



Senior Resources of Guilford
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Senior Resources of Guilford

ACTIVE LIVING

“Promoting Independent Lifestyles”



Operating Hours: Monday-Friday 8:30AM-5:00PM
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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 Greensboro Senior Center is a place where 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 SCAT transportation systems. There is no fee to attend the Center; however there may be a fee associated with trips and certain classes. We welcome new programming instructors and all senior Open Activities and senior group meetings.

12th Annual Spelling Bee! *for the spell of it*

It's not too late to join us as a participant for our 12th Annual Spelling Bee. Lots of fun food and fellowship as we match our skills with the best senior spellers of Guilford County! The Annual Spelling Bee has been a highlight through the years and this year will be no different! We are excited to have with us again from WFMY News 2 our MC and Bee Announcer **Chad Silber**. Come out and join the fun—if you want to participate as a contestant call our office by Oct. 15 or come and watch the fun—you won't be disappointed! Fun food and prizes for all so join us for this special event! Monday October 30th 1:00pm at 109 Penny Road in High Point NC (Pennybyrn at Maryfield- Community Center Building)



for the spell of it



Inside this issue:

- What's Happening! 12th Annual Spelling Bee 1
- On-going Activities Open Activities Classes... 2
- October Calendar Activities..... 3
- For Your Information 4

Join us at one of our Community

Rural Outreach Sites Monthly 9:00am-1:00pm

No cost to Seniors 60 years of age and above

Moriah UMC Southeast Guilford 1st Tuesday

Oak Ridge UMC Oak Ridge 1st Wednesday

Shady Grove Wesleyan Colfax 2nd Tuesday

Center UMC Pleasant Garden 2nd Tuesday

Stokesdale UMC Stokesdale 2nd Thursday

Pleasant Garden UMC Pleasant Garden 3rd Tuesday

Summerfield UMC Summerfield 3rd Thursday

Farewells and Welcome: Our Community Outreach Coordinator Elizabeth Thomas is leaving us to continue her quest for her Master's Degree and other opportunities. She has been an asset to our team. Elizabeth says "I will miss all the participants so dearly and want them to know they have all impacted me greatly during my time here. I felt like I was a part of the Senior Center family from the very beginning and they will always have a special place in my heart". Let's wish Elizabeth much success and happiness in her new endeavors.

Welcome to our New Interns: Keesha Jamie and Kelsey will be working closely with us for exciting new activities and programs!



Like us on Facebook @SeniorResourcesofGuilford



October Calendar



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 8:45 C3 Current Events 9:00 Individual Activities 9:30 AHOY Exercise 10:00 BINGO 1:00-5:00 Open Activities & Clubs	3 8:45 C3 Current Events 9:00 Individual Activities 9:15 Better Balance 9:30 Blood Pressure CKs 10:00 Crafts 1:00-5:00 Open Activities & Clubs	4 8:45 C3 Current Events 9:00 Individual Activities 9:15 Chair Yoga Outing/Shop 10:00 Name That Tune 1:00 Stitch in Time 1:00-5:00 Open Activities & Clubs	5 8:45 C3 Current Events 9:00 Individual Activities 9:15 Better Balance 10:00 Book Club 10:00 Breakfast Club 10:00 Wellness Works 1:00-5:00 Open Activities & Clubs	6 8:45 C3 Current Events 9:00 Individual Activities 9:15 Easy Moves 10:00 Bilingual Bingo 10:30 Senior Life Circles 2:00 Cards Cafe 3:00-5:00 Open Activities
9 Columbus Day 8:45 C3 Current Events 9:00 Individual Activities 9:30 AHOY Exercise 10:00 Crafts 1:00-5:00 Open Activities & Clubs	10 8:45 C3 Current Events 9:00 Individual Activities 9:15 Better Balance 10:00 BINGO 1:00-5:00 Open Activities & Clubs	11 8:45 C3 Current Events 9:00 Individual Activities 9:15 Chair Yoga Outing/Shop 10:00 Fancy Feet 12:30 Cooking School 1:00 Stitch in Time Club Open Activities & Clubs	12 8:45 C3 Current Events 9:00 Individual Activities 9:15 Better Balance 10:00 Wellness Works Blood Sugar Cks 10:00 Book Club 1:00-5:00 Open Activities & Clubs	13 8:45 C3 Current Events 9:00 Individual Activities 9:30 Easy Moves 10:00 Bilingual Bingo 10:30 Senior Life Circles 2:00 Card Cafe 3:00-5:00 Open Activities SUNDAY Oct. 15 1:00pm Ingram Farms Fall Fest
16 8:45 C3 Current Events 9:00 Individual Activities 9:30 AHOY Exercise 10:00 Crafts Forget Me Nots 1:00-5:00 Open Activities & Clubs	17 8:45 C3 Current Events 9:00 Individual Activities 9:15 Better Balance 10:00 BINGO 1:00-5:00 Open Activities & Clubs 6:00 Wellness Works	18 8:45 C3 Current Events 9:00 Individual Activities 9:15 Chair Yoga Pumpkin House Trip 1:00 Stitch in Time Club Open Activities & Clubs	19 8:45 C3 Current Events 9:00 Individual Activities 9:15 Better Balance 10:00 Wellness Works Book Club 1:00-5:00 Open Activities & Clubs	20 8:45 C3 Current Events 9:00 Individual Activities 9:30 Easy Moves 10:00 Bilingual Bingo 10:30 Senior Life Circles 2:00 Card Cafe 3:00-5:00 Open Activities
23 8:45 C3 Current Events 9:00 Individual Activities 9:30 AHOY Exercise 10:00 Crafts Red Hats Club 1:00-5:00 Open Activities & Clubs	24 8:45 C3 Current Events 9:00 Individual Activities 9:15 Better Balance 10:00 BINGO 1:00-5:00 Open Activities & Clubs 6:00 Wellness Works	25 8:45 C3 Current Events 9:00 Individual Activities 9:15 Chair Yoga Outing/Shop 10:00 Seniors Got Talent 1:00-5:00 Open Activities & Clubs	26 8:30 C3 Current Events 9:00 Individual Activities 9:15 Better Balance 10:00 Wellness Works Book Club 1:00-5:00 Open Activities & Clubs	29 8:45 C3 Current Events 9:00 Individual Activities 9:30 Easy Moves 10:00 Bilingual Bingo 10:30 Senior Life Circles 2:00 Card Cafe 3:00-5:00 Open Activities
30 8:45 C3 Current Events 9:00 Individual Activities 9:30 AHOY Exercise 10:00 Crafts 11:30 12th Annual SPELLING BEE Pennybyrn	31 8:45 C3 Current Events 9:00 Individual Activities 9:15 Better Balance 10:00 BINGO 1:00-5:00 Open Activities & Clubs 6:00 Wellness Works	Fall Festival Oct. 15th  SUNDAY Outing 1:00pm Ingram Farms Trip	 Spelling Bee Oct. 30 FLU Shots This Month! Breast Cancer Month Fire Prevention Month Questions? 336-373-4816	Call us about our Clubs: Bowling Golfing Corn Hole Book Movie Red Hats? StitchinTime Dance Team Wellness Works—Manage Weight, Diabetes, Arthritis, Chronic Pain, Stress

