



# Senior Connection

Activities for Mocksville & Farmington Sites

January, February, March 2016

## NEW COMPUTER INSTRUCTOR

We were sad to see Jackie Allen say goodbye as our computer instructor here for almost 9 years. However, we welcome Justin Edwards as our new instructor. Justin has much experience teaching classes and we are sure he will fit right in. Take a look at some upcoming classes & give one a shot. You are sure to learn something new!

## NEW CANOPY

Construction has begun on the new drive-under canopy that will go on the front of our building. This will provide a covered, safe area for drop offs, which will be especially important during inclement weather.

Construction will take a couple of months, and during that time the front entrance will not be used. Please use the designated entrance during this time. Senior Services will remain open during the construction process.

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# JANUARY SPECIAL EVENTS - MOCKSVILLE SITE

Our Mocksville site is located in the Bobby H. Knight Senior Services Building at 278 Meroney Street.

Hours are Monday - Thursday, 8:00am - 8:00pm, Friday, 8:00am - 5:00pm,

Saturday - 9:00am - 1:00pm.

Phone Number is 336-753-6230.

## ASK THE DOCTOR

Monday, January 4 - 10:45 - 11:15am -

Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on pg. 17.



## BOWLING LUNCH

Monday, January 4 - 12:30pm -

Multipurpose Room B

RSVP by Dec. 29

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

## BLOOD PRESSURE SCREENINGS

Tuesday, January 5 -10:45am -

Multipurpose Room A

See all the details on pg. 17.

## SENIOR BIRTHDAY PARTY

Friday, January 8 - 2:00pm -

Multipurpose Rooms A & B

RSVP by Dec. 31

Once again we will have one big birthday party for all seniors. If you have a birthday, and we know you do, then come out for this party. We will have wonderful entertainment from pianist Joey Osborne. Cake and ice cream will be served. Open to adults 55 & older and exceptions under the general participation policy.



## MONTHLY MOVIE

Monday, January 11- 1:00pm - (note change of date due to Holiday)

Multipurpose Rooms A & B

RSVP by Jan. 4

MPLC license No: 503956205

On the third Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 and older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*



## VETERAN'S SOCIAL

Tuesday, January 12 - 10:30am -

Multipurpose Room B

Speaker: Tracie Murphy, DSS

RSVP deadline: Jan. 5

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. Ms. Murphy will discuss what benefits might be available to veterans. *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.*

## GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, January 12 - 1:00pm -

Multipurpose Room B

RSVP by Jan. 5

See all the details on pg. 17.

## SCRAPBOOKING

Tuesday, January 12 - 2:00pm -

Classroom B

RSVP by Jan. 5

See all the details on pg. 10.

# JAN/FEB SPECIAL EVENTS - MOCKSVILLE SITE

## WATER AEROBICS CLASS

Tuesdays, January 12 - February 16 -  
2:30pm - 3:30pm - Davie Family YMCA  
REGISTRATION STARTS DEC. 16  
See details on page 15.

## ALZHEIMER'S SUPPORT GROUP

Tuesday, January 12 - 6:30pm -  
Classroom B  
RSVP by Jan. 8  
See all the details on pg. 21.

## SHARING & CARING

Thursday, January 14 - 1:00 - 3:00pm -  
Classroom B  
See all the details on pg. 10.

## TAX EXEMPTION SEMINAR

Tuesday, January 19 - 10:45am -  
Multipurpose Room A  
Speaker: Brian Myers, Davie County Tax  
Administrator  
RSVP by Jan. 12

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

## SENIOR BOOK CLUB

Tuesday, January 19 - 1:30 - 3:00pm -  
Classroom A  
RSVP by Jan. 12  
See at the details on pg. 17.

## SOCIAL DANCING

Wednesday, January 20 - 6:00pm -  
Multipurpose Room A  
See all the details on pg. 13.



## SATURDAY MORNING BREAKFAST

Saturday, January 23 - 9:30am -  
Multipurpose Rooms A & B

RSVP by Jan. 15

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 a guest of someone 55 or older.

## THEATRE CLUB

Tuesday, January 26 - 1:00pm -  
Classroom B  
See all the details on pg. 18.

## LUNCH WITH COUNTY COMMISSIONERS

Wednesday, January 27 - 12:00pm -  
Multipurpose Room B  
RSVP by Jan. 20

This will be an opportunity to sit down with our County Commissioners, enjoy lunch, and ask them questions that are important to you. Open to adults 55 and older and exceptions under the general participation policy.

## SHARING & CARING

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

## ASK THE DOCTOR

Monday, February 1 - 10:45 - 11:15am -  
Multipurpose Room A  
Speaker: Dr. George Kimberly  
See all the details on pg. 17.

## BLOOD PRESSURE SCREENINGS

Tuesday, February 2 - 10:45am -  
Multipurpose Room A  
See all the details on pg. 17.

