

## SILVERARTS / SENIOR GAMES



If you are 50 or older, we want you to participate in SilverArts and Senior Games. SilverArts allows artists and crafters to showcase their work and compete against others in the same categories. The competition is fun, and the main highlight is seeing all the beautiful work that those in our county produce.

Prizes are awarded.

Senior Games allows athletes and non-athletes to compete in various sporting events against others in their own age and sex category. Medals are awarded. This year, the minimum age to participate has been lowered to 50. For one low registration fee, you can enter as many Senior Games and SilverArts events as you want. Your registration also includes an opening lunch, closing dinner & a t-shirt. Join in on the fun & register today.

See all the details on page 10.



### NEWSLETTER TABLE OF CONTENTS

|   |   |
|---|---|
| <b>SPECIAL EVENTS MOCKSVILLE SITE</b> .....2  | Special Interest.....17                         |
| <b>SENIOR GAMES / SILVERARTS INFO</b> .....10 | Stage, Screen & Music.....17                    |
| <b>ONGOING - MOCKSVILLE SITE</b> .....10      | <b>DESTINATION FITNESS</b> .....18              |
| Arts & Crafts.....10                          | <b>FINANCIAL SUPPORT</b> .....18                |
| Computer Classes.....11                       | <b>SERVICES</b> .....18                         |
| Dance.....13                                  | <b>SUPPORT GROUPS</b> .....21                   |
| Drop In Activities.....13                     | <b>TRIPS</b> .....21                            |
| Exercise.....14                               | <b>VOLUNTEER OPPORTUNITIES</b> .....22          |
| Games.....16                                  | <b>ONGOING - FARMINGTON SITE</b> .....23        |
| Health & Wellness.....16                      | <b>SPECIAL EVENTS - FARMINGTON SITE</b> .....24 |
| Literary Arts.....17                          | <b>EVENT CALENDAR/FARMINGTON</b> .....25        |
| Lunch.....17                                  | <b>EVENT CALENDAR/MOCKSVILLE</b> .....26        |

## APRIL SPECIAL EVENTS - MOCKSVILLE SITE

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

### TAX AIDE

#### 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 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 Senior Services:

- 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.

### SENIOR FINANCIAL CARE

Tuesday, April 1 - 8:30am - 4:30pm - by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 20.

### BLOOD PRESSURE SCREENINGS

Tuesday, April 1 -10:45am -

Multipurpose Room A

See all the details on pg. 16.

### SENIOR GAMES OPENING CEREMONIES & PICNIC

Wednesday, April 2 - 12:30pm - MP Room B

Cost - Free (with paid Senior Games registration)

RSVP by March 26

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



### WINSTON SALEM DASH GAME

Thursday, April 3 - 5:45pm

Cost: \$5.00 for transportation, \$20.00 for ticket (includes all you can eat food at game)

RSVP Deadline - March 27 (or when spaces fill)

**Space limited to 24 people - ALL MONEY IS DUE AT TIME OF SIGN UP - TRANSPORTATION MONEY IS NON-REFUNDABLE, TICKET MONEY MAY BE REFUNDED IF THERE IS SOMEONE ON THE WAITING LIST TO TAKE YOUR PLACE**

Let's go root for the home team as the Winston Salem Dash take on the Wilmington Blue Rocks. We will meet at Senior Services at 5:45 and go to the game where we will enjoy all you can eat food

## APRIL SPECIAL EVENTS - MOCKSVILLE SITE

and recognition of the group during the game. A pickup point in the Hillsdale area will be announced at a later date if interest is shown. For those who wish to drive their own car, the \$5.00 transportation fee will be waived. You must still meet at one of the pickup locations so that all can arrive together. Open to adults 55 & older and exceptions under the general participation policy.



### NEWEST WAYS TO STOP SMOKING

Friday, April 4 - 1:00pm - MP Room B

Speaker: Representative from Wake Forest Baptist Health

RSVP by March 28

Have you tried everything to stop smoking? Do you have a loved one who cannot seem to quit? Learn about the newest products and options that may finally help kick the smoking habit for good. Open to adults of any age - no children, please.

**Qualifies for Destination Fitness drawing.**

### ASK THE DOCTOR

Monday, April 7 - 10:45 - 11:15am  
- MP Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

### SCRAPBOOKING

Tuesday, April 8 - 2:00pm - Classroom A

RSVP by April 1

See all the details on pg. 10.

### ALZHEIMER'S SUPPORT GROUP

Tuesday, April 8 - 6:30pm -  
Classroom B

Please RSVP by April 1

See all the details on pg. 21.

### VETERAN'S SOCIAL

Wednesday, April 9 - 10:30am -  
Multipurpose Room B

Speaker: Edwina Gray-Wright,  
Rural Health Integration Program Manager,  
W.G. Bill Hefner VA Medical Center

RSVP deadline: April 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.***

### SHARING & CARING

Thursday, April 10 - 1:00 - 3:00pm -  
Classroom B

See all the details on pg. 11.



### MEET THE CANDIDATES

Thursday, April 10 - 5:30pm -  
Multipurpose Rooms A & B

In May you will have the opportunity to vote for many local officials in the primary election. Candidates for NC Senate, NC House of Representatives, Davie County Sheriff, Davie County Commissioner, Davie County Clerk of Court and Davie County Board of Education have been invited to this event. There will be a time for each to speak, and a time for the audience to ask questions of them. Refreshments will be served at 5:00, and forum will begin promptly at 5:30. Become an informed voter by attending this important event. Open to all ages.

### PROTECT YOURSELF FROM FRAUD

Monday, April 14 - 10:45am - Multipurpose  
Room A

Speaker: Barbara Bennett, Investor Education  
Specialist, NC Dept. of the Secretary of State  
Securities Division

RSVP by April 7

Ms. Bennett will share with the group a number of helpful tips such as how to recognize warning signs of fraud, ways to protect yourself, types of scams prevalent today, psychological tactics used to con victims of investment schemes, and information about charitable solicitations. Don't miss this important seminar. Open to adults of all ages - no children, please.

