



AGING MATTERS

EVENTS OF INTEREST FROM SENIOR SERVICES

JULY 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 Street. 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. Occurring at different times every day except Sunday. Call 336-748-0217 for information.

1 WOW: Walkers of Walkertown hosted by the Forsyth County Public Library. 9:30AM–10:00AM, Walkertown Branch Library, 2969 Main Street, Walkertown, 336-703-2990. Occurs every Monday and Thursday.

1 Chair Yoga hosted by the Shepherd's Center of Greater Winston-Salem. Chair-based class designed to increase flexibility and range of motion. 10:30AM–11:15AM, 1700 Ebert Street. For more information call 336-748-0217.

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

1 Gentle Mat Yoga hosted by the Shepherd's Center of Greater Winston-Salem. Mat yoga sessions for those who are 50 and over. 11:15AM–noon, 1700 Ebert Street. For more information call 336-748-0217.

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. For more information call 336-816-5544.

SUPPORT GROUPS

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

3 Caregiver Support Group hosted by Senior Services. Occurs every Wednesday 11:00AM–12:30PM and every Friday noon–2:00PM. Elizabeth and Tab Williams Adult Day Center, 231 Melrose Street, 336-724-2155. Meets every Wednesday.

8 Alzheimer's & Dementia Support Group hosted by Forest Heights Senior Living. Occurs the second Monday of each month, 12:30PM–2:00PM, 2500 Polo Ridge Road. For more information call 336-722-7118.

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

22 Parkinson's Forward Support Group. 1:00PM–2:00PM, Senior Services, 2895 Shorefair Drive, Winston-Salem. For more information 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. For more information call 336-748-0217.

2 Intermediate Bridge hosted by the Shepherd's Center of Greater Winston-Salem. Occurs every Tuesday, 9:30AM–11:30AM, 1700 Ebert Street. For more information call 336-748-0217.

2 Knitting & Crochet hosted by the Shepherd's Center of Greater Winston-Salem. Occurs every Tuesday, 1:00PM–3:00PM, 1700 Ebert Street. For more information call 336-748-0217.

2 Shepherd's Center Singers hosted by the Shepherd's Center of Greater Winston-Salem. Meets every Tuesday, 2:00PM–3:30PM, 1700 Ebert Street. For information call 336-748-0217.

2 Knitting Club hosted by Polo Park Community Center. 6:30PM–7:30PM, 1850 Polo Road. Occurs every Tuesday.

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 Fellowship & Game Time hosted by the Shepherd's Center of Greater Winston-Salem. 1:30PM–4:00PM, 1700 Ebert Street. Occurs every Wednesday. For information call 336-748-0217.

3 Adult Coloring hosted by the Shepherd's Center of Greater Winston-Salem. Occurs every Wednesday, 1:30PM–4:00PM, 1700 Ebert Street. For more information call 336-748-0217.

4 Senior Drop-in Day hosted by Covenant Presbyterian Church. Adult coloring, cards, and games and crocheting. Noon–3:00PM, 3627 Konnoak Drive. Occurs every Thursday. For more information call 336-788-7511 or 336-650-9335.

4 Intergenerational Drumming Circle presented by the Shepherd's Center of Greater Winston-Salem. Occurs every Thursday. 5:00PM–5:30PM, 1700 Ebert Street. For more information call 336-748-0217.

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

17 3rd Wednesday Book Club meets every third Wednesday at 2:00PM at the Shepherd's Center, 1700 Ebert Street. Call 336-765-9258 for more information.

18 Veterans Coffee (free) hosted by Trellis Supportive Care. 8:30AM–10:30AM, PDQ Restaurant, 285 Harvey Street, Winston-Salem. For more information call 336-331-1309.

23 International and Intergenerational Conversation English Improvement Group for non-English speakers of any age. Meets every Tuesday at 4:00PM at Trinity United Methodist Church, 3819 Country Club Road. Call Susan at 336-748-0217 for more information.

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 hosted by the City of Winston-Salem Recreation and Parks Department. 3:00PM–5:00PM, Senior Services, 2895 Shorefair Drive, Winston-Salem.

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. For more information call 336-748-0217.

4 Thinking Outside the Box: An anything-goes discussion group for those 50 and over. Occurs every Thursday, 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 for information.

9 Winston-Salem Mayor's Council for Persons with Disabilities. Discuss issues impacting people living with disabilities in Winston-Salem community. 11:30AM–12:30PM, Cam's Coffee, 101 N. Chestnut Street.

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

10 Shepherd's Center Volunteer Orientation. Wednesday from 10:00AM–11:30AM, 1700 Ebert Street. For more information call 336-748-0217.

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 for more information.

16 ACAP Winston-Salem Meeting. The meeting focus: dementia, delirium or depression—which is it? 5:30PM–7:00PM, Knollwood Baptist Church, 330 Knollwood Street. For more information call 336-652-0474.

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

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

27 Forsyth in Motion Meeting, 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. For more information call 336-703-3870.

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

SENIOR SERVICES
Helping Our Elderly Live With Dignity