. 20

Space is limited to the first 24 - MONEY IS DUE AT TIME OF SIGN UP & IS NON-REFUNDABLE

This is a special event for all single adults 55 and older - whether never married, divorced, or widowed. We will meet at Senior Services at 5:30 and go to Chang Thai 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.

ASK THE DOCTOR

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

Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

SENIOR FINANCIAL CARE

Tuesday, March 4 - 8:30am - 4:30pm - by appt. -

Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 19.

BLOOD PRESSURE

SCREENINGS

Tuesday, March 4 - 10:45am -

Multipurpose Room A

See all the details on pg. 16.



SENIOR LUNCH

Friday, March 7 - 11:30am -

Multipurpose Room B

RSVP by Feb. 28

We will get an early jump on St. Patrick's Day as we are entertained by the talented dancers from Rince na h'Eireann School of Irish Dance. A delicious lunch will follow. Open to adults 55 and older and exceptions under the general participation policy. **Space limited to the first 90 who RSVP.**



MARCH SPECIAL EVENTS - MOCKSVILLE SITE



Welcome!

WELCOME TO MEDICARE

Tuesday, March 11 - 10:00am - 12:00pm -

Multipurpose Room B

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

Cost: Free

RSVP by March 4

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

SCRAPBOOKING

Tuesday, March 11 - 2:00pm -

Classroom B

RSVP by March 4

See all the details on pg. 11.

ALZHEIMER'S SUPPORT GROUP

Tuesday, March 11 - 6:30pm -

Classroom B

Please RSVP by March 4

See all the details on pg. 20.

GRANDPARENTS RAISING

GRANDCHILDREN - SOCIAL &

RECREATIONAL OPPORTUNITIES FOR

YOUR GRANDCHILD

Wednesday, March 12 - 1:00pm -

Multipurpose Room B

RSVP by March 5

If you are raising your grandchild or just do a lot of babysitting, you may not be aware of the wealth of opportunities (many of which are free) right here in the county. A panel of representatives from various organizations will be present to discuss the various opportunities and give you a chance to ask questions. Open to any interested adult.

SHARING & CARING

Thursday, March 13 - 1:00 - 3:00 -

Classroom B

See all the details on pg. 11.

DESTINATION FITNESS BREAKFAST

Friday, March 14 - 9:00am -

Multipurpose Room B

Sponsor: Davie County Senior Services

Register no later than March 7

Logs due March 3 to Elizabeth

Norman, Program Coordinator

For our next destination we will "walk" 130 miles to Cape Hatteras, NC. Everyone who participates in the Destination Fitness testing or is interested in participating in the program is invited. For more details on this program, see pg. 17.

DESTINATION FITNESS TESTING -

Monday, March 17 - 10:45 - 11:45am -

Exercise Room - By appointment only

See all the details on pg. 17.



ST. PATRICK'S DAY PARTY

Monday, March 17 - 2:00pm -

Multipurpose Rooms A & B

RSVP by March 10

Wear your green for a celebration of St. Patrick's Day. We will have great refreshments and hear from Travis Hicks of UNCG. He will present his entertaining discussion and demonstration of "The Irish Bagpipes: Yes These ARE Real Bagpipes". Open to adults 55 & older and exceptions under the general participation policy.

SENIOR FINANCIAL CARE

Tuesday, March 18 - 8:30am - 2:00pm - by

appt. - Classroom A

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 19.

SENIOR BOOK CLUB

Tuesday, March 18 - 2:30 - 4:00pm -

Classroom A

RSVP by March 11

See at the details on pg. 16.

MARCH SPECIAL EVENTS - MOCKSVILLE SITE

ALL ABOUT KNEES

Friday, March 21 - 1:00pm - MP Room B

Speaker: Dr. Jason Lang, Wake Forest University

RSVP by March 14

Dr. Lang will share important information about what happens to our knees as we age and how we can better take care of them. Open to adults of all ages - no children, please.

Qualifies for Destination Fitness drawing.

