



# ACTIVE LIVING

## EVERGREENS LIFESTYLE CENTER

### Promoting Independent Lifestyles

May—June  
2024  
#srgseniors

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#### Let’s Get Out!

We are excited to once again offer day trips to local destinations! All day trips are limited to 11 participants. Please pay special attention to the dates registration will open. The office opens at 8:30am, and we recommend calling the morning registration opens to reserve your spot. Register by calling 336-373-4816 ext 280.

**Thursday, May 30: “Calling NC Home” Tour at the NC Museum of Art in Raleigh. \$15.** This docent-led tour showcases artists who have personal or lived experience in the state. The museum galleries span more than 5,000 years! After our private tour, we will drive to the Flying Biscuit Café (lunch is not included in the price). We will leave from the Evergreens Lifestyle Center at 9am and return by 4pm. The cost of this trip is \$15 and includes transportation to and from Raleigh and the museum tour; please bring money to pay for your lunch. This tour requires a high amount of walking. Sign up starting Wednesday, May 1. Payment is required no later than May 17 (cash or check).



**Tuesday, June 4: Taco Cruise in Moneta, VA. \$80.** Hop aboard the Virginia Dare for 2 hours of all-you-can-eat tacos while you cruise around Smith Mountain Lake. Choose chicken or beef (or both) and top it off with cheese, guacamole, sour cream, salsa, and veggies again and again until you can't eat anymore. Sweet tea and water are included; a cash bar is available for other beverages. We will leave from the Evergreens Center at 9am and return by 5pm. The price of \$80 includes transportation to and from Moneta and the taco cruise. This tour requires minimum walking. Sign up starting May 1. Payment is required no later than May 17 (cash or check).



**Friday, July 12: Pottery Workshop with Crystal King Pottery in Seagrove, NC. \$48.** Make a clay creation with potter Crystal King! Crystal represents ten generations of handed down folk tradition in the Seagrove Area. Sculptural and figurative animal, folk life, and face jug themes are snippets of her most popular works. With 25 years of pottery making as her full time work Crystal carries the tradition with love and enthusiasm. Leave and return times are To Be Announced. After the pottery workshop, we will stop for lunch at The Table in Asheboro (lunch is not included in the price) before returning to Greensboro. The price of \$48 includes transportation to and from Seagrove, the pottery workshop with Crystal, and kiln firing your pottery. Sign up starting Monday, June 3. Payment is required no later than June 14 (cash or check).



**Evergreens Lifestyle Center**

1401 Benjamin Parkway  
Greensboro, NC 27408

Phone ...336-373-4816 ext 280

Fax ..... 336-373-4922

**Website.....**

[www.senior-resources-guilford.org](http://www.senior-resources-guilford.org)

**Facebook.....**

[www.Facebook.com/  
SeniorResourcesofGuilford](http://www.Facebook.com/SeniorResourcesofGuilford)

**Hours**

M-F ..... 8:30am - 5:00pm

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**Vietnamese Coordinator**

Phat Pham

*New Travelogue Series*

The Evergreens Lifestyle Center presents a new travelogue series where you can see the world and enjoy a taste native to the culture of the places we visit!



Our first Travelogue is to Barcelona, Catalonia, Spain. Located on the northeastern coast of Spain, Barcelona is a vibrant and captivating city. As the capital and largest city of the autonomous community of Catalonia, Barcelona boasts a rich history and a unique blend of culture, art, and architecture.

Barcelona is Spain’s major Mediterranean port and is home to nearly 1.6 million people. Upon his visit in 1862, Hans Christian Andersen called Barcelona “the Paris of Spain.” We will watch a travelogue and a walking tour of beautiful Barcelona, plus we will sample traditional gazpacho and churros.

*May 13 at 10am*

Our next adventure will be to beautiful Key West, Florida! If you’ve never been to the Southernmost Point in the United States, now is your chance!

Experience beautiful Key West with our travelogue and virtual walking tour, and then enjoy Key West’s most famous dish, Key Lime Pie. You’ll see famous landmarks like the Ernest Hemingway House, the Harry Truman House, Duval Street, and more. Come see one of the most famous vacation destinations from the comfort of your chair at Evergreens!



*June 10 at 10am*

Space is limited, so registration is required for the Travelogue series. Sign up at the first of the month by calling (336) 373-4816, extension 280.



# AARP SPEAKER'S BUREAU SERIES

**AT THE EVERGREENS LIFESTYLE CENTER**

**MAY 13 AT 2:30PM** **HOMEFIT**  
Smart solutions for making your home comfortable, safe, and a good fit. This program helps people stay in the place they love as a lifelong home.

**JUNE 12 AT 10AM** **DECLUTTERING**  
We love to think about decluttering and organizing, but we don't always love to do it! This decluttering and organizing workshop provides a step-by-step to downsizing.

