

January /
February
2017



GREENSBORO
PARKS & RECREATION

OUR MISSION:

The mission of Smith Senior Center is to provide diverse, year-round programs, activities and services that meet the physical, social, mental and cultural needs of senior adults in Greensboro and Guilford County.

Mabel D. Smith
Senior Center

N.C. Senior
Center of
Excellence
2014-2019

2401 Fairview St.
Greensboro, NC
27405

336-373-7564

www.greensboro-nc.gov/Seniors

www.facebook.com/smithseniorcenter

Hours:

Mon - Thurs
8 am - 8 pm

Friday
9 am - 8 pm

Saturday
9 am - 12 pm

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**SMITH SENIOR
CENTER WILL BE
CLOSED:**

January 2
January 16

The Smith Sentinel

Happy New Year!

January Activities

Genealogy Class — Jan 9, 10 am, Free.

Martha Stanley will share tips and tricks to help you in researching your family tree.

Hearing Screenings — Jan 10, 9 am-12 pm, Free. Provided by Hearing Solutions, please call 336-373-7564 for an appointment.

Adult Coloring Books — Jan 11 & 25, 10 am, \$10/year. All supplies are provided. Space is limited. Please call 373-7564 to register.

Computer Seminar: Sandboxie — Jan 12, 10 am, Free. Presented by Bill Barrett, you will learn how Sandboxie totally protects you when you're online or surfing the web, and protects your data from ransom ware.

Booked for Lunch Club — Jan 13 & Feb 10, 12 pm. The book club meets monthly on the 2nd Friday. You're invited to bring a bagged lunch to enjoy during the lively discussion.

Lunch Bunch — Jan 17, 11:30 am. We will meet at Red Robin on New Garden Rd. A van will leave the center at 11:15 am or you can meet us there. Please call 373-7564 to register and ride the van.

Yellow Dot Program Q&A — Jan 18, 10 am. Police Sergeant Alan McHenry will discuss the program and how it helps first responders quickly treat citizens during an emergency.

Life Insurance & Funeral Planning — Jan 19, 10 am. Rusty Kendrick with Lincoln Heritage will discuss different types of life insurance, what to look for when reviewing your current policy, and how it affects funeral planning.

Movie: "Nine Lives" — Jan 20, 1 pm, Free. A stuffy businessman finds himself trapped inside the body of his family's cat. Stars Kevin Spacey and Jennifer Garner. (2016) 87 min.

Finances & the Independent Senior — Jan 24, 10 am. Bill Roach with Whichard Roach & Assoc. will discuss the financial challenges independent seniors face including outliving their money, rising long term care costs, and leaving a legacy for their loved ones.

Super Bowl Chili Contest — Jan 30, 12 pm. Bring a pot of your famous chili to compete for the title of 2017 Best Chili. Call 373-7564 to enter the contest. If you're not into cooking, we need tasters to vote for the best chili.

Nursing Home Planning — Jan 31, 10 am. Attorney Ryan McNeill will discuss what Medicare and Medicaid pay for in a nursing home, and the important estate planning

February Activities

Shades of Ireland Slideshow — Feb 1, 10 am.

We are planning a trip to Ireland for Aug 23 to Sept 3. Collette Vacations will present a slideshow and answer your questions about the trip.

Dish with the Director — Feb 6, 10 am. Join Senior Center Director, Teania Jackson for coffee and a casual atmosphere to ask questions and voice your comments, concerns and compliments.

Birthday Potluck Lunch & Bingo — Feb 7, 11:30 am. You're invited to celebrate with those with January and February birthdays by bringing a covered dish to share for lunch and one bingo prize for bingo games after lunch.

Adult Coloring Books — Feb 8 & 22, 10 am, \$10/year. All supplies are provided. Space is limited. Please call 336-373-7564 to register.

Computer Seminar: Windows 10 — Feb 9, 10 am, Free. Bill Barrett, computer tech and Microsoft Certified Partner, will help you get comfortable using Windows 10, show you how to make it look and feel like Windows 7, how to get Windows 7 gadgets and games back, and much more.

Valentine's Dance — Feb 10, 7-10 pm, Free. DJ Greg Pendergrass will play your favorite dance tunes to dance the night away.

Valentine's Day Social — Feb 14, 1 pm, Free. Nothing says Valentine's Day like chocolate and this dessert social will satisfy your chocolate craving, complete with a chocolate fountain!

Landlord and Tenant Rights — Feb 15, 10 am. Attorney Drew Nelson will discuss landlord and tenant obligations, tenant rights, lease agreements, deposits and the Fair Housing Act.

Preparing a Home to Sell — Feb 16, 12 pm, Free. Warmath Realty will discuss how to prepare a home to sell including repairs, remodeling and financing options. Lunch is provided. Registration is required. Please call 373-7564 to register.

Movie: "The Jungle Book" — Feb 17, 1 pm, Free. Disney's beloved animated movie brought us Mowgli, Baloo, Bagheera, who are brought to life in this stunning masterpiece. (2016) 106 min.

Lunch Bunch — Feb 21, 11:30 am. We will meet at Harbor Inn in Burlington. A van will leave the center at 11 am or you can meet us there. Please call 373-7564 to register and ride the van.

