



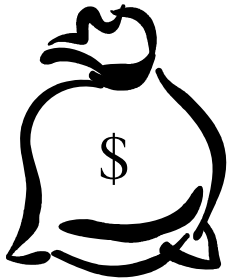
“NC Certified Senior Center of Excellence”

Senior Connection

Activities for Mocksville & Farmington Sites

January, February, March 2011

Fundraising Committee



**Tuesday, January 11
1:00pm**



In today’s economy it is more important than ever to supplement our budget with fundraisers. We are forming a new committee to help Senior Services with its fundraising events. We will need people to help with solicitation, promotion, planning and carrying out the events, so there is room for all interests.

Call today to sign up for this important committee.

NEWSLETTER TABLE OF CONTENTS

SPECIAL EVENTS MOCKSVILLE SITE.....2	Stage, Screen & Music.....16
ONGOING - MOCKSVILLE SITE.....10	DESTINATION FITNESS.....17
Arts & Crafts.....10	FINANCIAL SUPPORT.....17
Computer Classes.....10	SERVICES.....17
Dance.....11	TRIPS.....19
Drop In Activities.....11	VOLUNTEER OPPORTUNITIES.....21
Exercise.....12	ONGOING - FARMINGTON SITE.....22
Games.....13	SPECIAL EVENTS - FARMINGTON SITE.....22
Health & Wellness.....14	EVENT CALENDAR/FARMINGTON.....24
Literary Arts.....15	EVENT CALENDAR/MOCKSVILLE.....25
Lunch.....15	SHIIP INFORMATION.....27
Special Interest.....15	REMINDERS.....back cover

JANUARY SPECIAL EVENTS - MOCKSVILLE SITE

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



ASK THE DOCTOR

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

Speaker: Dr. George Kimberly

See all the details on page 14.

SENIOR FINANCIAL CARE

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

Counselors provided by Senior Financial Care of Winston Salem

See all the details on page 19.

BLOOD PRESSURE SCREENINGS

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

Screener: Davie County Home Health representative

See all the details on page 14.

DUPLICATE BRIDGE

Wed., January 5 - 2:00 - 6:00pm -

Multipurpose Room A

Cost: Free

See all the details on pg. 14.

MEET YOUR COMMISSIONERS TEA

Thursday, January 6 - 2:00pm -

Multipurpose Room A & B

Cost: Free

RSVP by: Dec. 30

All of your county commissioners have been invited to join us for tea & refreshments. Join us to meet the commissioners, ask them questions and discuss issues that are important to you. Open to adults of all ages - no children, please.

HANDBELLS

Friday, January 7 - 10:00am - MP Room B

See all the details on pg. 16.

BINGO

Friday, Jan. 7 - 1:00pm - MP Room B

Cost: Free - Sponsored by

Woodmen of the World

RSVP by Dec. 30

Join us for some fun games of bingo and a chance to win prizes. Refreshments will be served. As Woodman of the World is sponsoring this event, there is no charge. 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.*



DESTINATION FITNESS TESTING

Monday, January 10 - 9:30 - 11:00am -

Exercise Room - By appointment only

See all the details on pg. 17.

MONTHLY MOVIE - "THE FAMILY THAT PREYS"

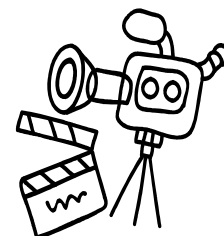
Monday, January 10 - 2:00pm- Multipurpose Rooms A & B

Cost - Free

RSVP by January 3

MPLC license No: 12377840

This dramedy centers on a pair of friends - wealthy socialite Charlotte and working class Alice, whose families stand to be ripped apart by greed and scandal. To prevent the collapse and save their families, the two mothers take a road trip that carries them both beyond their wildest expectations. The movie stars Kathy Bates, Alfre Woodard, Tyler Perry, Sanaa Lathan, Rockmond Dubar and Cole Hauser. It is rated PG-13 for thematic material, sexual references and brief violence. Run time is approximately 1 hour and 51 minutes. It is open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*



JANUARY SPECIAL EVENTS - MOCKSVILLE SITE

FUNDRAISING COMMITTEE

**Tuesday, January 11 - 1:00pm - MP Room B
RSVP by Jan. 4**

Join us for the first meeting of our newly formed Fundraising Committee. Members will help Senior Services with fundraising events throughout the year, from soliciting donations to helping promote, plan and implement the events.

SCRAPBOOKING

**Tues., January 11 - 2:00pm - Classroom B
RSVP by Jan. 4**

See all the details on pg. 10.

SENIOR BOOK CLUB

**Tues., January 11 - 2:30 - 3:30pm -
Classroom A
RSVP by Jan. 4**

See at the details on page 15.

DUPLICATE BRIDGE

**Wed., January 12 - 2:00 - 6:00pm - MP
Room A
Cost: Free**

See all the details on pg. 14.



SENIOR LUNCH

**Friday, January 14 - 11:30am -
Multipurpose Room B
Cost - Free**

**Speaker - Joseph Mills, NC School
of the Arts - "Dancing Through the
Depression"**

RSVP by Jan. 7

This quarter's lunch will feature an entertaining presentation followed by a delicious meal. The 1930's was a remarkable decade of dance. From the joyous cinematic explosions of Astaire and Rogers to the rise in dance marathons, dancing was everywhere. Dr. Mills will discuss all aspects of dancing through the Great Depression in this presentation. Open to adults 55 and older and exceptions under the general participation policy. *This project is made possible by a grant from the North Carolina Humanities Council, a statewide nonprofit and affiliate of the National Endowment for the Humanities.*

MASSAGE THERAPY

**Tuesday, January 18 - 9:30am - 4:00pm - by
appointment only - Classroom B**

Cost: \$30.00 for 30 minute massage

See all the details on pg. 15.

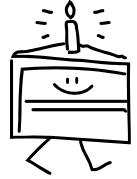
SENIOR BIRTHDAY PARTY

**Wednesday, January 19 - 2:00pm -
Multipurpose Room B**

Cost: Free

RSVP by Jan. 12 (or when spaces fill)

Once again we will have one big birthday party for all seniors. If you have a birthday, and we know you do, then come out for this party. We will have wonderful entertainment at the event, along with cake and ice cream. Open to adults 55 & older and exceptions under the general participation policy.



INTERGENERATIONAL MOVIE - "HOW TO TRAIN YOUR DRAGON"

**Mon., January 24 - 2:00pm - MP
Rooms A & B**

RSVP by Jan. 17

MPLC license No: 12377840

As the son of a Viking leader on the cusp of manhood, shy Hiccup Horrendous Haddock III faces a rite of passage: He must kill a dragon to prove his warrior mettle. But after downing a feared dragon, he realizes that he no longer wants to destroy it. So he befriends the beast -- which he names Toothless -- much to the chagrin of his warrior father. Rated PG for sequences of intense action and some scary images, and brief mild language, the movie features the voices of Jay Baruchel, Gerard Butler, Craig Ferguson, and America Ferrera. Run time is approximately 1 hour and 30 minutes. This is an out of school day for Davie County, so you are welcome to bring your grandkids, great-grandkids, etc. All children must be accompanied by an adult. *In order to make our events more accessible, closed captioning will be used for all movies.*

JANUARY/FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

AVOIDING EXERCISE INJURY

Tuesday, January 25 - 1:00pm - MP Room B

Speaker: Kevin Mullis, War Eagle Rehab

Cost: Free

RSVP by Jan. 18

Mr. Mullis will discuss easy ways to avoid exercise injuries, good types of beginner exercises, stretches & warm ups, and answer your questions. Open to adults of any age - no children please.

Qualifies for Destination Fitness drawing.

THEATRE CLUB

Tues., January 25 - 1:00pm - Classroom B

See all the details on pg. 16.



WARM UP AMERICA SOUP & KNITTING/CROCHETING PARTY

Thurs., January 27 - 12:00pm - MP Room B

Cost: At least one completed 5 x

7 square or at least one skein of yarn

RSVP by Jan. 20

Calling all Knitters & Crocheters! Take part in this great project to provide afghans to those in need. We will have a soup lunch and then discuss how we would like to proceed with the project. To attend, please bring a completed crocheted or knitted 5" x 7" square (patterns are available for those who want it), along with your knitting or crocheting supplies. If you do not crochet or knit but wish to be a part of the project by helping to join squares, please bring a skein of yarn to the program.

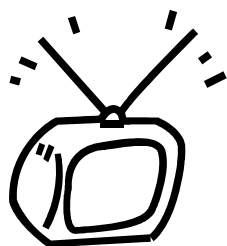
ANDY GRIFFITH SHOW

Fri., January 28 - 10:30am - MP Room A

Episode: "Andy and the Gentleman Crook"

RSVP by Jan. 21

See all the details on pg. 16.



LEGAL SEMINAR

Monday, January 31 - 1:00pm -

MP Room B

Speaker: Brian Williams,

Attorney, Law Office of Martin,

VanHoy, Smith & Raisbeck

RSVP by Jan. 24

Learn the essentials about estate planning and ask Mr. Williams your questions at this informative seminar. Open to adults of any age - no children please.

SENIOR FINANCIAL CARE

Tuesday, February 1 - 8:30am - 4:30pm - by

appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on page 19.

BLOOD PRESSURE SCREENINGS

Tues., February 1 - 10:45am - MP Room A

Screener: Davie County Home Health representative

See all the details on page 14.



HEART HEALTHY KITCHEN

MAKEOVER

Wednesday, February 2 - 1:00pm -

MP Room B

Speaker: Mandi Irwin, Davie

County Health Department

RSVP by Jan. 26

When it comes to lowering your risk of heart disease, what you eat is a big factor. Stocking the kitchen wisely is crucial to making good choices. Ms. Irwin will show us ways to make simple swaps and give us heart healthy tips to fit into our day-to-day life. Open to adults of any age - no children please.

DUPLICATE BRIDGE

Wed., Feb. 2 - 2:00 - 6:00pm - MP Room A

Cost: Free

See all the details on pg. 14.

FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

TAX AIDE

Time: Fridays & Saturdays - Feb. 4 - March 12 - 9am - 1pm - 1st come, 1st served

Additional dates by appointment only:

- **Friday, March 18 - 9:00am - 1:00pm**
- **Saturday, March 19 - 9:00am - 1:00pm**
- **Friday, March 25 - 9:00am - 1:00pm**
- **Saturday, March 26 - 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

Cost: Free

Trained and certified AARP tax counselors will be on hand to prepare 2010 tax returns. To expedite the tax preparation process, you are asked to do the following before meeting with a tax counselor:

- Bring the 2009 tax return and supporting documents
- Be sure to have all documents needed to complete the 2010 return
- Open all envelopes containing 2010 documents, unfold the forms, and place them in a file folder or clip together and place the packet inside the front part of the 2009 envelope
- Make sure all out-of-pocket costs (if itemizing) have been totaled by categories for health insurance, doctor's visits, drugs, etc.
- Prepare a list of charitable donations

Come with a smile and plenty of patience! Tell your friends and family about this service.

HANDBELLS

Friday, February 4 - 10:00am - MP Room B

See all the details on pg. 16.

ASK THE DOCTOR

Mon., February 7 - 10:45 - 11:15am - MP Room A

Speaker: Dr. George Kimberly

See all the details on pg. 14.

SCRAPBOOKING

Tues., February 8 - 2:00pm - Classroom B

RSVP by Feb. 1

See all the details on pg. 10.

SENIOR BOOK CLUB

Tuesday, February 8 - 2:30 - 3:30pm -

Classroom A

RSVP by Feb. 1

See at the details on page 15.

DUPLICATE BRIDGE

Wed., Feb. 9 - 2:00 - 6:00pm - MP Room A

Cost: Free

See all the details on pg. 14.

SENTIMENTAL JOURNEY DINNER & DANCE

Friday, February 11 - 6:00pm

Cost: Free

RSVP deadline: Feb. 4 (or when all spaces fill - Limited to 90 participants)

Join us for dinner, then be entertained by Larry Pope as he brings us a special Valentine's Edition of "Sentimental Journey", a reminiscing concert of songs from the 40's, 50's and 60's. The dance floor will be open for any who would like to dance, or just sit and enjoy the show if you prefer. Open to adults 55 and older and exceptions under the general participation policy.



VALENTINE'S DAY PARTY

Monday, February 14 - 2:00pm - MP Rooms A & B

Cost: Free

RSVP by Feb. 7 (or until spaces fill)

Our annual Valentine's Day party will have great food, fun & favors. Entertainment will be the Mountain Flats Band. Open to adults 55 & older and exceptions under the general participation policy.

MASSAGE THERAPY

Tuesday, February 15 - 9:30am - 4:00pm - by appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 15.

FEBRUARY/MARCH SPECIAL EVENTS - MOCKSVILLE SITE

INFORMATIONAL SEMINAR

Friday, February 18 - 1:00pm - MP Room B

Cost: Free

Speaker: Dr. Jeff Williamson, Wake Forest University School of Medicine

RSVP by: Feb. 11

Dr. Williamson always has great information to share with the group and this time will be no exception. These seminars are open to adults of any age - no children please.

Qualifies for Destination Fitness drawing.

DESTINATION FITNESS TESTING

Monday, February 21 - 9:30 - 11:00am -

Exercise Room - By appointment only

See all the details on pg. 17.



MONTHLY MOVIE - "THE AMERICAN PRESIDENT"

Mon., February 21 - 2:00pm - MP Rooms A & B

RSVP by Feb. 14

MPLC license No: 12377840

Celebrate Valentine's Day & President's Day with the showing of "The American President".

As Andrew Shephard (Michael Douglas) nears the end of his first term, he falls for a political lobbyist (Annette Benning). This provides the fuel for his opponent (Richard Dryfuss) to launch an attack on his character, something he could not do in the previous election, as Shephard's wife had recently died. This romantic comedy/drama provides an entertaining look at how the President of the United States manages to date. Also starring Michael J. Fox, Martin Sheen and Shawna Waldron, this movie is rated PG-13 for some strong language. Runtime is approximately 2 hours. It is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

SELF DEFENSE CLASSES

Mondays, February 21 - March 28 - 6:30pm

Instructor: A.J. Farmer, NC Highway Patrol

Cost: \$50.00 (due to instructor the first night)

RSVP by: Feb. 14

Learn the basics of how to keep yourself safe.

Wear comfortable clothing. This class is open to adults of all ages.

THEATRE CLUB

Tues., February 22 - 1:00pm - Classroom B

See all the details on pg. 16.

BLACK HISTORY MONTH CELEBRATION

Wednesday, February 23 - 10:30am -

Multipurpose Rooms A & B

Speaker: Beatrice Patrick

RSVP by Feb. 19 for lunch

February is Black History Month & Senior Services is pleased to join once again with Graham Funeral Home to celebrate. This event is always filled with great music and an inspiring speaker. Lunch will be served at 11:30 am for those who wish to stay. You must reserve your meal by Feb. 18. Open to general public.



DAVIE CO. SENIOR GAMES KICKOFF DINNER & FUN NIGHT

Thursday, Feb. 24 - 6:00pm - MP

Rooms A & B

Cost: Free

RSVP by Feb. 17

Sponsored by: Davie Co. Senior Games

All Davie Co. residents aged 55 and older are invited to this night of food, fun and games. Come learn more about the Senior Games program and play some fun games. Open to adults 55 & older.

ANDY GRIFFITH SHOW

Fri., February 25 - 10:30am - MP Room A

Episode: "Cyrano Andy"

RSVP by Feb. 18

See all the details on pg. 16.

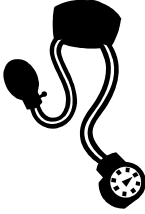
SENIOR FINANCIAL CARE

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

Counselors provided by Senior Financial Care of Winston Salem

See all the details on page 19.

MARCH SPECIAL EVENTS - MOCKSVILLE SITE



BLOOD PRESSURE SCREENINGS

Tuesday, March 1 - 10:45am - Multipurpose Room A
Screener: Davie County Home Health representative

See all the details on page 14.

VETERAN'S SOCIAL

Wed., March 2 - 10:30am - MP Room B
RSVP deadline: February 23

Senior Services and the Veteran's Service Office are hosting this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. This quarter there will be a short presentation on Veteran's Angels, Inc., a non-profit corporation devoted to assisting senior veterans and spouses obtain a little-known, little used tax-free benefit known as the "Aid and Attendance Special Pension" which provides money to veterans who need the aid and attendance of another person. ***Because of the nature of this program, veterans, their spouses or widows/widowers of veterans are invited to this quarter's event.***

DUPLICATE BRIDGE

Wed., March 2 - 2:00 - 6:00pm - MP Room A
See all the details on pg. 14.

HANDBELLS

Fri., March 4 - 10:00am - MP Room B
See all the details on page 16.

DON'T FORGET THE LYRICS

Friday, March 4 - 2:00pm - 4:30pm - Senior Services
RSVP deadline - Feb. 25

Come play the at-home version of this popular game show where contestants sing along to favorite tunes then must complete the lyrics when the on screen words disappear. If you like karaoke, or just like to have a good time, this is for you. Prizes will be awarded. It is open to adults 55 & older & exceptions under the general participation policy.



ASK THE DOCTOR

Mon., March 7 - 10:45 - 11:15am - MP Room A
Speaker: Dr. George Kimberly
See all the details on page 14.



ENERGY SEMINAR

Monday, March 7 - 1:00pm
Speaker: Keith Wingler, Manager, Business Development, Energy United

RSVP deadline Feb. 28

Mr. Wingler will talk to the group about green power and energy efficiency, as well as where we stand as far as green power and the future of it. He will also teach ways to cut utility costs. Open to adults of all ages - no children please.

SCRAPBOOKING

Tuesday, March 8 - 2:00pm - Classroom B
RSVP by March 1

See all the details on pg. 10.

SENIOR BOOK CLUB

Tues., March 8 - 2:30 - 3:30pm - Classroom A
RSVP by March 1

See at the details on page 15.

DUPLICATE BRIDGE

Wednesday, March 9 - 2:00 - 6:00pm - MP Room A
See all the details on pg. 14.



DESTINATION FITNESS BREAKFAST

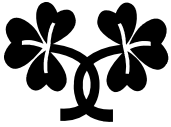
Fri., March 11 - 9:00am - MP Room B
Sponsor: Mocksville/Davie Parks & Rec.
Register no later than March 4
Logs due March 3 to Ina Beavers

For our next destination we will "walk" 130 miles to "Pickle Town, USA" in Mount Olive, NC. Everyone who participates in the Destination Fitness testing or is interested in participating in the program is invited. For more details on this program, see page 17.

MASSAGE THERAPY

Tues., March 15 - 9:30am - 4:00pm - by appointment only - Classroom B
See all the details on pg. 15.

MARCH SPECIAL EVENTS - MOCKSVILLE SITE



ST. PATRICK'S DAY PARTY
Thursday, March 17 - 2:00 -
Multipurpose Rooms A & B
Cost: Free

RSVP by March 10

Wear your green to celebrate St. Patrick's Day. Entertainment will be provided by the "Snappy Tappers." Open to adults 55 and older and exceptions under the general participation policy.

CROP 'TILL YOU DROP

Saturday, March 19 - 9:00am - 2:00pm
Cost: Free

RSVP by March 11

Attention all scrappers!! Bring your scrapbooking supplies and get ready to have fun! For five hours we will scrapbook, give away lots of door prizes, play some fun games, have great snacks and listen to experts share tips. 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.

DESTINATION FITNESS TESTING

Monday, March 21 - 9:30 - 11:00am -
Exercise Room - By appointment only
See all the details on pg. 17.



MONTHLY MOVIE - "EAT, PRAY, LOVE"

Mon., March 21 - 2:00pm - MP
Rooms A & B
Cost - Free
RSVP by March 14
MPLC license No: 12377840

Liz Roberts had everything she was supposed to want in life, but found herself lost, confused and searching to find happiness. So she sets off on a voyage of self-discovery and finds the true pleasure of nourishment by eating in Italy, the power of prayer in India, and the inner peace and balance of true love in Bali. This movie is rated PG 13 for brief strong language, some sexual references, and male rear nudity. It stars Julia Roberts, James Franco, Richard Jenkins, & Viola Davis and

runs approximately 2 hours and 13 minutes. It is open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

THEATRE CLUB

Tuesday, March 22 - 1:00pm - Classroom B
See all the details on pg. 16.



WELCOME TO MEDICARE LUNCHEON

Welcome! Wednesday, March 23 - 10am -
12pm - Multipurpose Room B

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

RSVP by March 16

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 lunch will be served following the program.

MATTER OF BALANCE CLASSES

Thursdays, March 24 - May 12 - 2:00pm - 4:00pm -
Multipurpose Room B
Cost - Free

Instructors - Kelly Sloan & Donna Joyner
RSVP by March 17

This award winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Ideal candidates are those who have sustained a fall in the past, restrict activities because of concerns about falling, are interested in improving flexibility, balance and strength, are ambulatory and able to problem-solve. Each session is two hours and you must attend at least 6 of the 8 sessions. Open to adults 55 & older.

MARCH SPECIAL EVENTS - MOCKSVILLE SITE

ANDY GRIFFITH SHOW

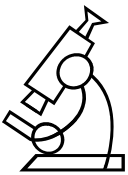
Fri., March 25 - 10:30am - MP Room A
Episode: "Andy and Opie, Housekeepers"
RSVP by March 18
See all the details on pg. 16.

THYROID SEMINAR

Friday, March 25 - 1:00pm - MP Room B
Speaker: Lisa Brown, FNP, Davie County Hospital

RSVP deadline: March 18

Thyroid disease is often misdiagnosed, especially in older patients. Attend this seminar to get an overview of diseases that can affect your thyroid, signs & symptoms of thyroid problems, and learn if there are any ways to help prevent thyroid problems. This seminar is open to adults of any age - no children please. *Qualifies for Destination Fitness drawing.*



DINNER & A MOVIE - "EXTRAORDINARY MEASURES"

Monday, March 28 - 5:30pm

Cost: Free

RSVP by March 14

MPLC license No: 12377840

Enjoy a light dinner then stay for the movie, "Extraordinary Measures". This is based on the true story of John and Aileen Crowley who team up with a brilliant, but unappreciated and unconventional scientist to try to develop a cure for the disease that is killing their two youngest children. This movie is rated PG for thematic material, language, and a mild suggestive moment. It stars Brendan Fraiser, Harrison Ford, Keri Russel, Jared Harris, and Meridith Droeger and runtime is approximately 1 hour and 49 minutes. It is open to adults 55 & older & exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

WOODEN CHICKEN CRAFT

Tuesday, March 29 - 1:00pm - MP Room B

Instructor: Ina Beavers, Program and Outreach Coordinator

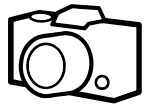
Cost: \$3.00

RSVP by March 22

Make this cute chicken to hold a recipe card while you are cooking, or just as a decorative accent to your home. An example is on display at Senior Services. Open to adults 55 and older and exception under the general participation policy.

Upcoming Events

PHOTOGRAPHY CONTEST



Once again this Fall there will be a regional photography contest. The Senior Centers in our region (Davie, Forsyth, Stokes, Surry & Yadkin) will each enter pictures for a calendar to be published in 2012. Each Senior Center will submit 13 photos (one for each month, two for December). The Regional Advisory Committee for the Area Agency on Aging will pick the final winners for the calendar. We don't have all the details yet, but go ahead & start taking some pictures for each season. We hope to have full details on both the local contest & the regional contest some time in April.

SILVERARTS/SENIOR GAMES



While you are taking those pictures, don't forget to enter them in SilverArts. SilverArts provides a stage for the creative talents of visual, heritage, literary and performing artists. Categories include knitting, crocheting, painting, quilting, woodworking, pottery, photography, all types of performing arts, poems, short stories, and much more. Senior Games offers competitive and non-competitive sports events for seniors 55 and older. Various games offered include horseshoes, basketball, bocce, tennis, golf, bowling, ping pong, etc. SilverArts & Senior Games are co-sponsored by Davie Co. Senior Services and Mocksville Davie Parks & Rec.

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

ONGOING ACTIVITIES - MOCKSVILLE SITE

Arts & Crafts

QUILTING

Each Monday - 10:00am - 12:00pm
- Classrooms A & B

Join this talented group who love to quilt. Bring your supplies and work with, and learn from, other quilters. No instruction is provided. This is an intergenerational program.

DAVIE CO. QUILT GUILD

3rd Monday of each month at 6:30pm

- (Jan. 17, Feb. 21, March 21)

- Multipurpose Rooms A & B

President: Gina Booe

Membership Dues: \$20.00 year

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

ART - STILL LIFE & LANDSCAPES

Mondays - 9:00am - 12:00noon

- Multipurpose Room B

Instructor: Annette Ratledge

Cost: Furnish your supplies

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

SCRAPBOOKING

2nd Tuesday of each month - 2:00pm

- Classroom B - (January 11, February 8, March 8)

Group Leader: Barbara Thornton

Cost: Free

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 is an intergenerational program.

WOODCARVING

Wednesdays - 9am - 11am - Classroom A
Facilitator - Tim Trudgeon

Cost: Free

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. All levels are welcome - beginner to advanced. You may come as often as you wish, but please call before attending your first session. Open to adults of any age.

TATTING

Wednesdays - 1:00 - 3:00pm - Classroom B

Cost - Free

Join this group who love to tat. Bring your supplies and work with, and learn from, other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided.



Computer Lab & Classes

Ten computers are available during normal operating hours when there is not a meeting or class in progress. Users must be 55 or older and sign a user form. Call ahead to make sure the lab is available or just drop in to take advantage of this room.

UPCOMING COMPUTER CLASSES:

Instructor: Jackie Allen

Cost: Free

Register by: No later than 1 week prior to 1st day of class (Note - classes fill quickly, so you may want to register early)

Class Size: Limited to 10 students

COMPUTER BASICS

This class is for those of you who have never used a computer before. You'll learn the basics such as how to turn it on & off, how to use the mouse & the keyboard, etc. *This class is 3 days.*

See next page for upcoming sessions.

ONGOING ACTIVITIES - MOCKSVILLE SITE

Computer Basics Upcoming Session:

- January 24, 25 & 26 (Mon., Tues., & Wed.)
- 5:30pm - 7:30pm - Media Room

BEGINNING COMPUTERS

This class is suitable for those who have very little knowledge of computers, but do know how to use the mouse/keyboard. We will discuss the parts of the computer and what to look at when purchasing a computer. Also we will spend time on the Internet, making sure you know how to go directly to a web site. We will also become familiar with the layout of Microsoft Word. *This is a 6 day class and is intended for those with mouse/keyboard skills.*

Upcoming Sessions:

- Feb. 3, 7, 9, 10, 14, & 16 (Thurs., Mon., Wed., Thurs., Mon., Wed.) - 10:00am - 12:00pm - Media Room
- March 15, 16, 17, 22, 23 & 24 (Tues., Wed., Thurs., Tues., Wed., Thurs.) - 5:30pm - 7:30pm - Media Room

INTERNET LEVEL 1

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

Upcoming Sessions:

- Feb. 22, 24 & 28 (Tues., Thurs. & Mon.) - 5:30pm - 7:30pm - Media Room
- Feb. 28, March 2 & 3 (Mon., Wed., & Thurs.) - 10:00am - 12:00pm

Be Sure to Look at Class Requirements

Certain skills are required for various computer classes and one-on-one instruction cannot be provided during classes. Please make sure that you have had the previous classes required (or the skills that would have been taught in those classes) before you sign up for a computer class. *Thank You!*



Dance

CURRENT SOCIAL DANCING

(Formerly Line Dancing)

Thursdays - 11:00am - 12:00pm - Exercise Room (Session starts February 3)

Instructor: Tami Langdon, Davie School of Dance

Cost: Free (donations to Senior Services are appreciated)

Come learn some basic current steps of line dancing such as the Cupid Shuffle, basic jazz steps and some Latin and salsa dances too. Wear comfortable shoes & clothes. 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 | * Music |
| * Books | * Newspapers |
| * Cards | * Ping Pong Table |
| * Checkers | * Puzzles |
| * Chess | * Scales |
| * Computer Lab | * Shredder |
| * Fitness Room | * Videos |
| * Magazines | * Wii |

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

ONGOING ACTIVITIES - MOCKSVILLE SITE

Exercise



SILVERHEALTH

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

Instructor: Ina Beavers, Program & Outreach Coordinator

Cost: Free

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

MORNING WAKE UP PROGRAM

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

Instructor: Ina Beavers, Program & Outreach Coordinator

This class is a continuation of the SilverHealth program. 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 3 - March 30 - Exercise Room

Instructor: Kim Smith

3 CLASSES TO CHOOSE FROM:

1:00 - 2:00pm

2:00 - 3:00pm

3:00 - 4:00pm

Cost: Free (Donations to Senior Services are appreciated)

Limited to first 12 per session who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins December 17 at 8:00am.**

You may only sign up for 1 yoga session per quarter.

YOGA FOR SENIORS

Wednesdays & Fridays - January 5 - April 1 - 10:00am - 11:00am - Exercise Room

Instructor: Melissa Marklin Rollins

Cost: Free (Donations to Senior Services are appreciated)

Limit to the first 12 who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for this session begins December 17 at 8:00am. You may only sign up for 1 yoga session per quarter.**



TAI CHI

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

Session Dates: January 4 - March 8

Instructor: Mike DePeuw, Beach 'n'

Tans

Cost: Free (donations to Senior Services are appreciated)

RSVP deadline Dec. 28 (or when filled - limited to 15)

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

DANCE PARTY AEROBICS

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

Instructor: Lorri Carlton

Cost: Free (donations to Senior Services are appreciated)

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

ONGOING ACTIVITIES - MOCKSVILLE SITE

ARTHRITIC EXERCISE

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

Instructor: Nancy Luckey

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

LOW IMPACT AEROBICS

Wednesdays & Fridays - 11:00am - 12:00 noon - Exercise Room

Instructor: Lorri Carlton

Cost: Free (donations to Senior Services are appreciated)

This is a low impact, low intensity aerobics workout that uses simple patterns. Classes include basic strength exercises, abdominal strengthening and ends with a stretching session. Class is ideal for beginners or active older adults, but can be modified for all levels. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.



BOWLING LEAGUE

Mondays - 8:30am - depart from

Rec. Dept.

Cost: \$6.00 per session (3 games)

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

WALKING

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

The gym at Parks & Rec. is open each weekday morning for seniors to walk. Don't forget to record your mileage & sign up for our Destination Fitness program to earn great incentives. For more info. on walking availability call Parks & Rec. at 751-2325.

FITNESS ROOM

Mon - Thurs - 8:00am - 8:00pm

Fri - 8:00am - 5:00pm

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

Cost: Free (donations are appreciated)

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment. Each 15 minutes of exercise counts toward 1 mile in the Destination Fitness program. **Please call for an appointment for training.**



Wii GAMES

Time: Drop In Whenever Room is Available Exercise Classroom

In these sports 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 for classes. Call if you have a question regarding availability.

Available games include:

- * Golf
- * Fishing
- * Tennis
- * Shooting Range
- * Boxing
- * Billiards
- * Baseball
- * Many, many more
- * Ping Pong

SCRABBLE

Each Monday - 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.

ONGOING ACTIVITIES - MOCKSVILLE SITE



TABLE TENNIS

Each Tues. - 1:00 - 4:00pm
Multipurpose Room A

Our ping pong table is waiting for you to play each Tues. afternoon. (Scheduled event cancels table tennis). The table is also available on a drop in basis anytime there is not an activity in the multipurpose room. Call if there is a question regarding availability. Open to adults 55 & older and exceptions under the general participation policy.

SKIPBO

Every Wednesday - 1:00pm - Classroom A

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

DUPLICATE BRIDGE

1st & 2nd Wednesday - 2:00 - 6:00pm - Multipurpose Room A

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

TEXAS HOLD EM

Each Thursday - 1:00pm - Classroom A

This is the poker game that is sweeping the nation. This game is for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcome. Open to adults 55 & older & exceptions under the general participation policy.

BRIDGE

Each Friday - 2pm - Classroom A

Bring some friends to play this timeless game. A foursome is required. If you are interested in playing but need to be placed with a group, please call Senior Services. Open to adults 55 & older and exceptions under the general participation policy. Alternates may be under age 55.



Health & Wellness

DESTINATION FITNESS TESTING

3rd Monday of each month - 9:30 - 11:00am
- Exercise Room - By appointment only
- (January 10 - note change in date, Feb. 21, March 21)

Tester: YMCA or Sr. Services rep.

If you want to participate in the Destination Fitness Program, you need to participate in this testing. Please call for appointment.

ASK THE DOCTOR

1st Monday of each month - 10:45 am - MP Room A (Jan. 3, Feb. 7, March 7)

Cost - Free

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 and exceptions under the general participation policy.

BLOOD PRESSURE SCREENINGS

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

Tester: Davie County Home Health representative

Cost: Free

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

PODIATRIST VISITS

THURSDAYS - EVERY 3 WEEKS - Call for current dates

8:30 - 10:00am - Classroom B

Cost: Usually Private Pay

Dr. Grady Dunn, podiatrist in Forsyth Co. brings his services to Senior Services every 3 weeks. Call Senior Services for current dates. Call Dr. Dunn's office directly at 768-9180 for more information on services and charges.

ONGOING ACTIVITIES - MOCKSVILLE SITE

MASSAGE THERAPY

3rd Tuesday of each month - 9:30am - 4:00pm - by appointment only - Classroom B (Jan. 18, Feb. 15, March 15)
Massage Therapist : Tammy Hauser, owner of In Touch Therapeutic Massage
License #5815

Cost: \$30.00 for 30 minute massage
Massage is a wonderful way to relax & it provides health benefits as well. Ms. Hauser will be here once a month with her massage table to offer massages customized to the client. Payment will be made at time of visit & will be collected by Ms. Hauser. After 2 missed visits, you will no longer be allowed to make appointments. Clients must be 55 or older. If appointments remain open the day before her visit, those under 55 may fill those slots. Massages will be offered on a table or in a chair. Let us know which you prefer.



Literary Arts

SENIOR BOOK CLUB

2nd Tuesday of each month - 2:30 - 3:30pm - Classroom B
Jan. 11 - "Water For Elephants" by Sara Gruen
Feb. 8 - "Tale of Desperaux" by Kate DeCamillo
March 8 - "Story of Edgar Sawtelle" by David Wroblewski

Leader: Genny Hinkle - Davie Co. Library
At each meeting you will discuss the book that was read the month before & receive the new book to read. Books are provided at no charge. You must turn in your book on or before the meeting date so we can continue to get the books at no charge. Co-sponsored with Davie Co. Public Library. Open to adults 55 & older and exceptions under the general participation policy.

LIBRARY

We accept donations of recently published books in good condition which may be checked out at the front desk. Because of space constraints, please limit donations to recent publications (within the past 5 years). Hardbacks are preferred. We will donate any books we cannot use to another organization.



Lunch

Mondays - Wednesdays - 11:30am
Thursdays & Fridays - 11:00am
Multipurpose Room A
Staff Contact: Nancy Luckey, Nutrition Program Coordinator

Cost: Free, donations appreciated
Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$4.98. A program is offered each day at 10:45am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Interest



PIEDMONT POWER ASSOCIATION

1st Mon. of each month - 7:00pm - Multipurpose Room B
(Jan. 3, Feb. 7, 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).

ONGOING ACTIVITIES - MOCKSVILLE SITE

SENIOR SERVICES ADVISORY COUNCIL

4th Tuesday of every other month - 3:00pm -
Media Room (Jan. 25, 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.

DAVIE COUNTY AARP CHAPTER

3rd Thursday of every other month - 10:30am
- Classroom A (Jan. 20, March 17)

President: Daniel Straka

Join your local chapter of AARP today. Meetings include a speaker or event. Senior Services is a co-sponsor of this group. For specific information please call the Chapter President (call for number).



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.

HANDBELLS

1st Friday each month - 10:00am -

MP Room B (Jan. 7, Feb. 4, March 4)

Staff Contact: Kim Shuskey, Director

Join this group who have fun learning an easy version of handbells that combines bell ringing with full background music. No prior music experience is necessary to participate. Please call before you come the first time. Open to adults 55 & older and exceptions under the general participation policy.

THEATRE CLUB

4th Tues. each month - 1pm - Classroom B
(Jan. 25, Feb. 22, 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.

ANDY GRIFFITH SHOW

4th Friday of each month - 10:30am -
Multipurpose Room A
(Jan. 28, Feb. 25, March 25)

Cost: Free

We've all enjoyed the Andy Griffith Show for years. Come join your friends as we show an episode from the show each month. Open to adults 55 & older and exceptions under the general participation policy.



OTHER ONGOING PROGRAMS & SERVICES



Destination Fitness!

This joint effort between Senior Services, Parks & Rec., Davie Family YMCA & the Davie Co. Hospital rewards exercise. Each quarter there is a destination that you strive to reach. You keep track of the number of miles you walk & the number of approved exercise classes in which you participate. At the end of each quarter all participants are invited to a breakfast and those who have met their miles will receive a special prize. To participate, you need to fill out a participation form & complete a pre-program evaluation which will consist of a short survey & a few measurements. Follow up tests will be conducted every 6 months to help you see how your exercise program is benefiting you. In addition to the exercise programs, educational seminars will be offered & each quarter participants will receive a chance for a special prize based on attendance at these seminars. For complete information and forms, contact a staff member. **Testing dates will be the 3rd Mon. of each month at the Mocksville Site from 9:30 -11am.**



Financial Support

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

- **General Support** - for the general operating expenses of Senior Services
 - **Homebound Meals (Meals on Wheels)** - to provide meals to a senior who cannot cook for themselves and cannot come to the lunch program at the center
 - **Endowment Fund** - to provide permanent financial support for programs & services
- There are also many options available to give to Senior Services through your will. Please contact us for more information about planned giving. **Donations are tax deductible.**

Services



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

ARE YOU OK?

Cost: Free

This is a computerized telephone reassurance program that provides a daily call to check on the welfare of those who live alone or are in poor health. Open to any age. Call for appointment. Home visits can be arranged.

BUDDY PROGRAM

Cost: Free

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

CAREGIVING CLASSES & RESOURCE CENTER

Cost: Free

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

CAREGIVER SUPPORT PROGRAM

Cost: Free, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break to run errands, go to a movie - whatever you need to do. We can also provide free nutritional supplements such as Boost or Ensure and incontinence supplies such as Depends. To qualify you must be providing

OTHER ONGOING PROGRAMS & SERVICES

care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or have Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

ENSURE PROGRAM

Cost: Free, donations appreciated

This program provides free nutritional supplements such as Ensure to seniors whose doctors prescribe supplementation. Qualifying seniors must be an existing nutrition client or 60 or older and unable to tolerate solid foods. Call for appointment for an assessment. Home visits can be arranged.

FIDGET APRONS

Cost: Free

These aprons provide those with Alzheimer's or other forms of dementia something to keep their hands busy, which can help reduce agitation and wandering. They are made by volunteers and are provided free of charge to anyone who can use one.

FRIENDLY VISITOR

Cost: Free

This program matches up volunteers who agree to visit socially isolated seniors on a regular basis. One hour visits every other week with a phone call the week in between are required of the program. More visits are encouraged.

HANDMADE PERSONAL ITEMS

Cost: Free, donations appreciated

Senior Services now has access to handmade items for those in wheelchairs and walkers.

Items include:

- Pillows
- Walker aprons
- Lap blankets

If you or someone you know can benefit from these items, please call our Resource Specialist.

HOUBOUND MEALS

Cost: Free, donations appreciated

Homebound meals provides a nutritionally balanced meal to homebound seniors 5 days a week. For those who can benefit, frozen weekend meals are also available. To qualify, one must be 60 or older & unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.



INFORMATION & ASSISTANCE

Our Resource Specialist can answer questions and assist seniors, family members and caregivers of any age in obtaining a wide variety of information and services for seniors. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

JOB MATCH

Staff Contact: Barbara Thornton, Senior Center Aide

If you are a senior interested in work, fill out a JobMatch application. When we receive a call from someone who needs that type of work done we will give them your information. Senior Services only provides potential employers with names - no references, recommendations or hiring decisions are made by us. Pay rate is between the employer & employee.

LEGAL AIDE

Cost: Free, donations appreciated

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney and a living will. You must make an appointment with us prior to seeing the attorney. We cannot pay bills that you have already received. Call for an appointment.

OTHER ONGOING PROGRAMS & SERVICES

NOTARY SERVICE

Staff Contact: Beth Haire, Adm. Assistant or Ina Beavers, Prog. & Outreach Coord.

Cost: Free

Time: By appointment only

We will provide free notary services to those 55 and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

REVERSE MORTGAGE COUNSELING

Time: By appointment only

See information under Senior Financial Care.

SENIOR FINANCIAL CARE

1st Tuesday of each month - 8:30am - 4:30pm - Media Room

Cost: \$10 for first visit - Subsequent visits based on a sliding scale (Fees may be waived if unable to pay)

Senior Financial Care is a program of Consumer Credit Counseling Service of Forsyth County. They provide personal budgeting & monthly expense management, credit and debt repayment counseling, reverse mortgage counseling, and fraud awareness and prevention counseling. They will have space in our building once a month for their services. For more information you may call them directly at 336-896-1328.

SHIIP - (Seniors' Health Insurance Information Program)

Staff Contact: Tracy O'Neal, SHIIP Coordinator

Cost: Free

Time: Wednesday afternoons by appointment (other times can be arranged if necessary)

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program, including the extra help that is available for those who qualify. 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 to the Senior Center where we can shred it for you. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.

VIAL OF LIFE

Cost: Free

This important document could save your life. You 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. The machine is available anytime there is a free room.



Trips - Day

Transportation can be provided to the 1st 22 who sign up. There is a \$5.00 charge for transportation for each trip. Each person going on a trip must sign up in person at either the Mocksville or Farmington site.

All participants buy their own lunch.

See staff for complete trip rules.

EACH PARTICIPANT MUST SIGN UP IN PERSON.

JANUARY 4, 2011 - CARL J. McEWEN HISTORIC VILLAGE, MINT HILL, NC

Tuesday, January 4 - Departure time 8:30am

Cost: \$5.00 for transportation

\$1.00 for Tour

Money for lunch

Step back in time to when Dr. John McCamie DeArmon practiced medicine from 1886 to 1907. You'll see old examining tables, a wooden leg, and even battery-operated medical tools.

OTHER ONGOING PROGRAMS & SERVICES

There's also a country store full of old-time relics. Sign up starts November 15.

FEBRUARY 1 – NC TRANSPORTATION MUSEUM, SPENCER, NC

Tuesday, February 1 - Departure time 8:45am

**Cost: \$1.00 for ride at the Roundhouse (optional)
\$5.00 for transportation
Money for lunch**

We will watch a video on the history of the Spencer Shops, then have a self-guided tour of the museum buildings with maps and information on the exhibits. Sign up starts December 15.

MARCH 1 – TANGER OUTLETS, MEBANE, NC

Tuesday, March 1 - Departure time 8:30am

**Cost: \$5.00 for transportation
Money for lunch
Money for shopping if you desire**

We will visit the new Tanger Outlet mall in Mebane. You can shop for spring outfits and Easter decorations and goodies. Sign up starts January 14.

APRIL 5 –BELMONT, NC

Tuesday, April 5 - Departure time 9:00am

**Cost: \$5.00 for transportation
Money for lunch
No charge for Museum, but donations are accepted.**

After many requests we will once again head to Belmont, NC. We will tour the Belmont Historical Society Museum, then have time to shop in the shops on Main Street and have lunch at one of the restaurants there. There are a couple of new restaurants since the last time we visited. Sign up starts February 15.



Trips - Extended

DUPLIN COUNTY, NC

Friday - Sunday - May 20 - 22

**Prices: \$415.00 - single
\$310.00 - double (per person)
\$285.00 - triple (per person)
\$270.00 - quad (per person)**

Trip Leader - Barbara Thornton

For our Spring Trip, we will visit Duplin County, NC. Price includes the following:

Friday, May 20

- Visit Cowan Museum, featuring artifacts from our early rural American heritage
- Tour Liberty Hall Restoration, the 19th century home of the Kenan family, featuring the main house and 12 outbuildings
 - Dinner at Mad Boar Restaurant

Saturday, May 21

- Deluxe Continental Breakfast at hotel
- Visit Rockfish General Store - a store that has "something for everyone"
- Visit Duplin Winery, including a tour, tasting, lunch and show entitled "Down Home Country"
- See the World's Largest Frying Pan, 15 feet in diameter, weighing 2 tons and having the capacity to cook 365 chickens at a time
- Visit Mike's Farm, including a county store, and hayrides to the strawberry patch. Dinner will be on your own tonight.

Sunday, May 22

- Deluxe Continental Breakfast at hotel
- Visit historical Hebron Presbyterian Church
- Shop at new Tanger Outlets in Mebane (Lunch will be on your own in the food court)

Price also includes hotel accommodations at the Holiday Inn Express in Wallace, NC and travel on motor coach. Reservations can be made with your \$50.00 deposit. Deadline for registration is April 8. 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

BASIC VOLUNTEER INFORMATION

All Senior Services volunteers receive training & orientation before beginning any assignment. Training varies with each opportunity. Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian. Each volunteer will receive a job description & a handbook. Volunteers are recognized each year at our Appreciation Dinner.

BUDDY PROGRAM

Staff Contact: Kim Shuskey, Director

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

Staff 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.

FUNDRAISING COMMITTEE

Staff Contact: Kim Shuskey, Director

This newly formed committee will assist with fundraising projects for Senior Services throughout the year. If you are interested in serving, call to find out when the next meeting is scheduled.

FRIENDLY VISITORS

Staff Contact: Kelly Sloan, Community Resource Specialist

Our Friendly Visitor program matches up volunteers who agree to visit socially isolated seniors on a regular basis. One hour visits every other week & a phone call the week between are required. More visits encouraged.

FRONT DESK VOLUNTEERS

Staff Contact: Kim Shuskey, Director

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

Staff Contact: Nancy Luckey, Nutrition Program Coordinator

Drivers deliver meals to homebound seniors. It takes approximately 1 1/2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid.

OFFICE HELP

Staff Contact: Beth Haire, Adm. Asst.

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

SHIIP (Seniors' Health Insurance Information Program)

Staff Contact: Tracy O'Neal, 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

Staff Contact: Ina Beavers, Program & Outreach 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.



Make yourself feel
good -
Volunteer!

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

EXERCISE

Monday - Friday - 10:00am

This is a seated exercise class that works with stretching and hand weights to improve circulation & flexibility. It is suitable for those who are new to exercise or just getting started.

TRAVEL TIME

Every 2nd Monday - 10:30am (Jan. 10, Feb. 14, March 14)

Each month someone will share their travel experiences with the group. This is as good as going there, without the expense of the gas!!

GARDENING

Tuesdays & Thursdays - 10am (In Season)

If you have a green thumb, why not help out in the garden? Gardening tools are available, or you can bring your own.

BOARD GAMES

Each 1st & 3rd Tuesday - 10:30am

There is a variety of board games from which to choose.

BLOOD PRESSURE SCREENINGS

Every 3rd Wednesday - 10:30am (Jan. 19, Feb. 16, March 16)

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

CRAFT DAY

Last Wednesday of each Month - 10:30am (Jan. 26, Feb. 23, March 30)

Cost: Free

There will be a new craft each month. This is a great chance to learn some new skills.

CARD GAMES

Every Friday - 10:30am

We bring out the cards each Friday for some fun and friendly competition. There are a variety of card games from which to choose.

LUNCH

Monday - Friday - 11:30am

Staff Contact: Teresa Dillon, Nutrition Site Manager

Cost: Free, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$4.98. 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

FUN WITH SCIENCE

Thursday, January 6 - 10:30am

RSVP by Dec. 30

Don't let the kids have all the fun. Come do your very own science experiment. You might be surprised at what you will learn.

Limited to the first 25 to register.

BATH SAFETY

Tuesday, January 11 - 10:30am

RSVP by Jan. 4

Speaker: Jennifer Geringer, Occupational Therapist, Gentiva Health Care

Limited to the first 25 to register.

Did you know that 70% of all home accidents occur in the bathroom? Ms. Geringer will present ways that you can make your bathroom safer & help prevent these falls.

Limited to the first 25 to register.

Qualifies for Destination Fitness drawing.



CLASSES & ACTIVITIES - FARMINGTON SITE



ODE TO OATMEAL

Thurs., January 20 - 10:30am

RSVP by Jan. 13

You already know that oatmeal is good for you. Did you know that there are other uses for it as well? Learn all about oatmeal at this fun event.

Limited to the first 25 to register.

LEARN MORE ABOUT MATTER OF BALANCE

Tuesday, January 25 - 10:30am

Speaker: Kelly Sloan, Community Resource Specialist

RSVP by Jan. 18

Matter of Balance is a fun, educational, interactive program that focuses on fear of falling. Learn more about an upcoming session at this seminar.

Limited to the first 25 to register.

PANTRY BINGO

Wednesday, February 2 - 10:30am

RSVP by Jan. 26

Sponsor: Mocksville Civitans

Our quarterly pantry bingo will allow you to win useful items that you actually need.

Limited to the first 25 to register.

INDOOR AIR QUALITY

Tuesday, February 8 - 10:30am

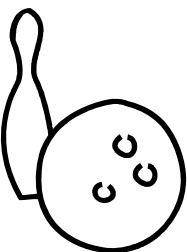
Speaker: Representative from Davie County Environmental Health

RSVP by Feb. 1

Did you know the air in your home could be more polluted than the outdoor air? Learn what types of pollutants are in your home, how to know if you have a problem, & what to do if there is an issue.

Limited to the first 25 to register.

Qualifies for Destination Fitness drawing.



Wii BOWLING TOURNAMENT

Thursday, February 17 - 10:00am

(note change in time)

RSVP by: Feb. 10

Practice your Wii Bowling for Farmington's first ever Wii Bowling Tournament.

Limited to the first 25 to register.

HUMANE SOCIETY

Thursday, February 24 - 10:30am

Speaker: Melissa Ball, Director of the Humane Society

RSVP by Feb. 17

Learn more about the Humane Society and their spay & neuter program.

Limited to the first 25 to register.



MOVIE - "WILD HEARTS CAN'T BE BROKEN"

Monday, Feb. 28 - 10:30am

RSVP by Feb. 21

Based on a true story, this Disney family film chronicles the adventures of Depression-era teenager Sonora Webster (Gabrielle Anwar), who runs away from her foster home to join a carnival. Sonora is determined to become a diving girl, a performer who rides a trained horse as it dives from a high platform into deep water. Although she faces nearly universal adversity along the way, she refuses to give up and keeps fighting for her dreams.

This movie is rated G and run time is approximately 1 hour and 30 minutes.

Limited to the first 25 to register.

TAX ADMINISTRATION OFFICE

Wednesday, March 9 - 10:30am

Speaker: Jackie Hall, Director

RSVP by March 2

Our spotlight on county agencies continues as we learn all about the Tax Office. Ms. Hall will answer questions and also tell you how you might qualify for the tax exemption program.

Limited to the first 25 to register.

ST. PATRICK'S DAY CELEBRATION

Thursday, March 17 - 10:30am

RSVP by March 10

Put on your green and join your friends as we celebrate St. Patrick's Day.

Limited to the first 25 to register.

CLASSES & ACTIVITIES - FARMINGTON SITE

DIABETES SEMINAR

Tuesday, March 22 - 10:30am

**Speaker: Jennifer McGee, RN, BSN,
Outreach Nurse, Davie County Hospital
RSVP by March 15**

Ms. McGee will talk to us about some of the warning signs of diabetes and changes in your diet that you can make.

Limited to the first 25 to register.

Qualifies for Destination Fitness drawing.

AEROBICS OF THE MIND

Monday, March 28 - 10:30am

RSVP by March 21

Keep your mind active as we do fun activities that stimulate your brain.

Limited to the first 25 to register.

Calendar of Events - Farmington Site

January

- Jan. 4 - Board Games - 10:30am
- Jan. 6 - Fun With Science - 10:30am
- Jan. 10 - Travel Time - 10:30am
- Jan. 11 - Bath Safety - 10:30am
- Jan. 17 - CLOSED FOR MARTIN LUTHER KING, JR. DAY
- Jan. 18 - Board Games - 10:30am
- Jan. 19 - Blood Pressure Screens - 10:30am
- Jan. 20 - Ode to Oatmeal - 10:30am
- Jan. 25 - Learn More About Matter of Balance - 10:30am
- Jan. 26 - Craft Day - 10:30am

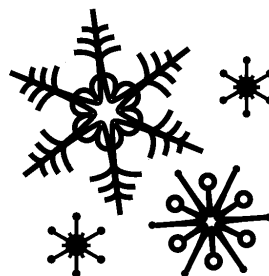
February

- Feb. 1 - Board Games - 10:30am
- Feb. 2 - Pantry Bingo - 10:30am
- Feb. 8 - Indoor Air Quality - 10:30am
- Feb. 14 - Travel Time - 10:30am
- Feb. 15 - Board Games - 10:30am

- Feb. 16 - Blood Pressure Screens - 10:30am
- Feb. 17 - Wii Bowling Tournament - 10:00am - note change in time
- Feb. 23 - Craft Day - 10:30am
- Feb. 24 - Humane Society - 10:30am
- Feb. 28 - Movie - "Wild Hearts Can't Be Broken" - 10:30am

March

- March 1 - Board Games - 10:30am
- March 9 - Learn More About the Tax Office - 10:30am
- March 14 - Travel Time - 10:30am
- March 15 - Board Games - 10:30am
- March 16 - BP Screens - 10:30am
- March 17 - St. Patrick's Day Celebration - 10:30am
- March 22 - Diabetes Seminar - 10:30am
- March 28 - Aerobics of the Mind - 10:30am
- March 30 - Craft Day - 10:30am



IN CASE OF BAD
WEATHER...
Farmington site

If Davie County schools are delayed up to 2 hours we are open for lunch and will serve meals provided our caterer can get the food to us.

If Davie County schools are closed, we will not serve lunch and our Farmington site will not open.

Calendar of Events - Mocksville Site

January

- Jan. 1 - CLOSED FOR NEW YEAR'S DAY
- Jan. 3 - Ask the Doctor - 10:45am
- Jan. 3 - New Yoga session starts - 1:00pm -
Must pre-register
- Jan. 3 - New Yoga session starts - 2:00pm -
Must pre-register
- Jan. 3 - New Yoga session starts - 3:00pm -
Must pre-register
- Jan. 3 - Piedmont Power Assoc. - 7:00pm
- Jan. 4 - Day Trip - Mint Hill, NC - Depart at
8:30am
- Jan. 4 - Senior Financial Care - 8:30am -
4:30pm
- Jan. 4 - Tai Chi starts - 10:00am
- Jan. 4 - Blood Pressure Screenings -
10:45am
- Jan. 5 - New Yoga session starts - 10:00am
- Must pre-register
- Jan. 5 - Duplicate Bridge - 2:00pm
- Jan. 6 - Meet Your Commissioners Tea -
2:00pm
- Jan. 7 - Handbells - 10:00am
- Jan. 7 - Bingo - 1:00pm
- Jan. 10 - Destination Fitness Testing -
9:30 - 11:00am
- Jan. 10 - Monthly Movie - "The Family That
Preys" - 2:00pm
- Jan. 11 - Fundraising Committee Mtg -
1:00pm
- Jan. 11 - Scrapbooking - 2:00pm
- Jan. 11 - Book Club - 2:30pm
- Jan. 12 - Duplicate Bridge - 2:00pm
- Jan. 14 - Senior Lunch - 11:30am
- Jan. 17 - CLOSED FOR MARTIN LUTHER
KING JR. DAY
- Jan. 17 - Quilt Guild - 6:30pm
- Jan. 18 - Massage Therapy - 9:30am -
4:00pm - by appt. only
- Jan. 19 - Senior Birthday Party - 1:00pm
- Jan. 20 - AARP meeting - 10:30am

- Jan. 24 - Intergenerational Movie - "How To
Train Your Dragon" - 2:00pm
- Jan. 24 - Computer Basics classes start -
5:30pm
- Jan. 25 - Avoiding Exercise Injury - 1:00pm
- Jan. 25 - Theatre Club - 1:00pm
- Jan. 25 - Advisory Council - 3:00pm
- Jan. 27 - Warm Up America Soup &
Knitting/Crocheting Party - 12:00pm
- Jan. 28 - Andy Griffith Show - 10:30am
- Jan. 31 - Legal Seminar - 1:00pm

February

- Feb. 1 - Day Trip - NC Transportation Museum
- Depart at 8:45am
- Feb. 1 - Senior Financial Care - 8:30am -
4:30pm
- Feb. 1 - Blood Pressure Screens - 10:45am
- Feb. 2 - Heart Healthy Kitchen Makeover
Seminar - 1:00pm
- Feb. 2 - Duplicate Bridge - 2:00pm
- Feb. 3 - Beginning Computer classes start -
10:00am
- Feb. 3 - Social Dancing Session starts -
11:00am
- Feb. 4 - Tax Aide begins - 9:00am
- Feb. 4 - Handbells - 10:00am
- Feb. 7 - Ask the Doctor - 10:45am
- Feb. 7 - Piedmont Power Assoc. - 7:00pm
- Feb. 8 - Scrapbooking - 2:00pm
- Feb. 8 - Senior Book Club - 2:30pm
- Feb. 9 - Duplicate Bridge - 2:00pm
- Feb. 11 - Sentimental Journey & Dinner -
6:00pm
- Feb. 14 - Valentine's Day Party - 2:00pm
- Feb. 15 - Massage Therapy - 9:30 - 4:00
- Feb. 18 - Informational Seminar - 1:00pm
- Feb. 21 - Destination Fitness Testing - 9:30 -
11:00 am
- Feb. 21 - Monthly Movie - "The American
President"- 2:00pm

Calendar of Events - Mocksville Site

- Feb. 21 - Self Defense classes start - 6:30pm
- Feb. 21 - Quilt Guild - 6:30pm
- Feb. 22 - Theatre Club - 1:00pm
- Feb. 22 - Internet Level 1 classes start - 5:30pm
- Feb. 23 - Black History Month Celebration - 10:30am
- Feb. 24 - Senior Games Kickoff & Fun Night - 6:00pm
- Feb. 25 - Andy Griffith Show - 10:30am
- Feb. 28 - Internet Level 1 classes start - 10:00am

March

- March 1 - Senior Financial Care - 8:30am - 4:30pm
- March 1 - Day Trip - Tanger Outlets - Depart at 9:00am
- March 1 - Blood Pressure Screenings - 10:45am
- March 2 - Veteran's Social - 10:30am
- March 2 - Duplicate Bridge - 2:00pm
- March 4 - Handbells - 10:00am
- March 4 - Don't Forget the Lyrics - 2:00pm
- March 7 - Ask the Doctor - 10:45am
- March 7 - Energy Seminar - 1:00pm
- March 7 - Piedmont Power Assoc. - 7:00pm
- March 8 - Scrapbooking - 2:00pm
- March 8 - Book Club - 2:30pm
- March 9 - Duplicate Bridge - 2:00pm
- March 11 - Destination Fitness Breakfast - 9:00am
- March 15 - Massage Therapy - 9:30am - 4:00pm
- March 15 - Beginning Computer classes start - 5:30pm
- March 17 - St. Patrick's Day Party - 2:00pm
- March 17 - AARP meeting - 10:30am
- March 19 - Crop 'Till You Drop - 9:00am
- March 21 - Destination Fitness Testing - 9:30am
- March 21 - Monthly Movie - "Eat, Pray, Love" - 2:00pm
- March 21 - Quilt Guild - 6:30pm
- March 22 - Theatre Club - 1:00pm

- March 22 - Advisory Council - 3:00pm
- March 23 - Welcome to Medicare Program - 10:00am
- March 24 - Matter of Balance starts - 2:00pm
- March 25 - Andy Griffith show - 10:30am
- March 25 - Thyroid Seminar - 1:00pm
- March 28 - Dinner & a Movie - "Extraordinary Measures" - 5:30pm
- March 29 - Wooden Chicken Craft - 1:00pm

HOLIDAY CLOSINGS

Senior Services will be closed on the following dates:

- Dec. 31 & Jan. 1 for New Year's
- Jan. 17 for Martin Luther King, Jr. Day

IN CASE OF BAD
WEATHER . . .
Mocksville site



The weather can be unpredictable during the upcoming months. Our main concern is for the safety of our participants and staff. Please note the following guidelines:

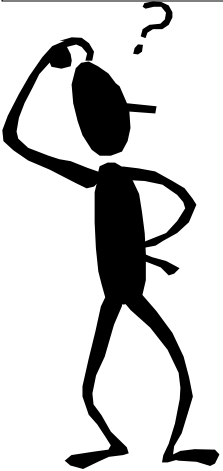
Lunch schedule:

If Davie County schools are delayed up to 2 hours we are open for lunch and will serve homebound meals provided our caterer can get the food to us. If Davie County schools are closed, we will not serve lunch or homebound meals. If meals are not served our Farmington site will not open.

Programs and daily activities at the Mocksville site:

In the event of inclement weather there will be limited programming at Senior Services. Typically we will close during evening and weekend hours if the weather is bad. Please call ahead to determine if the activity you would like to participate in is cancelled.

Special SHIP Section



Are you or is someone you know on Medicare?

Do you have a limited monthly income?



If you answered yes to these questions, you may qualify to receive help with paying for your prescription drugs.

To qualify for extra help you must have:

- Income less than \$16,245 per year for a single person or less than \$21,855 per year for a married couple (If you support other family members who live with you, your income may be higher)
- Resources less than \$12,510 for a single person or less than \$25,010 for a married couple (Resources include such things as bank accounts, stocks and bonds. Your house and car do not count as resources.)

If you think you may qualify for this extra help, it is easy to apply. Just complete Social Security's *Application for Help with Medicare Prescription Drug Plan Costs* (SSA-1020). Here's how:

- Apply online at www.socialsecurity.gov
- Call Social Security to request an application be mailed to you at 1-800-772-1213 (TTY 1-800-325-0778)

If you need help in filling out the application a trained SHIP volunteer can help you. Just call Senior Services at 753-6230 for an appointment. Receiving this help will not change your monthly Social Security benefits.

(Medicaid recipients need not apply for this extra help, as they are automatically enrolled.)



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

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

ADDRESS SERVICE REQUESTED



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.

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 753-6230 for more information or to register for any of these events or anything else in the newsletter.