



# ACTIVE LIVING

EVERGREENS LIFESTYLE CENTER

## Promoting Independent Lifestyles

July—August

2024

#srgseniors

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### Technology Assistance in the Community

*“Who can help me with my phone?,” is a question we hear weekly in the Evergreens Lifestyle Center. While we do offer limited technology classes each year, they are not frequent enough to meet the growing need of older adults who seek assistance with their phones, computers, or other technology. The following resources are also available to you, along with obtaining printed materials/books from the Evergreens Lifestyle Center on technology topics. We are happy to recommend books you can purchase to assist in your technology needs!*

**Greensboro Public Library:** The Greensboro Public Library offers programs to teach community members how to use digital tools such as computers, smart phones, and apps. You can attend a free class, or schedule a one-on-one technology navigation session with a librarian. All branches of the library also have computers available for use. Librarians are trained to help you with some of the most common problems faced when using technology. This may include troubleshooting internet connectivity issues, setting up new devices, searching for reliable information on the web, and learning new programs. Through the library, you also have access to Northstar Digital Literacy which teaches basic skills needed to perform tasks on computers and online. You can use these self-guided modules to learn new skills for home and the workplace. You can also complete free proctored tests at the library to earn completion certificates. *Contact your local branch for more information. The Central Library’s phone number is 336-373-2471.*

**ShepNet Computer Center:** Computer instruction is offered to older adults who want to learn how to use the computer to further enhance their everyday lives, be more informed, and explore news in the information age. ShepNet Computer Center is coordinated by volunteers who know and enjoy technology. Instructors teach classes of six students with a wide range of subjects, from very basic to advanced, with a coach stationed in the room for a more individualized and supportive learning environment. *The Shepherd’s Center offers these classes for a fee. Learn more and sign up for classes at [www.shepnetgreensboro.org](http://www.shepnetgreensboro.org).*



*Congratulations to our recent graduates of the iPhone and Android phone class series!*

**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/](http://www.Facebook.com/)

SeniorResourcesofGuilford

**Hours**

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

**\* Senior Center Director**

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**Vietnamese Coordinator**

Phat Pham

**Day Trips**

Due to the overwhelming interest in our day trips, we are now requiring in-person registration/sign up starting with the August day trip. We received 41 phone calls in the first 15 minutes on registration day! All trips are first come, first served, and we have limited seats available.

**Please pay attention to the date we open registration for each trip.** We open at 8:30am and will take in-person sign ups until the trips are full. Please note that you may only register yourself or a spouse; you may not sign up friends or other family members.

We hope that by requiring each person to sign up in person, we can eliminate the frustration many felt during our previous sign up periods.

**Friday, August 30:**

**Wine Tasting at Jolo Winery & Vineyards (\$40).**

Jolo Vineyards boasts world-class, internationally recognized wines! The wine tasting includes 7 wines: 1 sparkling wine, 1 white wine, 1 rose wine, 3 red wines, and a choice of dessert wine. Trip would leave from SRG at 11am to arrive in King by noon for lunch at Town & Country (lunch is not included in the price). The wine tasting at the vineyard starts at 1:30pm. This trip requires minimal walking. Sign up starts July 24 at 8:30am (you must sign up in person). Payment is required by August 1 (cash or check).



**Thursday, September 10:**

**Guided Tour and “Envision Me” Workshop at the Harvey B. Gantt Center for African-American Arts and Culture (\$45).**

For nearly 50 years, the Gantt has used its voice to present, preserve, and celebrate African American culture. They tell stories from the Black experience, shifting perspectives, shaping society, and inspiring generations. Enjoy a docent-led tour which includes the history of the Gantt and a discussion of the artists and exhibitions on view. End your experience with a hands-on workshop led by a teaching artist. After completing a goal-setting exercise, each guest will create a self-portrait to reflect the life they envision leading. Trip leaves SRG at 8:30am to arrive in Charlotte at 10:30. After the Gantt, lunch will be at R&R Barbeque (lunch is not included in the price). This trip requires walking and standing for 2 hours. Sign up starts August 5 at 8:30am (you must sign up in person). Payment is required by August 19 (cash or check).



**MON  
JULY  
15**



**MON  
AUGUST  
12**

*Travelogue*

**SCOTTISH HIGHLANDS**

The Highlands of Scotland have long been viewed as a place both romantic and mystical. Mermaids, fairies, and ghosts are all part of the rich Scottish folklore, as well as Nessie the Loch Ness Monster. We will sample Empire Biscuits, a traditional and beloved dish of Scotland. Come explore the Scottish Highlands from the comfort of your chair at Evergreens!

