



ACTIVE LIVING

EVERGREENS LIFESTYLE CENTER

Promoting Independent Lifestyles

March—April

2025

#srgseniors

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Join Us for Meditation with Christopher Love

Thanks to the generosity of the Triad Retirement Living Association, we are thrilled to welcome back Christopher Love for a series of meditation classes. These classes are offered at no cost, but space is limited and you must sign up for them ahead of time.

Meditation has many benefits for older adults! Just 10 minutes a day of meditation can lower stress levels, reduce inflammation, assist in relieving chronic pain, and increase sleep quality. Researchers found that meditation helps people manage addictions and make better decisions regarding smoking, substance abuse, and other addiction-driven behaviors. In an eye-opening study, brain scans of older adults who meditated showed that the brain age of someone who meditates is, on average, seven years younger than their actual age. In other words, the brain age of a 70-year-old person who meditates will be 63 years old.

Join us Fridays at 2pm. Register by calling 336-373-4816 ext 280.



SURVEY RESULTS MEETING



WEDNESDAY, MARCH 12
AT 10AM



Evergreens Lifestyle Center
Lower Level
1401 Benjamin Parkway



The people have spoken!
Join Julie & Tina for muffins and coffee to learn the results of our latest participant survey and what changes we are considering in the senior center. Share your thoughts about the future of your center!

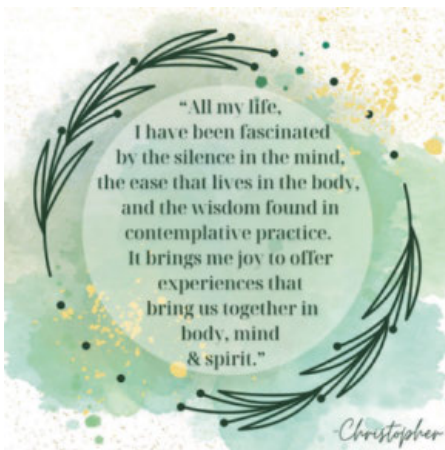
Evergreens Lifestyle Center
336-373-4816 ext 280

Topic

Date

Meditation for Anxiety	March 7
Meditation for Chronic Pain	March 14
Meditation for Compassion and Kindness	March 21
Meditation for Forgiveness & Letting Go	March 28
Meditation for Gratitude & Joy	April 4

About Christopher:



Christopher Love, MA, E-RYT is a healer, mediator, yoga instructor, and life coach. His greatest passion is helping people open their minds and hearts through compassionate and contemplative practice. Christopher holds an advanced E-RYT certification with the National Yoga Alliance. He has extensive experience teaching for studios and teacher training programs and has led national retreats, programs in churches and schools, as well as for corporate and private clients.

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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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.

Friday, March 21:

Tanger Outlet Shopping Trip (\$15)



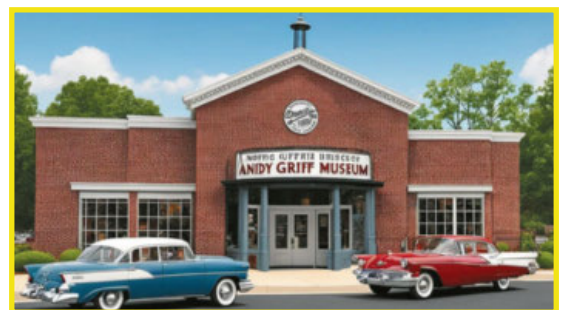
Over 50 outlet stores are available at Tanger Outlets in Mebane including Adidas, Coach, Old Navy, Simply Southern, and Gap. After 2 hours of shopping

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.

Thursday, April 10:

Mt. Airy & Andy Griffith Museum (\$60).

Take a ride in an open-air trolley through the magical city of Mt. Airy with Good Time Trolley Tours! The 60-minute tour is filled with rich views of historical sites and you'll hear exciting stories and facts about Mayberry and The Andy Griffith Show. Following the tour, we'll visit the Andy Griffith



Museum followed by lunch at Chase and Charli by the River (lunch is not included in the price of the trip). This trip leaves SRG at 8:30am and will return by 5pm. A high amount of walking is required for this activity. Sign up starts March 17 (you must sign up in person). Payment is required by March 31.

