



ACTIVE LIVING

EVERGREENS LIFESTYLE CENTER

Promoting Independent Lifestyles

November—December

2024

#srgseniors

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Celebrate the Holidays with Us!

Food Drive

for the
One Step Further
Community Support & Nutrition Program

NOVEMBER 1 - NOVEMBER 22

- Canned chicken or tuna (packed in water)
- Canned vegetables (low sodium is best)
- Beans (canned or dried - if canned, low sodium is best)
- Canned fruit (packed in natural juice is best)
- Applesauce (unsweetened)
- Rice
- Crackers
- Breakfast items: cereal, oatmeal, grits, pancake mix, granola, bars
- Yeast packets
- Flour and sugar (or Stevia)
- Oil (vegetable or canola)

EVERGREENS LIFESTYLE CENTER, LOWER LEVEL
1401 BENJAMIN PKWY, GREENSBORO

THANKSGIVING PIE PARTY

CELEBRATE THE SEASON WITH A PIE POTLUCK!
BRING YOUR FAVORITE PIE TO SHARE ON
WEDNESDAY, NOVEMBER 13 AT 2:30PM

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

Thanksgiving Potluck

Turkey Generously Provided by
Griswold Home Care

GRISWOLD
HOME CARE

**WEDNESDAY,
NOVEMBER 27 AT 12PM**

Please sign up to bring a
side or dessert to share!

336-373-4816
ext 280

Lower Level
1401 Benjamin Parkway
Greensboro

Holiday Crafting Workshops with Kathy at the Evergreens Lifestyle Center

**Holiday Rock
Painting**
Monday,
December 9 at
2:30pm **\$3**

**Christmas Tree
Button Art**
Wednesday,
December 18 at
11am **\$5**

Space is limited!
Sign up for classes on
Monday, December 2 by calling
336-373-4816 ext 280.



JOIN US FOR AN
AFTERNOON OF

COOKIES & CAROLS

Sponsored by Griswold Home Care

**MONDAY, DECEMBER 16
AT 3PM**

EVERGREENS LIFESTYLE CENTER
LOWER LEVEL
1401 BENJAMIN PARKWAY
GREENSBORO

Enjoy cookies,
hot chocolate,
and a singalong
of your favorite
holiday songs!

GRISWOLD
HOME CARE

WHITE ELEPHANT GIFT EXCHANGE

THURSDAY, DECEMBER 19 AT 3PM

Join us for hot chocolate, cookies, and a gift
exchange!
If you want to participate in the gift exchange,
you must bring a gift.
Gifts should be wrapped and between \$5-\$10.

EVERGREENS LIFESTYLE CENTER
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

*** Senior Center Director**

Julie Silverman, MSW

seniorcenter@senior-resources-guilford.org

***Activities Assistant**

Tina Wilkins

act-asst@senior-resources-guilford.org

Family Caregiver Specialist

Brent Howerton

caregiver2@senior-resources-guilford.org

Rural Outreach Coordinator

Larry Kirwan

ruraloutreach@senior-resources-guilford.org

Rural Outreach Site Manager

Connie Hicks

rosite@senior-resources-guilford.org

Refugee Outreach Coordinator

Peter Lindsay

refugeepgm@senior-resources-guilford.org

Vietnamese Coordinator

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.

Tuesday, December 10:

Afternoon Tea at the O.Henry Hotel (\$30)

Taking tea in O.Henry’s Social Lobby has become a Greensboro tradition. Savor housemade afternoon tea treats including traditional scones, savory finger sandwiches and sweet treats. Enjoy a



selection of black, green, and herbal tea along with your deluxe tea package. Trip leaves SRG at 2pm. This trip requires very minimal walking. Sign up starts November 4 at 8:30am (you must sign up in person). Payment is required by November 18 (cash or check). The cost also includes gratuity.

Friday, January 24:

Guided Tour of the Greensboro History Museum and Lunch (\$5)

The Greensboro History Museum includes 17,000 square feet of exhibitions with a historic cemetery dating back to the 1700s. Learn more about the city we love with a guided tour! Trip would leave from SRG at 9:30am to arrive at the museum by 10am. The tour is approximately 1.5 hours. After the tour, we will have lunch at Natty Greene’s in downtown Greensboro (lunch is not included in the price). This trip



requires the stamina to navigate the multi-level museum. Sign up starts December 16 at 8:30am (you must sign up in person). Payment is required by January 6 (cash or check).

