



AGING MATTERS

EVENTS OF INTEREST FROM SENIOR SERVICES

JANUARY 2019

HEALTH & EXERCISE

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.

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.

7 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.

7 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.

8 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 more information.

8 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-11:30 AM, 1700 Ebert Street. Call 336-748-0217 for more information.

SUPPORT GROUPS

1 "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 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.

4 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.

8 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.

14 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.

27 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.

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

ARTS, ENTERTAINMENT & LEARNING

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

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

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

2 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.

2 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.

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

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

16 Third Wednesday Book Club hosted by the Shepherd's Center of Greater Winston-Salem. 2:00PM-4:00PM, 1700 Ebert Street. Call 336-748-0217 for more information.

17 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.

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

WORKSHOPS & MEETINGS

1 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.

1 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.

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

3 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.

8 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.

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

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

8 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.

9 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.

9 Wayback Wednesday: Open Mic Discussion with Paul McCraw hosted by the Shepherd's Center of Greater Winston-Salem. 2:30PM-4:00PM, 1700 Ebert Street. Call 336-748-0217 for more information.

15 ACAP Meeting: Preventing Falls hosted by ACAP. 5:30PM-7:00PM, Knollwood Baptist Church, 330 Knollwood Drive, Winston-Salem.

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

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

23 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.

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

31 Creating a Year of Happiness: Seasonal Affective Disorder Workshop with Dr. Mike Simpson hosted by the Shepherd's Center of Greater Winston-Salem. 6:00PM-8:30PM, 1700 Ebert Street. Call 336-748-0217 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