



ACTIVE LIVING

EVERGREENS LIFESTYLE CENTER

Promoting Independent Lifestyles

January—February

2025

#srgseniors

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Setting Goals in the New Year

Whether your goal is to spend more time with family or to win a dance competition, using the New Year as a marker can help you reach your goals. The key is to set realistic, attainable goals and break down those big resolutions into smaller pieces that can easily be achieved. One system for successful goal setting is called SMART, and it stands for:

Specific –When defining your goal, consider the details of what you want to accomplish. Think about why this goal important.

Measurable – What data will you use to determine if you’ve met the goal? Questions to ask yourself include: How much? How many? How will I know when it’s accomplished?

Achievable – Can this goal be realistically achieved? Do you have the right skills and resources? Setting high goals is good, but you may want to break them down into smaller, bite-sized chunks.

Relevant – This is about ensuring that your goal matters to you and that it aligns with other relevant goals. Questions to ask include: Does this seem worthwhile, given all that is going on in my life? Is this the right time?

Time-Bound – Goals should have a deadline. Consider what you can accomplish today versus six weeks versus six months.

Setting goals helps trigger new behaviors, helps guides your focus, and helps you sustain positive outcomes in life. In the end, you can’t manage what you don’t measure, and you can’t improve upon something that you don’t properly manage. Setting goals can help you do all of that and more.

Join HealthTeam Advantage on Friday, January 3 for traditional lucky New Year foods and a goal-setting session to start 2025 off on a positive and healthy note!



Celebrate the New Year with Health Team Advantage

healthteam advantage

Make it a lucky 2025!
Join us for traditional New Year's foods - black eyed peas, cornbread & collards - and set goals for 2025.

Friday, January 3 at 12pm

EVERGREENS LIFESTYLE CENTER
1401 BENJAMIN PARKWAY, LOWER LEVEL
336-373-4816 EXT 280

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

Facebook.....

www.Facebook.com/

SeniorResourcesofGuilford

Hours

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

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Connie Hicks

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Refugee Outreach Coordinator

Peter Lindsay

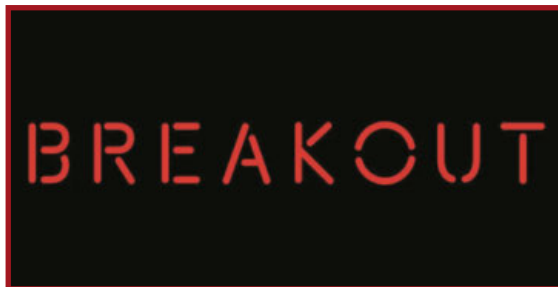
refugeepgm@senior-resources-guilford.org

Day Trips

Due to the overwhelming interest in our day trips, we are now requiring in-person registration/sign up. 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.

Monday, February 17:

Mystery Manor Escape Room (\$40)



This spine-chilling adventure starts in the ruins of an old mansion – abandoned decades ago by a reclusive and eccentric family.

Since then, rumors have spread about a presence looming over the old house. Work as a team to race the clock and uncover the mansion's secrets in this mystery adventure. After the escape room, we will stop for lunch at Country BBQ (lunch is not included in the price). This trip leaves SRG at 10am and will return by 1:30pm. Minimal walking is required for this activity. Sign up starts January 15 at 8:30am (you must sign up in person). Payment is required by February 3.

Friday, March 21:

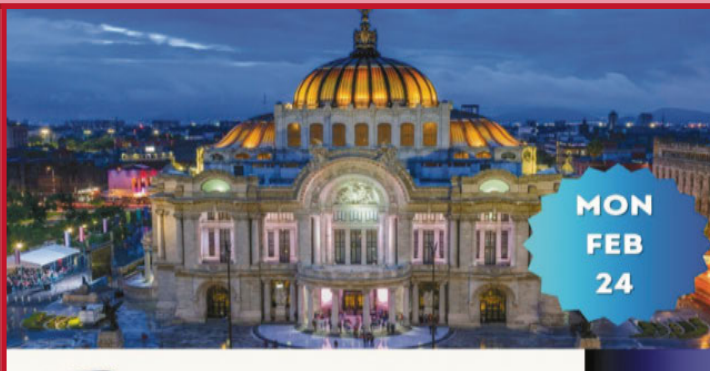
Tanger Outlet Shopping Trip (\$15)