UPCOMING TRAVELOGUES

3



**MON
NOV
25**

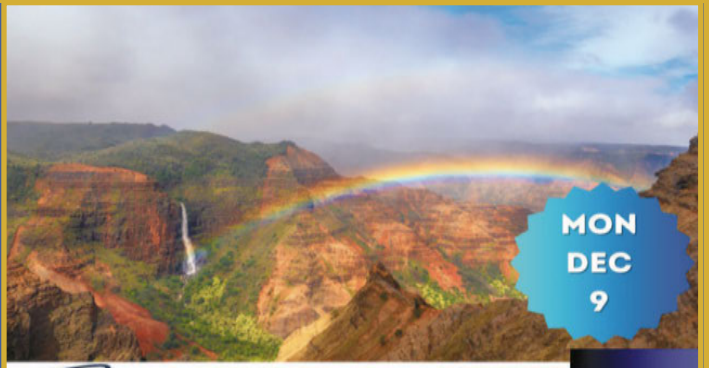
Travelogue

AFRICA

Africa, the second-largest continent has long been a land of mystery and intrigue. Recognized as the "Cradle of Humankind," it was mostly unknown to outsiders until the latter part of the 19th century. Favored among tourists for its wildlife and photography safaris, Africa is where we embark this month on our armchair travels. We will sample West African Lime Cake and learn about this magnificent continent.

**Monday, November 25 at 10am
Evergreens Lifestyle Center
1401 Benjamin Parkway, Lower Level**

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



**MON
DEC
9**

Travelogue

KAUAI, HAWAII

Known as the "Garden Isle," Kauai is the oldest of the main Hawaiian Islands. Kauai is filled with natural beauty, from its verdant rainforests and rugged cliffs to unspoiled beaches and dazzling coral reefs. It's also considered one of the safest and most beautiful of the Hawaiian Islands. Come join us as we visit Kauai, one of the eight main islands of Hawaii, and learn about its history and culture, and sample Hawaiian Pie.

**Monday, December 9 at 10am
Evergreens Lifestyle Center
1401 Benjamin Parkway, Lower Level**

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

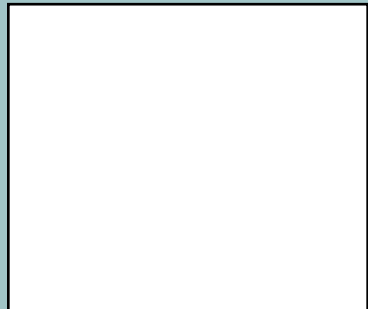
Need help reducing your energy costs?

Weatherization Assistance Program

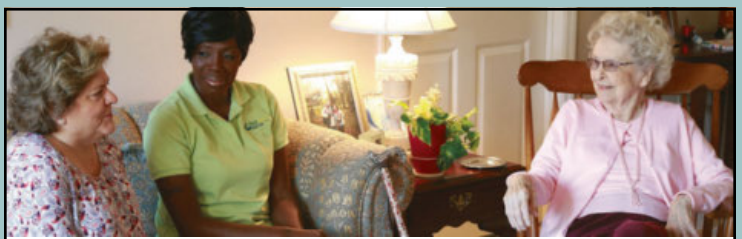
Piedmont Triad Regional Council
Serving Alamance, Caswell, Davidson, Forsyth, Guilford, Person, Randolph, and Rockingham Counties

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:

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



Call us today to schedule a complimentary consultation.
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
November Book Club**

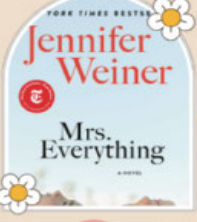


Mrs. Everything

by Jennifer Weiner

Jo and Bethie Kaufman were born into a world full of promise. Growing up in 1950s Detroit, their roles in the family are clearly defined. Jo is the tomboy; Bethie is the pretty, feminine, good girl. But as they come of age in the time of free love and Vietnam, Woodstock and women's lib, Bethie dives headlong into the counterculture while Jo becomes the proper young mother in Connecticut, a witness to the changing world instead of a participant. Is it too late for the women to finally stake a claim on happily ever after? In this epic and moving novel, Jennifer Weiner tells a story of 2 sisters who, with their different dreams and paths, offer answers to the question:
How should a woman be in the world?

