



Senior Connection

Activities for Mocksville & Farmington Sites

October, November, December 2016

Veterans' Appreciation Events



Thursday, November 10
at either 1:00pm OR 5:30pm
RSVP deadline - Nov. 3
(but call early as spaces fill)



Each year Davie County Senior Services hosts an appreciation event for our veterans. Regardless of age, all veterans and active military personnel plus a guest are invited to attend. Both events will feature a delicious meal and entertainment from the Andrew Sisters Tribute group "Letters From Home". This trio has traveled the country performing for events and we are pleased to have them back again at Senior Services.

All veterans should pick the time that is best for them and call early to reserve their spot. One guest per veteran, please.

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OCTOBER 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 - 4:30pm,

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

Phone Number is 336-753-6230.

FALL FEST - VOLUNTEERS NEEDED

Monday, Oct. 3 - 2:30pm -

Autumn Care

Monday, Oct. 10 - 2:00pm -

Bermuda Commons

Monday, Oct. 17 - 2:00pm - Davie Place

Monday, Oct. 24 - 2:00pm - Somerset Court

Each year Senior Services visits long term care facilities in our community to host a Bingo program for their residents. Volunteers are needed for each facility's event. If you can help on any of the above dates, please give us a call.

ASK THE DOCTOR

Monday, October 3rd - 10:45 - 11:15am -

Multipurpose Room A

Speaker: Dr. George Kimberly

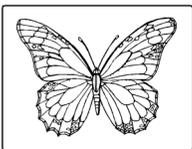
See all the details on pg. 15.

BLOOD PRESSURE SCREENINGS

Tuesday, October 4th -10:45am -

Multipurpose Room A

See all the details on pg. 15.



COLORING FOR ADULTS

Wednesday, October 5th -

10:45am - MP Room A

Facilitator: Melanie Forbes - Cook

Register no later than Sept. 28

How long has it been since you have colored? Coloring for adults is the latest pastime to take the country by storm. There are all types of books with more intricate pictures that are geared toward adults for stress relief and fun. Come out and color a few pages - you will be glad you did! Open to adults 55 and older and exceptions under the general participation policy.



HOW TO USE THE INTERNET TO HELP WITH MEDICARE CHOICES

Thursday, October 6th - 4:00pm -

Multipurpose Room B

Speaker: Kim Shuskey, Director & Mitzi

Hunter, SHIP Coordinator

Register no later than Sept. 29

Medicare's website has valuable information to help you make informed choices about choosing a prescription drug plan, an Advantage plan and much more. Learn how to navigate this website to help you or your loved one make good choices about Medicare options. Open to adults of all ages - no children, please.



FLU SHOTS

Friday, October 7th - 9am - 3pm -

By Appointment Only - Multipurpose Room B

Offered by WalMart of Mocksville

Cost: See below

Be sure to get your flu shot to avoid getting sick. You must have an appointment to get your shot. Shots are free for Medicare Part B recipients and some other insurance holders. Please inquire when you make your appointment as to whether or not your insurance is accepted. You must bring your insurance card in with you.

FIRE SAFETY FOR SENIORS

Monday, October 10th - 10:45am -

Multipurpose Room A

Speaker: Representative from Mocksville Fire Department

Register no later than Oct. 3

October is Fire Safety month. Learn important fire safety tips and ways to keep yourself and your family safe. Open to adults of all ages - no children, please.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, October 11th - 1:00pm -

Multipurpose Room B

Register no later than Oct. 4

See all the details on pg. 15.

OCTOBER SPECIAL EVENTS - MOCKSVILLE SITE

SCRAPBOOKING

Tuesday, October 11th - 2:00pm - Classroom B

Register no later than Oct. 4

See all the details on pg. 8.

ALZHEIMER'S SUPPORT GROUP

Tuesday, October 11th - 6:30pm - Classroom B

Register no later than Oct. 7

See all the details on pg. 20.

SHARING & CARING

Thursday, October 13th - 1:00 - 3:00pm - Classroom B

See all the details on pg. 9.

DAVIE SPIRIT DAY

Friday, October 14th

To support Davie High's Homecoming tonight, be sure to wear your black & orange if visiting Senior Services today. Go War Eagles!!



WALKER APRON SERVICE PROJECT

Friday, October 14th - 1:00pm - Multipurpose Room B

Register no later than Oct. 7

Senior Services gives out walker aprons to those who need them and our supply is running low. If you have any sewing skills, you can make these aprons. Fabric will be provided. Please bring your own portable sewing machine, scissors and thread. Open to adults of any age.

MONTHLY MOVIE

Monday, October 17th - 1:00pm - Multipurpose Rooms A & B

Register no later than Oct. 10

MPLC license No: 504019703

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.*



FLU SHOTS

Tuesday, October 18th - 9:00am - 1:00pm - By Appointment Only - Multipurpose Room B

Offered by Walgreens of Mocksville

Cost: See below

Be sure to get your flu shot to avoid getting sick. You must have an appointment to get your shot. Shots are free for Medicare Part B recipients and some other insurance holders. Please inquire when you make your appointment as to whether or not your insurance is accepted. You must bring your insurance card in with you.

SENIOR BOOK CLUB

Tuesday, October 18th - 1:30 - 3:00pm - Classroom A

Register no later than Oct. 11

See at the details on pg. 15.