Over 50 outlet stores are available at Tanger Outlets in Mebane including Adidas, Coach, Old Navy, Simply Southern, and Gap. After 2 hours of shopping time, we'll enjoy lunch at Smokehouse at Steve's (lunch is not included in the price of the trip). This trip leaves SRG at 10am and will return by 2:30pm. A high amount of walking is required for this activity. Sign up starts February 17 (you must sign up in person). Payment is required by March 7.





MON
JAN
13



MON
FEB
24

Travelogue



THE BOROUGHES OF NEW YORK
Come visit the City that Never Sleeps, fabulous New York City! We will learn about all five boroughs of New York City including Queens, Manhattan, Staten Island, Brooklyn, and the Bronx. The history and culture of the city, which is the most populous in the United States as well as the most ethnically diverse, will be featured in this travelogue. We will sample classic New York Cheesecake!

**Monday, January 13 at 10am
Evergreens Lifestyle Center
1401 Benjamin Parkway, Lower Level**

SPACE IS LIMITED
REGISTRATION REQUIRED
CALL (336) 373-4816 EXT
SIGNUP BEGINS JANUARY 2



Travelogue



MEXICO CITY, MEXICO
Mexico City is the capital of Mexico, and its cultural, political, and industrial center. It is the seventh largest city in the world. Come join our travelogue and learn about Mexico City's temperate climate, stunning architecture, rich history, great food, and unique culture. We will sample Tres Leches cake, a favorite Mexican dessert.

**Monday, February 24 at 10am
Evergreens Lifestyle Center
1401 Benjamin Parkway, Lower Level**

SPACE IS LIMITED
REGISTRATION REQUIRED
CALL (336) 373-4816 EXT
SIGNUP BEGINS FEBRUARY 3



Need help reducing your energy costs?

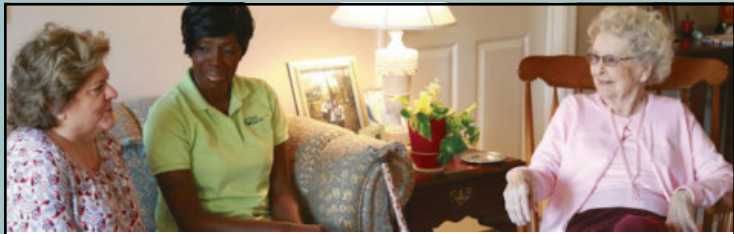


Weatherization Assistance Program

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



From help with chores and the daily activities of living to sharing smiles, conversation and friendship **this is home care the FirstLight way.**

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:

- Conversation & company
- Bathing, dressing & hygiene
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- Transportation & errands
- Walking & mobility assistance
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- Travel companion services
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Call us today to schedule a complimentary consultation.

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Call to Inquire About Our Meeting / Event Space
(336) 668-0421

6426 Burnt Poplar Rd • Greensboro, NC 27409





RE/MAX
Realty Consultants



Birthdays will be celebrated with cake and punch on First Friday of Each Month at 1pm
July birthdays will be celebrated on July 11
Generously sponsored by
Fields Realty Group/ReMax Realty Consultants

Evergreens Lifestyle Center
336-373-4816 ext 280

You are important, and your birthday is important!

We are happy to host a monthly celebration of birthdays sponsored by local companies.

Join us for cake, punch, and celebration on Friday, January 10 at 1pm & then the first Friday of each month at 1pm through 2025!



January birthdays will be celebrated with cake and punch on Friday, January 10 at 1pm
Generously sponsored by
Carolina Pines Retirement Community

Evergreens Lifestyle Center
336-373-4816 ext 280

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~ References Available ~
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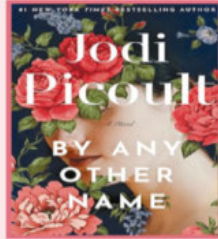
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EVERGREENS LIFESTYLE CENTER
JANUARY BOOK CLUB

By Any Other Name

From the New York Times bestselling author comes an "inspiring" (Elle) novel about two women, centuries apart—one of whom is the real author of Shakespeare's plays—who are both forced to hide behind another name. Told in intertwining timelines, *By Any Other Name*, a sweeping tale of ambition, courage, and desire centers two women who are determined to create something beautiful despite the prejudices they face. Should a writer do whatever it takes to see her story live on... no matter the cost? This remarkable novel, rooted in primary historical sources, ensures the name Emilia Bassano will no longer be forgotten.



Fridays at 11am

January 10 (Pages 1 - 111) January 17 (Pages 112 - 231)
January 24 (Pages 232 - 369) January 31 (Pages 270 - end)

Generously sponsored by



SIGN UP OPENS ON DECEMBER 23.

CALL TO SIGN UP:
336-373-4816 EXT 280

Evergreens Lifestyle Center
February Book Club



'Before We Were Yours'

by Lisa Wingate

Based on one of America's most notorious real-life scandals—in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country—Lisa Wingate's riveting, wrenching, and ultimately uplifting tale reminds us how, even though the paths we take can lead to many places, the heart never forgets where we belong.



Fridays at 11am

2/7 2/14 2/21 2/28

Sign up opens on January 13

336-373-4816 ext 280

Do You Qualify for
Extra **Medicare Benefits?**

If you have a chronic condition like:
Diabetes ♦ Chronic Heart Failure
you may qualify for *more* Medicare benefits.

Get the care you need with HealthTeam Advantage. \$0 copay for primary care providers, some specialists, and transportation to appointments.

Call our local Medicare experts today to see if you qualify.

336-203-9309 (TTY: 711)

8 a.m.–8 p.m. | Oct. 1–March 31, 7 Days a Week
April 1–Sept. 30, Monday–Friday



Learn more by scanning the QR Code.



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advantage™

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_2525_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)

Mondays1:00 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

Tuesdays9:00 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

Fridays9:15 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)

STRENGTH & SAFETY: RECOVERING FROM FALLS
with Michele Walker

SECOND THURSDAY OF EACH MONTH AT 9AM

Learn practical techniques to safely recover from a fall and simple exercises to make it easier. Discover tools that can help make your home safer and allow you to remain active and independent.

\$4

Evergreens Lifestyle Center
Lower Level
1401 Benjamin Parkway
Greensboro, NC

Registration is required and space is limited! Call on the first of each month to sign up at 336-373-4816 ext 280.


What Could Cause Dizziness in a Healthy Person?

Dizziness is one of the most common problems that prompt a visit to the doctor’s office, affecting about 15% to 35% of adults in the general population. When someone mentions feeling dizzy, this could mean that the person feels lightheaded, confused, nauseous, unbalanced or unsteady, disoriented, or as if the room is spinning. You should always consult a healthcare provider if you are experiencing dizziness, but here are a few common reasons you may be experiencing this sensation:

1. Dehydration: About 70% of the human body is composed of water, so adequate hydration is key. Dehydration results from an imbalance of fluid intake and excretion, where the body uses or loses more fluid than it takes in.
2. Stress: Stress is the real or perceived threat to a person’s sense of emotional or physical balance. Stress triggers the adrenal glands to produce cortisol—one of the body’s stress hormones involved in regulating blood pressure and metabolism.
3. Orthostatic Hypotension: Also called postural hypotension, this is a form of low blood pressure that develops when a person transitions to standing from sitting or lying down.
4. Low Blood Sugar: Maintaining normal blood sugar is essential for all people, as it is the main energy source for all body processes. In the absence of adequate carbohydrate intake, one of the body’s primary sources of glucose (blood sugar), the brain struggles to maintain its energy supply, leading to symptoms such as dizziness, lightheadedness, confusion, and jitteriness. Common causes for low blood sugar in otherwise healthy people include diets that are low in carbohydrates, protein, fat, and fiber, as well as intense exercise and drinking alcohol.
5. Motion Sickness: This issue develops when the body’s external experience of motion differs from that of the inner ear, leading to dizziness, nausea, or vomiting. Motion sickness may occur in cars, buses, airplanes, boats, or other vehicles. The most effective way to prevent motion sickness is to avoid situations that cause it, but this method is not usually practical for most people who travel regularly.



Educational information provided by FYZICAL Therapy & Balance Centers .
Learn more at www.fyzical.com/battleground-nc




FIND RELIEF FROM JOINT PAIN
JANUARY 9 AT 2PM
Are you one of the many people affected by arthritis? Find out what causes it and how to use food, exercise, massage, and medicine to help manage it.

HEALTH SEMINARS

PRESENTED BY
JILL DAVIS, MS, DIPACLM, ACSM-CPT
HEALTH EDUCATOR | **Humana**

BUILDING STRONGER BONES
FEBRUARY 6 AT 2PM
You’re never too old to improve the health of your bones. Find out why managing osteoporosis is important for your well-being and learn tips for boosting your bone health.



Evergreens Lifestyle Center
Lower Level
1401 Benjamin Parkway, Greensboro




Evergreens Lifestyle Center
336-373-4816 ext 280



QIGONG GROUP

QiGong, or “working the energy,” is a health-strengthening exercise created over thousands of years ago. It is a series of dynamic, yet soft, slow rhythmic movements of the body synchronized with deep diaphragmic breathing.

January & February 2025
Wednesdays from 9-9:45

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>The Evergreens Lifestyle Center is closed today.</p>	<p>1 10a Recipe for Success (V) 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes</p>	<p>2 9:15a Chair Yoga (\$3) (V) 10a Trivia with Tina 12p New Years Goal Setting and Lucky Foods with HealthTeam Advantage 1p Friday Favorite Movies – “McLintock!” *</p>	
<p>9:15a AHOY (\$3) (V) 1p Arthritis Foundation Exercise Program (\$4)</p>	<p>6 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo sponsored by Avid* 1p Zumba Gold (\$4) 2p Dominoes & Mahjong</p>	<p>7 9a Qigong 10a Perpetual Calendars with Carol King* 10a Virtual Reality* 11a Open Art/Craft Room 1p Cardio Drumming (\$4)* 2p Crochet Club</p>	<p>8 9a Fall Recovery (\$4)* 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Pain Relief from Joint Pain with Humana 2p Dominoes</p>	<p>9 9:15a Chair Yoga (\$3)(V) 10a Trivia with Tina 11a “By Any Other Name” Book Club* 1p Monthly Birthday Celebration with Carolina Pines 1p Friday Favorite Movies – “You Can’t Take It With You” *</p>
<p>9:15a AHOY (\$3) (V) 10a New York Travelogue* 1p Arthritis Foundation Exercise Program (\$4) 3p Seniors Real Estate Specialist Presentation with Remax</p>	<p>13 No Better Balance classes today. 1p Zumba Gold (\$4) 2p Dominoes & Mahjong 6p Carolina Aging Alliance Pizza Night*</p>	<p>14 9a Qigong 10a Virtual Reality* 11a Gardening with Recipe for Success (V) 11a Open Art/Craft Room No Cardio Drumming today. 2p Crochet Club</p>	<p>15 10a Recipe for Success (V) 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes</p>	<p>16 9:15a Chair Yoga (\$3)(V) 10a Trivia with Tina 11a “By Any Other Name” Book Club* 1p Friday Favorite Movies – “9-5” *</p>
<p>The Evergreens Lifestyle Center is closed today.</p>	<p>20 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Dominoes & Mahjong</p>	<p>21 9a Qigong 10a Virtual Reality* 11a Open Art/Craft Room No Cardio Drumming today. 2p Crochet Club</p>	<p>22 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes</p>	<p>23 9:15a Chair Yoga (\$3)(V) 9:30a Greensboro History Museum Day Trip (\$5)* 10a Trivia with Tina 11a “By Any Other Name” Book Club* 1p Friday Favorite Movies – “The Boys in the Boat” *</p>
<p>9:15a AHOY (\$3) (V) 1p Arthritis Foundation Exercise Program (\$4) 2:30p Wigs for Beginners</p>	<p>27 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Dominoes & Mahjong</p>	<p>28 9a Qigong 10a Virtual Reality* 11a Open Art/Craft Room 1p Cardio Drumming (\$4)* 2p Crochet Club</p>	<p>29 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes</p>	<p>30 9:15a Chair Yoga (\$3)(V) 10a Donuts with the Director 11a “By Any Other Name” Book Club* 1p Friday Favorite Movies – “Hachi” *</p>

Monday

Tuesday

Wednesday

Thursday

Friday

February 2025

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

<p>9:15a AHOY (\$3) 3 (V) 10:15a Seeds & Weeds Garden Club (Flower Arranging) 1p Arthritis Foundation Exercise Program (\$4)</p>	<p>9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Dominoes & Mahjong</p> 	<p>4 9a Qigong 10a Virtual Reality * 11a Open Art/Craft Room 1p Cardio Drumming (\$4) * 2p Crochet Club</p>	<p>5 10a Recipe for Success (V) 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 2p Building Stronger Bones with Humana</p>	<p>6 9:15a Chair Yoga (\$3)(V) 10a Trivia with Tina 11a "Before We Were Yours" Book Club * 1p Friday Favorite Movies – "Love Story" * 1p Monthly Birthday Celebration with Fields Realty</p>
<p>9:15a AHOY (\$3) 10 (V) 1p Arthritis Foundation Exercise Program (\$4)</p> 	<p>9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Dominoes & Mahjong 6p Carolina Aging Alliance Pizza Night *</p>	<p>11 9a Qigong 10a Virtual Reality * 11a Valentine's Chocolate Treats with Tina (\$5) * 1p Cardio Drumming (\$4) * 2p Crochet Club</p> 	<p>12 9a Fall Recovery (\$4) * 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes</p>	<p>13 9:15a Chair Yoga (\$3)(V) 10a Trivia with Tina 11a "Before We Were Yours" Book Club * 1p Valentine's Social with Southern Insurance Services</p>
<p>9:15a AHOY (\$3) 17 (V) 10:30a Day Trip – Escape Room (40) * 1p Arthritis Foundation Exercise Program (\$4)</p>	<p>9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Dominoes & Mahjong</p>	<p>8 9a Qigong 10a Virtual Reality * 11a Open Art/Craft Room 11a Gardening with Recipe for Success (V) 1p Cardio Drumming (\$4) * 2p Crochet Club</p>	<p>19 10a Recipe for Success (V) 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 2:30p Black History Month Trivia *</p>	<p>20 9:15a Chair Yoga (\$3)(V) 10a Trivia with Tina 11a "Before We Were Yours" Book Club * 1p Friday Favorite Movies – "The Princess Bride" *</p>
<p>9:15a AHOY (\$3) 24 (V) 10a AI Tech Class with Doug sponsored by Fyzical 10a Mexico City Travelogue * 1p Arthritis Foundation Exercise Program (\$4)</p>	<p>9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Dominoes & Mahjong</p>	<p>25 9a Qigong 10a Virtual Reality * 11a Open Art/Craft Room 1p Cardio Drumming (\$4) * 2p Crochet Club</p>	<p>26 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes</p> 	<p>27 9:15a Chair Yoga (\$3)(V) 10a Mixed Media Art Class with Mary Ellen * 10a Donuts with the Director 11a "Before We Were Yours" Book Club * 1p Friday Favorite Movies – "Jane Eyre" *</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 for reservations.

JANUARY - FEBRUARY 2025 RURAL OUTREACH LUNCHEONS



Moriah (Southeast)
Moriah United Methodist
Church,
3611 Liberty Road

January 7th (Tuesday), 10:30 am-12:00 pm, Dr. Cassandra Germain,
Dementia: Early Warning Signs and How to Reduce Your Risks.
February 4th (Tuesday), 10:30 am-12:00 pm, Team Trivia.

Oak Ridge
Oak Ridge First Baptist
Church,
2445 Oak Ridge Road

January 1st (Wednesday), Cancelled for New Year's Day.
February 5th (Wednesday), 10:30 am-12:00 pm, Team Trivia.

Colfax
Shady Grove Wesleyan
Church,
119 Bunker Hill Road

January 14th (Tuesday), 10:30 am-12:00 pm, Dr. Cassandra Germain,
Dementia: Early Warning Signs and How to Reduce Your Risks.
February 11th (Tuesday), 10:30 am-12:00 pm, Team Trivia.

Stokesdale
Stokesdale United
Methodist Church,
8305 Loyola Drive

January 9th (Thursday), 10:30 am-12:00 pm, Dr. Cassandra Germain,
Dementia: Early Warning Signs and How to Reduce Your Risks.
February 13th (Thursday), 10:30 am-12:00 pm, Team Trivia.

Summerfield
Summerfield Community
Center,
5404 Centerfield Road

January 16th (Thursday), 10:30 am-12:00 pm, Dr. Cassandra Germain,
Dementia: Early Warning Signs and How to Reduce Your Risks.
February 20th (Thursday), 10:30 am-12:00 pm, Team Trivia.



Dominoes**Tuesdays & Thursdays at 2pm**

Join Earla twice a week for the classic board game, dominoes! No experience required and beginners are welcome.

Carolina Aging Alliance Pizza Nights**Second Tuesday of each month at 6pm**

Carolina Aging Alliance is a nonprofit organization that advocates for and provides services to LGBTQ+ persons 50 and over. Join us for pizza and a movie in January and pizza and games in February. Sign up is required.

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.

Virtual Reality**Wednesdays at 10am**

Explore the exciting and engaging world of VR! Learn to use Meta VR headsets with Tina and explore new worlds. Please sign up for this activity by calling 336-373-4816 ext 280.

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.



FRIDAY FAVORITE MOVIES
MOVIES SELECTED BY YOU!

FRIDAYS IN JANUARY AT 1PM

January 3: Evangeline Thorne's Favorite - "McLintock!"
McLintock is a 1963 American Western comedy starring John Wayne & Maureen O'Hara.

January 10: Doris Hoover's Favorite - "You Can't Take It With You."
This is a 1928 American romantic comedy starring Jean Arthur & James Stewart.

January 17: Laura Thompson's Favorite - "9 to 5."
This is a 1980's American comedy starring Jane Fonda, Lily Tomlin, & Dolly Parton.

January 24: Gail Miller's Favorite - "The Boys in the Boat."
This is a 2023 American sports drama produce and directed by George Clooney.

January 31: Dianne Cates's Favorite - "Hachi: A Dog's Tale."
Hachi is a 2009 American drama remade from a Japanese film.

Space is limited!
Call to sign up at
336-373-4816 ext 280.



FRIDAY FAVORITE MOVIES
Fridays at 1pm

February 7: Pat Davis's Favorite - "Love Story."
A 1970 American romantic drama starring Ali McGraw and Tommy Lee Jones.

February 21: Patricia Coates's Favorite - "The Princess Bride."
A 1987 American fantasy adventure rated as one of the funniest movies in the country.

February 28: Jan Kearney-King - "Jane Eyre."
The 1943 American adaptation starring Orson Welles & Joan Fontaine.

Space is limited! Call to register at
336-373-4816 ext 280.

Evergreens Lifestyle Center



BINGO

Sponsored by:




AVID
HEALTH AT HOME
Because patient care is personal.