Fridays at 11am
November 1: Pages 1 - 143 (part 1)
November 8: 144 - 283 (part 2)
November 15: 284 - 395 (part 3)
November 22: 396 - end (part 4)



Reserve your book by calling 336-373-4816 ext 280.
Registration opens on October 7.

December Book Club at the Evergreens Lifestyle Center

"The Santa Suit"

by Mary Kay Andrews

When newly-divorced Ivy Perkins buys an old farmhouse sight unseen, she is definitely looking for a change in her life. The Four Roses, as the farmhouse is called, is a labor of love—but Ivy didn't bargain on just how much labor. The previous family left so much furniture and so much junk, that it's a full-time job sorting through all of it. At the top of a closet, Ivy finds an old Santa suit—beautifully made and decades old. In the pocket of a suit she finds a note written in a childish hand: it's from a little girl who has one Christmas wish, and that is for her father to return home from the war. This discovery sets Ivy off on a mission. Who wrote the note? Did the man ever come home? What mysteries did the Rose family hold?

Ivy's quest brings her into the community, at a time when all she wanted to do was be left alone and nurse her wounds. But the magic of Christmas makes miracles happen, and Ivy just might find more than she ever thought possible: a welcoming town, a family reunited, a mystery solved, and a second chance at love.

Fridays at 11am
12/6: Pages 1 - 65
12/13: Pages 66 - 134
12/20: Pages 135 - end



Sign up on **November 18!**

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



GRISWOLD
live assured

HOME CARE FOR GREENSBORO

Contact us today:
336.285.7477
Griswoldhomecare.com/Greensboro

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Jason E Chase

NEW HOMES, REMODELS & REPAIRS
(336) 235-8588
 ~ References Available ~
 nc.homebuilder@yahoo.com
JECHASECONSTRUCTION.COM

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WHAT IS HACKING & HOW TO PROTECT YOURSELF: TECHNOLOGY CLASS WITH DOUG ELLIOTT
 Friday, November 15 at 10:30am



No registration required!

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

Thanks to Griswold Home Care, we are excited to offer Doug Elliott’s “What is Hacking & How to Protect Yourself” technology class in November. While Doug’s classes typically occur in the technology room and are limited to 10 participants at a time, this special class will happen in our main room and does not require signing up ahead of time. This will allow us to accommodate more people!

We hope to see you
 Friday, November 15 at 10:30am!

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Sandra Hughes
 Former WFMY News Anchor
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**MEDICARE
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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)

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)



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



STRENGTH & SAFETY: RECOVERING FROM FALLS
with Michele Walker

SECOND THURSDAY OF EACH MONTH AT 10AM


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.

\$24



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.

Upcoming Health Education Opportunities



The Evergreens Lifestyle Center Presents





Victoria's Cooking Secrets

Join Executive Chef and Culinary Educator Victoria Todd-Smith for a lively and fun healthy recipe demonstration!


MONDAY, NOVEMBER 11 AT 3PM

Evergreens Lifestyle Center
1401 Benjamin Parkway
Lower Level




REGISTRATION REQUIRED


Space is limited!
Register by calling (336) 373-4816, ext 280.



Evergreens Lifestyle Center



PARKINSON'S AND MOVEMENT DISORDERS



Presented by Sarah Chambers, MSW, LCSW
LeBauer Neurology/Cone Health
Thursday, December 5 at 2pm
Evergreens Lifestyle Center
1401 Benjamin Parkway, Lower Level

Tips and Tricks for Managing Headaches & Temporomandibular Joint Disorders (TMJ/TMD)

NOVEMBER 20 2024
FROM 02:00 - 3:00 PM
EVERGREENS LIFESTYLE CENTER
LOWER LEVEL
1401 BENJAMIN PARKWAY
GREENSBORO





About the Event

Hang out with Dr. Riley Greeson from Narrow Road Physical Therapy as she goes over basic anatomy of structures involved with these issues and how to best pursue treatment.