Evergreens Lifestyle Center

March Travelogue

Ireland
The Emerald Isle



Join us as we armchair travel to Ireland for St. Patrick's Day and learn about Ireland's rich history and see the wonderful sights of the Emerald Isle! We will also enjoy an Irish treat!

Monday
March 17
10am

We heard your feedback!
NEW FORMAT!


1401 Benjamin Parkway
Lower Level

REGISTRATION REQUIRED
Sign Up March 3
(336) 373-4816 ext 280

Evergreens Lifestyle Center

April TRAVELOGUE

Chile



New Format!

Come join us on our armchair travels and experience the magic and wonder of Chile, from its bustling cities to its wild beauty! We will also sample a traditional Chilean treat.

MONDAY, APRIL 14
10AM

REGISTRATION REQUIRED
CALL (336) 373-4816 EXT 280
TO REGISTER

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

DOUBLE TREE
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**WHO ARE REFUGEES,
AND WHY SHOULD WE CARE**

AN AMUSING INTRODUCTION TO INTERNATIONAL RELATIONS

Presented by Peter Lindsay,
Refugee Outreach Coordinator with Senior Resources of Guilford

	Friday, March 7 at 11am	 All are welcome!
	Evergreens Lifestyle Center Lower Level 1401 Benjamin Parkway	

Contact us with questions at
336-373-4816 ext 280

There is a growing interest among participants in the Evergreens Lifestyle Center who have noticed multicultural outreach events taking place in our shared space. You may have seen Peter Lindsay, our Refugee Outreach Coordinator, during these events or in the Art Room in his free time. As a Refugee Outreach Coordinator, Peter advocates for and provides services to older adults who have been forced to leave their countries in order to escape war, persecution, or natural disaster.

Peter has advanced degrees in political science and international conflict resolution and is a professional facilitator. You'll have a chance to ask him questions, learn more about those we invite into our communities, and leave with a renewed appreciation for the perseverance of our fellow humans. This is a unique opportunity to learn about current events.

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~ References Available ~
nc.homebuilder@yahoo.com
JECHASECONSTRUCTION.COM

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MARCH BOOK CLUB AT THE EVERGREENS LIFESTYLE CENTER



WATER FOR ELEPHANTS
BY SARA GRUEN

When Jacob Jankowski, recently orphaned and suddenly adrift, jumps onto a passing train, he enters a world of freaks, drifters, and misfits, a second-rate circus struggling to survive during the Great Depression, making one-night stands in town after endless town.

Beautifully written, *Water for Elephants* is illuminated by a wonderful sense of time and place. It tells a story of a love between two people that overcomes incredible odds in a world in which even love is a luxury that few can afford.

FRIDAYS AT 11
3/14, 3/21, 3/28

CALL TO SIGN UP
336-373-4816 EXT 280

April Book Club at the Evergreens Lifestyle Center

“ELEANOR OLIPHANT IS COMPLETELY FINE”

Eleanor Oliphant Is Completely Fine is the smart, warm, and uplifting story of an out-of-the-ordinary heroine whose deadpan weirdness and unconscious wit make for an irresistible journey as she realizes the only way to survive is to open your heart.

by Gail Honeyman

FRIDAYS IN
APRIL AT 11AM
April 4, April 11,
April 25

Books are limited! Call to reserve your book March 21:
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.