**TUESDAY,
JANUARY 7
11 AM**

REGISTRATION REQUIRED.
CALL TO REGISTER ON
DECEMBER 2
(336) 373-4816, EXT 280

Evergreens Lifestyle Center

Make a
Perpetual Calendar
with Carol King



Learn how to make a perpetual calendar that you can use year after year!
Wednesday, January 8 at 10am
Space is limited! Registration is required.
Call (336) 373-4816 extension 280 starting January 2 to register.
1401 Benjamin Parkway, Lower Level

RE/MAX
Realty Consultants

Join Bethany Fields,
Seniors Real Estate Specialist,
for a healthy snack and presentation
on

**WHAT TO EXPECT WHEN YOU
MEET WITH A FINANCIAL ADVISOR
&
10 QUESTIONS TO ASK AN ELDER
LAW ATTORNEY**

JAN 13 3 PM

"As a Seniors Real Estate Specialist, I have access to resources and solutions tailored specifically to your situation. My goal and priority is to provide information and assistance in navigating the process to achieve your real estate goals, while exceeding expectations for communication and client satisfaction."



Bethany

EVERGREENS LIFESTYLE CENTER
336-373-4816 EXT 280



**WIGS FOR BEGINNERS
WITH EMILY SMITH
JANUARY 27, 2025
2:30PM**

Over 50% of older adult women experience hair loss as they age. Wigs are an easy option to increase your confidence! Spend an hour with experienced wig-wearer Emily Smith. Share your experiences with hair loss and wigs, ask questions, and enjoy an informal and fun discussion on all-things wigs.

Evergreens Lifestyle Center
Lower Level
1401 Benjamin Parkway
Greensboro

Come and make

**VALENTINE'S DAY
CHOCOLATE TREATS**

Join Tina for a class in making delicious Valentine treats with chocolate!
**Wednesday, February 12
11 am**
Registration and Supply Fee Required
To register, call (336) 373-4816 extension 280

Evergreens Lifestyle Center
1401 Benjamin Parkway
Lower Level

JOIN SOUTHER INSURANCE SERVICES
FOR A VALENTINE'S DAY SOCIAL



**FRIDAY, FEB 14
1PM**

TREATS ♥ GAMES ♥ PRIZES

SOUTHER INSURANCE SERVICES, LLC
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336-373-4816 EXT 280

**BLACK
HISTORY
monthly**

Trivia


JOIN THE
EVERGREENS LIFESTYLE CENTER
ON
**THURSDAY, FEBRUARY 20
AT 2:30PM**

PLEASE SIGN UP TO PLAY BY MONDAY, FEBRUARY 10. ALL PARTICIPANTS WILL BE RANDOMLY PLACED ON A TEAM TO PLAY. THE WINNING TEAM WILL THEN PLAY AS INDIVIDUALS AGAINST EACH OTHER UNTIL THERE IS A SINGULAR WINNER. THE WINNER RECEIVES A GIFT CARD PRIZE TO BEN'S BOYZ RESTAURANT!

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

Evergreens Lifestyle Center - (336) 373-4826 ext 280


**ARTIFICIAL
INTELLIGENCE:
CONCERNS, PROS, AND CONS**



JOIN INSTRUCTOR DOUG ELLIOTT FOR A LIVELY DISCUSSION ON HOW ARTIFICIAL INTELLIGENCE WORKS AND HOW IT WILL INFLUENCE THE FUTURE

MONDAY, FEBRUARY 24 AT 10AM

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Evergreens Lifestyle Center

**Mixed Media
with Mary Ellen**



Join Mary Ellen Weaver for this fun class and create your own mixed media masterpiece!
Friday, February 28 at 10am

Evergreens Lifestyle Center
1401 Benjamin Parkway
Lower Level

Registration Required ~ Space is Limited
Call (336) 373-4816, extension 280 to register.

Unique Challenges of Caring for an Aging Spouse

Caring for an aging spouse can often be the most challenging decision ever made in a marriage. It forces the couple to have to re-write the relationship’s expectations. While one spouse has taken on the role of caregiver in light of the waning health of their partner, the other spouse feels guilty at being a burden. An illness or age-related decline can overtake the relationship causing the caregiving spouse to be ignored or overlooked in favor of the ill partner at a time when they need assistance the most. Recent studies suggest that while a spouse will protect and care for his or her partner, they often report more depression, anxiety, and financial loss than other married couples of the same age. Because of the sudden nature in this shift in relationship duties, the caregiving spouse also is not prepared for the mental toll this change can have on their emotional well-being. But there are ways that spouses can prepare each other for this possibility.

- Have a Conversation About Aging.** When a marriage is new, thoughts about aging are on the back burner as you begin your new life together. Make time to have the conversation.
- Get Needed Help.** The burdens of caring for a spouse can build, making it hard to have patience with daily tasks, appointments, or unexpected issues. Ask for help from friends, family, or professionals.
- Allow Time to Accept the Relationship’s Changes.** The caregiving spouse must manage any medical issues their husband or wife needs immediately, but the caregiver needs time to process the relationship’s new roles. A new caregiver needs time to mourn the lifestyle they used to have.
- Be Informed About the Spouse’s Physical Needs.** Learn as much as you can about diagnoses to help make your job easier and help you be the best caregiver you can be.
- Include the Ill or Aging Spouse in Decisions When Possible.** Many times, the spouse in need of care is still mentally capable of helping make decisions. Allow them to have an active role in as many decisions as possible. This will remind them they are still valuable and play a vital role in the home.
- Retain the Aging Spouse’s Dignity.** Maintaining the relationship as a couple should include acknowledgement that the ill spouse is still human. Allow them to do tasks they can perform and don’t expect to do everything for them. The key is to realize this is no longer an isolated situation and help is available. A serious illness or aging issues should not rock the foundation of a marriage.



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

January 9 & February 13
at the High Point Public Library
with Hospice of the Piedmont.

Sign up at HospiceofthePiedmont.org/events

Memory Café at Jamestown United Methodist Church (403 E Main Street)

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.

FEATURED PARTICIPANT

14



Meet Chipper Nuckles

If you've been to Evergreens on Mondays or Fridays, you have likely met Chipper Nuckles as he is our instructor for Adding Health to Our Years (AHOY) and Chair Yoga. Chipper is also an active participant at Evergreens.

Chipper was born in Greensboro and graduated from Page High School in 1964. He left for college and did not return to Greensboro for over 50 years! Chipper attended Carson Newnan College in East

Tennessee, the University of Louisville, and Louisville Presbyterian Seminary. He earned a Master's degree in Biblical Archeology from the University of Louisville, and a Master's degree from Louisville Presbyterian Seminary. After college, Chipper taught high school in West Africa, Brazil and Kentucky, and worked for the IRS and Bank of America, and in pastoral ministry.

"A test I took revealed I should have been a Protestant monk," Chipper joked.



Chipper has been married for 21 years and has a daughter who is 41.

Chipper says his professional life was primarily in the field of education. "Never gifted in sports or music, it was obvious to me that my future would be academic," says Chipper. He says he didn't discover his ability with art until long after he retired. Chipper has his paintings displayed in the Evergreens Lifestyle Center and has taught

several art classes for us. "I sometimes joke that I reached the height of my artistic career in the second grade when my painting was hung in the hallway of Rankin Elementary School," Chipper said. "My last memory of an art effort in school was a crayon drawing of the Great Pyramids of Egypt during the sixth grade."



Besides teaching classes, Chipper is a regular at Trivia time and enjoys our social events. "Looking back, I feel my most successful endeavors with older adults. So, I am enjoying my time at Evergreens both as an instructor and 'aged' participant," said Chipper.



We are delighted to have Chipper as part of Evergreens!

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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.ncshiip.com to find out how SHIIP can help you.

Reach Guilford County SHIIP Coordinator, Chris Mitchell-McFadyen:

336-373-4816 ext 253

shiip@senior-resources-guilford.org

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Senior Resources of Guilford

Evergreens Lifestyle Center

1401 Benjamin Parkway
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- ✓ Home repair programs
- ✓ Options Counseling
- ✓ 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.



January—February 2025

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.

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