**JULY 10 AT 10AM** **BRAIN HEALTH**  
This workshop is designed to empower participants to take charge of their brain health and learn more about the five pillars of a healthy brain.

**AUGUST 26 AT 10AM** **FRAUD WATCH**  
Protect yourself from scammers! Learn how to identify, avoid, and report fraud with the latest data on fraud trends.

**MORE INFO: EVERGREENS LIFESTYLE CENTER**  
336-373-4816 EXT 280

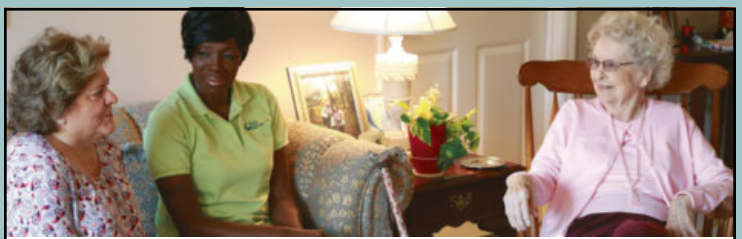
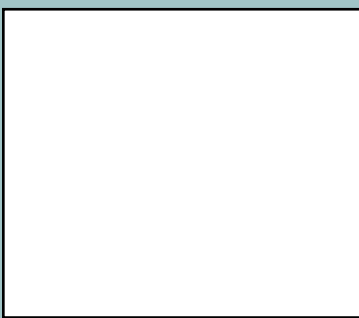
We are pleased to partner with AARP of the Triad to offer a 4 session series on topics that are important to older adults!

We start May 13 at 2:30pm with HomeFit. You will learn about home modifications that can help you age-in-place. This session promotes independence in an injury-free home and you will learn how to go about daily activities while staying comfortable.

Join us June 12 at 10am for Decluttering. You will learn how to tackle even the most daunting decluttering tasks! Information will be provided on how to manage the emotions we attach to physical items and secrets to deciding what to keep and what to toss.

*All sessions are free!*

SUPPORT OUR ADVERTISERS!



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At FirstLight® Home Care of Guilford and Jacksonville-Crystal Coast, the care we provide goes beyond the basics of bathing, house cleaning and medication reminders. If you want to go to the movies, share a joke or play a cherished game, we're there. We care for seniors, busy moms, adults with disabilities, veterans and any adult recovering from illness, injury or surgery. Let us create a personalized care plan to fit your individual needs with services such as:

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- Bathing, dressing & hygiene
- Laundry & light housekeeping
- Transportation & errands
- Walking & mobility assistance
- Assistance with meals
- Medication reminders
- Travel companion services
- And so much more



Call us today to schedule a complimentary consultation.

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**Jacksonville 910-939-0695**

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## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

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Scan to contact us!



**CUTTING THE CABLE SERIES:  
SAVE MONEY BY GETTING RID  
OF CABLE**

Intro to Cutting the Cable:

May 6 at 1pm

Firestick: May 13 at 1pm

Roku TV: May 20 at 1pm

Smart TV: June 3 at 1pm

Google Home: June 24 at 1pm

*Sign up opens on April 15.*

**WHAT IS HACKING &  
HOW TO PROTECT YOURSELF**

May 6 at 10:30am

*Sign up opens on May 1.*

**ONLINE BANKING**

June 10 at 1pm, June 17 at 1pm,

&

July 1 at 1pm

*Sign up opens on June 3.*

**MANAGING YOUR  
AMAZON ACCOUNT**

June 17 at 10:30am

*Sign up will open on June 3.*

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NEW HOMES, REMODELS & REPAIRS

**(336) 235-8588**

~ References Available ~

[nc.homebuilder@yahoo.com](mailto:nc.homebuilder@yahoo.com)

[JECHASECONSTRUCTION.COM](http://JECHASECONSTRUCTION.COM)

**SUPPORT OUR ADVERTISERS!**

**OLDER AMERICANS MONTH**  
POWERED BY CONNECTION. MAY 2024

**MAY 23<sup>rd</sup> SPECIAL EVENT**

**Flexibility Session**  
with Jane Pratt

Join the *Evergreens Lifestyle Center* during *Older Americans Month*

**Learn exercises & tips to improve:**

- ✓ Flexibility & Range of Motion
- ✓ Focus: shoulders, hips & torso
- ✓ Exercises - both standing & sitting

Evergreens Lifestyle Center  
Lower Level  
1401 Benjamin Parkway  
Greensboro

Thursday, May 23 - 3pm

- ❖ *No cost to participate*
- ❖ *Registration ahead of time not required*

A RECIPE FOR CONNECTION

**POTLUCK**

**BRING A DISH TO SHARE!**

IN HONOR OF THE OLDER AMERICANS MONTH THEME "POWERED BY CONNECTION," WE INVITE YOU TO BRING YOUR FAVORITE DISH AND TO SHARE THE STORY OF WHY THIS DISH IS IMPORTANT TO YOU!

