



"NC Certified
Senior Center of Excellence"

Senior Connection

January, February, March 2020



MS. SENIOR DAVIE COUNTY 2019

Congratulations to Ms. Senior Davie County 2019, Dianne Koeval, who won the crown at our pageant held in September. Seven lovely ladies competed, showcasing a wide variety of talents, along with an evening wear competition, an interview and a statement of beliefs.

Contestants were:

- Dianne Koeval (Ms. Senior Davie County)
- Alice Barnette (1st runner-up)
- Jodi Patton-Athey
- Caldonia Evans
- Mary Luffman
- Lita Wieter
- Sandi Winston

Be sure to join us for next year's pageant in September, 2020. If you are a Davie County lady who is 55 or older, consider entering next year's pageant. You are guaranteed to have fun and make new friends!

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JANUARY SPECIAL EVENTS

Our 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.

A MATTER OF BALANCE INFO. SESSION

Thursday, January 2nd - 9:00am

Register no later than Dec. 23

Concerned about falls or interested in improving balance? Join us to learn more about an 8-week structured class that emphasizes practical strategies to reduce fear of falling and increase activity levels. There is no cost for this workshop. Open to adults 55 and older.

CHEERLEADING - NEW TIME & INSTRUCTOR!

Thursdays (starting
January 2) - 12:30 - 1:30pm

Instructor: Ina Beavers

If you would like to join this fun group, they meet each Tuesday for practice. You do not have to compete in order to be part of the group. Open to adults 50 and older.



ASK THE DOCTOR

Monday, January 6th - 10:45am

Speaker: Dr. George Kimberly

On the 1st Monday of the month, Dr. Kimberly will be here to answer your questions. Open to adults 55 & older & exceptions under the general participation policy.

BOWLING LUNCH

Monday, January 6th - 12:30pm

Register no later than Dec. 30

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

BLOOD PRESSURE SCREENINGS

Tuesday, January 7th - 10:45am

A trained professional will take your blood pressure at no charge every 1st Tuesday.



DESIGNING COLORS

Tuesday, January 7 - 12:30pm

Leader: Patti Armstrong

Register no later than December 31

On the first Tuesday of each month, Patti will show the group a new way to color, bringing pictures to life with bold and vivid colors.

WATER AEROBICS CLASS

Tuesdays, January 7 - 28 - 2:30pm - 3:30pm

Location: Davie Family YMCA

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

Cost: No charge, donations to Senior Services are appreciated to help with costs.

Register no later than Dec. 20 at the Y.

Water Aerobics classes will be held at the Davie Family YMCA. These classes meet every Tuesday for 1 month. Senior Services will cover the cost for this class. **Open only to adults 55 and older who are not YMCA members.**

A MATTER OF BALANCE WORKSHOP

Thursdays, January 9th - March 5th

9:00 - 11:00am

No sessions on Jan. 16 or Feb. 20

Register no later than

January 2

Concerned about falls or interested in improving balance? Join us to learn more about an 8-week structured class that emphasizes practical strategies to reduce fear of falling and increase activity levels. There is no cost for this workshop. Open to adults 55 and older.



JANUARY SPECIAL EVENTS

VETERAN'S SOCIAL

Friday, January 10th - 10:30am

Speaker: Crystal Smoot

Register no later than Jan. 3

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. Crystal Smoot will speak on Post Traumatic Stress Disorder (PTSD). Crystal will describe symptoms associated with PTSD and provide strategies to help support those impacted by PTSD.

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.

MONTHLY MOVIE

Monday, January 13th -

1:00pm (note change of date due to holiday)

Register no later than Jan. 6

MPLC license No:

504213926

On the 3rd 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 and exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*



GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, January 14th - 1:00pm

Facilitator: Representative from Hospice & Palliative Care

Cost: No Charge - Picture ID required

Register no later than Jan. 7

On the 2nd Tuesday of each month, 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.

SCRAPBOOKING

Tuesday, January 14th - 2:00pm

On the 2nd Tuesday of each month, bring your supplies & your current projects & "scrap" with friends. Participants can help each other with ideas and techniques if needed. Special programs and field trips are sometimes held.

This group is open to all ages.

ALZHEIMER'S SUPPORT GROUP

Tuesday, January 14th - 3:00pm

Facilitator: Kelly Sloan, Services Coordinator

Register no later than Jan. 10

This group meets the 2nd Tuesday of each month and 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.



DIABETES SEMINAR

Wednesday, January 15th - 10:45am

Register no later than Jan. 8

Speaker: Nancy Crane with Cigna HealthSpring

Approximately 25% of Americans over the age of 60 have diabetes. The good news is you can make lifestyle changes that will greatly improve your quality of life. Learn more at this informative seminar. Open to adults of all ages - no children, please.

CAREGIVER ACADEMY - FIRST AID 101 FOR THE NON-MEDICAL

Wednesday, January 15th - 1:00 - 2:30pm

Wake Forest Baptist Health Davie Medical Center

Register in advance to 336-713-2378

We are pleased to be a partner in the Caregiver Academy, which meets monthly to provide education and support to caregivers. This month, you will learn how to be equipped for handling unanticipated symptoms and injuries that

JANUARY SPECIAL EVENTS

occur from the medical conditions of your care receiver. The more you know, the better you will be able to respond correctly to the variety of situations that can arise in your caregiver role.

HOMEBOUND MEAL VOLUNTEER TRAINING

Thursday, January 16 - 3:00pm

**Trainer: Stacey Southern,
Nutrition Program Coordinator
Register no later than Jan. 9**

This training is for those who are interested in volunteering to deliver homebound meals. See page 22 for more details about this volunteer opportunity.

SPEED DATING

Thursday, January 16th - 6:00pm

Register no later than Jan. 8

This is an opportunity for single adults 55 and older to meet new people and make new connections. When it comes to speed dating, sometimes the connection isn't about dating at all. Friendship, support between those with similar interests, and creating an extended network of friends are just some of the reasons to attend. Refreshments will be served. Open to all single adults 55 and older.

ADULT COLORING WITH DONNA

Friday, January 17th - 10:00am

Leader: Donna Harris

Every 3rd Friday, bring your supplies or use some of ours. Open to adults 55 and older and exceptions under the general participation policy.

SENIOR BOOK CLUB

Tuesday, January 21st - 1:00pm

Leader: Genny Hinkle

Register no later than Jan. 14

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 and older and exceptions under the general participation policy. Meets the 3rd Tuesday of each month.

SENIOR BIRTHDAY PARTY

Tuesday, January 21st - 2:00pm

Register no later than Jan. 14

Join us for one BIG birthday party for all seniors. Cake and ice cream will be served alongside great entertainment provided by Benita Finney. Open to adults 55 & older and exceptions under the general participation policy.



AARP'S HOMEFIT PROGRAM

Monday, January 27th - 10:45am

**Speakers: Dr. Eddie Bass and Ms.
Jodi Hernandez**

Register no later than Jan. 21

At this presentation, you will learn affordable ways to make your home comfortable, safe and a great fit for you as you age. Open to adults of all ages - no children, please.