Estate Planning Seminar — Feb 28, 10 am, Free. Attorney David McLean will discuss the process of getting your legal affairs and important documents in order so you can make things easier for your family members when the time comes.

FITNESS

Fitness Room Membership | Fees: \$10 per month; \$30 for 3 months; \$100 for 12 months

Membership includes Orientation, Personal Training, and Fitness Testing by certified staff.

Fitness Room Hours Mon-Thurs 8 am - 7:45 pm | Fri 9 am - 7:45 pm | Sat 9 - 11:45 am

Basketball Open Play — Wednesdays: 10 am - 12 noon (Ages 55+)

Table Tennis — Wednesdays: 10 am - 12 noon (Ages 55+) Fridays: 5:00 - 7:45 pm (Ages 18+)

Bocce, Horseshoes, Shuffleboard and Cornhole — Fridays: 10 am - 12 noon (Ages 55+)

Gym Walking — The gym is available for walking laps during operating hours, except during classes and other scheduled programs. 19 laps = 1 mile

AQUATICS

Senior Swim | \$30 for 30-visit pass | Ages 55+

Mondays & Wednesdays, 8:15 - 9:30 am | Lap swimming only, full length of pool.

Mondays & Wednesdays, 2 - 4 pm | Open swim

Tuesdays & Thursdays, 8:30 - 10 am | Lap swimming in deep end, shallow end is open.

Tuesdays & Thursdays, 2 - 4 pm | Open swim

Fridays, 11:30 am - 12:30 pm | Lap swimming only, full length of pool.

Water Aerobics Classes — Vivian Sloan, Instructor | Ages 55+

Arthritis Foundation Aqua Program | Mon, Wed & Fri | 10 - 11 am

January 9 - February 17 | \$85

February 27 - April 7 | \$90

Evening Splash | Monday & Wednesday | 4:30 - 5:30 pm

January 9 - February 15 | \$55

February 27 - April 5 | \$60

Arthritis Foundation Aqua Program | Tues & Thurs | 11 am - 12 noon

January 10 - February 16 | \$60

February 28 - April 6 | \$60

Aqua Fit Classes — Bobby Maynard, Instructor | Ages 18+

These classes are for all fitness levels and features aerobic activity and strength exercises for a full-body workout.

Mondays & Wednesdays | 6 - 6:45 pm

January 9 - February 15 | \$55

February 27 - April 5 | \$60

Tuesdays & Thursdays | 5:45 - 6:30 pm

January 10 - February 16 | \$60

February 28 - April 6 | \$60

CLASSES

SAIL Exercise Class — Joe Libera, Instructor | Ages 55+

Mondays & Wednesdays | 8:15 - 9 am | FREE

Formerly Better Balance Class, SAIL classes will empower you to "Stay Active & Independent for Life" by improving your balance and mobility and reducing your fall risk. Exercises are designed for your ability level. Strength and balance testing are included. Participants will receive a copy of the SAIL workbook.

Soul Sliding for Seniors — Tyrone Clemons, Instructor | Ages 55+

Mondays | 10:30 - 11:30 am | \$5 per class

Wednesdays | 12:15 - 1:15 pm | \$5 per class

Try this smooth groove line dancing class that provides a modern twist to line dancing.

Chair Yoga — Chipper Nuckles, Instructor | Ages 55+

Tuesdays | 10:30 - 11:15 am | FREE

Fridays | 9:15 - 10 am | FREE

Try this gentle form of yoga that is practiced either sitting in a chair or on a mat on the floor.

Ballroom Dance Class — Tyrone Clemons, Instructor | Ages 55+

Tuesdays | 1 - 1:45 pm | \$6 per class

Learn the basic social dance patterns in classic and contemporary dances. Partners are recommended.

Beginner Zumba — Janet Pollock, Instructor | Ages 18+

Tuesdays | 6:15 - 7 pm | FREE

Try this easier, gentler version of Zumba for beginners or to add variety to your workout routine.

Yoga on the Mat | Free

Thursdays | 5:15 - 6 pm | Tabitha Southard, Instructor | Ages 18+

Fridays | 10:30 - 11:15 am | Ellen Ammirato, Instructor | Ages 55+

Fridays | 11:30 - 12:15 am | Ellen Ammirato, Instructor | Ages 55+ (Beginning January 13th)

Try this traditional yoga class that is practiced on a mat on the floor.

S E R V I C E S

AARP Tax-Aide Service – AARP will provide free income tax services to taxpayers with low incomes on **Thursdays, Feb 2 to April 13**, 9 am-6 pm, and **Fridays, Feb 3 to April 7**, 10 am-6 pm. Call 336-373-7564 for an appointment.

Blood Glucose and Blood Pressure Checks, **10 am-12 pm, Jan 25 and Feb 22**. UNCG's School of Nursing provides free blood glucose and blood pressure checks each month. No appointment is necessary.

Grief Support Group, Mondays, 6 pm. This group is free and open to the public.

Hearing Screenings, 9 am-12 pm — Jan 10. Hearing Solutions provides free hearing screenings on the 2nd Tuesday of every other month. Please call 336-373-7564 for an appointment.

Medicare Insurance Counseling — Friday afternoons
The Seniors' Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries about their options by appointment by calling 373-4816 ext. 253.

Osteoporosis Group, 1:30 pm — Jan 12 and Feb 9. This support group meets the 2nd Thursday of the month to discuss awareness, prevention and creative management of this chronic illness. Facilitated by a Licensed Professional Counselor, the group is free and open to the public.

A. H. O. Y.

Add Health to Our Years
FREE low-impact aerobics classes for ages 55+

Smith Senior Center	M, T, W, Th, S	9:15 am 5:30 pm
Lewis Recreation Ctr.	M, W, F	9:15 am
Leonard Recreation Ctr.	M, W, F	10:30 am
Brown Recreation Ctr.	Tu, Th	9:15 am
Peeler Recreation Ctr.	Tu, Th	10:30 am
Griffin Recreation Ctr.	Tu, Th, Sat	10:30 am
Lindley Recreation Ctr.	Tu, Th	2:15 pm

Shades of Ireland Trip 2017

We are planning a trip with Collette Vacations to **Ireland** for **August 23 - September 3, 2017**.

Join us for a special presentation about the trip by a representative from Collette on

Wednesday, February 1 at 10 am.

Trip brochures are available at the front desk.

T R I P S

Temple Theatre — Sanford, NC
Thursday, March 30

We will depart Smith Senior Center at 10:30 am and return around 5:30 pm. We will have lunch at Mrs. Lacy's Magnolia House then see the musical, **The Andrews Brothers**, at the Temple Theatre. The cost of the trip is \$55 which includes transportation, lunch, tax, tip and show. Registration begins **Friday, February 24 at 9 am**.

How to Register:

- Registration must be made in person at Smith Senior Center on or after the registration date
- **On the day of registration, tickets will be given to the first 48 people in line beginning at 9 am, then a waiting list will be started**
- Payment by cash or check is due at the time of registration
- A simple health form must be completed once a year and kept on file
- You may register yourself and one other person as long as all paperwork is complete and payment is made
- Refund information is available at registration
- Seats on the bus are not assigned. Seating is first-come, first-served on the day of the trip.

GREATER GREENSBORO SENIOR GAMES

Make plans to participate in the
2017 Greater Greensboro Senior Games
April 4 - May 12

Registration forms will be available beginning February 1st. The deadline to register is March 3rd. For more information call 336-373-7564 or visit www.greensboro-nc.gov/seniorgames

Volunteer with Smith Senior Center and Serve Your Community

Honey Bee Helpers — Mondays 10 am-12 noon
A chapter of the Busy Bee Crafters of Greensboro, Inc., the group crochets, knits, and sews items for the clients/patients of Beacon Place, Hospice, Kids Path, Women's Hospital of Greensboro and Urban Ministry.

Quilting Club — Wednesdays 1-3 pm

All of the quilts made by the Quilting Club are donated to residents of local nursing homes and newborns at Women's Hospital of Greensboro. You are welcome to bring your own sewing machine or sew by hand.

Garden Club — Weekly

The club maintains a garden throughout the growing season, and donates the bounty to local food banks. The club also plants seasonal flowers in the natural areas around the center and works to beautify the center's surrounding property.

**Join us for the first meeting of 2017 on
Monday, January 23 at 10 am!**



Smith Senior Center
 2401 Fairview Street
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www.greensboro-nc.gov/seniors
www.facebook.com/smithseniorcenter

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RETURN SERVICE REQUESTED



January / February 2017

Inclement Weather

In the event of bad weather, it may be necessary to cancel programs and classes or close the Smith Senior Center. Please use the following guidelines before heading out:

If Guilford County Schools are **closed**, ALL programs and classes are cancelled.

If GCS are on a **2-hour delay**, ONLY morning programs and classes are cancelled.

If GCS are on a **1-hour delay**, all programs and classes will operate normally.



Attractions Coupon Books

Personal Care Inc. is selling the **2017 Attractions Dining and Value Guide** to benefit Smith Senior Center. Coupons are valid through December 31, 2017. These make great birthday, anniversary and graduation gifts!

Each book costs \$25.00.

Books are available at the front desk and at PCI. You may pay with cash or check made payable to **Personal Care Inc.**

Do you have life lessons about relationships and families to share with our community?

The Guilford County Healthy Relationships Initiative (HRI), in partnership with the Greensboro Public Library, is inviting adults ages 55 and over in Guilford County to be part of an exciting oral history project.

The goal of the oral history project is to learn about and document healthy relationship experiences in our community. In particular, stories about how healthy relationships and families are built and maintained over time, especially when they involved people overcoming challenges and difficult experiences.

Healthy relationships doesn't mean perfect relationships!

Interviews will be conducted by UNCG graduate students at Smith Senior Center in February and March. Each interview will take approximately 1.5 hours. You are encouraged to bring a close friend or family member with you to the interview.

This opportunity is limited to 20 interviews.

Please call 336-373-7564 to register.

You will then be contacted by a student to schedule the interview.