**MAY 31 AT NOON**

DRINKS & PAPER PRODUCTS WILL BE PROVIDED.

EVERGREENS LIFESTYLE CENTER  
336-373-4816 EXT 280

OLDER AMERICANS MONTH  
POWERED BY CONNECTION. MAY 2024

**Looking for Specialized Coverage for your Chronic Health Condition?**

At HealthTeam Advantage (HTA), we know that chronic health conditions require specialized coverage and benefits. That's why our Diabetes & Heart Care (HMO CSNP) Plan is carefully designed to help manage your care and lower your costs.

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**Sandra Hughes**  
Former WFMY News Anchor  
PAID ENDORSEMENT

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8am-8pm | April 1-Sept. 30, Monday-Friday  
Oct. 1-March 31, 7 Days a Week

HealthTeam Advantage, a product of Care N' Care Insurance Company of North Carolina, Inc., is a PPO and HMO Medicare Advantage plan with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal. H2624\_2024CSNPSCN\_M



*AHOY (Adding Health to Our Years)*

**Mondays.....9:15 am+**

Join us for a 30 minute chair exercise class that helps to manage arthritis pain, as well as improve flexibility and balance. Class is taught by Chipper Nuckles. \$3

*Arthritis Foundation Exercise Program (AFEP)*

**Mondays .....1:00 pm**

This low-impact recreational exercise program will help you reduce fatigue, pain, and stiffness. This hour-long class is taught by Kelly Dorrough of Better Balance Senior Fitness. \$4

*Better Balance*

**Tuesdays .....9:00 am**

Join instructor Zee Bawangaonwala of Move Forward Physical Therapy for this popular exercise class that helps seniors to improve their balance. Class is 30 minutes. \$3

**Advanced Class.....9:45am**

A more advanced workout. Class is 30 minutes. \$3

*Zumba Gold*

**Tuesdays..... 1:00 pm**

Are you ready for a fitness dance party? Zumba Gold is a lower-intensity version of the popular Zumba classes that combine dance, choreography, and movement for an energizing hour-long exercise class! Class taught by Lenna Sikes. \$4

*Drums Alive Cardio Drumming*

**Wednesdays.....1:00 pm**

Join Board Certified Music Therapist Randi Lee from Magnolia Melodies Music Therapy for Drums Alive Cardio Drumming class. A fun full body workout that lasts 30 minutes. \$4

**Please continue to register for Cardio Drumming!**

*Tai Chi*

**Thursdays.....12:30 pm**

Join instructor Eric Reiss for this 30 minute slow paced, meditative physical exercise. \$3

*Chair Yoga*

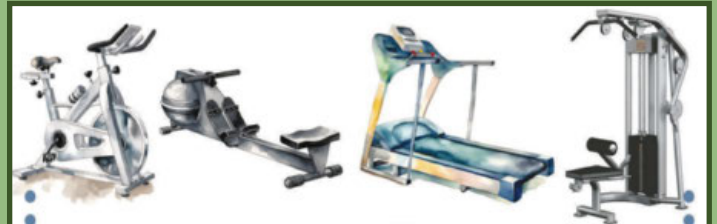
**Fridays .....9:15 am+**

This 30 minute yoga class helps harmonize all aspects of the body and mind. Taught by Chipper Nuckles. \$3

*Fitness Room*

Equipment includes treadmills, exercise bikes, recumbent bike, rower, arm press, & leg press. Contact us to schedule a one-on-one required orientation prior to use of the room (336-373-4816 ext 280).

+Designates classes streamed on Facebook Live. Find us at [Facebook.com/SeniorResourcesofGuilford](https://www.facebook.com/SeniorResourcesofGuilford)

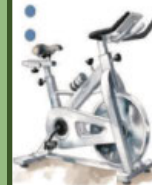


**Fitness Room**

Equipment includes:  
Treadmills, Exercise Bikes,  
Recumbent Bike, Rower, Arm  
Press & Leg Press

Contact the Evergreens Lifestyle Center to schedule a Fitness Room Orientation with a qualified professional trainer (\$30).

Cost per month to use the Fitness Room is \$5.