# APRIL SPECIAL EVENTS - MOCKSVILLE SITE

## SENIOR FINANCIAL CARE

Tuesday, April 15 - 8:30am - 2:00pm - by appt. - Classroom A

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 20.

## SENIOR BOOK CLUB

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

RSVP by April 8

See at the details on pg. 17.

## EASTER PARTY

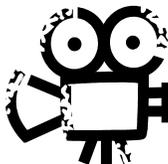
Thursday, April 17 - 2:00pm - Multipurpose Rooms A & B  
RSVP by April 10



Join us for a celebration of the Easter season. There will be food, fun, games and a visit from the Easter Bunny. Pictures will be taken for those who so choose. Open to adults 55 & older and exceptions under the general participation policy.

## DESTINATION FITNESS TESTING

Monday, April 21 - 10:45 - 11:45am - Exercise Room - By appointment only  
See all the details on pg. 18.



## MONTHLY MOVIE - "THE ULTIMATE LIFE"

Monday, April 21 - 1:00pm - Multipurpose Rooms A & B  
RSVP by April 14

MPLC license No: 12377840

A billionaire with questionable priorities re-examines his life after finding his grandfather's journals. This movie continues the story of Jason Stevens from "The Ultimate Gift", but you will enjoy the film even if you have not seen the original movie. It is rated PG for a brief battle scene and mild thematic elements and stars Logan Bartholomew, Peter Fonda, Ali Hillis and James Garner. Runtime is approximately 1 hour and 45 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.*

## THEATRE CLUB

Tuesday, April 22 - 1:00pm - Classroom B  
See all the details on pg. 17.

## SILVERARTS EXHIBITION & PERFORMANCES

Tuesday, April 22 - 3:00pm - Multipurpose Rooms A & B  
RSVP by: April 15



This is your chance to see, hear and experience some of Davie County's finest senior talents. All entries for SilverArts will be on display during the event. In addition, you will be able to watch the Performing Arts entrants as they compete in that section of SilverArts. Refreshments will be served. This event is open to the public of all ages. To enter SilverArts, call Senior Services or see pg. 10 for all the details.

## SHARING & CARING

Thursday, April 24 - 1:00 - 3:00pm - Classroom B  
See all the details on pg. 11.

## SPRING PAPER DAHLIA WREATH CRAFT

Thursday, April 24 - 1:00pm - Multipurpose Room B  
Instructor: Elizabeth Norman, Program & Outreach Coordinator  
Cost: \$5.00  
RSVP by April 17

For our Spring craft we will make a beautiful paper wreath that looks like a dahlia. All supplies will be provided to you. Open to adults 55 & older & exceptions under the general participation policy.



## SATURDAY MORNING BREAKFAST - NEW TIME!

Saturday, April 26 - 9:30am - Multipurpose Rooms A & B  
RSVP by April 5

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

## APRIL/MAY SPECIAL EVENTS - MOCKSVILLE SITE

### SINGLE'S DINNER

Tuesday, April 29 - 5:30pm

Cost: \$5.00 for transportation

Dinner on Your Own

RSVP by April 22

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

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



### KENTUCKY DERBY PARTY

Thursday, May 1 - 2:00pm -

Multipurpose Rooms A & B

RSVP by April 24

The big race is coming up this weekend so we will get into the spirit of things at this event. Ladies, wear your hats. We will have fun and refreshments as we kick off Older American's Month with this fun party. Open to adults 55 & older and exceptions under the general participation policy.

### ASK THE DOCTOR

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

Speaker: Dr. George Kimberly

See all the details on pg. 16.

### "PRESCRIPTION SAFETY"

Monday, May 5 - 1:00pm - MP  
Room B

Speaker: Novant Health  
Pharmacist

RSVP by April 28

Do you sometimes feel overwhelmed by your prescription medications? Join a Novant Health pharmacist to provide an informative talk to sort out any of your concerns. Come prepared with questions for the expert. Open to adults of all ages- no children, please.

**Qualifies for Destination Fitness drawing.**



### SENIOR FINANCIAL CARE

Tuesday, May 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, May 6 - 10:45am -

Multipurpose Room A

See all the details on pg. 16.

### SENIOR LUNCH

Wednesday, May 7 - 11:30am -

Multipurpose Room B

Speaker: John Andringa

RSVP by April 30

Mr. Andringa, better known as the "Flag Man" will present an entertaining and informative program on his collection of flags. 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.**

### SHARING & CARING

Thursday, May 8 - 1:00 - 3:00pm -

Classroom B

See all the details on pg. 11.

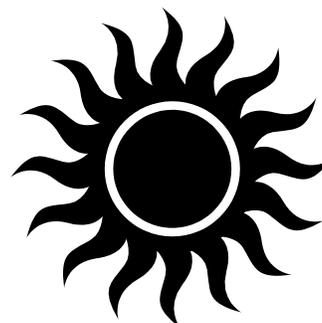
### MOTHER/DAUGHTER SOCIAL

Friday, May 9 - 6:30pm - MP Rooms A & B

Cost: Free

RSVP deadline May 2 (or when all spaces fill)

This event is open to ladies age 55 & older and their daughters, granddaughters, nieces or friends regardless of age. Dinner will be provided. After dinner we will be entertained by "The Sunshine Sisters". Ladies 55 and older are welcomed without guests as well.



# MAY SPECIAL EVENTS - MOCKSVILLE SITE

## **ADVANCE HEALTHCARE PLANNING WORKSHOP**

**Monday, May 12 - 10:15am - MP Room A**  
**Speaker: Don Timmons, Hospice & Palliative Care Center**  
**RSVP by May 5**

The purpose of Advance Health Care Planning is to understand your possible future healthcare choices, think about your choices in light of what is important to you, talk about your decisions with your loved ones and doctors, write down your healthcare wishes and plans so they can be honored, and to have these legal documents in place if needed. Representatives from Hospice & Palliative Care Center will provide the opportunity to complete your Living Will and Healthcare Power of Attorney documents and have them witnessed and notarized at no cost at this seminar. Open to adults of all ages - no children, please.

