



AGING MATTERS

EVENTS OF INTEREST FROM SENIOR SERVICES

JUNE 2019

HEALTH & EXERCISE

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 each day Mon.–Sat. No Sunday hours. Call 336-748-0217.

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–10:00AM, 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 St. Occurs every Monday and Friday. Call 336-703-2970.

3 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.

3 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–12:00PM, 1700 Ebert Street. Call 336-748-0217.

15 The Piedmont Triad's 8th Annual Elder Abuse Awareness Walk, Stroll and Roll at Triad Park, Kernersville. Hosted by the PTRC Area Agency on Aging. Register online at www.ptrc.org/walk. For more information, call 336-904-0300.

21 Longest Day Event for Alzheimer's. Fundraiser for Alzheimer's research and education. 6:00PM–8:30PM, Flint Hill Winery, 2133 Flint Hill Road, East Bend. For more information and to register, visit <http://bit.ly/2w8elks>.

SUPPORT GROUPS

4 "Serendipity" Alzheimer's & Dementia Support Group hosted by Dr. Ed Shaw. 3:30PM–4:30PM, Bermuda Village Retirement Community, 142 Bermuda Village Drive. For more information, call 336-998-6763.

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

10 Alzheimer's & Dementia Support Group hosted by Forest Heights Senior Living. Monday and Wednesday, 12:30PM–2:00PM, 2500 Polo Ridge Road. For more information, call 336-722-7118.

11 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.

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 Avenue.

24 Parkinson's Forward Support Group. 1:00PM–2:00PM, Senior Services, 2895 Shorefair Drive, Winston-Salem. For more information, call 336-972-7091.

ARTS, ENTERTAINMENT & LEARNING

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

3 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.

3 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. Call 336-816-5544.

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

4 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.

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

4 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 more information, call 336-748-0217.

4 Winston-Salem Pops Chorus Community Concert. A free community concert from 6:30PM–7:30PM. Forsyth County Center Library, 660 W. Fifth Street.

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

5 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.

6 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.

6 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.

7 Jean Kwok and Searching for Sylvie Lee. Bookmarks presents author, Jean Kwok, to discuss her new book, *Searching for Sylvie Lee*. 7:00PM–9:00PM. 634 West Fourth St. #110. Call 336-747-1471.

8 Lecture Night in Camel City: Sisters & Rebels. Bookmarks presents National Humanities Award-winning historian Jacqueline Dowd Hall. 7:00PM–9:00PM, 634 West Fourth Street #110. For more information, call 336-747-1471.

20 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.

21-30 Das Barbecü: A New Musical Comedy. Hanesbrands Theatre, June 21, 22, 27, 29 7:30PM–9:30PM, June 23, 30 2:00PM–4:00PM, 209 Spruce Street, Winston-Salem. Call 336-725-4001.

27 Maple Springers Community Fellowship Luncheon. 12:00PM–1:00PM, Maple Springs United Methodist Church, Craven Hall, 2569 Reynolda Road. Call 336-722-7563.

WORKSHOPS & MEETINGS

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.

4 Piedmont Plus Senior Games Steering Committee Meeting hosted by the Winston-Salem Recreation and Parks Department. 3:00PM–5:00PM, Senior Services, 2895 Shorefair Drive, Winston-Salem.

6 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.

11 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.

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

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

12 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.

18 ACAP Winston-Salem Meeting. The meeting will focus on caregiver fatigue and coping skills. 5:30PM–7:00PM, Knollwood Baptist Church, 330 Knollwood Street. Call 336-652-0474.

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.

27 Meeting of Forsyth in Motion, 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.

28 Home and Community Care Block Grant Committee Meeting. 9:30AM–11:30AM, Forsyth County Government Center, 201 N. Chestnut Street, Winston-Salem, NC 27101.

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

SENIOR SERVICES
Helping Our Elderly Live With Dignity