**Monday, July 15 at 10am  
Evergreens Lifestyle Center  
1401 Benjamin Parkway, Lower Level**

SPACE IS LIMITED  
REGISTRATION REQUIRED  
CALL (336) 373-4816 EXT  
SIGNUP BEGINS JULY 1



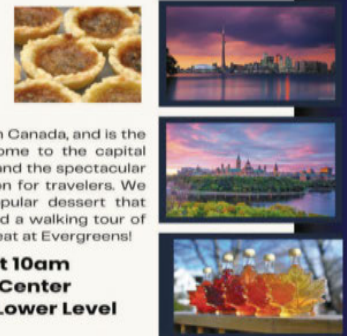
*Travelogue*

**ONTARIO, CANADA**

Ontario is the southernmost province in Canada, and is the country's most populous province. Home to the capital city of Ottawa, cosmopolitan Toronto and the spectacular Niagara Falls, Ontario is a top destination for travelers. We will sample Butter Tarts, a wildly popular dessert that Ontarians love! Come enjoy Ontario and a walking tour of Niagara Falls from the comfort of your seat at Evergreens!

**Monday, August 12 at 10am  
Evergreens Lifestyle Center  
1401 Benjamin Parkway, Lower Level**

SPACE IS LIMITED  
REGISTRATION REQUIRED  
CALL (336) 373-4816 EXT  
SIGNUP BEGINS AUGUST 1



**Need help reducing your energy costs?**

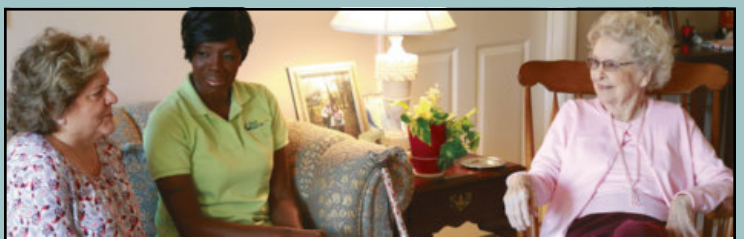
**Weatherization Assistance Program**

Piedmont Triad Regional Council  
Serving Alamance, Caswell, Davidson, Forsyth, Guilford, Person, Randolph, and Rockingham Counties

**There is a FREE government assistance program that can help! Call the Weatherization Assistance Program to see if you qualify for this free opportunity. The Piedmont Triad Regional Council is accepting applications in your county to make your home more energy-efficient.**

**For more information call 336-904-0338**

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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



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**Greensboro 336-808-1351**  
**Jacksonville 910-939-0695**  
*Now available in Jacksonville, Hampstead, & the Crystal Coast*  
 Guilford.FirstLightHomeCare.com  
 Jacksonville.FirstLightHomeCare.com

Evergreens Lifestyle Center

## "THE MARRIAGE PORTRAIT" BOOK CLUB

The author of award-winning 'Hamnet' brings the world of Renaissance Italy to jewel-bright life in this unforgettable fictional portrait of the captivating young duchess Lucrezia de' Medici as she makes her way in a troubled court.

Schedule:

All meetings take place on Fridays at 11 am.  
 July 5: Pages 1 - 76  
 July 12: Pages 77 - 161  
 July 19: Pages 162 - 221  
 July 26: Pages 222 - end

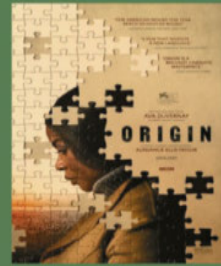
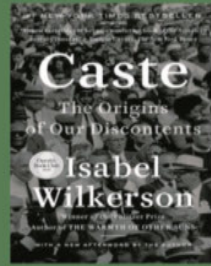


Registration opens on June 19.  
 Call to register: 336-373-4816 ext 280



EVERGREENS LIFESTYLE CENTER

## AUGUST BOOK CLUB "CASTE: THE ORIGINS OF OUR DISCONTENTS" BY ISABEL WILKERSON



11AM

AUGUST 2: PAGES 1 - 96  
 AUGUST 9: PAGES 97 - 201  
 AUGUST 16: PAGES 202 - 301  
 AUGUST 23: PAGES 302 - END  
 AUGUST 29: SPECIAL SCREENING OF "ORIGIN" BY AVA DUVERNAVY (BASED ON BOOK)

REGISTRATION OPENS ON JULY 19 AT 336-373-4816 EXT 280

Compassionate in-home care for those who want support to live where they love.



Contact us today:  
 336.285.7477  
[Griswoldhomecare.com/Greensboro](http://Griswoldhomecare.com/Greensboro)

Helping keep seniors safe at home.



**Home Instead.**  
 (336) 294-0081  
[HomeInstead.com/311](http://HomeInstead.com/311)

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EST 1977  
**Jason E Chase**  
 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!



Evergreens Lifestyle Center

# ICE CREAM SOCIAL

Enjoy live music while you indulge in delicious frozen treats!

Sponsored by



**Monday, July 8 at 2:30 pm**

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



**MURDER MYSTERY DINNER**

Everyone's a suspect.

Join the Evergreens Lifestyle Center & RL Communities—Carolina Pines for an interactive Murder Mystery Dinner!