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)

Mondays1:30 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

Strength + Safety: Recovering From Falls

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. Taught by Michele Walker. \$4

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

JOIN
BETHANY FIELDS
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RE/MAX
Realty Consultants

FOR A HEALTHY SNACK & PRESENTATION ON

3 WAYS TO ALMOST INSTANTLY IMPROVE YOUR MOOD
&
HOW TO APPROACH DIFFICULT FAMILY CONVERSATION

MONDAY, MARCH 10 AT 3PM

EVERGREENS LIFESTYLE CENTER
LOWER LEVEL
1401 BENJAMIN PARKWAY

SENIOR RESOURCES OF GUILFORD

All About Vitamins & Minerals

We all need vitamins and minerals to survive. Fortunately, most of the vitamins and minerals you need come from food. However, if you are deficient in certain vitamins, that can lead to unwanted health problems. Talking with your physician about your vitamin needs can help, and if needed they can prescribe a vitamin or supplement for you to take. Here are some of the key vitamins for older adults and the sources where you can find them from the National Institute on Aging.

Vitamin A. *Food Sources:* Vitamin A can be found in foods such as eggs and milk, carrots, and mangoes. Men should aim for 900 mcg and women should aim for 700 mcg daily.

Vitamin B1 (Thiamin). *Food Sources:* Vitamin B1 is found in meat, especially pork, and fish, whole grains and fortified breads, cereals, and pastas. Men should aim for 1.2 mcg and women should aim for 1.1 mcg daily.

Vitamin B2 (Riboflavin). *Food Sources:* Vitamin B2 is found in eggs, organ meat, such as liver and kidneys, and lean meat, asparagus, and broccoli. Men should aim for 1.3 mg and women should aim for 1.1 mg daily.

Vitamin B3 (Niacin). *Food Sources:* Vitamin B3 is found in nuts, legumes, grains, poultry, beef, and fish. Men should aim for 16 mg and women should aim for 14 mg daily.

Vitamin B6. *Food Sources:* Vitamin B6 is found in fish, beef liver, potatoes and other starchy vegetables, and non-citrus fruit. Men should aim for 1.7 mg and women should aim for 1.5 mg daily.

Vitamin B12. *Food Sources:* Vitamin B12 is found meat, fish, poultry, milk, and fortified breakfast cereals. Some people over 50 have trouble absorbing the vitamin B12 found naturally in foods. They may need to take vitamin B12 supplements and eat foods fortified with this vitamin. Both men and women should aim for 2.4 mcg daily.

Vitamin C. *Food Sources:* Citrus fruits, tomatoes, and potatoes can be a large source of vitamin C. Men should aim for 90 mg and women should aim for 75 mg daily.

Calcium. *Food Sources:* Calcium is a mineral that is important for strong bones and teeth, so there are special recommendations for older people who are at risk for bone loss. You can get calcium from milk and other dairy, some forms of tofu, dark-green leafy vegetables, soybeans, canned sardines and salmon with bones, and calcium-fortified foods. Women and men over age 71 need 1,200 mg daily but should not consume more than 2,000 mg daily.


Vitamin D. *Food Sources:* Vitamin D is found in fatty fish, fish liver oils, fortified milk and milk products, and fortified cereals. For both men and women, if you are age 51-70, you need at least 15 mcg but not more than 100 mcg daily. If you are over age 70, you need at least 20 mcg but not more than 100 mcg daily.

Want to learn more about vitamins & supplements?

Check out our wellness class in March!




MARCH WELLNESS CLASSES WITH HUMANA
at the Evergreens Lifestyle Center



**MENTAL WELLNESS:
A KEY TO WELLBEING**
MONDAY, MARCH 3 AT 3PM
Are thoughts of worries, fears or sadness making it tough to enjoy your life? If so, you're not alone. Learn ideas for managing anxiety and depression, and simple steps that may help you feel better.

THE ABCS OF VITAMINS & SUPPLEMENTS
MONDAY, MARCH 31 AT 3PM
Your body needs vitamins to function, and your needs may change as you age. Learn what each vitamin does, the recommended daily intake, and how to get enough.



presented by
Jill Davis, MS, DipACLM, ACSM-CPT
Health Educator
Humana.

Evergreens Lifestyle Center
Lower Level, 1401 Benjamin Parkway

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:15a AHOY (\$3) 3 (V) 10:15a Seeds and Weeds - Snorkeling 1:30p Arthritis Foundation Exercise Program (\$4) 3p Mental Wellness with Humana</p>	<p>9a Better Balance (\$3) 4 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Games & Mahjong</p> 	<p>10a Virtual Reality * 5 11a Open Art/Craft Room 1p Cardio Drumming (\$4) * 2p Crochet Club 3p Academy Award Nominee Screening - "Nickel Boys" *</p>	<p>10a Recipe for Success (V) 6 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes</p> 	<p>9:15a Chair Yoga (\$3)(V) 7 10a Trivia with Tina 11a Who Are Refugees presentation 1:30p Friday Favorite Movie - "The Forge" * 1p Monthly Birthday Celebrations 2p Meditation *</p>
<p>9:15a AHOY (\$3) 10 (V) 10a Jeopardy 1:30p Arthritis Foundation Exercise Program (\$4) 3p Bethany Fields presentation</p>	<p>9a Better Balance (\$3) 11 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Games & Mahjong 6p CAA Movie Night *</p>	<p>10a Survey Results Meeting 12 11a Open Art/Craft Room 1p Cardio Drumming (\$4) * 2p Crochet Club 3p Academy Award Nominee Screening - "Wicked" *</p>	<p>9a Fall Recovery (\$4) * 13 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes</p> 	<p>9:15a Chair Yoga (\$3)(V) 14 10a Trivia with Tina 11a Water for Elephants book club * 1p Friday Favorite Movie - "The Color Purple" * 1p Shake Your Shamrock party 2p Meditation *</p>
<p>9:15a AHOY (\$3) 17 (V) 10a Ireland Travelogue * 1:30p Arthritis Foundation Exercise Program (\$4)</p>	<p>9a Better Balance (\$3) 18 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Games & Mahjong</p>	<p>10a Virtual Reality 19 11a Gardening (V) 11a Open Art/Craft Room 1p Cardio Drumming (\$4) * 2p Crochet Club 3p Academy Award Nominee Screening - "The Wild Robot" *</p>	<p>10a Recipe for Success (V) 20 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes</p> 	<p>9:15a Chair Yoga (\$3) (V) 21 10a Tanger Outlets Day Trip (\$15) * 11a Water for Elephants book club * 1p Friday Favorite Movie - "Saving Private Ryan" * 2p Meditation *</p>
<p>9:15a AHOY (\$3) 24 (V) 10a Jeopardy 1:30p Arthritis Foundation Exercise Program (\$4)</p> 	<p>9a Better Balance (\$3) 25 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Games & Mahjong</p>	<p>10a Virtual Reality * 26 11a Open Art/Craft Room 1p Cardio Drumming (\$4) * 2p Crochet Club 3p Academy Award Nominee Screening - "A Real Pain" *</p>	<p>10a Digital Photography * 27 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes</p> 	<p>9:15a Chair Yoga (\$3) (V) 28 10a Donuts with the Director 11a Water for Elephants book club * 1p Friday Favorite Movie - "The Bishop's Wife" * 2p Meditation *</p>
<p>9:15a AHOY (\$3) 31 (V) 10a Jeopardy 1:30p Arthritis Foundation Exercise Program (\$4) 3p Vitamins & Supplements with Humana</p>	 <h1 style="color: orange;">March 2025</h1> <p style="color: green;">A * next to an activity means registration is required by calling 336-373-4816 ext 280.</p>			

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>A * next to an activity means registration is required by calling 336-373-4816 ext 280.</p>	<p>9a Better Balance (\$3) 1</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p>	<p>10a Virtual Reality * 2</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p> 	<p>10a Recipe for Success (V) 3</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> <p>2p Health News with Humana</p>	<p>9:15a Chair Yoga (\$3)(V) 4</p> <p>10a Trivia with Tina</p> <p>11a "Eleanor Oliphant" Book Club *</p> <p>1p Friday Favorite Movie – "Experiment in Terror" *</p> <p>2p Meditation *</p>
<p>9:15a AHOY (\$3) (V) 7</p> <p>10:15a Seeds and Weeds - Bees</p> <p>1:30p Arthritis Foundation (\$4)</p> 	<p>9a Better Balance (\$3) 8</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p> <p>6p Carolina Aging Alliance *</p>	<p>10a Virtual Reality * 9</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p> <p>3p Chick Pom Poms *</p>	<p>8:30a Mt. Airy Day Trip (\$60) * 10</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> 	<p>9:15a Chair Yoga (\$3)(V) 11</p> <p>10a Trivia with Tina</p> <p>11a "Eleanor Oliphant" Book Club *</p> <p>1p Friday Favorite Movie – "Divine Secrets of the Ya-Ya Sisterhood" *</p> <p>1p Monthly Birthday Celebrations</p>
<p>9:15a AHOY (\$3) (V) 14</p> <p>10a Chile Travelogue *</p> <p>1:30p Arthritis Foundation Exercise Program (\$4)</p> <p>11a Spring Crafts (\$3) *</p> 	<p>9a Better Balance (\$3) 15</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p>	<p>10a Virtual Reality * 16</p> <p>11a Gardening with Recipe for Success (V)</p> <p>11a Paper Weaving *</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p>	<p>10a Recipe for Success (V) 17</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> <p>11a Spring Crafts (\$3) *</p>	
<p>9:15a AHOY (\$3) (V) 21</p> <p>1:30p Arthritis Foundation Exercise Program (\$4)</p> 	<p>9a Better Balance (\$3) 22</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p> <p>3p Spring Fling with HealthTeam Advantage</p>	<p>10a Virtual Reality * 23</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p>	<p>12:30p Tai Chi (\$3) 24</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> <p>2p Balance Builder with Humana</p>	<p>9:15a Chair Yoga (\$3)(V) 25</p> <p>10a Donuts with the Director</p> <p>11a "Eleanor Oliphant" Book Club *</p> <p>1p Friday Favorite Movie – "Forrest Gump" *</p>
<p>9:15a AHOY (\$3) (V) 28</p> <p>1:30p Arthritis Foundation Exercise Program (\$4)</p> <p>APRIL SHOWERS Bring MAYFLOWERS</p>	<p>9a Better Balance (\$3) 29</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p>	<p>10a Virtual Reality * 30</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</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.

March - April Rural Outreach Luncheons

MORIAH (SOUTHEAST)

Moriah United Methodist Church, 3611 Liberty Road

March 4 (Tuesday), 10:30am-12pm, Fiddler Vance Archer

April 1 (Tuesday), 10:30am-12pm, Financial Advisory Chasity Haley on Post-Retirement Planning

OAK RIDGE

Oak Ridge First Baptist Church, 2445 Oak Ridge Road

March 5 (Wednesday), 10:30am-12pm, Fiddler Vance Archer

April 2 (Wednesday), 10:30am-12pm, Financial Advisory Chasity Haley on Post-Retirement Planning

COLFAX

Shady Grove Wesleyan Church, 119 Bunker Hill Road

March 11 (Tuesday), 10:30am-12pm, Fiddler Vance Archer

April 8 (Tuesday), 10:30am-12pm, Financial Advisory Chasity Haley on Post-Retirement Planning

STOKESDALE

Stokesdale United Methodist Church, 8305 Loyola Drive

March 13 (Thursday), 10:30am-12pm, Hammered Dulcimer player Larry Kirwan

April 10 (Thursday), 10:30am-12pm, Financial Advisory Chasity Haley on Post-Retirement Planning

SUMMERFIELD

Summerfield Community Center, 5404 Centerfield Road

March 20 (Thursday), 10:30am-12pm, Fiddler Vance Archer

April 17 (Thursday), 10:30am-12pm, Financial Advisory Chasity Haley on Post-Retirement Planning



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 March and pizza and games in April. 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.

Monthly Birthday Celebrations

First Friday of each month at 1pm

Join Field Realty/Remax Realty Consultants for a celebration of the month's birthdays with cake!



Evergreens Lifestyle Center presents

Friday Favorite Movies
Fridays at 1pm

*This showing at 1:30pm

<p>MARCH 7: TERESA KING'S FAVORITE, "THE FORGE." After graduating from high school without any plans for the future, Isaiah receives a push to start making better life decisions. (2024)</p>	<p>MARCH 14: MARY ELLEN WEAVER'S FAVORITE, "THE COLOR PURPLE." A tale spanning forty years in the life of Celie, an African-American woman living in the South who survives incredible abuse and bigotry (1985).</p>
<p>MARCH 21: TOM SENTNER'S FAVORITE, "SAVING PRIVATE RYAN." Following the Normandy Landings, a group of U.S. soldiers go behind enemy lines to retrieve a paratrooper whose brothers have been killed in action. (1998)</p>	<p>MARCH 28: DAVID GRONINGER'S FAVORITE, "THE BISHOP'S WIFE." A debonair angel comes to Earth to help an Episcopalian bishop and his wife in their quest to raise money for the new church. (1947)</p>

Space is limited!
Sign up by calling 336-373-4816 ext 280.



Evergreens Lifestyle Center presents

Friday Favorite Movies
Fridays at 1pm

<p>APRIL 4: TREVOR LAYLAND'S FAVORITE, "EXPERIMENT IN TERROR." A man with an asthmatic voice telephones and assaults clerk Kelly Sherwood at home and coerces her into helping him steal a large sum from her bank. (1962)</p>	<p>APRIL 11: EVANGELINE THORNE'S FAVORITE, "DIVINE SECRETS OF THE YA-YA SISTERHOOD." After years of mother-daughter tension, Siddalee receives a scrapbook detailing the wild adventures of the "Ya-Yas", her mother's girlhood friends. (2002).</p>
<p>APRIL 25: CHUCK DURHAM'S FAVORITE, "FORREST GUMP." The history of the United States from the 1950s to the '70s unfolds from the perspective of an Alabama man with an IQ of 75, who yearns to be reunited with his childhood sweetheart. (1994)</p>	

Space is limited!
Sign up by calling 336-373-4816 ext 280.

EVERGREENS LIFESTYLE CENTER

Academy Award Nominee Film Screening Series

ENJOY POPCORN, CANDY, AND SODA WHILE YOU WATCH 2025 OSCAR-NOMINATED FILMS!

MARCH 5 AT 3PM
NICKEL BOYS
The story follows two African-American boys, Elwood and Turner, who are sent to an abusive reform school in 1960s Florida. The film is inspired by the Dozier School for Boys, a now-closed Florida reform school notorious for its abusive treatment of students.

MARCH 12 AT 3PM
WICKED
Set in the Land of Oz, before Dorothy Gale's arrival from Kansas, its plot follows Elphaba, the future Wicked Witch of the West, and her friendship with her classmate Glinda, who becomes Glinda the Good.

MARCH 19 AT 3PM
THE WILD ROBOT
The film follows Roz, a service robot shipwrecked on an uninhabited island who must adapt to her surroundings, build relationships with the local wildlife, and become the adoptive mother of an orphaned goose, Brightbill (Connor).

MARCH 26 AT 3PM
A REAL PAIN
An international co-production between Poland and the United States, it follows mismatched Jewish American cousins who travel to Poland to honor their late grandmother.

SPACE IS LIMITED - CALL TO SIGN UP ON MARCH 31!
336-373-4816 EXT 280

Evergreens Lifestyle Center presents

JEOPARDY!

Join us for an exciting version of the popular TV game show and test your knowledge of a variety of topics!

Monday at 10am
March 10, 24, 31

Evergreens Lifestyle Center
1401 Benjamin Parkway
Lower Level

healthteam advantage


SHAKE YOUR Shamrocks!

WITH HEALTH TEAM ADVANTAGE

INDULGE IN GREEN TREATS AND SEE A LIVE IRISH MUSIC PERFORMANCE BY THE NEW POTATOES!

FRIDAY, MARCH 14 AT 1 PM

EVERGREENS LIFESTYLE CENTER
1401 BENJAMIN PARKWAY, LOWER LEVEL
(336) 373-4816 EXTENSION 280



EVERGREENS LIFESTYLE CENTER

DIGITAL PHOTOGRAPHY WORKSHOP WITH ROD BRUCKDORFER

Discover the beauty of your world through the lens of your camera! Our workshop is the perfect place to learn about photography techniques.

