



Enter as Strangers . . . Leave as Friends

ONGOING ACTIVITIES

Davidson County Senior Services



ABOUT US



Locations:

Davidson County Senior Center, Lexington

555-B West Center Street Ext.

Monday - Friday
8 a.m. - 5 p.m.

Davidson County Senior Center, Thomasville

211 West Colonial Drive

Monday - Friday
8 a.m. - 5 p.m.

Southmont Civic Center

13424 Linwood-Southmont Road

Lexington, NC 27292

Call for Schedule



Contact Information:

Phone: 336-242-2290

Email: seniorservices@davidsoncountync.gov

Website:

www.co.davidson.nc.us/seniorservices

Accredited by 
National Institute of
Senior Centers

Mailing List

To receive email notifications about upcoming classes, activities and special events, do one of the following:

- Give your email address to a staff member.
- Email seniorservices@davidsoncountync.gov or call 336-242-2290.
- Visit Senior Services' website www.co.davidson.nc.us/seniorservices find "News and Updates" and click on "Join our Email List".

***Activities are subject to change.
Please call for updates and confirmations***

EDUCATIONAL

03

Name	Location	Date/Time	Notes
Book Nook & Exchange	Lexington & Thomasville	Mondays - Fridays, 8:30 a.m. - 4:30 p.m.	
	Southmont	Tuesdays - Thursdays, 12 - 3 p.m.	
Tech Time / Tech Cafe	Lexington	Second Tuesday, 2 - 4 p.m.	One-on-one assistance to get your tech questions answered.
	Thomasville	Every Friday by Appointment Only	
Computer Labs	Lexington & Thomasville	Mondays - Fridays, 8:30 a.m. - 4:30 p.m.	Available for personal use. Must be able to use computers independently.
Book Clubs	Lexington - Tasted it in a Book	Last Monday, 1 - 2:30 p.m.	Call for book and pickup options.
	Thomasville Library	Second Monday, 11 a.m.	
	Southmont	First Tuesday, 12 - 1 p.m.	

ARTS & MUSIC

Name	Location	Date/Time	Notes
Diamond Art & Needlework	Lexington	Fridays, 1 - 3 p.m.	
	Southmont	First & Third Tuesday, 12 - 2 p.m.	
Diamond Art	Thomasville	Thursdays, 9 - 11 a.m.	
Crafter's Circle	Lexington	Mondays, 12 - 4 p.m.	Gather with fellow crafters and work on your own projects—just bring what you need!
Senior Chorus	Lexington	Tuesdays, 1:30 - 3 p.m.	Call for schedule.

Name	Location	Date/Time	Notes
Outdoor Walking Trail	Lexington	Everyday, Sunrise to Sunset	2 laps = 1 mile
	Thomasville		12 laps = 1 mile
	Southmont		3 laps = 1 mile
Indoor Walking	Davidson County Parks & Rec.	Mondays - Fridays, 12 - 2 p.m.	
	Thomasville	Mondays - Fridays, 8 a.m. - 4:30 p.m.	
Total Fitness	Lexington	Mondays & Wednesdays, 8:30 - 9:30 a.m.	Free exercise class combining cardio and strength with chair modifications available.
Fit-Wise	Lexington	Fridays, 9 - 10 a.m.	Free low-impact aerobics and flexibility class with chair modifications available.
Personal Training	Lexington	Mondays & Wednesdays, 9:30 - 11:30 a.m. Fridays, 9 - 11 a.m.	One-on-one training with Rob Hale. Orientations on Fridays; 30-minute sessions on Mondays & Wednesdays. Call the senior center for appointments.
Fitness Rooms	Lexington & Thomasville	Mondays - Fridays, 8:30 a.m. - 4:30 p.m.	Required orientation sessions are held <u>by appointment only</u> . Call, walk-in or email to schedule an appointment.
	Southmont (limited equipment)	Tuesdays – Thursdays, 9 a.m. – 3 p.m.	
Chair Volleyball	Lexington	Fridays, 12 - 1:30 p.m.	
	Thomasville	Wednesdays, 9 - 11 a.m.	
	Southmont	Thursdays, 1 - 2 p.m.	

HEALTH & WELLNESS

CONTINUED

05

Name	Location	Date/Time	Notes
Massage Therapy	Lexington	Second & Third Wednesday by Appointment	Call Gladys Marier at 336-250-7996 for more information.
Outdoor Fitness Zone	Lexington	Everyday, Sunrise to Sunset	
Blood Pressure Checks	Lexington	First Thursday, 9 - 10 a.m.	
	Thomasville	First Thursday, 10:30 - 11:30 a.m.	

SOCIAL & RECREATIONAL

Name	Location	Date/Time	Notes
Bocce	Lexington	Mondays - Fridays, 8:30 a.m. - 4:30 p.m.	Balls are available for checkout at the front desk.
Card Games	Lexington	Fridays, 1 - 4:30 p.m.	
Puzzles & Coloring Station	Lexington & Thomasville	Mondays - Fridays, 8:30 a.m. - 4:30 p.m.	Coloring pages available upon request.
	Southmont	Tuesdays - Thursdays, 12 - 3 p.m.	
Bean Bag Toss/Cornhole	Lexington & Thomasville	Mondays - Fridays, 8:30 a.m. - 4:30 p.m.	Bags and boards are available for checkout at the front desk.

SOCIAL & RECREATIONAL

CONTINUED

Name	Location	Date/Time	Notes
Bingo	Lexington	First Friday, 9 - 10 a.m.	Bring (3) prizes. Music BINGO is every other month.
	Thomasville	Second Tuesday, 2 - 3 p.m.	Prizes are provided.
	Southmont	Thursdays, 12 p.m.	Bring (2) prizes.
Senior Rollers - Bowling	J Smith Young YMCA, Lexington	Wednesdays, 1 - 3 p.m.	Minimal fee applies.
Pickleball	Davidson County Parks & Rec.		Call 336-242-2958 for schedule.
Table Tennis	Davidson County Parks & Rec.	Tuesdays & Thursdays, 1 - 4 p.m.	
	Thomasville	Mondays - Fridays, 8:30 a.m - 4:30 p.m.	As room permits.
Mahjong	Lexington	Mondays, 1 - 4:30 p.m.	
Happy Timers	Lexington	Fourth Thursday, 1 - 3 p.m.	Social group meets monthly. Please plan to bring a light snack to share with others.

COUNSELING

Name	Location	Date/Time	Notes
Legal Aid	Lexington	Every Other Month by Appointment	Free civil legal services for seniors 60+ by appointment, provided by Legal Aid of North Carolina. Call the Senior Legal Helpline at 1-877-579-7562.
	Thomasville	Quarterly by Appointment	

COUNSELING

CONTINUED

Name	Location	Date/Time	Notes
Resource & Benefits Counseling	Lexington & Thomasville	Hours of Operation Monday - Friday 8 a.m. - 5 p.m.	Staff can help connect you with community resources and services. Call 336-242-2290 for more information.
Emotional Wellness	Lexington	Second Monday, 10 - 11 a.m.	Monthly peer support group to find your path to emotional wellness.
SHIIP - Seniors' Health Insurance Information Program	Davidson Medical Ministries	By Appointment	SHIIP provides help with Medicare and health insurance questions. Call 336-243-3232 and ask for a SHIIP Coordinator.

SEASONAL PROGRAMS

Name	Location	Date/Time	Notes
Tax Assistance	Thomasville	February - April	Call for appointment.
Operation Fan / Heat Relief Program	Lexington & Thomasville	Summer Months	Grant funded program that provides fans for Davidson County residents age 60 or older (or if under 60, with a disability) with an existing home situation that presents a threat to health and well-being.