  
Evergreens Lifestyle Center  
336-373-4816 ext 280  
Lower Level  
1401 Benjamin Parkway  
Greensboro



## Take Care of Your Physical & Mental Health at the Evergreens Lifestyle Center



**CONE HEALTH**  
Mobile Health Program



Mobile Medicine Unit, a 42-foot wheelchair-accessible customized motor coach, is equipped with two exam rooms and features a private screening room. All patients age 6 and older are welcome, including those using employer insurance, Medicare, Medicaid and the uninsured. No appointment is necessary, as patients will be seen in the order of their arrival. Services provided:

- Acute disease management (colds, sore throat, flu)
- Chronic disease management (hypertension, diabetes, asthma, COPD)
- Post ED/hospital care for other acute conditions (e.g., pneumonia, cellulitis, etc.)
- No-cost or low-cost lab services for common primary care labs
- Prescriptions and pharmacist support for medication access
- Physical assessments, including sports physicals and wellness exams
- Well child and sick child visits
- Sexually transmitted infection screenings and treatment
- Behavioral health and care coordination
- Referrals to primary and specialty care as appropriate
- Women's health support (referrals for pap smears and mammograms at low or no cost)
- Referrals to dental clinics, eye screenings, and exams
- Food prescriptions
- Contraceptive resources

**Tuesday, June 18**

**9:00 am-5:00 PM**

**Evergreens Lifestyle Center**

**1401 Benjamin Parkway, Lower Level**

Made with PosterMyWall.com

Join Stephanie Deaver, LCSW for practical information on handling depression and anxiety symptoms in May.

Stephanie will return in June to discuss best practices in dealing with family estrangement, an often requested topic.

*You do not need to register ahead of time for either talk.*

We're bringing Cone Health to you! People age 6 and over are welcome to receive treatment from the Mobile Medicine Unit, parked at the Evergreens Lifestyle Center on June 18th.

Employer insurance, Medicare, and Medicaid are accepted and those with no insurance are also invited to be seen.

*No appointment necessary. Patients will be seen in order of their arrival.*

## MENTAL HEALTH TALKS

with Stephanie Deaver, LCSW



Thursday, May 23 at 10am: "Empowering Minds: Strategies for Coping with Depression and Anxiety"

Thursday, June 13 at 10am: "Finding Peace: Navigating Family Estrangement with Resilience and Healing"

*Stephanie Deaver is a Licensed Clinical Social Worker with over 15 years of experience providing therapy and mental health services in both inpatient and outpatient settings. She has worked with clients with a variety of issues such as depression, anxiety, mood disorders, self-esteem issues, relationship struggles, and abuse and trauma among others.*



**EVERGREENS LIFESTYLE CENTER**  
336-373-4816 EXT 280



Monday

Tuesday

Wednesday

Thursday

Friday

 <p>A * next to an activity means registration is required by calling 336-373-4816 ext 280</p>		<p>11a Open Art/Craft Room 1p Cardio Drumming (\$4) * 2p Crochet Club</p> <p><i>50/50 Raffle Starts! Get your tickets!</i></p>	<p>10a Recipe for Success (V) 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Pictionary</p>	<p>9:15a Chair Yoga (\$3) (V) 10a Trivia with Tina 1p Film Screening and Discussion- "The Man from Laramie" *</p>
<p>9:15a AHOY (\$3) (V) 10:30a Hacking class * 1p Arthritis Foundation Exercise Program (\$4) 1p Intro to Cutting the Cable * 3p Google Chrome class series *</p>	<p>9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba Gold (\$4) 1p Virtual Reality * 2p Games &amp; Mahjong</p>	<p>10a "Managing Passwords" with Teddy Burriss 11a Open Art/Craft Room 1p Cardio Drumming (\$4) * 2p Crochet Club</p>	<p>12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Pictionary</p>	<p>9:15a Chair Yoga (\$3) (V) 10a Trivia with Tina 11a "Crying in H Mart" book club * 1p Film Screening and Discussion- "Hail the Conquering Hero" *</p>
<p>9:15a AHOY (\$3) (V) 10a Barcelona Travelogue * 1p Arthritis Foundation Exercise Program (\$4) 1p Firestick class * 2:30p Homefit with AARP * 3p Google Chrome class series *</p>	<p>9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba Gold (\$4) 1p Virtual Reality * 1p Medicare 101 2p Games &amp; Mahjong 6p Game night with CAA *</p>	<p>11a Tree Pontillism * 11a Gardening with Recipe for Success (V) 1p Cardio Drumming (\$4) * 2p Crochet Club</p>	<p>10a Recipe for Success (V) 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Pictionary</p>	<p>9:15a Chair Yoga (\$3) (V) 10a Trivia with Tina 11a "Crying in H Mart" book club 11a Refugee Outreach 1p Film Screening and Discussion- "Strangers on a Train" *</p> <p><i>50/50 Raffle Ends!</i></p>
<p>9:15a AHOY (\$3) (V) 10:30a Hacking class * 1p Arthritis Foundation Exercise Program (\$4) 1p Roku TV class * 2p Emergency Prep 3p Google Chrome class series *</p>	<p>9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo with Acclaim 1p Zumba Gold (\$4) 1p Virtual Reality * 2p Games &amp; Mahjong</p>	<p>11a Open Art/Craft Room 1p Cardio Drumming (\$4) * 2p Crochet Club</p>	<p>10a "Empowering Minds" mental health talk 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Pictionary 3p Flexibility with Jane *</p>	<p>9:15a Chair Yoga (\$3) (V) 10a Trivia with Tina 11a "Crying in H Mart" book club 11a Refugee Outreach 1p Film Screening and Discussion- "The In-Laws" *</p>
<p>The Evergreens Lifestyle Center is closed today.</p> 	<p>9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo with Acclaim 1p Zumba Gold (\$4) 1p Virtual Reality * 2p Games &amp; Mahjong</p>	<p>11a Open Art/Craft Room 1p Cardio Drumming (\$4) * 2p Crochet Club</p>	<p>10a Recipe for Success (V) 10:30a NC Art Museum Day Trip (\$15) * 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Pictionary</p>	<p>9:15a Chair Yoga (\$3) (V) 10a Donuts with the Director 11a "Crying in H Mart" book club 12p A Recipe for Connection potluck No movie today.</p>