**Tuesday, August 6  
5pm**

Space is limited!  
RSVP to 336-373-4816 ext 280

## 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.

**“Trust your local team for Diabetes & Heart Care that’s customized just for you. Call today for a free brochure!”**

**Diabetes & Heart Care Plan Includes:**

- Local Doctors, Specialists & Hospitals
- \$ZERO Premiums, Copays & Prescriptions
- Dental, Vision, Hearing & Fitness Benefits
- Over-The-Counter (OTC) Allowance
- Out-of-Pocket Maximum \$3,500

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



Learn more by scanning the QR code or visiting htanc.com




**healthteam advantage**  
MEDICARE ADVANTAGE PLANS

**Call 336-203-9309 (TTY:711)**  
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!**

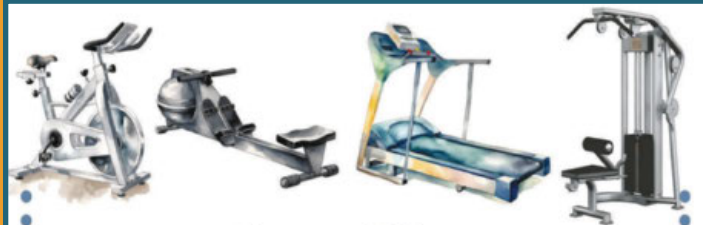
*Tai Chi*

**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

+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



Join us for Health Events in July & August



**LUNCH AND LEARN**

Using Reverse Mortgages in Your Retirement Strategy and Understanding Long-Term Care Planning: Prepare Instead of Just Hoping!

**Reverse Mortgages Can:**

- Generate cash flow.
- Create an emergency line of credit.

**Long Term Care Planning Can:**

- Prepare you for unforeseen events.
- Support health or personal care needs over an extended period of time.

**THURSDAY, JULY 10**

**12 NOON**

**SENIOR RESOURCES, UPSTAIRS LEVEL  
1401 BENJAMIN PARKWAY  
GREENSBORO**

**SENIOR RESOURCES OF GUILFORD**

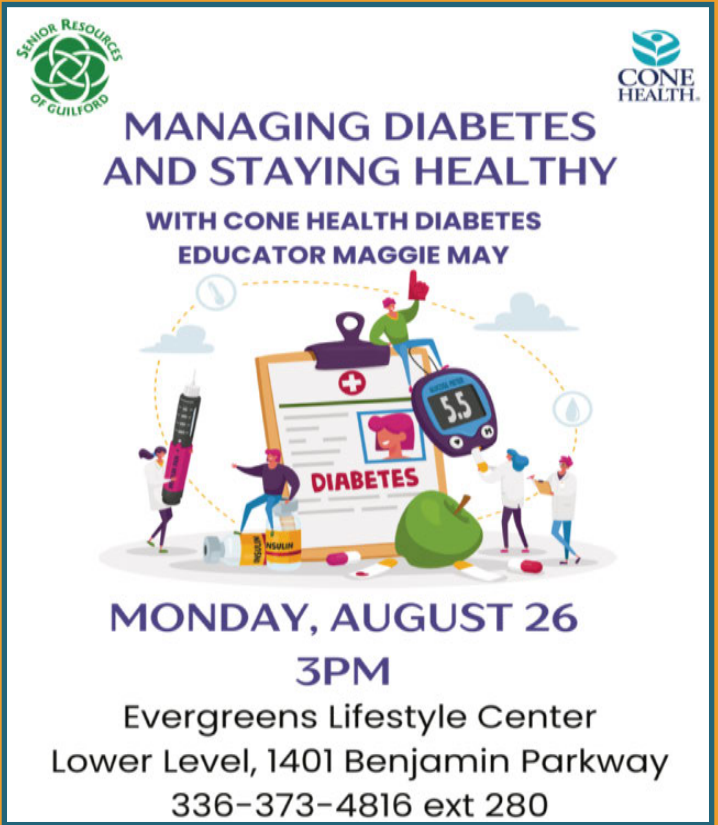
**CAROLINA AGING ALLIANCE**  
SERVING OLDER LGBTQ+ ADULTS

Laura Brannock

David Haynes

**RSVP HERE:**

- By Calling Senior Resources - 336-373-4816, x 280
- Steve Stonecypher - SteveS@CarolinaAging.org



**SENIOR RESOURCES OF GUILFORD**

**CONE HEALTH**

**MANAGING DIABETES AND STAYING HEALTHY**

WITH CONE HEALTH DIABETES EDUCATOR MAGGIE MAY

**MONDAY, AUGUST 26**

**3PM**

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

EVERGREENS LIFESTYLE CENTER

**Grief: The Before & After**

Grief can be experienced throughout different phases of life and can present itself in various ways.

Join Kirsten Goard, MSW, LCSW-A, from Hospice of the Piedmont for an overview of how grief can impact your life and learn ways to prepare, cope, and process through those symptoms of grief.