WWW.NARROWROADPT.COM

FOR MORE INFORMATION CONTACT 336.373.4816




JOIN CONE HEALTH FOR AN EDUCATIONAL PRESENTATION ON THE SECURE, ONLINE PATIENT PORTAL

MYCHART

BRING YOUR SMART PHONE OR TABLET TO LEARN HOW TO DOWNLOAD AND USE THE APP TO ACCESS MEDICAL RECORDS, CONNECT WITH YOUR MEDICAL TEAM, VIEW TEST RESULTS, AND MORE!

TUESDAY, NOVEMBER 5 AT 3PM **FRIDAY, DECEMBER 6 AT 2PM**



Evergreens Lifestyle Center
Lower Level
1401 Benjamin Parkway, Greensboro

Monday

Tuesday

Wednesday

Thursday

Friday

November 2024

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

<p>No AHOY. 10:15a Seeds & Weeds 1p Arthritis Foundation Exercise Program (\$4) 2:30p Funeral Options</p>	<p>4 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo * 1p Zumba Gold (\$4) 2p Mahjong 2p Creative Writing 3p MyChart</p>	<p>5 10a Financial Scams with Acclaim 10a Virtual Reality * 11a Open Art/Craft Room No Cardio Drumming 1p Karaoke Contest 2p Crochet Club</p>	<p>6 10a Recipe for Success (V) 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club</p>	<p>7 9:15a Chair Yoga (\$3)(V) 10a Trivia with Tina 11a "Mrs. Everything" Book Club * 12p Creative Writing 1p Movie with Aniya - "Free Bird" * Food Drive Starts</p>
<p>No AHOY. 1p Arthritis Foundation Exercise Program (\$4) 3p Victoria's Recipe Secrets *</p>	<p>11 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo * 1p Zumba Gold (\$4) 2p Creative Writing 2p Mahjong 6p Pizza Night with Carolina Aging Alliance *</p>	<p>12 11a Open Art/Craft Room 1p Cardio Drumming (\$4) * 2p Crochet Club 2:30 Pie Party</p>	<p>13 10a Fall Recovery * 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club</p>	<p>14 9:15a Chair Yoga (\$3) (V) 10:30a Hacking 11a "Mrs. Everything" Book Club * 12p Creative Writing 1pm Movie with Aniya - "Gone Fishin'" * 2p Jewelry Club</p>
<p>9:15a AHOY (\$3) (V) 11:30 Movie Day Trip (\$\$) * 1p Arthritis Foundation Exercise Program (\$4)</p>	<p>18 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo * 1p Zumba Gold (\$4) 2p Mahjong 2p Creative Writing</p>	<p>19 10a Virtual Reality * 11a Open Art/Craft Room 11a Gardening (V) 1p Cardio Drumming (\$4) * 2p Crochet Club 2p Headache & TMJ Presentation</p>	<p>20 10a Recipe for Success (V) 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club</p>	<p>21 9:15a Chair Yoga (\$3)(V) 10a Trivia with Tina 11a "Mrs. Everything" Book Club * 12p Creative Writing 1pm Movie with Aniya - "The Hoboken Chicken" * Food Drive Ends</p>
<p>9:15a AHOY (\$3) (V) 10a Africa Travelogue * 1p Arthritis Foundation Exercise Program (\$4)</p>	<p>25 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo * 1p Zumba Gold (\$4) 2p Mahjong 2p Creative Writing</p>	<p>26 10a Virtual Reality * 11a Open Art/Craft Room 12p Thanksgiving potluck No Cardio Drumming 2p Crochet Club</p>	<p>27 The Evergreens Lifestyle Center is closed today.</p>	<p>28 THE EVERGREENS LIFESTYLE CENTER IS CLOSED TODAY.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:15a AHOY (\$3) (V)</p> <p>10a Artificial Intelligence Tech Class *</p> <p>1p Arthritis Foundation Exercise Program (\$4)</p> <p>3p Concert & "Champagne"</p>	<p>9a Better Balance (\$3)</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>11a Bingo *</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p> <p>2:30p Handmade Mini-Books *</p>	<p>10a Virtual Reality *</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio</p> <p>Drumming (\$4) *</p> <p>2p Crochet Club</p> 	<p>10a Recipe for Success (V)</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Parkinson's and Movement Disorders</p>	<p>9:15a Chair Yoga (\$3)(V)</p> <p>10a Trivia with Tina</p> <p>11a "The Santa Suit" Book Club *</p> <p>2p MyChart</p> 
<p>9:15a AHOY (\$3) (V)</p> <p>10a Hawaii Travelogue *</p> <p>1p Arthritis Foundation Exercise Program (\$4)</p> <p>2:30p Holiday Rock Painting (\$3) *</p>	<p>9a Better Balance (\$3)</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>11a Bingo *</p> <p>1p Zumba Gold (\$4)</p> <p>2p Afternoon Tea at the O. Henry Hotel (\$30) *</p> <p>2p Games & Mahjong</p> <p>6p Pizza Night with Carolina Aging Alliance *</p>	<p>10a Virtual Reality *</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio</p> <p>Drumming (\$4) *</p> <p>2p Crochet Club</p> 	<p>9a Digital Photography Workshop *</p> <p>10am Fall Recovery (\$4) *</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p>	<p>9:15a Chair Yoga (\$3)(V)</p> <p>10a Trivia with Tina</p> <p>11a "The Santa Suit" Book Club *</p> 
<p>9:15a AHOY (\$3) (V)</p> <p>1p Arthritis Foundation Exercise Program (\$4)</p> <p>3p Cookies and Carols</p>	<p>9a Better Balance (\$3)</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>11a Bingo *</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p>	<p>10a Virtual Reality *</p> <p>11a Christmas Tree Button Art (\$5) *</p> <p>11a Gardening (V)</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p>	<p>10a Recipe for Success (V)</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>3p White Elephant Gift Exchange</p>	<p>9:15a Chair Yoga (\$3)(V)</p> <p>10a Trivia with Tina</p> <p>11a "The Santa Suit" Book Club *</p> 
<p>9:15a AHOY (\$3) (V)</p> <p>1p Arthritis Foundation Exercise Program (\$4)</p> 	<p><i>The Evergreens Lifestyle Center is closed today.</i></p> 	<p>The Evergreens Lifestyle Center is closed today.</p> 	<p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p>	<p>9:15a Chair Yoga (\$3)(V)</p> <p>10a Donuts with the Director</p> 
<p>9:15a AHOY (\$3) (V)</p> <p>1p Arthritis Foundation Exercise Program (\$4)</p> 	<p>9a Better Balance (\$3)</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>11a Bingo *</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p>	<div style="text-align: center;"> <h1>December 2024</h1>  <p>A * next to an activity means registration is required by calling 336-373-4816 ext 280.</p> </div>		

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.

NOVEMBER - DECEMBER RURAL OUTREACH LUNCHEONS

Moriah (Southeast)

Moriah United Methodist Church, 3611 Liberty Road

- November 5 (Tuesday), 10:30am-12pm, Pinto Bean Auction
- December 3 (Tuesday), 10:30am-12pm, Singer and pianist William Nesmith

Oak Ridge

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

- November 6 (Wednesday), 10:30am-12pm, Pinto Bean Auction
- December 4 (Wednesday), 10:30am-12pm, Singer and pianist William Nesmith

Stokesdale

Stokesdale United Methodist Church, 8305 Loyola Drive

- November 14 (Thursday), 10:30am-12pm, Pinto Bean Auction
- December 12 (Thursday), 10:30am-12pm, Joyful Sounds Quartet

Colfax

Shady Grove Wesleyan Church, 119 North Bunker Hill Road

- November 12 (Tuesday), 10:30am-12pm, Pinto Bean Auction
- December 10 (Tuesday), 10:30am-12pm, The New Age Singers

Summerfield

Summerfield First Baptist Church, 2300 Scalesville Road

- November 21 (Thursday), 10:30am-12pm, Pinto Bean Auction
- December 19 (Thursday), 10:30am-12pm, Singer Alicia Reid

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.

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.

THANKSGIVING MOVIES WITH ANIYA

PRESENTED BY: ANIYA SIMMONS INTERN AND MOVIE BUFF

Registration Required (336)-373-4816 Extention 280

Free Popcorn

November 1st: YOU WANT A PIECE OF ME? FREE BIRDS
 November 8th: THE HOBOKEN CHICKEN
 November 15th: GONE FISHIN'
 November 22nd: BY THE LIGHT OF THE SILVER MOON

EVERGREENS LIFESTYLE CENTER
 1401 BENJAMIN PARKWAY, LOWER LEVEL

Join the Evergreens Lifestyle Center & Carolina Aging Alliance

PIZZA NIGHTS!

Second Tuesday of each month at 6pm

11/12 - Pizza and Games

12/10 - Pizza and Movie

Sign up by calling 336-373-4816 ext 280

Carolina Aging Alliance is a nonprofit organization that advocates for and provides services to LGBTQ+ persons 50 and older. Their mission is to improve the quality of life for all LGBTQ+ older adults through inclusion, advocacy, education, and positive social engagement.

Evergreens Lifestyle Center
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 Greensboro


SEEDS & WEEDS GARDEN CLUB
P R E S E N T S

MASTER NATURALIST

IDA SWENSON

MONDAY, NOVEMBER 4 AT
10:15AM

EVERGREENS LIFESTYLE CENTER
LOWER LEVEL
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GREENSBORO
336-373-4816 EXT 280



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.

MONDAY, NOVEMBER 4 AT 2:30PM

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KARAOKE COMPETITION

SPONSORED BY
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WEDNESDAY, NOVEMBER 6 1PM

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WEDNESDAY, NOVEMBER 6 AT 10AM

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- AI-assisted content creation
- Copyright infringement?

Where: Evergreens Lifestyle Center, lower level, 1401 Benjamin Parkway, Greensboro NC
When: First Monday of the month at 10am, starting December 2, 2024
Who: Adults 55+

To register, please call 336-373-4816 ext 280

NC Cooperative Extension is an equal opportunity provider:
Questions: Jeffrey Cates, Jeff_Cates@ncsu.edu, 336.641.2436



CONCERT & "champagne"

JOIN THE EVERGREENS LIFESTYLE CENTER & GRISWOLD HOME CARE FOR A FESTIVE AFTERNOON OF SPARKLING NON-ALCOHOLIC BEVERAGES & LIVE MUSIC BY LARRY KIRWAN, HAMMERED DULCIMER PLAYER

MONDAY, DECEMBER 2 AT 3PM



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




HANDMADE MINI-BOOKS WITH LENORA BRUCKDORFER




Come make a 12 page book from a single sheet of cardstock. This is a fun and easy project that has many purposes. You can use your book as a journal, a sketchpad, or a gift for someone. Customize your book to reflect your unique personality!

Tuesday, December 3, 2:30 pm
Evergreens Lifestyle Center
1401 Benjamin Parkway
Lower Level
Space is Limited- Registration Required
Registration opens November 12
To register, call (336) 373-4816, ext 280



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, DEC 12
9:00 AM - 1:00 PM
1401 BENJAMIN PKWY LOWER LEVEL

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



THE EVERGREENS LIFESTYLE CENTER IS CLOSED THE FOLLOWING DATES:

THURSDAY, NOVEMBER 28
FRIDAY, NOVEMBER 29
TUESDAY, DECEMBER 24
WEDNESDAY, DECEMBER 25
WEDNESDAY, JANUARY 1

We will also close at 3:30pm on
Fridays throughout
November & December.

Convincing a Loved One to Go to a Nursing Home

Do you provide care for someone whose health continues to decline? Has their care become a little more than you can manage at home? Have you attempted to have a conversation with that individual about the need to move to a nursing facility?

Most elderly people who have a clear and compelling need to be in a long-term care facility desperately want to remain in their own homes. They want to be in a familiar setting close to family members. In many cases these objections make a loved one feel guilty about even bringing the idea up.

The decision can be an agonizing one, but caregivers need to consider the following:

- Long-term care placement can be the most loving choice when it’s absolutely needed to ensure the person receives necessary care, social stimulation, and is kept safe.
- Their promises (if any) were made years earlier when no one could have foreseen the current conditions that are urgently requiring nursing home level care.
- Caring for a loved one is probably seriously affecting their own physical and mental wellbeing.
- Sometimes it helps to try to convince reluctant spouses to change from being a “caregiver” to a “care advocate.” They can be vigilant to ensure their loved one is receiving appropriate treatment, while preserving their own health.

Many people, however, flat out refuse to go. You can try and convince them it’s for their own health and well-being. If that doesn’t work, try enlisting the help of their own physician—sometimes their opinion carries more weight.

