



# Active Adult News

NOVEMBER / DECEMBER 2024

A PROGRAM OF GREENSBORO PARKS & RECREATION FOR AGES 50+

## SANTA'S WORKSHOP at the SMITH CENTER



**Smith**  
ACTIVE ADULT CENTER  
*a facility of Greensboro Parks & Recreation*

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



**Trotter**  
ACTIVE ADULT CENTER  
*a facility of Greensboro Parks & Recreation*

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

[www.greensboro-nc.gov/ActiveAdults](http://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



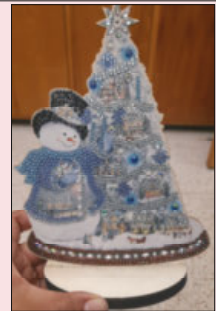
### Snowman Wreath

Thurs, Nov 14 10 am  
\$20  
Register by Nov 7



### Snow Man Porch Sign

Nov 14  
1 pm  
\$20  
Register by Nov 7



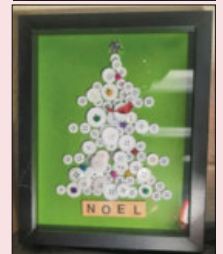
### 3D Christmas Tree or Snowman Tree

Mon, Nov 18 & Tues, Nov 19 10 am to 4 pm  
\$10 each. Choose one or do both!  
Register by Nov 8



### Lighted Balls

Thurs, Nov 21 10 am  
4 for \$10 (Bring 4 strands of 100 lights)  
Register by Nov 12



### Button Wreath or Tree

Fri, Nov 22 10 am  
\$10 Register by Nov 12



### Ugly Holiday Sweater Party

Sweater Contest  
Hot Chocolate  
Gingerbread Houses  
Line Dancing

Thursday  
December 19  
12-2 pm  
Trotter Center

## NOVEMBER & DECEMBER 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.

### **Ukulele Classes** — Wed, Nov 6-27, 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.

### **Veterans Breakfast** — Fri, Nov 8, 9-11 am (Sm), Free.

All veterans are invited to breakfast in honor of Veterans Day. Stay and eat or take it to go. **Thank you to all who have served!**

### **Hearing Screenings** — Tues, Nov 12 (Tr), Tues, Dec 10 (Sm),

10:30 am-12 pm, Free. AudioNova (formerly 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, Nov 13 & Dec 11 (Tr), Nov 20 & Dec 18 (Sm), 10 am-12 pm, Free. UNCG School of Nursing provides free blood pressure and blood glucose checks.

**Senior Tarheel Legislative Updates** — Wed, Nov 13, 10:15 am (Sm), Free. Bob Gerken, Guilford County Senior Tarheel Legislator, will discuss legislative updates affecting older adults in NC and gather your input on issues facing older adults living in Guilford County.

### **Proper Shoes for Diabetics** — Thurs, Nov 14, 11 am (Tr), Free.

Ethereal Care will discuss the importance of proper shoes for diabetics in order to contribute to your overall foot health, and will provide free shoe fittings. Call 336-373-2927 to register.

### **Bingo** — Fri, Nov 15, 11:30 am (Tr), Free.

Sponsored by OakStreet Health, enjoy some fun games of bingo and light refreshments. Call 336-373-2927 to reserve your spot.

**Medicare 101** — Tues, Nov 19, 10 am (Tr), and Wed, Nov 20, 10:15 am (Sm), Free. Jeff Shell with The Insurance Shoppe will provide information on how to maximize your 2025 Medicare benefits and how to prepare for the upcoming 2025 prescription drug plan changes.

**Bone Density Screening** — Thurs, Nov 21, 11:30 am to 1 pm (Tr), Free. OsteoStrong provides free bone density screenings at Trotter every other month. No appointment needed.

**Cornhole Tournament** — Thurs, Nov 21, 1 pm (Sm), Free. Join us for a fun cornhole tournament. Single elimination. 1st, 2nd, and 3rd place winners. No gender or age categories. All players will be combined randomly. Register at Smith by Fri, Nov 15.