SENIOR LUNCH WITH COMMISSIONERS

Tuesday, January 28th - 11:30am

Register no later than Jan. 21

For our quarterly senior lunch our county commissioners will be our special guests. This will be a time that you can ask questions of them and voice any suggestions, concerns or praise. A delicious lunch will be served. Open to adults 55 & older and exceptions under the general participation policy. **Space is limited to the first 90 who sign up.**

THEATRE CLUB

Tuesday, January 28th - 1:00pm

Facilitator: Mike Garner

This group meets the 4th Tuesday each month to discuss various theatrical options in the area and to choose different plays & performances to attend as a group. Each person pays for their ticket. Open to adults 55 and older and exceptions under the general participation policy.

JANUARY/FEBRUARY SPECIAL EVENTS

FALLS SCREENING

Wednesday, January 29th - 10:00am

Speaker: Representative of Winston-Salem State University ACL-Falls Prevention Team

Register no later than Jan. 22

Screening for falls is a beneficial assessment that is used to measure risk factors and identify the risk that warrant further attention. Open to adults 55 and older and exceptions under the general participation policy.



SNOWMAN CRAFT

Thursday, January 30th - 1:00pm

Register no later than Jan. 23

Facilitator: Teresa Stovall

Cost: \$ 3.00

Join us for a winter craft. We'll be painting and gluing to make the cutest snowman. An example will be on display at Senior Services. Open to adults 55 and older and exceptions under the general participation policy.

TAX AIDE

Time: Fridays and Saturdays,

February 1st - 15th

9:00am - 1:00pm, 1st come, 1st served

Additional dates by appointment only:

- **Friday, February 21 - 9:00am - 1:00pm**
- **Saturday, February 22 - 9:00am - 1:00pm**
- **Friday, February 28 - 9:00am - 1:00pm**
- **Saturday, February 29 - 9:00am - 1:00pm**
- **Friday, March 6 - 9:00am - 1:00pm**
- **Saturday, March 7 - 9:00am - 1:00pm**
- **Friday, March 13 - 9:00am - 1:00pm**
- **Friday, March 20 - 9:00am - 1:00pm**
- **Saturday, March 21 - 9:00am - 1:00pm**
- **Friday, March 27 - 9:00am - 1:00pm**
- **Saturday, March 28 - 9:00am - 1:00pm**
- **Friday, April 3 - 9:00am - 1:00pm**
- **Saturday, April 4 - 9:00am - 1:00pm**
- **Monday, April 13 - 9:00am - 1:00pm**

AARP trained and certified tax counselors prepare the returns and e-file them at no cost. Returns are done for all ages and membership in AARP is not a requirement. However, filers

are responsible to have all the appropriate tax documents and information in order for counselors to complete an accurate return in a timely manner. Please do the following prior to arriving at Senior Services:

1. Bring the 2018 tax return along with the supporting documents.
2. Open and place all 2019 documents together in a large envelope or file to be presented to the counselor who is preparing your return. A picture ID and social security card is required for all who will be listed on the return. If any social security number has been compromised by identity theft, please bring the letter with the 2019 pin number issued by the IRS.
3. Make sure you have all income documents from employment, pension, social security, interest, dividends, etc.
4. Provide a broker's final statement if stock was sold. If the stock purchase price is not on the brokers document, call the financial advisor and get one. Otherwise, the cost basis will be zero.
5. Note that the standard deduction for singles is \$12,200 (65 and older \$13,850) and \$24,400 for couples (65 and older 27,000). This makes it more difficult to itemize. If you have out of pocket cost in excess of your standard deduction, total the expenses by category for health and dental insurance, doctor visits, drugs, etc. List all charitable donations (bring all receipts and letters from organizations that show the dollar amount contributed). Just remember there are limits for these deductions based on your Adjusted Gross Income (AGI).
6. Bring a 1095A Form for each person on the return who purchased health insurance from the marketplace.

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

FEBRUARY SPECIAL EVENTS

ASK THE DOCTOR

Monday, February 3rd - 10:45am

Speaker: Dr. George Kimberly

On the 1st Monday of the month, Dr. Kimberly will be here to answer your questions. Open to adults 55 & older & exceptions under the general participation policy.



SENIOR GAMES/SILVERARTS OPEN HOUSE

Monday, February 3rd - 2:00pm

Register no later than Jan. 27th

Are you curious about

Davie County Senior Games and SilverArts? Join us to learn what Senior Games and SilverArts is all about. Senior Games is not just for athletes. Come to our open house to learn more, try a couple of events, and pick up your registration packet. Open to adults 50 and older.

BLOOD PRESSURE SCREENINGS

Tuesday, February 4th - 10:45am -

A trained professional will take your blood pressure at no charge every 1st Tuesday.

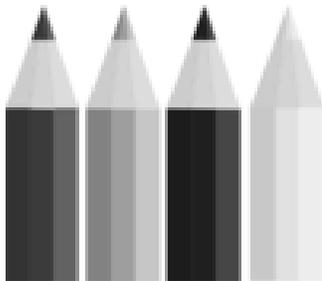
DESIGNING COLORS

Tuesday, February 4th - 12:30pm

Leader: Patti Armstrong

Register no later than Jan. 28

On the first Tuesday of each month, Patti will show the group a new way to color, bringing pictures to life with bold and vivid colors. Open to adults 55 and older and exceptions under the general participation policy.



WATER AEROBICS CLASS

Tuesdays, Feb. 4th - 25th - 2:30pm - 3:30pm

Location: Davie Family YMCA

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

Cost: No charge, donations to Senior

Services are appreciated to help with costs.

Register no later than Jan. 20 at the Y.

Water Aerobics classes will be held at the Davie Family YMCA. These classes meet every Tuesday for 1 month. Senior Services will cover the cost for this class. **Open only to adults 55 and older who are not YMCA members.**

CORNHOLE LEAGUE

Wednesday's, February 5th -

26th - 1:00pm Davie

Recreation and Parks

Facilitator: Brandi Patti,

Health & Wellness

Coordinator

Register no later than Jan. 29

Show off your cornhole skills and have some fun. Players will be assigned partners the first week and teams will play each week. The final week will be a playoff to crown the champion. Open to adults 50 and older and exceptions under the general participation policy.



BINGO

Thursday, February 6th - 1:00pm

Sponsored by: Local Government Federal Credit Union

Register no later than Jan. 30

Come out for some fun games of Bingo!

Refreshments will be served. Open to adults 55 and older and exceptions under the general participation policy.

In order to make our events more accessible, Braille cards and display screen are available.

FEBRUARY SPECIAL EVENTS



HEART HEALTH SEMINAR

Monday, February 10th - 10:45am

Speaker: Hank Stowe, EMS Program Director at DCCC

Register no later than Feb. 3

February is Heart Health month. Come to this seminar to learn ways to keep your heart healthy as you age. Open to adults of all ages - no children, please.