## SENIOR LUNCH

Friday, February 5 - 11:30am -  
Multipurpose Room B  
Speaker: Barry Whitlock, Davie  
High School Athletic Director  
RSVP by Jan. 29



In honor of the Superbowl this Sunday, Mr. Whitlock will share information about the football program at our own Davie County High School and share some motivational tips to keep us moving at any age. 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.**

## FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

### TAX AIDE

**TIME: Fridays and Saturdays, February 5 -  
March 4 - 9:00am -  
1:00pm, 1st come, 1st served**

#### Additional dates by appointment only:

- **Friday, March 11 - 9:00am - 1:00pm**
- **Saturday, March 12 - 9:00am - 1:00pm**
- **Friday, March 18 - 9:00am - 1:00pm**
- **Saturday, March 19 - 9:00am - 1:00pm**
- **Friday, April 1 - 9:00am - 1:00pm**
- **Saturday, April 2 - 9:00am - 1:00pm**
- **Friday, April 8 - 9:00am - 1:00pm**
- **Saturday, April 9 - 9:00am - 1:00pm**
- **Monday, April 11 - 9:00am - 1:00pm**

**Location: Media Room**

#### **NO TAX AIDE MARCH 5, 25 or 26**

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 2014 tax return along with the supporting documents.
- Open and place all 2015 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. Proof of insurance must be shown for everyone listed on the return. Also if anyone listed on the return purchased health insurance from the Affordable Care Act Marketplace, please bring proof of insurance, exemption letter or the 2015 tax document.

- List all charitable donations and provide evidence (letters or receipts from organizations) of the dollar amounts.

If you are interested in becoming a Tax Aide counselor, please contact Senior Services. The continued success of this program is dependent upon qualified volunteers who are willing to take the test to be certified.

### MEDICATION SAFETY

**Tuesday, February 9 - 10:45am -**

**Multipurpose Room B**

**Speaker: Brandi Patti, Public Health**

**Education Specialist, Davie County Health Department**

**RSVP by: Feb. 2**

Storing and disposing of your drugs correctly are important ways to prevent an unintentional overdose, either by you or a family member. Project Lazarus was created to help stop the overdose epidemic. Come learn more about the project at this seminar. Open to adults of all ages – no children please.



### GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

**Tuesday, February 9 - 1:00pm - Multipurpose Room B**

**RSVP by Feb. 2**

See all the details on pg. 17.

### SCRAPBOOKING

**Tuesday, February 9 - 2:00pm - Classroom B**

**RSVP by Feb. 2**

See all the details on pg. 10.

### ALZHEIMER'S SUPPORT GROUP

**Tuesday, February 9 - 6:30pm -**

**Classroom B**

**RSVP by Feb. 2**

See all the details on pg. 21.

## FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

### SINGING TELEGRAMS

**Wednesday - Friday, February 10 - 12**

**Cost: \$10.00 for 2 songs**

Are you looking for a unique Valentine's Day idea for your sweetheart, friend or family member? Our very own Singing Seniors will go to the home or office of your loved one and serenade them. Call Senior Services to arrange the telegram. Cost is \$10.00 for two songs. You can choose the songs from a list or special requests will try to be accommodated. All money raised goes to Senior Services. This is open to all ages. Deadline is February 4th.

### SHARING & CARING

**Thursday, February 11 - 1:00 - 3:00pm - Classroom B**

See all the details on pg. 10.

### VALENTINE'S DAY PARTY

**Friday, February 12 - 2:00pm - Multipurpose Rooms A & B**

**Cost: Free**

**RSVP by Feb. 5**

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



### MONTHLY MOVIE

**Monday, February 15 - 1:00pm - Multipurpose Rooms A & B**

**RSVP by Feb. 8**

**MPLC license No: 503956205**

On the third Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 and 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, February 16 - 1:30 - 3:00pm - Classroom A**

**RSVP by Feb. 9**

See at the details on pg. 17.



### MEET THE CANDIDATES

**Tuesday, February 16 - 5:30pm - Multipurpose Rooms A & B**

The primary will be early this year so be sure to go out and vote in March. Before you do, however, attend this event. We have invited many local candidates. For a complete invited list, contact us after Jan. 1. There will be a time for each candidate to speak, and a time for the audience to ask questions of them. Refreshments will be served at 5:00, and the forum will begin promptly at 5:30. Become an informed voter by attending this important event. Open to all ages.

### SOCIAL DANCING

**Wednesday, February 17 - 6:00pm - Multipurpose Room B**

See all the details on pg. 13

### BUTTON MONOGRAM CRAFT

**Thursday, February 18 - 1:00pm - Multipurpose Room B**

**Instructor: Sharon Allard, Events Coordinator**

**Cost: \$5.00**

**RSVP by Feb. 11**

**Space is limited**

For our craft this quarter we will make a pretty monogram wall hanging out of buttons to decorate your home. An example will be on display at Senior Services. Open to adults 55 and older & exceptions under the general participation policy.

### THEATRE CLUB

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

See all the details on pg. 18.

## FEB/MARCH SPECIAL EVENTS - MOCKSVILLE SITE

### **BLACK HISTORY MONTH CELEBRATION**

**Wednesday, February 24 - 10:30am -**

**Multipurpose Rooms A & B**

**RSVP by Feb. 17 for lunch**

February is Black History Month & Senior Services is pleased to join once again with Graham Funeral Home to celebrate. This event is filled with great music. Speaker will be Evelyn Terry, Member of the House of Representatives, District 71. Lunch will be served at 11:30 am for those who wish to stay. You must reserve your meal by Feb. 17. Open to general public of all ages.

### **SHARING & CARING**

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

**Classroom B**

See all the details on pg. 10.

### **DINNER & A MOVIE**

**Thursday, February 25 - 5:30pm -**

**Multipurpose Rooms A & B**

**RSVP by Feb. 18**

**MPLC license No: 503956205**

Enjoy dinner and stay for a great movie. To learn the title, call Senior Services on or after Feb. 16. This event 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.*

### **BLOOD PRESSURE SCREENINGS**

**Tuesday, March 1 - 10:45am -**

**Multipurpose Room A**

See all the details on pg. 17.

