

## COUNSELING

### Legal Assistance

Attorney Jennifer Wilson provides no cost legal services for civil matters to seniors at the center. Open to adults 60+. Appointments required.

Contact the Senior Helpline  
1-877-579-7562

9-11am, 1-3 pm, Mon-Fri  
\*\*Civil Cases Only\*\*

Such as Wills, Powers of Attorney, etc.

## COMPUTING

### Computer Lab

Surf the net, check your email or just brush up on your computing skills in the centers Computer Lab. Open for skilled computer users age 55 and older.

Mon. - Fri.  
8:30 a.m. - 4:30 p.m.  
Location: Suite 105  
Fee: No Charge

## Upcoming Special Events /Activities

### Don't miss the fun at Seniors' Day at the Fair

Davidson County Senior Services in partnership with the Lexington Kiwanis Club is hosting the Annual Seniors' Day at the County Agricultural Fair. The date will be September 19 at the Davidson County Fairgrounds, 400 Greensboro St. Ext. The gates will open at 9:00 a.m. and admission is free to all seniors 55 and older.

Everyone knows the county fair is about more than candy apples and looking at the exhibits. This day is about meeting old friends and making new ones. Popcorn, drinks, blood pressure checks and health information will be available. Special entertainment will begin at 10:00 a.m. in the livestock barn and door prizes will follow. Don't miss the fun at this annual event. Special thanks to Piedmont Crossing, Hospice of Davidson County and Cigna HealthSpring for their sponsorship.

For more information please call (336) 242-2290 in Lexington or email [dcssex@davidsoncountync.gov](mailto:dcssex@davidsoncountync.gov) or call (336) 474-2754 in Thomasville or email [dcsstville@davidsoncountync.gov](mailto:dcsstville@davidsoncountync.gov)

### Healthy Smoothies Workshop

Davidson County Senior Services will be offering a Healthy Smoothies Workshop for all adults 55 and older. This class will be held from 2:00 to 4:00 p.m. September 30 at the Senior Center of Thomasville located at 211 West Colonial Drive.

This hands-on workshop will provide you with basic smoothies recipes and show you just how easy it is to craft them at home for a healthy snack for you and your family.

The cost of this course is \$7 per person. Deadline to register September 24. Fee is due upon registration. Please call (336) 474-2754 or e-mail [dcsstville@davidsoncountync.gov](mailto:dcsstville@davidsoncountync.gov) for more information on registering.

### Thanks 4 Giving Fall Food Drive

Help make sure families in local communities enjoy a hot meal for Thanksgiving this year. Join DC Senior Services of Thomasville as they collect requested food items such as spaghetti noodles, spaghetti sauce, hamburger helper and tuna helper to donate to Fairgrove Family Resource Center. Collection of items will begin October 1 and final collection day will be November 8. Items can be dropped off at the Senior Center of Thomasville, 211 W. Colonial Dr.

Fairgrove Family Resource Center normally distributes 37,000 pounds of food monthly to families in Thomasville and Davidson County suffering from hunger. For more information, please call (336) 474-2754 or email [dcsstville@davidsoncountync.gov](mailto:dcsstville@davidsoncountync.gov).

## Davidson County Department of Senior Services

### Senior Center

211 West Colonial Drive  
Thomasville, NC 27360  
336.474.2754 336.236-7521 Fax  
[www.co.davidson.nc.us/seniorservices](http://www.co.davidson.nc.us/seniorservices)

OFFICE HOURS:  
Mon, Wed-Thurs-Fri:  
8 a.m.—5 p.m.  
Tuesday: 8 a.m.—7 p.m.

ACTIVITY HOURS:  
Mon, Wed-Thurs-Fri:  
8:30 a.m.—4:30 p.m.  
Tuesday: 8:30 a.m.—6:30

### Join us for

## Senior's Day at the Fair

Thursday  
September 19th

Gates open at 9am

Festivities start at  
10am



# Davidson County Senior Services - Thomasville Activity Newsletter September 2019

### Senior Center Staff

Wil Fulbright  
Assistant Director

Stacey Pennington  
Sr. Activities Coordinator

Vickie Weaver  
Office Support

Jacob Gordon  
Volunteer Coordinator

### Contact our Information & Options Counselor today to find out more about:

Adult Day Care  
Adult Protective Services  
Advocacy and Information  
Alzheimer's Disease  
Blind and Visually Impaired  
Caregiver Support  
Counseling/Mental Health Svcs.  
Deaf and Hearing Impaired  
Emergency Assistance  
Financial & Consumer Services  
Grocery Assistance Information  
Home Delivered Meals  
Home Health/Nursing Services  
Housing/Housing Repairs  
In Home Services  
Insurance & Tax Information  
Legal Services & Tax Prep  
Medicaid Information/Programs  
Medical Care & Assistance  
Medical Equipment  
Medicare & Part D Information  
Nursing/Retirement Homes  
Options Counseling  
Personal Safety/Reassurance  
Respite Services  
Reverse Mortgage  
Self-Help/Support Groups  
Social Security Benefits  
Transportation  
Veterans Services  
Volunteer Opportunities  
Weatherization

Call 242-2945 for information

### String art pumpkin craft

Sign up today to learn how to make a cool string art craft. Davidson County Senior Services is offering a pumpkin string art workshop for county residents 55 and older. The class will take place from 2:00 to 4:00 p.m. September 24 at the Senior Center in Thomasville, located at 211 W. Colonial Drive.

String art crafts have become incredibly popular recently and you can make one for just about any occasion and they are very easy to do. They are a beautiful decoration for any home or can make a great gift. Join us for an afternoon of learning, laughter and fun.

The fee for this class is \$12 and is due at the time of registration. All materials needed are included, and you will be able to take your pumpkin craft with you when you leave. Registration deadline is September 16. Please call (336) 474-2754 or email at [dcsstville@davidsoncountync.gov](mailto:dcsstville@davidsoncountync.gov)

### Emergency preparedness

Emergencies can strike at any time and can throw everyone into chaos. Join Davidson County Senior Services as they host a free program for residents 55 and older about how to stay safe during an emergency. This program will be held from 10-11 a.m. September 16 at the Davidson County Senior Center in Thomasville, located at 211 W Colonial Drive.

When an emergency hits will you be ready? Join Davidson County Emergency Services Emergency Management Coordinator, Alton Hanes, as he walks you through the major disasters that can happen and how you can be prepared for them.

This program is free and preregistration is required by September 10. For more information or to register, call (336) 474-2754 or email [dcsstville@davidsoncountync.gov](mailto:dcsstville@davidsoncountync.gov).

### Learn about Medicare and benefits available to you

Are you new to Medicare or already have it and would like to learn about benefits? Davidson County Department of Senior Services is offering a Medicare 101 program sponsored by Hospice of Davidson County, for residents 55 and older. The class will take place at 10 am September 23 at the Senior Center in Thomasville, located at 211 W. Colonial Drive.

Medicare is offered to those aged 65 and over and contains several plans. Please join us for this free program offered by Cigna Health Spring as they help educate you as to which plan works best for you and your health care.

Registration for this program is not required but encouraged. For more information please call at (336) 474-2754 or email at [vickie.weaver@davidsoncountync.gov](mailto:vickie.weaver@davidsoncountync.gov)



**DANCE**

**Line Dancing**

For the novice dancer, the center offers line dancing instruction for beginners. Instructor Shirley

Blankenship leads beginners step-by-step to perform basic dances.

Wednesdays, 11:00 a.m. - 1:00 p.m.

Location: Suite 103

Fee: \$5 per class

Only \$5 for both Beginner and

Advanced when

attending on the same day

**Shag Dancing**

Shag classes will focus on advanced steps with a professional instructor, Carol Caldwell. Shag dancing is a popular type of dance that requires a partner and has a very distinct stepping pattern. This class is for intermediate or advanced dancers.

Tuesdays

Advanced Class: 5:30 - 6:30 p.m.

Location: Suite 107

Fee: \$5 per class per person

**Beginner Class Upon Request**

**Arts / Music**

**Chair City Classics Chorus**

Do you like to sing? Come join the fun as we learn to sing in harmony and share our love of music with others through performances at various community facilities. Under the direction of Joyce Britt, music lovers are welcomed, no audition required.