MEDICARE PART D OPEN ENROLLMENT PERIOD EVENT

Wednesday, October 19th - 10:00 - 4:00pm - by appointment only

Facilitator: SHIP counselor

See all the details on pg. 27.

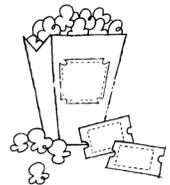
MOVIE DAY WITH THE GRANDKIDS (OR NOT!)

Friday, October 21 - 1:00pm - Multipurpose Rooms A & B

Register no later than Oct. 14

MPLC license No: 504019703

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 Oct. 18 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.*



OCTOBER SPECIAL EVENTS - MOCKSVILLE SITE

SENIOR TARHEEL PRIORITIES

Tuesday, October 25 - 10:45am - Multipurpose Room A

Speaker: Fred Voreh, Alternate Senior Tarheel Delegate for Davie County
Register no later than Oct. 18

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



THEATRE CLUB

Tuesday, October 25th - 1:00pm - Classroom B

See all the details on pg. 16.

MEDICARE PART D OPEN ENROLLMENT PERIOD EVENT

Wednesday, October 26th - 10:00 - 4:00pm - by appointment only

Facilitator: SHIP counselor

See all the details on pg. 27.

VETERAN'S SOCIAL

Wednesday, October 26th - 10:30am - Multipurpose Room B

Speaker: Steve Leighton, Civil Air Patrol
Register no later than Oct. 19

Senior Services and the Veteran's Service Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. ***This is intended to be a time of reminiscing and socialization for veterans, therefore it is limited to veterans only, no guests, unless a caregiver is needed in order for the veteran to attend.***



SCARVES OF HOPE / SHARING & CARING GROUP

Thursday, October 27th - 1:00 - 3:00pm - Classroom B

Register no later than Oct. 20

Our Caring & Sharing group works on many service projects throughout the year. Their current project is Scarves of Hope, which provides knit or crocheted scarves to individuals diagnosed with cancer. Take advantage of the cooler days of fall & make a few of your own. Then bring them to this meeting on the 27th and we will see that they are delivered to the Comprehensive Cancer Center of Wake Forest. If you do not knit or crochet the organization accepts purchased scarves as well.

HALLOWEEN PARTY

Monday, October 31st - 2:00pm - Multipurpose Rooms A & B

Register no later than Oct. 24

We will have a fun Halloween Party to celebrate the season. Wear your best costume and participate in our costume contest. Or just come as you are and play some fun games such as cornhole and a cakewalk. Open to adults 55 and older and exceptions under the general participation policy.



NOVEMBER SPECIAL EVENTS - MOCKSVILLE SITE

BLOOD PRESSURE SCREENINGS

Tuesday, November 1st - 10:45am -
Multipurpose Room A
See all the details on pg. 15.

MEDICARE PART D OPEN ENROLLMENT PERIOD EVENT

Wednesday, November 2nd - 10:00 - 4:00pm
- by appointment only
Facilitator: SHIP counselor
See all the details on pg. 27.



CHRISTMAS CARD CRAFT

Friday, November 4th - 1:00pm
- Multipurpose Room B
Instructor: Kim Shuskey,
Director
Cost: \$3.00

Register no later than Oct. 28

Just in time for Christmas we will make a set of 6 coordinating cards using only 1 sheet of decorative paper. Learn this quick and easy technique that can be adapted to all types of cards. Examples will be displayed at Senior Services in advance of the class. Open to adults 55 and older and exceptions under the general participation policy.

ASK THE DOCTOR

Monday, November 7th - 10:45 - 11:15am -
Multipurpose Room A
Speaker: Dr. George Kimberly
See all the details on pg. 15.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, November 8th - 1:00pm -
Multipurpose Room B
Register no later than Nov. 1
See all the details on pg. 15.

SCRAPBOOKING

Tuesday, November 8th - 2:00pm -
Classroom B
Register no later than Nov. 1
See all the details on pg. 8.

WATER AEROBICS CLASS

Tuesdays, November 8th - December 13th-
2:30pm - 3:30pm - Davie Family YMCA
See details on page 13.

ALZHEIMER'S SUPPORT GROUP

Tuesday, November 8th - 6:30pm -
Classroom B
Register no later than Nov 4
See all the details on pg. 20.

MEDICARE PART D OPEN ENROLLMENT PERIOD EVENT

Wednesday, November 9th - 10:00 - 4:00pm -
by appointment only
Facilitator: SHIP counselor
See all the details on pg. 27.

VETERAN'S APPRECIATION LUNCH OR DINNER

Thursday, November 10 - 1:00pm
OR

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

Choose the time that works for you.

RSVP deadline: Nov. 3 (or when spaces fill)

All veterans and active military personnel and one guest are invited to a meal in their honor. Both events will have a delicious meal and feature entertainment by The Andrew Sisters tribute group, "Letters From Home". Space is limited at each event, so call early to ensure you get to come at the time you desire.



SHARING & CARING

Thursday, November 10th - 1:00 - 3:00pm -
Classroom B
See all the details on pg. 9.

SENIOR BOOK CLUB

Tuesday, November 15 - 1:30 - 3:00pm -
Classroom A
Register no later than Nov. 8
See at the details on pg. 15.