Workshop Highlights:

- Basic Composition:** Geared toward the digital point and shoot camera. Also applies to cell phone cameras.
- Basic composition** includes isolating the subject, leading lines, left to right, rule of thirds and the person behind the lens.
- Expert Guidance:** Rod Bruckdorfer is an seasoned photographer with many years of experience in manual and digital photography.

THURSDAY, MARCH 27
10AM - 11AM
1401 BENJAMIN PKWY LOWER LEVEL

SPACE IS LIMITED - REGISTRATION REQUIRED - CALL (336) 373-4816 EXT 280

Come and make

Chick Pom Poms

Join Rhyan for an art class where you can make cute chicks out of pom poms

Wednesday, April 9th
3pm



Space is limited! Call to sign up!

Evergreens Lifestyle Center
336-373-4816 ext 280

Spring Crafts WITH KATHY

2 CRAFTS IN 1 SESSION FOR \$5

DISH TOWEL BUNNY & BUTTON BOUQUET

4/14 at 11am or 4/17 at 11am

\$3

RESERVE YOUR SPOT BY CALLING ON 4-1

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EVERGREENS LIFESTYLE CENTER

SPRING Fling

Live Music by The Hood Swings!

Sponsored By: healthteam advantage

Snacks!

TUESDAY, APRIL 22 AT 3PM
EVERGREENS LIFESTYLE CENTER
1401 BENJAMIN PARKWAY
LOWER LEVEL
(336) 373-4816 EXT 280

EVERGREENS LIFESTYLE CENTER

PAPER WEAVING

with Lenora Bruckdorfer

Come learn how to weave colored and printed paper into beautiful designs!

Wednesday, April 16 at 11am
Space is Limited - Registration Required

Evergreens Lifestyle Center
1401 Benjamin Parkway
Lower Level
(336) 373-4816, extension 280

EVERGREENS LIFESTYLE CENTER ARTS & CRAFT FAIR/YARD SALE

Join us for our first Arts & Craft Fair/Yard Sale at the Evergreens Lifestyle Center. Tables are \$10. You keep all your sales!

Saturday, May 17 beginning at 8am

Registration and table fee due by May 5. Need more info? Call us at (336) 373-4816, ext. 280.

Coping with Post Traumatic Caregiving

Many caregivers do not have the luxury of slowly moving into the role of caregiver; most are thrust into this role without notice. Many caregivers begin their journey experiencing symptoms of Post Traumatic Stress Disorder (PTSD) like nightmares, flashbacks, emotional distress, or physical reactivity to traumatic reminders. Trauma therapists know very well the impact of being exposed to situations that overwhelm one’s ability to cope. Post Traumatic Caregiving (PTCG) can be thought of as a precursor to PTSD, having the additional dimension that the triggering event has happened to a loved one and often involves a cascade of critical moments. The caregiving journey is filled with ups and downs, gains and losses. Decisions made during the initial stages of caregiving can have a profound impact on both the caregiver and the care recipient. Identifying when one is dealing with PTCG is one way caregivers can practice the art of caregiving and self-healing simultaneously. Most caregivers do not go on to develop PTSD due to multiple factors, not the least of which is their resiliency during crucial moments. Almost all will experience PTCG as a natural stress response to high stress situations. Psychotherapy, supported by cutting edge techniques and sometimes medications, is standard treatment for PTSD. Caregivers experiencing PTCG are well know for the “where will I find time for that?” response when told to practice self-care. While professional treatment would be beneficial, there are some practical techniques that one can practice while going about the busy-ness of caregiving.

- **Don’t wait for someone to offer help.** Tell people what you need.
- **Put down the caregiver’s handbook and pick up a novel.** Reading about all the challenges ahead can re-traumatize you.
- **Get “techy” with it.** There are countless websites and apps to bring experts into the home.
- **Create a sacred space wherever you can.** Use the down moments at the doctor’s office or driving as meditative moments
- **Open yourself up to the kindness of strangers.** Many helpful encounters come out of nowhere and from unknown people.



Adapted from “Coping with Post Traumatic Caregiving” by Mike Verano

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

March 13—Social Gathering
April 10—Book Kick Off
at the High Point Public Library
with Hospice of the Piedmont.

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 Beverly McKerlie

Beverly McKerlie was born in Buffalo, New York and grew up in a nearby town named North Tonawanda. She graduated from North Tonawanda Senior High School. She moved to Greensboro in 1997. She was hired by FedEx in 1982 and spent 35 years as a courier! She loved the people.

“I had the same route for so long and knew the people very well,” she said. “I watched kids grow up.

People were like family.”

Beverly graduated from GTCC in 2008 with an associates degree in Business Administration. Getting her degree was on her bucket list. “My kids and I did homework together!” she said.

Beverly has 2 children, a son who is 33 and lives in Turkey, and a daughter who is 31 and lives in Spencer, North Carolina. She has a brother and a sister who still live in New York.

Beverly is an active volunteer, and her volunteer work was invaluable to the Evergreens Lifestyle Center during the 2024 Silent Auction! She brought in numerous donations and worked the auction for both days. She has also been an active volunteer for the

American Cancer Society’s Relay for Life for a number of years.

Beverly loves to sew in her spare time! She loves to sew baby quilts and makes unique wine coasters. She loves to travel and has been to Iceland, where her mother was from, several times. She has also visited Australia, Alaska and the Caribbean. Beverly also spent time running 5K marathons!

Beverly found Evergreens online when she was looking for someplace to go during the day. She loves the exercise classes, especially Cardio Drumming, and she loves the art classes, the

travelogue and “anything with food,” she said! “I’ve made a lot of nice friends,” Beverly shares.

“I encourage everyone to check it out.

Evergreens has a nice well-rounded calendar, and there’s something for everyone!”

We’re delighted to have Beverly at Evergreens!



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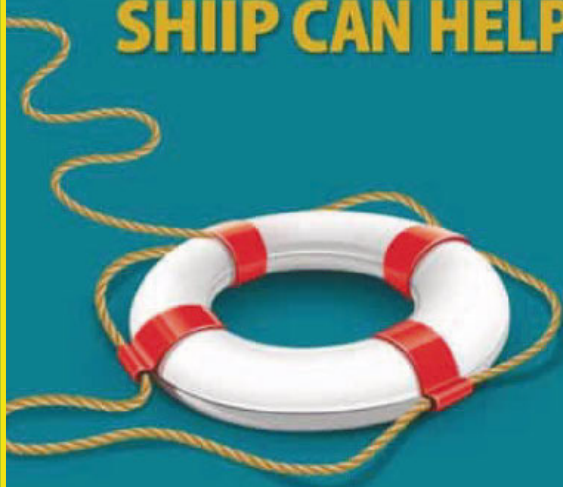
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Su 12 pm - 5 pm



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 can help you.

Reach Guilford
 County SHIIP
 Coordinator,
 Chris Mitchell-
 McFadyen:

336-373-4816 ext 253

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Information & Referral

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- ✓ 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.

March—April 2025

OUR MISSION

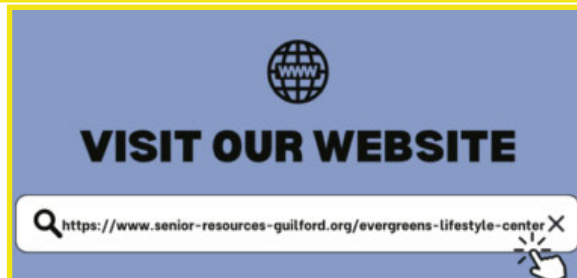
The mission of Senior Resources of Guilford is to serve our diverse community of seniors and their families by advocating and providing supportive services that enhance the independence, health and quality of life for seniors. The purpose of the Evergreens Lifestyle Center is to provide a comfortable, 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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