



The Smith Sentinel

JULY / AUGUST 2018

A NORTH CAROLINA SENIOR CENTER OF EXCELLENCE



**MABEL D. SMITH
SENIOR CENTER**

2401 Fairview Street
Greensboro, NC 27405
(336) 373-7564

www.greensboro-nc.gov/seniors
www.facebook.com/smithseniorcenter

Hours

Mon - Thurs 8:00am - 8:00pm
Friday 9:00am - 8:00pm
Saturday 9:00am - 1:00pm

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.



We love our



In August, we recognize and celebrate all of our many volunteers! Smith Senior Center would not be the thriving, vibrant place it is without all of your contributions. Thank you!



Volunteers!

JULY ACTIVITIES

4th of July Cookout — Tues, July 3, 12 pm, \$5

Enjoy grilled hotdogs, all the fixings and homemade ice cream outside under the shade trees (weather permitting). Please register and pay in person at the front desk by Fri, June 29.

Scrapbooking Class — Thurs, July 5 - Aug 23, 1-3 pm, \$5.

Bring in 15-20 photos to work with. All scrapbook supplies will be provided. Register and pay in person at the front desk.

Healthy Home, Healthy You — Wed, July 11, 10 am, Free.

Did you know that unhealthy ingredients in unhealthy products could mean an unhealthy you? Join Fred & Madelyn Phillips as they discuss ways to keep your home and yourself healthy.

Bingo — Tues, July 17, 9:30-11 am, Free.

Join us for some fun games of bingo. There are prizes for all winners. Sponsored by Amerilife.

Computer Seminar — Wed, July 18, 10 am, Free. Bill Barrett, computer tech and Certified Microsoft Partner, will give a general introduction to Windows 10, covering the latest features and how to find things. Bring your laptop and a flash drive.

Healthy Cooking Demo — Thurs, July 19, 11:30 am, Free.

Join Chef Susan from Brookdale Lawndale Park as she shows how to make healthy cooking fun and easy. The chef will prepare a healthy lunch for everyone to sample.

Bone Density Seminar — Mon, July 23, 10 am, Free.

OsteoStrong will provide free Bone Density Seminars on the 4th Mondays every other month. Learn more about bone density, osteoporosis, and medications and their side effects.

Golf Outing — Thurs, July 26, 8:30 am, \$10. This is open to beginners and experienced golfers. Equipment is available.

Register and pay in person 1 week prior.

Metal Flower Basket Class — Tues, July 31, 10 am-12 pm, \$15 for one, \$30 for two.

Learn how to make a metal flower basket wallhanging with colorful hydrangeas.



"Peace & Love" Ukestra Performance —

Tues, May 31, 1 pm, Free. This ukulele orchestra, or "Ukestra", will perform under the direction of Catherine "C.H." Holcombe.

AUGUST ACTIVITIES

Healthy Living for Brain & Body — Wed, Aug 1, 10 am, Free.

Presented by the Alzheimer's Association, learn hands-on tools to incorporate diet, nutrition, exercise, cognitive activity and social engagement research into a plan for healthy aging.

Dish with the Director — Mon, Aug 6, 10 am. Join Senior Center Director, Teania Jackson, and members of the Senior Center Advisory Committee for coffee and a casual atmosphere to give input, suggestions, and ask questions about the center.

AUGUST ACTIVITIES CONT..

Birthday Bunch — Tues, Aug 7, 11 am. Everyone with July and Aug birthdays are invited to lunch at Village Tavern. A van will leave the senior center at 11 am or you can meet us there. Please register in person at the front desk.

Ways to Save on Your Medications — Wed, Aug 8, 10 am, Free. Bob Boyd, Guilford County SHIP Coordinator, will discuss ways of saving money at preferred pharmacies, patient programs that can help with expensive medications, and who qualifies for the income-based Extra Help and Medicare Savings Programs.

Home Remodeling — Thurs, Aug 9, 12 pm, Free. Join Warmath Realty Group professionals as they discuss which areas in a home will provide the best return on investment, and which areas are a waste of money. Lunch is provided. Registration is required. Please call 336-373-7564 to register by Aug 6.

Jewelry Class — Tues, Aug 14, 1-3 pm, \$25.

Learn how to make a beautiful necklace and earrings. Please register and pay in person by Aug 9.



Bingo — Tues, Aug 21, 9:30-11 am, Free.

Join us for some fun games of bingo. There are prizes for all winners. Sponsored by Amerilife.

AARP Fraud Prevention: Cyber Safety — Wed, Aug 22, 10 am, Free. This workshop will teach how to protect yourself against cyber crimes, identity theft, protecting your computer, and other online fraud including phishing and public wi-fi scams.

Ice Cream Social! — Wed, Aug 22, 1 pm, Free. Take a break from the heat and stay cool while you make your own ice cream sundaes. "Well-behaved" grandkids are welcome.

Golf Outing — Thurs, Aug 23, 8:30 am, \$10. This is open to beginners and experienced golfers. Equipment is available for use. Register and pay in person at least 1 week prior.

BOOKED FOR LUNCH

2018-19 Reading List:

Sept 14 — "Annie Freeman's Fabulous Traveling Funeral" by Kris Radish

Oct 12 — "The Invention of Wings" by Sue Monk Kidd

Nov & Dec — No Meetings

Jan 11 — "Fool Me Once" by Harlan Coben

Feb 8 — "The Five People You Meet in Heaven" by Mitch Albom

March 8 — "The Supremes at Earl's All You Can Eat" by Edward Kelsey Moore

April, May & June - TBD

Meetings are at 12 noon on the 2nd Fridays. You're invited to bring your lunch to enjoy during the lively discussions.



AQUATICS

WATER AEROBICS CLASSES

Arthritis Foundation Aqua Program — Dawn Blackwell-Steele, Instructor
Monday, Wednesday & Friday, 10:00-11:00 am
 July 23 to August 31, \$90

Water Aerobics — Jessica Fox, Instructor
Tuesday & Thursday, 9:15-10:15 am
 July 24 to August 30, \$60

Aqua Fit (Ages 18+) — Bobby Maynard, Instructor
Monday & Wednesday, 5:45-6:30 pm
 July 23 to August 29, \$60
Tuesday & Thursday, 5:45-6:30 pm
 July 24 to August 30, \$60

SENIOR SWIM SCHEDULE (BEGINNING JULY 23)

FEE: \$30 FOR A 30-VISIT PASS (PASSES ARE VALID FOR 1 YEAR)

Mondays & Wednesdays
 8:15-9:45 am Lap swimming full length of pool
 2:00-4:00 pm Open swim

Tuesdays & Thursdays
 10:30 am-12 noon Lap swimming in deep end
 2:00-4:00 pm Open swim

Fridays
 9:15-10:00 am Lap swimming in deep end
 11:15 am-12:30 pm Open swim



Are you or someone you know...

- Having **SURGERY** or undergoing **REHAB?** On **BEDREST?**
- Needing **ASSISTANCE** in the **HOME** or **ASSISTING OTHERS?**
- Needing **COMPANIONSHIP?** **TRANSPORTATION?** **A SITTER?**
- ASSISTANCE** with **PERSONAL CARE?**
- Needing **LIGHT HOUSEKEEPING?**
- ASSISTANCE** with **MOBILITY, MEDICATION REMINDERS,** or **MEAL PREPARATION?**



Janet McGoldrick, RN, MSN
 President and Director
336-285-9107 work
 jmcgoldrick@1stchoicehomecareinc.com
 1stchoicehomecareinc.com

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*Mom's yard is an acre of grandkids playing,
 a patio with decades of celebrations, and
 a garden overflowing with memories.*



*We give people the help
 they need to live in
 the place they love.*



Delivered with heart.™

If you have a loved one who needs in-home, non-medical assistance, we can help. A compassionate caregiver can lend a hand with everyday chores like cooking, cleaning, and running errands so people can stay home and stay independent.

336.285.7477

GriswoldHomeCare.com/Burlington-Greensboro



5533 Burlington Rd., McLeansville, NC 27301
 (336) 698-0045



1 Marithe Ct., Greensboro, NC 27407
 (336) 852-9700

\$3.00 10 pc. Chicken Nuggets & Large Fry

Offer good only at the following BURGER KING® locations:
 1201 B. Summit Ave., 4708 W. Market St.,
 3003 West Gate City Blvd.,
 2240 Martin Luther King Dr.,
 4209 W. Wendover Ave.,
 3700 S. Holden Rd. • Greensboro, NC
 Expires: 10/31/18



Present coupon before ordering. Limit one coupon per customer per visit. State sales tax applicable. Not good with any other food offer. No substitutions, please. Cash redemption value 1/100¢.

FREE Croissan'wich

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Present coupon before ordering. Limit one coupon per customer per visit. State sales tax applicable. Not good with any other food offer. No substitutions, please. Cash redemption value 1/100¢.



4-D-5-5

For ad info. call 1-800-477-4574 • www.4pi.com



14-1562

Brian Williams



Funeral Planning Resources You Need

Whatever your need, the Dignity Memorial® network of funeral, cremation and cemetery service providers is here to help. We guide you every step of the way - from choosing between traditional burial planning and cremation, designing a religious ceremony or a celebration of life, and deciding on cemetery property. We even offer grief support service for you and your family.

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6000 W. Gate City Blvd.
Greensboro, NC



336-272-5157
515 North Elm Street
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We're Looking for People Like You!

The Adult Cognition Laboratory at UNCG studies how age impacts learning and memory. If you are interested in participating in one of our research projects or would like more information, please call us at 336-256-0038.

Participants will complete various memory and learning tests on paper and the computer. No previous computer experience is necessary. Scheduling is flexible and research participation takes up to 3 hours. Our lab is located on the UNCG campus. Participants will be paid for their time.

To participate, you must be aged 55 or older and be reasonably healthy. We will be glad to answer any questions when you call.

Dr. Dayna R. Touron
Director, Adult Cognition Lab, University of North Carolina at Greensboro

PARKS & REC FEST



Join Greensboro Parks & Recreation for their annual
Parks & Rec Fest!
Sunday, July 29
4-8 pm
Gillespie Golf Course

4-6 pm: Games, activities, food trucks
Enjoy free MUSEP Concerts:

6-7 pm: Sweet Dreams
(Blues, R&B, Jazz, Soul)

7:15-8:15 pm: Rob Massengale Band
(Variety, Rock & Roll)

Bring your lawn chairs and blankets and enjoy great, live music.

July is National Parks & Rec month!

FITNESS ROOM

Fitness Room Hours

Monday-Thursday: 8 am-7:45 pm
Friday: 9:00 am-7:45 pm
Saturday: 9:00 am-12:45 pm

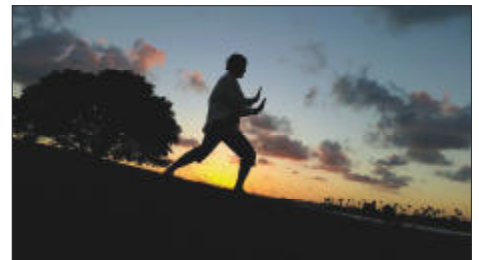
Membership Fees

\$10 per month
\$30 for 3 months
\$100 for 12 months

Your membership includes an orientation and personal training by certified staff, by appointment.



NEW CLASS



TaiRoGa

TaiRoGa is a fun workout with a Tai chi style warmup, 30 minutes of moderate aerobics for your heart, and yoga for the cool down. Enjoy a full body workout, stretch, and relaxation in just one hour.

TaiRoGa was created by and is taught by **Nancy Calkins**.

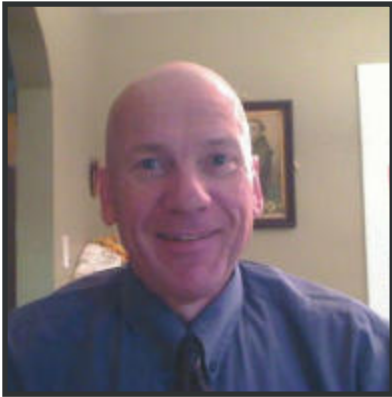
Mondays 6:15-7:15
Wednesdays 6:15-7:15
(Begins Monday, July 9th)



FITNESS FACTS

EXERCISE IS MEDICINE

Joseph Libera, PT, DPT, MPH, MBA, GCS, CEEAA, CSCS
Exercise Expert for Aging Adults



Imagine that your doctor asks you to take a pill that would strengthen and speed your brain's ability to process new information to solve the challenges of everyday life. The pill costs very little, in fact most of the time it costs nothing! The trade-off is that you've got to take this medicine for the rest of your life.

After proclaiming, "When do we start, Doc?" The next question might be, "How many of these pills should I take and when can I see some of these benefits take place?" We've known for some time now that the magic pill is regular exercise. Science is just starting to reveal the dosage, frequency, and duration needed for our brains to benefit from regular exercise.

A review of 98 studies on the relationship between improved cognition and various measures of exercise dosage revealed a significant correlation. Exercising for at least 52 hours over 26 weeks (averaging about an hour, 3 times a week) improved cognitive performance in older adults with and without preexisting cognitive impairment – as reported by Joyce Gomes-Osman, PT, PhD of the University of Miami, Miller School of Medicine (*Neurology: Clinical Practice, May 30, 2018*) According to Gomes-Osman, "The constructs of cognition that were most amenable to exercise were processing speed and executive function...those two constructs are among the first to decline with aging...You can actually turn back the clock of aging in your brain by adopting a regular exercise regimen." Exercises supported by evidence included aerobic exercise, resistance or strength training, and mind-body exercises such as yoga or tai-chi, or combinations of those exercises.

To learn more about exercise as medicine, stop by the Smith Center and speak with any of our instructors. Better yet, join us in "turning the clock back" with any one of our exercise programs.

Joe teaches SAIL classes
"Stay Active & Independent for Life"
on Mondays, Wednesdays &
Thursdays from 8:15-9:00 am

CLASSES

Beginner Zumba

Janet Pollock - Instructor
Tuesdays 6:15-7:00 pm

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

Chair Yoga

Chipper Nuckles - Instructor
Mondays 10:30-11:15 am
Tuesdays 10:30-11:15 am

Fridays 9:15-10:00 am
Try this gentle form of yoga that is practiced sitting in a chair.

Easy Tai Chi & Qigong

Ronda Cranford - Instructor
Mondays 12:00-12:45 pm

This class combines Tai Chi for Rehab with Qigong exercises.

Tai Chi for Arthritis/Balance

Ronda Cranford - Instructor
Thursdays 10:30-11:15 am

This class features series of movements which can improve balance, prevent falls, and are easy and safe for people with arthritis to learn.

Yoga on the Mat

Tabitha Southard - Instructor
Tuesdays 11:45 am - 12:30 pm

Thursdays 5:15-6:00 pm

Fridays 10:30-11:15 am

Fridays 11:30 am - 12:15 pm

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

VOLUNTEERS

Honey Bee Helpers

Mondays 10 am-12 noon

A chapter of the Busy Bee Crafters of Greensboro, Inc., this talented group crochets, knits, and sews items for the clients and patients of Beacon Place, Hospice, Kids Path, Women's Hospital of Greensboro and Urban Ministry's The Pathways Center.

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.

Other Opportunities:

- Folding and labeling newsletters
- Helping with special events
- Teaching craft classes
- Landscape/beautification

For more information on Volunteering, please call 336-373-7564.

GARDEN CLUB FOOD DRIVE FOR THE BLESSED TABLE

Non-perishable items needed:

Breakfast cereal	Fruit
Vegetables	Soups
Canned meats	Sugar
Oatmeal	Rice
Baby food/baby care items	

Donation box is in the Senior Center Lobby.

(Please do not donate opened or expired food.)

SERVING OUR COMMUNITY



The **Honey Bee Helpers** are collecting clothing and other supplies for needy students at

Bessemer Elementary School

Items Needed:

Pants for boys and girls - sizes 5 to 14
Undergarments for boys and girls - all sizes

They are also collecting school supplies for students at

Bessemer Elementary School

Rankin Elementary School

McNair Elementary School

Please bring all donations to Smith Senior Center from August 13-24 .



GARDEN CLUB NEWS

Smith Senior Center's Garden Club will meet at **10 am** on **Wednesday, July 18**
Wednesday, August 15

All those interested in gardening are welcome to attend. No prior experience is needed!

The Garden Club donates all of the food to Share the Harvest Food Bank to provide access to fresh produce for those in need.



SHARE THE HARVEST FOOD BANK COLLECTION SITES



Collection Site	Day	Time
First Lutheran Church	Sundays	9 am to 12 noon
First Lutheran Church	Wednesdays	8 am to 5 pm
Greensboro Children's Museum	Weekdays	9 am to 4 pm
Interactive Resource Center	Weekdays	9 am to 2:30 pm
Interactive Resource Center	Weekends	9 am to 12 noon
Cooperative Extension	Weekdays	8 am to 5 pm

JULY 2018

THURSDAY	FRIDAY	SATURDAY
<p>5 8:15 SAIL Balance Class Gym 9:00 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Legal Services* Rm 1 10:00 Cards & Games Rm 2 10:30 Tai Chi for Arthritis/Balance Gym 1:00 Scrapbooking Class* Rm 2 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 1 5:45 Aqua Fit Class* Pool</p>	<p>6 9:15 Chair Yoga Gym 9:15 Senior Swim Pool 10:00 Adult Coloring Books* Rm 1 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 1:00-4:00 Housing Services Rm 1 1:00 Cards & Games Gym 5:00 Table Tennis Gym</p>	<p>7 9:15 AHOY Gym</p>
<p>12 8:15 SAIL Balance Class Gym 9:00 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Cards & Games Rm 2 10:30 Tai Chi for Arthritis/Balance Gym 1:00 NEW! Ukulele Class* Rm 1 1:00 Scrapbooking Class* Rm 2 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 1 5:45 Aqua Fit Class* Pool</p>	<p>13 9:00 Boone Trip Sign-ups 9:15 Chair Yoga Gym 9:15 Senior Swim Pool 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 1:00-4:00 Housing Services Rm 1 1:00 Cards & Games Gym 5:00 Table Tennis Gym</p>	<p>14 9:15 AHOY Gym</p> <p>8:00 Greensboro Social Dance — Lewis Rec. Center</p>
<p>19 8:15 SAIL Balance Class Gym 9:00 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Cards & Games Rm 2 10:30 Tai Chi for Arthritis/Balance Gym 11:30 Healthy Cooking Demo Rm 1 1:00 Ukulele Class* Rm 1 1:00 Scrapbooking Class* Rm 2 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 2</p>	<p>20 9:15 Chair Yoga Gym 9:15 Senior Swim Pool 10:00 Adult Coloring Books* Rm 1 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 1:00-4:00 Housing Services Rm 1 1:00 Cards & Games Gym 2:30 Bowling Outing* Van 5:00 Table Tennis Gym</p>	<p>21 9:15 AHOY Gym</p>
<p>26 8:15 SAIL Balance Class Gym 8:30 Golf Outing* Gillespie 9:15 NEW! Water Aerobics* Pool 9:15 Cardio Sculpt Class Gym 10:00 Cards & Games Rm 2 10:30 Tai Chi for Arthritis/Balance Gym 10:30 Senior Swim Pool 1:00 Scrapbooking Class* Rm 2 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 2 5:45 Aqua Fit Class* Pool</p>	<p>27 9:00 Norfolk Trip Sign-ups 9:00-4:00 Housing Services Rm 1 9:15 Chair Yoga Gym 9:15 Senior Swim Pool 10:00 NEW! Water Arthritis Class* Pool 10:30 Yoga on the Mat Rm 2 11:15 Senior Swim Pool 11:30 Yoga on the Mat Rm 2 1:00 Cards & Games Gym 5:00 Table Tennis Gym 6:00 Grasshoppers Game* Van</p>	<p>28 9:15 AHOY Gym</p>
<p>Enjoy coffee in the Lounge Monday - Friday 9 am - 12 noon</p>		<p>*Registration Required</p>

AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY
<p>Enjoy coffee in the Lounge Monday - Friday 9 am - 12 noon</p>	<p>*Registration Required</p>	<p>1 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Healthy Living for Brain & Body Rm 1 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 5:30 AHOY Boot Camp Gym 5:45 Aqua Fit Class* Pool 6:15 TaiRoGa Gym</p>
<p>6 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Dish with the Director Rm 2 10:00 Water Arthritis Class* Pool 10:30 Chair Yoga Gym 12:00 Easy Tai Chi & Qigong Gym 1:00 Computer Class* Rm 2 2:00 Senior Swim Pool 5:00 T.O.P.S. Meeting Rm 1 5:30 AHOY Boot Camp Gym 5:45 Aqua Fit Class* Pool 6:00 Grief Support Group Rm 2 6:15 TaiRoGa Gym</p>	<p>7 9:15 Water Aerobics* Pool 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga Gym 10:30 Senior Swim Pool 10:30 Birthday Bunch* Van 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym</p>	<p>8 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Ways to Save on Your Meds Rm 1 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 5:30 AHOY Boot Camp Gym 5:45 Aqua Fit Class* Pool 6:15 TaiRoGa Gym</p>
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<p>20 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Water Arthritis Class* Pool 10:30 Chair Yoga Gym 12:00 Easy Tai Chi & Qigong Gym 1:00 Computer Class* Rm 2 2:00 Senior Swim Pool 5:00 T.O.P.S. Meeting Rm 1 5:30 AHOY Boot Camp Gym 5:45 Aqua Fit Class* Pool 6:00 Grief Support Group Rm 2 6:15 TaiRoGa Gym</p>	<p>21 9:15 Water Aerobics* Pool 9:15 Cardio Sculpt Class Gym 9:30 Bingo Rm 1 10:30 Chair Yoga Gym 10:30 Senior Swim Pool 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym</p>	<p>22 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 AARP Fraud Prevention Rm 1 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 10:00-11:00 BP & Glucose Checks Lounge 1:00 Ice Cream Social Rm 1 1:00 Quilting Club Rm 2 2:00 Senior Swim Pool 5:30 AHOY Boot Camp Gym 5:45 Aqua Fit Class* Pool 6:15 TaiRoGa Gym</p>
<p>27 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Balance/Bone Density Screen Rm 2 10:00 Water Arthritis Class* Pool 10:30 Chair Yoga Gym 12:00 Easy Tai Chi & Qigong Gym 2:00 Senior Swim Pool 5:00 T.O.P.S. Meeting Rm 1 5:30 AHOY Boot Camp Gym 5:45 Aqua Fit Class* Pool 6:00 Grief Support Group Rm 2 6:15 TaiRoGa Gym</p>	<p>28 9:00 Trip to Boone* Bus 9:15 Water Aerobics* Pool 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga Gym 10:30 Senior Swim Pool 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym</p>	<p>29 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 5:30 AHOY Boot Camp Gym 5:45 Aqua Fit Class* Pool 6:15 TaiRoGa Gym</p>

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<p>2 8:15 SAIL Balance Class Gym 9:00 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool 12:00 Easy Tai Chi & Qigong Gym 2:00 Senior Swim Pool 5:00 T.O.P.S. Meeting Rm 1 5:30 AHOY Boot Camp Gym 5:45 Aqua Fit Class* Pool 6:00 Grief Support Group Rm 2</p>	<p>3 9:00 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga Gym 11:45 Yoga on the Mat Rm 2 12:00 4th of July Cookout* Outside 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym</p>	<p>4</p> <p style="font-size: 1.2em; font-weight: bold;">Center Closed for 4th of July</p>
<p>9 8:15 SAIL Balance Class Gym 9:00 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool 12:00 Easy Tai Chi & Qigong Gym 2:00 Senior Swim Pool 5:00 T.O.P.S. Meeting Rm 1 5:30 AHOY Boot Camp Gym 5:45 Aqua Fit Class* Pool 6:00 Grief Support Group Rm 2 6:15 NEW! TaiRoGa Gym</p>	<p>10 9:00 Hearing Screenings* Rm 1 9:00 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga Gym 11:45 Yoga on the Mat Rm 2 1:00 NEW! Ukulele Class* Rm 1 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym</p>	<p>11 8:15 SAIL Balance Class Gym 9:00 Senior Swim Pool 9:15 AHOY Gym 10:00 Healthy Home, Healthy You Rm 1 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 11:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 5:30 AHOY Boot Camp Gym 5:45 Aqua Fit Class* Pool 6:15 NEW! TaiRoGa Gym</p>
<p>16 8:15 SAIL Balance Class Gym 9:00 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:30 Chair Yoga Gym 12:00 Easy Tai Chi & Qigong Gym 1:00 NEW! Computer Class* Rm 2 2:00 Senior Swim Pool 5:00 T.O.P.S. Meeting Rm 1 5:30 AHOY Boot Camp Gym 6:00 Grief Support Group Rm 2 6:15 TaiRoGa Gym</p>	<p>17 9:00 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 9:30 Bingo Rm 1 10:30 Chair Yoga Gym 11:45 Yoga on the Mat Rm 2 1:00 Ukulele Class* Rm 1 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 6:15 Beginner Zumba Gym</p>	<p>18 8:15 SAIL Balance Class Gym 9:00 Senior Swim Pool 9:15 AHOY Gym 10:00 Computer Seminar Rm 1 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 10:00 Garden Club Meeting Outside 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 5:30 AHOY Boot Camp Gym 6:15 TaiRoGa Gym</p>
<p>23 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Balance/Bone Dens. Sem. Rm 2 10:00 NEW! Water Arthritis Class* Pool 10:30 Chair Yoga Gym 12:00 Easy Tai Chi & Qigong Gym 1:00 Computer Class* Rm 2 2:00 Senior Swim Pool 5:00 T.O.P.S. Meeting Rm 1 5:30 AHOY Boot Camp Gym 5:45 Aqua Fit Class* Pool 6:00 Grief Support Group Rm 2 6:15 TaiRoGa Gym</p>	<p>24 9:15 NEW! Water Aerobics* Pool 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga Gym 10:30 Senior Swim Pool 11:45 Yoga on the Mat Rm 2 1:00 Ukulele Class* Rm 1 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym</p>	<p>25 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 9:30 Trip to Wytheville* Bus 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 10:00 NEW! Water Arthritis Class* Pool 10:00-11:00 BP & Glucose Checks Lounge 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 5:30 AHOY Boot Camp Gym 5:45 Aqua Fit Class* Pool NO TAIROGA</p>
<p>30 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Water Arthritis Class* Pool 10:30 Chair Yoga Gym 12:00 Easy Tai Chi & Qigong Gym 1:00 Computer Class* Rm 2 2:00 Senior Swim Pool 5:00 T.O.P.S. Meeting Rm 1 5:30 AHOY Boot Camp Gym 5:45 Aqua Fit Class* Pool 6:00 Grief Support Group Rm 2 NO TAIROGA</p>	<p>31 9:15 Water Aerobics* Pool 9:15 Cardio Sculpt Class Gym 10:00 Metal Flower Basket Class* Rm 1 10:30 Chair Yoga Gym 10:30 Senior Swim Pool 11:45 Yoga on the Mat Rm 2 1:00 Peace & Love Ukulele Orchestra Rm 1 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym</p>	

GENES & ALZHEIMER'S

**MAY 22
10AM TO
2PM**

**KNOW YOUR
FAMILY RISK
POP-UP EVENT**

- Have family history of Alzheimer's?
- Have NO symptoms of the disease?
- Are you age 55-75?

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SPEAKERS SERIES

Healthy Home, Healthy You

Wed, July 11 10 am

Computer Seminar

Wed, July 18 10 am

Balance/Bone Density Seminar

Mon, July 23 10 am

Healthy Living for Brain and Body

Wed, Aug 1 10 am

Ways to Save on Medications

Wed, Aug 8 10 am

Home Remodeling

Thurs, Aug 9 12 pm

AARP Fraud Prevention

Wed, Aug 22 10 am

COMPUTER CLASS

Are you new to computers? Do you need basic help with your laptop or tablet?

We will have a free computer class this summer that will cover all of the basics of computers.

Mondays, 1-3 pm

July 16 to August 20

Taught by Lynne Marsh, a retired administrative assistant for a large company in Greensboro.

Topics covered:

July 16 - Computer basics

July 23 - Online services

July 30 - Accessing digital books

Aug 6 - Watching TV on your tablet

Aug 13 - Facebook

Aug 20 - Email

Space is limited. Please call 336-373-7564 to register. Bring your own laptop or tablet.

TECH TALK

SHOPPING FOR A LAPTOP

Bill Barrett (BilleBarrett@gmail.com), Computer Tech

Welcome to July and August, the “wonderful” hot days of summer. I hope you are reading this on vacation somewhere very cool. Like most people, I’m sure you don’t want to think about laptop or desktop PC purchases, but probably sometime in the future you may need some advice, so here goes.

During the height of summer is the time that most things are on hold, waiting until August and the back to school sales begin. August is the best time to purchase a new laptop for a high school student or college freshman, but July is the best time to start shopping for the features you want and comparing prices.

Most schools and colleges now have a suggested laptop or Mac model for new students. Some colleges sell these and other models in their bookstores making it very convenient for parents and students. Beware of that tricked-out model with all the bells and whistles that makes you think the new user can’t live without it, kind of like the new BMW models. I would take the list of suggested ones and go over the list of features with someone with technical knowledge to weed out the needed basics from the “nice to have” features. Unless your student is doing advanced graphics, they really don’t need one of these high-end computers.

I would recommend a computer with an Intel i5 CPU (Central Processing Unit), with a minimum of 16 Gigs of processor memory, and a SSD (Solid State Drive) between 250-500 Gigs. Every laptop and/or desktop should have an external hard drive of 1-4 Terabytes. (1 TB=1000 Gigabytes, 1 Gigabyte=1000 Megabytes.)

I see no need for a 17 inch monitor, unless the student is planning to be working late at night and in a dimly lit space. The biggest screen on most laptops is about 15 inches. The screen is measured diagonally from lower left corner to upper right corner. The size of the laptop screens will probably depend on how big of a laptop the student wants to haul around.

For a laptop, most already come with WIFI, but it is becoming more and more difficult to find one with a CD/DVD drive because they are making them so much thinner nowadays. An optional recommendation for a laptop is to get the extended warranty. I call it the “drop kick” warranty. No matter what happens to it, the company will replace it.

If you have any questions about potential laptops, just send me an email and I will be more than happy to give my opinion. Happy shopping!



SERVICES AT SMITH SENIOR CENTER

BALANCE & BONE DENSITY SCREENINGS

10 am-12 pm, August 27

OsteoStrong provides free balance and bone density screenings on the 4th Monday every other month. Please call 336-373-7564 for an appointment.

BLOOD GLUCOSE & BLOOD PRESSURE CHECKS

10-11 am, July 25 and August 22

UNCG's School of Nursing provides free blood glucose and blood pressure checks on the 4th Wednesday each month. No appointment is necessary.



HEARING SCREENINGS

9 am-12 pm, July 10

Hearing Solutions provides free hearing screenings on the 2nd Tuesday of every other month. Please call 336-373-7564 for an appointment.

GRIEF SUPPORT GROUP

Mondays, 6 pm

This group is free and open to the public.

HOUSING SERVICES — WEATHERIZATION ASSISTANCE

Fridays, 1-4 pm; 4th Fridays, 9 am to 4 pm

The Weatherization Assistance Program helps low income, elderly, or disabled residents reduce their utility bills by improving energy efficiency in their homes. Please call 336-904-0300 for more information.

LEGAL SERVICES

10 am-12 pm, July 5 and August 2

Legal Aid of NC provides free legal services to eligible seniors on the 1st Thursday each month. Please call 336-398-1731 for an appointment.

MEDICARE INSURANCE COUNSELING

Friday afternoons

The Seniors' Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries each Friday. Please call 336-373-4816 ext. 253 for an appointment.

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BUS TRIPS

Wytheville, VA — Wednesday, July 25

We will depart Smith Senior Center at 9:30 am and return around 6:30 pm. We will enjoy lunch and see the show, *One Nation Under God*, at the Wohlfahrt Haus Dinner Theatre. The cost of the trip is \$65 which includes transportation, lunch, tax, tip and show. Registration began June 8.

Boone, NC — Tuesday, August 28

We will depart Smith Senior Center at 9 am and return around 6:30 pm. We will have lunch at Daniel Boone Inn and afterwards enjoy a Mountain Home Music matinee featuring local Appalachian area musicians. The cost of the trip is \$55, which includes transportation, lunch, tax, tip and show.

Registration begins **Friday, July 13 at 9 am.**



Norfolk, VA — Wednesday, September 19

We will depart Smith Senior Center at 7 am and return around 6:30 pm. We will enjoy a lunch buffet and relaxing cruise along Hampton Roads Harbor aboard The Spirit of Norfolk. The cost of the trip is \$90, which includes transportation, lunch, tax, tip and cruise. Registration begins

Friday, July 27 at 9 am.



Charlotte, NC — Thursday, October 4

We will depart Smith Senior Center at 8:30 am and return around 5 pm. We will visit the Billy Graham Library and have lunch there. After lunch we will have a step-on guided bus tour of Charlotte. The cost of the trip is \$40, which includes transportation, lunch, and tour. Registration begins **Friday, August 24 at 9 am.**

Raleigh, NC — Thursday, October 18

We will depart Smith Senior Center at 8 am and return around 5 pm. We will spend the day at the NC State Fair. The cost of the trip is \$25, which includes transportation only. If you are 65 or older, admission is free. If you are under 65, admission is \$10. Registration begins **Friday, September 14 at 9 am.**

OUTINGS

Greensboro Grasshoppers Games

July 27 August 10



A van will leave the senior center at 6 pm, or you can meet us there. Tickets are \$6 per person. Please register and pay in person at the front desk one week prior to the game.

Bowling @ Spare Time

July 20 and August 17

A van will leave the senior center at 2:30 pm and return at 5:30 pm, or you can meet us there. The cost is \$8 per person, which includes 3 games and bowling shoes. Please call 336-373-7564 to register.

Lunch & Movie Outing

Friday, August 24

A van will leave the senior center at 11 am or you can meet us at the restaurant (location TBD). Please bring money for lunch and movie. Please call 336-373-7564 to register.

Birthday Bunch

Tuesday, August 7

Everyone with July & August birthdays are invited to join us for lunch at Mi Pueblo on Northpoint Ave. in High Point. A van will leave the senior center at 10:30 am, or you can meet us there. Please register in person at the front desk by **Thursday, July 26.**

Barn Dinner Theatre

Tuesday, October 16

We will see "Steel Magnolias." The ladies at Truvy's beauty shop ponder life & death, husbands & children, and hair & nails - all of the most important topics that unite women! A van will leave the center at 12 pm, or you can meet us there. Cost is \$44/person. Please register and pay in person at the front desk by **Tuesday, September 18.**

How to Register for Bus Trips:

- 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
- You must hold your own spot in line. You may not use a chair to save your spot in line, or ask others to save your spot in line, while you return to your car to wait. If you get out of line, you will have to go to the end of the line. If someone asks you to save their spot in line, please decline.
- Payment by cash or check made payable to "City of Greensboro" is due at the time of registration
- A simple health form must be completed by each participant 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.

OTHER OPPORTUNITIES IN GREENSBORO

GLENWOOD RECREATION CENTER

336-373-2929

AARP Group (Open to Everyone)

3rd & 4th Tuesdays, 10 am-12 pm

Open Gym (Basketball, Walking)

Fridays, 10 am-12 pm

GRIFFIN RECREATION CENTER

336-373-2928

Coffee & Canvas

2nd Saturdays, 9:15-10:15 am

LEONARD RECREATION CENTER

336-297-4889

Bead Society

3rd Thursdays, 6-9 pm

Bridge Social

Tuesdays 12:45-4:30 pm, Thursdays 7-9 pm

Bridge Contract

Fridays, 9 am-2 pm

Gate City Quilt Guild

2nd Thursdays, 9 am-2 pm

Kiwanis

Tuesdays, 9 am-12 pm

The Loopers (Sewing)

3rd Thursdays, 9 am-1 pm

Mahjong

Mondays 6:30-9 pm, Thursdays 12:30-4 pm

Nat Greene Fly Fishers

2nd Tuesdays, 7-9 pm

Piedmont Triad Woodturners

2nd Tuesdays, 6:30-9:30 pm

Pinochle

Wednesdays, 1:30-4:30 pm

Square Dancing

Tuesdays, 7-9 pm

Triad Outdoor Photographers

1st Thursdays, 7-9 pm

LINDLEY RECREATION CENTER

336-373-2930

Knitting Club

Tuesdays, 10-11 am

WINDSOR RECREATION CENTER

336-373-5845

Bid Wiz and Pinochle

Tuesdays, 8:30 am-12:30 pm

GREENSBORO SPORTSPLEX

336-373-3272

Pickleball

Summer Schedule (June 11-Aug 31)

Monday-Friday: 9 am-12 pm

Wednesday: 6-9 pm

Beginner Pickleball Clinic

July 11, 6-7 pm

A.H.O.Y.

Add Health to Our Years

FREE low-impact aerobics classes for ages 55+

Summer Schedule (June 18 - Aug 17)

Smith Senior Center	M, T, W, Th, S	9:15 am
2401 Fairview St.	M, W	5:30 pm
Lewis Recreation Ctr.	Wed	9:15 am
110 Forest Lawn Dr.		
Guilford College UMC	M, W, F	10:30 am
1205 Fleming Rd.		
Trotter Recreation Ctr.	Fri	10:30 am
3906 Betula St.		
Brown Recreation Ctr.	Tu, Th	9:15 am
302 E. Vandalia Rd.		
Peeler Recreation Ctr.	Tu, Th	10:30 am
1300 Sykes Ave.		
Griffin Recreation Ctr.	Sat	10:30 am
5301 Hilltop Rd.		
Lindley Recreation Ctr.	Tu, Th	2:15 pm
2907 Springwood Dr.		



Smith Senior Center
 2401 Fairview Street
 Greensboro, NC 27405
 www.greensboro-nc.gov/seniors
 www.facebook.com/smithseniorcenter



RETURN SERVICE REQUESTED

July / August 2018

UKULELE CLASSES

Have you always wanted to learn to play the ukulele?

Well now's your chance!

Catherine "C.H." Holcombe is offering free ukulele classes in July.



Tuesdays and Thursdays

July 10-26

1:00-2:30 pm

C.H. has ukuleles to borrow for the first four people who sign up. If want to purchase your own ukulele for the class, it should be a soprano ukulele (the smallest) or a concert ukulele (slightly bigger). Call 336-373-7564 to register.

On **Tuesday, July 31 at 1 pm**, C.H.'s ukulele orchestra, *The Peace and Love Ukestra*, will perform as a finale to the class. Everyone is welcome to come hear them perform!

CARDS & GAMES

A CHANCE TO LEARN NEW GAMES

Participants in the Cards & Games group have volunteered to teach each other their favorite games.

Games are taught on the 3rd Fridays from 1-3 pm.

July 20 — Mahjong (Mary Nester)

August 17 — Rummikub (LaVerne Hedrick)

Future Games:

- Bridge
- Euchre
- Chess
- Canasta
- Hearts
- Bid Whist
- and more!