NOVEMBER SPECIAL EVENTS - MOCKSVILLE SITE

MEDICARE PART D OPEN ENROLLMENT PERIOD EVENT

Wednesday, November 16th - 10:00 - 4:00pm - by appointment only

Facilitator: SHIP counselor

See all the details on pg. 27.

SENIOR LUNCH

Friday, November 18th - 11:30am -

Multipurpose Room B

Presenter: Woody Bowman & the Davidson County Honor Guard

Register no later than Nov. 10

Our Senior Lunch will feature a moving POW / MIA ceremony. 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.

DON'T GET THE FLU

Monday, November 21 - 10:45am -

Multipurpose Room A

Speaker: Representative from Walgreens, Mocksville

Register no later than Nov. 14

There are some simple ways to help lessen your chances of getting the flu this year. Come learn more at this seminar. Open to adults of all ages - no children, please.

MONTHLY MOVIE

Monday, November 21st - 1:00pm -

Multipurpose Rooms A & B

Register no later than Nov. 14

MPLC license No: 504019703

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, November 22nd - 1:00pm - Classroom B

See all the details on pg. 16.

MEDICARE PART D OPEN ENROLLMENT PERIOD EVENT

Wednesday, November 23rd - 10:00 - 4:00pm - by appointment only

Facilitator: SHIP counselor

See all the details on pg. 27.



DISASTER PLANNING

Monday, November 28 - 10:45am

Speaker: Jerry Myers, Emergency Management Coordinator

RSVP by Nov. 21

Disaster can strike at any time. From weather emergencies to natural disasters, you need to be prepared. Open to adults of all ages - no children, please.

DINNER & A MOVIE

Tuesday, November 29th - 5:30pm -

Multipurpose Rooms A & B

Register no later than Nov. 22

MPLC license No: 504019703

Enjoy dinner and stay for a great movie. To learn the title, call Senior Services on or after October 25. 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.*

MEDICARE PART D OPEN ENROLLMENT PERIOD EVENT

Wednesday, November 30th - 10:00 - 4:00pm - by appointment only

Facilitator: SHIP counselor

See all the details on pg. 27.

DECEMBER SPECIAL EVENTS - MOCKSVILLE SITE

SATURDAY MORNING BREAKFAST

Saturday, December 3rd - 9:30am -
Multipurpose Rooms A & B
Register no later than Nov. 23

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.

ASK THE DOCTOR

Monday, December 5th -
10:45 - 11:15am -
Multipurpose Room A
Speaker: Dr. George
Kimberly

See all the details on pg. 15.



BLOOD PRESSURE SCREENINGS

Tuesday, December 6th - 10:45am -
Multipurpose Room A
See all the details on pg. 15.

MEDICARE PART D OPEN ENROLLMENT PERIOD EVENT

Wednesday, December 7th - 10:00 -
4:00pm - by appointment only
Facilitator: SHIP counselor
See all the details on pg. 27.

SHARING & CARING

Thursday, December 8th - 1:00 - 3:00pm -
Classroom B
See all the details on pg. 9.



CHRISTMAS PARTY

Friday, December 9th - 2:00pm -
Multipurpose Rooms A & B
Register no later than Dec. 2

Don't miss our annual Christmas Party. Our entertainment this year will be The Davie High Madrigal Singers. Refreshments will be served. Open to adults 55 & older and exceptions under the general participation policy.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, December 13th - 1:00pm -
Multipurpose Room B
Register no later than Dec. 6
See all the details on pg. 15.

SCRAPBOOKING

Tuesday, December 13th - 2:00pm -
Classroom B
Register no later than Dec. 6
See all the details on pg. 8.

ALZHEIMER'S SUPPORT GROUP

Tuesday, December 13th - 6:30pm -
Classroom B
Register no later than Dec. 9
See all the details on pg. 20.

BINGO

Thursday, December 15th -
1:00pm - MP Room B
Sponsor: Clear Captions
Register no later than Dec. 8

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.*



TAX EXEMPTION SEMINAR

Monday, December 19th - 10:45am -
Multipurpose Room A
Speaker: Brian Myers, Davie County Tax
Administrator
Register no later than Dec. 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.

DECEMBER SPECIAL EVENTS
- MOCKSVILLE SITE

MONTHLY MOVIE

Monday, December 19th - 1:00pm -
Multipurpose Rooms A & B

Register no later than Dec. 12

MPLC license No: 504019703

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, December 20th - 1:30 - 3:00pm -
Classroom A

Register no later than Dec. 13

See at the details on pg. 15.

SHARING & CARING

Thursday, December 22nd - 1:00 - 3:00pm -
Classroom B

See all the details on pg. 9.



