



# AGING MATTERS

EVENTS OF INTEREST FROM SENIOR SERVICES

APRIL 2019

## HEALTH & EXERCISE

**1 HELPS (Healthy Exercise and Lifestyle Programs)** hosted by Wake Forest University. 6:00AM–9:00AM every M/W/F and 5:30PM–7:00PM every M/Tu/Th. HELPS Gym, 104 W. 32nd St. Monthly fee.

**1 Warm-Water Exercise** hosted by the Shepherd's Center of Greater Winston-Salem in partnership with Arbor Acres, Homestead Hills, and Salemtowne. Call 336-748-0217 for daily times.

**1 WOW: Walkers of Walkertown** hosted by the Forsyth County Public Library. 9:30AM, Walkertown Branch Library, 2969 Main St., Walkertown, 336-703-2990. Occurs every Monday and Thursday.

**1 Sittercise Class** 10:00AM–10:30AM, Rural Hall Branch Library, 7125 Broad Street. Occurs every Monday and Friday. Call 336-703-2970 for more info.

**1 Chair Yoga** hosted by the Salvation Army. Chair-based class designed to increase flexibility and range of motion. 10:30AM–11:15AM, 2850 New Walkertown Road. Call 336-245-2076 for info.

**1 Gentle Mat Yoga** hosted by the Salvation Army. Mat yoga sessions for those who are 50 and over. 11:15AM–12:00PM, 2850 New Walkertown Road. Call 336-245-2076 for info.

**1 Line Dancing** hosted by the Shepherd's Center of Greater Winston-Salem. This four-week session meets Mondays, 12:30PM–1:30PM, 1700 Ebert Street. Call 336-816-5544.

**4 Tai Chi for Your Health** at Senior Drop-in Day hosted by Covenant Presbyterian Church. 10:30AM–11:30AM, 3627 Konnoak Drive. Call 336-788-7511 or 336-650-9335 for more information.

## SUPPORT GROUPS

**1 Coping with the Loss of a Spouse/Partner** hosted by Trellis Supportive Care. A six-week group session designed to offer education and support to those who are grieving the death of a parent. 6:00PM–7:30PM, 101 Hospice Lane. Call 336-331-1300 for info.

**2 "Serendipity" Alzheimer's & Dementia Support Group** hosted by Dr. Ed Shaw. 3:00PM–4:00PM, Bermuda Village Retirement Community, 142 Bermuda Village Drive. 336-998-6763.

**2 Powerful Tools for Caregivers** hosted by Arbor Ridge at Stanleyville. 4:00PM–6:00PM, 350 Arbor View Lane. 336-377-2195. Occurs every Tuesday.

**3 Caregiver Support Group** hosted by Senior Services. Noon–2:00PM, Elizabeth and Tab Williams Adult Day Center, 231 Melrose Street, 336-724-2155. Occurs every Friday.

**5 Caregiver Support Group** hosted by Senior Services. 11:00AM–12:30PM, Elizabeth and Tab Williams Adult Day Center, 231 Melrose Street, 336-724-2155. Occurs every Wednesday.

**8 Alzheimer's & Dementia Support Group** hosted by Forest Heights Senior Living. 6:00PM–7:00PM, 2500 Polo Ridge Road. Call 336-722-7118 for more information.

**9 Frontotemporal Dementia (F.T.D.) Support Group** hosted by the Sticht Center on Aging. 10:30AM–noon, 1 Medical Center Blvd. Call 336-716-1034 for more information.

**19 Forsyth County Aging Services Planning Committee.** 9:00AM–10:30AM, Senior Services, 2895 Shorefair Drive, Winston-Salem.

**22 Parkinson's Forward Support Group.** 1:00PM–2:00PM, Senior Services, 2895 Shorefair Drive, Winston-Salem. Call 336-972-7091.

**28 Forsyth County Lupus Support Group** hosted by the Lupus Foundation of America's North Carolina Chapter. 2:30PM–4:00PM, Highland Presbyterian Church, 2381 Cloverdale Avenue.

## ARTS, ENTERTAINMENT & LEARNING

**1 Advanced Bridge** hosted by the Shepherd's Center of Greater Winston-Salem. Occurs daily, 9:30AM–11:30AM, 1700 Ebert Street. Call 336-816-5544.

**2 Knitting and Crochet.** 1:00PM–2:00PM, the Shepherd's Center of Greater Winston-Salem, 1700 Ebert Street. Occurs every Tuesday.

**2 Shepherd's Center Singers.** Meets every Tuesday, 2:00PM–3:30PM, the Shepherd's Center of Greater Winston-Salem, 1700 Ebert Street. Call 336-748-0217 for more information.

**2 Knitting Club** hosted by Polo Park Community Center. 6:30PM–7:30PM, Reynolda Manor Branch Library, 2839 Fairlawn Drive. Occurs every Tuesday.

**2 How Girls Achieve by Sally Nuamah.** Hosted by Bookmarks, the author will discuss the necessity of feminist education and fostering achievement-oriented identities for girls. 6:30PM–8:30PM, 634 West 4th St. #10. Call 336-747-1471 for more info.

**3 Creative Needles: Quilting, Crocheting, and Knitting** hosted by the Forsyth County public libraries. 10:00AM–noon, Walkertown Branch Library, 2969 Main Street, Walkertown. Occurs every Wednesday.

## 3 Lunch and Learn: Blood Services Transportation

**Volunteering** hosted by the American Red Cross. Find out more about the Transportation Volunteer Program. 11:30AM–1:00PM, 690 Coliseum Drive NW. Call 336-646-4047 to register.

**3 Fellowship Game Hour and Adult Coloring** presented by the Shepherd's Center of Greater Winston-Salem. 1:30PM–3:00PM, 1700 Ebert Street. Call 336-748-0217 for more information. Occurs every Wednesday.

**4 Intergenerational Drumming Circle** hosted by the Shepherd's Center of Greater Winston-Salem. 5:00PM–5:30PM, 1700 Ebert Street. Occurs every Thursday. Call 336-748-0217 for more info.

**6 Dixie Classic Farmer's Market.** 6:00AM–1:00PM, 421 West 27th Street. 336-727-2236.

**11 Threatening Property: Race, Class and Campaigns to Legislate Jim Crow Neighborhoods.** Bookmarks will host author Dr. Elizabeth Herbin-Triant as she discusses her book. 7:00PM–9:00PM, 634 West 4th St. #10. Call 336-747-1471 for info.

**18 Veterans Coffee (free)** hosted by Trellis Supportive Care. 8:30AM–10:30AM, PDQ Restaurant, 285 Harvey Street, Winston-Salem. Call 336-331-1309 for info.

**18 Bleachers: Fifty-Four Linked Fictions Book Launch.** Bookmarks will host author and poet Joe Mills, who will discuss his new book. 7:00PM–9:00PM, 634 West Fourth Street #10. Call 336-747-1471 for more information.

**23 Authors Lee Smith and Samia Serageldin.** Hosted by Bookmarks, the authors will lead a discussion with several writers featured in their book *Mothers and Strangers: Essays on Motherhood in the New South*. 7:00PM–9:00PM, 634 West Fourth Street #10. Call 336-747-1471 for more information.

**25 Maple Springers Community Fellowship Luncheon.** 11:45AM–1:15PM, Maple Springs United Methodist Church, Craven Hall, 2569 Reynolda Road, 336-722-7563.

**27 Independent Bookstore Day.** Celebrate at your local independent bookstore and literary nonprofit! 10:00AM–9:00PM, 634 West Fourth Street #10. Call 336-747-1471 for info.

## WORKSHOPS & MEETINGS

**2 Got Plans? Advance Directives Workshop** hosted by Trellis Supportive Care. 1:00PM–2:00PM, 101 Hospice Lane. Call 336-768-6157, ext. 1622, for more information or to pre-register.

**2 Piedmont Plus Senior Games Steering Committee Meeting.** 3:00PM–5:00PM, Senior Services, 2895 Shorefair Drive.

**2 Community Dharma.** Open group meeting hosted by the Shepherd's Center of Greater Winston-Salem. 6:30PM–8:00PM, 1700 Ebert Street. Occurs every Tuesday. Call 336-748-0217 for more information.

**4 Thinking Outside the Box.** An anything-goes discussion group for those 50 and over. 3:15PM–5:00PM, the Shepherd's Center of Greater Winston-Salem, 1700 Ebert Street.

**9 Triad Retirement Living Association Meeting.** Geared toward retirement-community professionals. 8:30AM–10:00AM, location varies. Visit [www.trla.info](http://www.trla.info) for info.

**9 Winston-Salem Mayor's Council for Persons with Disabilities Meeting.** 11:30AM, The Adaptables, Inc., 7744 N. Point Blvd. Call 336-767-7060 for more information.

**9 AARP Chapter Meeting.** Noon, Senior Services, 2895 Shorefair Drive. For more information, visit the AARP Forsyth Chapter website at [aarpforsyth.wordpress.com](http://aarpforsyth.wordpress.com).

**10 Healthcare Industry Professionals Serving Seniors (HIPSS) Meeting.** 11:45AM–1:00PM, Trellis Supportive Care campus, 101 Hospice Lane (lunch \$10 for guests). Contact [hipssinfo@gmail.com](mailto:hipssinfo@gmail.com) for more information.

**16 ACAP Winston-Salem Meeting.** The meeting will focus on caregiver fatigue and coping skills. 5:30PM, Knollwood Baptist Church, 330 Knollwood Street. Call 336-652-0474 for info.

**18 Local Administrators Meeting.** 8:30AM–9:30AM, Williams Adult Day Center, 231 Melrose Street. Occurs every third Thursday.

**26 Home and Community Care Block Grant Committee Meeting.** 9:30AM–11:30AM, Government Center, 201 N. Chestnut Street, Winston-Salem.

**24 Meeting of Forsyth in Motion, a subcommittee of the Forsyth County Aging Services Planning Committee.** 3:00PM–4:00PM, The Shepherd's Center of Greater Winston-Salem, 1700 Ebert Street. Call 336-703-3870 for more information.

For more information, visit [www.seniorservicesinc.org/events](http://www.seniorservicesinc.org/events)  
2895 SHOREFAIR DRIVE | WINSTON-SALEM | 336-725-0907

**SENIOR SERVICES**  
Helping Our Elderly Live With Dignity