**Legal Services** — Fri, Dec 5, 10 am-12 pm (Sm), Free. Legal Aid of NC provides free legal services to eligible seniors every other month, by appointment. Call 877-579-7562 for an appointment.

### **Internet Safety** — Fri, Dec 6, 10 am (Tr), Free.

Jeffrey Cates with NC Cooperative Extension will provide information on how to stay safe and protect yourself on the internet. Please call 336-373-2927 to register.

**Holiday Crafts** — Thurs, Dec 12, 10 am (Tr), Free. Sponsored by PACE of the Triad, learn how to create different holiday crafts for yourself or to give as gifts. Call 336-373-2927 to register.

**Bone Density Screening** — Mon, Dec 16, 10 am to 12 pm (Sm), Free. OsteoStrong provides free bone density screenings at Smith every other month. No appointment needed.

**Holiday Lunch Bunch** — Wed, Dec 18, 11:15 am. We will meet at Village Tavern for our annual holiday lunch. Bring money for lunch and a \$5 gift to exchange. A van will leave Smith at 10:45 am, or you can meet us there. Space is limited. Please call 336-373-7564 to register by Monday, December 2.



See page 6 for  
Pictures with  
Santa



## BOOKED FOR LUNCH

### 2024-25 Reading List:

Nov & Dec — No meetings

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

Feb 14 — "The Christmas Murder Game"  
by Alexandra Benedict

*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**

October 28 to December 13, \$90

January 6 to February 14, \$90

**NO CLASSES:**

**Nov 5, 11, 27, 28, 29, 30**

**Water Aerobics**

**Jessica Fox, Instructor**

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

October 28 to December 11, \$60

January 6 to February 12, \$60

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

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

Oct 29 to Dec 12, \$60

Jan 7 to Feb 13, \$60

**Aqua Fit (Ages 18+)**

**Vonnie Byers, Instructor**

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

Oct 29 to Dec 12, \$60

Jan 7 to Feb 13, \$60

**Saturday, 9:15-10 am**

Nov 2 to Dec 14, \$30

Jan 11 to Feb 15, \$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+)**

October 28 to December 9, \$30

January 6 to February 10, \$30

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

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

November 2 to December 14, \$30

January 11 to Feb 15, \$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



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**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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## Stillpoint Acupuncture

*Helping the Triad Heal  
for over 20 years*

201 Muirs Chapel Rd., Greensboro

**336-510-2029**

[www.stillpointacupuncture.com](http://www.stillpointacupuncture.com)

## SENIOR GAMES

### 2025 GREATER GREENSBORO SENIOR GAMES

Registration dates: **Feb 1-28**

Event dates: **April 1 to May 2**

SilverArts: **May 6-7**

For more information visit  
[www.greensboro-nc.gov/  
SeniorGames](http://www.greensboro-nc.gov/SeniorGames)

You can request to be added to the  
email distribution list, or to receive a  
registration form by mail by calling  
336-373-7571.



## 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)

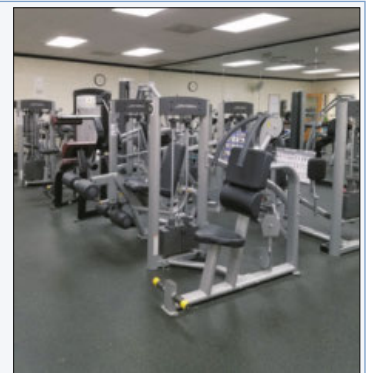
\$15 per month

\$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

### STAND UP FOR YOUR HEALTH

Joseph Libera, PT, DPT, MPH, MBA, GCS, CEEAA, CSCS  
Exercise Expert for Aging Adults — [jvlibera@gmail.com](mailto:jvlibera@gmail.com)



Can lowering your blood pressure be as simple as standing up from sitting more often throughout the day? A recent study, "Sitting Time Reduction and Blood Pressure in Older Adults", investigated the effectiveness of a sitting reduction intervention on blood pressure in sedentary older adults. The study involved 283 participants aged 60 to 89 years with a BMI between 30 and 50. The participants were randomly assigned to either the intervention or a healthy living attention con-

control group for six months.

The intervention involved several components aimed at encouraging participants to reduce sitting time:

**Health Coaching:** Participants received ten health coaching sessions.

**Goal Setting:** Participants collaborated with health coaches to set individualized goals for reducing their sitting time.

**Fitness Tracker:** A wrist-worn fitness band, with the specific brand varying depending on availability, was provided to prompt participants to take standing breaks.

**Personalized Reminders:** Participants developed personalized reminder systems, incorporating inner cues (like muscle stiffness), or external prompts (using their fitness wearable/watch).

The primary outcome measured was the change in daily sitting time from baseline to three and six months, assessed objectively using accelerometers worn by participants. Systolic and diastolic blood pressure changes, measured at baseline and six months, served as co-primary outcomes.

The study found that the intervention group reduced sitting time in older adults by more than 30 minutes per day compared to the control group. Importantly, the intervention also led to a significant decrease in systolic blood pressure at six months.

The findings highlight the potential of even moderate reductions in sedentary behavior for improving cardiovascular health in older adults. The reduction in sitting time was only achieved by incorporating change strategies (for example setting goals) to reduce sitting time such as personalized reminder systems or wearables.

**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*

## 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

### HONORING OUR VETERANS

Smith's Honey Bee Helpers and Quilting Club will be honoring our veterans with their **11th Annual Veterans Breakfast on Friday, November 8 from 9-11 am** at the Smith Center.

The breakfast is free and open to all veterans.

Both clubs have made patriotic items to be given away as door prizes.

Everyone who attends will have a chance to win. The Honey Bee Helpers Will also raffle off beautiful crocheted hats, scarves and afghans. 1 ticket for \$2, 3 tickets for \$5.

*Thank you to all who have served!*



## Pictures with Santa to benefit The Blessed Table

Santa and Mrs. Claus invite you to bring your (well-behaved) grandkids and pets, friends and neighbors to have their picture taken with him to benefit The Blessed Table.

**Thursday, December 12**

**4 - 7 pm**

**Smith Active Adult Center**

Pictures are free with a donation of four non-perishable food items (1 picture per 4 items.) Otherwise, pictures are \$5 each. Pictures are printed while you wait.

**Appointments are required.**

Please call 336-373-7564 to make an appointment.



# ACTIVE ADULT PROGRAMS

# NOVEMBER 2024

THURSDAY	FRIDAY	SATURDAY
	<p><b>1</b> 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><b>2</b>            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><b>7</b>            9:00 Aqua Turbo Class* (Sm)            9:15 AHOY (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)</p>	<p><b>8</b>  <b>9:00-11:00 Veterans Breakfast (Sm)</b>            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><b>9</b>            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><b>14</b> 9:00 Aqua Turbo Class* (Sm)            9:15 AHOY (Sm)  <b>10:00 Snowman Wreath* (Sm)</b>            10:00 Aqua Beginner Class* (Sm)            10:30 Yoga on the Mat (Tr)  <b>11:00 Diabetic Shoe Fittings* (Tr)</b>            11:30 Chair Yoga (Tr)            12:30 Tai Chi for Arthritis (Tr)  <b>1:00 Snowman Porch Sign* (Sm)</b>            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><b>15</b>            9:15 Water Arthritis Class* (Sm)            10:30 AHOY (Tr)            11:15 Water Arthritis+ Class* (Sm)  <b>11:30 Bingo* (Tr)</b>            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><b>16</b>            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><b>21</b> 9:00 Aqua Turbo Class* (Sm)            9:15 AHOY (Sm)  <b>10:00 Lighted Outdoor Balls* (Sm)</b>            10:00 Aqua Beginner Class* (Sm)            10:30 Yoga on the Mat (Tr)            11:30 Chair Yoga (Tr)  <b>11:30 Bone Density Screening (Tr)</b>            12:30 Tai Chi for Arthritis (Tr)  <b>1:00 Cornhole Tournament* (Sm)</b>            1:30 Line Dancing (Tr)  <b>2:00 Cards &amp; Games (Tr)</b>            4:30 Yoga on the Mat (Sm)            5:30 TaiRoGa® (Sm)            5:30 Pilates (Tr)            5:45 Aqua Fit Class* (Sm)</p>	<p><b>22</b>            9:15 Water Arthritis Class* (Sm)  <b>10:00 Buttons Tree/Wreath* (Sm)</b>            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><b>23</b>            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><b>28</b></p> <p style="text-align: center;"><b>CENTERS CLOSED FOR THANKSGIVING</b></p>	<p><b>29</b></p> <p style="text-align: center;"><b>CENTERS CLOSED FOR THANKSGIVING</b></p>	<p><b>30</b></p> <p style="text-align: center;"><b>CENTERS CLOSED FOR THANKSGIVING</b></p>



# ACTIVE ADULT PROGRAMS

# DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY
<p><b>2</b> 9:00 Water Arthritis Class* (Sm)  <b>9:00-3:00 Holiday Craft Bazaar(Sm)</b>            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)            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)  <b>6:00 Grief Support Group (Sm)</b>            6:15 Yoga on the Mat (Sm)</p>	<p><b>3</b>            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)            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><b>4</b> 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)            1:30 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><b>9</b> 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)            4:30 Pilates (Sm)            5:00 Table Tennis (Tr)            5:30 AHOY Boot Camp (Sm)  <b>6:00 Grief Support Group (Sm)</b>            6:15 Yoga on the Mat (Sm)</p>	<p><b>10</b> 9:00 Aqua Turbo Class* (Sm)            9:15 AHOY (Sm)            10:00 Aqua Beginner Class* (Sm)  <b>10:30 Hearing Screenings* (Sm)</b>            10:30 Chair Yoga (Sm)            10:30 Quilting Class* (Tr)            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)            6:00 Advanced Hula Hoops (Tr)            6:15 Pilates (Sm)</p>	<p><b>11</b> 9:00 Water Arthritis Class* (Sm)            9:15 SAIL Balance Class (Zm)            9:15 AHOY (Sm)            9:30 TaiRoGa® Express (Tr)  <b>10:00 BP &amp; Glucose Checks (Tr)</b>            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)            5:30 AHOY Boot Camp (Sm)            6:15 Yoga on the Mat (Sm)</p>
<p><b>16</b>            9:15 SAIL Balance Class (Zm)            9:15 AHOY (Sm)  <b>10:00 Bone Density Screening (Sm)</b>            10:30 AHOY (Tr)            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)            5:30 AHOY Boot Camp (Sm)  <b>6:00 Grief Support Group (Sm)</b>            6:15 Yoga on the Mat (Sm)</p>	<p><b>17</b>            9:15 AHOY (Sm)            10:00 Table Tennis (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)            4:30 Yoga on the Mat (Tr)            5:30 TaiRoGa® (Tr)            5:30 Full Body/Strength Class (Sm)            6:15 Pilates (Sm)</p>	<p><b>18</b> 9:15 SAIL Balance Class (Zm)            9:15 AHOY (Sm)            9:30 TaiRoGa® Express (Tr)  <b>10:00 BP &amp; Glucose Checks (Sm)</b>            10:30 Yoga on the Mat (Tr)  <b>10:45 Holiday Lunch Bunch* (Van)</b>            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><b>23</b>            9:00-12:00 Lap/Open Swim (Sm)            5:00 Table Tennis (Tr)</p>	<p><b>24</b>  <b>CENTERS CLOSED FOR CHRISTMAS</b></p>	<p><b>25</b>  <b>CENTERS CLOSED FOR CHRISTMAS</b></p>
<p><b>30</b>            9:00-12:00 Lap/Open Swim (Sm)            5:00 Table Tennis (Tr)</p>	<p><b>31</b>            9:00-12:00 Lap/Open Swim (Sm)            10:00 Table Tennis (Sm)  <b>12:30 "Hamilton" at Tanger* (Van)</b>            1:30 Cornhole (Sm)</p>	<p><b>1</b>  <b>CENTERS CLOSED FOR NEW YEAR'S</b></p>



# ACTIVE ADULT PROGRAMS

# DECEMBER 2024

THURSDAY	FRIDAY	SATURDAY
<p><b>5</b>                      9:00 Aqua Turbo Class* (Sm)                      9:15 AHOY (Sm)  <b>10:00 Legal Services* (Sm)</b>                      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)</p>	<p><b>6</b>                      9:15 Water Arthritis Class* (Sm)  <b>10:00 Internet Safety* (Tr)</b>                      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><b>7</b>                      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><b>12</b> 9:00 Aqua Turbo Class* (Sm)                      9:15 AHOY (Sm)                      10:00 Aqua Beginner Class* (Sm)  <b>10:00 Holiday Crafts* (Tr)</b>                      10:30 Yoga on the Mat (Tr)                      11:30 Chair Yoga (Tr)                      12:30 Tai Chi for Arthritis (Tr)                      1:30 Line Dancing (Tr)  <b>4:00-7:00 Pictures with Santa* (Sm)</b>                      4:30 Yoga on the Mat (Sm)                      5:30 TaiRoGa® (Sm)                      5:30 Pilates (Tr)                      5:45 Aqua Fit Class* (Sm)</p>	<p><b>13</b>                      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><b>14</b>                      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><b>19</b>                      9:15 AHOY (Sm)                      10:30 Yoga on the Mat (Tr)                      11:30 Chair Yoga (Tr)  <b>12:00-2:00 Ugly Sweater Social (Tr)</b>                      12:30 Tai Chi for Arthritis (Tr)  <b>1:00 Line Dancing (Tr)</b>  <b>2:00 Cards &amp; Games (Tr)</b>                      4:30 Yoga on the Mat (Sm)                      5:30 TaiRoGa® (Sm)                      5:30 Pilates (Tr)</p>	<p><b>20</b>                      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><b>21</b>                      9:15 AHOY (Sm)                      10:00 Table Tennis (Sm)                      10:30 AHOY (Tr)                      11:30 Hula Hoop Class (Tr)</p>
<p><b>26</b>   <b>CENTERS CLOSED                      FOR                      CHRISTMAS</b></p>	<p><b>27</b>                      9:00-12:00 Lap/Open Swim (Sm)                      12:00 Open Play Basketball (Tr)                      1:30 Cornhole (Tr)                      5:00 Table Tennis (Sm)                      5:30 Open Play Basketball (Tr)</p>	<p><b>28</b>                      10:00 Table Tennis (Sm)</p>
<p><b>2</b>                      9:00-12:00 Lap/Open Swim (Sm)</p>	<p><b>3</b>                      9:00-12:00 Lap/Open Swim (Sm)                      12:00 Open Play Basketball (Tr)                      1:30 Cornhole (Tr)                      5:00 Table Tennis (Sm)                      5:30 Open Play Basketball (Tr)</p>	<p><b>*Registration Required</b></p>

# ACTIVE ADULT PROGRAMS

# NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY
<p><b>*Registration Required</b></p>		
<p><b>4</b> 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 Learn to Swim-Level I* (Sm)            5:30 AHOY Boot Camp (Sm)            6:00 Learn to Swim-Level II* (Sm)  <b>6:00 Grief Support Group (Sm)</b>            6:15 Yoga on the Mat (Sm)</p>	<p><b>5</b></p> <p style="text-align: center;"><b>Election Day*</b></p> <p style="text-align: center;"><b>*No classes or programs at Smith</b></p> <p>10:30 Quilting Class* (Tr)  <b>2:00 Pastels Class* (Tr)</b>            4:30 Yoga on the Mat (Tr)            5:30 TaiRoGa® (Tr)</p>	<p><b>6</b> 9:00 Water Arthritis Class* (Sm)            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)            12:45 Gentle Yoga (Sm)  <b>1:00 &amp; 3:00 Ukulele Classes* (Sm)</b>            1:30 Line Dancing (Tr)            4:30 Pilates (Tr)            5:30 AHOY Boot Camp (Sm)            6:15 Yoga on the Mat (Sm)</p>
<p><b>11</b></p> <p style="text-align: center;"><b>CENTERS CLOSED FOR VETERANS DAY</b></p>	<p><b>12</b> 9:00 Aqua Turbo Class* (Sm)            9:15 AHOY (Sm)            10:00 Aqua Beginner Class* (Sm)  <b>10:30 Hearing Screenings* (Tr)</b>            10:30 Chair Yoga (Sm)            10:30 Quilting Class* (Tr)            11:30 Yoga on the Mat (Sm)            12:30 Tai Chi for Arthritis (Sm)  <b>2:00 Pastels Class* (Tr)</b>            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><b>13</b> 9:00 Water Arthritis Class* (Sm)            9:15 AHOY (Sm)            9:30 TaiRoGa® Express (Tr)  <b>10:00 BP &amp; Glucose Checks (Tr)</b>  <b>10:15 Sr Tarheel Leg. Updates (Sm)</b>            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)  <b>1:00 &amp; 3:00 Ukulele Classes* (Sm)</b>            1:30 Line Dancing (Tr)            4:30 Pilates (Tr)            5:30 AHOY Boot Camp (Sm)            6:15 Yoga on the Mat (Sm)</p>
<p><b>18</b> 9:00 Water Arthritis Class* (Sm)            9:15 AHOY (Sm)  <b>10:00 3D Christmas Trees* (Sm)</b>            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)  <b>6:00 Grief Support Group (Sm)</b>            6:15 Yoga on the Mat (Sm)</p>	<p><b>19</b> 9:00 Aqua Turbo Class* (Sm)            9:15 AHOY (Sm)  <b>10:00 3D Christmas Trees* (Sm)</b>            10:00 Aqua Beginner Class* (Sm)  <b>10:00 Medicare 101 (Tr)</b>            10:30 Chair Yoga (Sm)            10:30 Quilting Class* (Tr)            11:30 Yoga on the Mat (Sm)            12:30 Tai Chi for Arthritis (Sm)  <b>2:00 Healthy BP &amp; Glucose* (Tr)</b>  <b>2:00 Pastels Class* (Tr)</b>            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><b>20</b> 9:00 Water Arthritis Class* (Sm)            9:15 AHOY (Sm)            9:30 TaiRoGa® Express (Tr)  <b>10:00 BP &amp; Glucose Checks (Sm)</b>  <b>10:15 Medicare 101 (Sm)</b>            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)  <b>1:00 &amp; 3:00 Ukulele Classes* (Sm)</b>            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><b>25</b> 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 Learn to Swim-Level I* (Sm)            5:30 AHOY Boot Camp (Sm)            6:00 Learn to Swim-Level II* (Sm)  <b>6:00 Grief Support Group (Sm)</b>            6:15 Yoga on the Mat (Sm)</p>	<p><b>26</b> 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)            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)  <b>**Movie Outing — TBA</b></p>	<p><b>27</b> 9:15 AHOY (Sm)            9:30 TaiRoGa® Express (Tr)            10:30 Yoga on the Mat (Tr)            11:15 AHOY (Tr)            12:00 Open Play Basketball (Tr)            12:45 Gentle Yoga (Sm)  <b>1:00 &amp; 3:00 Ukulele Classes* (Sm)</b>            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>

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## UNCG PARTNERSHIP

UNCG School of Nursing has partnered with Smith since 2013, and Trotter since 2021, advocating for health and wellness through health screenings, education, and referrals.

Minerva's Mobile Health Unit was launched in 2023 and offers free services all over Greensboro. Everyone is encouraged to take advantage of this free health care with a nurse practitioner, nurse and UNCG nursing students. One exciting opportunity that comes with Minerva's Mobile Health is access to Electronic Medical Record where your screening results flow into the Epic documentation system. Now your screenings taken at Smith and Trotter will flow into your MyChart account for your provider to see. UNCG has enjoyed our partnership over the years, and now our care reaches outside of the



active adult centers, connecting our care with your care providers.

This Mobile Health Unit is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$3,718,122 with 0% financed with non-governmental sources from July 1, 2002-2026. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).

### Is your Medicare plan still right for you?

An annual Medicare review may help you save.

### SHIP can help.

Medicare's Annual Open Enrollment Period is **Oct. 15 – Dec. 7**. During that time, seniors who have Medicare coverage can make plan changes that may lower their costs. You could save by:

- Evaluating eligibility for low-income subsidies
- Choosing the best Part D Drug Plan based on current medications & preferred pharmacy
- Exploring available Medicare Advantage Plans

The Seniors' Health Insurance Information Program (SHIP) offers free individual counseling to assist you in selecting the best Medicare options for you. **Schedule an appointment today to see if you can save!**

Senior Resources  
of Guilford

336-373-4816 x253



## AARP TAX-AIDE SERVICES

The AARP Foundation will provide free income tax services at the Smith and Trotter Centers in 2025 to eligible taxpayers through Tax-Aide.

**Tax-Aide will operate at the Smith Center on Thursdays and Fridays, February 6 to April 11, from 9:15 am to 3:30 pm, by appointment.**



Appointments with a tax counselor will be made in person at the **Smith Center** or by phone or text from 10 am to 3 pm on the following days:

- **Tuesdays and Wednesdays, January 15-29**
- **Thursdays and Fridays, February 6 to March 28**

To make an appointment in person, please come to the **Smith Center** on the dates/times above. To make an appointment by phone, please call or text **336-338-8194** on the dates/times above. These will be the only times the phone is staffed. If you make an appointment by phone or text, you will need to stop by the Smith Center during one of the days/times above to pick up a packet of information that you will need to complete before your appointment.

On the day of your appointment, you will stay at the site until your return is completed. At the end of your appointment, a counselor will review your completed return with you, and you will provide authorization for electronic filing by AARP Tax-Aide Volunteer Services at Smith Center. The taxpayer(s) must be in-person for this review. Please prepare to spend 1-2 hours at the site for your appointment.

**Tax-Aide will operate at the Trotter Center on Wednesdays, February 12 & 26 and March 12 & 26, from 9 am to 3:30 pm on a first come, first serve basis.**



A sign-up sheet will be available each morning Tax-Aide is operating. Clients can sign up for a time during the day and return if the time is later in the day. Please prepare to spend at least 2 hours at the site as you will stay at the site until your return is completed. At the end of your appointment, a counselor will review your completed return with you, and you will provide authorization for electronic filing by AARP Tax-Aide Volunteer Services. The taxpayer(s) must be in-person for this review.



## SERVICES

### AARP TAX-AIDE SERVICES

February to April

AARP Foundation provides free income tax preparation services by appointment at Smith and Trotter. (See page 12.)

### BONE DENSITY SCREENINGS

11:30 am to 1 pm, Thurs, Nov 21 (Trotter)

10 am to 12 pm, Mon, Dec 16 (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, November 12 (Trotter)

Tuesday, December 10 (Smith)

10:30 am to 12 noon

AudioNova (formerly 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, December 5 (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

Nov 13 & Dec 11 (Tr)

Nov 20 & Dec 18 (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. (See page 12 for exciting news.)



### 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?

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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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advantage<sup>SM</sup>

**MEDICARE  
ADVANTAGE PLANS**





## SPEAKERS SERIES

### NC Senior Tarheel Legislative Updates

**Wed, Nov 13, 10:15 am (Sm)**

Bob Gerken, Guilford County Senior Tarheel Legislator, will discuss legislative updates affecting older adults in NC and gather your input on issues facing older adults in Guilford County.

### Diabetes Awareness Events

#### **Diabetic Shoe Fittings**

**Thurs, Nov 14, 10 am (Tr)**

**Ethereal Care** will discuss the importance of proper shoes for diabetics in order to contribute to your overall foot health, and will provide free shoe fittings. Please call 336-373-2927 to register.

#### **Healthy Blood Glucose During the Holidays**

**Tues, Nov 19, 2 pm (Tr)**

Maggie May, LDN with **Cone Health's Nutrition & Diabetes Education Services** will discuss how to maintain healthy blood glucose and blood pressure levels during the holidays. Please call 336-373-2927 to register.

#### Medicare 101

**Tues, Nov 19, 10 am (Tr)**

**Wed, Nov 20, 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 on maximizing your 2025 Medicare benefits and how to properly prepare for the upcoming 2025 prescription drug plan changes.

#### Internet Safety

**Fri, Dec 6, 10 am (Tr)**

Jeffrey Cates with **NC Cooperative Extension** will provide information on how to stay safe and protect yourself on the internet. Please call 336-373-2927 to register.



## 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

## DROP IN ACTIVITIES

### **Table Tennis**



Trotter: Mondays, 5-7:45 pm  
Wednesdays, 5-7:45 pm  
Smith: Tuesdays, 10 am-12 pm  
Fridays, 5-7:45 pm  
Saturdays, 10 am-12:45 pm

### **Cornhole @ Smith**

Tuesdays, 1:30-2:30 pm



### **Basketball Open Play @ Trotter**

Wednesdays, 12-1:30 pm  
Fridays, 12-1:30 pm,  
5:30-7:30 pm



### **Cards & Games @ Trotter**

3rd Thursdays, 2-4 pm



## OUTINGS



### Movie @ Elite Movie Theater

**Tuesday, November 26, afternoon**

Join us for a Super Tuesday movie at Elite Movie Theater. Admission is \$6.50/person and does not include concessions. Please call the Trotter Center at 336-373-2927 on or after Tuesday, November 19 to get the movie name and show time. Everyone will meet at Elite Movie Theater located at 2101 New Garden Rd. Pre-registration is required.

### Holiday Lunch Bunch Outing

**Wednesday, December 18 — 11:15 am**

We will meet at Village Tavern for our annual holiday lunch. Bring money for lunch and a \$5 gift to exchange. A van will leave Smith at 10:45 am, or you can meet us there. Space is limited. Call 336-373-7564 to register by Monday, December 2.

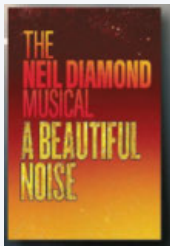


### Steven Tanger Center Shows:

#### “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



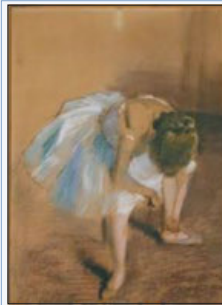
**Catherine “C.H.” Holcombe is offering free ukulele classes at the Smith Center**

**Wednesdays  
November 6-27  
January 8-29**

**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.

## PASTEL CLASSES



Join **Diane Shur** to explore pastel techniques inspired by works of master artists Mary Cassatt, Degas, and Wolf Kahn. No experience necessary.

**Tuesdays, 2-4 pm**

**November 5, 12 and 19**

**Cost: \$35 per class or \$100 for all 3  
(includes all supplies)**

Pre-registration is required  
by scanning this QR code:



## 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**! You'll find unique crafts, gifts and baked goods homemade by participants at the Smith Center for that perfect holiday gift. Get those gift lists ready!

(Cash only, please.)



## TOURNAMENTS

### CORNHOLE — THURS, NOVEMBER 21 — 1 PM

**Deadline to register: Friday, November 15**

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



### SHUFFLEBOARD

**THURS, JANUARY 23**

**1 PM**

**Deadline to register:**

**Fri, January 17**

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

**All tournaments will be at the Smith Center.**



**Active Adult News**

2401 Fairview Street

Greensboro, NC 27405

[www.greensboro-nc.gov/ActiveAdults](http://www.greensboro-nc.gov/ActiveAdults)

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**November / December 2024**

**Our Mission**

The mission of Greensboro's Active Adult Centers is to provide diverse, year-round programs, activities and services that meet the physical, social, mental and cultural needs of active adults in Greensboro and Guilford County.