SINGLES SOCIAL

Monday, February 10th - 1:00pm

Register no later than Feb. 3

Calling all single seniors, whether widowed, divorced or never married. We will have a fun gathering just for you. There will be refreshments and a fun game. Come make some new friends and have some fun. Open to all single adults 55 and older.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, February 11th - 1:00pm

Facilitator: Representative from Hospice & Palliative Care

Cost: No Charge - Picture ID required

Register no later than Feb. 4

On the 2nd Tuesday of each month, 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.

SCRAPBOOKING

Tuesday, February 11th - 2:00pm

On the 2nd Tuesday each month, bring your supplies & your current projects & "scrap" with friends. Participants can help each other with ideas and techniques if needed. Special programs and field trips are sometimes held. This group is open to all ages.

ALZHEIMER'S SUPPORT GROUP

Tuesday, February 11th - 3:00pm

Facilitator: Kelly Sloan, Services Coordinator

Register no later than Feb. 4

This group meets the 2nd Tuesday of each month and 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.

SINGING TELEGRAMS

Wednesday, February 12th

& Thursday, February 13th

Cost: \$10.00 for 2 songs

Register no later than Feb. 5

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



MEMORY CAFÉ

Thursday, February 13th - 3:00pm

Register no later than Feb. 6

A memory café is a social gathering for persons with Alzheimer's or other dementia and their caregivers. The café is free and offers ice cream sundaes and a fun Valentine's craft. The café is beneficial not only for those with memory loss, but for the caregivers as well. Caregivers will benefit from the company and companionship of others in similar situations as themselves. A family member or friend that serves as a caregiver MUST accompany the guest. This includes spouses, children, friends or acquaintances. We respectfully request paid caregivers not attend in lieu of friends or family.

FEBRUARY SPECIAL EVENTS

VALENTINES' DAY PARTY

Friday, February 14th - 2:00pm

Register no later than Feb. 7

Our annual Valentine's Day party will have great food, fun and wonderful musical entertainment by Erin Carter Davidson. Open to adults 55 & older and exceptions under the general participation policy.



SENIOR GAMES SWIM EXPO

Saturday, February 15th - 12:00pm - 1:30pm

Facilitator: YMCA Staff

Cost: No charge

Register no later than Feb. 8

Are you interested in learning more about swim competition? The YMCA staff will be giving lessons so you can learn more about swim heats and Senior Games rules. Open to adults 50 and older.

MONTHLY MOVIE

Monday, February 17th - 1:00pm

Register no later than Feb. 10

MPLC license No: 504213926

On the 3rd 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 and exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

SENIOR BOOK CLUB

Tuesday, February 18th - 1:00pm

Leader: Genny Hinkle

Register no later than Feb. 11

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 and older and exceptions under the general participation policy. Meets the 3rd Tuesday of each month.



MEET THE CANDIDATES

Tuesday, February 18th -

5:00pm

Register no later than Feb. 11

Before you vote, attend this event. We have invited local candidates to Senior Services so they can each have the opportunity to speak and a time for the audience to ask questions. Light refreshments will be served at 5:00, and the forum will begin at 5:30. Become an informed voter by attending this important event. Open to all ages.

CAREGIVER ACADEMY - CONTINUUM OF CARE AND COMMUNITY RESOURCES

Wednesday, February 19th - 1:00 - 2:30pm

Wake Forest Baptist Health Davie Medical Center

Register in advance to 336-713-2378

We are pleased to be a partner in the Caregiver Academy, which meets monthly to provide education and support to caregivers. This month you will learn what to expect in your caregiving journey as you navigate through possible hospitalizations, transitions to rehab, adding home care/ home health to your care team, possible long-term care placement, the role of palliative care, and eventually hospice.

HOMEBOUND MEAL VOLUNTEER TRAINING

Thursday, February 20th - 3:00pm

Trainer: Stacey Southern, Nutrition Program Coordinator

Register no later than Feb. 13

This training is for those who are interested in volunteering to deliver homebound meals. See page 22 for more details about this volunteer opportunity.



FEBRUARY/MARCH SPECIAL EVENTS

ADULT COLORING WITH DONNA

Friday, February 21st - 10:00am

Leader: Donna Harris

Every 3rd Friday, bring your supplies or use some of ours. Open to adults 55 and older and exceptions under the general participation policy.



THEATRE CLUB

Tuesday, February 25 - 1:00pm

Facilitator: Mike Garner

This group meets the 4th Tuesday each month to discuss various theatrical options in the area and to choose different plays & performances to attend as a group. Each person pays for their ticket. Open to adults 55 and older and exceptions under the general participation policy.

BLACK HISTORY MONTH CELEBRATION

Wednesday, February 26th - 10:30am

Speaker: Katera Cockerham

Register no later than Feb. 19

February is Black History Month & Senior Services is pleased to join the Graham Family to present this annual celebration. This event is always filled with great music and a wonderful speaker. Lunch will be served at 11:30 for those who wish to stay. Open to general public of all ages.

ASK THE DOCTOR

Monday, March 2nd - 10:45am

Speaker: Dr. George Kimberly

On the 1st Monday of the month, Dr. Kimberly will be here to answer your questions. Open to adults 55 and older and exceptions under the general participation policy.



INTERGENERATIONAL TALENT SHOW

Monday, March 2nd - 2:00pm

Register no later than Feb. 24

Did your grandchildren inherit your talent? We are looking for seniors and grandchildren to participate in our first intergenerational talent show. Whether you or your grandchild can sing, dance or perform, we want to hear from you! Open to adults 55 & older and their grandchildren. Seniors without grandchildren are welcome to attend and perform as well.

BLOOD PRESSURE SCREENINGS

Tuesday, March 3rd - 10:45am

A trained professional will take your blood pressure at no charge every 1st Tuesday.

DESIGNING COLORS

Tuesday, March 3rd - 12:30pm

Leader: Patti Armstrong

Register no later than Feb. 25

On the first Tuesday of each month, Patti will show the group a new way to color, bringing pictures to life with bold and vivid colors. Open to adults 55 and older and exceptions

WATER AEROBICS CLASS

Tuesdays, March 3rd - 31st - 2:30pm - 3:30pm

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Cost: No charge, donations to Senior Services are appreciated to help with costs.

Register no later than Feb. 20 at the Y.

Water Aerobics classes will be held at the Davie Family YMCA. These classes meet every Tuesday for 1 month. Senior Services will cover the cost for this class. **Open only to adults 55 and older who are not YMCA members.**

WINTER DANCE

Friday, March 6 - 5:30pm

Register no later than Feb. 28

Come out and show off your best dance moves. "DJ Charlene" will play some favorite dance songs from all genres for you to enjoy. Light refreshments will be served. Open to adults 55 & older and exceptions under the general participation policy.



GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, March 10th - 1:00pm

Facilitator: Representative from Hospice & Palliative Care

Cost: No Charge - Picture ID required

Register no later than March 3

On the 2nd Tuesday of each month,

MARCH SPECIAL EVENTS

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.

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Tuesday, March 10 - 2:00pm

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ALZHEIMER'S SUPPORT GROUP

Tuesday, March 10th - 3:00pm

**Facilitator: Kelly Sloan,
Services Coordinator**

Register no later than March 6

This group meets the 2nd Tuesday of each month and 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.

DISASTER PREPAREDNESS SEMINAR

Wednesday, March 11th - 10:45am

Register no later than March 4

Disasters can happen anytime. Be sure that you are prepared in case something happens. Open to adults of all ages. No children, please.

PICKLEBALL LESSONS

Thursday, March 12th - 11:00am - 12:00pm

Register no later than March 5

**Facilitator: Brandi Patti, Health & Wellness
Coordinator**

Location: Davie Recreation and Parks

Pickleball is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Come out to learn more! Open to adults 50 and older.

WELCOME TO MEDICARE

Friday, March 13th - 10:00am - 12:00pm

**Speaker: Teresa Stovall, SHIP Coordinator
Register no later than March 6**

If you are 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 cost. This program is open to anyone who will soon be on Medicare. A light meal will be served following the event.

MONTHLY MOVIE

Monday, March 16th - 1:00pm

Register no later than March 9

MPLC license No: 504213926

On the 3rd 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. The movie is open to adults 55 and older and 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, March 17th - 1:00pm

Leader: Genny Hinkle

Register no later than March 10

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 and older and exceptions under the general participation policy. Meets the 3rd Tuesday of each month.

CAREGIVER ACADEMY - DIGITAL RESOURCES

Wednesday, March 18th - 1:00 - 2:30pm

**Wake Forest Baptist Health Davie Medical
Center**

Register in advance to 336-713-2378

We are pleased to be a partner in the Caregiver Academy, which meets monthly to

MARCH SPECIAL EVENTS

provide education and support to caregivers. Advances in home-based technology are sweeping the medical field. Learn about the devices and apps that can support your caregiving activities and improve quality of care and quality of life. From tracking the person with dementia who is wandering, to keeping a camera eye on your care receiver when you're not there, learn about assistive devices that are available to help caregivers.

HOMEBOUND MEAL VOLUNTEER TRAINING

Thursday, March 19 - 3:00pm

Trainer: Stacey Southern

Register no later than March 12

This training is for those who are interested in volunteering to deliver homebound meals. See page 22 for more details about this volunteer opportunity.

ADULT COLORING WITH DONNA

Friday, March 20th - 10:00am

Leader: Donna Harris

Every 3rd Friday, bring your supplies or use some of ours. Open to adults 55 and older and exceptions under the general participation policy.

CRAFT 'TIL YOU DROP

Saturday, March 21st - 9:00am- 3:00pm

Register no later than March 6

This day is no longer just for scrappers!! We invite all scrapbookers, quilters, painters and woodcarvers to bring your supplies and get ready to have fun! For six hours we will create, give away door prizes, learn from others and have a light lunch. 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.

THEATRE CLUB

Tuesday, March 24 - 1:00pm

Facilitator: Mike Garner

This group meets the 4th Tuesday each month to discuss various theatrical options in the area and to choose different plays & performances to attend as a group. Each person pays for their ticket. Open to adults 55 and older and exceptions under the general participation policy.



DINNER & A MOVIE

Tuesday, March 24th - 6:00pm

Register no later than March 10th

MPLC license number:

5042139926

Enjoy dinner and stay for a great movie. To learn the title, call senior services on or after March 10th. This event is open to adults 55 and older and 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.*



Save the Date:

**Rock-A-Thon 2020 will
be held April 3rd at
Rescue House Church.
Stay tuned for more
information!**

OTHER ONGOING ACTIVITIES



Arts & Crafts

QUILTING

Mondays - 10:00am - 12:00pm

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 - 6:30pm -

(January 20, February 17, March 16)

President: Donna Hare

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

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.

WOODCARVING

Wednesdays - 9:00 - 11:00am

Facilitator - Tim Trudgeon

Cost: \$8.75 for new students to cover initial supplies

Anyone with an interest in carving is invited to attend. Please call before attending your first session. This is an intergenerational program.

TATTING

Fridays - 10:00am

Bring your supplies to work with and learn from other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided. Open to adults 55 and older and exceptions under the general participation policy.



Chorus

DAVIE COUNTY SINGING SENIORS

Each Thursday - 10:00am

(April - June/Sept. - Dec.)

Chorus Director: Marie Craig

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.



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. 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 - some classes fill quickly, so you may want to register early)

Class Size: Limited to 10 students

COMPUTER BASICS I

In this class you will learn the basic hardware and terminology of the computer so that you get a good foundation to build future knowledge and skills. You will learn everything from turning the machine on and properly shutting it off, to basic hardware, and keyboard / mouse lessons.

No prerequisites.

Upcoming sessions:

- January 6, 7, 8, 9 (Mon., Tues., Wed., & Thurs.) - 4:30 - 6:30pm

OTHER ONGOING ACTIVITIES

COMPUTER BASICS II

Learn how to use your foundation knowledge of computer hardware and keyboard / mouse skills to navigate Windows Operation System (OS) and other software applications, as well as other setup, navigation, and security aspects. Although this class focuses mainly on the software-side of the computer, you will have a solid foundation to be able to navigate and use your computer confidently.

This class requires Computer Basics I or basic computer skills.

Upcoming Session:

- January 13, 14, 15, & 16 (Mon, Tues., Wed., & Thurs.) - 4:30 - 6:30pm

FILE MANAGEMENT

Learn how to manage and organize the millions of files, photos, and music that you have stored on your system. You will develop a basic understanding of how Windows stores and deletes files, learn how to backup and restore files and applications, and organizational best practices, like the rule of 3's, to keep your information accessible and protected. **This class requires Computer Basics II or intermediate computer skills.**

Upcoming Session:

- January 27, 28, 29, & 30 (Mon, Tues., Wed., & Thurs.) - 4:30 - 6:30pm

INTERNET BASICS

Learn how to navigate and use the Internet as a resource and not get a headache using the world wide web. We will discuss the different kinds of Internet connections, equipment, how to setup and secure wireless. We will discuss the difference in a web browser and search engine, and how to conduct yourself safely while online both at home and in a public areas, using resources like incognito mode and a virtual private network (VPN). **This class requires Computer Basics II or intermediate computer skills.**

Upcoming Session:

- February 3, 4, 5, & 6 (Mon, Tues., Wed., & Thurs.) - 4:30 - 6:30pm

EMAIL BASICS

Learn how to communicate via email and attach a photo and send it. You will learn how to navigate, send / receive emails, setup your address book with individual and group lists, design an email signature, and manage spam. You will also learn email safety and how to identify and handle spam and malicious emails and other email best practices. Having an email account opens the door for being able to do a lot of other things digitally. **This class requires a Google Account and Computer Basics II or intermediate computer skills.**