**Friday, August 30 at 1pm**

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

**SENIOR RESOURCES OF GUILFORD**

**HOSPICE of the PIEDMONT**


CHECK OUT THE EVERGREENS LIFESTYLE CENTER

**HEALTH LITERACY LIBRARY**

**MATERIALS ARE AVAILABLE ON A WIDE RANGE OF TOPICS!**

- Healthy Aging
- Mental Health
- Sexual Health
- Grief
- Osteoporosis
- Parkinson's Disease
- Smoking Cessation and more!

**Visit us Monday - Friday from 8:30 - 5 at the Evergreens Lifestyle Center Lower level 1401 Benjamin Parkway Greensboro**



**SENIOR RESOURCES OF GUILFORD**

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| <p>9:15a AHOY (\$3) 1 (V)<br/>1p Arthritis Foundation Exercise Program (\$4)<br/>1p Online Banking *<br/>3p Google Chrome class series *</p>               | <p>9a Better Balance (\$3) 2<br/>9:45a Adv. Better Balance (\$3)<br/>11a Bingo with Carolina Pines<br/>1p Zumba Gold (\$4)<br/>1p Virtual Reality *<br/>2p Games and Mahjong<br/>2:30p Joyful Sounds Barbershop Quartet</p>  | <p>11a Open Art/Craft Room 3<br/>1p Cardio Drumming (\$4) *<br/>2p Crochet Club</p>   | <p>The Evergreens Lifestyle Center is closed today. 4<br/></p>   | <p>9:15a Chair Yoga 5 (\$3) (V)<br/>10a Trivia with Tina<br/>11a The Marriage Portrait Book Club<br/>1p Film Screening – “Blow-Up” *</p>   |
| <p>9:15a AHOY (\$3) 8 (V)<br/>1p Arthritis Foundation Exercise Program (\$4)<br/>2p Basic Sign Language<br/>2:30p Ice Cream Social with Carolina Pines</p> | <p>9a Better Balance (\$3) 9<br/>9:45a Adv. Better Balance (\$3)<br/>11a Bingo<br/>1p Zumba Gold (\$4)<br/>1p Virtual Reality *<br/>2p Games and Mahjong<br/>6p Pizza &amp; Game Night with Carolina Aging Alliance</p>  | <p>10a Brain Health 10 with AARP<br/>11a Open Art/Craft Room<br/>1p Cardio Drumming (\$4) *<br/>2p Crochet Club<br/></p> | <p>12p Reverse 11<br/>Mortgages Lunch &amp; Learn *<br/>12:30p Tai Chi (\$3)<br/>1p Blood Pressure Checks<br/>2p Jewelry Club</p>  | <p>9:15a Chair Yoga 12 (\$3) (V)<br/>9:30a Seagrove Day Trip (\$\$) *<br/>11a The Marriage Portrait Book Club<br/>11a Refugee Outreach<br/>1p Film Screening – “Blume in Love” *</p> |
| <p>9:15a AHOY (\$3) 15 (V)<br/>10a Travelogue – Scottish Highlands *<br/>1p Arthritis Foundation Exercise Program (\$4)<br/>2p Basic Sign Language</p>     | <p>9a Better Balance (\$3) 16<br/>9:45a Adv. Better Balance (\$3)<br/>11a Bingo with Acclaim<br/>1p Zumba Gold (\$4)<br/>1p Virtual Reality *<br/>2p Games and Mahjong<br/></p> | <p>11a Teacup Fairy 17 Gardens *<br/>11a Gardening with Recipe for Success (V)<br/>1p Cardio Drumming (\$4) *<br/>2p Crochet Club</p>   | <p>10a Recipe for 18 Success (V)<br/>12:30p Tai Chi (\$3)<br/>1p Blood Pressure Checks<br/>2p Jewelry Club</p>   | <p>9:15a Chair Yoga 19 (\$3) (V)<br/>10a Trivia with Tina<br/>11a The Marriage Portrait Book Club<br/>11a Refugee Outreach<br/>No movie today.</p>                                   |
| <p>9:15a AHOY (\$3) 22 (V)<br/>1p Arthritis Foundation Exercise Program (\$4)<br/>2p Basic Sign Language</p>   | <p>9a Better Balance 23 (\$3)<br/>9:45a Adv. Better Balance (\$3)<br/>11a Bingo with Acclaim<br/>1p Zumba Gold (\$4)<br/>1p Virtual Reality *<br/>2p Games and Mahjong</p>   | <p>11a Funeral 24 Options and Pre-Planning<br/>11a Open Art/Craft Room<br/>1p Cardio Drumming (\$4) *<br/>2p Crochet Club</p>   | <p>12:30p Tai Chi 25 (\$3)<br/>1p Blood Pressure Checks<br/>2p Jewelry Club<br/></p>                            | <p>9:15a Chair Yoga 26 (\$3) (V)<br/>10a Donuts with the Director<br/>11a The Marriage Portrait Book Club<br/>1p Film Screening – “Leave Her to Heaven” *</p>                        |
| <p>9:15a AHOY (\$3) 29 (V)<br/>1p Arthritis Foundation Exercise Program (\$4)<br/>2p Basic Sign Language</p>   | <p>9a Better Balance 30 (\$3)<br/>9:45a Adv. Better Balance (\$3)<br/>11a Bingo<br/>1p Zumba Gold (\$4)<br/>1p Virtual Reality *<br/>2p Games and Mahjong</p>  | <p>11a Open Art/Craft Room 31<br/>1p Cardio Drumming (\$4) *<br/>2p Crochet Club<br/></p>                              | <p><br/>July 2024<br/>A * next to an activity means registration is required by calling 336-373-4816 ext 280</p> |  |