## **SCRAPBOOKING**

**Tuesday, May 13 - 2:00pm - Classroom B**  
**RSVP by May 6**  
See all the details on pg. 10.

## **ALZHEIMER'S SUPPORT GROUP**

**Tuesday, May 13 - 6:30pm - Multipurpose Room B**  
**Please RSVP by May 6**  
See all the details on pg. 21.



## **SENIOR GAMES/SILVERARTS CLOSING CEREMONIES & AWARDS DINNER**

**Thursday, May 15 - 6:00pm - Multipurpose Rooms A & B**  
**COST: Free with pd. Senior Games Entry**  
If you are a Senior Games/SilverArts participant don't miss the conclusion of the games. Dinner will be served and awards will be given. Event for paid Senior Games/SilverArts participants and paid guests only.

## **COMMUNITY SUPERSTARS MEETING**

**Friday, May 16 - 10:00am - Fork Community Center**  
**RSVP by May 9**

Come learn all about SHIP, meet the counselors and learn about the Extra Help that is available for prescription medications to those with lower incomes. Even if you don't think you could benefit from the Extra Help, we are looking for those "superstars" in our community that can get information about the program & share it with others who might benefit. Counselors will be available to help those who might qualify enroll for the extra help on site. In order to enroll, please bring your Medicare card and financial information such as income and account balances. Light refreshments will be served. Open to adults of all ages.

## **DESTINATION FITNESS TESTING**

**Monday, May 19 - 10:45 - 11:45am - Exercise Room - By appointment only**  
See all the details on pg. 18.

## **MONTHLY MOVIE - "CAPTAIN PHILLIPS"**

**Monday, May 19 - 1:00pm - Multipurpose Rooms A & B**  
**RSVP by May 13**



**MPLC license No: 12377840**

This is the true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates of the US-flagged MV Maersk Alabama, the first American cargo ship to be hijacked in 200 years. This movie is rated PG-13 for sustained intense sequences of menace, some violence with bloody images, and for substance use. It stars Tom Hanks, Barkhad Abdi and Catherine Keener and the run time is 2 hours, 14 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, May 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.

# MAY/JUNE SPECIAL EVENTS - MOCKSVILLE SITE

## SENIOR BOOK CLUB

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

RSVP by May 13

See all the details on pg. 17.

## DINNER & A MOVIE - "ENOUGH SAID"

Tuesday, May 20 - 5:30pm

RSVP by May 13

MPLC license No: 12377840

Enjoy dinner then stay for "Enough Said". Julia Louis Dreyfus plays Eva, a divorced single parent who is dreading her daughter's departure for college. She meets Albert (James Gandolfini) - a sweet, funny and like-minded man also facing an empty nest. As their romance quickly blossoms, Eva learns that Albert is the ex-husband of her new friend. This movie is rated PG-13 for crude and sexual content, comic violence, language and partial nudity. Runtime is approximately 1 hour and 33 minutes. It is open to adults 55 & older & exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available.*



## MEN'S OUTING

Thursday, May 22 - 11:00am - 4:00pm

RSVP by May 15

Attention all men - this one is for you! We will have a men's only event, starting with lunch and then moving on to putt-putt. Participants will meet at Senior Services and pay for their own lunch and putt-putt. Open to all men 55 and older.

## SHARING & CARING

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

See all the details on pg. 11.

## THEATRE CLUB

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

See all the details on pg. 17.



## FAMILY COOKOUT & ACTIVITIES

Friday, May 30 - 4:00 - 7:00pm - Camp Manna

Cost: Donations taken at event for

Camp Manna for use of camp

RSVP by May 23

Those 55 and older are invited to come out for an afternoon of food and fun in the great outdoors. We will meet at Camp Manna, where you can enjoy canoes, paddleboats, horseshoes, etc. We will grill some hotdogs and eat around 5:30. You are welcome to bring your family with you, regardless of age. (Please remember that children must be supervised at all times and Senior Services nor Camp Manna will be responsible for any accidents). Wrap up Older American's Month with this fun outing.

## ASK THE DOCTOR

Monday, June 2 - 10:45 - 11:15am -

Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

## SENIOR FINANCIAL CARE

Tuesday, June 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, June 3 - 10:45am -

Multipurpose Room A

See all the details on pg. 16.

## GOLDEN ANNIVERSARY PARTY

Tuesday, June 10 - 12:00pm -

Multipurpose Room B

Register no later than June 3

All couples who have been married 50 years or more as of June 10 are invited to a luncheon in their honor. We'll have a great meal and entertainment.



## JUNE SPECIAL EVENTS - MOCKSVILLE SITE

### SCRAPBOOKING

**Tuesday, June 10 - 2:00pm - Classroom B**

**RSVP by June 3**

See all the details on pg. 10.

### ALZHEIMER'S SUPPORT GROUP

**Tuesday, June 10 - 6:30pm -**

**Multipurpose Room B**

**Please RSVP by June 3**

See all the details on pg. 21.

### SHARING & CARING

**Thursday, June 12 - 1:00 - 3:00 -**

**Classroom B**

See all the details on pg. 11.

### FATHER/SON SOCIAL

**Thursday, June 12 - 6:00pm - Multipurpose Rooms A & B**

**Cost: Free**

**RSVP by June 5**

All senior men age 55 & older and their sons, grandsons, nephews or friends regardless of age are invited to this event. We will enjoy a delicious dinner & an entertaining program.

Men 55 and older are welcome to come without guests as well. Men only please.

### DESTINATION FITNESS BREAKFAST

**Friday, June 13 - 9:00am - Multipurpose Room B**

**Sponsor: Mocksville/Davie Parks & Rec. Dept.**

**Register no later than June 6**

**Logs due June 3 to Elizabeth Norman, Program Coordinator**

For our next destination we will "walk" 130 miles to Edenton, NC. Everyone who participates in the Destination Fitness testing or is interested in participating in the program is invited. For more details on this program, see pg. 18.

### DESTINATION FITNESS TESTING -

**Monday, June 16 - 10:45 - 11:45am -**

**Exercise Room - By appointment only**

See all the details on pg. 18.



### MONTHLY MOVIE - "STAND UP GUYS"

**Monday, June 16 - 1:00pm -**

**Multipurpose Rooms A & B**

**RSVP by June 9**

**MPLC license No: 12377840**

Nearly 20 years after refusing to inform on his partner-in-crime, Val (Al Pacino) emerges from prison a free man. Waiting for him at the gate is his old friend Doc (Christopher Walken), who quickly takes him out on the town with the mischievous Hirsh (Alan Arkin) to stir up some trouble. It's been far too long since the trio was together and they're all eager to make up for lost time. Meanwhile, one of the three is harboring a secret that will test their longtime friendship unless they can finally come to terms with their troublesome past. Julianna Margulies co-stars. This movie is rated R for language, brief drug use, sexual content and violence. Runtime is 1 hour 35 minutes. It is open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

### SENIOR FINANCIAL CARE

**Tuesday, June 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.

### CARDIOVASCULAR & BONE DENSITY SCREENINGS

**Tuesday, June 17 - 10:00am - 1:00pm -**

**Multipurpose Room B**

**Cost: FREE**

**Provider: Novant Health Clemmons Medical Center**

**Appointment deadline: June 10**

Join Novant Health for a set of screenings that are free, painless and could save your life! It is important that you know what your basic cardiovascular values are: blood pressure, cholesterol, triglycerides, glucose, and Hemoglobin A1C. Fasting is NOT required and your results will be ready in less than 10 minutes. While you wait for these numbers,



## JUNE SPECIAL EVENTS - MOCKSVILLE SITE

we will test your bone density using a heel scanner and can detect your risk of osteopenia and osteoporosis. Appointments are required. Open to those 55 and older.

### **SENIOR BOOK CLUB**

**Tuesday, June 17 - 2:30 - 4:00pm -**

**Classroom A**

**RSVP by June 10**

See at the details on pg. 17.



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

**Thursday, June 19 - 1:00pm -**

**Multipurpose Rooms A & B**

**RSVP by June 12**

**MPLC license No: 12377840**

In this animated tale, fearless optimist Anna teams up with Kristoff in an epic journey, encountering Everest-like conditions, and a hilarious snowman named Olaf in a race to find Anna's sister Elsa, whose icy powers have trapped the kingdom in eternal winter. Featuring the voices of Kristen Bell, Idina Menzel, Johnathan Groff and Josh Gad, this movie is rated PG for some action and mild rude humor. Runtime is 1 hour and 42 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.*

### **THEATRE CLUB**

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

See all the details on pg. 17.

### **BINGO**

**Tuesday, June 24 - 1:00pm -**

**Multipurpose Room B**

**Sponsored by: Piedmont Home Care & Medi Home Care**

**RSVP by June 17**

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.*

### **MRSA SEMINAR**

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

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

**RSVP by: June 19**

Methicillin-resistant Staphylococcus aureus (MRSA) is a bacterium that causes infections in different parts of the body. It's tougher to treat than most strains of staph infections because it's resistant to some commonly used antibiotics. Learn more about how to protect yourself, or what you need to know if you happen to contract MRSA. Open to adults of all ages - no children, please.

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

### **SHARING & CARING**

**Thursday, June 26 - 1:00 - 3:00pm -**

**Classroom B**

See all the details on pg. 11.

### **GRANDPARENTS RAISING GRANDCHILDREN - NAVIGATING THE RELATIONSHIPS BETWEEN PARENT, CHILD & GRANDPARENT**

**Friday, June 27 - 10:00am - Classrooms**

**A & B**

**RSVP by June 20**

If you are raising your grandchildren or other family members, there are issues that develop. One concern is the delicate relationship between the grandparent, the parent and the child. Particularly if the parent is living in the same household with you, the roles can often become blurred. Learn some proven tips on how to handle these issues from a professional counselor. Open to adults of all ages.

## SENIOR GAMES & SILVERARTS

### SILVERARTS

SilverArts provides a stage for the



creative talents of visual, heritage, literary and performing artists 50 and older.



Categories include knitting, crocheting, painting, quilting,

woodworking, pottery, photography, poems, short stories, and much more. If you can sing, dance, tell a funny story, read a poem, perform a dramatic reading or skit, we need you for the Performing Arts section of SilverArts.

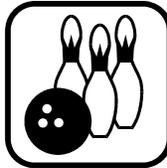
*Please note that all SilverArts entries must be the original work of the artist, and all pieces must have been completed within two years of the date of entry.*

### SENIOR GAMES

Senior Games offers competitive and non-competitive sports events for seniors 50 and older. Various games



offered include horseshoes, basketball, bocce, tennis, golf, bowling, ping pong, etc.



Consider becoming part of this fun-filled program. You compete in your own age & sex categories within five year increments. One small participation fee covers competition in all SilverArts events, most Senior Games events, as well as opening and closing ceremony events and meals. You also get a great souvenir t-shirt. SilverArts & Senior Games are co-sponsored by Davie Co. Senior Services and Mocksville/Davie Parks & Rec.

## ONGOING ACTIVITIES - MOCKSVILLE SITE

## Arts & Crafts

### QUILTING

**Mondays - 10am - 12pm - Classrooms A & B**  
Join this talented group who loves to quilt. Bring your supplies and work with, and learn from, other quilters. No instruction is provided. This is an intergenerational program.

### DAVIE CO. QUILT GUILD

**3rd Monday of each month at 6:30pm - (April 21, May 19, June 16)**

**- Multipurpose Rooms A & B**

**President: Brenda Hanes**

**Membership Dues: \$20.00 year**

Monthly meetings may include show & tell, demonstrations, guest speakers, or work sessions. Senior Services is a co-sponsor of this group. For detailed information, please call the group leader (call for number).

### ART - STILL LIFE & LANDSCAPES

**Mondays - 9am - 12pm - MP Room B**

**Instructor: Annette Ratledge**

**Cost: Furnish your supplies**

Classes will run each Monday, and students can start at any time. Annette will work one on one to get students started. **Beginners need to come to the first class before buying supplies.** Open to adults 55 & older.

### SCRAPBOOKING

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

**- Classroom B - (April 8, May 13, June 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.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## 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 Sessions:

- May 19, 20 & 21 (Mon., Tues., Wed.) - 10:00am - 12:00pm - Media Room
- May 27, 28, & 29 (Tues., Wed., Thurs.) - 6:00pm - 8:00pm - 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 Sessions:

- May 27, 28, 29 & 30 (Tues., Wed., Thurs., Fri.) - 10:00am - 1:00pm - Media Room
- June 16, 17, 18 & 19 (Mon., Tues., Wed., Thurs.) - 5:00 - 8:00pm - 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 backup or deletion.

### Upcoming Sessions:

- April 15, 17 & 22 (Tues., Thurs., Tues.) - 6:00 - 8:00pm - Media Room
- May 27, 28, 29 & 30 (Tues., Wed., Thurs., Fri.) - 1:00 - 3:00pm - Media Room

## ENVELOPES & LABELS LEVEL 1

Learn to print envelopes and labels the easy way. Your addresses are saved in Microsoft Excel & we merge them into Microsoft Word so you can print directly on the envelope or on labels. We are using Microsoft Excel & Word 2007. *This class is 1 day and is intended for*

# ONGOING ACTIVITIES - MOCKSVILLE SITE

students who have a basic understanding of Microsoft Word & Microsoft Excel. Mouse & Keyboard skills required.

## Upcoming Sessions:

- April 29 (Tues.) - 6:00 - 8:00pm - Media Room
- May 5 (Mon.) - 2:00 - 4:00pm - 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 Sessions:

- May 1 (Thurs.) - 6:00 - 8:00pm - Media Room
- May 2 (Fri.) - 3:00 - 5:00pm - Media Room
- June 19 (Thurs.) - 12:00 - 2:00pm - 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 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:

- June 2, 4, & 5 (Mon., Wed., Thurs.) - 10:00am - 12:00pm - 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:

- June 16, 17, 18 & 19 (Mon, Tues., Wed., Thurs.) - 10:00am - 12:00pm

## **MICROSOFT EXCEL 2007 LEVEL 1**

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

## Upcoming Session:

- June 16, 17, & 18 (Mon., Tues., Wed.) - 12:00 - 2:00pm - Media Room

## **MICROSOFT POWERPOINT 2007 LEVEL 1**

This is a presentation software program. You may have seen it used in churches or meetings to show information on a big screen. This class is to get you familiar with the layout. We will create very basic presentations and bring in a lot of features already learned in previous Word classes. *Word Levels 1-3 is recommended prior to this class. This class is 3 days.*

## Upcoming Session:

- June 2, 4 & 5 (Mon., Wed., & Thurs.) - 12:00 - 2:00pm - Media Room

## **DEVICES AND BASIC USE**

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

## Upcoming Session:

- May 19, 20 & 21 (Mon., Tues., Wed.) - 12:00 - 2:00pm - Media Room

## **EBAY**

There are some great bargains available on eBay & it is a wonderful way for you to sell things you no longer need. This class will teach you how to purchase items, how to list your items, what to sell, how to price it, and how to get paid. *This class is 3 days and is intended for those who have a basic understanding of computers.*

*(Upcoming sessions on next page)*

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## Upcoming Sessions:

- May 19, 20 & 21 (Mon., Tues., Wed.) - 3:00 - 5:00pm - Media Room
- June 2, 3 & 4 (Mon., Tues., Wed.) - 6:00 - 8:00pm - Media Room

## EMAIL LEVEL 1

This is a way to communicate electronically. Learn the proper way to send an email and to include attachments. Learn how a virus and/or spyware impacts sending/receiving emails. Contact your internet provider to find out how you can access your account outside of your home. You will need your login name and password. If you do not have an email address we can set one up for you using a free email service. You will need to come in 15 minutes early the first day so we can set this up before class begins. *This class is 3 days & is intended for students who have a basic understanding of computers. Mouse & keyboard skills required.*

## Upcoming Session:

- May 19, 20 & 21 (Mon., Tues., Wed.) - 5:00pm - 7:00pm - Media Room

## TROUBLESHOOTING YOUR COMPUTER

We'll review basic troubleshooting techniques to check when you are experiencing computer issues. We will look at the different avenues that are available to you to help correct the problem or better understand exactly what the problem is. *Beginning Computers is recommended prior to this class. This class is 3 days.*

## Upcoming Session:

- June 2, 4 & 5 (Mon., Wed., Thurs.) - 4:00 - 6:00pm - Media Room

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



# Dance

## LINE DANCING

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

**Every Wednesday - 11:15am - 12:15pm -**

**NEW TIME!!**

**Exercise Classroom**

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

Each Monday & Wednesday 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 - April 2 - June 25 - Exercise Room**

**Instructor: Kim Crawford**

**3 CLASSES TO CHOOSE FROM:**

**1:00 - 2:00pm**

**2:00 - 3:00pm**

**3:00 - 4:00pm**

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

**Limited to first 12 per session who register**

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins March 14 at 8:00am. You may only sign up for 1 yoga session per quarter.**



### TAI CHI

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

**Session Dates: April 1 - June 3**

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

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

**RSVP deadline March 25 (or when filled - limited to 15)**

This class is wonderful for seniors. It helps improve balance, lower blood pressure & can help those with arthritis. These slow, gentle motions are easy to learn for all fitness levels. Open to adults 55 & older. Classes build upon one another and therefore students cannot join more than two weeks into the 10 week session.

### EVENING YOGA FOR SENIORS

**Tuesdays & Thursdays - April 1 - June 26 - 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 March 14 at 8:00am. You may only sign up for 1 yoga session per quarter.**

### YOGA FOR SENIORS

**Wednesdays & Fridays - April 2 - June 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 March 14 at 8:00am. You may only sign up for 1 yoga session per quarter.**

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## DANCE PARTY AEROBICS

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

**Instructor: Lorri Carlton**

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

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

## ARTHRITIC EXERCISE

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

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

This class focuses specifically on adults with arthritis, working mainly on flexibility. Other beginner exercisers may also benefit. Open to adults 55 & older and exceptions under the general participation policy.

## M.A.D.E. (MODERN AEROBIC DANCE EXERCISE)

**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.



## 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
- \* Fishing
- \* Tennis
- \* Shooting Range
- \* Boxing
- \* Billiards
- \* Baseball
- \* Big Brain Academy
- \* Ping Pong
- \* Many, many more

# ONGOING ACTIVITIES - MOCKSVILLE SITE



## 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 - 1:30 - 5:00pm - 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.



## Health & Wellness

### DESTINATION FITNESS TESTING

**3rd Monday of each month - 10:45 - 11:45am**  
**- Exercise Room - By appointment only - (April 21, May 19, June 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 (April 7, May 5, June 2)**

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

### BLOOD PRESSURE SCREENINGS

**1st Tuesday of each month - 10:45am - MP Room A - (April 1, May 6, June 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.

## ONGOING ACTIVITIES - MOCKSVILLE SITE



### *Literary Arts*

#### SENIOR BOOK CLUB

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

April 15 - "Watch That Ends the Night" by  
Alan Wolf

May 20 - "Hotel Du Lac" by Anita Brookner

June 17- "Bold Spirit: Helga Estby's  
Forgotten Walk Across Victorian  
America" by Linda Lawrence  
Hunt

**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.



### *Special Interest*

#### PIEDMONT POWER ASSOCIATION

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

Multipurpose Room B

(April 7, May 5, June 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 (May 27)

**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  
(April 22, May 27, June 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 10:45 - 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

- **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

# OTHER ONGOING PROGRAMS & SERVICES

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 has Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

## **DRAGON SPEECH RECOGNITION SOFTWARE**

**(Available at Mocksville Site)**

**Staff Contact: Kim Shuskey, Director**

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, donations appreciated**

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.

## **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.

# OTHER ONGOING PROGRAMS & SERVICES

## 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 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.

# OTHER ONGOING PROGRAMS & SERVICES



## Support Groups

### ALZHEIMER'S SUPPORT GROUP

2nd Tuesday of each month - 6:30pm -  
Classroom B - (April 8, May 13, June 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.

### 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**

**Money for shopping if desired**

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.

### MAY 6 - CONSIGNMENT SHOP HOP

Tuesday, May 6 - Departure time 9:30am,  
Return approximately 3:30pm

Cost: \$5.00 for transportation

**Money for lunch**

**Money for shopping if desired**

Look for bargains and have fun at the same time as we seek out some of the best consignment shops in our area. This time we will head out of the county to find new shops. We will stop for lunch along the way. Sign up starts March 14.

### JUNE 26 - TRIP TO BROADWAY'S BEST THEATRE COMPANY OF NC, MOCKSVILLE, NC - (SPECIAL DAY & TIME FOR THIS TRIP)

Thursday, June 26 - Departure time 6:30pm

Cost: \$21.00 (Includes transportation &  
show)

**Limited to first 18**

The mission of Broadway's Best Theatre Company is to bring affordable, quality theatre and other arts and entertainment opportunities to the people of Davie County, the Triad and surrounding areas. While raising funds to complete the state of the art space, the company is offering their second season of "Bare Bones Theatre". We will see the "Broadway Show Stoppers" performance, with all the favorites from Broadway that stopped the show! Sign up starts April 15.

### JULY 1 - MYSTERY TRIP

Tuesday, July 1 - Departure time TBA,  
Return time TBA

Cost: \$5.00 for transportation

**Money for Lunch**

We're keeping the location a secret, but as always it will be a fun trip for all. We will have lunch along the way. Sign up starts May 15.

## OTHER ONGOING PROGRAMS & SERVICES



### Trips - Extended

#### 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.**



### Volunteer Opportunities

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.

#### **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.

#### **LUNCH VOLUNTEERS**

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

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

## OTHER ONGOING PROGRAMS & SERVICES

### **OFFICE HELP**

**Contact: Tracy Veach, Administrative Assistant**

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 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**

**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**

**(April 16, May 21, June 18)**

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

### **CRAFT DAY**

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

**(April 30, May 28, June 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. 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*

### STAND UP COMEDY

**Wednesday, April 2 - 10:30am**

**RSVP by March 26**

This stand up comedy day will feature you. Bring your best (clean) joke or two & entertain each other. Open to adults 55 & older and exceptions under the general participation policy.

### WORLD HEALTH DAY

**Monday, April 7 - 10:30am**

**Speaker: Karen Sigmon-Smith, Certified Wellness Coach with Novant Health**

**RSVP by March 31**

What does good health mean to you? This session will help you explore what health is, what health is not, and what you can do to impact your own health and that of those around you. This session will get you moving, laughing, and viewing life from a new perspective - all in the spirit of good health.

**Qualifies for Destination Fitness drawing.**



### EASTER CELEBRATION

**Thursday, April 17 - 10:30am**

**RSVP by April 10**

Join us for a celebration of the season. We will have light refreshments and fun activities. Open to adults 55 & older and exceptions under the general participation policy.



