



AGING MATTERS

EVENTS OF INTEREST FROM SENIOR SERVICES

MARCH 2019

HEALTH & EXERCISE

- 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 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 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. 336-998-6763.
- 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 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 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 six-week group 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. Call 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 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 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.

8 Shakespeare in Love presented by Hanesbrands Theatre. 7:30PM–9:30PM, 209 Spruce Street. 336-747-1414. Occurs the first four weekends in March.

12 The Aging Well Series: Diabetes in Older Adults: What Everyone Needs to Know 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.

14 Memory Café hosted by the Sticht Center at Senior Services. 1:00PM–3:00PM, 2895 Shorefair Drive, Winston-Salem.

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 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, Senior Services, 2895 Shorefair Drive.
- 5 Powerful Tools for Caregivers** hosted by Arbor Ridge at Stanleyville. 4:00PM–6:00PM, 350 Arbor View Lane. 336-377-2195. Occurs every Tuesday.
- 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.
- 9 Down to Brass Tacks: Elder Law Attorney Panel for Caregivers** hosted by the Williams Adult Day Center. 10:00AM–12:00PM, 231 Melrose Street. 336-724-2155.
- 12 Triad Retirement Living Association Meeting.** Geared toward retirement-community professionals. 8:30AM–10:00AM, location varies. Visit www.trla.info for info.
- 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.
- 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.
- 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 McQuery 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