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:15a AHOY (\$3) (V) 3</p> <p>1p Arthritis Foundation Exercise Program (\$4)</p> <p>1p Smart TV Tech Class *</p> <p>3p Google Chrome class series *</p>	<p>9a Better Balance (\$3) 4</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>11a Bingo</p> <p>1p Zumba Gold (\$4)</p> <p>1p Virtual Reality *</p> <p>2p Games &amp; Mahjong</p>	<p>11a Mini Terracotta Vase Painting * 5</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p>	<p>10a Recipe for Success (V) 6</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Pictionary</p>	<p>9:15a Chair Yoga (\$3) (V) 7</p> <p>10a Trivia with Tina</p> <p>1p Film Screening and Discussion- "Rear Window" *</p>
<p>9:15a AHOY (\$3) (V) 10</p> <p>10a Key West Travelogue *</p> <p>1p Arthritis Foundation Exercise Program (\$4)</p> <p>1p Online Banking Tech Class *</p> <p>3p Google Chrome class series *</p>	<p>9a Taco Cruise Day Trip (\$90) * 11</p> <p>9a Better Balance (\$3)</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>11a Bingo</p> <p>1p Zumba Gold (\$4)</p> <p>1p Virtual Reality *</p> <p>2p Games &amp; Mahjong</p>	<p>10a Decluttering with AARP 12</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p>	<p>10a "Finding Peace" mental health talk 13</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Pictionary</p>	<p>9:15a Chair Yoga (\$3) (V) 14</p> <p>10a Trivia with Tina</p> <p>11a Refugee Outreach</p> <p>1p Film Screening and Discussion- "The Americanization of Emily" *</p>
<p>9:15a AHOY (\$3) (V) 17</p> <p>10:30a Managing Your Amazon Account Tech Class *</p> <p>1p Arthritis Foundation Exercise Program (\$4)</p> <p>1p Online Banking Tech Class *</p> <p>3p Google Chrome class series *</p>	<p>Cone Health Mobile Medicine Unit, 9a-5pm 18</p> <p>9a Better Balance (\$3)</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>11a Bingo with Acclaim</p> <p>1p Zumba Gold (\$4)</p> <p>1p Virtual Reality *</p> <p>2p Games &amp; Mahjong</p>	<p>The Evergreens Lifestyle Center is closed today. 19</p> 	<p>10a Recipe for Success (V) 20</p> <p>12:30p Tai Chi (\$3)</p> <p>12:30p Luau with Acclaim Federal Credit Union</p> <p>2p Jewelry Club</p>	<p>9:15a Chair Yoga (\$3) (V) 21</p> <p>10a Trivia with Tina</p> <p>11a Refugee Outreach</p> <p>1p Film Screening and Discussion- "Logan's Run" *</p>
<p>9:15a AHOY (\$3) (V) 24</p> <p>10:30a Hacking class *</p> <p>1p Arthritis Foundation Exercise Program (\$4)</p> <p>1p Google Home Tech Class *</p> <p>3p Google Chrome class series *</p>	<p>9a Better Balance (\$3) 25</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>11a Bingo with Acclaim</p> <p>1p Zumba Gold (\$4)</p> <p>1p Virtual Reality *</p> <p>2p Games &amp; Mahjong</p>	<p>11a Mixed Media Art with Bobbie * 26</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p>	<p>12:30p Tai Chi (\$3) 27</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Pictionary</p>	<p>9:15a Chair Yoga (\$3) (V) 28</p> <p>10a Donuts with the Director</p> <p>1p Film Screening and Discussion- "Summer of Soul" *</p>



The Rural Outreach Program provides monthly activities and lunch for seniors residing in Guilford County but outside Greensboro and High Point city limits. There's no cost for the meal but **reservations are required!**

Contact Larry or Connie in the Rural Outreach office at (336) 373-4816 ext. 265 or email [ruraloutreach@senior-resources-guilford.org](mailto:ruraloutreach@senior-resources-guilford.org) for reservations.

