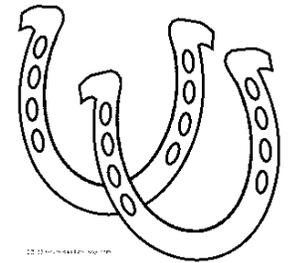


SILVERARTS / SENIOR GAMES



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. 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 and register today. See all the details on page 8.



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APRIL SPECIAL EVENTS - MOCKSVILLE SITE

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

TAX AIDE

Dates by appointment only:

- Friday, March 13 - 9:00am - 1:00pm
- Saturday, March 14 - 9:00am - 1:00pm
- Friday, March 20 - 9:00am - 1:00pm
- Saturday, March 21 - 9:00am - 1:00pm
- Friday, March 27 - 9:00am - 1:00pm
- Saturday, March 28 - 9:00am - 1:00pm
- Friday, April 10 - 9:00am - 1:00pm
- Saturday, April 11 - 9:00am - 1:00pm

Location: Media Room

NO TAX AIDE MARCH 7, APRIL 3 OR 4

Tax returns are prepared and e-filed by trained and certified volunteer AARP tax counselors. There is no cost to the taxpayer. However, it is the taxpayer's 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 2013 tax return along with the supporting documents.
- Open and place all 2014 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.

SENIOR GAMES OPENING CEREMONIES & PICNIC

Wednesday, April 1 - 12:30pm - MP Room B
Cost - Free (with paid Senior Games registration)

RSVP by March 25

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 8 for details.



ASK THE DOCTOR

Monday, April 6 - 10:45 - 11:15am - Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

BLOOD PRESSURE SCREENINGS

Tuesday, April 7 - 10:45am -

Multipurpose Room A

See all the details on pg. 16.

SHARING & CARING

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

See all the details on pg. 10.



GARDENING SEMINAR

Friday, April 10 - 1:00pm - MP Room B

Speaker: Representative from Blakley Landscape Service

RSVP by April 2

Springtime means flowers and gardens. Come learn what you need to know to have the best garden or yard in your neighborhood this year. Open to adults 55 and older and exceptions under the general participation policy.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, April 14 - 1:00pm - Classroom A

RSVP by April 7

See all the details on pg. 16.

APRIL SPECIAL EVENTS - MOCKSVILLE SITE

SCRAPBOOKING

Tuesday, April 14 - 2:00pm -
Classroom B
RSVP by April 7
See all the details on pg. 9.



SPRING GARDEN PARTY

Tuesday, April 14 - 2:00pm -
Multipurpose Rooms A & B
Cost: Free
RSVP by April 7

Celebrate the spring season with this event filled with delicious refreshments and entertainment by our own Davie County Singing Seniors. This will be an indoor garden party so there are no worries about those "April Showers". Open to adults 55 & older and exceptions under the general participation policy.

ALZHEIMER'S SUPPORT GROUP

Tuesday, April 14 - 6:30pm -
Classroom B
RSVP by April 7
See all the details on pg. 20.

HOMEBOUND MEAL VOLUNTEER DRIVER SOCIAL

Thursday, April 16 - 6:00pm - Multipurpose Rooms A & B
RSVP by April 9

This event will feature a light meal and is open to any current homebound meal volunteer driver, as well as prospective volunteers. There will be a very brief informational session following the meal.

GRANDPARENTS RAISING GRANDCHILDREN - OPEN CONVERSATION / SHARING TIME

Monday, April 20 - 10:00am - Classrooms A & B
Facilitator: Heydy Day, Dragonfly House
RSVP by April 13

If you are raising your grandchildren or other family members, there are issues that develop. Ms. Day will return to start conversations regarding such issues and help grandparents answer questions. Open to adults of all ages.

MONTHLY MOVIE

Monday, April 20 - 1:00pm -
Multipurpose Rooms A & B
RSVP by April 13
MPLC license No: 12377840



Due to scheduling problems we will announce the movie title on the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie 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 movies when available.*

SENIOR BOOK CLUB

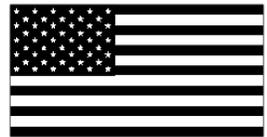
Tuesday, April 21 - 1:30 - 3:00pm -
Classroom A
RSVP by April 14
See at the details on pg. 16.

SHARING & CARING

Thursday, April 23 - 1:00 - 3:00pm -
Classroom B
See all the details on pg. 10.

VETERAN'S SOCIAL

Friday, April 24 - 10:30am
- Multipurpose Room B
Speaker: Phil Bargoil
RSVP deadline: April 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. Mr. Bargoil will speak about his time in the Army in West Berlin. His talk, which will include photographs, will center on his Berlin military experiences, the events that preceded the 1961 construction of the Berlin Wall, the immediate effects it had on the lives of 3.5 million Berliners, and the events that led to its destruction in 1989. *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.*

APRIL/MAY SPECIAL EVENTS - MOCKSVILLE SITE



COFFEE WITH TED

Monday, April 27 - 10:45am - Multipurpose Room A
RSVP by April 20

Have you heard of TED Talks? This is the future of public speaking. Instead of boring, endless seminars TED talks are short, yet powerful speeches that cover any topic. They are available on the internet. We will choose a topic that will be of interest to seniors. Come have a cup of coffee and learn something new. Open to adults 55 & older and exceptions under the general participation policy.

THEATRE CLUB

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

DINNER & A MOVIE - "THE THEORY OF EVERYTHING"

Thursday, April 30 - 5:30pm

RSVP by April 23

MPLC license No: 12377840

Enjoy dinner and stay for "The Theory of Everything". This movie tells the story of the relationship between famous physicist Stephen Hawking and his wife, Jane. Starring Eddie Redmayne and Felicity Jones, this movie is rated PG-13 for some thematic elements and suggestive material. Runtime is 2 hours, 3 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. Movie title subject to change due to release dates.*

CHRYSANTHEMUM MIRROR CRAFT

Friday, May 1 - 1:00pm - MP Room B
Instructor: Elizabeth Norman, Events Coordinator

Cost: \$7.00

RSVP by April 24

For our quarterly craft we will make a cute mirror that you can paint any color you want to coordinate with your décor. An example will be on display at Senior Services. Open to adults 55 & older & exceptions under the general participation policy.

TRIP TO BOWMAN GRAY STADIUM

Saturday, May 2 - 6:30pm

Transportation Cost: \$5.00

Ticket Price: \$2.00 for ladies & \$10.00 for men (It is Ladies' Night at the Stadium)

RSVP Deadline - April 24 (or when spaces fill)

Space limited to 17 people -

TRANSPORTATION MONEY IS DUE AT TIME OF SIGN UP AND IS NON-REFUNDABLE.

YOU WILL PAY FOR YOUR OWN TICKET AT THE DOOR.

For all you race fans out there, we will be going to Bowman Gray Stadium. This includes racing in the Modified, Sportsman, Street Stock and Stadium Stock Divisions. This is Ladies' night so all ladies get in for only \$2.00. We will meet at Senior Services at 6:30 and go to the race which starts at 8:00pm. Bowman Gray Stadium offers concessions for purchase, but if you prefer, you may bring in your favorite snacks. Coolers are permitted, but the size is limited and NO GLASS or ALCOHOL will be allowed to be brought into the Stadium. A pickup point in the Hillsdale area will be announced at a later date if interest is shown. For those who wish to drive their own car, the \$5.00 transportation fee will be waived. You must still meet at one of the pickup locations so that all can arrive together. Open to adults 55 & older and exceptions under the general participation policy.

ASK THE DOCTOR

Monday, May 4 - 10:45 - 11:15am - MP Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

BLOOD PRESSURE SCREENINGS

Tuesday, May 5 - 10:45am -

Multipurpose Room A

See all the details on pg. 16.



MAY SPECIAL EVENTS - MOCKSVILLE SITE

PRAYER BREAKFAST

Thursday, May 7 - 7:00am -

Multipurpose Room B

Cost: Free

RSVP by April 30

We are pleased once again to join with the Davie Family YMCA to bring you a Prayer Breakfast to celebrate the National Day of Prayer. Breakfast will be provided, followed by an inspirational program. Open to the community of all ages.



MOTHER/DAUGHTER SOCIAL

Friday, May 8 - 6:30pm - MP Rooms A & B

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. Ladies 55 and older are welcomed without guests as well.

PHOTOGRAPHY SEMINAR

Monday, May 11 - 1:00pm - Multipurpose Room B

Speaker: Terry Dalton, Dalton Photography

RSVP by May 4

Spring time is a great time to take pictures. Mr. Dalton will share some tips and tricks to make your photos look their best. Open to adults of all ages - no children, please.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, May 12 - 1:00pm - Classroom A

RSVP by May 4

See all the details on pg. 16.

SCRAPBOOKING

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

RSVP by May 5

See all the details on pg. 9.

SILVERARTS PERFORMANCES, SENIOR GAMES CLOSING CEREMONIES & AWARDS DINNER

Tuesday, May 12 - 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. Our Performing Arts entrants will perform, all SilverArts entries will be displayed, dinner will be served and awards will be given. Event for paid Senior Games/SilverArts participants and paid guests only.



SHARING & CARING

Thursday, May 14 - 1:00 - 3:00pm -

Classroom B

See all the details on pg. 10.

CAREGIVER'S EVENT - DINNER & A MOVIE

Thursday, May 14 - 5:30pm -

Multipurpose Rooms A & B

RSVP by May 7

If you are an unpaid caregiver who provides ongoing care for a loved one with Alzheimer's Disease we invite you and a guest to dinner and the showing of the movie, "Still Alice". The movie recounts one family's journey after the devastating diagnosis of Alzheimer's Disease. It stars Julianne Moore, Alec Baldwin, Kristen Stewart, Kate Bosworth and Hunter Parrish. It is rated PG-13 for mature, thematic material, and brief language including a sexual reference. This event is open to caregivers and their guests only. ***This event may be rescheduled if release date of movie is changed.***

SATURDAY MORNING BREAKFAST

Saturday, May 16 - 9:30am - Multipurpose Rooms A & B

RSVP by May 8

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.

MAY/JUNE SPECIAL EVENTS - MOCKSVILLE SITE

MONTHLY MOVIE

**Monday, May 18 - 1:00pm - Multipurpose Rooms A & B
RSVP by May 11**



MPLC license No: 12377840

Due to scheduling problems we will announce the movie title on the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie 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 movies when available.*

SENIOR BOOK CLUB

**Tuesday, May 19 - 1:30 - 3:00pm - Classroom A
RSVP by May 12**

See at the details on pg. 16.



BBQ & CORNHOLE

**Thursday, May 21 - 5:30pm - Multipurpose Rooms A & B
RSVP by May 14**

This will be a time of food and socialization. We will have pork bbq & all the trimmings. Cornhole boards will be set up for those who would like to play a few games. Otherwise just hang out, enjoy supper and fellowship with your friends. Open to adults 55 and older and exceptions under the general participation policy.

POISON PREVENTION SEMINAR

**Tuesday, May 26 - 10:45am - Multipurpose Room A
Speaker: Dr. Mary Whittler, Department of Emergency Medicine, Wake Forest Baptist Medical Center
RSVP by May 19**

You may think that that poison prevention is primarily important for kids. However poisoning in older adults is typically more serious. From medication mix ups to household products, every senior is at risk. Learn ways to stay safe at this seminar. Open to adults of all ages - no children please.

THEATRE CLUB

**Tuesday, May 26 - 1:00pm - Classroom B
See all the details on pg. 17.**

SHARING & CARING

**Thursday, May 28 - 1:00 - 3:00pm - Classroom B
See all the details on pg. 10.**

SENIOR LUNCH

**Friday, May 29 - 11:30am - Multipurpose Room B
Speaker: Ronnie Faggart,
Wreaths Across America project
RSVP by May 22**



Mr. Faggart will share information about this wonderful program that places wreaths on graves in veteran's cemeteries across the nation. 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.**

ASK THE DOCTOR

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

BLOOD PRESSURE SCREENINGS

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

BEGINNER'S GENEALOGY CLASSES

**Fridays, June 5 - June 26 - 10:00am - 12:00pm - Media Room
Instructor: Marie Roth
Cost: Free
RSVP by: May 29**

Ms. Roth has taught genealogy classes for 30 years and was Director of a Family History Center for 20 years. Come reap the benefits of her experience and learn to start tracing your genealogy today. Open to adults 55 and older and exceptions under the general participation policy.

JUNE SPECIAL EVENTS - MOCKSVILLE SITE

GOLDEN ANNIVERSARY PARTY

Friday, June 5 - 12:00pm -

Multipurpose Room B

Register no later than May 29

All couples who have been married 50 years or more as of June 5 are invited to a luncheon in their honor. We'll have a great meal and entertainment by Lucy Ray, pianist.

BINGO

Monday, June 8 - 1:00pm -

Multipurpose Room B

RSVP by June 1

Sponsored by: Brookdale Senior Living

Come out for some fun games of Bingo! Refreshments will be served. 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.*



GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, June 9 - 1:00pm - MP Room B

RSVP by June 2

See all the details on pg. 16.

SCRAPBOOKING

Tuesday, June 9 - 2:00pm - Classroom B

RSVP by June 2

See all the details on pg. 9.

ALZHEIMER'S SUPPORT GROUP

Tuesday, June 9 - 6:30pm - Classroom B

RSVP by June 2

See all the details on pg. 20.



FOODS THAT FIGHT CANCER

Thursday, June 11 - 1:00pm -

Multipurpose Room B

Speaker: Alice Smith, RD,
Novant Health

RSVP by June 4

There is no magic food you can eat that will prevent cancer. But there are some foods that have a proven ability to help fight off cancer cells. Learn more about which foods you should be including in your daily diet. Open to adults of all ages, no children please.

SHARING & CARING

Thursday, June 11 - 1:00 - 3:00 -

Classroom B

See all the details on pg. 10.

MONTHLY MOVIE

Monday, June 15 - 1:00pm -

Multipurpose Rooms A & B

RSVP by June 8

MPLC license No: 12377840

Due to scheduling problems we will announce the movie title on the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie 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 movies when available.*

SENIOR BOOK CLUB

Tuesday, June 16 - 1:30 - 3:00pm - Classroom A

RSVP by June 9

See at the details on pg. 16.

FATHER/SON SUPPER

Monday, June 22 - 6:00pm - Multipurpose Rooms A & B

Speaker: Cooter Correll, Piedmont CARS Association

RSVP by June 15

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



OSTEOPOROSIS SEMINAR

Tuesday, June 23 - 10:45am - MP Room A

Speaker: Bobbi Clark, RN, Novant Health

RSVP by: June 16

Osteoporosis affects men and women of all ages. However older women are at the greatest risk. Learn all the information you need to know about osteoporosis at this seminar. Open to adults of all ages - no children, please.

JUNE SPECIAL EVENTS - MOCKSVILLE SITE

THEATRE CLUB

**Tuesday, June 23 - 1:00pm -
Classroom B**

See all the details on pg. 17.

SHARING & CARING

**Thursday, June 25 - 1:00 - 3:00 -
Classroom B**

See all the details on pg. 10.

ASK THE LAWYER

Monday, June 29 - 10:45am

Speaker: Lynn Hicks

RSVP by June 22

Come out for a time of questions and answers where Ms. Hicks will answer simple legal questions. Open to adults of all ages - no children, please.

MOVIE DAY WITH THE GRANDKIDS (OR NOT!)

**Tuesday, June 30 - 1:00pm - Multipurpose
Rooms A & B**

RSVP by June 26

MPLC license No: 12377840

Due to scheduling problems, we will announce the movie title on Tuesday, June 23. We will choose an appropriate movie based on what is available. As this is a scheduled out-of-school day for Davie County, 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 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.

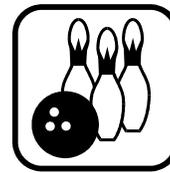
Please note that all SilverArts entries must be the original work of the artist, and all pieces must have been completed within two years of the date of entry.

Works will need to be turned in between 9:00 - 11:00am on Tuesday, May 12 at Senior Services.

Literary works due earlier.

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.



Games are held throughout the month of April.

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 County Senior Services and Mocksville/Davie Parks & Recreation.

SPECIAL SHIP INFORMATION

VOLUNTEERS NEEDED

SHIP, the Seniors' Health Insurance Information Program is a division of the N.C. Department of Insurance that offers free, unbiased Medicare counseling in all 100 counties of North Carolina. SHIP trains volunteers so they can help beneficiaries in their communities navigate the Medicare system. SHIP relies on its network of volunteers!

As a volunteer, you will receive training and materials that will prepare you to answer Medicare questions from your friends, family and members of your community. A caring attitude, strong communication skills and basic computer skills are necessary for SHIP volunteers.

If you are interested in learning more about volunteering for SHIP, please call:

Mitzi Hunter, SHIP Coordinator
Davie County Senior Services
336-753-6230

ONGOING ACTIVITIES - MOCKSVILLE SITE

Arts & Crafts

QUILTING

Mondays - 10:00am - 12:00pm - Classrooms A & B

Join this talented group who loves to quilt. Bring your supplies to 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 20, May 18, June 15)

- Multipurpose Rooms A & B

President: Brenda Hanes

Membership Dues: \$20.00 per year

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

ART - STILL LIFE & LANDSCAPES

Mondays - 9:00am - 12:00pm - MP Room B

Instructor: Annette Ratledge

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

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 14, May 12, June 9)

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 - 9:00 - 11:00am - 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 to 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 -
1:00 - 3:00pm - 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. *This is a 3 day class.*

Upcoming Sessions:

- April 16, 17, & 20 (Thurs., Fri., Mon) - 3:00 - 5:00pm - Media Room
- May 19, 20 & 21 (Tues., Wed, Thurs.) - 10:00am - 12:00pm
- May 19, 20 & 21 (Tues., Wed, Thurs.) - 6:00pm - 8:00pm

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 website. We will also become familiar with the layout of Microsoft Word. *This is a 4 day class and is intended for those with mouse/keyboard skills.*

Upcoming Session:

- June 1, 3, 4 & 8 (Mon, Wed., Thurs. Mon.) - 10:00am - 1:00pm - 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 is a 3 day class and is intended for students who have a basic understanding of computers. Mouse & keyboard skills required.*

Upcoming Sessions:

- May 19, 20, 21 (Tues., Wed., Thurs.) - 12:00 - 2:00pm - Media Room
- June 22, 23, 24 (Mon., Tues., Wed.) - 3:00 - 5:00pm - Media Room

ONGOING ACTIVITIES - MOCKSVILLE SITE

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 is a 3 day class 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:

- April 27, 28, & 30 (Mon., Tues., Thurs.) - 6:00 - 8:00pm - 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. This is a 3 day class.*

Upcoming Session:

- June 8, 10, 11 (Mon., Wed., Thurs.) - 4:00 - 6:00pm

INTERNET LEVEL 1

Topics that will be covered pick up from the Beginning Computers class. We will go into more detail on how to use a search engine, what the Internet is and how to safely download files. *This is a 3 day class. Beginning Computers is recommended prior to beginning this class.*

Upcoming Session:

- June 8, 10 & 11 (Mon., Wed., Thurs.) - 6:00 - 8:00pm - 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 is a 1 day class and is intended for students who have a basic understanding of Microsoft Word & Microsoft Excel. Mouse & Keyboard skills required.*

Upcoming Sessions:

- May 14 (Thurs.) - 10:00am - 12:00pm - Media Room
- June 10 (Wed.) - 10:00am - 12:00pm - Media Room

WINDOWS COMPONENTS LEVEL 1

This class will review some software that comes with your computer - Disk Defragmenter, Scandisk, Paint, Disk Clean-Up, Sound Recorder and Windows Media Player. These should be on all Windows Operating Systems. We will show you how to use these programs more efficiently instead of purchasing another software program that may do the same thing. *This is a 1 day class. Beginning Computers is recommended prior to this class.*

Upcoming Session:

- May 14 (Thurs.) - 12:00 - 2:00pm - 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 is a 1 day class 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 14 (Thurs.) - 3:00 - 5:00pm - Media Room
- May 27 (Wed.) - 12:00 - 2:00pm - Media Room

ONGOING ACTIVITIES - MOCKSVILLE SITE

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 is a 3 day class and is intended for those who have a basic understanding of computers.*

Upcoming Session:

- May 19, 20, & 21 (Tues., Wed., Thurs.) - 4:00 - 6:00pm - Media Room

HOW TO USE A SCANNER

This class is to show you basic operations of your scanner, such as how you scan, copy and print. We will review some of the features of your scanner so that you get the most out of it. *This is a 1 day class.*

Upcoming Session:

- May 26 (Tues.) - 12:00 - 2:00pm - Media Room

WINDOWS 8 LEVEL 1

This class is to show you how you can effectively use Windows 8 with the two interfaces. This will be a very basic class, intended just to make sure you know the two interfaces (Metro and Desktop) and how to work in each view. There will be a Level 2 class offered later to go into more detail. *This is a 2 day class and is intended only for those who are unsure how to use Windows 8.*

Upcoming Session:

- May 26 & 27 (Tues., Wed.) - 10:00am - 12:00pm - Media Room

FILE MANAGEMENT LEVEL 1

You'll learn how to save files in several formats (what if the person you are sending a document to only has WordPerfect and not Word), how to save to several devices, make folders & rename them, search for those files that are somewhere on your computer & how to copy or move files for back up or deletion. *This is a 3 day class.*

Upcoming Sessions:

- June 1, 3 & 4 (Mon., Wed., Thurs.) - 1:00 - 3:00pm - Media Room
- June 1, 2 & 3 (Mon., Tues., Wed.) - 6:00 - 8:00pm - 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 is a 3 day class and is intended for students who have taken Beginning Comp. or have acquired those skills.*

Upcoming Sessions:

- June 22, 23, 24 (Mon., Tues., Wed.) - 10:00am - 12:00pm - Media Room
- June 22, 23, 25 (Mon., Tues., Thurs.) - 5:00 - 7:00pm - 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 is a 3 day class.*

Upcoming Session:

- June 22, 23, & 24 (Mon., Tues., Wed.) - 12:00 - 2:00pm - 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 LEVEL 1

Tuesdays & Thursdays - 8:45 - 9:45am - Exercise Classroom

Instructor: Elizabeth Norman, Events Coordinator

For those new to line dancing, join this group to learn some simple dances. This is appropriate for beginners and those who only know a few dances. Open to adults 55 and older & exceptions under the general participation policy.

LINE DANCING LEVEL 2 - NEW TIME!!

Mondays & Wednesdays - 9:45 - 10:45am - Exercise Classroom

Instructor: Elizabeth Norman, Events Coordinator

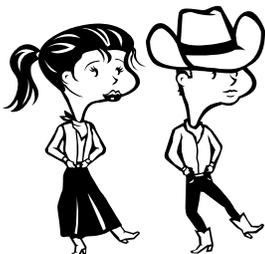
For those who have the basics down, we will learn more complex dances. Individual instruction cannot be provided to learn dances that have already been taught to the group. Please attend Line Dancing 1 for those basic dances. Open to adults 55 & older and exceptions under the general participation policy.

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, Events Coordinator

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, Events 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.

ONGOING ACTIVITIES - MOCKSVILLE SITE

YOGA FOR SENIORS - NEW TIME!!

Mondays & Wednesdays - April 1 - June 29 - Exercise Room

Instructor: Kim Crawford

4 CLASSES TO CHOOSE FROM:

11:00 am - 12:00 pm - NEW!!

1:00 - 2:00pm

2:00 - 3:00pm

3:00 - 4:00pm

Cost: No charge (Sr. Services pays the instructor fee - 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 17 at 8:00am.**

Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.



TAI CHI

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

Session Dates: April 21 - June 23

Instructor: Mike DePew, Beach 'n' Tans

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Limited to 15

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

DANCE PARTY AEROBICS

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

Instructor: Lorri Carlton

Cost: No charge (Sr. Services pays the instructor fee - 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.

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

Tuesdays & Thursdays - 11:00am - 12:00 noon - Exercise Room

Instructor: Lorri Carlton

Cost: No charge (Sr. Services pays the instructor fee - 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.

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.

ONGOING ACTIVITIES - MOCKSVILLE SITE

SilverStrikers



BOWLING LEAGUE

Mondays - 8:30am - depart from

Rec. Dept.

Cost: \$6.25 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. 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: No charge (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. **Please call for an appointment for training.**



Games

Wii GAMES

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

In these video games you actually do the moves - swing the tennis racket, the baseball bat, the golf club, etc. If you need help, simply make an appointment with a staff member & they can give you a short orientation session. Wii is available on a drop in basis whenever the room is not being used. Call if you have a question regarding availability.

Available games include:

- * Golf
- * Tennis
- * Boxing
- * Baseball
- * Ping Pong
- * Mario Kart
- * Fishing
- * Shooting Range
- * Billiards
- * Big Brain Academy
- * Many, many more

PING PONG

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

SCRABBLE

Mondays - 1:00pm - Classroom B

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

SKIPBO

Every Wednesday - 1:00pm - Classroom A

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

DUPLICATE BRIDGE

Every Wednesday - 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 played 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

ASK THE DOCTOR

1st Monday of each month - 10:45 am - MP Room A (April 6, May 4, June 1)

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 7, May 5, June 2)

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

GOT PLANS? ADVANCE CARE PLANNING

2nd Tuesday of each month - Multipurpose Room B - (April 14, May 12, June 9)

Facilitator: Representative from Hospice & Palliative Care

Cost: No Charge - Picture ID required

RSVP by Friday before each seminar

We plan for college, marriage, a baby and retirement, but we don't prepare for the end of life. Let's change that! It's simple.

Representatives will be on hand to take care of everything you need to complete your advance directives. Be sure your wishes are honored by taking a few minutes now to complete these important documents. For more information you can go to www.gotplansnc.org.



Literary Arts

SENIOR BOOK CLUB - NEW TIME!!

3rd Tuesday of each month - 1:30 - 3:00pm - Classroom A

April 21 - "The Good Earth" by Pearl S. Buck

May 19 - "A Jane Austen Education" by William Deresiewicz

June 16 - "The March" by Geraldine Brooks

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: No charge, 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 \$3.40. 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

(April 6, May 4, June 1)

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 26)

Staff Contact: Kim Shuskey, Director

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

Stage, Screen & Music

DAVIE COUNTY SINGING SENIORS

Each Thursday - 10:00am - Multipurpose

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

Chorus Director: Marie Roth

Annual Dues: \$10.00

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

THEATRE CLUB

4th Tues. each month - 1pm - Classroom B

(April 28, May 26, June 23)

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.

Financial Support

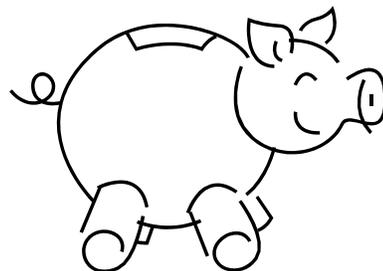
LEGACY GIFT PROGRAM

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. Legacy gifts is our term for these charitable contributions that help in both the long and short term. Individuals and 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. Legacy Gifts received will be recognized once a year in our Davie County Senior Services' Annual Report available each year by August 1.

Donations are tax deductible.



OTHER ONGOING PROGRAMS & SERVICES

Services



**STAFF CONTACT FOR ALL SERVICES IS
KELLY SLOAN, SERVICES COORDINATOR,
UNLESS INDICATED OTHERWISE.**

BUDDY PROGRAM

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

Cost: No charge

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: No charge

Our Services Coordinator 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: No charge, 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 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: No charge, 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: No charge, 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: No charge, 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 Services Coordinator.

OTHER ONGOING PROGRAMS & SERVICES

HOMEBOUND MEALS

Cost: No charge, 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 Services Coordinator 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: No charge, 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, Events Coordinator

Cost: No charge

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.

OPTIONS COUNSELING

Our certified Options Counselor can help persons who are planning for a change in their lives and are seeking out their options for assistance. Persons who can benefit might include those planning to retire and wanting to discuss options to sustain health, wellness and independence, those who start having difficulty in completing day to day tasks, those who are relocating and exploring housing options, or those who are dealing with a recent diagnosis of Alzheimer's. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

REVERSE MORTGAGE COUNSELING

Time: By appointment only

We can get you in touch with the certified Reverse Mortgage Counselors in our area. We also welcome you to meet with them at our building. Call for more information.

SENIOR COMMUNITY SERVICE

EMPLOYMENT PROGRAM - NEW!!

Time: By Appointment only

The Senior Community Service Employment Program helps low income older adults find employment in non profit and government organizations, receiving necessary job training to help them find unsubsidized jobs in the future. This program is administered by the Winston Salem Urban League. Representatives from the Urban League will meet with prospective candidates at Senior Services by appointment. For more information about this program, call the Winston Salem Urban League directly at 336-725-5614.

OTHER ONGOING PROGRAMS & SERVICES

SHIIP - (Seniors' Health Insurance Information Program)

Staff Contact: Mitzi Hunter, SHIIP Coordinator

Cost: No charge

Time: Tues. & Thurs. 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: No charge

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

This program allows you to record your medical history and medications on a form which is placed in a bottle in your refrigerator. A sticker on your door alerts EMS that this information is there in case they respond to your home in an emergency. Co-sponsored with Davie Co. Healthy Carolinians. Available to all ages.

VIDEO EYE

(Available at Mocksville Site)

The Video Eye is a low vision reading machine that uses a camera to magnify text and objects onto a computer monitor for easier viewing. This machine can help with reading, writing and hobbies like needlework and crossword puzzles. It is available anytime there is a free room.



Support Groups

ALZHEIMER'S SUPPORT GROUP

2nd Tuesday of each month - 6:30pm - Classroom B - (April 14, June 9 - no meeting in May due to May Caregivers Event)

Facilitator: Kelly Sloan, Services Coord.

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

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. Space is limited. See staff for complete trip rules.

APRIL 7 – RISING MEADOW FARM, LIBERTY, NC

Tuesday, April 7 - Departure time 9:00am, Return approximately 3:00pm

Cost: \$6.00 for tour

\$5.00 for transportation

Money for lunch

We will have a tour of a working sheep farm (and other animals) that produce fleece, yarn, blankets and sheepskins. There will be baby lambs and time to ask a lot of questions about the raising of sheep. This tour is an out-of-doors tour so wear comfortable shoes, because there will be a lot of walking around the farm. We will stop for lunch along the way. Sign up starts Feb. 17.

OTHER ONGOING PROGRAMS & SERVICES

MAY 5, 2015 - CONSIGNMENT SHOPPING

**Tuesday, May 5 - Departure time 9:15am,
Return approximately 3:30pm**

Cost: \$5.00 for transportation

Money for lunch

Shopping Money

Get your lists ready to shop for your summer wardrobes and household items. Let's shop until we drop! Sign up starts March 16.

JUNE 2 - HIDDENITE CENTER, HIDDENITE, NC

**Tuesday, June 2 - Departure time 9:15am,
Return approximately 3:30pm**

Cost: \$5.00 for transportation

Money for lunch

We will visit this folk and cultural arts center. It is a turn of the century Victorian house that enables visitors to step back in time. We will stop for a late lunch at K&W in Statesville. Sign up starts April 15.

JULY 7 - MYSTERY TRIP

**Tuesday, July 7 - Departure & return times
TBA**

Cost: \$5.00 for transportation

Money for Lunch

We're not telling you where we are going, but it is sure to be lots of fun. As always, we will stop for lunch along the way. Sign up starts May 15.



Trips - Extended

OHIO AMISH TOUR

Tuesday - Friday, June 2 - 5

Prices - Per Person:

\$730.00 - single \$536.00 - double

\$486.00 - triple \$461.00 - quad

Trip Leader - Barbara Thornton

We will head to the Ohio Amish Area for a great Summer trip. Price includes the following:

Tuesday, June 2:

- 7:30 AM – Depart Davie Senior Services
- Private Tour & Dinner at Warther Museum - View amazing steam engine carvings, magnificent gardens, Button House and knife sales and gift shop

Wednesday, June 3:

- Breakfast at hotel
- Behalt Mural at Amish and Mennonite Heritage Center
- Day of Shopping and Demonstrations including Amish leather at Coblenz Collar, Amish Door Village (lunch on your own), Lehman's Hardware and General Store featuring non-electrical items the Amish use in their home plus much more, Light for My Path for candlemaking demonstrations, and Troyers Homemade Candies for samples and shopping
- Wedding Style Feast at an Amish Home

Thursday, June 4:

- Breakfast at Hotel
- Hershberger Bakery & Farmer's Market
 - Guggisberg Cheese Factory
- Lunch on your own at the Chalet in the Valley (Free appetizer included)
- Walnut Creek Cheese and Country Store (Free ice cream treat included)
 - Dinner at Dutch Valley Restaurant
- "Half-Stitched" - a musical comedy about an Amish widow who decides to teach a weekend quilting class and whose pupils include a biker, a Marine, a quarrelsome couple and a few more crazy characters.

Friday, June 5:

- Breakfast at hotel

Price also includes hotel accommodations at Carlisle Inn and travel on motor coach. Reservations can be made with your \$50.00 deposit. Deadline for registration is April 17. Final trip payment is due at that time as well. We are unable to give refunds after payment is made to tour company. See staff member for complete rules regarding trips.

OTHER ONGOING PROGRAMS & SERVICES



Volunteer Opportunities

All Senior Services volunteers receive training 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 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.

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, Events 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: Tracy Veach, Administrative Assistant

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 15, May 20, June 17)

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

CRAFT DAY

Last Wednesday of each Month - 10:30am

(April 29, May 27, June 24)

Cost: No charge

Each month we will present a new craft. This is a great chance to learn some new skills. Open to those 55 and older.

LUNCH

Monday - Friday - 11:30am

Staff Contact: Darlene Sheets, Nutrition Site Manager

Cost: No charge, 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 \$3.40. 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

EASTER CELEBRATION

Thursday, April 2 - 10:30am

RSVP by March 26

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.



RECYCLING DO'S & DON'TS

Wednesday, April 8 - 10:30am

Speaker: Representative of GDS Republic Services

RSVP by April 1

We all know that we should recycle. At this talk you will learn all about what to do & not do so that recycling is easy and becomes part of your everyday routine. Open to adults of all ages - no children, please.

MOVIE - "42 - THE JACKIE ROBINSON STORY"

Monday, April 13 - 10:30am

RSVP by April 6

Wednesday marks Jackie Robinson day. We will celebrate a little early by watching the movie about his entrance into Major League Baseball. Open to adults 55 & older and exceptions under the general participation policy.

CLASSES & ACTIVITIES - FARMINGTON SITE

PECAN HEALTH BENEFITS & RECIPES

Friday, April 24 - 10:30am

RSVP by April 17

Pecans are delicious and healthy. Learn all about the pecan and get some delicious recipes as well. Open to adults of all ages - no children, please.



TELL A STORY DAY

Monday, April 27 - 10:30am

RSVP by: April 20

Tell a Story Day is celebrated all across the US, Scotland & the United Kingdom. The purpose is to get participants telling, sharing and listening to each other's stories. Bring your favorite short story - whether it is your own memory of an account, something you made up, or even a tale from a published author. It will be lots of fun to hear other's stories. Open to adults 55 & older and exceptions under the general participation policy.

CINCO DE MAYO CELEBRATION

Tuesday, May 5 - 10:30am

RSVP by April 28

Cinco de Mayo commemorates the Mexican army's unlikely victory at the Battle of Puebla. Let's have a fiesta to celebrate! There will be light refreshments and lots of fun. Open to adults 55 & older and exceptions under the general participation policy.



INTERNET SAFETY

Friday, May 15 - 10:30am

Speaker: Jackie Allen, Senior Services Computer Instructor

RSVP by May 8

Computers, tablets and smart phones are lots of fun, but do you know how to protect your identity and your private information? Jackie will give you all the tips you need to stay safe when browsing the web. Open to adults 55 and older and exceptions under the general participation policy.



ASK THE SHERIFF

Wednesday, May 18 - 10:30am

RSVP by May 11

Andy Stokes, Davie County Sheriff, will be here to answer your questions, hear your concerns, and give us some information about how his department is helping to keep us safe. Open to adults 55 & older and exceptions under the general participation policy.

PUTT PUTT FUN

Friday, May 29 - 10:30am

RSVP by May 22

Show off your putting skills with our indoor putting mat. Open to adults 55 & older and exceptions under the general participation policy.

FATIGUE FACTS

Wednesday, June 3 - 10:30am

Speaker: Bobbi Clark, RN, Novant Health
RSVP by May 27

Between all of our family and community obligations we get tired!! But overwhelming feelings of tiredness may indicate a more serious issue. Get all the facts at this seminar. Open to adults of all ages - no children, please.

ICED TEA DAY PARTY

Wednesday, June 10 - 10:30am

RSVP by June 4

June 10 is National Iced Tea Day. Let's celebrate with some different varieties of iced tea. Open to adults 55 & older and exceptions under the general participation policy.



CLASSES & ACTIVITIES - FARMINGTON SITE

JUNETEENTH CELEBRATION

Friday, June 19 - 10:30am

RSVP by June 12

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. It is celebrated each year on June 19. Learn about the history of this holiday as it celebrates its 150th anniversary. Open to adults 55 & older and exceptions under the general participation policy.

PANTRY BINGO

Monday, June 22 - 10:30am

Sponsored by: Farmington Ruritans

RSVP by June 15

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



CALENDAR OF EVENTS - FARMINGTON SITE

APRIL

- April 2 - Easter Celebration - 10:30am
- April 3 - CLOSED FOR EASTER
- April 8 - Recycling Do's & Don'ts - 10:30am
- April 13 - Movie - "42 - The Jackie Robinson Story" - 10:30am
- April 15 - Blood Pressure Screens - 10:30am
- April 24 - Pecan Health Benefits & Recipes - 10:30am
- April 27 - Tell a Story Day - 10:30am
- April 29 - Craft Day - 10:30am

MAY

- May 5 - Cinco De Mayo Celebration - 10:30am
- May 15 - Internet Safety - 10:30am
- May 18 - Ask The Sheriff - 10:30am
- May 20 - Blood Pressure Screens - 10:30am
- May 25 - CLOSED FOR MEMORIAL DAY
- May 27 - Craft Day - 10:30am
- May 29 - Putt Putt Fun - 10:30am

JUNE

- June 3 - Fatigue Facts - 10:30am
- June 10 - Iced Tea Day Party - 10:30am
- June 17 - Blood Pressure Screens - 10:30am
- June 19 - Juneteenth Celebration - 10:30am
- June 22 - Pantry Bingo - 10:30am
- June 24 - Craft Day - 10:30am

Calendar of Events - Mocksville Site



APRIL

- April 1 - New Yoga session starts - 11:00am
- Must pre-register
- April 1 - Senior Games Opening Ceremonies & Picnic - 12:30pm
- April 1 - New Yoga session starts - 1:00pm -
Must pre-register
- April 1 - New Yoga session starts - 2:00pm -
Must pre-register
- April 1 - New Yoga session starts - 3:00pm -
Must pre-register
- April 3 - 5 - CLOSED FOR EASTER
WEEKEND
- April 6 - Ask the Doctor - 10:45am
- April 6 - Piedmont Power Assoc. - 7:00pm
- April 7 - Day Trip - Rising Meadow Farm -
Depart at 9:00am
- April 7 - Blood Pressure Screenings -
10:45am
- April 9 - Sharing & Caring - 1:00pm
- April 10 - Gardening Seminar - 1:00pm
- April 14 - Got Plans? Advance Care
Planning Workshop - 1:00pm
- April 14 - Scrapbooking - 2:00pm
- April 14 - Spring Garden Party - 2:00pm
- April 14 - Alzheimer's Support Group -
6:30pm
- April 16 - Computer Basics Class Starts -
3:00pm
- April 16 - Homebound Meal Volunteer Social
- 6:00pm
- April 20 - Grandparents Raising
Grandchildren Discussion Group
- 10:00am
- April 20 - Monthly Movie - 1:00pm
- April 20 - Quilt Guild - 6:30pm
- April 21 - Tai Chi starts - 10:00am
- April 21 - Senior Book Club - 1:30pm
- April 23 - Sharing & Caring - 1:00pm

- April 24 - Veteran's Social - 10:30am
- April 27 - Coffee With TED - 10:45am
- April 27 - Microsoft Word Level 1 Class
Starts - 6:00pm
- April 28 - Theatre Club - 1:00pm
- April 30 - Dinner & a Movie - "The Theory of
Everything" - 5:30pm



MAY

- May 1 - Chrysanthemum Mirror Craft - 1:00pm
- May 2 - Bowman Gray Trip - Depart at 6:30pm
- May 4 - Ask the Doctor - 10:45am
- May 4 - Piedmont Power Assoc. - 7:00pm
- May 5 - Day Trip - Consignment Shopping -
Depart at 9:15am
- May 5 - Blood Pressure Screenings -
10:45am
- May 7 - Prayer Breakfast - 7:00am
- May 8 - Mother/Daughter Social - 6:30pm
- May 11 - Photography Seminar - 1:00pm
- May 12 - SilverArts works due - 9:00am -
11:00am
- May 12 - Got Plans? Advance Care Planning
Workshop - 1:00pm
- May 12 - Scrapbooking - 2:00pm
- May 12 - SilverArts Performances / Senior
Games Closing Ceremonies &
Awards Dinner - 6:00pm
- May 14 - Envelopes & Labels Level 1 Class
- 10:00am
- May 14 - Windows Components Level 1
Class - 12:00pm
- May 14 - Printing Invitations Class - 3:00pm
- May 14 - Caregiver's Event - Dinner & a
Movie - 5:30pm
- May 14 - Sharing & Caring - 1:00pm
- May 16 - Saturday Morning Breakfast -
9:30am
- May 18 - Monthly Movie - 1:00pm
- May 18 - Quilt Guild - 6:30pm

Calendar of Events - Mocksville Site

- May 19 - Computer Basics Class Starts - 10:00am
- May 19 - Email Level 1 Class Starts - 12:00pm
- May 19 - Senior Book Club - 1:30pm
- May 19 - Ebay Class Starts - 4:00pm
- May 19 - Computer Basics Class Starts - 6:00pm
- May 21 - BBQ & Cornhole - 5:30pm
- May 23 - 25 - CLOSED FOR MEMORIAL DAY WEEKEND
- May 26 - Windows 8 Level 1 Class Starts - 10:00am
- May 26 - Poison Prevention Seminar - 10:45am
- May 26 - How To Use a Scanner Class - 12:00pm
- May 26 - Theatre Club - 1:00pm
- May 26 - Advisory Council Meeting - 3:00pm
- May 27 - Printing Invitations Class - 12:00pm
- May 28 - Sharing & Caring - 1:00pm
- May 29 - Senior Lunch - 11:30am

JUNE

- June 1 - Beginning Computers Class Starts - 10:00am
- June 1 - File Management Level 1 Class Starts - 1:00pm
- June 1 - Ask the Doctor - 10:45am
- June 1 - File Management Level 1 Class Starts - 6:00pm
- June 1 - Piedmont Power Association - 7:00pm
- June 2 - Ohio Trip - Depart at 7:30am
- June 2 - Day Trip - Hiddenite Center - Depart at 9:15am
- June 2 - Blood Pressure Screening - 10:45am
- June 5 - Beginner's Genealogy Class starts - 10:00am

- June 5 - Golden Anniversary Party - 12:00pm
- June 8 - Bingo - 1:00pm
- June 8 - Microsoft Word Level 2 Class Starts - 4:00pm
- June 8 - Internet Level 1 Class Starts - 6:00pm
- June 9 - Got Plans? Advance Care Planning Workshop - 1:00pm
- June 9 - Scrapbooking - 2:00pm
- June 9 - Alzheimer's Support Group - 6:30pm
- June 10 - Envelopes & Labels Level 1 Class - 10:00am
- June 11 - Foods That Fight Cancer - 1:00pm
- June 11 - Sharing & Caring - 1:00pm
- June 15 - Monthly Movie - 1:00pm
- June 15 - Quilt Guild - 6:30pm
- June 16 - Senior Book Club - 1:30pm
- June 22 - Microsoft Excel Level 1 Class Starts - 10:00am
- June 22 - Microsoft Powerpoint Level 1 Class Starts - 12:00pm
- June 22 - Email Level 1 Class Starts - 3:00pm
- June 22 - Microsoft Excel Level 1 Class Starts - 5:00pm
- June 22 - Father/Son Supper - 6:00pm
- June 23 - Osteoporosis Seminar - 10:45am
- June 23 - Theatre Club - 1:00pm
- June 25 - Sharing & Caring - 1:00pm
- June 29 - Ask the Lawyer - 10:45am
- June 30 - Movie Day With Grandkids (Or Not!) - 1:00pm

CLOSED

Senior Services will be closed for the following holidays:

- Friday - Sunday, April 3 - 5 - Easter
- Saturday - Monday, May 23 - 25 - Memorial 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.