Evergreens Lifestyle Center, 1401 Benjamin Parkway, Greensboro. (V) indicates virtual programming on Facebook.com/SeniorResourcesofGuilford.



Monday

Tuesday

Wednesday

Thursday

Friday

# August 2024

A \* next to an activity means registration is required by calling 336-373-4816 ext 280

|   |   |  |   |   |
|---|---|--|---|---|
| <p>9:15a AHOY (\$3) 5<br/>(V)<br/>1p Arthritis Foundation Exercise Program (\$4)</p>  | <p>9a Better Balance (\$3) 6<br/>9:45a Adv. Better Balance (\$3)<br/>11a Bingo<br/>1p Zumba Gold (\$4)<br/>1p Virtual Reality *<br/>2p Games and Mahjong<br/>5p Murder Mystery Dinner with Carolina Pines *</p>       | <p>11a Open Art/Craft Room 7<br/>1p Cardio Drumming (\$4) *<br/>2p Crochet Club</p>  | <p>10a Recipe for Success (V) 1<br/>12:30p Tai Chi (\$3)<br/>1p Blood Pressure Checks<br/>2p Jewelry Club</p>               | <p>9:15a Chair Yoga 2<br/>(\$3) (V)<br/>10a Trivia with Tina<br/>11a Caste Book Club<br/>1p Ice cream social with Humana<br/>1p Film Screening – “Modern Romance” *</p>   |
| <p>9:15a AHOY (\$3) 12<br/>(V)<br/>10a Travelogue – Ontario, Canada *<br/>1p Arthritis Foundation Exercise Program (\$4)<br/>3p AARP Social Security Update</p> | <p>9a Better Balance (\$3) 13<br/>9:45a Adv. Better Balance (\$3)<br/>11a Bingo<br/>1p Zumba Gold (\$4)<br/>1p Virtual Reality *<br/>2p Games and Mahjong<br/>6p Pizza &amp; movie with Carolina Aging Alliance *</p> | <p>11a Open Art/Craft Room 14<br/>1p Cardio Drumming (\$4) *<br/>2p Crochet Club</p>   | <p>10a Recipe for Success (V) 15<br/>12:30p Tai Chi (\$3)<br/>1p Blood Pressure Checks<br/>2p Jewelry Club</p>              | <p>9:15a Chair Yoga 16<br/>(\$3) (V)<br/>10a Trivia with Tina<br/>11a Caste Book Club<br/>1p Film Screening – “The Talented Mr. Ripley” *</p>   |
| <p>9:15a AHOY (\$3) 19<br/>(V)<br/>1p Arthritis Foundation Exercise Program (\$4)</p>   | <p>9a Better Balance (\$3) 20<br/>9:45a Adv. Better Balance (\$3)<br/>11a Bingo with Acclaim<br/>1p Zumba Gold (\$4)<br/>1p Virtual Reality *<br/>2p Games and Mahjong</p>  | <p>11a Open Art/Craft Room 21<br/>11a Gardening with Recipe for Success<br/>1p Cardio Drumming (\$4) *<br/>2p Crochet Club</p> | <p>12:30p Tai Chi (\$3) 22<br/>1p Blood Pressure Checks<br/>2p Jewelry Club</p>   | <p>9:15a Chair Yoga 23<br/>(\$3) (V)<br/>10a Trivia with Tina<br/>11a Caste Book Club<br/>1p Film Screening – “The Killing” *</p>   |
| <p>9:15a AHOY (\$3) 26<br/>(V)<br/>10a Fraud Watch with AARP<br/>1p Arthritis Foundation Exercise Program (\$4)<br/>3p Managing Diabetes</p>                    | <p>9a Better Balance (\$3) 27<br/>9:45a Adv. Better Balance (\$3)<br/>11a Bingo with Acclaim<br/>1p Zumba Gold (\$4)<br/>1p Virtual Reality *<br/>2p Games and Mahjong</p>  | <p>11a Open Art/Craft Room 28<br/>1p Cardio Drumming (\$4) *<br/>2p Crochet Club</p>   | <p>12:30p Tai Chi (\$3) 29<br/>11a Origin film screening for book club<br/>1p Blood Pressure Checks<br/>2p Jewelry Club</p> | <p>9:15a Chair Yoga 30<br/>(\$3) (V)<br/>10a Trivia with Tina<br/>11a Day trip to Jolo Vineyards (\$\$) *<br/>1p Film Screening – “Sleeper” *<br/>1p Grief: The Before and After with Hospice of the Piedmont</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.