## *May - June 2024 Rural Outreach Luncheons*

### **MORIAH (SOUTHEAST)**

*Moriah United Methodist Church, 3611 Liberty Road*

May 7 (Tuesday), 10:30am-12pm, Fire Safety with the Greensboro Fire Department  
June 4 (Tuesday), 10:30am-12pm, Annual picnic at Hagan Stone Park (Shelter 5) with entertainment by Ronnie Conaway

### **OAK RIDGE**

*First Baptist Oak Ridge, 2445 Oak Ridge Road (in CLC)*

May 1 (Wednesday), 10:30am-12pm, Team Trivia  
June 5 (Wednesday), 10:30am-12pm, Annual picnic at Oak Ridge Town Park (Shelter 1) with entertainment by The Mood Swingz

### **STOKESDALE**

*Stokesdale United Methodist Church, 8305 Loyola Drive*

May 9 (Thursday), 10:30am-12pm, Fire Safety with the Stokesdale Fire Department  
June 13 (Thursday), 10:30am-12pm, Annual picnic at Stokesdale Town Park at Martin's Meadow Shelter No. 1 with entertainment by Ronnie Conaway

### **COLFAX**

*Shady Grove Wesleyan Church, 119 North Bunker Hill Road*

May 14 (Tuesday), 10:30am-12pm, Fire Safety with the Kernersville Fire Department  
June 11 (Tuesday), 10:30am-12pm, Annual picnic Triad Park (Shelter 6) with entertainment by Ronnie Conaway

### **SUMMERFIELD**

*Summerfield First Baptist Church, 2300 Scalesville Road*

May 16 (Thursday), 10:30am-12pm, Team Trivia  
June 5 (Thursday), 10:30am-12pm, Annual picnic at Summerfield Community Center with entertainment by The Mood Swingz



## Bingo

### Tuesdays at 11am

Join a fun and energetic game of bingo each week! Bring a prize valued at \$5 or less for the prize table. *Arosa sponsors on the second Tuesday of May and Acclaim Federal Credit Union sponsors the 3rd and 4th Tuesdays from May–July.*

## UNCG's Recipe for Success

### Cooking Demo

### 1st & 3rd Thursdays at 10am

Join Deborah as she leads us in weekly cooking demos on how to make healthy meals and gain knowledge about proper nutrition. Join us in-person or streamed on Facebook Live.

## Smartphone Assistance

### Monthly

Call the Evergreens Lifestyle Center to schedule a one-on-one appointment with Julie (iPhone) or Tina (Android).

## Gardening Workshop with Recipe for Success

### Third Wednesday of each month at 11am

Join Kimberly for an educational and interactive gardening workshop. A wide range of topics are covered! These presentations are streamed live on Facebook and can also be enjoyed in-person at the Evergreens Center.

## Donuts with the Director

### Last Friday of each month at 10am

Join Julie Silverman, Director of the Evergreens Lifestyle Center, for a monthly feedback session.

Evergreens Lifestyle Center presents



## CRITIC'S CHOICE CLASSIC CINEMA FRIDAYS @ 1PM

hosted by Budd Wilkins, Film Critic & Historian

May 3 - The Man from Laramie - 1955 Western  
 May 10 - Hail the Conquering Hero - 1944 Comedy  
 May 17 - Strangers on a Train - 1951 Thriller  
 May 24 - The In-Laws - 1979 Comedy



June 7 - Rear Window - 1954 Thriller  
 June 14 - The Americanization of Emily - 1964 Comedy/Drama  
 June 21 - Logan's Run - 1976 Science Fiction  
 June 28 - Summer of Soul - 2021 Music Documentary



Reservations Required  
 Call 336-373-4816 ext 280 to register

# BINGO WITH ACCLAIM

FEDERAL CREDIT UNION



3rd & 4th Tuesday of each month  
 May - July at 11am

**GAMES | PRIZES | FUN**



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 336-373-4816 ext 280

## MANAGING YOUR PASSWORDS

with *Teddy Burriss*

DO YOU OFTEN LOSE PASSWORDS NEEDED FOR YOUR DEVICES AND ACCOUNTS? ARE YOU UNSURE OF HOW TO RESET OR CHANGE YOUR PASSWORDS?

LEARN TIPS AND TRICKS FROM SOCIAL MEDIA EXPERT AND TECH GUY TEDDY BURRISS ON PASSWORD MANAGEMENT.