On-Going Activities: Health & Wellness

AHOY (Add Health to Our Years)

With Instructor Arnold “Chipper” Knuckles

Join us for chair exercise to help manage arthritis pain as well as improve flexibility and balance.

Mondays 9:30 am FEE: Free

Water Aerobics

(Round trip transportation provided between the Senior Center and Greensboro Aquatic Center.)

Mondays and Wednesdays 10:00 am

FEE: Free for Silver Sneakers Members

\$5.00 per visit or a \$33 monthly pass for non-Silver Sneakers members

Better Balance

Balance Class w/Instructor Joe Libera from Elder Fit Tuesdays and Thursdays 9:15 am FEE: Free

Chair Yoga

With Instructor Arnold “Chipper” Knuckles

Join us as we harmonize all aspects of the body mind and spirit.

Wednesdays 9:15 am FEE: Free

Tai Chi

Tai Chi offers slow methodical moves embracing balance and mobility techniques. Excellent for those wanting to ease into more structured exercise. Beginning a new class Tai Chi for Arthritis and Fall Prevention mid-October. Call our office for details and location! 336-373-4816

Blood Pressure Checks

Sava Health Care 1st Tuesday 9:30 am FEE: Free

Blood Sugar Checks

Guilford Health Care 2nd Thursday 10:00 am FEE: Free

Wellness Works

Learn HOW to manage your Physical, Emotional, and Social Life! Join our Wellness Works and Senior Circles Club: Successful strategies for managing Weight, Diabetes, Arthritis, Chronic Pain, Balance, Stress, Relationships and Fun! Weekly Meetings—Call and Sign up Today!

Fitness/Fall Risk Assessments

Joe Libera of Elder Fit Call: Joe 336-684-0500 (appointments only)

Senior Life Circles 336-373-4816

Want to enrich your life? Discover new friends and new adventures when you join us for Senior Life Circles and Wellness Works. Join friends for activities that are engaging enriching and exciting!

Stay tuned for many more opportunities of senior enjoyment! Call our office for more information!



Coming Soon!

Golden Golfers Bronzer Bowlers Senior Life Circles Card Cafe Theatre Club Travel Club and much much more! Stay tuned and share with your friends! Call for more info: 336-373-4816

Are you aware of these special celebrations in October?



Hints:

Columbus Day Oct. 9th

Fire Prevention Week

Breast Cancer Awareness

12th Annual Spelling Bee Oct. 30th 1:00pm

For more information or to register for classes please contact Senior Center Staff at 336-373-4816.