Upcoming Session:

- February 10, 11, 12, & 13 (Mon, Tues., Wed., & Thurs.) - 4:30 - 6:30pm

SOCIAL MEDIA (FACEBOOK)

Learn what all the hype is about, why 64% of seniors are on it, and how it can benefit you! We will be discussing the different types of social networking, from Facebook to WhatsApp. You will learn that social media can be safe and be utilized for everyday enjoyment or just the occasional checking in on the grandkids or family far away. Social media does not have to be as scary as the media makes it, and understanding that starts with taking this class. **This class requires Computer Basics II or intermediate computer skills.**

Upcoming Session:

- February 17, 18, 19, & 20 (Mon, Tues., Wed., & Thurs.) - 4:30 - 6:30pm

OTHER ONGOING ACTIVITIES

CYBER SECURITY AWARENESS

Learn about cyber security as it deals with cyber threats, password safety, web protection, email protection, and preventative measures that affect the way you keep your identity safe and minimizing your digital footprint while using various technologies. We will cover malware, viruses, phishing, phone scams, two-factor authentication, public Wi-Fi safety, and other relevant topics that deal with technology and device safety and security. **This class requires Computer Basics II or intermediate computer skills.**

Upcoming Session:

- March 2, 3, 4, & 5 (Mon, Tues., Wed., & Thurs.) - 4:30 - 6:30pm

ANDROID PHONES AND TABLETS

Learn how to use your Android-based phone, from making phone calls and texting to understanding data plans and installing apps. Your smartphone can become a benefit and extension for many of the tech devices you use both inside and outside your home. This class is designed to make you smarter than your "smart phone" or tablet so that you can put it to work for you. **This class has no prerequisites.**

Upcoming Session:

- March 9, 10, 11, & 12 (Mon, Tues., Wed., & Thurs.) - 4:30 - 6:30pm

IPHONE AND IPAD

Learn how to use your Apple-based phone, from making phone calls and texting to understanding data plans and installing apps. Your smartphone can become a benefit and extension for many of the tech devices you use both inside and outside your home. This class is designed to make you smarter than your "smart phone" or tablet so that you can put it to work for you. **This class has no prerequisites.**

Upcoming Session:

- March 16, 17, 18, & 19 (Mon, Tues., Wed., & Thurs.) - 4:30 - 6:30pm

WHAT IS SENIOR GAMES?

Senior Games offers competitive and non-competitive sport events for seniors 50 and older. Various games offered include horseshoes, basketball, bocce, tennis, golf, bowling, cornhole, etc. Games are held April - May.

WHAT IS SILVERARTS?

SilverArts provides a stage for the creative talents of visual, heritage, literary and performing artists 50 and older. Categories include knitting, crocheting, painting, quilting, woodworking, pottery, photography, poems, short stories, and much more. If you can sing, dance, tell a funny story, read a poem, perform a dramatic reading or skit, we need you for the Performing Arts section of SilverArts.

Please note that all SilverArts entries must be the original work of the artist and all pieces must have been completed within two years of the date of entry. Works will be turned in on a date to be determined in May.

HOW CAN I BE APART OF THE FUN?

Just complete an application. One small participation fee covers competition in all SilverArts events, most Senior Games events, as well as opening and closing ceremony events and meals. You also get a great souvenir t-shirt. Deadline for registration is March 13.

Call Davie County Senior Services for more information.



OTHER ONGOING ACTIVITIES



Dance

LINE DANCING

Frequent dancing has been shown as a significant factor in the reduction of dementia among seniors. Senior Services has several line dancing classes to choose from depending upon your skill level. All classes are open to adults 55 & older & exceptions under the general participation policy.

BASIC STEPS - Tuesdays - 9:45 - 10:30am -

Vickie Spivey & Julie Cartner, Instructors

For absolute beginners this will teach you the names of the basic steps and simple dances using those steps.

SOCIAL LINE DANCING - INTERMEDIATE LEVEL (EVENING) -Thursdays - 6:00 - 7:00pm - Vickie Spivey, Instructor

Join this group to learn the most popular dances on the dance circuit. Requests are taken.

LEVEL 1 - Tuesdays & Thursdays - 8:45 - 9:45am - Vickie Spivey & Julie Cartner, Instructors

This is for those who know the basic steps and have a desire to continue learning more dances.

LEVEL 2 - Mondays, Wednesdays & Fridays - 9:45 - 10:45am - Cathy Smith & Vickie Spivey, Instructors

For those who have the basics down, we will learn more complex dances. This class learns a 30 minute program that will be used to perform several times monthly to dance for long term care residents and community events. (Not required for participation in class.)



Drop In Activities

Senior Services invites you to drop by anytime a room is available to take advantage of the following:

- * Books * Newspapers * Cards/Board Games
- * Puzzles * Computer Lab * Scales
- * Fitness Room * Shredder * Magazines
- * Videos * Music * Wii

Exercise



SilverStrikers



BOWLING LEAGUE

Mondays - 8:30am - depart from Senior Services

Cost: \$6.50 per session (3 games)

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

SILVERHEALTH

Mon. / Wed. / Fri. - 8:30 - 9:00am

Instructor: Brandi Patti, Health & Wellness Coordinator/Assistant Director

This class works with hand weights and resistance bands and focuses on basic strength and flexibility, especially those important core muscles. Open to adults 55 & older and exceptions under the general participation policy.

MORNING WAKE UP PROGRAM

Mon. / Wed. / Fri. - 9:00 - 9:30am

Instructor: Brandi Patti, Health & Wellness Coordinator/Assistant Director

This class is a continuation of the SilverHealth class. Come at 8:30 for strength and flexibility 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

Mon. / Wed. - January 6 - March 30

Instructor: Kim Crawford

4 CLASSES TO CHOOSE FROM:

11:00am - 12:00noon

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

OTHER ONGOING ACTIVITIES

is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins Dec. 16th 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 - 7:15pm

Instructor: Marge Walls-Walker

Join us to age healthy, strong, balanced and graceful! Cardio, strength training, flexibility and balance - we do it all. Open to adults 55 & older and exceptions under the general participation policy.

CHAIR YOGA

Tuesdays - 12:30 - 1:30pm

January 7 - March 31

Instructor: Harolene Atwood

Cost: No charge

(Limited to first 12 per session who register)

Modified for sitting in a chair, chair yoga contains all the benefits of traditional yoga including: increased balance, increased flexibility, reduced stress and focused breathing. Open to adults 55 & older. **Registration for all yoga sessions begins Dec. 16th 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.**

CHEERLEADING - NEW TIME & INSTRUCTOR!

Thursdays (starting January 2) - 12:30 - 1:30pm

Instructor: Ina Beavers

If you would like to join this fun group, they meet each Tuesday for practice. You do not have to compete in order to be part of the group. Open to adults 50 and older.