LEARN MORE ABOUT TEDDY AT [BURRISSCONSULTING.COM](http://BURRISSCONSULTING.COM).

**WEDNESDAY, May 8 10AM**

EVERGREENS LIFESTYLE CENTER  
1401 Benjamin Parkway  
Greensboro, NC

FREE EVENT!  
QUESTIONS? 336-373-4816 EXT 280

EVERGREENS LIFESTYLE CENTER  
336-373-4816 EXT 280

SENIOR RESOURCES OF GUILFORD

## BOOK CLUB

"CRYING IN H MART" BY MICHELLE ZAUNER

Schedule:  
May 10: Chapters 1 - 6  
May 17: Chapters 7 - 10  
May 24: Chapters 11 - 14  
May 31: Chapters 15 - end

Sign up April 26.  
Books are first come, first served.

Meetings are held at 11am

The Evergreens Lifestyle Center is closed on Monday, May 27 for Memorial Day and Wednesday, June 19 for Juneteenth.

## EMERGENCY PREPAREDNESS

Guilford County Government  
Emergency Services

presents information on basic natural hazards and gathering emergency preparedness supplies, and how to access the GEANI system to receive emergency alerts!

Monday, May 20 - 2:00pm  
Evergreens Lifestyle Center  
Lower Level, 1401 Benjamin Parkway

## About "Crying in H Mart" by Michelle Zauner

In this exquisite story of family, food, grief, and endurance Michelle Zauner tells of growing up as one of the few Asian American kids at her school in Eugene, Oregon; of struggling with her mother's particular, high expectations of her; of a painful adolescence; of treasured months spent in her grandmother's tiny apartment in Seoul where she and her mother would bond late at night over heaping plates of food. Rich with intimate anecdotes that will resonate widely, and complete with family photos, *Crying in H Mart* is a book to cherish, share, and reread.

"June is the time for being in the world in new ways, for throwing off the cold and dark spots of life."

-Jean D. Chittister

## Paint Mini Terracotta Vases with Kathy

Wednesday, June 5 at 11am

Registration is required & space is limited.  
Registration opens May 29.

Evergreens Lifestyle Center  
336-373-4816 ext 280

EVERGREENS LIFESTYLE CENTER

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WE CONNECT!

## Hawaiian Luau

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LUNCH MUSIC GAMES  
NON-ALCOHOLIC FROZEN DRINKS

Thursday, 6/20 at 12:30pm

336-373-4816 EXT 280  
LOWER LEVEL  
1401 BENJAMIN PARKWAY  
GREENSBORO

### Guilt Free Vacation Planning for Caregivers

**If only it were that simple.**

It can seem unrealistic or nearly impossible for primary caregivers to plan to take a vacation, considering all their responsibilities. Caring for aging loved ones can feel like a 24/7 job all on its own. Even thinking about a vacation can be a source of guilt or anxiety. Thoughts may include, “If I’m not here to take care of them, who will?” or “What if someone falls or forgets to take their medication?” or “Who will cook and clean?” Those are all valid concerns, but the truth is family caregivers need vacations and breaks too. It’s important to rest and recharge to hopefully prevent burnout and stress-related health problems. It is possible to enjoy some guilt free time away with some careful planning.

**Plan Ahead**

Start planning well in advance, even if its just a long weekend you’re thinking about. Keep your loved one in the loop about all your trip plans. Tell them where you are going, and how long you might be gone. Make a list of the things your loved one needs help with while you’re away. If your loved one is relatively independent, you may be able to find a family member or close friend to stop by occasionally to check on them and provide transportation or prepare meals for them. If they require more assistance, it might be a good idea to consider hiring in-home care while you are away. Agency staff can help your loved one with bathing, dressing, meal preparation, and transportation among other things. Before taking a trip be sure to get all emergency and healthcare information in order. Some things you may want to place together in a folder are an emergency contact list, a list of health care providers, insurance cards, a list of medications and any legal documents such as a will, powers of attorney or advance directives.

**Be Happy**

The most important piece of preparation is to let go of your guilt and anxiety. As a caregiver you must be able to prioritize your own emotional and physical health. You must take care of yourself FIRST! It will keep you healthier in the long run.



*Adapted from Guilt Free Vacation Planning for Caregivers by Carol Nelson*

### Family Caregiver Program

**Program Eligibility:**

Adult family members/other informal caregivers 18 or older providing care to an individual 60 years of age or older adult family members or other informal caregivers age 18 or older providing care for an individual diagnosed with Alzheimer’s Disease or other Dementia.

