



# ACTIVE LIVING

EVERGREENS LIFESTYLE CENTER

Promoting Independent Lifestyles

September—October  
2024

#srgseniors

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## Silent Auction Fundraiser Returns!

We are excited to hold our largest fundraiser of the year on September 26—27! We’ve received over 40 generous donations of gift cards and items for you to bid on at great prices.

Gift certificates are available from 1618 Grill, Apotheca, Avanti Salon and Spa, Bark Box, Blue Water Grill, Essential Gifting, Fishbones/Sticks & Stones, Fleet Plummer, Mad Splatter, Massage Envy, My Friend Kate, Nothing Bundt Cakes, Oriental Trading, Red Robin, Revive Nails & Spa, Rody’s Tavern, Target, Just Priceless Floral Design, and more! Gift baskets, luxury hair care products, jewelry, and wine tastings are just a few of the items you’ll have access to at the Silent Auction!

Along with the support of over 40 generous companies, we would like to thank the following for their assistance in soliciting donations, planning, and helping to run the event: Beverly McKerlie, Chipper Nuckles, Geneva Robertson, Holly & Tom Sentner, and Millie Thomas.

We hope you’ll join us in September to raise funds for our activities and programs!

Evergreens Lifestyle Center 2nd Annual



# Silent AUCTION



**SEPTEMBER 26-27**  
**9AM-5PM**

**Come support the Evergreens Lifestyle Center and bid on a variety of great items such as:**

- Gift Cards & Certificates to Restaurants - Spas - Retail - and more
- Gift Baskets
- Antiques
- Jewelry
- Collectibles
- Artwork
- Unique Experiences






The Evergreens Lifestyle Center is the area's only non-profit senior center. We provide a wide range of activities for seniors 55+ including exercise classes, a fitness center, educational opportunities, special presentations, social events, and much more!

Our goal is to raise \$3,000 to continue to fund our programs. Need more information? Call Tina Wilkins at (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](http://www.senior-resources-guilford.org)

**Facebook**.....

[www.Facebook.com/](http://www.Facebook.com/SeniorResourcesofGuilford)

SeniorResourcesofGuilford

**Hours**

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

**\* Senior Center Director**

Julie Silverman, MSW

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

**\* Activities Assistant**

Tina Wilkins

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

**Family Caregiver Specialist**

Brent Howerton

[caregiver2@senior-resources-guilford.org](mailto:caregiver2@senior-resources-guilford.org)

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

**Rural Outreach Site Manager**

Connie Hicks

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

**Refugee Outreach Coordinator**

Peter Lindsay

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

**Vietnamese Coordinator**

Phat Pham

*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.

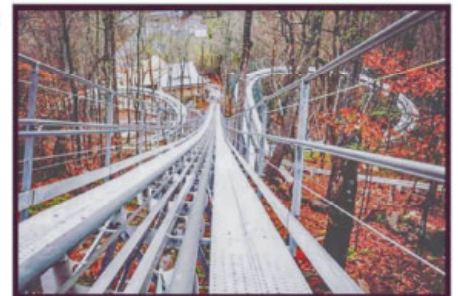
**Thursday, October 17:**

**Visit to Boone area for Fall Foliage Drive, Ride on Wilderness Run Alpine Coaster, and All-You-Can-Eat Lunch at Daniel Boone Inn (\$100).**

Wilderness Run Alpine Coaster is the first alpine coaster in NC! The track's length of 3,160 feet includes three circular loops (you do not go upside down), a series of waves and several twists and turns for plenty of excitement.

You control the speed! Your ticket covers 3 rides. Following the Coaster, we will stop for lunch at Daniel Boone Inn.

Lunch includes a family style meal with soup, three meats, and five vegetables along with biscuits, preserves, dessert and beverage. Lunch is included in the price along with tax and tip. Trip leaves SRG at 8:30am. This trip requires the ability to walk up 25+ stairs. Sign up starts September 4 at 8:30am (you must sign up in person). Payment is required by September 18 (cash or check).



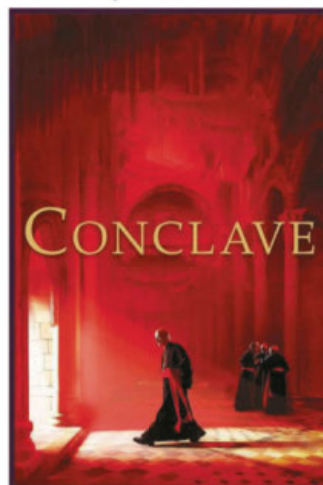
**Monday, November 18:**

**“Conclave” movie at Regal Cinemas (\$15).**

We will leave SRG at 11:30 for lunch at Ben’s Boyz at Friendly Center (lunch is not included in the price). Ben’s Boyz is a locally owned, father-son partnership bringing premium comfort food to the Triad. Their scratch-made menu highlights soul food favorites like collard greens, meatloaf, mac & cheese, and house-made lemonade.

After lunch, we will catch a matinee of the thriller “Conclave” starring Stanley Tucci, Ralph Fiennes, & John Lithgow. Minimal walking is required. Sign up October 7 at 8:30am (you must sign up in person).

Payment required by October 21 (cash or check).





MON  
SEPT  
16



MON  
OCT  
14

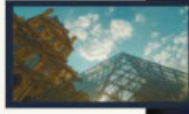
# Travelogue

## PARIS, FRANCE

Paris, France, The City of Light is our armchair destination for September. Home of the 2024 Summer Olympics, Paris is considered the most romantic city in the world with sights such as the Eiffel Tower and the Louvre. We will sample quiche, a famous French dish.

**Monday, September 16 at 10am**  
**Evergreens Lifestyle Center**  
**1401 Benjamin Parkway, Lower Level**

SPACE IS LIMITED  
 REGISTRATION REQUIRED  
 CALL (336) 373-4816 EXT 280  
 SIGNUP BEGINS MONDAY, SEPTEMBER 2



# Travelogue

## NEVADA

Come take an armchair trip to Nevada, the most mountainous state in the continental US, and home to Las Vegas and Reno. Nevada is also famous for stunning scenery, beautiful lakes, canyons, and amazing hiking trails. We will sample Cowboy Cookies, a Nevada favorite!

**Monday, October 14 at 10am**  
**Evergreens Lifestyle Center**  
**1401 Benjamin Parkway, Lower Level**

SPACE IS LIMITED  
 REGISTRATION REQUIRED  
 CALL (336) 373-4816 EXT 280  
 SIGNUP BEGINS MONDAY, OCTOBER 1



**Need help reducing your energy costs?**

## Weatherization Assistance Program

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

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

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

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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:

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# “THE GIVER OF STARS”

SEPTEMBER BOOK CLUB AT THE EVERGREENS LIFESTYLE CENTER

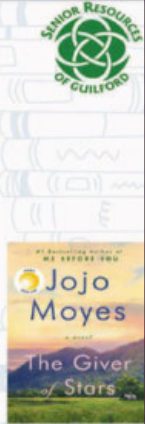
Set in Depression-era America, this breathtaking story is of five extraordinary women and their remarkable journey through the mountains of Kentucky and beyond. Based on a true story rooted in America's past, *The Giver of Stars* is unparalleled in its scope and epic in its storytelling. Funny, heartbreaking, enthralling, it is destined to become a modern classic—a richly rewarding novel of women's friendship, of true love, and of what happens when we reach beyond our grasp for the great beyond.

 FRIDAYS AT 11AM IN SEPTEMBER

## Schedule

- 9/6 : Chapters 1 - 6
- 9/13: Chapters 7 - 12
- 9/20: Chapters 13 - 20
- 9/27: Chapters 21 - 28

SIGN UP BY CALLING 336-373-4816  
EXT 280 STARTING AUGUST 19.



# “Allie and Bea” Book Club

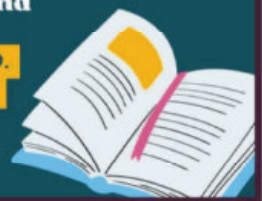
October at the Evergreens Lifestyle Center

- Humor and heart move the fast-paced journey of an unlikely pair coming together to form a family of their own in this touching story from New York Times bestselling author Catherine Ryan Hyde.
- Bea has barely been scraping by since her husband died. After falling for a telephone scam, she loses everything and is forced to abandon her trailer. With only two-thirds of a tank in her old van, she heads toward the Pacific Ocean with her cat—on a mission to reclaim what's rightfully hers, even if it means making others pay for what she lost.
- When fifteen-year-old Allie's parents are jailed for tax fraud, she's sent to a group home. But when her life is threatened by another resident, she knows she has to get out. She escapes only to find she has nowhere to go—until fate throws Allie in Bea's path.
- Reluctant to trust each other, much less become friends, the two warily make their way up the Pacific Coast. Yet as their hearts open to friendship and love from the strangers they meet on their journey, they find the courage to forge their own unique family—and begin to see an imperfect world with new eyes.