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 COUNTY QUILT GUILD

**3rd Monday of each month at 6:30pm -
(October 17, November 21, December 19) -
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 - (October 11, November 8,
December 13)**

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 - Classrooms A & B

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

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 (PC): Intermediate.***

Upcoming Session:

- Oct. 3, 4, 5 & 6 (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, crating 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 (PC): Intermediate.***

Upcoming Session:

- Oct. 3, 4, 5 & 6 (Mon, Tues., Wed., Thurs.) - 6:00 - 7:30pm - 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 (PC): Intermediate and Microsoft Word - Beginners.***

Upcoming Session:

- Oct. 10, 11, 12 & 13 (Mon, Tues., Wed., Thurs.) - 4:00 - 5:30pm - 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 (PC): Intermediate and Microsoft Excel - Beginners.**

Upcoming Session:

- Oct. 10, 11, 12 & 13 (Mon, Tues., Wed., Thurs.) - 6:00 - 7:30pm - Media Room

MICROSOFT POWERPOINT: BEGINNERS

This class covers introductory Microsoft Powerpoint skills. Topics include themes, bullet-ed 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 (PC): Intermediate.**

Upcoming Session:

- Oct. 17, 18, 19 & 20 (Mon, Tues., Wed., Thurs.) - 4:00 - 5:30pm - Media Room

INTERNET BASICS

This class will expand on the basics of the Internet that were touched on in Introduction to Computers: Intermediate. 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 such as material taught in Introduction to Computers (PC): Intermediate.**

Upcoming Session:

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

SKYPE AND WEB CAMERA

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 "web cam" 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 the 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 such as material taught in Introduction to Computers (PC): Intermediate.**

Upcoming Session:

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

SOCIAL MEDIA: BEGINNERS

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 the class. It is a very hands-on class and will include communicating with individuals inside the class. **This class is 4 days and is intended for students who have a basic understanding of computers such as those skills learned in Introduction to Computers (PC): Intermediate. Mouse and keyboard skills are required.**

Upcoming Session:

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

ONGOING ACTIVITIES - MOCKSVILLE SITE

GOOGLE APPS: FROM MAPS TO VOICE

This course is about other Google applications that are useful, including Google Calendar, Hangouts, Maps, Photos, Sites, Voice, and more. ***This class is 8 days and students will need to have a valid Google account.***

Upcoming Session:

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

ANDROID PHONES: BEGINNERS

Learn how to use your Android-based phone, from making phone calls and texting to adding apps and editing documents, all while on the go. Your smartphone can become a replacement for many of the tech devices you use both inside and outside your home. We will talk about how to setup and navigate your smartphone using the Android-based operating system. This class is designed to make you smarter than your “smart phone” so that you can put it to work for you.

This class is 4 days and has no prerequisites.

Upcoming Session:

- Dec. 5, 6, 7, & 8 (Mon., Tues., Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

ANDROID TABLETS: BEGINNERS

Learn how to use your Android-based tablet as an alternative to your computer. We will discuss setup, basic navigation, as well as using many of the same apps that can be found on your computer. These applications include email, calendar, notes, Skype, e-book readers, and other applications that will allow you to use your tablet as an alternative to your home computer and even sync information from your tablet between other devices. ***This class is 4 days and has no prerequisites.***

Upcoming Session:

Dec. 5, 6, 7, & 8 (Mon., Tues., Wed., & Thurs.) - 6:00 - 7:30pm - Media Room

IPHONE: BEGINNERS

Learn how to use your iOS-based phone, from making phone calls and texting to adding apps and editing documents, all while on the go.

Your smart phone can become a replacement for many of the tech devices you use both inside and outside your home. We will talk about how to setup and navigate your smart phone using the iOS-based operating system. This class is designed to make you smarter than your “smart phone” so that you can put it to work for you.

This class is 4 days and has no prerequisites.

Upcoming Session:

- Dec. 12, 13, 14 & 15 (Mon., Tues., Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

IPAD: BEGINNERS

Learn how to use your iPad tablet as an alternative to your computer. We will discuss setup, basic navigation, as well as using many of the same apps that can be found on your computer. These applications include email, calendar, notes, Skype, e-book readers, and other applications that will allow you to use your tablet as an alternative to your home computer and even sync information from your tablet between other devices. ***This class is 4 days and has no prerequisites.***

Upcoming Session:

- Dec. 12, 13, 14 & 15 (Mon., Tues., Wed., & Thurs.) - 6:00 - 7:30pm - Media Room

ONGOING ACTIVITIES - MOCKSVILLE SITE



Dance

LINE DANCING LEVEL 1

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

Instructor: Jean Warwick

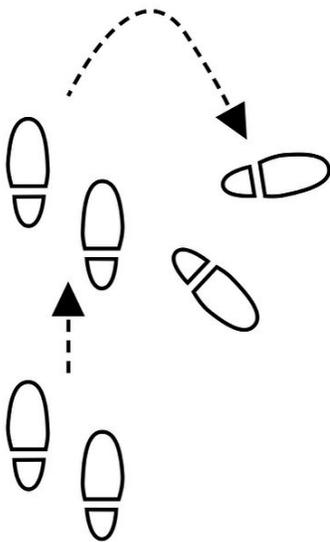
For those new to line dancing, join this group to learn some simple dances. This is appropriate for beginners and those who only know a few dances. Open to adults 55 & older & exceptions under the general participation policy.

LINE DANCING LEVEL 2

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

Instructors: Cathy Smith & Kathy Mashburn

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.



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 Senior Services

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: Jessica Pollard, Health & Wellness 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.

ONGOING ACTIVITIES - MOCKSVILLE SITE

MORNING WAKE UP PROGRAM

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

Instructor: Jessica Pollard, H&W Coord.

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 - October 3 - December 21 - Exercise Room

Instructor: Kim Crawford

4 CLASSES TO CHOOSE FROM:

11:00am - 12:00pm

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 September 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.**

AFTER FIVE FITNESS

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

Tuesdays, November 8 - December 13 - 2:30pm - 3:30pm

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 & exceptions under the general participation policy.

ONGOING ACTIVITIES - MOCKSVILLE SITE

FITNESS ROOM

Monday - Thursday - 8:00am - 8:00pm

Friday - 8:00am - 4:30pm (effective July 1)

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)



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
- * 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

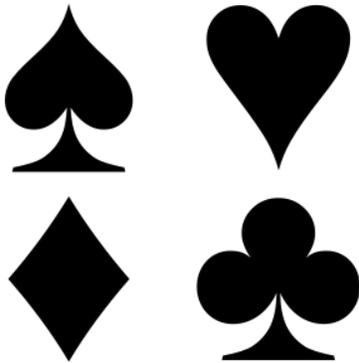
Bring a partner and join this group for duplicate bridge. Open to adults 55 & older & exceptions under the general participation policy. Alternates may be under age 55.

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 - Multipurpose Room A (October 3, November 7, December 5)

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 - (October 4, November 1, December 6)

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

GOT PLANS? ADVANCE CARE PLANNING

2nd Tuesday of each month - 1:00 pm - Multipurpose Room B - (October 11, November 8, December 13)

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

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

Oct. 18 - "The Returned" by James Mott

Nov. 15 - "Madonnas of Leningrad" by Debra Dean

Dec. 20 - "The Invention of Wings" by Sue Monk Kidd

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.

ONGOING ACTIVITIES - MOCKSVILLE SITE



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 \$3.30. A program is offered each day at 10:45am before lunch. You must call by noon the day before you plan to eat to order a meal.

Special Interest

PIEDMONT POWER ASSOCIATION

1st Mon. of each month - 7:00pm - MP Rooms A & B - (October 3, November 7, December 5)

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 (November 22)

Staff Contact: Kim Shuskey, Director

This is a volunteer group appointed by Davie County 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 (October 25, November 22, no meeting in December)

Staff Contact: Barbara Thornton, Senior Center Aide

This group meets once a month to discuss various theatrical options in the area and to choose different plays and performances to attend as a group. Each person pays for their ticket. Open to adults 55 & older and exceptions under the general participation policy.



OTHER ONGOING PROGRAMS & SERVICES



Financial Support

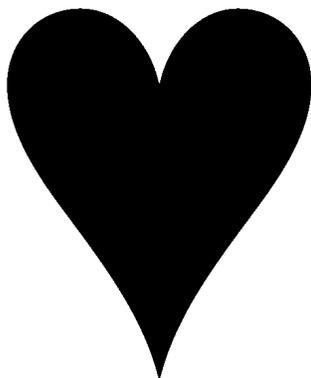
LEGACY GIFT PROGRAM

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 certain 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.



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.

OTHER ONGOING PROGRAMS & SERVICES

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.

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.

OTHER ONGOING PROGRAMS & SERVICES

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.

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.

OTHER ONGOING PROGRAMS & SERVICES



Support Groups

ALZHEIMER'S SUPPORT GROUP

2nd Tuesday of each month - 6:30pm -
Classroom B - (October 11, November 8,
December 13)

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. 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.

OCTOBER 4 - DIXIE CLASSIC FAIR, WINSTON SALEM, NC

Tuesday, October 4 - Departure time 8:30am,
Return approximately 3:00pm

Cost: \$5.00 for transportation
Money for lunch

We will return once again to the Fair. This is Senior Day so there is no charge for seniors. Lunch will be on your own at the fair. Sign up starts Aug. 16.

NOVEMBER 1 - SOUTHERN SUPREME FRUITCAKE FACTORY, BEAR CREEK, NC

Tuesday, November 1 - Departure time
9:00am, Return approximately 4:00pm

Cost: \$5.00 for transportation
Money for lunch

Due to your requests we will head back to the Southern Supreme Fruitcake Factory where we will get a tour of the factory, taste some samples and visit the gift shop. We will have lunch at Best Food Cafeteria in Siler City. Sign up starts Sept. 15.

DECEMBER 6 - DR. JOSEPHUS W. HALL HOUSE, SALISBURY, NC

Tuesday, December 6 - Departure time
9:30am, Return approximately 3:00pm

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

This impressive house museum, which will be decked in Christmas splendor, was home to Dr. Josephus Hall, Chief Surgeon at the Salisbury Confederate Prison during the Civil War. It is furnished with a collection of mid-Victorian furnishings and accessories that belonged to the Hall family. After the tour we will have lunch at Christo's and then go to the "Emporium" for some consignment shopping. Sign up starts October 14.

JANUARY 3 - WINSTON SALEM INDUSTRIES FOR THE BLIND, WINSTON SALEM, NC

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

Cost: \$5.00 for transportation
Money for lunch

We will tour this interesting operation that has recently expanded its optical laboratory. This lab has a total of 37 blind or visually impaired employees and about 30 sighted employees. They produce items such as progressive contact lenses. After the tour we will have lunch at K & W. Sign up starts November 15.

OTHER ONGOING PROGRAMS & SERVICES



Trips - Extended

MYRTLE BEACH, SC

Monday - Wednesday, Nov. 14 - 16

Prices - Per Person:

\$411.00 - single **\$349.00 - double**

\$337.00 - triple **\$326.00 - quad**

Trip Leader - Barbara Thornton

We will once again head to the beach for our Holiday trip. Price includes the following:

Monday, November 14:

- Buffet lunch at Webster Manor, Mullins, SC
- "Christmas Wonderland" at Palace Theatre, a delightful and enchanting Christmas show

Tuesday, November 15:

- Breakfast at Hotel
- Delicious Thanksgiving buffet feast at the Hilton - includes all your holiday favorites
- The South's Grandest Christmas Show - Alabama Theatre's award-winning production featuring amazing talent, scenery & special effects
- Shop at Tanger Outlets, Highway 501. For those who do not wish to shop, we will have a movie or some type of video for you to enjoy on the bus.

Wednesday, November 16:

- Breakfast at hotel
- Ripley's Aquarium - an 85,000 square foot aquatic wonderland with educational exhibits, interactive areas and exiting videos. It will also include a behind the scenes tour.
- Lunch at Copper's Restaurant in Conway, SC, featuring their famous fried chicken, turkey and dressing, beef, plus numerous vegetables, a salad bar & dessert bar.

Price also includes hotel accommodations at Caravelle Resort and travel on motor coach. Reservations can be made with your \$50.00 deposit. Deadline for registration is Oct. 7. Final trip payment is due at that time as well. We are unable to give refunds after payment is made to tour company. See staff member for complete rules regarding trips.



Volunteer Opportunities

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

BUDDY PROGRAM

Contact: Mitzi Hunter, Morning Receptionist

This program matches volunteers with participants who are new to Senior Services. They will meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes."

CLASS INSTRUCTORS

Contact: Kim Shuskey, Director

In an effort to bring new offerings to the seniors of our county, we are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors may be able to be compensated if funding permits.

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. Background screening required.

LUNCH VOLUNTEERS

Contact: Ina Beavers, Nutrition Program Coordinator

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

OTHER ONGOING PROGRAMS & SERVICES

OFFICE HELP

Contact: Tracy Veach, Administrative Assistant

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

SHIIP (Seniors' Health Insurance Information Program)

Contact: Mitzi Hunter, SHIIP Coordinator

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

SPECIAL EVENT ASSISTANCE

Contact: 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

Volunteers 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

Wednesdays - 10:30am

Get your exercise each Wednesday with your friends.

BLOOD PRESSURE SCREENINGS

Every 3rd Wednesday - 10:30am

(October 19, November 16, December 19 - note change from regular day)

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 \$3.30. 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.

CLASSES & ACTIVITIES - FARMINGTON SITE



Special Events



MEDICATION SAFETY FOR SENIORS

Monday, October 3rd - 10:30am

Speaker: Brandi Patti, Davie County Health Department

Register no later than Sept. 26

Keep your medication safe to prevent accidental overdose. Learn how at this seminar. Open to adults of all ages - no children, please.

REMINISCING WITH PHOTOS

Monday, October 10th - 10:30am

Register no later than Oct. 3

Bring in your favorite photo and share the story behind it with the group. Open to adults 55 & older and exceptions under the general participation policy.

FIRE SAFETY FOR SENIORS

Friday, October 21st - 10:30am

Speaker: Brian with Farmington Fire Department

Register no later than Oct. 14

October is Fire Safety month. Learn important fire safety tips and ways to keep yourself and your family safe. Open to adults of all ages - no children, please.



COLORING FOR ADULTS

Friday, October 28th - 10:30am

Register no later than Oct. 21

How long has it been since you have colored? Coloring for adults is the latest pastime to take the country by storm. There are all types of books with more intricate pictures that are geared toward adults for stress relief and fun. Come out and color a few pages - you will be glad you did! Open to adults 55 and older and exceptions under the general participation policy.



HALLOWEEN CELEBRATION

Monday, October 31 - 10:30am

Register no later than Oct. 24

Join your friends for a celebration of the Fall season & Halloween. Open to adults 55 & older and exceptions under the general participation policy.

VISIT WITH A VETERAN

Monday, November 7th - 10:30am

Speaker: Richard Pierce

Register no later than Oct. 31

In honor of Veteran's Day, Richard will speak to the group about his experiences in the Navy. Other veterans are invited to share their stories as well. Open to adults 55 and older and exceptions under the general participation policy.

ALZHEIMER'S AWARENESS

Monday, November 14th - 10:30am

Speaker: Representative of Senior Services

Register no later than Nov. 7

Learn the latest about Alzheimer's research, warning signs and ways to help prevent the disease. Open to adults of all ages - no children, please.

THANKSGIVING CELEBRATION

Wednesday, November 23rd - 10:30am

Register no later than Nov. 16

Celebrate all your reasons to be thankful at this event. Open to adults 55 & older and exceptions under the general participation policy.



LEARN ABOUT HOSPICE

Monday, November 28th - 10:30am

Speaker: Allison Brown, Mountain Valley Hospice and Palliative Care

Register no later than Nov. 21

Hospice provides a wide variety of services to the community. Learn more at this seminar. Open to adults of any age - no children, please.

CLASSES & ACTIVITIES -
FARMINGTON SITE

PANTRY BINGO

**Monday, December 5th -
10:30am**

Sponsor: Davie Medical Supply

Register no later than Nov. 28

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

B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	46	74	
2	28	37	55	68
10	27	39	59	75

CRAFT DAY

Friday, December 16th - 10:30am

Register no later than Dec. 9

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.



CHRISTMAS CELEBRATION

**Wednesday, December 21st -
10:30am**

Register no later than Dec. 14

Join your friends for a celebration of the
Christmas season. Open to adults 55 & older
and exceptions under the general participation
policy.

NEW YEAR'S CELEBRATION

Friday, December 30th - 10:30am

Register no later than Dec. 22

Ring in the new year a little early with all of
your friends. Here's to a great 2017! Open to
adults 55 & older and exceptions under the
general participation policy.

*Happy
New Year*

Calendar of Events -
FARMINGTON SITE

OCTOBER

- Oct. 3 - Medication Safety for Seniors -
10:30am
- Oct. 10 - Reminiscing With Photos -
10:30am
- Oct. 19 - Blood Pressure Screens -
10:30am
- Oct. 21 - Fire Safety for Seniors - 10:30am
- Oct. 28 - Coloring for Adults - 10:30am
- Oct. 31 - Halloween Celebration - 10:30am

NOVEMBER

- Nov. 7 - Visit With a Veteran - 10:30am
- Nov. 14 - Alzheimer's Awareness -
10:30am
- Nov. 16 - Blood Pressure Screens -
10:30am
- Nov. 23 - Thanksgiving Celebration -
10:30am
- Nov. 28 - Learn About Hospice - 10:30am

DECEMBER

- Dec. 5 - Pantry Bingo - 10:30am
- Dec. 16 - Craft Day - 10:30am
- Dec. 19 - Blood Pressure Screens -
10:30am
- Dec. 21 - Christmas Celebration -
10:30am
- Dec. 30 - New Year's Celebration of Fall -
10:30am

Calendar of Events - Mocksville Site

**SEE ALL THE DETAILS ABOUT THESE EVENTS, INCLUDING
REGISTRATION DEADLINES, ON THE INSIDE OF THIS NEWSLETTER!**

OCTOBER

- Oct. 3 - Ask the Doctor - 10:45am
- Oct. 3 - New Yoga session starts - 11:00am
- Oct. 3 - New Yoga session starts - 1:00pm
- Oct. 3 - New Yoga session starts - 2:00pm
- Oct. 3 - Fall Fest - 2:30pm - Autumn Care
- Oct. 3 - New Yoga session starts - 3:00pm
- Oct. 3 - Microsoft Word: Beginners class begins - 4:00pm
- Oct. 3 - Microsoft Excel: Beginners class begins - 6:00pm
- Oct. 3 - Piedmont Power Assoc. - 7:00pm
- Oct. 4 - Day Trip - Dixie Classic Fair - 8:30am
- Oct. 4 - Blood Pressure Screening - 10:45am
- Oct. 5 - Coloring For Adults - 10:45am
- Oct. 6 - How to Use the Internet to Help With Medicare Choices - 4:00pm
- Oct. 7 - Flu Shots - 9:00am - 3:00pm - by appointment only
- Oct. 10 - Fire Safety for Seniors - 10:45am
- Oct. 10 - Fall Fest - 2:00pm - Bermuda Commons
- Oct. 10 - Microsoft Word: Intermediate class begins - 4:00pm
- Oct. 10 - Microsoft Excel: Intermediate class begins - 6:00pm
- Oct. 11 - Got Plans? Advance Care Planning Workshop - 1:00pm
- Oct. 11 - Scrapbooking - 2:00pm
- Oct. 11 - Alzheimer's Support Group - 6:30pm
- Oct. 13 - Sharing & Caring - 1:00pm
- Oct. 14 - Davie Spirit Day
- Oct. 14 - Walker Apron Service Project - 1:00pm
- Oct. 17 - Monthly Movie - 1:00pm
- Oct. 17 - Fall Fest - 2:00pm - Davie Place

- Oct. 17 - Microsoft Powerpoint: Beginners class begins - 4:00pm
- Oct. 17 - Quilt Guild - 6:30pm
- Oct. 18 - Flu Shots - 9:00am - 1:00pm - by appointment only
- Oct. 18 - Senior Book Club - 1:30pm
- Oct. 19 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only
- Oct. 21 - Movie Day With the Grandkids (Or Not!) - 1:00pm
- Oct. 24 - Fall Fest - 2:00pm - Somerset Court
- Oct. 25 - Senior Tarheel Priorities - 10:45am
- Oct. 25 - Theatre Club - 1:00pm
- Oct. 26 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only
- Oct. 26 - Veteran's Social - 10:30am
- Oct. 27 - Scarves of Hope / Sharing & Caring - 1:00pm
- Oct. 31 - Halloween Party - 2:00pm

NOVEMBER

- Nov. 1 - Day Trip - Southern Supreme Fruitcake Factory - Depart at 9:00am
- Nov. 1 - Blood Pressure Screenings - 10:45am
- Nov. 2 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only
- Nov. 4 - Christmas Card Craft - 1:00pm
- Nov. 7 - Ask the Doctor - 10:45am
- Nov. 7 - Internet Basics class begins - 4:00pm
- Nov. 7 - Skype and Web Camera class begins - 6:00pm
- Nov. 7 - Piedmont Power Assoc. - 7:00pm

Calendar of Events - Mocksville Site

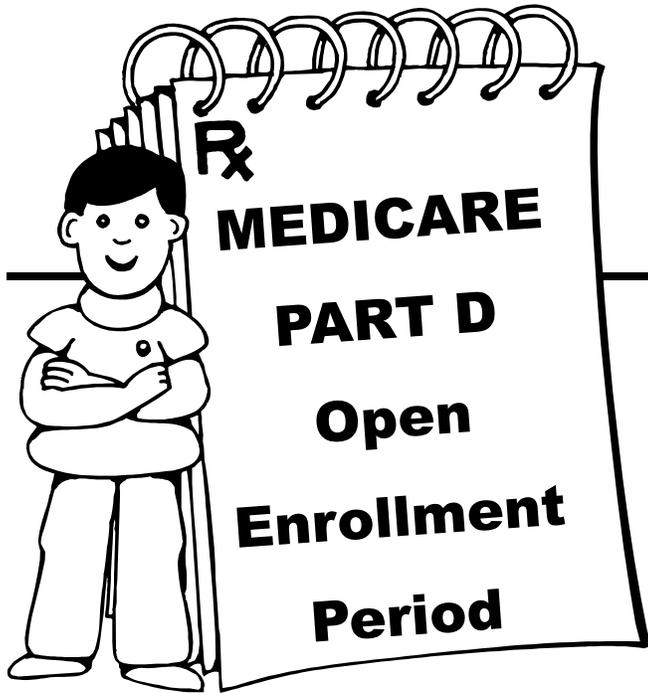
**SEE ALL THE DETAILS ABOUT THESE EVENTS, INCLUDING
REGISTRATION DEADLINES, ON THE INSIDE OF THIS NEWSLETTER!**

- Nov. 8 - Got Plans? Advance Care Planning Workshop - 1:00pm
- Nov. 8 - Scrapbooking - 2:00pm
- Nov. 8 - Water Aerobics Class starts - 2:30pm
- Nov. 8 - Alzheimer's Support Grp. - 6:30pm
- Nov. 9 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only
- Nov. 10 - Veteran's Appreciation Lunch - 1:00pm
- Nov. 10 - Veteran's Appreciation Dinner - 5:30pm
- Nov. 10 - Sharing & Caring - 1:00pm
- Nov. 11 - CLOSED FOR VETERAN'S DAY
- Nov. 14 - 16 - Myrtle Beach Trip
- Nov. 14 - Social Media: Beginners class begins - 4:00pm
- Nov. 14 - Google Apps: From Maps to Voice class begins - 6:00pm
- Nov. 15 - Senior Book Club - 1:30pm
- Nov. 16 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only
- Nov. 18 - Senior Lunch - 11:30am
- Nov. 21 - Don't Get the Flu - 10:45am
- Nov. 21 - Monthly Movie - 1:00pm
- Nov. 21 - Quilt Guild - 6:30pm
- Nov. 22 - Theatre Club - 1:00pm
- Nov. 22 - Advisory Council - 3:00pm
- Nov. 23 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only
- Nov. 24 - 27 - CLOSED FOR THANKSGIVING
- Nov. 28 - Disaster Planning - 10:45am
- Nov. 29 - Dinner & A Movie - 5:30pm
- Nov. 30 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only



DECEMBER

- Dec. 3 - Saturday Morning Breakfast - 9:30am
- Dec. 5 - Ask the Doctor - 10:45am
- Dec. 5 - Android Phones: Beginners class begins - 4:00pm
- Dec. 5 - Android Tablets: Beginners class begins - 6:00pm
- Dec. 5 - Piedmont Power Assoc. - 7:00pm
- Dec. 6 - Day Trip - Dr. Josephus W. Hall House - Depart at 9:30am
- Dec. 6 - Blood Pressure Screening - 10:45am
- Dec. 7 - Medicare Part D Open Enrollment Event - 10:00am - 4:00pm - by appointment only
- Dec. 8 - Sharing & Caring - 1:00pm
- Dec. 9 - Christmas Party - 2:00pm
- Dec. 12 - iPhone: Beginners class begins - 4:00pm
- Dec. 12 - iPad: Beginners class begins - 6:00pm
- Dec. 13 - Got Plans? Advance Care Planning Workshop - 1:00pm
- Dec. 13 - Scrapbooking - 2:00pm
- Dec. 13 - Alzheimer's Support Group - 6:30pm
- Dec. 15 - Bingo - 1:00pm
- Dec. 19 - Tax Exemption Seminar - 10:45am
- Dec. 19 - Monthly Movie - 1:00pm
- Dec. 19 - Quilt Guild - 6:30pm
- Dec. 20 - Senior Book Club - 1:30pm
- Dec. 22 - Sharing & Caring - 1:00pm
- Dec. 23 - 27 - CLOSED FOR CHRISTMAS



DO YOU NEED HELP?

In 2016 the Open Enrollment Period for Medicare Prescription Drug Programs is October 15 - December 7. During this time people with Medicare may enroll in or change their Prescription Drug Coverage.

As part of the NC Department of Insurance, **Seniors' Health Insurance Information Program (SHIP)** has experts trained to help you do this.

There is also federal assistance for those with Medicare who have limited resources and income. If you qualify you can receive assistance to help pay for premiums, deductibles and prescription co-payments.

A counselor can help you choose the plan that best meets your needs and also help you to apply for assistance if you qualify.

Call **Davie County Senior Services** at **336-753-6230** to attend one of the Enrollment Sessions on Wednesdays from 10:00 - 4:00 during the Open Enrollment period.

(Other appointment times are available if Wednesdays are not convenient)



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.