### **WATER AEROBICS CLASS**

**Tuesdays, March 1 - April 5 - 2:30pm -**

**3:30pm - Davie Family YMCA**

**Registration starts Feb. 16**

See details on page 15.



### **BINGO**

**Friday, March 4 - 1:00pm -**

**Multipurpose Room B**

**Sponsor: Pruitt Health**

**RSVP by Feb. 26**

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.*

### **ASK THE DOCTOR**

**Monday, March 7 - 10:45 - 11:15am -**

**Multipurpose Room A**

**Speaker: Dr. George Kimberly**

See all the details on pg. 17.



### **WHAT YOU NEED TO KNOW ABOUT**

#### **SHINGLES**

**Tuesday, March 8 - 10:45am -**

**Multipurpose Room A**

**Speaker: Representative from Walgreens in Mocksville**

**RSVP by March 1**

Shingles is a painful rash that affects many older adults. If you have ever had chickenpox, you can get shingles. Learn more at this seminar. Open to adults of all ages - no children, please.

### **GOT PLANS? ADVANCE CARE**

#### **PLANNING WORKSHOP**

**Tuesday, March 8 - 1:00pm - MP Room B**

**RSVP by March 1**

See all the details on pg. 17.

### **SCRAPBOOKING**

**Tuesday, March 8 - 2:00pm - Classroom B**

**RSVP by March 1**

See all the details on pg. 10.

### **ALZHEIMER'S SUPPORT GROUP**

**Tuesday, March 8 - 6:30pm - Classroom B**

**RSVP by March 4**

See all the details on pg. 21.

### **SHARING & CARING**

**Thursday, March 10 - 1:00 - 3:00pm -**

**Classroom B**

See all the details on pg. 10.

# MARCH SPECIAL EVENTS - MOCKSVILLE SITE

## **CROP TILL YOU DROP**

**Saturday, March 12 - 9:00am  
3:00pm - Multipurpose Rooms  
A & B**



**RSVP by March 4**

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



## **WELCOME TO MEDICARE**

**Tuesday, March 15 - 10:00am  
- 12:00pm - Multipurpose  
Room B**

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

**RSVP by March 8**

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

## **SENIOR BOOK CLUB**

**Tuesday, March 15 - 1:30 - 3:00pm -  
Classroom A**

**RSVP by March 8**

See at the details on pg. 17.

## **SOCIAL DANCING**

**Wednesday, March 16 - 6:00pm -  
Multipurpose Room B**

See all the details on pg. 13

## **ROCK-A-THON**

**Friday, March 18 - 5:00pm - 9:00pm -  
Senior Services**



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

## **MONTHLY MOVIE**

**Monday, March 21 - 1:00pm - MP Rooms A & B  
RSVP by March 14**

**MPLC license No: 503956205**

On the third Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 and older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

## **THEATRE CLUB**

**Tuesday, March 22 - 1:00pm - Classroom B**

See all the details on pg. 18.

## **SHARING & CARING**

**Thursday, March 24 - 1:00 - 3:00pm -  
Classroom B**

See all the details on pg. 10.

## MARCH SPECIAL EVENTS - MOCKSVILLE SITE

### **EASTER PARTY**

**Thursday, March 24 - 2:00pm -  
Multipurpose Rooms A & B  
RSVP by March 17**



Join us for a celebration of the Easter season. There will be food, fun, games and a visit from the Easter Bunny. If you would like a picture, please bring your own camera. Open to adults 55 & older and exceptions under the general participation policy.

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

**Thursday, March 31 - 1:00pm - Multipurpose  
Rooms A & B  
RSVP by March 24**

**MPLC license No: 12377840**

Since this is a scheduled out-of-school day for Davie County, bring the grandkids, great-grandkids, etc. out to watch a movie. Call Senior Services on or after March 15 to learn the title. 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 Services will be closed for the following holidays:

- Friday - Sunday, January 1 - 3 -  
New Year's Holiday
- Monday, January 18 -  
Martin Luther King, Jr. Holiday
- Friday - Sunday, March 25 - 27 -  
Easter Holiday

## SPECIAL THANKS

In September, 2015, Davie County Senior Services celebrated Senior Center Month with a month-long fundraising effort.

We appreciate all the community support in this effort, which was very successful.

Thanks also to the many volunteers who made the events possible.

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

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

### **Presenting Sponsor:**

Wake Forest Baptist Health - Davie Medical Center

### **Silver Sponsors:**

Davie County Enterprise  
Wal-Mart of Mocksville

### **Bronze Sponsors:**

Christy Trucking Company, Inc.  
Hillsdale Dental  
Webb Heating & A/C Co. Inc.

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

**KETCHIE CREEK BAKERY  
LA CARETTA MEXICAN RESTAURANT  
MARCO'S PIZZA  
NEW JIN-JIN BUFFET  
SAGEBRUSH  
SHEETZ  
THE FEED BAG RESTAURANT**

## SHIIP INFORMATION

**we can  
help**

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

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

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You may qualify for EXTRA HELP for Medicare if:

- Your income is below \$17,655 per year for an individual or below or \$23,895 for a couple
- Your assets are below \$13,640 for an individual or \$27,250 for a couple

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SHIIP, the Senior's Health Insurance Information Program can provide free, unbiased information and help you apply.

Call Davie County Senior Services at 753-6230 for an appointment. You may also apply online at [www.socialsecurity.gov](http://www.socialsecurity.gov) or by phone at 1-800-772-1213.

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

# ONGOING ACTIVITIES - MOCKSVILLE SITE



## Arts & Crafts

### QUILTING

**Mondays - 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 - (Jan. 18, Feb. 15, March 21) - 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 - (January 12, February 9, March 8)**

**Group Leader: Barbara Thornton**

Bring your supplies & your current projects & "scrap" with friends. Barbara & other participants can help with ideas and techniques if needed. Special programs and field trips are sometimes held. This group is open to all ages.

### WOODCARVING

**Wednesdays - 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 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: Justin Edwards**

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

**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**

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## INTRODUCTION TO COMPUTERS I

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 class is 4 days and has no prerequisites.***

### Upcoming Session:

January 4, 5, 6 & 7 (Mon, Tues., Wed., Thurs.) - 4:00 - 5:30pm - Media Room

## INTRODUCTION TO COMPUTERS II

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 going over the operating system (Windows), file management, and other basic functions of navigating the computer. ***This is a 8 day class and is intended for those with mouse/ keyboard skills and skills learned in Introduction to Computers I.***

### Upcoming Session:

January 11, 12, 13, 14, 25, 26, 27, & 28 - (Mon, Tues., Wed., Thurs., Mon., Tues., Wed., Thurs.) - 4:00 - 5:30pm - Media room

## BASICS OF EMAIL

This class will discuss how to communicate electronically. Learn the proper way to send an email and to include attachments. You will learn how to send / receive emails, set up your address book, design an email signature, and manage spam. You will need your login name and password. We will be using Google Mail (Gmail) for this class. If you do not have a Google account please come 15 minutes prior to class so that we can set one up for you.

***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Introduction to Computers II.***

### Upcoming Session:

January 25, 26, 27 & 28 (Mon, Tues. Wed., & Thurs.) - 6:00 - 7:30pm - Media Room

## BASICS OF FILE MANAGEMENT

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; how to search for those files that are somewhere on your computer; how to copy or move files for back up or deletion; how to compress (zip) your files, search for files on your computer, and create a backup of important files.

***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Introduction to Computers II.***

### Upcoming Session:

February 1, 2, 3 & 4 (Mon., Tues., Wed. & Thurs.) - 4:00 - 5:30pm - Media Room

## BASICS OF INTERNET

This class will teach the basics of the Internet that were touched on in **Introduction to Computers II**. We will go into more detail on how to use a search engine, what the Internet is and how to safely download files. We will also discuss social networking, blogs, podcasts, RSS feeds, and other common Internet topics. ***This class is 4 days and is intended for students who have a basic understanding of computers as well as skills learned in Introduction to Computers II.***

### Upcoming Session:

January 11, 12, 13 & 14 (Mon, Tues., Wed., & Thurs.) 6:00 - 7:30pm - Media Room

## CAMERAS, PRINTERS & OTHER DEVICES

This class will discuss how to install & review the basic use of the following devices: printers, scanners, digital cameras and digital camcorders. You'll learn what you need 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.

***This class is 4 days and is intended for students who have a basic understanding of computers as well as skills learned in Introduction to Computers II.***

### Upcoming Session:

February 22, 23, 24 & 25 (Mon, Tues., Wed., Thurs.) - 4:00 - 5:30pm - Media Room

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## INTRODUCTION TO SOCIAL MEDIA

If you are not sure what Social Networking is, then this introduction class is for you. We will discuss what all the hype is about and how it can benefit you. This class will be discussing the different types of social networking. We will be signing up for Facebook in the second part of this class. It is a very hands-on class and will include communicating with individuals inside the class. ***This class is 2 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Introduction to Computers II.***

Upcoming Session:

February 17 & 18 (Wed. & Thurs.) - 4:00 - 5:30pm - Media Room

## INTRODUCTION TO SKYPE AND YOUR WEBCAM

Webcam is the camera on your computer. Understanding how to use the webcam is becoming very important as it is being used more and more for business and social purposes. You will need to know how to find your webcam software before class. You can search for "webcam" on your computer and it should show you the software you have installed on your computer. If you have a laptop feel free to bring it to class and we can try to search BEFORE class begins. One (1) webcam will be installed in the room for those who have a desktop. We will be using SKYPE so if you do not have an account you will need to set this up BEFORE class begins.

***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Introduction to Computers II.***

Upcoming Session:

February 22, 23, 24 & 25 (Mon, Tues., Wed., Thurs.) - 6:00 - 7:30pm - Media Room

## MICROSOFT WORD - BEGINNERS

This class covers introductory Microsoft Word skills. Topics introduced include the Ribbon interface, working with text, creating letters, templates, printing documents, creating bulleted and numbered lists. ***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Introduction to Computers II.***

Upcoming Session:

March 7, 8, 9 & 10 (Mon, Tues., Wed., Thurs. - 4:00 - 5:30pm - Media Room

## MICROSOFT WORD - INTERMEDIATE

This class picks up from the **Microsoft Word - Beginners** class and covers intermediate Microsoft Word skills. Topics introduced include WordArt and clip art, document themes, styles, picture editing, Mail Merge, headers and footers, and tables. ***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Introduction to Computers II and Microsoft Word - Beginners.***

Upcoming Session:

March 14, 15, 16 & 17 (Mon, Tues. Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

## MICROSOFT EXCEL - BEGINNERS

This class covers introductory Microsoft Excel skills. Topics introduced include the Ribbon interface; entering and editing data; selecting cells and ranges; printing worksheets; creating simple functions; formatting cell contents; inserting and deleting columns, rows, and cells. ***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Introduction to Computers II.***

Upcoming Session:

March 7, 8, 9 & 10 (Mon, Tues., Wed. & Thurs.) - 6:00 - 7:30pm - Media Room

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## MICROSOFT EXCEL - INTERMEDIATE

This class picks up from the **Microsoft Excel - Beginners** class and covers intermediate Microsoft Excel skills. Topics introduced include managing worksheets; formatting cells; using complex functions; inserting clip art, pictures, and SmartArt; creating and customizing templates; and creating charts / graphs.

***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Introduction to Computers II and Microsoft Word - Beginners.***

### Upcoming Session:

March 14, 15, 16 & 17 (Mon, Tues. Wed. & Thurs.) - 6:00 - 7:30pm - Media Room

## MICROSOFT POWERPOINT - BEGINNERS

This class covers introductory Microsoft PowerPoint skills. Topics include themes, bulleted lists, and outlines; formatting text; creating a basic slide show. ***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Introduction to Computers II.***

### Upcoming Session:

March 21, 22, 23 & 24 (Mon, Tues. Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

## TROUBLESHOOTING YOUR COMPUTER

We'll review basic troubleshooting techniques to check when you are experiencing computer issues. We will look at steps to take for basic problem-solving, how to document the issue, and steps to help you talk with a technician should the issue require it for resolution.

***This class is 4 days and is intended for students who have a basic understanding of computers as well as skills learned in Introduction to Computers II.***

### Upcoming Session:

February 8, 9, 10 & 11 (Mon, Tues., Wed., & Thurs.) - 4:00 - 5:30pm - Media Room



# Dance

## LINE DANCING LEVEL 1

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

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

**Mondays, Wednesdays & Fridays - 9:45 - 10:45am - Exercise Classroom**

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.

## SOCIAL DANCING - NEW TIME!

**3rd Wednesday of the month - 6:00pm - MP Room B (January 20, February 17, March 16)**

**Cost: Free**

If you enjoy dancing, come join this fun group. A group of dancers get together every 3rd Wednesday night to practice social dancing. 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.

# ONGOING ACTIVITIES - MOCKSVILLE SITE



## 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
- \* 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



### BOWLING LEAGUE

**Mondays - 8:30am - depart from Recreation Department**

**Cost: \$6.25 per session (3 games)**

Our bowlers will be starting another session soon. Regular bowlers & substitutes are welcomed.

### SILVERHEALTH

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

**Instructor: Sharon Allard, 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: Sharon Allard, 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.

### YOGA FOR SENIORS

**Mondays & Wednesdays - January 4 - March 30 - Exercise Room**

**Instructor: Kim Crawford**

#### 4 CLASSES TO CHOOSE FROM:

11:00 am - 12:00 pm

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 December 15 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.**



# ONGOING ACTIVITIES - MOCKSVILLE SITE

## **AFTER FIVE FITNESS - NEW!!**

**Mondays & Wednesdays - 6:00 - 7:00pm - Exercise Room**

**Instructor: June Hyland**

**Cost: No charge**

This class will follow similar lines to the Silver Health and Morning Wake Up programs. Classes will start with resistance training with hand weights and bands to tone the core muscles, move to a period of aerobic exercise to build up cardio fitness, and end with a cool down of stretching exercise to maintain flexibility. Open to adults 55 & older and exceptions under the general participation policy.

## **WATER AEROBICS CLASS**

### **SESSION DATES:**

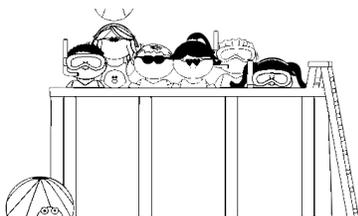
- **Tuesdays, January 12 - February 16 - 2:30pm - 3:30pm - Registration starts Dec. 16**
- **Tuesdays, March 1 - April 5 - 2:30pm - 3:30pm - Registration starts Feb. 16**

**Location: Davie Family YMCA**

**Cost: \$10 for a 6 week class**

**Minimum number required to have each class is 12. Maximum number is 20.**

We are excited to be able to offer Water Aerobics classes at the Davie Family YMCA. These classes meet every Tuesday for 6 weeks and are led by a YMCA certified instructor. Senior Services will cover the remainder of the cost of this class. You will pay the YMCA directly for your portion of the cost. You must pre-register through Senior Services, not the YMCA. **Open to adults 55 and older only who are not YMCA members.**



## **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.

## **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.

## **ARTHRITIC EXERCISE**

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

**Instructor: Ina Beavers, Nutrition Program Coordinator and/or Sharon Allard, Events Coordinator**

This class focuses specifically on adults with arthritis. Other beginner exercisers may also benefit. Some classes will include Tai Chi movements for arthritis as well. Open to adults 55 & older and exceptions under the general participation policy.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## WALKING

**Weekdays - 6:30 - 9:00am - Parks & Rec.**

The gym at Parks & Rec. is open each weekday morning for seniors to walk. 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.**

## PERSONAL TRAINING

YMCA staff members will come to Senior Services to offer personal training on the machines in our Fitness Room as well as other personal training tips. The YMCA is offering our participants member pricing for this service. You must call the YMCA directly to set up an appointment for this service and pay them directly. Contact person at the YMCA is Lee Jarvis, Healthy Living Manager. Their number is 336-751-9622.

Cost is:

- \$30.00 - 30 minute session
- \$175.00 - 8 sessions package (30 minutes each)
- \$345.00 - 16 session package (30 minutes each)
- \$500.00 - 24 session package (30 minutes each)



## 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
- \* Mario Kart

## 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

**Wednesdays - 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

**Wednesdays - 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.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## 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.



## **Health & Wellness**

## ASK THE DOCTOR

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

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

## BLOOD PRESSURE SCREENINGS

**1st Tuesday of each month - 10:45am - MP Room A - (Jan. 5, Feb. 2, March 1)**

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

## GOT PLANS? ADVANCE CARE PLANNING

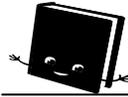
**2nd Tuesday of each month - Multipurpose Room B - (Jan. 12, Feb. 9, March 8)**

**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](http://www.gotplansnc.org).



## *Literary Arts*

## SENIOR BOOK CLUB

**3rd Tuesday of each month - 1:30 - 3:00pm - Classroom A - NEW TIME!**

**Jan. 19 - "Mr. Popper's Penguins" by Robert Atwater**

**Feb. 16 - "Song of Solomon" by Toni Morrison**

**March 15 - "Swann's Way" by Marcel Proust  
Leader: Genny Hinkle**

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 by the Davie County 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 \$3.14. A program is offered each day at 10:45am before lunch.

You must call by noon the day before you plan to eat to order a meal.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## *Special Interest*

### PIEDMONT POWER ASSOCIATION

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

Multipurpose Room B

(Jan. 4, Feb. 1, March 7)

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 -

Classrooms A & B (Jan. 26, March 22)

Staff Contact: Kim Shuskey, Director

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



## *Stage, Screen & Music*

### DAVIE COUNTY SINGING SENIORS

Each Thursday - 10:00am - Multipurpose

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

Chorus Director: Marie Roth

Annual Dues: \$10.00

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

### THEATRE CLUB

4th Tues. each month - 1pm - Classroom B  
(Jan. 26, Feb. 23, March 22)

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 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: Tracy Veach, Administrative Assistant**

**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**

**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 - (Jan. 12, Feb. 9, March 8)**

**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.

### JANUARY 5 - BRUCE'S POTTERY BARN, MOCKSVILLE, NC

**Tuesday, January 5 - Departure time 9:30am, Return approximately 2:00pm**

**Cost: \$5.00 for transportation**

**Money for lunch**

We will visit the newest pottery shop in town, "Bruce's Pottery Barn". The shop is operated by Bruce & Lisa Harry, who formerly owned and operated a shop in Seagrove, NC. After the tour we will have a late lunch in town. Sign up starts Nov. 16.

## OTHER ONGOING PROGRAMS & SERVICES

### FEBRUARY 2 - BILLY GRAHAM LIBRARY, CHARLOTTE, NC

Tuesday, February 2 - Departure time  
9:00am, Return approximately 3:30pm

Cost: \$5.00 for transportation

Money for lunch

### **LIMITED TO THOSE WHO COULD NOT GO IN DECEMBER**

This will be a repeat of the December trip & will be only for those who were not able to go to the one in December. We will visit this 40,000 square foot experience that allows visitors to discover the life and legacy of "America's Pastor". We will have lunch on site at The Graham Brothers Dairy Bar which features fresh sandwiches, salads, cookies and ice cream. Sign up starts Dec. 16.

### MARCH 1 - MYSTERY TRIP

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

Cost: \$5.00 for transportation

Money for lunch

We aren't telling you where we are going but it is sure to be fun and will include lunch along the way. Sign up starts Jan. 15.

### APRIL 5 - YADKIN VALLEY BARN QUILT TRAIL, YADKIN COUNTY, NC

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

Cost: \$5.00 for transportation

Money for lunch

### **LIMIT OF 16 PEOPLE FOR THIS TRIP**

This is a unique trip to visit the various barn quilts on barns and outbuildings in Yadkin County. There will be a guide that will travel with us. Lunch will be along the way. This trip is limited to the first 16 to sign up - no drivers accepted. Sign up starts Feb. 15.



## Trips - Extended

### CHARLESTON, SC

Tuesday - Thursday, April 5 - 7

Prices - Per Person:

\$535.00 - single      \$419.00 - double

\$377.00 - triple      \$356.00 - quad

**Trip Leader - Barbara Thornton**

We will head to Charleston in the spring!

Price includes the following:

#### Tuesday, April 5:

- Tour of Magnolia Plantation (includes orientation video, house, gardens and nature train)
- Dinner at O'Charley's

#### Wednesday, April 6:

- Breakfast at Hotel
- Guided tour of Charleston
- Visit to Charleston Market
- Tour of Charleston Tea Plantation (includes factory tour, trolley tour, tastings and a gift bag)
- Dinner Cruise of the Charleston Harbor with live music, dancing, beautiful views of Charleston and great dining

#### Thursday, April 7:

- Breakfast at hotel
- Tour H.L. Hunley, the first submarine to sink an enemy ship, now on display at the Old Charleston Naval Base

**Price also includes hotel accommodations at the Hawthorne Hotel and travel on motor coach. Reservations can be made with your \$50.00 deposit. Deadline for registration is Feb. 19. 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: Sharon Allard, 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.

### BLOOD PRESSURE SCREENINGS

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

(Jan. 20, Feb. 17, March 16)

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

### 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 \$3.14. 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

### OLD ROCK DAY

**Thursday, January 7 - 10:30am**

**RSVP by Dec. 31**

We will celebrate the old days of Rock and Roll. Dress like your favorite old rock star & we will reminisce and listen to some great music. Open to adults 55 & older and exceptions under the general participation policy.

### BENEFITS OF OATMEAL

**Wednesday, January 13 - 10:30am**

**RSVP by Jan. 6**

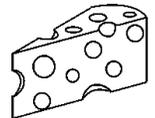
We will celebrate National Oatmeal Month as we learn about the benefits of this classic breakfast staple. We will also discuss other ways to incorporate oatmeal into your diet. Open to adults of all ages - no children, please.

### NATIONAL CHEESE LOVER'S DAY

**Wednesday, January 20 - 10:30am**

**RSVP by Jan. 13**

We will celebrate all things cheese with some interesting trivia and, of course, some tasting of various cheeses. Open to adults 55 & older and exceptions under the general participation policy.



### NATIONAL SOUP MONTH CELEBRATION

**Monday, January 25 - 10:30am**  
**RSVP by: Jan. 19**



Nothing tastes better than a warm bowl of soup on a cold winter's day. But did you know there are many health benefits with soup as well? We will discuss those benefits. Bring a copy of your favorite soup recipe to share with the group. Open to adults 55 & older and exceptions under the general participation policy.

# CLASSES & ACTIVITIES - FARMINGTON SITE

## CRAFT DAY

**Wednesday, January 27 - 10:30am**

Come make a simple, inexpensive craft that you can enjoy during the season. To learn more about the craft, contact Darlene at the Farmington site. Open to adults 55 and older and exceptions under the general participation policy.

## PANTRY BINGO

**Wednesday, February 3 - 10:30am**

**Sponsored by: Cigna Health Spring**

**RSVP by Jan. 27**

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



## VALENTINE'S CELEBRATION

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

**RSVP by Feb. 5**

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

## SHINGLES AWARENESS DAY

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

**RSVP by Feb. 8**

Shingles is a painful rash that affects many older adults. If you have ever had chickenpox, you can get shingles. Learn more about shingles at this seminar. Open to adults of all ages - no children, please.

## CELEBRATING THE BOY SCOUTS

**Wednesday, February 24 - 10:30am**

**Speaker: Carter Robertson**

**RSVP by Feb. 17**

Boy Scouts of America turns 106 this month. Boy Scouts provide a valuable program of life skills and values to millions of boys. Mr. Robertson, who was a Scout leader for many years will share with the group some information about scouting. Open to adults of all ages - no children, please.



## MEET YOUR RED CROSS ORGANIZATION

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

**Speaker: Marguerite Davis, Red Cross**

**RSVP by Feb. 24**

March is Red Cross Month. Come learn more about this important organization and the work they do to help the community. Open to adults of all ages - no children, please.

## HOW TO PROPERLY FREEZE AND PREPARE FROZEN MEALS

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

**RSVP by Feb. 29**

Cooking larger quantities of food and freezing it is a smart way to plan ahead. But you need to be sure you are doing it properly in order to keep your food safe. Learn more at this seminar. Open to adults of all ages - no children, please.

## ST. PATRICK'S DAY CELEBRATION

**Friday, March 18 - 10:30am**

**RSVP by March 10**

We know we are a day late, but we will celebrate this year on the 18th so that our van riders can enjoy the party too. Wear your green and join in the fun as we extend the St. Patty's Day celebration. Open to adults 55 & older and exceptions under the general participation policy.



## EASTER CELEBRATION

**Thursday, March 24 - 10:30am**

**RSVP by March 17**

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.



## BRAIN GAMES

**Wednesday, March 30 - 10:30am**

**RSVP by March 23**

Keep your brain healthy as we play some fun games. Open to adults of all ages - no children, please.

## CALENDAR OF EVENTS - FARMINGTON SITE

### JANUARY

- Jan. 1 - CLOSED FOR NEW YEAR'S DAY
- Jan. 7 - Old Rock Day - 10:30am
- Jan. 13 - Benefits of Oatmeal - 10:30am
- Jan. 18 - CLOSED FOR MARTIN LUTHER KING, JR DAY
- Jan. 20 - Blood Pressure Screens - 10:30am
- Jan. 20 - National Cheese Lover's Day - 10:30am
- Jan. 25 - National Soup Month Celebration - 10:30am
- Jan. 27 - Craft Day - 10:30am

### FEBRUARY

- Feb. 3 - Pantry Bingo - 10:30am
- Feb. 12 - Valentine's Celebration - 10:30am
- Feb. 15 - Shingles Awareness Day
- Feb. 17 - Blood Pressure Screens - 10:30am
- Feb. 24 - Celebrating the Boy Scouts - 10:30am

### MARCH

- March 2 - Meet Your Red Cross Organization - 10:30am
- March 7 - How To Properly Freeze and Prepare Frozen Meals - 10:30am
- March 16 - Blood Pressure Screens - 10:30am
- March 18 - St. Patrick's Day Celebration - 10:30am
- March 24 - Easter Celebration - 10:30am
- March 25 - CLOSED FOR GOOD FRIDAY
- March 30 - Brain Games - 10:30am

## CALENDAR OF EVENTS - MOCKSVILLE SITE



### **JANUARY**

- Jan. 1 - 3 - CLOSED FOR NEW YEAR'S
- Jan. 4 - Ask the Doctor - 10:45am
- Jan. 4 - New Yoga session starts - 11:00am
- Jan. 4 - Bowling Lunch - 12:30pm
- Jan. 4 - New Yoga session starts - 1:00pm
- Jan. 4 - New Yoga session starts - 2:00pm
- Jan. 4 - New Yoga session starts - 3:00pm
- Jan. 4 - Introduction to Computers I class starts - 4:00pm
- Jan. 4 - Piedmont Power Assoc. - 7:00pm
- Jan. 5 - Day Trip - Bruce's Pottery Barn - Depart at 9:30am
- Jan. 5 - Blood Pressure Screenings - 10:45am
- Jan. 8 - Senior Birthday Party - 2:00pm
- Jan. 11 - Monthly Movie - 1:00pm
- Jan. 11 - Introduction to Computers II class starts - 4:00pm
- Jan. 11 - Basics of Internet class starts - 6pm
- Jan. 12 - Veteran's Social - 10:30am
- Jan. 12 - Got Plans? Advance Care Planning Workshop - 1:00pm
- Jan. 12 - Scrapbooking - 2:00pm
- Jan. 12 - Water Aerobics class starts - 2:30pm - YMCA - pre-register @ Sr Services
- Jan. 12 - Alzheimer's Support Group - 6:30pm
- Jan. 14 - Sharing & Caring - 1:00pm
- Jan. 18 - CLOSED FOR MARTIN LUTHER KING JR. DAY
- Jan. 18 - Quilt Guild - 6:30pm
- Jan. 19 - Tax Exemption Seminar - 10:45am
- Jan. 19 - Senior Book Club - 1:30pm
- Jan. 20 - Social Dancing - 6:00pm
- Jan. 23 - Saturday Morning Breakfast - 9:30am
- Jan. 25 - Basics of Email class starts - 6:00pm
- Jan. 26 - Theatre Club - 1:00pm
- Jan. 26 - Advisory Council - 3:00pm
- Jan. 27 - Lunch With County Commissioners - 12:00pm
- Jan. 28 - Sharing & Caring - 1:00pm

## Calendar of Events - Mocksville Site

# FEBRUARY

- Feb. 1 - Ask the Doctor - 10:45am
- Feb. 1 - Basics of File Management class starts - 4:00pm
- Feb. 1 - Piedmont Power Assoc. - 7:00pm
- Feb. 2 - Day Trip - Billy Graham Library - Depart at 9:00am
- Feb. 2 - Blood Pressure Screenings - 10:45am
- Feb. 5 - Senior Lunch - 11:30am
- Feb. 5 - Tax Aide begins - 9:00am
- Feb. 8 - Troubleshooting Your Computer class starts - 4:00pm
- Feb. 9 - Medication Safety - 10:45am
- Feb. 9 - Got Plans? Advance Care Planning Workshop - 1:00pm
- Feb. 9 - Scrapbooking - 2:00pm
- Feb. 9 - Alzheimer's Support Group - 6:30pm
- Feb. 10 - 12 - Singing Telegrams - by appt. only
- Feb. 11 - Sharing & Caring - 1:00pm
- Feb. 12 - Valentine's Day Party - 2:00pm
- Feb. 15 - Monthly Movie - 1:00pm
- Feb. 15 - Quilt Guild - 6:30pm
- Feb. 16 - Senior Book Club - 1:30pm
- Feb. 16 - Meet the Candidates - 5:30pm
- Feb. 17 - Introduction to Social Media class starts - 4:00pm
- Feb. 17 - Social Dancing - 6:00pm
- Feb. 18 - Button Monogram Craft - 1:00pm
- Feb. 22 - Camera, Printers & Other Devices class starts - 4:00pm
- Feb. 22 - Introduction to Skype and Your Web Cam class starts - 6:00pm
- Feb. 23 - Theatre Club - 1:00pm
- Feb. 24 - Black History Month Celebration - 10:30am
- Feb. 25 - Dinner & A Movie - 5:30pm
- Feb. 26 - Sharing & Caring - 1:00pm



# MARCH

- March 1 - Day Trip - Mystery Trip - Departure time to be announced
- March 1 - Blood Pressure Screening - 10:45am
- March 1 - Water Aerobics class starts - 2:30pm - YMCA - pre-register @ Sr Services
- March 4 - Bingo - 1:00pm
- March 7 - Ask the Doctor - 10:45am
- March 7 - Microsoft Word - Beginners class starts - 4:00pm
- March 7 - Microsoft Excel - Beginners class starts - 6:00pm
- March 7 - Piedmont Power Assoc. - 7:00pm
- March 8 - What You Need to Know About Shingles - 10:45am
- March 8 - Got Plans? Advance Care Planning Workshop - 1:00pm
- March 8 - Scrapbooking - 2:00pm
- March 8 - Alzheimer's Support Group - 6:30pm
- March 10 - Sharing & Caring - 1:00pm
- March 12 - Crop Till You Drop - 9am - 3pm
- March 14 - Microsoft Word - Intermediate class starts - 4:00pm
- March 14 - Microsoft Excel - Intermediate class starts - 6:00pm
- March 15 - Welcome to Medicare - 10:00am
- March 15 - Senior Book Club - 1:30pm
- March 16 - Social Dancing - 6:00pm
- March 18 - Rock - a - Thon - 5:00 - 9:00pm
- March 21 - Monthly Movie - 1:00pm
- March 21 - Microsoft Powerpoint - Beginners class starts - 4:00pm
- March 21 - Quilt Guild - 6:30pm
- March 22 - Theatre Club - 1:00pm
- March 22 - Advisory Council - 3:00pm
- March 24 - Sharing & Caring - 1:00pm
- March 24 - Easter Party - 2:00pm
- March 25 - 27 - CLOSED FOR EASTER
- March 31 - Movie Day With the Grandkids (Or Not!) - 1:00pm



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

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



# Don't Forget!

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

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

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