PICKLEBALL OPEN PLAY

Tuesdays & Thursdays - 9:30 - 11:00am -

Davie County Recreation & Parks

We are pleased to partner with Davie County

Recreation & Parks to provide Pickleball Open Play. Pickleball has been described as a combination of ping pong, tennis and badminton. It is a lot of fun to play. Drop in for a game to see what all the excitement is about. Open to adults of all ages - no children, please.

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

Tuesdays & Thursdays - 11:00am - 12:00pm

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 & exceptions under the general participation policy.

ZUMBA

Tuesdays & Thursdays - 2:00 - 3:00pm

Instructor: Gladys Scott

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

Zumba 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.

DANCE PARTY AEROBICS

Tuesdays - 5:30 - 6:30pm

Instructor: Lorri Carlton

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

This class combines dance and aerobic movements performed to energetic music. You are sure to burn calories and have lots of fun. Open to adults 55 & older & exceptions under the general participation policy.

OTHER ONGOING ACTIVITIES

FITNESS ROOM

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

Friday - 8:00am - 4:30pm

Saturday - 9:00am - 1:00pm

Cost: No charge (donations to Senior Services are appreciated)

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment. **Please call for an appointment for training.**



Games

SKIPBO

Wednesdays - 1:00pm

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

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

TEXAS HOLD 'EM

Thursdays - 1:00pm

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.



Lending Library

We accept donations of recently published books in good condition. These may be checked out at the front desk. Please limit donations to hardcover, recent publications (within the past 5 years). We will donate any books we cannot use to another organization.



Lunch

Mondays - Wednesdays - 11:30am

Thursdays & Fridays - 11:00am

Staff Contact: Stacey Southern, 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 -

(January 6, February 3, March 2)

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

(January 28 and March 24)

Staff Contact: Kim Shuskey, Director

This is a volunteer group appointed by Davie County Commissioners to help Senior Services plan, set goals and fundraise. Meetings are open to the public.



OTHER ONGOING ACTIVITIES

Trips - Day

There is a \$5.00 charge for transportation for each trip, due upon sign up. \$5.00 fee is non-refundable if you cancel.

All participants buy their own lunch. If trip is canceled due to weather or other unforeseen circumstance, money will be refunded. Space is limited. See staff for complete trip rules.

JANUARY 7 - CONSIGNMENT TRIP, DAVIE & FORSYTH COUNTIES, NC

Tuesday, January 7th

Departure time: 8:30am

Return: Approximately 2:30pm

Cost: 5.00 for transportation

Money for lunch

Back by popular demand, we will be visiting several consignment stores in our area. Lunch will be at a local restaurant. Sign up starts Nov. 15.



FEBRUARY 4 - MRS. HANES COOKIES, WINSTON-SALEM, NC

Tuesday, February 4th

Departure time: 10:30am

Return: Approximately 2:30pm

Cost: \$5.00 for transportation

\$5.00 for tour

Money for lunch

Our first stop will be for lunch at Dari-o's in Clemmons. We will then tour Mrs. Hanes Cookies after lunch, visiting "Grandma's Kitchen", the warehouse, the "Secret Recipe" mixing room, and of course the baking area where we get to watch the artists in aprons hand-rolling and hand-cutting the cookies. To top it off there are free samples as well! Sign up starts Dec. 17.



MARCH 3 - FORT DOBBS, STATESVILLE, NC

Tuesday, March 3rd

Departure time: 8:30am

Return: Approximately 12:30pm

Cost: \$5.00 for transportation

\$2.00 donation for tour

Money for breakfast

We will have breakfast at Cracker Barrel in Statesville. After breakfast, we will tour Fort Dobbs State Historic Site. Fort Dobbs was a defensive fort built in 1756 under the Auspices of North Carolina's Colonial Assembly during the French and Indian War. Fort Dobbs was reconstructed with the grand opening in September of 2019. Sign up starts Jan. 15.

APRIL 7 - CHARLOTTE HAWKINS BROWN MUSEUM, GIBSONVILLE, NC

Tuesday, April 7th

Departure time: 8:30am

Return: Approximately 3:30pm

Cost: \$5.00 for transportation

\$2.00 donation for tour

Money for lunch

Join us as we visit Charlotte Hawkins Brown Museum at Palmer Memorial Institute. Founded in 1902 by Dr. Charlotte Hawkins Brown, Palmer Memorial Institute transformed the lives of more than 2,000 African American students. Today the campus provides the setting where visitors can explore this unique environment where boys and girls lived and learned during the greater part of the 20th century. The museum links Dr. Brown and Palmer Memorial Institute to the larger themes of African American history, women's history, social history, and education emphasizing the contributions African Americans made in NC. We will have lunch at a local restaurant after the tour. Sign up starts Feb. 17.

OTHER ONGOING ACTIVITIES



Trips - Other



CAROLINA THUNDERBIRDS ICE HOCKEY

Sunday, March 8th

Departure: 2:45pm

Game time: 4:05pm

Cost: \$5.00 for transportation

\$16.00 for ticket, hot dog and drink

Participation limited to 14.

We will travel to the Winston-Salem Fairgrounds to see the Carolina Thunderbirds take on the Columbus River Dragons.

Sign up starts immediately. Deadline to sign up is Feb. 21st.



Trips - Extended

SPRING IN KENTUCKY

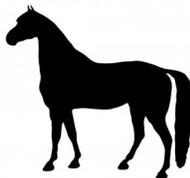
Tuesday - Thursday, May 5th-7th

Trip Leader: Mike Garner

Prices per person:

\$589 - Single \$446 - Double

\$404 - Triple \$383 - Quadruple



Tuesday, May 5th:

- Travel to Lexington, Kentucky
- Dinner at Cracker Barrel

Wednesday, May 6th:

- Breakfast at hotel
- Tour Kentucky Horse Park (lunch at park on your own, not included in price) - One of the top attractions in Lexington, KY, the park offers a history museum, culture around the world, hall of champions, parade of horse breeds, and much more!
- Tour Mary Todd Lincoln's Childhood Home
- Dinner at Josie's

Thursday, May 7th:

- Breakfast at hotel
- Tour The Ark (lunch at the Ark on your own,

not included in price) - Prepare to be amazed at the life-sized ark built to the exact dimensions of the Bible. See three levels of exhibits in this gigantic structure and learn more about Noah's times and how he accomplished this huge task!

Accommodations will be at the Courtyard Lexington North in Lexington, KY. Reservations can be made with your \$50.00 deposit. Deadline for registration is March 20. 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.

LIKE TO TRAVEL?

Our Theatre Club takes many special trips to see various shows. Be sure to attend the next meeting, or call Senior Services to see if any space remains in upcoming trips.



SERVICES

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

CAREGIVING RESOURCE CENTER

Cost: No charge

Materials of interest to caregivers - videos, books, pamphlets - are available to check out at 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. We can also provide free nutritional supplements and incontinence supplies. 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.

DIVISION OF SERVICES FOR THE DEAF & HARD OF HEARING

On the 3rd Tuesday of every other month from 10:00 - 11:30, the Division of Services for the Deaf & Hard of Hearing are here for a closed meeting for pre-scheduled consumers applying for a hearing aid through the state equipment distribution program. For information on how to apply to this program, call 336-273-9692.

FIDGET APRONS & TWIDDLEMUFFS

Staff Contact: See any staff member

Cost: No charge, donations appreciated

These items 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

Staff Contact: See any staff member

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 see a staff member.

HOMEBOUND MEALS (MEALS ON WHEELS)

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 & caregivers of any age in obtaining a wide variety of services and information for seniors. All assistance is confidential. Call for an appointment. Home visits can be arranged.

IN-HOME AIDE SERVICES

Staff Contact: Kim Shuskey, Director

Cost: No charge, donations appreciated

This program is designed to assist adults and their families with attaining and maintaining self-sufficiency and improving quality of life while remaining in their own homes.

LEGAL AIDE

Cost: No charge, donations appreciated

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

NOTARY SERVICE

Staff Contact: Tracy Veach, Admin. Asst.

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.

SERVICES

OPTIONS COUNSELING

Cost: No charge, donations appreciated

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.

SHIP - (Seniors' Health Insurance Information Program)

**Staff Contact: Teresa Stovall, SHIP
Coordinator**

Cost: No charge, donations appreciated

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

Staff Contact: See any staff member

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.

SITTERS LIST

Staff Contact: See any staff member

Senior Services maintains a list of people who are interested in sitting with older adults on a private pay basis. Please note this list is for informational purposes only. Inclusion on this list is open to anyone who wishes to be included and is not a recommendation or testament of character by Senior Services. Senior Services is not responsible for checking references of applicants, hiring decisions, interviewing, setting of pay scale or quality of work. We recommend you always check references and do background checks for any sitter you wish to hire.

SPECIAL ASSISTANCE IN HOME

**Staff contact: Michelle Brake, Adult Services
Social Worker at Senior Services**

This program provides low-income residents who are eligible for Medicaid with a monthly cash benefit to help them remain living in their homes. It is intended to prevent the unnecessary or premature placement of person in residential care facilities if they have the desire to live at home with assistance.

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.

WAYS TO HELP



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:

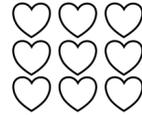
- **Outright Gifts** - donations of cash, property or certain securities
- **Bequests** - name Senior Services in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate
- **Insurance Policy Beneficiary** - Name Senior Services as beneficiary of death benefit
- **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.



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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: Teresa Stovall, 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: Stacey Southern, Nutrition Program Coordinator

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. Training for new volunteer drivers is provided on the 3rd Thursday of each month at 3:00pm. Other appointments can be arranged if necessary.

WAYS TO HELP

LUNCH VOLUNTEERS

Contact: Stacey Southern, Nutrition Program Coordinator

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

OFFICE HELP

Contact: Tracy Veach, Administrative Assistant

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

SHIIP (Seniors' Health Insurance Information Program)

Contact: Teresa Stovall, 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: Charlene Crook, 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.



SPECIAL THANK YOU

In September, 2019, Davie County Senior Services celebrated Senior Center Month with a month-long fundraising effort. We appreciate all the community support in this effort. Thanks also to the many volunteers who made the events possible. The money raised will help ensure programs and services will continue to help those who need them and will help purchase needed equipment. We especially would like to thank the following businesses for their support as sponsors of Senior Center Month:

Platinum Sponsor:

Wake Forest Baptist Health
Davie Medical Center

Silver Sponsors:

Davie County Enterprise
English's Bridal and Formalwear

Bronze Sponsors:

158 Auto Sales
Bandy State Farm Insurance
Carolina Center for Eye Care
Clyde & Gladys Scott
Eaton Funeral Service
Hayworth - Miller Funeral Home
Hillsdale Dental
Howard Realty & Insurance Agency, Inc.
Meg Brown Home Furnishings
Webb Heating & Air Conditioning

Thank You

DAVIE COUNTY AGING PLAN UPDATE

In 2018 Davie County Senior Services took the lead on a nine month process in creating an aging plan for the next five years. The plan is intended to provide a framework for the future of aging in Davie County. The participation of a variety of community members and organizations is critical for the goals and objectives to be met. By working together, Davie County can build capacity to support our aging population and ultimately improve the quality of life for all residents. **The five focus areas and goals of the plan are:**

Focus Area: Communication Strategy:



- Goal 1: Design an approach to engage the community using both traditional methods and emerging technologies.
- Goal 2: Identify and enhance available resources to ensure information about programs and services for older adults is disseminated to the public.
- Goal 3: Enhance the infrastructure in place to be able to communicate effectively about resources available across our community.

Focus Area: Health for the Aging Population:

- Goal 4: Provide activities and services that encourage older adults to engage in efforts that promote healthy living.
- Goal 5: Increase accessibility and availability of existing health care opportunities.
- Goal 6: Advocate for new resources to become available in Davie County in order to help the community maintain/improve health.



Focus Area: Transportation:



- Goal 7: Citizens will be aware of transportation options available in Davie County.
- Goal 8: Implement processes to improve and enhance existing transportation options, making them more accessible and easier to use.

Focus Area: Housing:

- Goal 9: Increase awareness of housing issues in Davie County among the stakeholders in an effort to improve choice, quality, and affordability of housing options.
- Goal 10: Ensure that appropriate supportive services are in place to enable older adults to stay in their own home as they age, if that is their choice.



Focus Area: Financial Well-Being:



- Goal 11: Increase and enhance the opportunities that exist for education about financial health (long-term) and hygiene (day-to-day).
- Goal 12: Increase opportunities for older adults to supplement their income and keep their income safe from scammers.

Every person can play a part in fulfilling the goals and objectives of this plan. If you would like to discuss how you, or your organization, can get involved, please contact Kim Shuskey, Aging and Adult Services Director at 336-753-6230.

SPECIAL SHIP INFORMATION



**VOLUNTEER
POWER!**

VOLUNTEERS NEEDED!

SHIP, the Senior's Health Insurance Program, is a division of the N.C. Department of Insurance that offers free, unbiased Medicare counseling. SHIP trains volunteers so they can help beneficiaries in our community navigate the Medicare system. As a volunteer, you will receive training and materials that will prepare you to answer Medicare questions from your friends, family and members of your community. A caring attitude, strong communication skills and basic computer skills are necessary for SHIP volunteers. Background screenings are required.

If you are interested in learning more about volunteering for SHIP, please call Teresa Stovall, SHIP Coordinator Davie County Senior Services at 336-753-6230

HELP WITH PRESCRIPTION COSTS IS AVAILABLE!



There is 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. Those with Medicaid need not apply, as they already receive the benefit. Call to speak with a SHIP counselor to learn more.

CALENDAR OF EVENTS

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

JANUARY

- Jan. 1 - CLOSED FOR NEW YEAR'S DAY
- Jan. 2 - A Matter of Balance Information Session - 9:00am
- Jan. 2 - Cheerleading starts - 12:30pm
- Jan. 6 - Ask the Doctor - 10:45am
- Jan. 6 - New Yoga session starts - 11:00am
- Jan. 6 - Bowling Lunch - 12:30pm
- Jan. 6 - New Yoga session starts - 1:00pm
- Jan. 6 - New Yoga session starts - 2:00pm
- Jan. 6 - New Yoga session starts - 3:00pm
- Jan. 6 - Computer Basics I Class starts - 4:30pm
- Jan. 6 - Piedmont Power Assoc. - 7:00pm
- Jan. 7 - Day Trip - Consignment Trip - Depart at 8:30am
- Jan. 7 - Blood Pressure Screening - 10:45am
- Jan. 7 - Designing Colors - 12:30pm
- Jan. 7 - New Chair Yoga session starts - 12:30pm
- Jan. 7 - Water Aerobics Class begins - 2:30pm - Davie Family YMCA
- Jan. 9 - A Matter of Balance Workshop classes start - 9:00am
- Jan. 10 - Veterans Social - 10:30am
- Jan. 13 - Monthly Movie - 1:00pm
- Jan. 13 - Computer Basics II Class starts - 4:30pm
- Jan. 14 - Got Plans? Advance Care Planning Workshop - 1:00pm
- Jan. 14 - Scrapbooking - 2:00pm
- Jan. 14 - Alzheimer's Support Group - 3:00pm
- Jan. 15 - Diabetes Seminar - 10:45am
- Jan. 15 - Caregiver Academy - 1:00pm - Wake Forest Baptist Health Davie Medical Center
- Jan. 16 - Homebound Meal Volunteer Training - 3:00pm
- Jan. 16 - Speed Dating Event - 5:30pm

- Jan. 17 - Adult Coloring With Donna - 10:00am
- Jan. 20 - CLOSED FOR MARTIN LUTHER KING, JR. DAY
- Jan. 20 - Quilt Guild - 6:30pm
- Jan. 21 - Senior Book Club - 1:00pm
- Jan. 21 - Senior Birthday Party - 2:00pm
- Jan. 27 - AARP's HomeFit Class - 10:45
- Jan. 27 - File Management Class starts - 4:30pm
- Jan. 28 - Senior Lunch With the Commissioners - 11:30am
- Jan. 28 - Theatre Club - 1:00pm
- Jan. 28 - Advisory Council meets - 3:00pm
- Jan. 29 - Falls Screening - 10:00am
- Jan. 30 - Snowman Craft - 1:00pm

FEBRUARY

- Feb. 1 - Tax Aide starts - 9:00am - 1:00pm
- Feb. 3 - Ask the Doctor - 10:45am
- Feb. 3 - Senior Games / SilverArts / Cheerleader Open House - 2:00pm
- Feb. 3 - Internet Basics Class starts - 4:30pm
- Feb. 3 - Piedmont Power Assoc. - 7:00pm
- Feb. 4 - Day Trip - Mrs. Hanes Cookie Tour - Depart at 10:30am
- Feb. 4 - Blood Pressure Screenings - 10:45am
- Feb. 4 - Designing Colors - 12:30pm
- Feb. 4 - Water Aerobics Class begins - 2:30pm - Davie Family YMCA
- Feb. 5 - Cornhole League starts - 1:00pm - Recreation & Parks Gym
- Feb. 6 - Bingo - 1:00pm
- Feb. 10 - Heart Health Seminar - 10:45am
- Feb. 10 - Singles Social - 1:00pm
- Feb. 10 - Email Basics Class starts - 4:30pm
- Feb. 11 - Got Plans? Advance Care Planning Workshop - 1:00pm

CALENDAR OF EVENTS

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

- Feb. 11 - Scrapbooking - 2:00pm
- Feb. 11 - Alzheimer's Support Group - 3:00pm
- Feb. 12 & 13 - Singing Telegrams - Preorders only
- Feb. 13 - Memory Café - 3:00pm
- Feb. 14 - Valentine's Day Party - 2:00pm
- Feb. 15 - Senior Games Swim Expo - 12:00pm - Davie Family YMCA
- Feb. 17 - Monthly Movie - 1:00pm
- Feb. 17 - Social Media (Facebook) Class starts - 4:30pm
- Feb. 17 - Quilt Guild - 6:30pm
- Feb. 18 - Senior Book Club - 1:00pm
- Feb. 18 - Meet the Candidates - 5:00pm
- Feb. 19 - Caregiver Academy – Wake Forest Baptist Health Davie Medical Center - 1:00pm
- Feb. 20 - Homebound Meal Volunteer Training - 3:00pm
- Feb. 21 - Adult Coloring With Donna - 10:00am
- Feb. 25 - Theatre Club - 1:00pm
- Feb. 26 - Black History Month Celebration - 10:30am

MARCH

- March 2 - Ask the Doctor - 10:45am
- March 2 - Intergenerational Talent Show - 2:00pm
- March 2 - Cyber Security Awareness Class starts - 4:30pm
- March 2 - Piedmont Power Assoc. - 7:00pm
- March 3 - Day Trip - Fort Dobbs - Depart at 8:30am
- March 3 - Blood Pressure Screening - 10:45am
- March 3 - Designing Colors - 12:30pm
- March 3 - Water Aerobics Class begins - 2:30pm - Davie Family YMCA
- March 6 - Winter Dance - 5:30pm

- March 8 - Carolina Thunderbirds Ice Hockey Trip - Depart at 2:45pm
- March 9 - Android Phones and Tablets Class starts - 4:30pm
- March 10 - Got Plans? Advance Care Planning Workshop - 1:00pm
- March 10 - Scrapbooking - 2:00pm
- March 10 - Alzheimer's Support Group - 3:00pm
- March 11 - Disaster Preparedness Seminar - 10:45am
- March 12 - Pickleball Lessons - 11:00am - Recreation & Parks
- March 13 - Welcome to Medicare - 10:00am
- March 16 - Monthly Movie - 1:00pm
- March 16 - iPhone and iPad Class starts - 4:30pm
- March 16 - Quilt Guild - 6:30pm
- March 17 - Senior Book Club - 1:00pm
- March 18 - Caregiver Academy - Wake Forest Baptist Health Davie Medical Center - 1:00pm
- March 19 - Homebound Meal Volunteer Training - 3:00pm
- March. 20 - Adult Coloring With Donna - 10:00 am
- March 21 - Craft Til You Drop - 9:00am - 3:00pm
- March 24 - Theatre Club - 1:00pm
- March 24 - Advisory Council meets - 3:00pm
- March 24 - Dinner & a Movie - 6:00pm



Senior Services will be closed on the following dates:

- Monday, January 1 - New Year's Day
- Monday, January 20 - Martin Luther King Jr. Day



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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.