### EARTH DAY INFORMATION

**Monday, April 21 - 10:30am**

**RSVP by April 14**

Earth Day is April 22. Events are held worldwide to demonstrate support for environmental protection. Find some helpful tips to help you celebrate Earth Day at this seminar. Open to adults 55 & older and exceptions under the general participation policy.

### BABY PICTURE DAY

**Friday, May 2 - 10:30am**

**RSVP by April 25**

Will your friends recognize you from your baby pictures? Bring your picture in & give it to Darlene that morning (don't show anyone). Then we will have fun trying to guess who is who. Open to adults 55 & older and exceptions under the general participation policy.

### LEARN ABOUT THE RED CROSS

**Speaker: Scott Kniskern, Red Cross**

**Wednesday, May 7 - 10:30am**

**RSVP by April 30**

The Red Cross has many programs and services to help those in our community. Learn more about them at this seminar. Open to adults 55 & older and exceptions under the general participation policy.



### LEARN THE CHICKEN DANCE

**Wednesday, May 14 - 10:30am**

**RSVP by May 7**

Today is National Dance Like a Chicken Day. To celebrate we will teach you the "Chicken Dance". Open to adults 55 & older and exceptions under the general participation policy.

### SHINGLES INFORMATION

**Monday, May 19 - 10:30am**

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

**RSVP by: May 12**

Your chances of getting Shingles increases as you age. Learn more about Shingles, including risk factors and possible complications. Open to adults of all ages - no children, please.

**Qualifies for Destination Fitness drawing.**

## CLASSES & ACTIVITIES - FARMINGTON SITE



### PLANT A FLOWER

Friday, May 30 - 10:30am

RSVP by May 23

Celebrate Spring with a new flower.

We will provide all you need to take home a new addition to your Spring garden. Open to adults 55 & older and exceptions under the general participation policy.

### 70th ANNIVERSARY OF D-DAY

Friday, June 6 - 10:30am

RSVP by May 30

On this day in 1944, 160,000 Allied troops landed on the beaches of Normandy, France. Learn more about that fateful day and remember those who gave the ultimate sacrifice. Open to adults 55 & older and exceptions under the general participation policy.

### SUPERSTITION DAY

Friday, June 13 - 10:30am

RSVP by June 6

It's Friday the 13th - are you superstitious? We will discuss some common superstitions and how they came to be. Open to adults 55 & older and exceptions under the general participation policy.



### ANXIETY DISORDERS

Monday, June 16 - 10:30am

Speaker: Paula Swindle, Novant Health

RSVP by June 9

Are you stressed? Everyone deals with stress and anxiety from time to time. Join us as we discuss ways to cope with your stress and anxiety and increase your relaxation.

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

### PANTRY BINGO

Monday, June 23 - 10:30am

Sponsor: Home Instead Senior Care

RSVP by June 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

### APRIL

- April 2 - Stand Up Comedy - 10:30am
- April 7 - World Health Day - 10:30am
- April 8 - Senior Financial Care - 10am - 1pm
- April 16 - Blood Pressure Screens - 10:30am
- April 17 - Easter Celebration - 10:30am
- April 18 - CLOSED FOR GOOD FRIDAY
- April 21 - Earth Day Information - 10:30am
- April 22 - Senior Financial Care - 10am - 1pm
- April 30 - Craft Day - 10:30am

### MAY

- May 2 - Baby Picture Day - 10:30am
- May 7 - Learn About the Red Cross - 10:30am
- May 13 - Senior Financial Care - 10am - 1pm
- May 14 - Learn the Chicken Dance - 10:30am
- May 19 - Shingles Information - 10:30am
- May 21 - Blood Pressure Screens - 10:30am
- May 26 - CLOSED FOR MEMORIAL DAY
- May 27 - Senior Financial Care - 10am - 1pm
- May 28 - Craft Day - 10:30am
- May 30 - Plant a Flower - 10:30am

### JUNE

- June 6 - 70th Anniversary of D-Day - 10:30am
- June 10 - Senior Financial Care - 10am - 1pm
- June 13 - Superstition Day - 10:30am
- June 16 - Anxiety Disorders - 10:30am
- June 18 - Blood Pressure Screens - 10:30am
- June 23 - Pantry Bingo - 10:30am
- June 24 - Senior Financial Care - 10am - 1pm
- June 25 - Craft Day - 10:30am

# Calendar of Events - Mocksville Site

## APRIL

- April 1- Senior Financial Care - 8:30am - 4:30pm
- April 1 - Day Trip - Replacements, Ltd. - Depart at 9:30am
- April 1 - Tai Chi starts - 10:00am
- April 1 - Blood Pressure Screenings - 10:45am
- April 1 - New Yoga session starts - 6:30pm - Must pre-register
- April 2 - New Yoga session starts - 10:00am - Must pre-register
- April 2 - Senior Games Opening Ceremonies & Picnic - 12:30pm
- April 2 - New Yoga session starts - 1:00pm - Must pre-register
- April 2 - New Yoga session starts - 2:00pm - Must pre-register
- April 2 - New Yoga session starts - 3:00pm - Must pre-register
- April 3 - Dash Game - Depart at 5:45pm
- April 4 - Newest Ways to Stop Smoking - 1:00pm
- April 7 - Ask the Doctor - 10:45am
- April 7 - Piedmont Power Assoc. - 7:00pm
- April 8 - Scrapbooking - 2:00pm
- April 8 - Alzheimer's Support Group - 6:30pm
- April 9 - Veteran's Social - 10:30am
- April 10 - Sharing & Caring - 1:00pm
- April 10 - Meet the Candidates - 5:30pm
- April 14 - Protect Yourself From Fraud - 10:45am
- April 15 - Senior Financial Care - 8:30am - 2:00pm
- April 15 - Senior Book Club - 2:30pm
- April 15 - File Management Class begins - 6:00pm - Must pre-register
- April 17 - Easter Party - 2:00pm
- April 18 & 19 - CLOSED FOR EASTER
- April 21 - Destination Fitness Testing - 10:45am - 11:45am

