



AGING MATTERS

EVENTS OF INTEREST FROM SENIOR SERVICES

FEBRUARY 2019

HEALTH & EXERCISE

2 Warm-Water Exercise hosted by the Shepherd's Center of Greater Winston-Salem in partnership with Arbor Acres, Homestead Hills, and Salemtowne. Occurring at different times every day except Sunday. Call 336-748-0217 for information.

4 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.

4 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.

4 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 info.

4 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.

5 Tai Chi for Memory hosted by the Shepherd's Center of Greater Winston Salem. This 8-week session meets every Tuesday and Thursday morning from 10:30AM-11:30AM, 1700 Ebert Street. Call 336-748-0217 for more information.

SUPPORT GROUPS

1 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 "Serendipity" Alzheimer's & Dementia Support Group hosted by Dr. Ed Shaw. 3:00PM-4:00PM, Bermuda Village Retirement Community, 142 Bermuda Village Drive. Call 336-998-6763 for more info.

6 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.

11 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 Coping with the Death of a Parent hosted by Trellis Supportive Care. A 6-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 more information.

12 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.

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

24 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.

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

ARTS, ENTERTAINMENT & LEARNING

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

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

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

6 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.

6 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 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 information.

14 Big Bands Are for Lovers. Join Camel City Jazz Orchestra (and surprise musical guests) for an evening of fine dining and dancing to the classic sounds of big band music. 6:30PM-10:30PM, Millennium Center, 101 W. 5th St. Admission is \$75/person. Visit www.camelcityjazz.org for more information and tickets.

21 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.

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

WORKSHOPS & MEETINGS

5 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.

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

5 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.

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

7 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.

12 Triad Retirement Living Association Meeting. Geared toward retirement-community professionals. 8:30AM-10:00AM, location varies. Visit www.trla.info to learn more.

12 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.

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

12 The Aging Well Series: Function, Falls, and Frailty: "Staying Safe at Home and Abroad" 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.

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

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

18 ACAP Meeting: Housing Options for Seniors—Private and Public hosted by ACAP. 5:30PM-7:00PM, Knollwood Baptist Church, 330 Knollwood Drive, Winston-Salem.

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

22 Home and Community Care Block Grant Committee Meeting. 9:30AM-11:30AM, 475 Deacon Blvd. in the McQuerry Tower.

27 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.

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

SENIOR SERVICES
Helping Our Elderly Live With Dignity