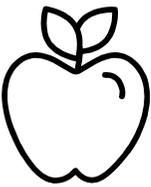
CROP 'TIL YOU DROP

Saturday, March 22 - 9:00am - 2:00pm

Cost: Free

RSVP by March 15

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



MONTHLY MOVIE - "JOBS"

Monday, March 24 - 1:00pm -

Multipurpose Rooms A & B -

NOTE CHANGE OF DATE

RSVP by March 17

MPLC license No: 12377840

This is the story of Steve Jobs' ascension from college dropout into one of the most revered creative entrepreneurs of the 20th century. Rated PG-13 for some drug content and brief strong language, this movie stars Ashton Kutcher and Dermot Mulroney. Runtime is approximately 2 hours and 8 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.*

PACE PROGRAM

Tuesday, March 25 - 10:45am -

Multipurpose Room A

Speaker: Fallon Holt, Marketing/

Enrollment Coordinator

RSVP by: March 18

Carolina SeniorCare is a PACE program (Program of all Inclusive Care for the Elderly). This is a fairly new program to keep people in their home, out of the hospital, out of the nursing home, and in their community for as long as possible. Learn more about this program. Open to adults of all ages - no children, please.

THEATRE CLUB

Tuesday, March 25 - 1:00pm - Classroom B

See all the details on pg. 17.

SPRING BUTTON TREE CRAFT

Thursday, March 27 - 1:00pm - MP Room B

Instructor: Elizabeth Norman,

Program Coordinator

Cost: \$20.00 - all supplies furnished

RSVP by March 20 (Limited to the first 17)

We will paint a beautiful tree accented with colorful buttons. An example will be on display at Senior Services. We will be working with acrylic paints, which can be difficult to remove from clothing, so you may wish to wear something you don't mind getting paint on. Open to adults 55 & older & exceptions under the general participation policy.

SHARING & CARING

Thursday, March 27 - 1:00 - 3:00 -

Classroom B

See all the details on pg. 11.

ROCK-A-THON

Friday, March 28 - 5:00pm - 9:00pm -

Senior Services

Cost: Free

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



Special Thanks!

In September, 2013, Davie County Senior Services celebrated Senior Center Month with a month-long fundraising effort. We appreciate all the community support of the effort, which was very successful. Thanks also to the many volunteers who made the events possible.

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

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

Presenting Sponsor:

Wake Forest Baptist Health

Silver Sponsor:

Wal-Mart of Mocksville

Bronze Sponsors:

Barnette Heating & Air

Christy Trucking Company, Inc.

Fuller Welding & Fabricators

Rivers Family & Cosmetic Dentistry

Ruth Hoyle

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

JADE'S CAFÉ

KETCHIE CREEK BAKERY

LA CARETTA MEXICAN RESTAURANT

MARCO'S PIZZA

MAW MAW'S KITCHEN

NEW JIN-JIN BUFFET

SANDY'S SMOOTHIE SHACK

SHEETZ

SUBWAY

THE FEED BAG RESTAURANT

SPECIAL SHIP INFORMATION

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

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

You may qualify for EXTRA HELP for Medicare if:

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

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

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

You may also apply online at www.socialsecurity.gov or by phone at 1-800-772-1213.

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

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 - (Jan. 20, Feb. 17, March 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 - (Jan. 14, Feb. 11, March 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. 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.

SHARING & CARING GROUP

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

Do you have a passion for crafting? Bring your handwork / portable project and join this fun group for a time to share, fellowship and craft together making projects to give to those in need.



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:

- January 27, 28 & 30 (Mon., Tues., Thurs.) - 3:00pm - 5:00pm - 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:

- February 10, 11, 12 & 13 (Mon., Tues., Wed., Thurs.) - 2:00 - 5:00pm - 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 3 days and 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 Session:

- February 24, 25 & 27 (Mon., Tues., Thurs.) - 5:00 - 7:00pm - Media Room

PRINTING INVITATIONS

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

Upcoming Session:

- March 6 (Thurs.) - 5:00 - 7:00pm - 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 3 days & is intended for students who have taken Beginning Comp. or have acquired those skills.*

Upcoming Session:

- March 20, 24 & 25 (Thurs., Mon., Tues.) - 3:00 - 5:00pm - 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. *This class is 4 days.*

Upcoming Session:

- March 24, 25, 27 & 31 (Mon., Tues., Thurs., Mon.) - 5:00 - 7:00pm - Media Room



DON'T FORGET TO BRING YOUR MOBILE DEVICES AND ENJOY FREE WI-FI WHILE AT SENIOR SERVICES. SEE FRONT DESK FOR PASSWORD.

ONGOING ACTIVITIES - MOCKSVILLE SITE



Dance

LINE DANCING

Every Monday - 9:45 - 10:45am -

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

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

Exercise



SILVERHEALTH

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

Instructor: Elizabeth Norman, Program & Outreach Coordinator

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

MORNING WAKE UP PROGRAM

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

Instructor: Elizabeth Norman, Program & Outreach Coordinator

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

YOGA FOR SENIORS

Mondays & Wednesdays - January 6 - March 31 - 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 Dec. 18 at 8:00am. You may only sign up for 1 yoga session per quarter.**

ONGOING ACTIVITIES - MOCKSVILLE SITE



TAI CHI

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

**Session Dates: January 7 - March 11
Instructor: Mike DePeuw, Beach 'n'**

Tans

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

**RSVP deadline December 30 (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.

EVENING YOGA FOR SENIORS

**Tuesdays & Thursdays - January 14 - March
27 - 6:30 - 7:30pm - 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 Dec. 18 at 8:00am. You may only sign up for 1 yoga session per quarter.**

YOGA FOR SENIORS

**Wednesdays & Fridays - January 15 - March
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 Dec. 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.

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 DAYS!!

**Tuesdays & Thursdays - 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.

SilverStrikers



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.

ONGOING ACTIVITIES - MOCKSVILLE SITE

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

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.

ONGOING ACTIVITIES - MOCKSVILLE SITE



Health & Wellness

DESTINATION FITNESS TESTING

3rd Monday of each month - 10:45 - 11:45am
- Exercise Room - By appointment only -
(Jan. 27 - note change due to Holiday), Feb.
17, March 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 (Jan. 6, Feb. 3, March 3)

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

BLOOD PRESSURE SCREENINGS

1st Tuesday of each month - 10:45am -
MP Room A - (Jan. 7, Feb. 4, March 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.



Literary Arts

SENIOR BOOK CLUB

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

Jan. 21 - "Greater Journey; Americans in
Paris" by David McCullough

Feb. 18 - "Their Eyes Were Watching God" by
Zora Hurston

March 18- "The Language of Flowers"
by Vanessa Diffenbaugh

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 hardcover, recent publications (within the past 5 years). 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.

ONGOING ACTIVITIES - MOCKSVILLE SITE

Special Interest

PIEDMONT POWER ASSOCIATION

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

Multipurpose Room B

(Jan. 6, Feb. 3, March 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 (Jan. 28, March 25)

Staff Contact: Kim Shuskey, Director

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

Stage, Screen & Music

DAVIE COUNTY SINGING SENIORS

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

Chorus Director: Marie Roth

Annual Dues: \$10.00

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

THEATRE CLUB

4th Tues. each month - 1pm - Classroom B (Jan. 28, Feb. 25, March 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.



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 10:45 - 11:45am.**



Financial Support

LEGACY GIFT PROGRAM

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

- **Outright Gifts** - donations of cash, property or stocks/securities
- **Bequests** - name Senior Services in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate
- **Insurance Policy Beneficiary** - Name Senior Services as beneficiary of death benefit
- **Retirement Plan / IRA** - Name Senior Services as beneficiary of death benefit

OTHER ONGOING PROGRAMS & SERVICES

- **Endowment Fund** - Make any of the above gifts through the Davie Community Foundation to provide permanent financial support for programs & services

Please contact us for more information about donating to Senior Services.

Donations are tax deductible.

Services



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

BUDDY PROGRAM

**Staff Contact: Mitzi Hunter, Morning
Receptionist**

Cost: Free

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

CAREGIVING CLASSES & RESOURCE CENTER

Cost: Free

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

CAREGIVER SUPPORT PROGRAM

Cost: Free, donations appreciated

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

DRAGON SPEECH RECOGNITION SOFTWARE

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.

OTHER ONGOING PROGRAMS & SERVICES

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.

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.



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.

OTHER ONGOING PROGRAMS & SERVICES

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 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 - (Jan. 14, Feb. 11, March 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.



OTHER ONGOING PROGRAMS & SERVICES



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.

JANUARY 7 - IKEA & CONCORD MILLS - CHARLOTTE, NC

Tuesday, January 7 - Departure time 9:00am, Return approximately 3:30pm
Cost: \$5.00 for transportation
Money for lunch
Money for shopping if desired

We will head south to the Ikea Store and Concord Mills. You might have some Christmas gift money left that you can spend in either location. There will be many chances for you to "look" or to spend, whatever your desire. We will have a late lunch at Concord Mills. Sign up starts Nov. 15.

FEBRUARY 4 - B & G PIES, WINSTON SALEM, NC

Tuesday, Feb. 4 - Departure time 9:00am, Return approximately 2:00pm
Cost: \$5.00 for transportation
Money for lunch

We will tour the factory that makes the classic B & G Pies, stopping for lunch along the way. Sign up starts Dec. 15.

MARCH 4 - BARN DINNER THEATRE, GREENSBORO

Tuesday, March 4 - Departure time 11:30am, Return approximately 6:00pm
Cost: \$42.00 for transportation, show & lunch

We will travel back to the Barn Dinner Theatre to see "Church Basement Ladies: A Second Helping". In this show the year is 1969 and the world is changing. The ladies serve high school students at a banquet, perform at a church sponsored missionary night, and experience the rise and fall of a Viking's Super Bowl Sunday. **THIS TRIP IS LIMITED TO THE FIRST 21 WHO SIGN UP DUE TO AVAILABLE TICKETS. ALL MONEY DUE AT SIGN UP & IS NON-REFUNDABLE UNLESS THERE IS SOMONE ON WAITING LIST WHO CAN TAKE YOUR PLACE.**

Sign up starts Jan. 15.

APRIL 1 - REPLACEMENTS, LTD., GREENSBORO, NC

Tuesday, April 1 - Departure time 9:30am, Return approximately 2:30pm
Cost: \$5.00 for transportation
Money for lunch

This is the place to go if you are trying to match a china pattern to replace a broken dish or glassware. Even if you are not shopping for something in particular, it is a fascinating tour. We will have a guided tour showing us what goes on behind the public showroom & stop for lunch along the way. Sign up starts Feb. 14.



OTHER ONGOING PROGRAMS & SERVICES



Trips - Extended



Volunteer Opportunities

LANCASTER, PA

Wednesday - Friday, May 7 - 9

Prices - Per Person:

\$492.00 - single **\$398.00 - double**
\$370.00 - triple **\$356.00 - quad**

Trip Leader - Barbara Thornton

We will head to beautiful Lancaster, PA for a great Spring trip. Price includes the following:

Wednesday, May 7:

- 7:30 AM – Depart Davie Senior Services
 - Dinner at Revere Tavern

Thursday, May 8:

- Breakfast at hotel
- Guided tour of Amish area
- Lunch at Kitchen Kettle Village with \$10 gift card to Kettle Café
- “Moses” show at the Sight & Sound Theater
- “Dinner With an Amish Teacher” - Visit with an Amish teacher who will share about Amish schools and Amish life, followed by dinner with him at Plain ‘N Fancy
- “Jacob’s Choice” show about teenager Jacob’s dilemma in having to choose between joining the Amish church or leaving family and community to become part of the modern world.

Friday, May 9:

- Breakfast at Hotel
- Tour Lititz Moravian Church
- Visit Wilbur Chocolate Candy Store & Museum

Price also includes hotel accommodations at Western Revere Inn and travel on motor coach.

Reservations can be made with your \$50.00 deposit. Deadline for registration is March 21. 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.

All Senior Services volunteers receive training and orientation before beginning any assignment. Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian.

BUDDY PROGRAM

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

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

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

Contact: Tracy Veach, Administrative Asst.

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

HOMEBOUND MEAL DRIVERS

Contact: Ina Beavers, Nutrition Prog. Coord.

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.

OTHER ONGOING PROGRAMS & SERVICES

LUNCH VOLUNTEERS

Contact: Ina Beavers, Nutrition Program Coordinator

Volunteers are needed to help serve lunch, wash dishes and clean up afterwards.

OFFICE HELP

Contact: Tracy Veach, Administrative 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)

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

Contact: Elizabeth Norman, Program Coord.

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

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: 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

(January 15, February 19, March 19)

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

CRAFT DAY

Last Wednesday of each Month - 10:30am

(January 29, February 26, March 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)

See details on pg. 19.

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

FRUITCAKE TOSS

Friday, January 3 - 10:30am

RSVP by Dec. 27

Today is National Fruitcake Toss Day. It is the tradition of getting rid of that unwanted fruitcake that you got for Christmas. We will turn it into a fun game and we will provide the fruitcake (of course if you have unwanted fruitcake lying around you are welcome to bring it to "toss"). Open to adults 55 & older and exceptions under the general participation policy.



BATH SAFETY

Wednesday, January 8 - 10:30am

RSVP by Dec. 31

In honor of Bubble Bath Day we will discuss safety tips in the bathroom - the site of the most accidents in the home. Open to adults of all ages - no children please.

Qualifies for Destination Fitness drawing.

ANDY GRIFFITH SHOW

Monday, January 13 - 10:30am

RSVP by Jan. 6

We will watch 2 episodes of this classic television show that is loved by many. Open to adults 55 & older and exceptions under the general participation policy.

MARTIN LUTHER KING, JR. INFORMATION

Wednesday, January 22 - 10:30am

RSVP by Jan. 15

Learn more about the man who had a dream of racial equality. Open to adults 55 & older and exceptions under the general participation policy.

CORN CHIP DAY

Friday, January 31 - 10:30am

RSVP by: Jan. 24

Did you know corn chips have their very own day? Celebrate the corn chip with us and sample some varieties. Open to adults 55 & older and exceptions under the general participation policy.

LOVE YOUR HEART

Wednesday, February 5 - 10:30am

RSVP by Jan. 29

February is Heart Health Month. Learn tips to keep your heart health at this seminar. Open to adults of all ages - no children, please.

Qualifies for Destination Fitness drawing.

VALENTINE'S DAY CELEBRATION

Friday, February 14 - 10:30am

RSVP by Feb. 7

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

PRESIDENT'S DAY TRIVIA

Monday, February 17 - 10:30am

RSVP by: Feb. 10

You are sure to learn some facts that you didn't know about our nation's leaders at this event. Open to adults 55 & older and exceptions under the general participation policy.



PANTRY BINGO

Friday, February 28 - 10:30am

Sponsor: Mocksville Civitans

RSVP by Feb. 21

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

CLASSES & ACTIVITIES - FARMINGTON SITE

IN LIKE A LION, OUT LIKE A LAMB - SPRING WEATHER FACTS

Wednesday, March 5 - 10:30am

RSVP by Feb. 26

March is known for its crazy weather. Learn more about weather patterns, spring weather trends, etc. at this informative seminar. Open to adults 55 & older and exceptions under the general participation policy.



POPCORN DAY

Friday, March 14 - 10:30am

RSVP by March 7

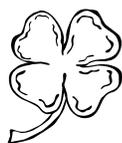
Everyone loves popcorn. We will celebrate popcorn with fun facts and, of course, have some on hand to sample. Open to adults 55 & older and exceptions under the general participation policy.

ST. PATRICK'S DAY CELEBRATION

Monday, March 17 - 10:30am

RSVP by March 10

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



ADVANTAGES OF WALKING

Friday, March 28

RSVP by March 21

You know that walking is good exercise, but there are actually many benefits that you receive from your daily strolls. Learn more at this seminar. Open to adults of all ages - no children, please.

Qualifies for Destination Fitness drawing.

CALENDAR OF EVENTS - FARMINGTON SITE

JANUARY

- Jan. 1 - CLOSED FOR NEW YEAR'S DAY
- Jan. 3 - Fruitcake Toss - 10:30am
- Jan. 8 - Bath Safety - 10:30am
- Jan. 13 - Andy Griffith Show - 10:30am
- Jan. 14 - Senior Financial Care - 10am - 1pm
- Jan. 15 - Blood Pressure Screens - 10:30am
- Jan. 20 - CLOSED FOR MARTIN LUTHER KING DAY
- Jan. 22 - Martin Luther King Jr. Information - 10:30am
- Jan. 28 - Financial Care - 10am - 1pm
- Jan. 29 - Craft Day - 10:30am
- Jan. 31 - Corn Chip Day - 10:30am

FEBRUARY

- Feb. 5 - Love Your Heart - 10:30am
- Feb. 11 - Senior Financial Care - 10am - 1pm
- Feb. 14 - Valentine's Celebration - 10:30am
- Feb. 17 - President's Day Trivia - 10:30am
- Feb. 19 - Blood Pressure Screens - 10:30am
- Feb. 25 - Senior Financial Care - 10am - 1pm
- Feb. 26 - Craft Day - 10:30am
- Feb. 28 - Pantry Bingo - 10:30am

MARCH

- March 5 - In Like a Lion Seminar - 10:30am
- March 11 - Senior Financial Care - 10am - 1pm
- March 14 - Popcorn Day - 10:30am
- March 17 - St. Patrick's Day Celebration - 10:30am
- March 19 - Blood Pressure Screens - 10:30am
- March 25 - Senior Financial Care - 10am - 1pm
- March 26 - Craft Day - 10:30am
- March 28 - Advantages of Walking - 10:30am

Calendar of Events - Mocksville Site



JANUARY

- Jan. 1 - CLOSED FOR NEW YEAR'S DAY
- Jan. 2 - Learn About New Technology Toys - 2:00pm
- Jan. 3 - Senior Birthday Party - 2:00pm
- Jan. 6 - Ask the Doctor - 10:45am
- Jan. 6 - Bowling Lunch - 12:30pm
- Jan. 6 - New Yoga session starts - 1:00pm - Must pre-register
- Jan. 6 - New Yoga session starts - 2:00pm - Must pre-register
- Jan. 6 - New Yoga session starts - 3:00pm - Must pre-register
- Jan. 6 - Piedmont Power Assoc. - 7:00pm
- Jan. 7 - Senior Financial Care - 8:30am - 4:30pm
- Jan. 7 - Day Trip - Ikea & Concord Mills - Depart at 9:00am
- Jan. 7 - Tai Chi starts - 10:00am
- Jan. 7 - Blood Pressure Screenings - 10:45am
- Jan. 9 - Eye Care Seminar - 1:00pm
- Jan. 9 - Sharing & Caring - 1:00pm
- Jan. 11 - Saturday Morning Breakfast - 9:00am
- Jan. 13 - Tax Exemption Seminar - 10:45
- Jan. 13 - Monthly Movie - "The Lone Ranger" - 1:00pm
- Jan. 14 - Scrapbooking - 2:00pm
- Jan. 14 - Alzheimer's Support Group - 6:30pm
- Jan. 14 - New Yoga session starts - 6:30pm - Must pre-register
- Jan. 15 - New Yoga session starts - 10:00am - Must pre-register
- Jan. 17 - Men's Outing - 11:30am
- Jan. 20 - CLOSED FOR MARTIN LUTHER KING, JR. DAY
- Jan. 20 - Quilt Guild - 6:30pm

- Jan. 21 - Senior Financial Care - 8:30am - 2:00pm
- Jan. 21 - Movie Day with Grandkids (Or Not) - "The Croods" - 1:00pm
- Jan. 21 - Senior Book Club - 2:30pm
- Jan. 23 - Sharing & Caring - 1:00pm
- Jan. 24 - Veteran's Social - 10:30am
- Jan. 27 - Destination Fitness Testing - 10:45am - 11:45am
- Jan. 27 - Computer Basics class starts - 3:00pm - Must pre-register
- Jan. 28 - Theatre Club - 1:00pm
- Jan. 28 - Advisory Council - 3:00pm
- Jan. 30 - Volunteer "Souperbowl" Party - 1:00 - 7:00pm (floating)

FEBRUARY



- Feb. 1 - Tax Aide starts
- Feb. 3 - Ask the Doctor - 10:45am
- Feb. 3 - Piedmont Power Assoc. - 7:00pm
- Feb. 4 - Senior Financial Care - 8:30am - 4:30pm
- Feb. 4 - Day Trip - B & G Pies - Depart at 9:00am
- Feb. 4 - Blood Pressure Screenings - 10:45am
- Feb. 6 - Dinner & a Movie - "White House Down" - 5:30pm
- Feb. 10 - Beginning Computers class starts - 2:00pm - Must pre-register
- Feb. 11 - Singing Telegrams - By reservation
- Feb. 11 - Senior Tarheel Priorities - 10:45am
- Feb. 11 - Scrapbooking - 2:00pm
- Feb. 11 - Alzheimer's Support Group - 6:30pm
- Feb. 12 - Singing Telegrams - By reservation
- Feb. 13 - Singing Telegrams - By reservation
- Feb. 13 - Sharing & Caring - 1:00pm
- Feb. 14 - Valentine's Day Party - 2:00pm
- Feb. 17 - Destination Fitness Testing - 10:45 - 11:45am

Calendar of Events - Mocksville Site

- Feb. 17 - Monthly Movie - "Rumor Has It" - 1:00pm
- Feb. 17 - Quilt Guild - 6:30pm
- Feb. 18 - Senior Financial Care - 8:30am - 2:00pm
- Feb. 18 - Legal Executor Seminar - 10:45am
- Feb. 18 - Senior Book Club - 2:30pm
- Feb. 20 - Alzheimer's Disease Seminar - 1:00pm
- Feb. 24 - Word Level 1 class starts - 5:00pm - Must pre-register
- Feb. 25 - Bingo - 1:00pm
- Feb. 25 - Theatre Club - 1:00pm
- Feb. 26 - Black History Month Celebration - 10:30am
- Feb. 27 - Sharing & Caring - 1:00pm
- Feb. 27 - Single's Dinner - 5:30pm

MARCH

- March 3 - Ask the Doctor - 10:45am
- March 3 - Piedmont Power Assoc. - 7:00pm
- March 4 - Senior Financial Care - 8:30am - 4:30pm
- March 4 - Blood Pressure Screening - 10:45am
- March 4 - Day Trip - Barn Dinner Theatre - Depart at 11:30am
- March 6 - Printing Invitations class - 5:00pm - Must pre-register
- March 7 - Senior Lunch - 11:30am
- March 11 - Welcome to Medicare - 10:00am
- March 11 - Scrapbooking - 2:00pm
- March 11 - Alzheimer's Support Group - 6:30pm
- March 12 - Grandparents Raising Grandchildren Seminar - 1:00pm
- March 13 - Sharing & Caring - 1:00pm
- March 14 - Destination Fitness Breakfast - 9:00am
- March 17 - Destination Fitness Testing - 10:45 - 11:45am

- March 17 - St. Patrick's Day Party - 2:00pm
- March 17 - Quilt Guild - 6:30pm
- March 18 - Senior Financial Care - 8:30am - 2:00pm
- March 18 - Senior Book Club - 2:30pm
- March 20 - Excel Level 1 class starts - 3:00pm - Must pre-register
- March 21 - "All About Knees" - 1:00pm
- March 22 - Crop Til You Drop - 9am - 2pm
- March 24 - Monthly Movie - "Jobs" - 1:00pm
- March 24 - File Management class starts - 5:00pm - Must pre-register.
- March 25 - PACE Program Seminar - 10:45am
- March 25 - Theatre Club - 1:00pm
- March 25 - Advisory Council - 3:00pm
- March 27 - Spring Button Tree Craft - 1:00pm
- March 27 - Sharing & Caring - 1:00pm
- March 28 - Rock-a-Thon - 5:00 - 9:00pm



Senior Services will be closed the following dates:

- **Wednesday, January 1 - New Year's Day**
- **Monday, January 20 - Martin Luther King, Jr. Day**



278 Meroney Street
Mocksville, NC 27028
336-753-6230
www.daviecountync.gov

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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.