<p><b>Grandparents Raising Grandchildren</b>                  Support Group: 4th Thursday of Each Month                  Senior Resources of Guilford’s Caregiver Library                  10am—12pm                  Offering resources to individuals 55 and older (not birth or adoptive parents) providing care to children under age of 18.</p>	<p><b>Lunch Break Book Club</b>                  at the High Point Public Library                  with Hospice of the Piedmont.                  Sign up at <a href="http://HospiceofthePiedmont.org/events">HospiceofthePiedmont.org/events</a></p>
<p><b>Memory Café at Jamestown United Methodist Church</b>                  Third Tuesday of Each Month                  1:30pm—3:30pm                  A safe space for caregivers and their loved one to share socialization, entertainment, and valuable information.</p>	<p><b>Carepoint at Wesley Memorial United Methodist Church</b>                  Second Thursday of Each Month                  2pm—3pm                  An opportunity for encouragement and connection with other current caregivers.</p>

**Respite Vouchers**

The Respite Voucher program allows family caregivers to take a much-needed break from caring for their loved one. Vouchers can be used at one of three approved in-home care agencies. Eligible family caregivers must be caring for an individual 60 years of age or older or an individual with a dementia diagnosis



## Meet Linda Hendricks

Linda Hendricks is a native of Greensboro and has lived here all her life! She graduated from Greensboro Senior High School (now Grimsley) in 1961. She participated in numerous sports in high school including basketball, volleyball, and she won a ribbon for track and field. She was also named Miss Merry Christmas! During her summers, Linda worked at North Myrtle Beach, which she loved. Linda went to Lees McRae College and earned an Associate of Arts Degree in 1963. She remembers being the only girl in zoology class!



After college, Linda joined Eastern Airlines as a flight attendant. She said she was able to travel everywhere during that time, and she really enjoyed her travels. Linda also worked at Talon, the zipper manufacturer, where she took and processed orders from salespeople. One of the perks of working for Talon was that Linda got to attend the Greater Greensboro Open every year. Linda's many career adventures included working in a horse riding stable where she took people on riding trips and went to many horse shows, and she worked at the New York City World's Fair in 1965.

If you come to nearly any exercise class at Evergreens Lifestyle Center, you're likely to see Linda as she takes four to five exercise classes a week here! "It's so important to keep moving," said Linda. "It's good to keep going as long as you can." She loves meeting new people at Evergreens and says, "it gets me out of the house!"



Linda has a sister who lives in Florida and had a brother who has passed. She has three nieces who are triplets! One of Linda's favorite things to enjoy is music, and she loves Motown, Smokey Robinson, Peter, Paul, and Mary, Bob Dylan and other folk music. She also loves to garden in the summertime, and her favorite things to grow are bougainvillea and portulaca.



*We love having Linda at Evergreens!*

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The Seniors' Health Insurance Information Program (SHIIP) is part of the North Carolina Department of Insurance. SHIIP provides cost-free, objective Medicare counseling. Our Medicare Counselors guide you through the Medicare maze and simplify the Medicare plan selections, so you can make the best choices for your important health care needs. SHIIP counselors cannot recommend specific plans or tell you what to do, but you will have the knowledge you need to make an informed decision after your comprehensive counseling session.

Contact Bob Boyd, Guilford County SHIIP Coordinator, at 336-373-4816 ext 253 for an appointment.

## Medicare 101 Information Sessions



with Bob Boyd, Seniors' Health Insurance Information Program Coordinator



NC DEPARTMENT OF **INSURANCE**  
SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

Whether you are new to Medicare or already using it, these comprehensive presentations will give you a deeper knowledge of Medicare and help you make more informed choices for your plans and avoid costly mistakes!

The **second Tuesday of every month at 1pm**



Join us inside the Senior Center or virtually on [Facebook.com/SeniorResourcesofGuilford](https://www.facebook.com/SeniorResourcesofGuilford)

Evergreens Lifestyle Center  
Lower Level  
1401 Benjamin Parkway  
Greensboro

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Evergreens Lifestyle Center**  
1401 Benjamin Parkway  
Greensboro, NC 27408

**Contact Us:**

Phone 336-373-4816 ext 280

Fax 336-373-4922

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May/June 2024

## OUR MISSION

The mission of Senior Resources of Guilford is to serve our diverse community of seniors and their families by advocating and providing supportive services that enhance the independence, health and quality of life for seniors. The purpose of the Evergreens Lifestyle Center is to provide a comfortable, supportive, and healthy environment for adults age 55 years and older to engage in activities to enhance their independence, health, and quality of life.

Adults 55 years of age and older are invited to socialize with their peers and participate in a variety of programs. Transportation may be available for adults age 60 and older who are unable to drive through Guilford County Mobility Services and Access Greensboro. There is no fee to attend the Center; however, there may be a fee associated with trips and certain activities. Voluntary contributions are accepted and help us to continue and expand programming. We welcome new programming instructors and all senior clubs and senior group meetings.

## Follow us on:

