



Active Adult News

SEPTEMBER / OCTOBER 2024

A PROGRAM OF GREENSBORO PARKS & RECREATION FOR AGES 50+



MABEL D. SMITH
ACTIVE ADULT CENTER
 2401 Fairview Street
 Greensboro, NC 27405
 (336) 373-7564



WILLIAM L. TROTTER
ACTIVE ADULT CENTER
 3906 Betula Street
 Greensboro, NC 27407
 (336) 373-2927

www.greensboro-nc.gov/ActiveAdults

Hours

Mon - Thurs 8 am to 8 pm
 Friday 9 am to 8 pm
 Saturday 9 am to 1 pm



National Senior Center Month

wellness **Powering Connections** *creativity*
 Celebrate *Senior Center Month* at our *social* *cultural*

Open House and Wellness & Resource Fair

Tuesday, September 24

10 am to 1 pm

Trotter Active Adult Center

Tour the center, try the equipment in the fitness room, participate in various demonstrations, and talk with vendors who specialize in wellness products and services, as well as various community resources.



Exercise Class Demos

Hula Hooping	10:30 – 10:50 am
Chair Yoga	11:00 – 11:20 am
Pilates	11:30 – 11:50 am
Tai Chi	12:00 – 12:20 pm
Line Dancing	12:30 – 12:50 pm

Other Services

Cone Health Mobile Unit	10 am to 1 pm
Flu, Pneumonia, Shingles Vaccines*	10 am to 1 pm
Old/Unwanted Medicine Collection	10 am to 1 pm

There will also be food, goody bags and door prizes!
 The event is free and open to anyone ages 50 and better.

Invite your friends and family to join you!

For more information, please call 336-373-2927.

[*Bring your insurance card]

Sponsored by:



SEPTEMBER & OCTOBER ACTIVITIES

Quilting Class — Tues, 10:30 am-12:30 pm (Tr), Free.

Paula Becker teaches free quilting classes each Tuesday at Trotter. Beginners welcome. Call 336-373-2927 to register.

50+ Hiking Club Qualifying — Wed, Sept 4, 10 am, \$10, (Country Park Shelter #1) New and returning members must qualify each year by walking around the pond at Country Park twice (3.2 mi.) in under 70 minutes. Membership fee is due at qualifying. For more information call, 336-373-7571.

Ukulele Classes — Wed, Sept 4-24, 1:00 & 3:00 pm (Sm), Free.

Join C.H. Holcombe for another session of Ukulele classes for Beginners at 1 pm and Beyond Beginners at 3 pm. Register at Smith's front desk or call 336-373-7564.

Hearing Screenings — Tues, Sept 10 at (Tr) and Tues, Oct 8 at (Sm), 10:30 am-12 pm, Free.

Connect Hearing offers free hearing screenings monthly on the 2nd Tuesdays, by appointment. Please call each center for an appointment.

BP & Blood Glucose Checks — Wed, Sept 11 & Oct 9 (Tr), Sept 18 & Oct 16 (Sm), 10 am-12 pm, Free. UNCG School of Nursing will provide blood pressure and blood glucose checks.

A Matter of Balance Class — Thurs, Sept 12-Oct 31, 10 am-12 pm (Sm), Free. Reduce your risk of falling and increase your activity levels in this 8-week class. Call 336-373-7564 to register.

Fall Grapevine Wreath — Tues, Sept 17, 10 am-12 pm (Sm), \$20.

Learn how to make this unique oval grapevine wreath. Register and pay at Smith's front desk by September 12.

Monogram Porch Sign — Tues, Sept 17, 1-3 pm (Sm), \$20. Learn how to make this beautiful monogram wood porch sign. Register and pay at Smith's front desk by September 12.



Estate Planning — Tues, Sept 17, 11 am-12 pm (Tr), Free. The Elderlaw Firm will discuss Love & Legacy in Action: Estate Planning for the Second Half of Life. Call 336-373-2927 to register.

Medicare 101 — Wed, Sept 18, 10:15 am (Sm), and Thurs, Sept 19, 10 am (Tr), Free. Jeff Shell will provide tips to maximize your 2025 Medicare benefits and how to prepare for the upcoming 2025 prescription drug plan changes.

Fall Sun Catcher Class — Thurs, Sept 19, 10 am-12 pm (Sm), \$15. Choose from three beautiful fall sun catcher designs. Register and pay at Smith by September 12.

Voter Empowerment — Thurs, Sept 26, 10 am-1 pm (Tr), Free.

Rescheduled from August, the League of Women Voters will provide non-partisan voting and election information.



Living Wills and Powers of Attorney Clinic — Sat, Sept 28 (Sm) and Oct 12 (Tr), 9:30 am-12:30 pm, Free. Legal Aid of NC is offering two free clinics on Living Wills and Powers of Attorney. Come and learn why having these documents are so important.

Information sessions will be held at 10 am and 11 am. Appointments are available 9:30 am to 12:30 pm. To schedule a private appointment on one of these days, please call 919-861-2095.

Sunflower Diamond Dotz — Wed & Thurs, Oct 2-17, 10 am-12 pm (Sm) \$20. Make this beautiful sunflower design on canvas. Register and pay at Smith's front desk by September 25.



Football Door Hanger — Tues, Oct 8, 1-3 pm (Sm), \$20. Make this football door hanger for your favorite football team. Register and pay at Smith by October 1.



Medicare 101 — Tues, Oct 22, 10 am (Tr), and Wed, Oct 23, 10:15 am (Sm), Free. Jeff Shell will provide tips to maximize your 2025 Medicare benefits and how to prepare for the upcoming 2025 prescription drug plan changes.

Mini Dollhouse Villa — Tues, Oct 29-Dec 10, 1-3 pm, and Wed, Oct 30-Dec 11, 10 am-12 pm (Sm), \$35. Build a beautiful miniature dollhouse villa to keep for yourself or as a gift. Register and pay at Smith's front desk by October 21.



BOOKED FOR LUNCH

2024-25 Reading List:

Sept 13 — "If Beale Street Could Talk" by James Baldwin

Oct 11 — "The Violin Conspiracy" by Brendan Slocumb

Nov & Dec — No meetings

Jan 10 — "Bless Me, Ultima" by Rudolfo Anaya



A completed registration form is required to participate in the book club. Meetings are monthly on the 2nd Fridays from September to June at 12 noon at Smith Active Adult Center. You're invited to bring your lunch to enjoy during the lively discussions.

AQUATICS AT SMITH CENTER

WATER AEROBICS CLASSES

Arthritis Foundation Aqua Program

Dawn Blackwell-Steele, Instructor

Monday, Wednesday & Friday, 9-9:45 am

Monday, Wednesday & Friday, 11:15 am-12 noon

September 9 to October 18, \$90

October 28 to December 13, \$90

Water Aerobics

Jessica Fox, Instructor

Aqua Basic — Monday & Wednesday, 10:15-11 am

September 9 to October 16, \$60

October 28 to December 11, \$60

Aqua Turbo (Advanced) — Tues & Thurs, 9-9:45 am

Aqua Beginner — Tuesday & Thursday, 10-10:45 am

Sept 10 to Oct 17, \$60

Oct 29 to Dec 12, \$60

Aqua Fit (Ages 18+)

Vonnie Byers, Instructor

Tues & Thurs, 5:45-6:30 pm

Sept 10 to Oct 17, \$60

Oct 29 to Dec 12, \$60

Saturday, 9:15-10 am

Sept 14 to Oct 19, \$30

Nov 2 to Dec 14, \$30

NO CLASSES:

Nov 11, 27, 28, 29, 30



LEARN TO SWIM CLASSES

Jerrah Harrison, Instructor

Level I — Monday, 5-5:45 pm (Ages 18+)

Level II — Monday, 6-6:45 pm (Ages 18+)

September 9 to October 14, \$30

October 28 to December 9, \$30

Level I — Saturday, 10:15-11 am (Ages 18+)

Level I — Saturday, 11:15 am-12 pm (Ages 18+)

September 14 to October 19, \$30

November 2 to December 14, \$30

ACTIVE SWIM SCHEDULE

\$30 FOR A 30-VISIT PASS (PASSES ARE VALID FOR 1 YR)

Monday: 1:30-3 pm: Lap swim

3-4:30 pm: Open swim

Tuesday: 11 am-12:30 pm: Lap swim;

1-4:30 pm: Open swim

Wednesday: 1:30-2:30 pm: Lap swim

2:30-4 pm: Open Swim

Thursday: 11 am-12:30 pm: Lap swim

1:30-4:30 pm: Open Swim

Friday: 10-11 am: Lap swim

1-2:30 pm: Open swim

Local help with your Medicare questions.

Bruce Bailer
Licensed Sales Agent
336-275-2651, TTY 711



Y0066_21SPRJ55188_C

Need help reducing your energy costs?



Weatherization Assistance Program

Piedmont Triad Regional Council

Serving Alamance, Caswell, Davidson, Forsyth, Guilford, Person, Randolph, and Rockingham Counties

There is a **FREE** government assistance program that can help! Call the Weatherization Assistance Program to see if you qualify for this free opportunity. The Piedmont Triad Regional Council is accepting applications in your county to make your home more energy-efficient.

For more information call 336-904-0338

The Importance of Annual Hearing Screenings



One of the best ways to **celebrate the new year** is by scheduling an annual hearing screening!

oticon

Stay sharp in the real world with Oticon Real.



Call **Hearing Solutions, Inc** today at **(336) 854-5429** to schedule your appointment.

2823-A Spring Garden St.
Greensboro, NC 27403
(336) 854-5429

Office Hours:
Mon - Thurs: 8:30am - 5:30pm
Closed 12:00pm - 1:00pm for lunch.



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*APY = Annual Percentage Yield. Dividends are accrued daily and paid monthly. Minimum balance requirements may apply. Penalties may apply for early withdrawal on term share accounts. Fees may reduce earnings. Rates are subject to change at any time without notice. Members' age 55+ bonus dividend does not apply to this special. Membership is required.



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CONTACT ME Rich Fernbach

rfernbach@lpicommunities.com or (800) 477-4574 x3675

ART SHOW

Active Adults Art Show
Friday, October 4
10 am to 3 pm
Smith Active Adult Center

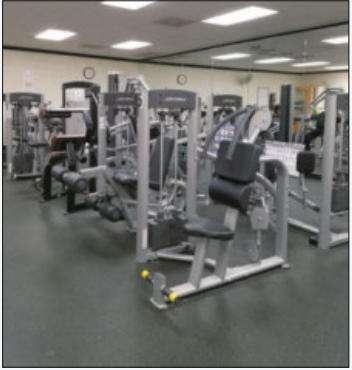
Walk through this impressive art show and see what your friends and fellow participants have been busy doing this summer. There will be Diamond Dotz, Miniature Doll House rooms, Suncatchers and much more.





FITNESS ROOMS AT SMITH & TROTTER

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



If you only want to use the fitness room at either Smith or Trotter:
Membership Fees (For 1 Center)
\$10 per month
\$30 for 3 months
\$100 for 12 months
You may register and pay at the center you want to use.

If you would like to use the fitness rooms at both Smith and Trotter:
Membership Fees (For Both Centers)
\$15 per month
\$45 for 3 months
\$150 for 12 months
You may register at either center for dual membership.

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

FITNESS FACTS

STRENGTH FIRST

Joseph Libera, PT, DPT, MPH, MBA, GCS, CEEAA, CSCS
Exercise Expert for Aging Adults — jvlibera@gmail.com



The basis for any balance or endurance training exercise regimen is a foundation of strength. One key to remaining independent as we age, for example in rising from a chair, climbing steps, even getting out of bed, is to maintain our leg strength. It does not matter your age or within reason your medical diagnosis, if you are medically stable and cleared by your primary care provider, you will benefit from a well-designed strengthening exercise program.

A recent study conducted in Denmark found that lifting a challenging load of “heavy weights” in an exercise program for a year will yield results for years to come compared to lifting moderate or lighter weights. The study found:

- Retirement-age people who underwent a 12-month heavy weightlifting training regimen had noticeably stronger leg muscles three years after finishing the program than those who did more moderate strengthening exercises.
- The weightlifting training group (heavy weights group) repeatedly lifted a heavy load: 70 to 85 percent of the maximum weight a person can physically lift at one time in a full body strengthening program.
- The second group underwent a year-long moderate-intensity training regimen using body weight and resistance bands three times a week. The resistance bands were less challenging than the heavy group’s weights — about 50 to 60 percent of the maximum weight a person can lift at one time.

Although the program lasted only a year, scientists followed up three years later. Resistance training with heavy loads induced long-lasting beneficial effects on leg muscle strength compared to working with moderate loads which did not show the lasting benefit over time.

The take-home message is that in addition to aerobic activity, older adults need to actively strengthen their muscles at least 2 days a week. “Do muscle-strengthening activities to the point where it’s hard to do another repetition without help,” according to the Centers for Disease Control.

Keep moving everyone!

Joseph Libera, PT, DPT, GCS, CEEAA, MPH, *Physical Therapist*
Board Certified Clinical Specialist in Geriatric Physical Therapy
SAIL - Staying Active and Independent for Life Instructor
www.linkedin.com/in/josephliberapt

CLASSES

Chair Yoga

Monday 12:30-1:15 pm (Tr)

Tuesday 10:30-11:15 am (Sm)

Thursday 11:30 am-12:15 pm (Tr)

This class is a great for beginners.

Hula Hooping (Ages 18+)

Saturday 11:30 am-12:30 pm (Tr)

This class incorporates dance and fluid movements to strengthen your core.

Line Dancing Classes

Wed & Thurs 1:30-2:15 pm (Tr)

Friday 12:30-1:15 pm (Tr)

Exercise your body and mind while dancing to modern, upbeat music.

Tai Chi for Arthritis & Fall Prevention

Mon & Tues 12:30-1:15 pm (Sm)

Thursday 12:30-1:15 pm (Tr)

This class helps to improve balance and prevent falls for those with arthritis.

**Joe teaches SAIL classes
“Stay Active & Independent for Life”
on Mondays & Wednesdays on
Zoom from 9:15-10 am.**

Yoga on the Mat

Various days and times each week.

Pilates

Monday & Friday 4:30-5:15 pm (Sm)

Tuesday 6:15-7 pm (Sm) (18+)

Wednesday 4:30-5:15 pm (Tr)

Thursday 5:30-6:15 pm (Tr) (18+)

This whole-body workout strengthens your core, improves posture, and increases flexibility and energy.

TaiRoGa®

Tuesday 5:30-6:30 pm (Tr) (Ages 18+)

Wednesday 9:30-10:15 (Tr)

Thursday 5:30-6:30 pm (Sm) (Ages 18+)

This class features Tai Chi, low impact aerobics and yoga all in one.

VOLUNTEER

Volunteer Opportunities

- Folding and labeling newsletters
- Helping with special events
- Teaching crafts or other classes
- Landscaping/beautification
- Garden Club

For more information on volunteering, please call 336-373-7564 or stop by the Smith Center's front desk to receive a Volunteer Application.



SMITH CENTER'S GARDEN CLUB

The Garden Club at Smith is active almost year-round! Anyone interested in gardening is welcome to join the club. No experience is needed. For more information, visit Smith's front desk.

Everything grown in the community garden is donated to Share the Harvest Food Bank.

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 | |

The donation box is located in Smith Center's lobby.

(Please do not donate opened or expired food.)

SERVING OUR COMMUNITY

AARP TAX-AIDE VOLUNTEERS NEEDED



AARP Tax-Aide is looking for friendly individuals with computer and math skills to join them for the upcoming tax season at the Smith and Trotter Centers. Tax-Aide Volunteers are trained and IRS-certified every year in the latest changes and additions to the tax code. You'll receive training and support, learn new skills and feel great while helping others.

As a volunteer, you can:

Help Prepare Tax Returns — Work directly with taxpayers to prepare tax returns.

Organize & Support — Greet people, provide tech support, organize, recruit volunteers, translate and more.

Join a Community — Become part of a family of volunteers who truly care about their communities.

Have Fun & Make Friends — Have fun and feel good knowing you can help make a positive impact on someone's financial well-being.

To volunteer, scan the QR code to register online, or contact Sabrina Gibson, Local Coordinator, at sabrinagibsonaarp@gmail.com for more information.



Trotter Active Adult Center in partnership with local non-profit, **O.P.E.A.T. (Organization to Provide Equal Access to Technology, Inc.)** offers technology classes for adults who do not have access to a computer, and/or need help with basic computer and internet skills.

The **SilverTech Program** curriculum teaches how to set up, start and display your computer; how to locate, browse, and navigate the internet; and how to use Microsoft office (Word, Excel, etc.)



Thursdays, 10 am to 12 pm
September 19 to October 10

Saturdays, 10 am to 12 pm
September 21 to October 12

Cost is \$150 for four weeks, which includes a computer that you will keep at the end. Space is limited. Please call Trotter at 336-373-2927 to register. Payment is due at the first class by cash, credit card or check payable to OPEAT.

Classes will continue in 2025!

ACTIVE ADULT PROGRAMS

SEPTEMBER 2024

THURSDAY	FRIDAY	SATURDAY
5 9:15 AHOY (Sm) 10:30 Yoga on the Mat (Tr) 11:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Tr) 1:30 Line Dancing (Tr) 4:30 Yoga on the Mat (Sm) 5:30 TaiRoGa® (Sm) 5:30 Pilates (Tr) 6:45 Nat'l Dance Day Class* (Sm)	6 10:30 AHOY (Tr) 12:00 Open Play Basketball (Tr) 12:30 Line Dancing (Tr) 1:30 Cornhole (Tr) 4:30 Pilates (Sm) 5:00 Table Tennis (Sm) 5:30 Open Play Basketball (Tr) 6:00 Yoga on the Mat (Sm) 6:00 Grasshoppers Game* (Van)	7 9:15 AHOY (Sm) 10:00 Table Tennis (Sm) 10:15 Nat'l Dance Day Class* (Sm) 10:30 AHOY (Tr) 11:30 Hula Hoop Class (Tr)
12 9:00 Aqua Turbo Class* (Sm) 9:15 AHOY (Sm) 10:00 A Matter of Balance* (Sm) 10:00 Aqua Beginner Class* (Sm) 10:30 Yoga on the Mat (Tr) 11:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Tr) 1:30 Line Dancing (Tr) 4:30 Yoga on the Mat (Sm) 5:30 TaiRoGa® (Sm) 5:30 Pilates (Tr) 5:45 Aqua Fit Class* (Sm) 6:45 Nat'l Dance Day Class* (Sm)	13 9:15 Water Arthritis Class* (Sm) 10:30 AHOY (Tr) 11:15 Water Arthritis+ Class* (Sm) 12:00 Booked for Lunch* (Sm) 12:00 Open Play Basketball (Tr) 12:30 Line Dancing (Tr) 1:30 Cornhole (Tr) 4:30 Pilates (Sm) 5:00 Table Tennis (Sm) 5:30 Open Play Basketball (Tr) 6:00 Yoga on the Mat (Sm)	14 9:15 AHOY (Sm) 9:15 Aqua Fit Class* (Sm) 10:00 Table Tennis (Sm) 10:15 Nat'l Dance Day Class* (Sm) 10:15 Learn to Swim-Level I* (Sm) 11:15 Learn to Swim-Level I* (Sm) 10:30 AHOY (Tr) 11:30 Hula Hoop Class (Tr)
19 9:00 Aqua Turbo Class* (Sm) 9:15 AHOY (Sm) 10:00 Fall Sun Catcher Class* (Sm) 10:00 A Matter of Balance* (Sm) 10:00 Aqua Beginner Class* (Sm) 10:00 Medicare 101 (Tr) 10:00 SilverTech Class* (Tr) 10:30 Yoga on the Mat (Tr) 11:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Tr) 1:30 Line Dancing (Tr) 2:00 Cards & Games (Tr) 4:30 Yoga on the Mat (Sm) 5:30 TaiRoGa® (Sm) 5:30 Pilates (Tr) 5:45 Aqua Fit Class* (Sm) 6:45 Nat'l Dance Day Class* (Sm)	20 9:15 Water Arthritis Class* (Sm) 10:30 AHOY (Tr) 11:15 Water Arthritis+ Class* (Sm) 12:00 Open Play Basketball (Tr) 12:30 Line Dancing (Tr) 1:30 Cornhole (Tr) 4:30 Pilates (Sm) 5:00 Table Tennis (Sm) 5:30 Open Play Basketball (Tr) 6:00 Yoga on the Mat (Sm)	21 9:15 AHOY (Sm) 9:15 Aqua Fit Class* (Sm) 10:00 Table Tennis (Sm) 10:00 SilverTech Class* (Tr) 10:15 Nat'l Dance Day Show* (Sm) 10:15 Learn to Swim-Level I* (Sm) 11:15 Learn to Swim-Level I* (Sm) 10:30 AHOY (Tr) 11:30 Hula Hoop Class (Tr)
26 9:00 Aqua Turbo Class* (Sm) 9:15 AHOY (Sm) 10:00 A Matter of Balance* (Sm) 10:00 Aqua Beginner Class* (Sm) 10:00 Bocce Tournament* (Sm) 10:00 SilverTech Class* (Tr) 10:00-1:00 Voter Empowerment(Tr) 10:30 Yoga on the Mat (Tr) 11:30 Chair Yoga (Tr) 11:30 Bone Density Screening (Tr) 12:30 Tai Chi for Arthritis (Tr) 1:30 Line Dancing (Tr) 4:30 Yoga on the Mat (Sm) 5:30 TaiRoGa® (Sm) 5:30 Pilates (Tr) 5:45 Aqua Fit Class* (Sm)	27 9:15 Water Arthritis Class* (Sm) 10:30 AHOY (Tr) 11:15 Water Arthritis+ Class* (Sm) 12:00 Open Play Basketball (Tr) 12:30 Line Dancing (Tr) 12:45 Bowling Outing* (SpareTime) 1:30 Cornhole (Tr) 4:30 Pilates (Sm) 5:00 Table Tennis (Sm) 5:30 Open Play Basketball (Tr) 6:00 Yoga on the Mat (Sm)	28 9:15 AHOY (Sm) 9:15 Aqua Fit Class* (Sm) 9:30-12:30 NC Legal Aid Living Wills & POA Clinic (Sm) 10:00 Table Tennis (Sm) 10:00 SilverTech Class* (Tr) 10:15 Learn to Swim-Level I* (Sm) 11:15 Learn to Swim-Level I* (Sm) 10:30 AHOY (Tr) 11:30 Hula Hoop Class (Tr)
		*Registration Required

ACTIVE ADULT PROGRAMS

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY
	<p>1 9:00 Aqua Turbo Class* (Sm) 9:15 AHOY (Sm) 10:00 Senior Academy* (Sm) 10:00 Table Tennis (Sm) 10:00 Aqua Beginner Class* (Sm) 10:30 Chair Yoga (Sm) 10:30 Quilting Class* (Tr) 11:00-3:00 Fall Fun Day* (Co. Prk.) 11:30 Yoga on the Mat (Sm) 12:30 Tai Chi for Arthritis (Sm) 4:30 Yoga on the Mat (Tr) 5:30 TaiRoGa® (Tr) 5:30 Full Body/Strength Class (Sm) 5:45 Aqua Fit Class* (Sm) 6:15 Pilates (Sm)</p>	<p>2 9:00 Water Arthritis Class* (Sm) 9:15 AHOY (Sm) 9:30 TaiRoGa® Express (Tr) 10:00 Sunflower Diamond Dotz*(Sm) 10:15 Aqua Basic Class* (Sm) 10:30 Yoga on the Mat (Tr) 11:15 Water Arthritis+ Class* (Sm) 11:15 AHOY (Tr) 12:00 Open Play Basketball (Tr) 12:45 Gentle Yoga (Sm) 1:30 Line Dancing (Tr) 4:30 Pilates (Tr) 5:00 Table Tennis (Tr) 5:30 AHOY Boot Camp (Sm) 6:15 Yoga on the Mat (Sm)</p>
<p>7 9:00 Water Arthritis Class* (Sm) 9:15 AHOY (Sm) 10:15 Aqua Basic Class* (Sm) 10:30 AHOY (Tr) 11:15 Water Arthritis+ Class* (Sm) 11:30 Yoga on the Mat (Tr) 12:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Sm) 1:00 Movin' & Groovin' Class* (Tr) 4:30 Pilates (Sm) 5:00 Table Tennis (Tr) 5:00 Learn to Swim-Level I* (Sm) 5:30 AHOY Boot Camp (Sm) 6:00 Learn to Swim-Level II* (Sm) 6:00 Grief Support Group (Sm) 6:15 Yoga on the Mat (Sm)</p>	<p>8 9:00 Aqua Turbo Class* (Sm) 9:15 AHOY (Sm) 10:00 Senior Academy* (Sm) 10:00 Aqua Beginner Class* (Sm) 10:30 Hearing Screenings* (Sm) 10:30 Chair Yoga (Sm) 10:30 Quilting Class* (Tr) 11:30 Yoga on the Mat (Sm) 12:30 Tai Chi for Arthritis (Sm) 1:00 Football Door Hanger* (Sm) 2:00 Pastels Class* (Tr) 4:30 Yoga on the Mat (Tr) 5:30 TaiRoGa® (Tr) 5:30 Full Body/Strength Class (Sm) 5:45 Aqua Fit Class* (Sm) 6:15 Pilates (Sm)</p>	<p>9 9:00 Water Arthritis Class* (Sm) 9:15 AHOY (Sm) 9:30 TaiRoGa® Express (Tr) 10:00 Sunflower Diamond Dotz*(Sm) 10:00 BP & Glucose Checks (Tr) 10:15 Aqua Basic Class* (Sm) 10:30 Yoga on the Mat (Tr) 11:15 Water Arthritis+ Class* (Sm) 11:15 AHOY (Tr) 12:45 Gentle Yoga (Sm) 1:30 Line Dancing (Tr) 4:30 Pilates (Tr) 5:00 Table Tennis (Tr) 5:30 AHOY Boot Camp (Sm) 6:15 Yoga on the Mat (Sm) 6:30 Tanger Center Show* (Van)</p>
<p>14 9:00 Water Arthritis Class* (Sm) 9:15 AHOY (Sm) 10:15 Aqua Basic Class* (Sm) 10:30 AHOY (Tr) 11:15 Water Arthritis+ Class* (Sm) 11:30 Yoga on the Mat (Tr) 12:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Sm) 1:00 Modern Dance Class* (Tr) 4:30 Pilates (Sm) 5:00 Learn to Swim-Level I* (Sm) 5:30 AHOY Boot Camp (Sm) 6:00 Learn to Swim-Level II* (Sm) 6:00 Grief Support Group (Sm) 6:15 Yoga on the Mat (Sm)</p>	<p>15 9:00 Aqua Turbo Class* (Sm) 9:15 AHOY (Sm) 10:00 Senior Academy* (Sm) 10:00 Aqua Beginner Class* (Sm) 10:30 Chair Yoga (Sm) 10:30 Quilting Class* (Tr) 11:30 Yoga on the Mat (Sm) 12:30 Tai Chi for Arthritis (Sm) 2:00 Pastels Class* (Tr) 4:30 Yoga on the Mat (Tr) 5:30 TaiRoGa® (Tr) 5:30 Full Body/Strength Class (Sm) 5:45 Aqua Fit Class* (Sm) 6:00 Advanced Hula Hoops (Tr) 6:15 Pilates (Sm)</p>	<p>16 9:00 Water Arthritis Class* (Sm) 9:15 AHOY (Sm) 9:30 TaiRoGa® Express (Tr) 10:00 Sunflower Diamond Dotz*(Sm) 10:00 BP & Glucose Checks (Sm) 10:15 Aqua Basic Class* (Sm) 10:30 Yoga on the Mat (Tr) 11:15 Water Arthritis+ Class* (Sm) 11:15 AHOY (Tr) 12:45 Gentle Yoga (Sm) 1:30 Line Dancing (Tr) 4:30 Pilates (Tr) 5:00 Table Tennis (Tr) 5:30 AHOY Boot Camp (Sm) 6:15 Yoga on the Mat (Sm)</p>
<p>21 9:15 AHOY (Sm) 10:30 AHOY (Tr) 11:30 Yoga on the Mat (Tr) 12:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Sm) 1:00 Balance Class* (Tr) 4:30 Pilates (Sm) 5:00 Table Tennis (Tr) 5:30 AHOY Boot Camp (Sm) 6:00 Grief Support Group (Sm) 6:15 Yoga on the Mat (Sm)</p>	<p>22 9:15 AHOY (Sm) 10:00 Senior Academy* (Sm) 10:00 Medicare 101 (Tr) 10:30 Chair Yoga (Sm) 10:30 Quilting Class* (Tr) 11:30 Yoga on the Mat (Sm) 12:30 Tai Chi for Arthritis (Sm) 2:00 Pastels Class* (Tr) 4:30 Yoga on the Mat (Tr) 5:30 TaiRoGa® (Tr) 5:30 Full Body/Strength Class (Sm) 6:15 Pilates (Sm)</p>	<p>23 9:15 AHOY (Sm) 9:30 TaiRoGa® Express (Tr) 10:15 Medicare 101 (Sm) 10:30 Yoga on the Mat (Tr) 11:15 AHOY (Tr) 12:00 Open Play Basketball (Tr) 12:45 Gentle Yoga (Sm) 1:30 Line Dancing (Tr) 4:30 Pilates (Tr) 5:00 Table Tennis (Tr) 5:30 AHOY Boot Camp (Sm) 6:15 Yoga on the Mat (Sm)</p>
<p>28 9:00 Water Arthritis Class* (Sm) 9:15 AHOY (Sm) 10:00 Bone Density Screening (Sm) 10:15 Aqua Basic Class* (Sm) 10:30 AHOY (Tr) 11:15 Water Arthritis+ Class* (Sm) 11:30 Yoga on the Mat (Tr) 12:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Sm) 1:00 Combo Dance Class* (Tr) 4:30 Pilates (Sm) 5:00 Learn to Swim-Level I* (Sm) 5:30 AHOY Boot Camp (Sm) 6:00 Learn to Swim-Level II* (Sm) 6:00 Grief Support Group (Sm) 6:15 Yoga on the Mat (Sm)</p>	<p>29 9:00 Aqua Turbo Class* (Sm) 9:15 AHOY (Sm) 10:00 Senior Academy* (Sm) 10:00 Table Tennis (Sm) 10:00 Aqua Beginner Class* (Sm) 10:30 Chair Yoga (Sm) 10:30 Quilting Class* (Tr) 11:30 Yoga on the Mat (Sm) 12:30 Tai Chi for Arthritis (Sm) 1:00 Mini Dollhouse Villa* (Sm) 2:00 Pastels Class* (Tr) 4:30 Yoga on the Mat (Tr) 5:30 TaiRoGa® (Tr) 5:30 Full Body/Strength Class (Sm) 5:45 Aqua Fit Class* (Sm) 6:15 Pilates (Sm)</p>	<p>30 9:00 Water Arthritis Class* (Sm) 9:15 AHOY (Sm) 9:15 SAIL Balance Class (Zm) 9:30 TaiRoGa® Express (Tr) 10:00 Mini Dollhouse Villa* (Sm) 10:15 Aqua Basic Class* (Sm) 10:30 Yoga on the Mat (Tr) 11:15 Water Arthritis+ Class* (Sm) 11:15 AHOY (Tr) 12:00 Open Play Basketball (Tr) 12:45 Gentle Yoga (Sm) 1:30 Line Dancing (Tr) 4:30 Pilates (Tr) 5:00 Table Tennis (Tr) 5:30 AHOY Boot Camp (Sm) 6:15 Yoga on the Mat (Sm)</p>

ACTIVE ADULT PROGRAMS

OCTOBER 2024

THURSDAY	FRIDAY	SATURDAY
<p>3 9:00 Aqua Turbo Class* (Sm) 9:15 AHOY (Sm) 10:00 Sunflower Diamond Dotz*(Sm) 10:00 A Matter of Balance* (Sm) 10:00 Aqua Beginner Class* (Sm) 10:00 SilverTech Class* (Tr) 10:30 Yoga on the Mat (Tr) 11:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Tr) 1:30 Line Dancing (Tr) 4:30 Yoga on the Mat (Sm) 5:30 TaiRoGa® (Sm) 5:30 Pilates (Tr) 5:45 Aqua Fit Class* (Sm)</p>	<p>4 9:15 Water Arthritis Class* (Sm) 10:00-3:00 Fall Art Show (Sm) 10:30 AHOY (Tr) 11:15 Water Arthritis+ Class* (Sm) 12:00 Open Play Basketball (Tr) 12:30 Line Dancing (Tr) 1:30 Cornhole (Tr) 4:30 Pilates (Sm) 5:00 Table Tennis (Sm) 5:30 Open Play Basketball (Tr) 6:00 Yoga on the Mat (Sm)</p>	<p>5 9:15 AHOY (Sm) 9:15 Aqua Fit Class* (Sm) 10:00 Table Tennis (Sm) 10:00 SilverTech Class* (Tr) 10:15 Learn to Swim-Level I* (Sm) 11:15 Learn to Swim-Level I* (Sm) 10:30 AHOY (Tr) 11:30 Hula Hoop Class (Tr)</p>
<p>10 9:00 Aqua Turbo Class* (Sm) 9:15 AHOY (Sm) 10:00 Sunflower Diamond Dotz*(Sm) 10:00 A Matter of Balance* (Sm) 10:00 Aqua Beginner Class* (Sm) 10:00 SilverTech Class* (Tr) 10:30 Yoga on the Mat (Tr) 11:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Tr) 1:30 Line Dancing (Tr) 4:30 Yoga on the Mat (Sm) 5:30 TaiRoGa® (Sm) 5:30 Pilates (Tr) 5:45 Aqua Fit Class* (Sm)</p>	<p>11 9:15 Water Arthritis Class* (Sm) 10:30 AHOY (Tr) 11:15 Water Arthritis+ Class* (Sm) 12:00 Booked for Lunch* (Sm) 12:00 Open Play Basketball (Tr) 12:30 Line Dancing (Tr) 1:30 Cornhole (Tr) 4:30 Pilates (Sm) 5:00 Table Tennis (Sm) 5:30 Open Play Basketball (Tr) 6:00 Yoga on the Mat (Sm)</p>	<p>12 9:15 AHOY (Sm) 9:15 Aqua Fit Class* (Sm) 9:30-12:30 NC Legal Aid Living Wills & POA Clinic (Tr) 10:00 Table Tennis (Sm) 10:00 SilverTech Class* (Tr) 10:15 Learn to Swim-Level I* (Sm) 11:15 Learn to Swim-Level I* (Sm) 10:30 AHOY (Tr) 11:30 Hula Hoop Class (Tr)</p>
<p>17 9:00 Aqua Turbo Class* (Sm) 9:15 AHOY (Sm) 10:00 Sunflower Diamond Dotz*(Sm) 10:00 A Matter of Balance* (Sm) 10:00 Aqua Beginner Class* (Sm) 10:00 SilverTech Class* (Tr) 10:30 Yoga on the Mat (Tr) 11:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Tr) 1:30 Line Dancing (Tr) 2:00 Cards & Games (Tr) 4:30 Yoga on the Mat (Sm) 5:30 TaiRoGa® (Sm) 5:30 Pilates (Tr) 5:45 Aqua Fit Class* (Sm)</p>	<p>18 9:15 Water Arthritis Class* (Sm) 10:30 AHOY (Tr) 11:15 Water Arthritis+ Class* (Sm) 12:00 Open Play Basketball (Tr) 12:30 Line Dancing (Tr) 1:30 Cornhole (Tr) 4:30 Pilates (Sm) 5:00 Table Tennis (Sm) 5:30 Open Play Basketball (Tr) 6:00 Yoga on the Mat (Sm)</p>	<p>19 9:15 AHOY (Sm) 9:15 Aqua Fit Class* (Sm) 10:00 Table Tennis (Sm) 10:15 Learn to Swim-Level I* (Sm) 11:15 Learn to Swim-Level I* (Sm) 10:30 AHOY (Tr) 11:30 Hula Hoop Class (Tr)</p>
<p>24 9:15 AHOY (Sm) 10:00 A Matter of Balance* (Sm) 10:00 Horseshoes Tournament* (Sm) 10:30 Yoga on the Mat (Tr) 11:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Tr) 1:30 Line Dancing (Tr) 4:30 Yoga on the Mat (Sm) 5:30 TaiRoGa® (Sm) 5:30 Pilates (Tr)</p>	<p>25 10:30 AHOY (Tr) 12:00 Open Play Basketball (Tr) 12:30 Line Dancing (Tr) 12:45 Bowling Outing* (SpareTime) 1:30 Cornhole (Tr) 4:30 Pilates (Sm) 5:00 Table Tennis (Sm) 5:30 Open Play Basketball (Tr) 6:00 Yoga on the Mat (Sm)</p>	<p>26 9:15 AHOY (Sm) 10:00 Table Tennis (Sm) 10:30 AHOY (Tr) 11:30 Hula Hoop Class (Tr)</p>
<p>31 9:00 Aqua Turbo Class* (Sm) 9:15 AHOY (Sm) 10:00 A Matter of Balance* (Sm) 10:00 Aqua Beginner Class* (Sm) 10:30 Yoga on the Mat (Tr) 10:30 Lunch & Movie Outing* (Van) 11:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Tr) 1:30 Line Dancing (Tr) 4:30 Yoga on the Mat (Sm) 5:30 TaiRoGa® (Sm) 5:30 Pilates (Tr) 5:45 Aqua Fit Class* (Sm)</p>	<p>Trotter Center is an early voting site from OCT 17 to NOV 2.</p> <p>HOURS: Mon-Fri: 8 am to 7:30 pm Sat: 10 am to 4 pm</p> <p>**Remember to bring your photo ID**</p>	

***Registration Required**

ACTIVE ADULT PROGRAMS

SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY
<p>2</p> <p style="text-align: center;">CENTERS CLOSED FOR LABOR DAY</p>	<p>3 9:15 AHOY (Sm) 10:30 Chair Yoga (Sm) 10:30 Quilting Class* (Tr) 11:30 Yoga on the Mat (Sm) 12:30 Tai Chi for Arthritis (Sm) 2:00 Pastels Class* (Tr) 4:30 Yoga on the Mat (Tr) 5:30 TaiRoGa® (Tr) 5:30 Full Body/Strength Class (Sm) 5:45 Pilates (Sm) 6:45 Nat'l Dance Day Class* (Sm)</p>	<p>4 9:15 AHOY (Sm) 9:30 TaiRoGa® Express (Tr) 10:00 Hiking Club Qualifying (Country Prk) 10:30 Yoga on the Mat (Tr) 11:15 AHOY (Tr) 12:45 Gentle Yoga (Sm) 1:00 & 3:00 Ukulele Classes* (Sm) 1:30 Line Dancing (Tr) 4:30 Pilates (Tr) 5:30 AHOY Boot Camp (Sm) 6:15 Yoga on the Mat (Sm)</p>
<p>9 9:00 Water Arthritis Class* (Sm) 9:15 AHOY (Sm) 10:15 Aqua Basic Class* (Sm) 10:30 AHOY (Tr) 11:15 Water Arthritis+ Class* (Sm) 11:30 Yoga on the Mat (Tr) 12:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Sm) 4:30 Pilates (Sm) 5:00 Table Tennis (Tr) 5:00 Learn to Swim-Level I* (Sm) 5:30 AHOY Boot Camp (Sm) 6:00 Learn to Swim-Level II* (Sm) 6:00 Grief Support Group (Sm) 6:15 Yoga on the Mat (Sm)</p>	<p>10 9:00 Aqua Turbo Class* (Sm) 9:15 AHOY (Sm) 10:00 Aqua Beginner Class* (Sm) 10:30 Chair Yoga (Sm) 10:30 Quilting Class* (Tr) 10:30 Hearing Screenings* (Tr) 11:30 Yoga on the Mat (Sm) 12:30 Tai Chi for Arthritis (Sm) 2:00 Pastels Class* (Tr) 4:30 Yoga on the Mat (Tr) 5:30 TaiRoGa® (Tr) 5:30 Full Body/Strength Class (Sm) 5:45 Aqua Fit Class* (Sm) 5:45 Pilates (Sm) 6:45 Nat'l Dance Day Class* (Sm)</p>	<p>11 9:00 Water Arthritis Class* (Sm) 9:15 AHOY (Sm) 9:30 TaiRoGa® Express (Tr) 10:00 BP & Glucose Checks (Tr) 10:15 Aqua Basic Class* (Sm) 10:30 Yoga on the Mat (Tr) 11:15 Water Arthritis+ Class* (Sm) 11:15 AHOY (Tr) 12:45 Gentle Yoga (Sm) 1:00 & 3:00 Ukulele Classes* (Sm) 1:30 Line Dancing (Tr) 4:30 Pilates (Tr) 5:00 Table Tennis (Tr) 5:30 AHOY Boot Camp (Sm) 6:15 Yoga on the Mat (Sm)</p>
<p>16 9:00 Water Arthritis Class* (Sm) 9:15 SAIL Balance Class (Zm) 9:15 AHOY (Sm) 10:15 Aqua Basic Class* (Sm) 10:30 AHOY (Tr) 11:15 Water Arthritis+ Class* (Sm) 11:30 Yoga on the Mat (Tr) 12:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Sm) 1:00 Movin' & Groovin' Class* (Tr) 4:30 Pilates (Sm) 5:00 Table Tennis (Tr) 5:00 Learn to Swim-Level I* (Sm) 5:30 AHOY Boot Camp (Sm) 6:00 Learn to Swim-Level II* (Sm) 6:00 Grief Support Group (Sm) 6:15 Yoga on the Mat (Sm)</p>	<p>17 9:00 Aqua Turbo Class* (Sm) 9:15 AHOY (Sm) 10:00 Fall Grapevine Wreath* (Sm) 10:00 Aqua Beginner Class* (Sm) 10:30 Chair Yoga (Sm) 10:30 Quilting Class* (Tr) 11:00 Estate Planning* (Tr) 11:30 Yoga on the Mat (Sm) 12:30 Tai Chi for Arthritis (Sm) 1:00 Monogram Porch Sign* (Sm) 2:00 Pastels Class* (Tr) 4:30 Yoga on the Mat (Tr) 5:30 TaiRoGa® (Tr) 5:30 Full Body/Strength Class (Sm) 5:45 Aqua Fit Class* (Sm) 6:00 Advanced Hula Hoops (Tr) 5:45 Pilates (Sm) 6:45 Nat'l Dance Day Class* (Sm)</p>	<p>18 9:00 Water Arthritis Class* (Sm) 9:15 SAIL Balance Class (Zm) 9:15 AHOY (Sm) 9:30 TaiRoGa® Express (Tr) 10:00 BP & Glucose Checks (Sm) 10:15 Medicare 101 (Sm) 10:15 Aqua Basic Class* (Sm) 10:30 Yoga on the Mat (Tr) 11:15 Water Arthritis+ Class* (Sm) 11:15 AHOY (Tr) 12:00 Open Play Basketball (Tr) 12:45 Gentle Yoga (Sm) 1:00 & 3:00 Ukulele Classes* (Sm) 1:30 Line Dancing (Tr) 4:30 Pilates (Tr) 5:00 Table Tennis (Tr) 5:30 AHOY Boot Camp (Sm) 6:15 Yoga on the Mat (Sm)</p>
<p>23 9:00 Water Arthritis Class* (Sm) 9:15 AHOY (Sm) 10:15 Aqua Basic Class* (Sm) 10:30 AHOY (Tr) 11:15 Water Arthritis+ Class* (Sm) 11:30 Yoga on the Mat (Tr) 12:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Sm) 1:00 Modern Dance Class* (Tr) 4:30 Pilates (Sm) 5:00 Table Tennis (Tr) 5:00 Learn to Swim-Level I* (Sm) 5:30 AHOY Boot Camp (Sm) 6:00 Learn to Swim-Level II* (Sm) 6:00 Grief Support Group (Sm) 6:15 Yoga on the Mat (Sm)</p>	<p>24 10:00-1:00 Open House (Tr) 9:00 Aqua Turbo Class* (Sm) 9:15 AHOY (Sm) 10:00 Table Tennis (Sm) 10:00 Aqua Beginner Class* (Sm) 10:30 Chair Yoga (Sm) 10:30 Quilting Class* (Tr) 11:30 Yoga on the Mat (Sm) 12:30 Tai Chi for Arthritis (Sm) 1:30 Cornhole (Sm) 2:00 Pastels Class* (Tr) 4:30 Yoga on the Mat (Tr) 5:30 TaiRoGa® (Tr) 5:30 Full Body/Strength Class (Sm) 5:45 Aqua Fit Class* (Sm) 6:15 Pilates (Sm)</p>	<p>25 9:00 Water Arthritis Class* (Sm) 9:15 SAIL Balance Class (Zm) 9:15 AHOY (Sm) 9:30 TaiRoGa® Express (Tr) 10:15 Aqua Basic Class* (Sm) 10:30 Yoga on the Mat (Tr) 11:15 Water Arthritis+ Class* (Sm) 11:15 AHOY (Tr) 12:00 Open Play Basketball (Tr) 12:45 Gentle Yoga (Sm) 1:00 & 3:00 Ukulele Classes* (Sm) 1:30 Line Dancing (Tr) 4:30 Pilates (Tr) 5:00 Table Tennis (Tr) 5:30 AHOY Boot Camp (Sm) 6:15 Yoga on the Mat (Sm)</p>
<p>30 9:00 Water Arthritis Class* (Sm) 9:15 AHOY (Sm) 10:15 Aqua Basic Class* (Sm) 10:30 AHOY (Tr) 11:15 Water Arthritis+ Class* (Sm) 11:30 Yoga on the Mat (Tr) 12:30 Chair Yoga (Tr) 12:30 Tai Chi for Arthritis (Sm) 1:00 Balance Class* (Tr) 4:30 Pilates (Sm) 5:00 Learn to Swim-Level I* (Sm) 5:30 AHOY Boot Camp (Sm) 6:00 Learn to Swim-Level II* (Sm) 6:15 Yoga on the Mat (Sm)</p>		

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SENIOR ACADEMY



Tuesdays
October 1 to November 12
(No meeting Nov 5)
10 am to 12 noon
Smith Active Adult Center

The **Guilford County Sheriff's Office** is offering a **Senior Academy** for adults ages 50+ to identify and address issues facing older adults. The free, six-week Academy is designed to help reduce senior victimization, enhance a sense of security, and introduce a network of community services. Space is limited. Pre-registration is required. To register, call or email Sergeant Tara Gilchrist at 336-641-5354 or tgilchr@guilfordcountync.gov.

WEEKLY TOPICS:

WEEK 1:

Welcome from Sheriff Rogers
Prevention/Safety

WEEK 2:

Senior Fraud and Scams
Project Life Saver

WEEK 3:

CarFit for Seniors
PACE of the Triad

WEEK 4:

Senior Health & Fitness
Health Living/Eating

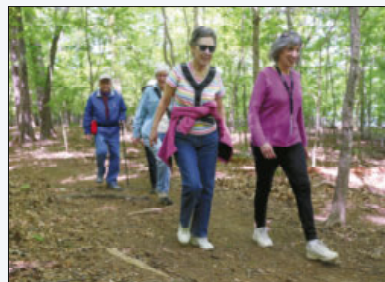
WEEK 5:

Senior Domestic Violence
Neglect/Abuse/Assault

WEEK 6:

Graduation Ceremony

FALL FUN DAY



Fall Fun Day
Tues, October 1
11 am to 3 pm
Country Park
Shelter #1

Come out and join us for a day of food and fun in beautiful Country Park! We will have a catered meal by Stamey's BBQ, and afterwards play some cards and games, walk the trails and finish up with some fun games of bingo.

Cost is \$15/person. Please register and pay at Smith's front desk by **Friday, September 20**. Space is limited.

*Please note: Cars are not allowed inside Country Park. Everyone will park at the Greensboro Science Center on Lawndale Drive and walk to Shelter #1. For more information, call 336-373-7564.

SPEAKERS SERIES

Estate Planning

Tues, September 17, 11 am-12 pm (Tr)

The Elderlaw Firm will provide insightful information on Love & Legacy: Estate Planning for the Second Half of Life. Please call 336-373-2927 to register.

Medicare 101

Wed, Sept 18, 10:15 am (Sm)

Thurs, Sept 19, 10 am (Tr)

Tues, Oct 22, 10 am (Tr)

Wed, Oct 23, 10:15 am (Sm)

Whether you're already on Medicare or will be turning 65 within the next few months, Jeff Shell with **The Insurance Shoppe** will provide tips for maximizing your 2025 Medicare benefits and how to properly prepare for the upcoming 2025 prescription drug plan changes.

Voter Empowerment

Thurs, September 26, 10 am to 1 pm, (Tr)

Be ready to vote! **The League of Women Voters** of the Piedmont Triad will have Voter Empowerment information sessions at both Smith and Trotter Centers.

- ◆ Check your registration status, and update if needed.
- ◆ Receive non-partisan information about voting resources, election information, photo IDs, and more.

**Health Care POA
and Living Wills**

CLINIC



We invite you to a free information clinic addressing **Health Care Power of Attorney and Living Wills!** Come and learn why having these documents before you need them is so important.

Sept 28th, 2024

Smith Active Adult Center
2401 Fairview St
Greensboro, NC 27405
Learn more: 336-373-7564

Oct 12th, 2024

Trotter Active Adult Center
3906 Betula St
Greensboro, NC 27407
Learn more: 336-373-2927

Appointments

9:30 AM – 12:30 PM

Ready to get your health care POA and living will?
Meet one-on-one with a Legal Aid NC volunteer to
complete your documents.

919-881-2095

probono@legalaidnc.org

Pre-register by Oct 4! You must be financially eligible
to schedule an appointment.

Info Sessions

10:00 AM & 11:00 AM

Not sure if you need a health care POA and
living will? Want to learn more? Attend a free
info session presented by Legal Aid NC.

No preregistration or financial
eligibility necessary!

Presented by:



SERVICES

AARP TAX-AIDE SERVICES

February to April

AARP Foundation provides free income tax preparation services by appointment at Smith and Trotter.

BONE DENSITY SCREENINGS

11:30 am to 1 pm, Thurs, Sept 26 (Trotter)

10 am to 12 pm, Mon, October 28 (Smith)

OsteoStrong provides free bone density screenings monthly at Smith and Trotter. No appointment needed.

GRIEF SUPPORT GROUP

Mondays, 6 pm (Smith)

This group is free and meets weekly at the Smith Center. For more information, please call 336-373-7564.

HEARING SCREENINGS

Tuesday, September 10 (Trotter)

Tuesday, October 8 (Smith)

10:30 am to 12 noon

Connect Hearing offers free hearing screenings monthly at both Smith and Trotter Centers. Please call either center to schedule your appointment.

LEGAL SERVICES

10 am-12 pm, Thursday, October 3 (Smith)

Legal Aid of NC provides free legal services to eligible seniors on the 1st Thursday of every other month at Smith by appointment. Please call 877-579-7562 for an appointment.

BLOOD GLUCOSE & BLOOD PRESSURE CHECKS

Sept 11 & Oct 9 (Tr)

Sept 18 & Oct 16 (Sm)

10 am to 12 noon

UNCG's School of Nursing

provides free blood glucose and blood pressure checks monthly at Smith and Trotter. No appointment needed.



MEDICARE INSURANCE COUNSELING

Weekly, by appointment (Smith and Trotter)

The Seniors Health Insurance Information Program (SHIIP) counsels beneficiaries on Medicare plans, and can provide resources to help pay for medications. For a free, in-person counseling appointment, please call the Guilford County SHIIP Coordinator at 336-373-4816 Ext. 253.

Looking for Specialized Coverage for your Chronic Health Condition?

At HealthTeam Advantage (HTA), we know that chronic health conditions require specialized coverage and benefits. That's why our Diabetes & Heart Care (HMO CSNP) Plan is carefully designed to help manage your care and lower your costs.

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Sandra Hughes

Former WFMY
News Anchor

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- Over-The-Counter (OTC) Allowance
- Out-of-Pocket Maximum \$3,500

Call 336-203-9309 (TTY:711)

8am-8pm | April 1-Sept. 30, Monday-Friday
Oct. 1-March 31, 7 Days a Week

HealthTeam Advantage, a product of Care N' Care Insurance Company of North Carolina, Inc., is a PPO and HMO Medicare Advantage plan with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal. H2624_2024CSNPSCN_M

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**MEDICARE
ADVANTAGE PLANS**



NATIONAL DANCE DAY



Celebrate National Dance Day at Smith

In preparation for *National Dance Day* on Sept 21, instructor Melissa Ramos will teach participants new dances from September 3-21.

You will learn *Latin Dance, Ballet, Jazz, Line Dancing*, and *Ballroom Dance* in eight classes, with a final performance on the last day.

Pre-registration is required as space is limited. *If you register, you are committing to attend ALL nine classes.*

Tuesdays, Sept 3, 10, 17 - 6:45-7:45 pm (Sm)

Thursdays, Sept 5, 12, 19 - 6:45-7:45 pm (Sm)

Saturdays, Sept 7, 14, 21* - 10:15-11:45 am (Sm)

**Sept 21 is the final performance*

To register, please call 336-373-7564. For more info on NDD, visit www.americandancemovement.org

A. H. O. Y.

A.H.O.Y. "Adding Health to Our Years"

FREE low-impact aerobics classes for ages 50+



SCHEDULE:

Smith Active Adult Ctr. 2401 Fairview St.	M, T, W, Th, S M, W	9:15 am 5:30 pm
Glenwood Recreation Ctr. 2010 Coliseum Blvd.	M, W, F	9:15 am
Lewis Recreation Ctr. 110 Forest Lawn Dr.	M, W, F	9:15 am
Leonard Recreation Ctr. 6324 Ballinger Rd.	M, W, F	10:30 am
Trotter Active Adult Ctr. 3906 Betula St.	M, F, S Wed	10:30 am 11:15 am
Brown Recreation Ctr. 302 E. Vandalia Rd.	Tu, Th	9:15 am
Griffin Recreation Ctr. 5301 Hilltop Rd.	Tu, Th	10:30 am
Peeler Recreation Ctr. 1300 Sykes Ave.	Tu, Th	10:30 am

CRAFT BAZAAR

Holiday Craft Bazaar
Monday, December 2
9 am to 3 pm
Smith Active Adult Center



Get ready for the Smith Center's 2nd annual **Holiday Craft Bazaar!** If you're a crafter, put those finishing touches on your handmade craft items.

If you're a shopper, get your holiday gift lists ready for some beautiful and unique gifts.

Crafters:

You may rent a table at the Bazaar for \$10 each to sell your handmade craft items and/or homemade baked goods. Handmade items ONLY. This is not a yard sale. Space is limited. Register and pay at Smith's front desk by **November 22**. An information meeting will be held for all crafters, date and time TBA.

A MATTER OF BALANCE



A Matter of Balance Class at Smith

1 in 4 adults over the age of 65 fall each year. *A Matter of Balance* is designed to reduce the fear of falling and increase activity levels among older adults. Classes are eight 2-hour sessions with a small group led by a trained facilitator. Participants learn to set goals, reduce fall risk at home, and increase strength and balance.

Thursdays

September 12 to October 31

10 am to 12 noon at Smith

Pre-registration is required as space is limited. *If you register, you are committing to attend ALL eight classes.*

To register, please call 336-373-7564. For more information about AMOB, visit www.ptcr.org

OUTINGS

Bowling @ Spare Time 4th Fridays — 1-3 pm Sept 27 & Oct 25

The cost is \$8.37 for 3 games, including shoes. Meet at Spare Time at 12:45 pm. Bring money for bowling and snacks. Register by calling 336-373-7564. Space is limited.



Lunch & Movie Outing

Thursday, October 31 — 11 am



We will have lunch at Cheesecake Factory and see a movie afterwards. Bring money for lunch and movie. A van will leave Smith at 10:30 am or you can meet us there. Register by Oct 21 by calling 336-373-7564. Space is limited.

Barn Dinner Theatre Shows

A van will leave the Smith Center one hour before, or you can meet us there. Register and pay at the Smith Center.

“A Carolina Christmas” Wed, December 4, 1 pm

\$60. Payment due by Friday, October 25.



“Black Nativity”

Friday, December 13, 6 pm

\$65. Payment due by Friday, October 25.

Steven Tanger Center Shows:

“& Juliet”

Wed, October 9, 7:30 pm

Cost is \$77.87. Register and pay at Smith by Monday, Sept 9. A van will leave Smith at 6:30 pm, or you can meet us there.

“Hamilton”

Tues, December 31, 1:30 pm

Cost is \$118.86. Register and pay at Smith by Monday, Sept 9. A van will leave Smith at 12:30 pm, or you can meet us there.

“MJ - The Musical”

Wed, February 19, 2025, 7:30 pm

Cost is \$120.63. Register and pay at Smith by Monday, Nov 4. A van will leave Smith at 6:30 pm, or you can meet us there.

“The Neil Diamond Musical: A Beautiful Noise”

Wed, March 5, 2025, 7:30 pm

Cost is \$77.87. Register and pay at Smith by Monday, Nov 4. A van will leave Smith at 6:30 pm, or you can meet us there.

“Some Like It Hot”

Wed, June 25, 2025, 7:30 pm

Cost is \$83.63. Register and pay at Smith by Monday, March 3. A van will leave Smith at 12:30 pm, or you can meet us there.

UKULELE CLASSES



Catherine “C.H.” Holcombe is offering free ukulele classes at the Smith Center

Wednesdays
September 4-25
November 6-27

Beginners 1:00-2:30 pm
Beyond Beginners 3:00-4:30 pm

C.H. has 5 ukuleles to borrow on a first-come basis for the beginners class. Please indicate at registration if you need a ukulele. Please call 336-373-7564 to register.

CAN-NC CLASSES



Join CAN-NC Teaching Artist, Diane Shur, for Pastel Classes at Trotter.

Tuesdays, 2-4 pm
September 3, 10, 17, 24
October 8, 15, 22, 29

Explore pastels on toned paper. Create something new each week. No experience necessary.

Cost: \$35 per class
(includes all supplies and instruction)

Pre-registration is required
by scanning this QR code:



Free Dance Classes at Trotter
Mondays, 1-2 pm

Sept 16 & Oct 7: Movin' & Groovin'

Moderately high energy movement class to keep the heart rate up. Includes strengthening and stretching with the structure of a classical jazz dance class and elements of aerobics, disco and partner dance.

Sept 23 & Oct 14: Gently Released

Moderately paced based in modern dance includes balance and improvisational exercises as well as strengthening and stretching, and combinations that can be easily adapted to one's own patterns.

Sept 30 & Oct 21: Balance

Strength. Flexibility. Symmetry. Harmony. In the body. In the mind. In our lives. Let's try to find it here, together. On our feet, in a chair or on the floor, we will work to achieve balance.

Oct 28: Combo

Share your favorite moves from the earlier classes and combine with others to create one of a kind social dance. Come and have a blast, shaking, rattling and rolling and whatever else strikes your fancy!

Classes are free, but please pre-register
by scanning this QR code:



RETURN SERVICE REQUESTED

September / October 2024

TOURNAMENTS

BOCCE—THUR, SEPT 26, 10 AM

Rain date: Fri, Sept 27

Deadline to register:

Friday, Sept 20

Single elimination, 1st, 2nd, and 3rd place winners. No gender or age categories. All players will be combined randomly.



HORSESHOES — THURS, OCT 24, 10 AM

Rain date: Fri, Oct 25

Deadline to register: Fri, Oct 18

Single elimination, 1st, 2nd, and 3rd place winners. No gender or age categories. All players will be combined randomly.

CORNHOLE — THURS, NOV 21, 1 PM

Deadline to register: Fri, Nov 15

Single elimination, 1st, 2nd, and 3rd place winners. No gender or age categories. All players will be combined randomly.

All tournaments will be at the Smith Center.

SURVEYS

2024 ANNUAL SURVEYS

We are conducting annual satisfaction surveys for both Smith and Trotter



Active Adult Centers. This includes all programs, classes, services and staff. We'd love your input.

Surveys are available online until **September 30**.

Use your smartphone to scan the correct survey:



Smith Center



Trotter Center

Paper copies are available at both front desks. Your anonymous feedback is greatly appreciated!