If your loved one has dementia and is resisting placement, it can be more complicated, but there are strategies you can try. First try the same strategies as those listed for people without dementia. A geriatric care manager may be helpful to guide you through this process. Another approach is called “compassionate deception.” You can convince the person to go for a limited period like a week. Then stretch it to two, then three, and eventually they may adjust to being there full time. If their impairment is significant enough, they may forget they were supposed to go back home.

You may also make arrangements for a facility to allow you to take the person there, saying you are visiting someone, or you have dinner reservations there. Then when you leave don’t take them with you. You will probably feel terribly guilty, but the person will almost certainly adjust. It may take a few days or in rare cases a few weeks but they most likely will come to know this new place as home.

If you must go to court to seek guardianship or place them against their will it is always best to seek the counsel of a local elder law attorney because laws vary from state to state.

Adapted from “Convincing a Loved One to Go to a Nursing Home” by Marie Marley



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

November 14 & December 12
at the High Point Public Library
with Hospice of the Piedmont.

Sign up at 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 Lenora and Rod Bruckdorfer



Lenora and Rod Bruckdorfer hail from Kansas, where they met at Kansas State University. Rod was an organic chemistry teaching assistant and Lenora a student. Lenora says their meeting was “a good chemical reaction!” They have been married 54 years. Rod was born in London, England and spent time in Canada before moving to Missouri where he went to high school. Rod was on the cross-country team which finished 3rd in the US in his senior year.



Lenora was born in Great Bend, Kansas where she grew up on an 800-acre farm. She was active in 4H, winning multiple blue ribbons and even championship ribbons at the country fair. Her projects were sewing, cooking and room improvement. Rod & Lenora both obtained graduate degrees from Kansas State University.



Rod and Lenora have lived in many parts of the US, including Texas, Baltimore, MD, and Oklahoma. Along the way, they discovered a love of sailing, and have had 2 sailboats which they completely restored themselves! During the summer of 1976 the fuel shortage led to a summer of riding bicycles, and they never drove a car. Their daughter was 5 years old, and she went everywhere, seeing the countryside from a bicycle trailer. In 1983, Rod toured the Canadian Rockies on a bicycle. Later, Rod and Lenora had a tandem bicycle and rode over 8,000 miles together on it! Rod biked 65 miles on his 65th birthday.



The Bruckdorfers moved to Greensboro at the end of 2018 to be closer to their daughter. During the pandemic, Lenora had a small business sewing face masks, aprons, and sundresses; she sewed more than 400 face masks! You’ll find them at Chair Yoga and AHOY classes at the Evergreens Lifestyle Center, and soon they will be teaching craft and photography classes here at the Center. Lenora says, “The adventure never stops, and I got my first tattoo this summer!”



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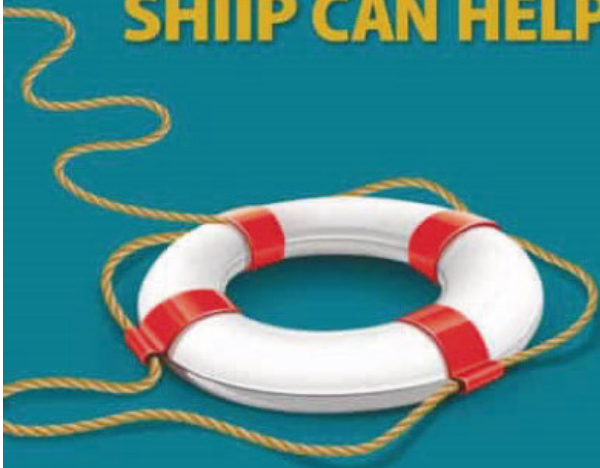
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SHIIP, the Seniors' Health Insurance Information Program, provides free counseling about Medicare in all 100 counties of North Carolina. SHIIP can also help you apply for Medicare cost savings programs.



Call 855-408-1212 or visit www.ncshiiip.com to find out how SHIIP can help you.

Reach Guilford County SHIIP Coordinator, Chris Mitchell-McFadyen:

336-373-4816 ext 253

shiiip@senior-resources-guilford.org

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- ✓ A speaker for your organization
- ✓ Other senior needs

Call SeniorLine:
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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.



November—December 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:

