



AGING MATTERS

EVENTS OF INTEREST FROM SENIOR SERVICES

DECEMBER 2018

HEALTH & EXERCISE

1 Share the Health Fair hosted by Wake Forest Medical School. 10:00AM–4:00PM, Downtown Health Plaza, 1200 N. Martin Luther King Jr. Drive.

3 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 Street. Monthly fee.

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

3 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.

3 Chair Yoga hosted by the Salvation Army. Chair-based class designed to increase flexibility and range of motion. 3:00PM–4:00PM, 2850 New Walkertown Road. Call 336-245-2076 for more information.

3 Line Dancing hosted by the Shepherd's Center of Greater Winston-Salem. This 4-week session meets Mondays, 12:30PM–1:30PM, 1700 Ebert Street. Call 336-816-5544.

4 Tai Chi for Arthritis and Fall Prevention hosted by the Salvation Army. 10:00AM–11:00AM, the Salvation Army Civic Community Center, 2850 New Walkertown Road. Call 336-245-2076 for more information. Occurs every Tuesday.

SUPPORT GROUPS

4 "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.

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.

7 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.

10 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.

11 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.

13 Bereavement Support Group hosted by Trellis Supportive Care. 2:00PM–3:30PM, 101 Hospice Lane, 336-768-6157, ext. 1600. Occurs 2nd and 4th Thursdays.

23 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 Ave.

ARTS, ENTERTAINMENT & LEARNING

1 Southside Branch Library Book Sale. November 29–December 4. Sale is open during normal library hours.

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

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

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

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

5 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.

5 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.

7 An Old Salem Christmas Carol hosted by SECCA. Second, third and fourth weekends in December (Friday-Sunday), 7:30PM–9:00PM, 750 Marguerite Drive.

20 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.

20 Holidays with Camel City Jazz Orchestra hosted by the Ramkat. 5:30PM–7:00PM, 170 W. 9th Street.

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

WORKSHOPS & MEETINGS

3 Remarkable Integration: Human Service and Health Care Partnerships hosted by the Piedmont Triad Regional Council Area Agency on Aging. December 3, 8:00AM–5:00PM, and December 4, 8:00AM–3:00PM, Greensboro Coliseum, 1921 W. Gate City Blvd., Greensboro.

3 Caregiver Expo hosted by the Piedmont Triad Regional Council Area Agency on Aging and AARP. December 3 and 4, 9:00AM–4:00PM, Greensboro Coliseum, 1921 W. Gate City Blvd., Greensboro.

4 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.

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

6 The State of Our Collective Impact hosted by Age-Friendly Forsyth, Forsyth Futures, Imagine Forsyth and The Forsyth Promise. Join us for a special evening designed for sharing perspectives on our common challenges, opportunities, and the progress we're collectively making toward alignment and impact in Forsyth County. 5:00PM–7:30PM, at Forsyth Technical Community College, 2100 Silas Creek Parkway. Call 336-701-1700 ext. 103 for more information.

6 Lunch and Learn: Red Cross Volunteering hosted by the American Red Cross. 11:30AM–1:30PM, American Red Cross, 690 Coliseum Drive, NW.

6 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.

11 The Aging Well Series: What to Do When the Holidays Aren't So Jolly hosted by the Sticht Center. 6:00PM–7:00PM, the Aging Well Series is a community-wide educational initiative held the second Tuesday of each month in the Forsyth County Central Library auditorium, 660 W. 5th Street. Call 336-713-2378 for more information.

11 Triad Retirement Living Association Meeting. Geared toward retirement-community professionals. 8:30AM–10:00AM, location varies. Visit www.trla.info for info.

11 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.

11 AARP Chapter Meeting. Noon, Senior Services, 2895 Shorefair Drive. For more information, visit the AARP Forsyth Chapter website at aarpforsyth.wordpress.com.

12 Healthcare Industry Professionals Serving Seniors (HIPSS) Meeting. 11:45AM–1:00PM, Trellis Supportive Care, 101 Hospice Lane (lunch \$10 for guests), hipssinfo@gmail.com.

18 ACAP Meeting: Caring for a Loved One with Dementia hosted by ACAP. 5:30PM–7:00PM, Knollwood Baptist Church, 330 Knollwood Drive, Winston-Salem.

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

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

26 Meeting of Forsyth in Motion, a subcommittee of the Forsyth County Aging Services Planning Committee. 3:00PM–4:00PM, 2895 Shorefair Drive. Call 336-703-3870 for more information.

28 Home and Community Care Block Grant Committee Meeting. 9:30AM–11:30AM, Forsyth County Government Center, 201 N. Chestnut Street.

For more information, visit www.seniorservicesinc.org/events
2895 SHOREFAIR DRIVE | WINSTON-SALEM | 336-725-0907

SENIOR SERVICES
Helping Our Elderly Live With Dignity