**Fridays at 11am**  
**October 4: Pages 1 - 83**  
**October 11: Pages 84 - 165**  
**October 18: Pages 166 - 248**  
**October 25: Pages 249 - end**

Reserve your book starting September 9.  
 Limited books are available or you can purchase or borrow your own.

336-373-4816 ext 280



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**(336) 235-8588**  
 ~ References Available ~  
[nc.homebuilder@yahoo.com](mailto:nc.homebuilder@yahoo.com)  
[JECHASECONSTRUCTION.COM](http://JECHASECONSTRUCTION.COM)

# SUPPORT OUR ADVERTISERS!

IN HONOR OF NATIONAL SENIOR CENTER MONTH, JOIN US FOR A

# POTLUCK & OPEN MIC



Friday, 9/13 at noon

THE SENIOR CENTER WILL PROVIDE HOT DOGS - PLEASE SIGN UP TO BRING AN ITEM AT THE FRONT DESK OF THE SENIOR CENTER

**CALLING ALL POETS, MUSICIANS, COMEDIANS, & STORYTELLERS! THIS IS A TIME FOR ALL TO SHARE!**

All open mic participants will be entered into a drawing for a gift card!

Evergreens Lifestyle Center, 336-373-4816 ext 280

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults, and they offer a place for older adults to discover their unique interests, talents, and aspirations. That's why the 2024 theme for National Senior Center Month is **Powering Connections!**

Join us for a potluck (hot dogs provided!) and an open mic. You are encouraged to share your poetry, music, comedy, stories, or anything you feel moved to share with your community. Each open mic participant will be entered into a drawing for a gift card!

You can sign up to bring an item by calling the Center at 336-373-4816 ext 280 or while you're at the Center next. We look forward to celebrating with you!

## Looking for Specialized Coverage for your Chronic Health Condition?

At HealthTeam Advantage (HTA), we know that chronic health conditions require specialized coverage and benefits. That's why our Diabetes & Heart Care (HMO CSNP) Plan is carefully designed to help manage your care and lower your costs.

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

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

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



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advantage<sup>SM</sup>

**MEDICARE ADVANTAGE PLANS**

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

8am-8pm | April 1-Sept. 30, Monday-Friday  
Oct. 1-March 31, 7 Days a Week

HealthTeam Advantage, a product of Care N' Care Insurance Company of North Carolina, Inc., is a PPO and HMO Medicare Advantage plan with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal. H2624\_2024CSNPSCN\_M

*AHOY (Adding Health to Our Years)*

**Mondays**.....9:15 am+

Join us for a 30 minute chair exercise class that helps to manage arthritis pain, as well as improve flexibility and balance. Class is taught by Chipper Nuckles. \$3

*Arthritis Foundation Exercise Program (AFEP)*

**Mondays** .....1:00 pm

This low-impact recreational exercise program will help you reduce fatigue, pain, and stiffness. This hour-long class is taught by Kelly Dorrrough of Better Balance Senior Fitness. \$4

*Better Balance*

**Tuesdays** .....9:00 am

Join instructor Zee Bawangaonwala of Move Forward Physical Therapy for this popular exercise class that helps seniors to improve their balance. Class is 30 minutes. \$3

**Advanced Class**.....9:45am

A more advanced workout. Class is 30 minutes. \$3

*Zumba Gold*

**Tuesdays**..... 1:00 pm

Are you ready for a fitness dance party? Zumba Gold is a lower-intensity version of the popular Zumba classes that combine dance, choreography, and movement for an energizing hour-long exercise class! Class taught by Lenna Sikes. \$4

*Drums Alive Cardio Drumming*

**Wednesdays**.....1:00 pm

Join Board Certified Music Therapist Randi Lee from Magnolia Melodies Music Therapy for Drums Alive Cardio Drumming class. A fun full body workout that lasts 30 minutes. \$4

**Please continue to register for Cardio Drumming!**

*Tai Chi*

**Thursdays**.....12:30 pm

Join instructor Eric Reiss for this 30 minute slow paced, meditative physical exercise. \$3

*Chair Yoga*

**Fridays** .....9:15 am+

This 30 minute yoga class helps harmonize all aspects of the body and mind. Taught by Chipper Nuckles. \$3

+Designates classes streamed on Facebook Live. Find us at

Facebook.com/SeniorResourcesofGuilford



**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

CHECK OUT  
THE EVERGREENS LIFESTYLE CENTER

**HEALTH LITERACY LIBRARY**

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

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

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



Announcing Our New Monthly Class + Upcoming Health Education Opportunities

**STRENGTH & SAFETY:  
RECOVERING FROM  
FALLS**

with Michele Walker

**SECOND THURSDAY OF  
EACH MONTH AT 10AM  
\*STARTS SEPTEMBER 12\***

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.

The Centers for Disease Control state that falls result in 3 million emergency room visits for older adults each year. The Evergreens Lifestyle Center is thrilled to share a monthly opportunity to learn techniques to safely recover from falls. Join us for “Strength & Safety: Recovering from Falls” the second Thursday of each month at 10am starting September 12. Classes will be taught by Michele Walker of Proactive Therapy and Wellness. Michele’s goal is to help older adults and people with Parkinson’s Disease to move better and live their best life!

Space is limited— please call on the first of each month.

**UNDERSTANDING  
THE SCIENCE OF SLEEP**

**MONDAY, SEPTEMBER 16**

**2:30PM**

It's important to get enough sleep, as it allows your body and mind to recharge. Learn about the science behind sleep disorders, and what you can do to help get a better night's sleep.

Evergreens Lifestyle Center  
Lower Level  
1401 Benjamin Parkway  
Greensboro

Presented by  
**Jill Davis, MS, DipACLM, ACSM-CPT**  
Health Educator | Humana

**Humana**

336-373-4816 ext.280

**VACCINE CLINIC  
WITH  
CONE HEALTH**

**FLU SHOTS  
SHINGLES SHOTS  
PNEUMONIA SHOTS**

**Monday, September 17  
9am-5pm**  
Evergreens Lifestyle Center  
Lower Level  
1401 Benjamin Parkway

Please sign up by August 1 to receive a shingles or pneumonia shot.

**Blood Pressure  
Control Program**

Join us for this 3-week series to learn more about lifestyle changes and medications that may help you get a handle on high blood pressure.

**MONDAYS IN OCTOBER FROM  
2:30 - 4:30**  
10/14, 10/21, 10/28

EVERGREENS LIFESTYLE CENTER  
LOWER LEVEL, 1401 BENJAMIN PARKWAY  
GREENSBORO

Presented by  
**Jill Davis, MS, DipACLM, ACSM-CPT**  
Health Educator | Humana

**Humana**

Monday

Tuesday

Wednesday

Thursday

Friday

*The Evergreens Lifestyle Center is closed today.*



**LABOR DAY**

**2 9a Better Balance (\$3)**  
 9:45a Adv. Better Balance (\$3)  
 11a Bingo  
 1p Zumba Gold (\$4)  
 2p Games and Mahjong

**3 10a Virtual Reality \* 4**  
 11a Open Art/Craft Room  
 1p Cardio  
 Drumming (\$4) \*  
 2p Crochet Club

*October Day Trip Sign Up Opens*

**5 10a Recipe for Success (V)**  
 12:30p Tai Chi (\$3)  
 1p Blood Pressure Checks  
 2p Jewelry Club

**6 9:15a Chair Yoga (\$3) (V)**  
 10a Trivia with Tina  
 11a The Giver of Stars Book Club \*  
 1p Film Screening – “Bob Dylan: Don’t Look Back” \*

**9:15a AHOY (\$3) (V)**  
 1p Arthritis Foundation Exercise Program (\$4)



**9 8:30a Charlotte Day Trip (\$\$) \***  
 9a Better Balance (\$3)  
 9:45a Adv. Better Balance (\$3)  
 11a Bingo  
 1p Zumba Gold (\$4)  
 2p Games and Mahjong  
 6p Carolina Aging Alliance Game & Pizza Night \*

**10 10a Virtual Reality \* 11**  
 11a Pet Rock Painting  
 1p Cardio  
 Drumming (\$4) \*  
 2p Crochet Club

**12 10a Fall Recovery Class (\$4) \***  
 12:30p Tai Chi (\$3)  
 1p Blood Pressure Checks  
 2p Jewelry Club

**13 9:15a Chair Yoga (\$3) (V)**  
 10a Trivia with Tina  
 11a The Giver of Stars Book Club \*  
 12p Potluck & Open Mic  
 1p Film Screening – “Monterey Pop” \*

**9:15a AHOY (\$3) (V)**  
 10a Travelogue \*  
 1p Arthritis Foundation Exercise Program (\$4)  
 2:30p Science of Sleep Class

**16 9a – 5p Cone Vaccine Clinic**  
 9a Better Balance (\$3)  
 9:45a Adv. Better Balance (\$3)  
 11a Bingo with Acclaim  
 1p Zumba Gold (\$4)  
 2p Mahjong

**17 10a Virtual Reality \* 18**  
 11a Gardening (V)  
 11a Open Art/Craft Room  
 1p Cardio  
 Drumming (\$4) \*  
 2p Crochet Club



**19 10a Recipe for Success (V)**  
 12:30p Tai Chi (\$3)  
 1p Blood Pressure Checks  
 2p Jewelry Club

**20 9:15a Chair Yoga (\$3) (V)**  
 10a Trivia with Tina  
 11a The Giver of Stars Book Club \*  
 1p Film Screening – “The Rolling Stones: Gimme Shelter” \*

**23 9:15a AHOY (\$3) (V)**  
 9:45a Chair Yoga (\$3) (V)  
 11a Tai Chi (\$3)  
 1p AFEP (\$4)



**24 9a Better Balance (\$3)**  
 9:45a Adv. Better Balance (\$3)  
 11a Bingo with Acclaim  
 1p Zumba Gold (\$4)  
 2p Games and Mahjong

**25 10a Virtual Reality \* 26**  
 11a Open Art/Craft Room  
 1p Cardio  
 Drumming (\$4) \*  
 2p Crochet Club




**No Tai Chi today.**  
 1p Blood Pressure Checks  
 2p Jewelry Club

**Silent Auction**

**27 No Chair Yoga.**  
 10a Donuts with the Director  
 11a The Giver of Stars Book Club \*  
 No movie today.

**Silent Auction**

**30 9:15a AHOY (\$3) (V)**  
 1p Arthritis Foundation Exercise Program (\$4)




**September 2024**

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



Monday

Tuesday

Wednesday

Thursday

Friday

|  |  |   |   |  |
|--|--|---|---|--|
|    | <p><b>9a Better Balance 1</b> (\$3)<br/>9:45a Adv. Better Balance (\$3)<br/>11a Bingo<br/>1p Zumba Gold (\$4)<br/>2p Games and Mahjong</p>   | <p><b>10a Virtual Reality * 2</b><br/>11a Open Art/Craft Room<br/>1p Cardio Drumming (\$4) *<br/>2p Crochet Club</p>     | <p><b>10a Recipe for Success (V) 3</b><br/>12:30p Tai Chi (\$3)<br/>1p Blood Pressure Checks<br/>2p Jewelry Club</p>  | <p>9:15a Chair Yoga 4 (\$3) (V)<br/>10a Trivia with Tina<br/>11a Allie &amp; Bea Book Club *<br/>1p Film Screening – “Tomb of Ligeia” *</p>  |
| <p>9:15a AHOY (\$3) 7 (V)<br/>1p Arthritis Foundation Exercise Program (\$4)</p>   | <p><b>9a Better Balance 8</b> (\$3)<br/>9:45a Adv. Better Balance (\$3)<br/>11a Bingo<br/>1p Zumba Gold (\$4)<br/>2p Games and Mahjong<br/>6p Carolina Aging Alliance Game &amp; Pizza Night *</p> | <p><b>10a Virtual Reality * 9</b><br/>11a Open Art/Craft Room<br/>1p Cardio Drumming (\$4) *<br/>2p Crochet Club</p>     | <p><b>10a Fall Recovery Class (\$4) 10</b> *<br/>11a Apple Cider Tasting<br/>12:30p Tai Chi (\$3)<br/>1p Blood Pressure Checks<br/>2p Jewelry Club</p>  | <p>9:15a Chair Yoga 11 (\$3) (V)<br/>10a Trivia with Tina<br/>11a Allie &amp; Bea Book Club *<br/>1p Film Screening – “Frenzy” *</p>   |
| <p>9:15a AHOY (\$3) 14 (V)<br/>10a Travelogue *<br/>1p Arthritis Foundation Exercise Program (\$4)<br/>2:30pm Blood Pressure Control Program</p> | <p><b>9a Better Balance 15</b> (\$3)<br/>9:45a Adv. Better Balance (\$3)<br/>11a Bingo with Acclaim<br/>1p Zumba Gold (\$4)<br/>2p Games and Mahjong</p>   | <p><b>11a Gardening (V) 16</b><br/>10a Virtual Reality *<br/>11a Open Art/Craft Room<br/>No Cardio Drumming.<br/>1p Checkers Tournament *<br/>2p Crochet Club</p>   | <p><b>8:30a Boone Day Trip (\$\$) * 17</b><br/>10a Recipe for Success (V)<br/>12:30p Tai Chi (\$3)<br/>1p Blood Pressure Checks<br/>2p Jewelry Club</p>   | <p>9:15a Chair Yoga 18 (\$3) (V)<br/>10a Trivia with Tina<br/>11a Allie &amp; Bea Book Club *<br/>1p Film Screening – “The Changeling” *</p>   |
| <p>9:15a AHOY (\$3) 21 (V)<br/>1p Arthritis Foundation Exercise Program (\$4)<br/>2:30pm Blood Pressure Control Program</p>                      | <p><b>9a Better Balance 22</b> (\$3)<br/>9:45a Adv. Better Balance (\$3)<br/>11a Bingo with Acclaim<br/>1p Zumba Gold (\$4)<br/>2p Games and Mahjong</p>   | <p><b>10a Virtual Reality * 23</b><br/>11a Open Art/Craft Room<br/>1p Cardio Drumming (\$4) *<br/>2p Crochet Club</p>  | <p><b>12:30p Tai Chi (\$3) 24</b><br/>1p Blood Pressure Checks<br/>2p Jewelry Club</p>  | <p>9:15a Chair Yoga 25 (\$3) (V)<br/>10a Donuts with the Director<br/>11a Allie &amp; Bea Book Club *<br/>No movie today.<br/>1p Candidate Forum</p>                                 |
| <p>9:15a AHOY (\$3) 28 (V)<br/>1p Arthritis Foundation Exercise Program (\$4)<br/>2:30pm Blood Pressure Control Program</p>                      | <p><b>9a Better Balance 29</b> (\$3)<br/>9:45a Adv. Better Balance (\$3)<br/>11a Bingo<br/>1p Zumba Gold (\$4)<br/>2p Games and Mahjong</p>  | <p><b>10a Virtual Reality * 30</b><br/>11a Open Art/Craft Room<br/>No Cardio Drumming.<br/>2p Crochet Club</p>         | <p><b>12:30p Tai Chi (\$3) 31</b><br/>1p Blood Pressure Checks<br/>2p Jewelry Club<br/>2p Pumpkin Palooza</p>  | <p>A * next to an activity means registration is required by calling 336-373-4816 ext 280.</p>  |

The Rural Outreach Program provides monthly activities and lunch for seniors residing in Guilford County but outside Greensboro and High Point city limits. There's no cost for the meal but reservations are required!

Contact Larry or Connie in the Rural Outreach office at (336) 373-4816 ext. 265 or email [ruraloutreach@senior-resources-guilford.org](mailto:ruraloutreach@senior-resources-guilford.org) for reservations.

## SEPTEMBER - OCTOBER

### RURAL OUTREACH LUNCHEONS

#### Moriah (Southeast)

*Moriah United Methodist Church, 3611 Liberty Road*

- September 3 (Tuesday), 10:30am-12pm, Election information with Bob Gerken & Bingo
- October 1 (Tuesday), 10:30am-12pm, Chris Mitchell-McFadyan of SHIP talks about the latest developments in Medicare

#### Oak Ridge

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

- September 4 (Wednesday), 10:30am-12pm, Election information with Bob Gerken & Bingo
- October 2 (Wednesday), 10:30am-12pm, Chris Mitchell-McFadyan of SHIP talks about the latest developments in Medicare

#### Stokesdale

*Stokesdale United Methodist Church, 8305 Loyola Drive*

- September 12 (Thursday), 10:30am-12pm, Election information with Bob Gerken & Bingo
- October 10 (Thursday), 10:30am-12pm, Chris Mitchell-McFadyan of SHIP talks about the latest developments in Medicare

#### Colfax

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

- September 10 (Tuesday), 10:30am-12pm, Election information with Bob Gerken & Bingo
- October 8 (Tuesday), 10:30am-12pm, Chris Mitchell-McFadyan of SHIP talks about the latest developments in Medicare

#### Summerfield

*Summerfield First Baptist Church, 2300 Scalesville Road*

- September 19 (Thursday), 10:30am-12pm, Election information with John Setchfield & Bingo
- October 17 (Thursday), 10:30am-12pm, Chris Mitchell-McFadyan of SHIP talks about the latest developments in Medicare

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.