## JULY- AUGUST 2024 RURAL OUTREACH LUNCHEONS

### MORIAH (SOUTHEAST)

*Moriah United Methodist Church, 3611 Liberty Road*

July 2 (Tuesday), 10:30am-12pm, Doug Elliot, smart phone Q&A

August 6 (Tuesday), 10:30am-12pm, singer/songwriter Doug Baker

### OAK RIDGE

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

July 3 (Wednesday), 10:30am-12pm, Doug Elliot, smart phone Q&A

August 7 (Wednesday), 10:30am-12pm, actor Walter Johnson

### STOKESDALE

*Stokesdale United Methodist Church, 8305 Loyola Drive*

July 11 (Thursday), 10:30am-12pm, Doug Elliot, smart phone Q&A

August 8 (Thursday), 10:30am-12pm, music therapist Randi Lee

### COLFAX

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

July 9 (Tuesday), 10:30am-12pm, Doug Elliot, smart phone Q&A

August 13 (Tuesday), 10:30am-12pm, hammered dulcimer  
with Larry Kirwan

### SUMMERFIELD

*Summerfield First Baptist Church, 2300 Scalesville Road*

July 18 (Thursday), 10:30am-12pm, Doug Elliot, smart phone Q&A

August 15 (Thursday), 10:30am-12pm, hammered dulcimer  
with Larry Kirwan

**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.



**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**

**By Appointment**

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.



**Joyful Sound Barbershop Quartet**

JOIN THE JOYFUL SOUND BARBERSHOP QUARTET FOR A PERFORMANCE OF PATRIOTIC & TRADITIONAL BARBERSHOP A CAPELLA SONGS

**Tuesday, July 2 at 2:30pm**



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



**EVERGREENS LIFESTYLE CENTER**

**Basic Sign Language Classes**

Join Jimmy and Randall for lessons on basic sign language and tips for communicating with deaf people!  
2pm - 4pm  
July 8, July 15, July 22 & July 29

336-373-4816 ext 280  
Lower Level  
1401 Benjamin Parkway, Greensboro



**Teacup Fairy Gardens**

Create an adorable mini garden in a teacup with us on Wednesday, July 17 at 11am!

Supplies are provided but space is limited.  
Registration opens July 1 by calling 336-373-4816 ext 280

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*Funeral Options and Pre-Planning*  
with Kevin Matthews & Heather Forbis-Grice of Forbis & Dick



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Learn about different funeral decisions & how to financially plan for your choice.

**WEDNESDAY, JULY 24 AT 11AM**

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336-373-4816 ext 280  
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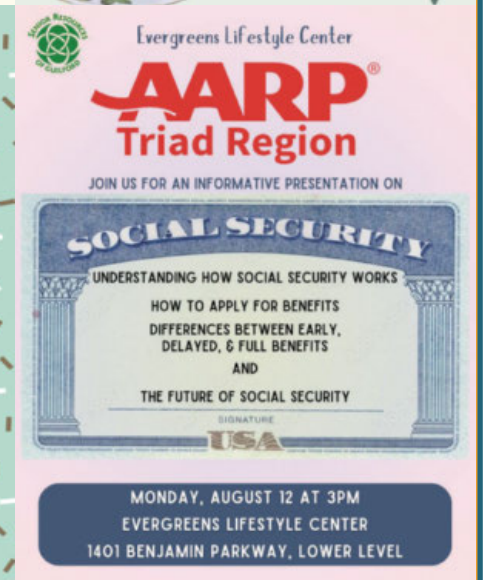



**Ice Cream Social**

August 2 at 1pm

sponsored by **Humana**

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1401 Benjamin Parkway, Greensboro



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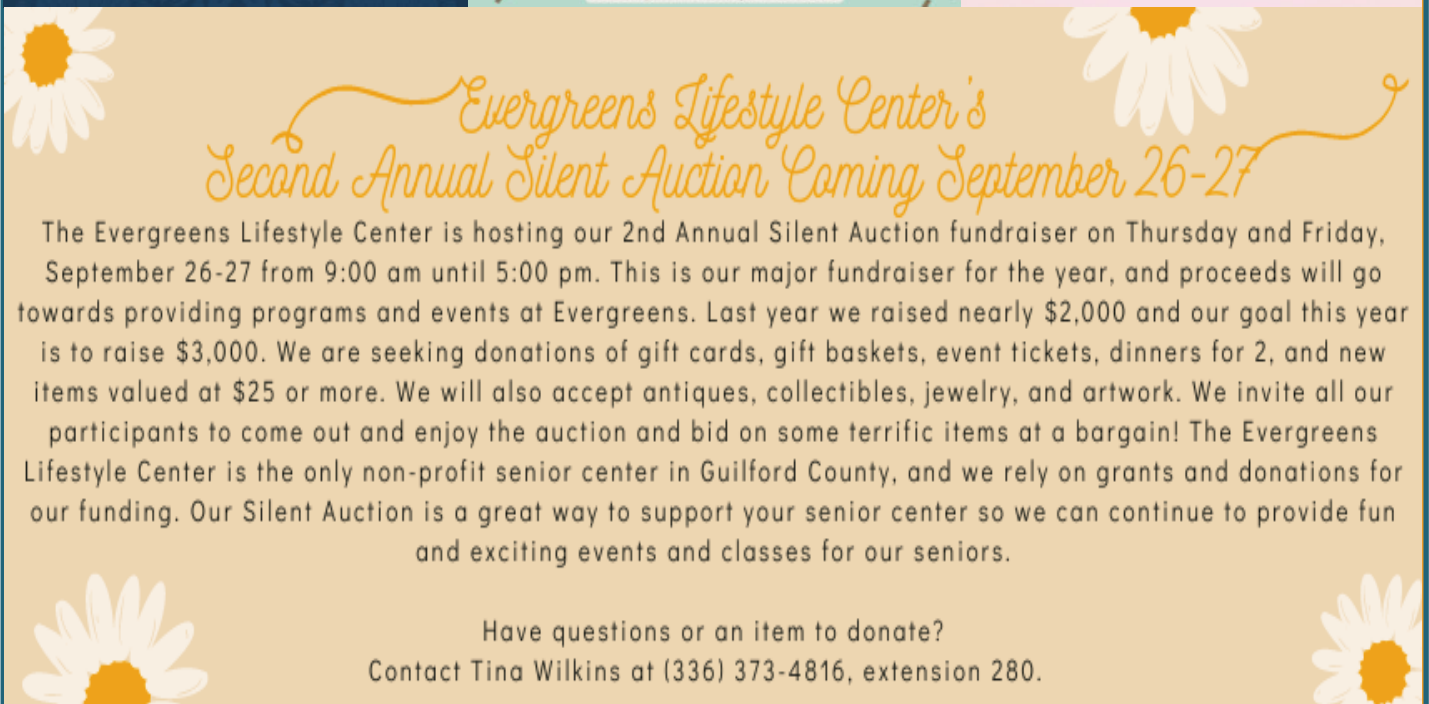
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AND  
THE FUTURE OF SOCIAL SECURITY

MONDAY, AUGUST 12 AT 3PM  
EVERGREENS LIFESTYLE CENTER  
1401 BENJAMIN PARKWAY, LOWER LEVEL



*Evergreens Lifestyle Center's Second Annual Silent Auction Coming September 26-27*

The Evergreens Lifestyle Center is hosting our 2nd Annual Silent Auction fundraiser on Thursday and Friday, September 26-27 from 9:00 am until 5:00 pm. This is our major fundraiser for the year, and proceeds will go towards providing programs and events at Evergreens. Last year we raised nearly \$2,000 and our goal this year is to raise \$3,000. We are seeking donations of gift cards, gift baskets, event tickets, dinners for 2, and new items valued at \$25 or more. We will also accept antiques, collectibles, jewelry, and artwork. We invite all our participants to come out and enjoy the auction and bid on some terrific items at a bargain! The Evergreens Lifestyle Center is the only non-profit senior center in Guilford County, and we rely on grants and donations for our funding. Our Silent Auction is a great way to support your senior center so we can continue to provide fun and exciting events and classes for our seniors.

Have questions or an item to donate?  
Contact Tina Wilkins at (336) 373-4816, extension 280.

Caregivers Should Take Extra Precautions During Summer's Hottest Month

These are the dog days of summer, and caregivers need to be on the alert for the dangerous effects of excessive heat on senior loved ones. Even those in normally good health can suffer from dehydration, heat stroke, and death when exerting themselves during the heat of the day. For some seniors, even an outing in the safety of a car during a hot, sunny day can be risky. Family caregivers are with their loved ones more than anyone else and can look for heat-related symptoms to prevent serious outcomes of hyperthermia, the most common threat to those with other physical or cognitive issues.

**Ways to keep loved ones safe during hot summer days.**

If you must go out, plan your activities for early morning or after the sun goes down to reduce exposure to sun and heat. Older adults are more sensitive to heat; therefore, caregivers can reduce their loved one's chances of becoming overheated by limiting outdoor time. Encourage your loved one to drink lots of water to reduce dehydration. Water is the best liquid to drink and experts recommend avoiding hot tea and coffee, alcoholic beverages, and some sports drinks. Stay inside as much as possible, preferably in an air-conditioned space. Even if you plan to stay indoors, help your loved one choose the appropriate clothing for summertime. Loose, lightweight natural fabrics are best to wear because they are less constricting and are breathable.

**Look for signs of heat related stress.**

Sometimes your loved ones aren't aware they are suffering from a heat-related illness. This is why it is so important to remain vigilant. Look for signs like dizziness, headache, heavy sweating, muscle cramps, nausea and cold or clammy skin. If you see these signs the CDC recommends a cool shower or bath or using cool washcloths on the skin to cool them down. If symptoms last more than an hour you should seek medical help immediately. The CDC also states signs of heat stroke are more severe and caregivers should call 911 if their loved one has a temperature of 103 degrees; has hot, reddish skin, a fast pulse or passes out. Having an emergency plan in place is always best.



*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.

**Grandparents Raising Grandchildren**

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.

**Lunch Break Book Club**

at the High Point Public Library  
with Hospice of the Piedmont.

Sign up at [HospiceofthePiedmont.org/events](http://HospiceofthePiedmont.org/events)

**Memory Café at Jamestown United Methodist Church**

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.

**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 Susan Ruberti

Susan Ruberti is a native New Yorker, born in NYC and raised in the Bronx. She graduated from St. Catherine’s Academy in the Bronx and then obtained a liberal arts degree from Rockland Community College in Suffern, New York.



In 1975, Susan married Ron Ruberti, the “boy next door who lived on the same street up the road.” Although they knew each other, they didn’t get married until 10 years after meeting. They had 4 children and 8 grandchildren and were married 46 years. In 1998, the big turning point for Susan was when she and Ron moved to Greensboro for his job at Lorillard Tobacco Company. 3 of Susan’s children live in North Carolina, so her family stays close. Susan loves to travel to Aruba for her family’s 2 week reunion every year. She says her parents bought a timeshare in Aruba in 1988 and it’s been bringing the family together for all these years since.

Susan said the most exciting thing she ever did was going to the University of Hawaii after high school graduation. She attended the 8-week summer session by herself and it made her realize that “you need to be your own person,” and she is very glad to have had that experience.

Susan loves many things – shopping, exercise, going to casinos, swimming, Bingo, and arts and crafts.

Susan said coming to Evergreens the first year after her husband passed made a huge difference.

The number one thing she loves about Evergreens is the people. She also points out the simplicity of parking at Evergreens Lifestyle Center!

“Evergreens has a little of everything,” she said.

“Convenience, companionship, it’s cost-effective, and it opened up a whole new world to me. They have activities I never thought of!”



We love having Susan as part of  
Evergreens Lifestyle Center!

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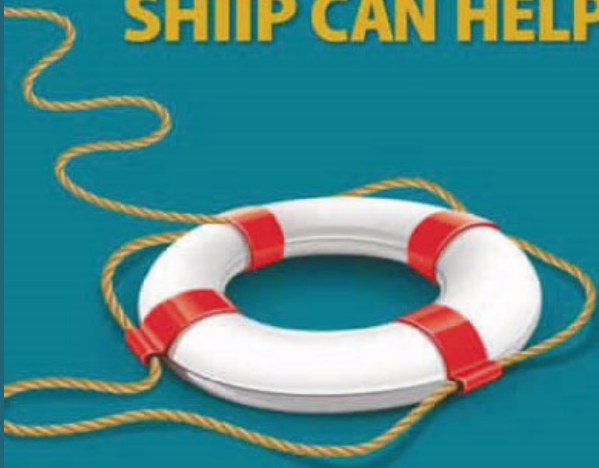
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M-F 10:30 am - 6 pm  
Sat 10 am - 5 pm  
Su 12 pm - 5 pm



QUESTIONS ABOUT MEDICARE?  
**SHIIP CAN HELP.**



SHIIP, the Seniors' Health Insurance Information Program, provides free counseling about Medicare in all 100 counties of North Carolina. SHIIP can also help you apply for Medicare cost savings programs.



Call 855-408-1212 or visit [www.ncshipp.com](http://www.ncshipp.com) to find out how SHIIP can help you.

Reach Guilford County SHIIP Coordinator, Chris Mitchell-McFadyen:

336-373-4816 ext 253

[shipp@senior-resources-guilford.org](mailto:shipp@senior-resources-guilford.org)



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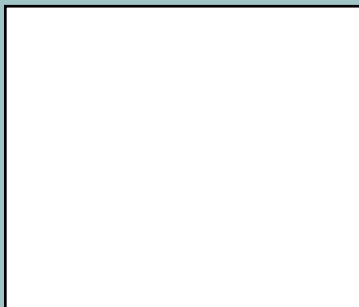
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**Senior Resources of Guilford**

**Evergreens Lifestyle Center**

1401 Benjamin Parkway  
Greensboro, NC 27408

**Contact Us:**

Phone 336-373-4816 ext 280

Fax 336-373-4922

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

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- ✓ In-home aide and adult day health
- ✓ A speaker for your organization
- ✓ Other senior needs

**Call SeniorLine:**  
Greensboro or County - (336) 333-6981  
High Point/Jamestown - (336) 884-6981

SeniorLine is a nonprofit service of Senior Resources of Guilford, providing information, referrals and options counseling to older adults and their families.

July — August 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:**

