



AGING MATTERS

EVENTS OF INTEREST FROM SENIOR SERVICES

January 2020

- 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 more information.
- 2 Advanced Bridge** hosted by Shepherd's Center of Greater Winston-Salem. Occurs every weekday, 9:30AM-11:30AM, 1700 Ebert Street. For more information call 336-748-0217.
- 2 Senior Drop-in Day** hosted by Covenant Presbyterian Church. Adult coloring, card and board games, and crocheting. Held every Thursday noon-3:00PM, 3627 Konnoak Drive. For more information call 336-788-7511 or 336-650-9335.
- 2 Thinking Outside the Box:** an anything-goes discussion group for those 50 and over. Meets every Thursday, 3:15PM-5:00PM, the Shepherd's Center of Greater Winston-Salem, 1700 Ebert Street.
- 2 Intergenerational Drumming Circle** presented by the Shepherd's Center of Greater Winston-Salem. Held every Thursday 5:00pm-5:30pm, 1700 Ebert Street. For more information call 336-748-0217.
- 2 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 Sittercise Class.** Every Monday and Friday 10:00AM-10:30AM. Rural Hall Branch Library, 7125 Broad Street. For more information call 336-703-2970.
- 3 Caregivers Support Group Meeting** hosted by Senior Services. Meets 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.
- 4 Dixie Classic Farmers Market.** Open every Saturday. 6:00AM-1:00PM, 421 West 27th Street. 336-727-2236.
- 6 Chair Yoga,** hosted by the Shepherd's Center of Greater Winston-Salem. Chair-based class designed to increase flexibility and range of motion. Every Monday 10:30AM-11:15AM, 1700 Ebert Street. For more information call 336-748-0217.
- 6 Gentle Mat Yoga,** presented by the Shepherd's Center of Winston-Salem. 1:30PM-3:00PM, 1700 Ebert Street. Call 336-748-0217 for more information.
- 6 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.
- 7 Fitness Walk** hosted by the Forsyth County public libraries, led by YMCA trainers for 30 minutes of walking 9:00AM-10:00AM. Occurs every Tuesday. Walkertown Branch Library, 2969 Main Street, Walkertown, 336-703-2990.
- 7 Intermediate Bridge** hosted by the Shepherd's Center of Greater Winston-Salem. Meets every Tuesday, 9:30AM-11:30AM, 1700 Ebert Street. For more information call 336-748-0217.
- 7 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.
- 7 Knitting & Crochet** hosted by the Shepherd's Center of Greater Winston-Salem. Held every Tuesday, 1:00PM-3:00PM, 1700 Ebert Street. For more information call 336-748-0217.
- 7 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.
- 7 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.
- 7 "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 336-998-6712.
- 7 International and Intergenerational Conversational 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.
- 7 Knitting Club** hosted by Polo Park Community Center. 6:30PM-7:30PM, 1850 Polo Road. Occurs every Tuesday.
- 7 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.
- 8 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.
- 8 Fellowship & Game Time,** hosted by the Shepherd's Center of Greater Winston-Salem. 1:30PM-4:00PM, 1700 Ebert Street. Occurs every Wednesday. For more information call 336-748-0217.
- 8 Adult Coloring,** hosted by the Shepherd's Center of Greater Winston-Salem. 1:30PM-4:00PM, 1700 Ebert Street. Occurs every Wednesday. For more information call 336-748-0217.
- 8 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.
- 8 Way Back Wednesday** with Paul McCraw addressing local, world, ancient history and current events. 2:30PM-4:00PM, the Shepherd's Center of Greater Winston-Salem, 1700 Ebert Street, Winston-Salem, NC.
- 13 Alzheimer's & Dementia Support Group** hosted by Forest Heights Senior Living. 12:30PM-2:00PM, 2500 Polo Ridge Road. For more information call 336-722-7118.
- 14 Winston-Salem Mayor's Council for Persons with Disabilities Meeting.** Meets the 2nd Tuesday of each month at 11:30AM, The Adaptables, Inc., 7744 Northpoint Blvd. Call 336-767-7060 for more information.
- 14 Triad Retirement Living Association (TRLA) Meeting.** Geared toward retirement-community professionals. 8:30AM-10:00AM, location varies. Visit www.trla.info for information.
- 14 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.
- 14 AARP Meeting.** Noon-1:00PM. Senior Services, 2895 Shorefair Drive. For more information, visit the AARP Forsyth Chapter website at aarpforsyth.wordpress.com.
- 15 3rd Wednesday Book Club,** hosted by The Shepherd's Center of Greater Winston-Salem. Meets every third Wednesday of the month from 2PM-4PM. 1700 Ebert Street, Winston-Salem. Call 336-765-9258 for more information.
- 16 Local Administrators Meeting.** 8:30AM-9:30AM, the Williams Adult Day Center, 231 Melrose Street. Held every third Thursday. Email Suzanne Simpson at mytoesinlover@yahoo.com for more information.
- 16 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.
- 16 Memory Café,** hosted by Memory Counseling Program at Wake Forest Baptist Medical Center. 10:30AM - 12:00PM at Tart Sweets, 848 W. 5th Street. A safe and supportive environment for individuals with memory loss, cognitive impairment, dementia and their care partners.
- 17 Forsyth County Aging Services Planning Committee.** Held every 3rd Friday of each month, 9:00AM-10:30AM, Senior Services, 2895 Shorefair Drive, Winston-Salem.
- 17 Science Fiction Double Feature: The Plays of Ray Bradbury** include performances of two one-act plays: Kaleidoscope and the wonderful Ice Cream Suit. Mountcastle Theatre, 251 N. Spruce Street. Cost: \$15. For more information: 336-725-4001. January 17-18 and 23-25, 7:30PM-9:00PM; January 18-19 and 25-26 at 2:00PM-3:30PM.
- 22 Forsyth in Motion Meeting hosted by the Shepherd's Center.** Held 4th Wednesday of each month, 3:00PM-4:00PM at 1700 Ebert Street. Call 336-748-0217 for more information.
- 23 Maple Springers Luncheon.** 11:30AM-1:00PM. Maple Springs United Methodist Church, Craven Hall, 2569 Reynolda Road. Fee: \$5.00. For more information call 336-722-7563.
- 24 Home and Community Care Block Grant Committee Meeting.** Meets the 4th Friday of each month. 9:30AM-11:30AM. Forsyth County Government Center, 201 N. Chestnut St., Winston-Salem, NC.
- 26 Forsyth County Lupus Support Group,** hosted by the Lupus Foundation of America's North Carolina Chapter. Meets 4th Sunday of each month, 2:30PM-4:00PM, Highland Presbyterian Church, 2381 Cloverdale Avenue.
- 27 Alzheimer's-Dementia Support Group.** Meets the 4th Monday of each month at 2:00PM in the church parlor. Clemmons United Methodist Church, 3700 Clemmons Road. Contact Dawn Wooten at 336-414-0579 for more information.
- 28 Parkinson's Forward Support Group.** 1:00PM-2:00PM. Senior Services, 2895 Shorefair Drive, Winston-Salem. For more information call 336-972-7091.

SENIOR SERVICES

Helping Our Elderly Live With Dignity
2895 SHOREFAIR DRIVE | WINSTON-SALEM | 336-725-0907

Starting in February we will no longer print this full page calendar. You can continue to access event information at seniorservicesinc.org/events.