

October, 2020

Special Events



"NC Certified Senior Center of Excellence"

Thursday, October 1 - 31 Walktober - Join us for a friendly walking competition during the month of October. We encourage participants to aim for 6,000 to 10,000 steps per day, depending on current fitness level and physical abilities. There is no minimum or maximum number of steps required to participate. All you have to do is record your steps for each day of the month and return it to Senior Services by November 6th. Always consult your doctor before increasing activity levels. The individual with the most steps recorded will receive a prize.

Contact Senior Services at 336-753-6230 if you would like copies of local maps with distances.



Tuesday, October 6 - 11:00am - Birthday Party for all October Birthdays

If you were born in October, join us for a drive-thru celebration! You will pick up your cake & ice cream to take home to enjoy. You are welcome to bring a guest, but someone 55 & older in each car must have a birthday in October. We will have a party each month so you won't miss out. Open to those 55 and older.

Call to Reserve Your Spot No Later Than Friday, October 2nd.



Thursday, October 15 - 10am - 12pm - Senior Resource Fair - Rescue House Church Parking Lot - A drive-thru resource fair will be held. Come get lots of information about important topics. Some vendors will also have give-aways.



Friday, October 16- Photo Contest Do you like to take pictures? We plan to make a calendar for Senior Services using photos submitted by seniors 55+. You may submit one photo representing each month. Submissions must be digital and sent via email to kshuskey@daviecountync.gov no later than Friday, October 16. Photos will be judged the following week. Winners will be notified via email.

Monday, October 26—Thursday, October 29 by 4:00 p.m.—Pumpkin Carving Contest - Something fun for you and your grandchildren. Carve a pumpkin and bring it to Senior Services. Judging - people's choice will be held at the Trick or Treat event on Friday, October 30. *The help of a grandchild is not required.*



See back for more!



Friday, October 30—2:00-3:00pm - Trick or Treat! - Put on your costume or favorite Halloween themed attire and join us for drive-thru Trick or Treating. Pumpkin submissions will be judged as well. **Call to Reserve your spot No Later than Thursday, October 22nd.**

GUIDELINES FOR PARKING LOT / DRIVE-THROUGH EVENT PARTICIPATION:

- Events open to those 55 and older
- You must stay in your car at all times
 - Masks are encouraged
- For parking lot events, park in designated spots only
- For drive-through events, please note traffic pattern indicated by arrows (may be different than normal traffic pattern)
- We encourage only those who reside in the same household to share cars. Be sure to tell us how many will be in your car when you register.
- For parking lot events, only those who have registered in advance will be admitted to the lot
 - Registration deadlines will be strictly adhered to so please do not miss them
 - All events take place outside our building, 278 Meroney Street, Mocksville
 - Call us at 336-753-6230 to register or with questions

Additional Seminars/Happenings:

- **Tuesday, October 13 - 2:00-3:00 pm - Zoom Meeting—Shop Smart Save Money: Tips on Saving Money on Groceries.** Colleen Church with the Davie County Agricultural Extension will share tips on creating a food budget, saving money and planning healthy easy meals. You will receive the link to join via email. *Call to Reserve Your Spot No Later than Thursday, October 8th.*
- **Tuesday, October 20 - Learn to Play Cornhole** - We will share a video link from NC Senior Games to teach you how to play cornhole. Contact Senior Services in advance if you wish to receive the link.
- **Wednesday, October 21 - 1:00pm - Caregiver Academy via Zoom** - Topic will be Caregiver Mechanics (hands-on techniques for caring for your loved one). Contact Senior Services in advance for Zoom link and/or help accessing Zoom.
- **Thursday, October 22 - 1:00-6:00pm** - Over the Counter Medicine Giveaway DRIVE - THRU EVENT— Davie Community Park, 151 Southwood Drive. NC MedAssist is a nonprofit pharmacy providing access to prescription medications to qualified uninsured North Carolina residents. Learn how to receive free medicine at: www.medassist.org. Online ordering is preferred.
- **Monthly Stay at Home Bingo game—cancelled**

Davie County Senior Services
278 Meroney Street, Mocksville, NC
www.daviecountync.gov/seniorservices
336-753-6230

To be sure you get all the news about upcoming events, get added to our weekly email list. Just call the office to have your email address added to the list. Also be sure to view and like our Facebook page!