- April 21 - Monthly Movie - "The Ultimate Life" - 1:00pm
- April 21 - Quilt Guild - 6:30pm
- April 22 - Theatre Club - 1:00pm
- April 22 - SilverArts Exhibition and Performances - 3:00pm
- April 24 - Sharing & Caring - 1:00pm
- April 24 - Spring Paper Dahlia Wreath Craft - 1:00pm
- April 26 - Saturday Morning Breakfast - 9:30am
- April 29 - Single's Dinner - 5:30pm
- April 29 - Envelopes & Labels Class - 6:00pm - Must pre-register

## MAY

- May 1 - Kentucky Derby Party - 2:00pm
- May 1 - Printing Invitations class - 6:00pm - Must pre-register
- May 2 - Printing Invitations class - 3:00pm - Must pre-register
- May 5 - Ask the Doctor - 10:45am
- May 5 - Prescription Safety - 1:00pm
- May 5 - Envelopes & Labels class - 2:00pm - Must pre-register
- May 5 - Piedmont Power Assoc. - 7:00pm
- May 6 - Sr. Financial Care - 8:30am - 4:30pm
- May 6 - Day Trip - Consignment Shop Hop - Depart at 9:30am
- May 6 - Blood Pressure Screenings - 10:45am
- May 7 - Senior Lunch - 11:30am
- May 8 - Sharing & Caring - 1:00pm
- May 9 - Mother / Daughter Social - 6:30pm
- May 12 - Advance Healthcare Planning Workshop - 10:15am
- May 13 - Scrapbooking - 2:00pm
- May 13 - Alzheimer's Support Group - 6:30pm
- May 15 - Senior Games/SilverArts Closing Ceremonies & Awards Dinner - 6:00pm
- May 16 - Community Superstars Meeting - 10:00am - Fork Community Center

## Calendar of Events - Mocksville Site

- May 19 - Computer Basics class begins - 10:00am - Must pre-register
- May 19 - Destination Fitness Testing - 10:45 - 11:45am
- May 19 - Devices & Basic Uses class begins - 12:00pm - Must pre-register
- May 19 - Monthly Movie - "Captain Phillips" - 1:00pm
- May 19 - Ebay class begins - 3:00pm - Must pre-register
- May 19 - Email class begins - 5:00pm - Must pre-register
- May 19 - Quilt Guild - 6:30pm
- May 20 - Senior Financial Care - 8:30am - 2:00pm
- May 20 - Senior Book Club - 2:30pm
- May 20 - Dinner & A Movie - "Enough Said" - 5:30pm
- May 22 - Men's Outing - 11:00am
- May 22 - Sharing & Caring - 1:00pm
- May 24 & 26 - CLOSED FOR LABOR DAY
- May 27 - Beginning Computer class begins - 10:00am - Must pre-register
- May 27 - Theatre Club - 1:00pm
- May 27 - File Management Class Begins - 1:00pm - Must pre-register
- May 27 - Advisory Council Meeting - 3:00pm
- May 27 - Computer Basics Class Begins - 6:00pm - Must pre-register
- May 30 - Family Cookout & Fishing - 4:00pm - 7:00pm - Camp Manna

### JUNE

- June 2 - Word Level 1 class begins - 10:00am - Must pre-register
- June 2 - Ask the Doctor - 10:45am
- June 2 - Powerpoint Level 1 class begins - 12:00pm - Must pre-register
- June 2 - Troubleshooting Your Computer class begins - 4:00pm - Must pre-register
- June 2 - Ebay class begins - 6:00pm - Must pre-register

- June 2 - Piedmont Power Assoc. - 7:00pm
- June 3 - Senior Financial Care - 8:30am - 4:30pm
- June 3 - Blood Pressure Screening - 10:45am
- June 10 - Golden Anniversary Party - 12:00pm
- June 10 - Scrapbooking - 2:00pm
- June 10 - Alzheimer's Support Group - 6:30pm
- June 12 - Sharing & Caring - 1:00pm
- June 12 - Father/Son Social - 6:00pm
- June 13 - Destination Fitness Breakfast - 9:00am
- June 16 - Word Level 2 class begins - 10:00am - Must pre-register
- June 16 - Destination Fitness Testing - 10:45 - 11:45am
- June 16 - Monthly Movie - "Stand Up Guys" - 1:00pm
- June 16 - Excel Level 1 class begins - 12:00pm - Must pre-register
- June 16 - Beginning Computers class begins - 5:00pm
- June 16 - Quilt Guild - 6:30pm
- June 17 - Senior Financial Care - 8:30am - 2:00pm
- June 17 - Cardiovascular & Bone Density Screenings - 10:00am - 1:00pm
- June 17 - Senior Book Club - 2:30pm
- June 19 - Printing Invitations Class - 12:00pm - Must pre-register
- June 19 - Movie Day With the Grandkids (Or Not) - "Frozen" - 1:00pm
- June 24 - Theatre Club - 1:00pm
- June 24 - Bingo - 1:00pm
- June 26 - Sharing & Caring - 1:00pm
- June 26 - MRSA Seminar - 1:00pm
- June 26 - Special Nighttime Day Trip - Broadway's Best Theatre Company of NC - Depart at 6:30pm
- June 27 - Grandparents Raising Grandchildren Seminar - 10:00am



278 Meroney Street  
Mocksville, NC 27028  
336-753-6230  
[www.daviecountync.gov](http://www.daviecountync.gov)

STANDARD MAIL  
U.S. POSTAGE  
PAID  
MOCKSVILLE, N.C.  
PERMIT NO. 15

ADDRESS SERVICE REQUESTED

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



# Don't Forget!

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

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

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