The choir is in need of a pianist. If you are interested please contact the Senior Center of Thomasville for more information.

**EXERCISE AND WELLNESS PROGRAMS**

**Fitness Room**

The fitness room has a variety of fitness equipment and is a great opportunity for seniors to get and stay in shape. A pre-use orientation is required for persons prior to using equipment. Orientations are held each week and can be scheduled by calling 336-474-2754.

The fitness room is open to

Adults 55 and older

8:30 a.m. — 4:30 p.m.

Fee: No charge

**Hall Walking**

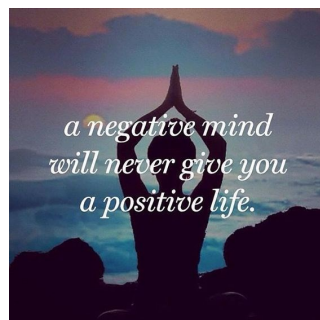
The Center's hallways are an excellent place to walk. With handrails and centralized rest areas, walking enthusiasts take to the halls daily. Chart your miles on the bulletin board and win incentive gifts.

Mon. - Fri.

8 a.m. - 4:30 p.m.

Location: 1st floor hallway

Fee: No charge



**Get Strong**

Resistance band training can be a big help to building strength and muscle. Come check out this strength training class that is low impact and wonderful for your joint health. Resistance bands are provided. No registration is required.

Tuesdays

9 a.m.

Location: Suite 103

Fee: No charge

**Table Tennis**

Table Tennis is more fun than ever before. Come join us on Tuesdays from 12 - 3 pm to play a game of table tennis. This high energy game will keep you moving while you have a great time.

Tuesdays

12 p.m. - 3 p.m.

Other times as space available

Location: Suite 103

Fee: No charge



**Yoga**

Come rejuvenate your mind, body and soul with registered yoga instructor Cathy Hensley.

Mondays : Chair Yoga

12:30-1:30 p.m.

Tuesdays : Regular Yoga

5:30 p.m. - 6:30 p.m.

(Please bring yoga mat)

Location: Suite 103

Fee: \$5 per class

**SCREENINGS**

**Blood Pressure Checks**

High blood pressure can cause a stroke, heart attack, kidney failure, or lead to coronary artery disease. Have your blood pressure checked regularly.

Monthly, 4th Tuesday, 10:00 a.m. - 11:00 a.m.

Location: Suite 107 Fee: No Charge

**GAMING & CARDS**

**BINGO**

Everyone's favorite game is offered with plenty of fun and prizes are provided! Come out for a fun round of Bingo.

Last Tuesday each month at

2:00 p.m. Location: Suite 107

Sponsored by Cigna Health Spring & Spring Arbor

**Old Timey Game Day**

Join us for a day of fun playing old games such as Dominos, Guesstures, Hangman, Scrabble & more

Mondays 9:00 a.m. - 1:00 p.m.

Location: Suite 103

Fee: No charge

**Ladder Golf**

Come enjoy a fun game of ladder golf.

Daily 9-10 a.m. & 1-4 p.m.

Location: Suite 107, Stage

Fee: No charge

**BOOK NOOK & EXCHANGE**

Relax and curl up with a good book. The library offers a seating area and a bookcase full of great novels. Feel free to bring a book and take one of ours.

Mon. - Fri.

8:30 a.m. - 4:30 p.m.

Location: Suite 105

Fee: No Charge

**TRANSPORTATION**

**DCTS**

Need a lift? Davidson County Transportation System transports seniors to the center's Golden Lunch Box, as well as, other locations within your daily schedule. Available for adults 60 and older. Two day advance reservation required.

Mon. - Fri., Times Vary

Fee: No Charge

Reservations: Call 242-2947

**The Thomasville Express**

The Route begins at the Davidson County Administrative Building located on Colonial Drive and makes a continuous loop approximately every 40 minutes. The route has 36 convenient stops in-between.

The schedule for the Thomasville Express is Mon.—Sat. 6 a.m. to 6 p.m.



**WE WILL BE CLOSED**

**LABOR DAY**  
Monday, September 2