## CRITIC'S CHOICE CLASSIC CINEMA

Hosted by Budd Wilkins,  
Professional Film Critic &  
Historian

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

Fridays at 1pm

September - Music Documentaries Month

|   |  |   |                     |
|---|--|---|---------------------|
| Sept 6<br>Don't Look Back<br>Bob Dylan<br> | Sept 13<br>Monterey Pop<br> | Sept 20<br>Gimme Shelter<br>Rolling Stones<br> | Sept 27<br>No Movie |
| October - Horror Month  |  |   |                     |
| Oct 4<br>Tomb of Ligeia<br>               | Oct 11<br>Frenzy<br>       | Oct 18<br>The Changeling<br>                  | Oct 25<br>No Movie  |

Evergreens Lifestyle Center  
1401 Benjamin Parkway, Lower Level

After October, Budd will no longer be with us, but watch our calendar for more movies to come!



Join the Evergreens Lifestyle Center & Carolina Aging Alliance




# PIZZA NIGHTS!

Second Tuesday of each month at 6pm

9/10 - Pizza and Games

10/8 - Pizza and Movie

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.

Sign up by calling  
336-373-4816 ext 280

Evergreens Lifestyle Center  
Lower Level  
1401 Benjamin Parkway  
Greensboro





**Paint Your Own Pet Rock**

Join Kathy, our rock painting expert, in crating the animal of your choice!

September 11 at 11am  
Sign up on 9/3.



All supplies generously provided by Griswold Home Care



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



Evergreens Lifestyle Center Lower Level 1401 Benjamin Parkway Greensboro

Join Griswold Home Care

**Apple Cider TASTING**

TUESDAY, OCTOBER 10 AT 11AM

SAMPLE 5 CIDERS & VOTE FOR YOUR FAVORITE!

ENJOY APPLE TREATS

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

SPONSORED BY GRISWOLD HOME CARE

**CHECKERS Tournament**

OCTOBER 16 AT THE EVERGREENS LIFESTYLE CENTER  
AT 1PM  
LOWER LEVEL, 1401 BENJAMIN PARKWAY, GSO

Not interested in playing?  
Come enjoy snacks and cheer on the players!

**FREE REGISTRATION!**

REGISTER BY CALLING 336-373-4816 EXT 280

Get Spooky with Us at

**PUMPKIN PALOOZA**

**OCTOBER 31**  
2pm

COSTUME CONTEST WITH PRIZES, TREATS, GAMES!

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

Join the Evergreens Lifestyle Center for a

**CANDIDATE FORUM**

**FRIDAY, OCTOBER 25 AT 1PM**

Candidates for elected official positions are invited to attend our in-person event specifically for older adults! Hear from the candidates themselves before you vote in November. This will be a moderated forum, and you can submit questions in the Senior Center or online at <https://bit.ly/evergreensquestions>. The deadline to submit a question for candidates is October 14.

This is a nonpartisan event and candidates from all parties are invited to attend. If candidates from at least 2 different political parties do not RSVP, we are unable to hold the forum. We will announce the cancellation via our weekly email and on Facebook by October 18.

Light refreshments will be served.

Evergreens Lifestyle Center  
Lower Level  
1401 Benjamin Parkway  
Greensboro

Questions?  
336-373-4816 ext 280

Let Your Voice be Heard at Our Candidate Forum!

People of all ages are welcome. Learn what our candidates think about issues impacting older adults!

*Protect Your Loved Ones from Wandering*

A caregiver or family member’s worst nightmare is when their loved one or care recipient wanders off or goes missing. Thoughts can quickly turn to worst-case scenarios and until the wanderer is returned safe and sound care teams, police, EMT’s, and the community is on heightened alert. No one wants their loved one to experience the frightening scenario of being lost. There are many actions that can be taken once a care recipient is found to be missing, but there also ways to prevent them from wandering off without anyone noticing in the first place.

There are many steps that can be taken to prevent wandering. Many families set up cameras to ensure safety for their loved one if they have hired outside help. One of the most popular is an alert device that is worn either around the neck or on the wrist that can be set to alert you on your cell phone if they wander outside a pre-determined radius. There are devices that allow the care recipient to push a button that alerts you or the police if they get lost or fall and need help. Other technology like door alarms can alert caregivers via text or video when a care recipient opens a door that leads to the outside. If your loved one can use a cell phone, some are available that make it easier for seniors with limited capabilities. Buttons can be programmed with your name or photo on it if they get lost.

Staying connected with care recipients is also important, because if they remain in contact with family or someone familiar, they may not feel the urge to wander. Technology can help caregivers and care recipients feel close and less isolated and that’s the most important part of caregiving.



*Adapted from Protect Your Loved Ones from Wandering by Rebecca Rushing BSN,RN*

**Family Caregiver Program**

**Program Eligibility:**

Adult family members/other informal caregivers 18 or older providing care to an individual 60 years of age or older adult family members or other informal caregivers age 18 or older providing care for an individual diagnosed with Alzheimer’s Disease or other Dementia.

**Grandparents Raising Grandchildren**

Support Group: 4th Thursday of Each Month  
Senior Resources of Guilford’s Caregiver Library  
10am—12pm

Offering resources to individuals 55 and older (not birth or adoptive parents) providing care to children under age of 18.

**Lunch Break Book Club**

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

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

**Memory Café at Jamestown United Methodist Church**

Third Tuesday of Each Month  
1:30pm—3:30pm

A safe space for caregivers and their loved one to share socialization, entertainment, and valuable information.

**Respite Vouchers**

The Respite Voucher program allows family caregivers to take a much-needed break from caring for their loved one. Vouchers can be used at one of three approved in-home care agencies. Eligible family caregivers must be caring for an individual 60 years of age or older or an individual with a dementia diagnosis.



### Meet Pat Ellerbe

Pat Ellerbe is a native of Chicago, Illinois. She said her family lived there long enough “for the wind to blow over me” before her family moved to Durham, NC, where she grew up. Her family rode on the train from Chicago to Durham to relocate.

Pat says she lived in Durham for 75 years!

Pat has been in Greensboro for 5 years, as she has a brother and a sister-in-law here, and she always knew she would eventually

live in Greensboro close to them. Her sister-in-law, who is like a sister to her, has a large extended family and Pat is now a part of that.

Pat graduated from North Carolina Central University in Raleigh, NC with a BS in physical education and health. She taught PE in Bennettsville, South Carolina where she coached the basketball team and the cheerleading squad. After that, she taught in Asheville for 3 years, where the classroom she taught PE in was right above the principal’s office! “It definitely got loud,” she said. Her aunts convinced her to move back to Durham, where she taught at a 6<sup>th</sup> grade center that served 5 schools. She finally taught at a junior high school in Durham for the rest of her career, coaching girls track and cheerleading. After retiring, she worked part-time for 2 more years so she could coach the track team. One of the best things that students said about her is that she was fair and tried to listen to both sides. “That’s the greatest compliment they can give me,” said Pat.

Pat is close to her 2 stepchildren and 4 grown grandchildren. “The good Lord was looking out for me to have them,” said Pat.

Pat loves coming to Evergreens where she loves crafts, exercise, the Recipe for Success demonstration (which she never misses), and the technology classes. “I love the camaraderie at the Center, and I’ve made new friends,” said Pat.

We love having Pat at Evergreens!



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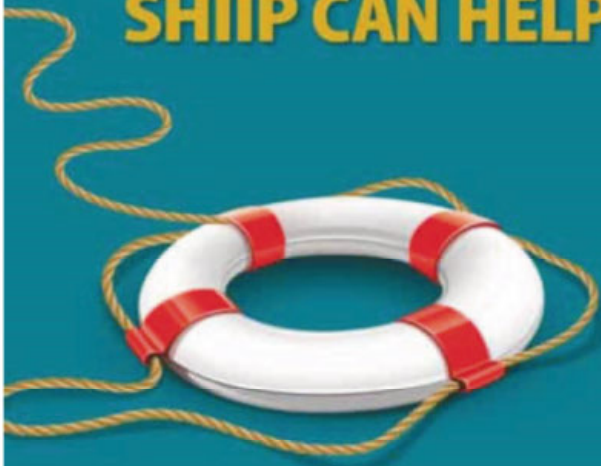
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M-F 10:30 am - 6 pm  
 Sat 10 am - 5 pm  
 Su 12 pm - 5 pm



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



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



Call 855-408-1212 or visit [www.ncshiiip.com](http://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](mailto:shiiip@senior-resources-guilford.org)



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Senior Resources of Guilford  
Evergreens Lifestyle Center  
1401 Benjamin Parkway  
Greensboro, NC 27408

**Contact Us:**

Phone 336-373-4816 ext 280

Fax 336-373-4922

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

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- ✓ Caregiver assistance
- ✓ Home delivered meals
- ✓ Other food or meal assistance programs
- ✓ Free legal services
- ✓ 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.



September—October 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:

