



ACTIVE LIVING

EVERGREENS LIFESTYLE CENTER

Promoting Independent Lifestyles

March—April
2026

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It's Time for a Conversation: 5 Wishes for Advance Care Planning

Though we don't like to think about it, a change in health or an accident can happen to any of us. That's why it's important for all of us—regardless of our age or health—to talk with the people who matter most to us about the kind of care we would want if we ever become too sick to speak for ourselves. Advance Care Planning involves thoughtfully considering

what matters most to you, making decisions about what kind of medical care and treatments you would or would not want if you were at the end of your life, and choosing a person who can understand these decisions and speak for you if you are unable. Most importantly, advance care planning involves having conversations about these issues and clearly communicating your choices with your family, loved ones, and your doctor.

Five Wishes is a document that helps you and the people in your life talk together about these important matters. It is recognized as a legal advance directive. What's special about *Five Wishes* is that it covers more than most advance directives. It helps you talk about what matters most—the emotional, personal, and spiritual concerns we all have when we think about the end of life.

Join us on **Wednesday, March 11, 2026 at 10am** for a presentation on how to use the *5 Wishes* guide, along with an official copy of the document for your personal use. A limited number of *5 Wishes* are available for \$5 each. Please sign up to reserve your spot and your copy by calling 336-373-4816 ext 280 starting March 2. Resources on free and low-cost notary services will also be made available for participants, as *5 Wishes* must be notarized to be used as a legal document.



Evergreens Lifestyle Center

1401 Benjamin Parkway
Greensboro, NC 27408

Phone.....336-373-4816 ext 280
Fax.....336-373-4922

Website.....

www.senior-resources-guilford.org

Facebook.....

[www.Facebook.com/
SeniorResourcesofGuilford](http://www.Facebook.com/SeniorResourcesofGuilford)

Hours

M-F 8:30am - 5:00pm

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New Line Dancing Classes!

sponsored by



Thanks to a generous grant from the Triad Retirement Living Association (TRLA), the Evergreens Lifestyle Center is pleased to offer 15 weeks of line dancing classes with Lenna Sikes. These introductory classes are a good fit for those who have never line danced or who consider themselves beginners. Several line dance steps will be introduced each week. Once those steps are mastered, Lenna will teach beginner dances that incorporate those steps. Classes will be taught at a pace so that everyone is able to learn the dances!

Line dancing has multiple health benefits for older adults. The continuous movement and rhythmic steps help increase heart rate, improving cardiovascular health. Studies show that line dancing burns between 300 – 500 calories per hour, assisting with weight management. Line dancing works multiple muscle groups, toning muscles and improving balance. There are also mental health benefits to line dancing. Along with relieving stress, the memorization and coordination required for line dancing can assist with improving cognition.

Lenna has been a Zumba and Zumba Gold instructor since 2018 and an avid line dancer since 2019! She has taught all over Greensboro, including at O2 Fitness, YMCA, Friends Home West, Proehlific Park, and is the Zumba Gold instructor at the Evergreens Center. She's participated in the Greater Greensboro Senior Games annually since 2023, performing a group line dancing routine.

**Classes will be held on Thursdays from
11am—12pm from March 5—June 11.**

UPCOMING DAY TRIPS

3



March 2026 Day Trip

"REMINDERS OF HIM" MOVIE AT GOLDEN TICKET CINEMA

"Reminders of Him," based on the novel by Colleen Hoover, is about a woman who attempts after prison to reconnect with her young daughter but faces resistance from everyone except a bar owner with ties to her child. As they grow closer, she must confront her past mistakes to build a hopeful future. It's rated PG-13 for sexual content, strong language, and drug content. Before the film, we will stop at Chick-fil-A for lunch (lunch is not included in the price of the trip).

Tuesday, March 24, 2026

Leave at 12pm

Sign up in-person: 3/9

Payment due: 3/16

This trip requires a minimal amount of walking.

\$15

Evergreens Lifestyle Center
336-373-4816 ext 280



FILM NEGATIVE

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April 2026 Day Trip

DAIRY FARM TOUR AT HOMELAND CREAMERY

Homeland Creamery in southeast Guilford County is known for its sustainable farming practices, a unique pasteurization process, and the freshest milk and ice cream! They process over 7,000 gallons of milk per week and distribute products as far east as Wilmington and far west as Asheville. Tours include a 30 minute hayride across the farm, a sample of homemade ice cream, and a chance to learn about dairy cows! Make sure to remember spending money to bring home treats (we will supply a cooler). After the tour, we will stop at Cracker Barrel for an early lunch (price not included in the cost).

Wednesday, April 22, 2026

Leave at 9:15am

Sign up in-person: 4/3

Payment due: 4/10

This trip requires a minimal amount of walking.

\$20

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336-373-4816 ext 280

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14-1578

CAROLINA AGING ALLIANCE PIZZA AND GAME NIGHTS

4

PIZZA NIGHTS WITH CAROLINA AGING ALLIANCE & THE EVERGREENS LIFESTYLE CENTER



Join us the second Tuesday of each month in 2026 at 6pm for pizza and either a movie (listed below) or game night!

MARCH 10	ALL OF US STRANGERS (2023): ROMANTIC FANTASY FILM THAT FOLLOWS A LONELY SCREENWRITER WHO DEVELOPS AN INTIMATE RELATIONSHIP WITH HIS MYSTERIOUS NEIGHBOUR WHILE REVISITING MEMORIES FROM THE PAST.
MAY 12	SUPERNova (2020): SAM AND TUSKER ARE TRAVELING ACROSS ENGLAND IN THEIR OLD RV TO VISIT FRIENDS, FAMILY AND PLACES FROM THEIR PAST. SINCE TUSKER WAS DIAGNOSED WITH DEMENTIA TWO YEARS AGO, THEIR TIME TOGETHER IS THE MOST IMPORTANT THING THEY HAVE.
JULY 14	FIRE ISLAND (2022): SET IN THE ICONIC PINES, FIRE ISLAND IS AN UNAPOLOGETIC, MODERN DAY ROM-COM SHOWCASING A DIVERSE, MULTICULTURAL EXAMINATION OF QUEERNESS AND ROMANCE. INSPIRED BY THE TIMELESS PURSUITS FROM JANE AUSTEN'S CLASSIC PRIDE AND PREJUDICE.
SEPT 8	DALLAS BUYER'S CLUB (2013): IN MID 1980S TEXAS, ELECTRICIAN RON WOODROOF IS STARTING TO LEARN THAT HE HAS AIDS. THOUGH TOLD HE HAS JUST 30 DAYS LEFT TO LIVE, WOODROOF REFUSES TO GIVE IN TO DESPAIR.
NOV 10	MOONLIGHT (2016): A YOUNG AFRICAN-AMERICAN MAN GRAPPLES WITH HIS IDENTITY AND SEXUALITY WHILE EXPERIENCING THE EVERYDAY STRUGGLES OF CHILDHOOD, ADOLESCENCE, AND BURGEONING ADULTHOOD.

Call to sign up at the beginning of each month!



EVERGREENS LIFESTYLE CENTER 336-373-4816 EXT 280



Through our partnership with Carolina Aging Alliance, we offer a monthly pizza night with alternating activities of either games or movies. The purpose of these events is to create a welcoming, positive environment for older adults who identify as LGBTQ+ (lesbian, gay, bisexual, transgender, queer).

We invite you to join us! Signing up is required each month by calling 336-373-4816 ext 280.



Carolina Aging Alliance is a nonprofit, charitable organization that advocates for and provides services to LGBTQ+ persons 50 and older.

- Personal care
- Homemaking services
- Companionship
- Dementia Care and Respite Care
- 24/7 Virtual Care
- Hourly and Live-in Care
- Veterans Administration Benefits


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**EXPLORE NIGERIA IN OUR
ARMCHAIR TRAVEL SERIES!**

As the most populous country in Africa, Nigeria is often considered the continent's powerhouse. Learn about the people, culture, and key attractions that make Nigeria an unforgettable destination!

We will sample a traditional Nigerian snack.

MONDAY, MARCH 16, 2026 AT 10AM
SPACE IS LIMITED. CALL TO SIGN UP ON MARCH 2.

Evergreens Lifestyle Center
336-373-4816 ext 280



**TAKE A CRUISE DOWN THE RHINE RIVER
IN OUR ARMCHAIR TRAVEL SERIES!**

Join us for a leisurely cruise down the second longest river in Europe, the Rhine. We'll ride through Switzerland, Germany, and France to the North Sea discovering beautiful scenery and European charm!

A snack from this area of the world will be provided.

MONDAY, APRIL 20, 2026 AT 10AM
SPACE IS LIMITED. CALL TO SIGN UP ON APRIL 1.

Evergreens Lifestyle Center
336-373-4816 ext 280



**SUPPORT THE
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that Support our
Community!**

*AHOY (Adding Health to Our Years)***Mondays.....9:15 am+**

Join us for a 30 minute chair exercise class that helps to manage arthritis pain, as well as improve flexibility and balance. Class is taught by Chipper Nuckles. **\$4**

*Arthritis Foundation Exercise Program (AFEP)***Mondays1:30 pm**

This low-impact recreational exercise program will help you reduce fatigue, pain, and stiffness. This hour-long class is taught by Kelly Dorrough of Better Balance Senior Fitness. **\$5**

*Better Balance***Tuesdays9:00 am**

Join instructor Zee Bawangaonwala of Move Forward Physical Therapy for this popular exercise class that helps seniors to improve their balance. Class is 30 minutes. **\$4**

Advanced Class.....9:45am

A more advanced workout. Class is 30 minutes. **\$4**

*Zumba Gold***Tuesdays.....1:00 pm**

Are you ready for a fitness dance party? Zumba Gold is a lower-intensity version of the popular Zumba classes that combine dance, choreography, and movement for an energizing hour-long exercise class! Class taught by Lenna Sikes. **\$5**

*Drums Alive Cardio Drumming***Wednesdays.....1:00 pm**

Join Board Certified Music Therapist Randi Lee from Magnolia Melodies Music Therapy for Drums Alive Cardio Drumming class. A fun full body workout that lasts 30 minutes. **\$5**

*Tai Chi***Thursdays.....12:30 pm**

Join instructor Eric Reiss for this 30 minute slow paced, meditative physical exercise. **\$4**

*Chair Yoga***Fridays9:15 am+**

This 30 minute yoga class helps harmonize all aspects of the body and mind. Taught by Chipper Nuckles. **\$4**

*Strength & Safety: Recovering From Falls***Second Thursday of each month at 9am**

Learn practical techniques to safely recover from a fall and simple exercises to make it easier. Discover tools that can help make your home safer. Taught by Michele Walker. **\$5**

Please continue to sign up each month!

+Designates classes streamed on

Facebook Live. Find us at

Facebook.com/SeniorResourcesofGuilford



Strong Bones, Stronger You

Learn About Osteoporosis

Osteoporosis is a condition characterized by fragile bones, increasing the risk of fractures. Learn how to protect your bones and prevent osteoporosis.

Join Us on March 9, 2026 at 11 am

Ashley Strand from Better Bones will be here to educate us about osteoporosis and demystifying the diagnosis. Learn about the new technology and scans. **Replace fear with hope by learning lifestyle adjustments.**



Evergreens Lifestyle Center
336-373-4816 ex 280



Pain Management Study from Wake Forest School of Medicine Seeking Participants



Are you interested in managing your pain with a physical activity and healthy eating program delivered 100% at home? Join Dr. Amber Brooks to learn more about the MORPH III study. This study, being conducted by Wake Forest University, Wake Forest University School of Medicine, and Atrium Health, is looking for

ways to help people with chronic pain from knee or hip osteoarthritis find a drug-free way to manage their symptoms through movement and healthy eating. Participants may receive in-home group and/or individual coaching sessions using technology that may be provided by the study, including a free Fitbit activity monitoring watch. This study is funded by the National Institute on Aging.

Qualifications for the study include:

1. Must be 65 years of age or older
2. Have pain from hip or knee osteoarthritis
3. Be willing to attend 3 virtual visits, use the MORPH smartphone app, Fitbit monitor, and scale once a week at home.
4. Must not be taking medications for weight loss, osteoporosis, growth hormones or oral steroids.
5. Have little-to-no physical activity for the last 6 months.
6. Have a smartphone or tablet or are willing to use one provided to you.



**Wake Forest University
School of Medicine**



Atrium Health

Funding provided by



**National Institute
on Aging**

Are you ready to take control of your pain?

Learn more from Dr. Brooks on Monday, March 23, 2026 at 11am.



Oral Health for Older Adults with the Undergraduate Student National Dental Association (USNDA) at NC A&T



Oral health is an important, and often overlooked, part of overall health as you age. 2/3 adults, aged 65 and older, have gum disease and 1/5 adults have lost all of their teeth. Adults with chronic diseases may be more likely to develop gum disease. Some medications may cause dry mouth by reducing saliva, which may lead to an increased risk of cavities.

Monday, April 13, 2026 from 3-4pm

Join students from the USNDA for a presentation on why oral health matters! Learn about common oral health concerns, proper brushing and flossing, denture care, and tips to make dry mouth more comfortable. A healthy snack will be provided.

A few tips for good oral health:

- Consume a balanced diet (fruits, vegetables, lean proteins, whole grains, and low-fat or fat-free dairy)
- Drink plenty of water, with fluoride (if possible), and limit alcohol consumption.

- Resist the urge to snack or sip on sugary treats or drinks.
- Enjoy calcium-rich foods, such as low-fat or fat-free milk or yogurt.
- Get plenty of vitamin C, which promotes gum health,



Monday	Tuesday	Wednesday	Thursday	Friday
9:15a AHOY (\$4) (V) 12:30p Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta 	2 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong	3 9a Qigong 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta	4 10a Recipe for Success 11a Line Dancing 12p – 2p Tech Help 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	5 9:15a Chair Yoga (\$4) (V) 10a Trivia 11am Book Club – Blood Clay 1p Friday Favorite Movie - "Dead Poets Society" *
9:15a AHOY (\$4) (V) 11am Better Bones presentation 12:30p Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	9 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong 6p CAA *	10 9a Qigong 10a 5 Wishes (\$5) *	11 9a Fall Recovery (\$5) * 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta	12 9:15a Chair Yoga (\$4) (V) 10a Trivia 11am Book Club – Blood Clay 1p Friday Favorite Movie - "Sister Act" * 
9:15a AHOY (\$4) (V) 10a Nigeria Travelogue * 12:30p Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	16 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong 2:30p St. Patrick's Day Party 	17 9a Qigong 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta 2p Cupcake Liner Flowers (\$3)*	18 10a Recipe for Success 11a Line Dancing 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	19 9:15a Chair Yoga (\$4) (V) 10a Trivia 11am Book Club – Blood Clay 11a Hobby Show & Tell 1p Friday Favorite Movie - "The Invisibles" *
9:15a AHOY (\$4) (V) 11a Pain Management Study 12:30p Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	23 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 12p Movie day trip (\$15) * 1p Zumba Gold (\$5) 2p Games & Mahjong	24 9a Qigong 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta 	25 11a Line Dancing 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	26 9:15a Chair Yoga (\$4) (V) 10a Donuts with the Director 11am Book Club – Blood Clay 12pm Golden Games game time with NC A&T students
9:15a AHOY (\$4) (V) 12:30p Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	30 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong	31	<h1>March 2026</h1> <p>A * next to an activity means signing up ahead of time is required.</p>	



Meet Pam & Walker Crump

Hometown: Lowell, Massachusetts (Pam) & Raleigh, NC (Walker)

Education: Pam has a BS in Math Education from NC State University & Walker has a BS in Computer Science from NC State University

Career Highlights: Pam worked as a teacher for special needs children and taught all subjects in all 3 grade levels of middle school! Walker was a computer programming consultant - and met Pam on the job!

Pam had a spare ticket to a concert at NCSU and asked Walker if he wanted to go with her. Pam intended for this to be a platonic activity, but Walker assumed it was a date! Walker says that his plan was to “be a free man” on his sailboat and neither planned on a second marriage. They were married in 1993, a year after they began dating! They have 3 sons and share their home with Luna, a 4 year old German Shepherd. Pam laughs that her full name is “Lunatic.”



Who was a role model for you? Pam remembers the amazing people at the church of her youth, who helped her through difficult times. Walker says that his father was a huge influence.

What's the best advice you ever received? A computer science teacher encouraged Pam to take a hard class and to push through the difficulty. Walker remembers a coworker telling him he should go back to college, which he eventually did!

What's the proudest moment of your life, so far? Pam's proudest moment is having children; Walker's proudest moments were marrying Pam and becoming a father.

What's something you did that would surprise people?

Pam and Walker went whitewater rafting once, and the raft went airborne! Walker shares that he was in a motorcycle accident in 1971 that almost took his right leg.

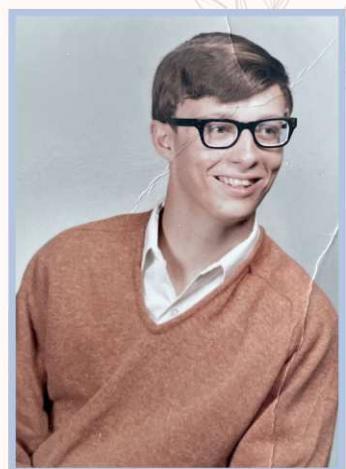
What was a trend you followed “back in the day?” Both Pam and Walker wore bell bottoms! Pam wore ‘earth shoes’ and Walker grew his hair long.



What do you like about the Evergreens Lifestyle Center?

Pam says that she enjoys learning, being with people, Recipe for Success, and crochet club. She said, “Crochet Club is like a family, we look out for each other.”

Walker says, with humor, he likes when Pam brings home new recipes from Recipe for Success!



Trivia**Fridays at 10am**

Join us for an hour of Trivial Pursuit! No prior sign up is required. Trivia is not held the last Friday of each month.

Carolina Aging Alliance Pizza Nights**Second Tuesday of each month at 6pm**

Carolina Aging Alliance is a nonprofit organization that advocates for and provides services to LGBTQ+ persons 50 and over. Join us for pizza and a movie in March and pizza and games in April. Sign up is required.

Crochet Club**Wednesdays at 2pm**

Bring a 'j' hook and learn to crochet with Cheryl and the club. There are several willing teachers to help you learn! No prior sign up is required.

Jewelry Club**Thursdays at 2pm**

Join Phyllis and the club to learn the skills to make bracelets, necklaces, and earrings. Some supplies are provided, but you can also bring your own. You do not need to sign up ahead of time to attend.

Donuts with the Director**Last Friday of each month at 10am**

Join Julie Silverman, Director of the Evergreens Lifestyle Center, for a monthly feedback session. You do not need to sign up ahead of time to attend.

Book Clubs**Fridays at 11am**

In March, we'll read "Blood Clay" by Valerie Nieman & in April, "Our Missing Hearts" by Celeste Ng. Call to reserve your copy at the first of each month.

Reminiscence Group**Mondays at 12:30pm**

Join Pat Davis for our Reminiscence Group, Tell Me About the Good Ol' Days! This is an informal group that meets weekly to share memories of past experiences. Pat brings different topics each time to jumpstart the conversation. No prior sign up is required.

Dominoes**Tuesdays and Thursdays at 2pm**

Join Earla and the dominoes group for a fun and friendly game!

FRIDAY FAVORITE MOVIES

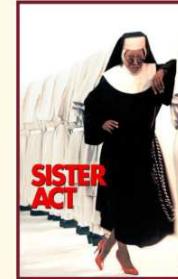
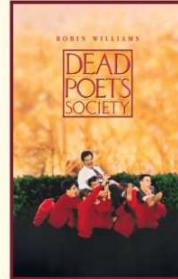
March 2026

Fridays at 1pm. Space is limited; call beginning March 2 to sign up!

3/6: Dead Poets Society (1989)
Allison Jehlicka's Pick

3/13: Sister Act (1992)
Ellen Gelpke's Pick

3/20: The Invisibles (2024)
Janet Hamlin's Pick



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We are always
accepting movie
suggestions!

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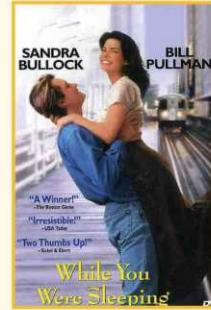
FRIDAY FAVORITE MOVIES

APRIL 2026

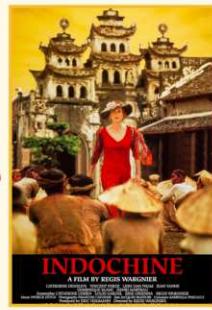
Fridays at 1pm. Space is limited; call beginning April 1 to sign up!

4/10: While You Were Sleeping (1995)
Patricia Coates's Pick

4/17: Indochine (1992)
John Pugh's Pick



We are always
accepting movie
suggestions!



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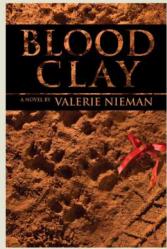
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SPECIAL PROGRAMS

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EVERGREENS LIFESTYLE CENTER
MARCH 2026 BOOK CLUB

BLOOD CLAY



Blood Clay tells the story of Tracey Gaines, who has moved to rural Saul County, North Carolina, to escape the wreckage of a divorce and becomes a teacher at an alternative school. She devotes herself to renovating an old farmhouse but finds she can't as easily build connections in this new place. When the community splits, she finds an ally in Dave Fordham, a native son who struck out for new opportunities, only to face his own trauma and a forced return home. Elizabeth Stuckey-French says, "Val Nieman has written what is destined to become a classic novel of Southern life."

FRIDAYS IN MARCH AT 11AM

BOOKS ARE LIMITED -
SIGN UP BY CALLING 336-373-4816 EXT 280



HOBBY SHOW & TELL

By popular request, join us for a session of telling others about your favorite hobbies! In show & tell style, each participant will have a turn showing the group a physical item from their hobby (a photo, art piece, award, tennis racquet, etc.) and talking for a few minutes. Show & tell will help us learn more about each other and potentially create new hobby groups at the Center!

Friday, March 20, 2026

11am

YOU DO NOT NEED TO SIGN UP
AHEAD OF TIME FOR THIS ACTIVITY.

Evergreens Lifestyle Center
336-373-4816 ext 280



ANNUAL SURVEY RESULTS Meeting

We've heard your feedback!

Join us for a healthy snack and discussion about our annual survey results. Hear what ideas for improvement have been suggested. We'll chat about the positive, negative, and everything in-between!

WEDNESDAY, APRIL 8, 2026
10AM

Evergreens Lifestyle Center
336-373-4816 ext 280



TECHNOLOGY HELP SESSIONS

UNCG students are donating time to work with you on technology needs!

They can help with:

- Laptops
- Smart phones
- Smart watches
- Social media
- Tablets



THURSDAY, MARCH 5, 2026

12PM - 2PM

No prior sign up is required.
Evergreens Lifestyle Center
336-373-4816 ext 280



St. Patrick's Day Party

Join us for
Snacks, Games,
Prizes, and
Fun!

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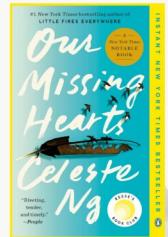
Tuesday, March 17, 2026

2:30pm

Evergreens Lifestyle Center
336-373-4816 ext 280



April 2026 Book Club



Twelve-year-old Bird Gardner lives a quiet existence with his loving father. His mother, Margaret, a Chinese American poet, left without a trace when he was nine years old. He doesn't know what happened to her—only that her books have been banned—and he resents that she cared more about her work than about him.

Then one day Bird receives a mysterious letter containing only a cryptic drawing, and soon he is pulled into a quest to find her. His journey will take him back to the many folktales she poured into his head as a child, through the ranks of an underground network of heroic librarians, and finally to New York City, where he will learn the truth about what happened to his mother and what the future holds for them both.

Sign up
opens on 3/9.
Club meets
weekly on
Fridays at 11am.

Evergreens Lifestyle Center
336-373-4816 ext 280



Evergreens Lifestyle Center 336-373-4816 ext 280



FRIDAY, APRIL 17, 2026
12PM

Ham provided!
Sign up in the senior center to
bring a side, dessert, or other
item.

Evergreens Lifestyle Center
336-373-4816 ext 280

Greensboro Flute Choir Performance

Generously sponsored by Move Forward Physical Therapy



FRIDAY, APRIL 24, 2026
AT 2PM

EVERGREENS LIFESTYLE CENTER
LOWER LEVEL
1401 BENJAMIN PARKWAY
GREENSBORO



Respite Care: All of Us Need it Once in a While

Respite is a period of rest or relief. For those who give constant care, whether it is for an aging parent, an ill relative or for babies or small children, respite care can be very welcome and needed. There are programs such as Family Caregiver Support that may be able to offer respite opportunities. You can contact SeniorLine at 336-333-9816 for more information about SRG's Family Caregiver Support Program.

Respite workers go through many hours of instruction to be able to understand the needs of the care receiver. Their primary purpose in the home is to relieve the primary caregiver. They provide companionship and supervision. They can also provide comfort and safety by providing meals and snacks, taking walks around the neighborhood, engaging the person in stimulating activities such as reading, listening to music, or making a craft. If the respite provider works for a home care agency, they will be able to assist with normal activities of daily living, assuming they have been trained in those areas.

Respite care is available for family members who try to "do it all" when it comes to caring for their loved one but need a break occasionally. It is very important for all caregivers to have an occasional rest period, where they can do something just for them. Whether caregivers take a nap, walk around the block, or go out to lunch with a friend, the time away gives them a chance to return with more energy.

Caregivers are ultimately better able to face the daily demands of care with respite care. Respite is also good medicine for the care receiver as well; having someone different providing care gives the person a chance to develop a new friendship. Respite care just may be the best family medicine on the market today! If you need respite reach out to Family Caregiver Specialist, Brent Howerton at 336.373.4816x240.

This article was adapted from an article originally written by: Helen Hunter, ACSW, LSW



Family Caregiver Program

Program Eligibility:

Adult family members/other informal caregivers 18 or older providing care to an individual 60 years of age or older adult family members or other informal caregivers age 18 or older providing care for an individual diagnosed with Alzheimer's Disease or other Dementia.

Grandparents Raising Grandchildren

Support Group: 4th Thursday of Each Month

Senior Resources of Guilford's Caregiver Library

10am—12pm

Offering resources to individuals 55 and older (not birth or adoptive parents) providing care to children under age of 18.

Lunch Break Book Club Social Gathering

Thursday, March 12 at 1:30pm

Stock & Grain Assembly

275 N. Elm Street, High Point

Sign up at HospiceofthePiedmont.org/events

Memory Café at Jamestown United Methodist Church (403 E Main Street)

Third Tuesday of Each Month

1:30pm—3:30pm

A safe space for caregivers and their loved one to share socialization, entertainment, and valuable information.

Respite Vouchers

The Respite Voucher program allows family caregivers to take a much-needed break from caring for their loved one. Vouchers can be used at one of three approved in-home care agencies. Eligible family caregivers must be caring for an individual 60 years of age or older or an individual with a dementia diagnosis.



March – April Rural Outreach Luncheons

Moriah (Southeast): Moriah United Methodist Church, 3611 Liberty Road

March 3 (Tuesday): Jody Hernandez Talks about AARP'S Fraud Watch

April 7 (Tuesday): Laurie Kennedy Malone Speaks on Eye Care for Seniors

Oak Ridge: First Baptist Church, 2445 Oak Ridge Road

March 4 (Wed.): Bob Gerkin talks about AARP's Home Fit program

April 1 (Wednesday): Laurie Kennedy Malone Speaks on Eye Care for Seniors

Colfax: Shady Grove Wesleyan Church, 119 Bunker Road

March 10 (Tuesday): Bob Gerkin talks about AARP's Home Fit program

April 14 (Tuesday): Laurie Kennedy Malone Speaks on Eye Care for Seniors

Stokesdale: United Methodist Church, 8305 Loyola Drive

March 12 (Thursday): Bob Gerkin talks about AARP'S Home Fit program

April 9 (Thursday): Laurie Kennedy Malone Speaks on Eye Care for Seniors

Summerfield: Summerfield Community Center, 5404 Centerfield Road

March 19 (Thurs.): Jody Hernandez Talks about AARP'S Fraud Watch

April 16 (Thursday): Laurie Kennedy Malone Speaks on Eye Care for Seniors

The Rural Outreach Program provides monthly activities and lunch for seniors residing in Guilford County but outside Greensboro and High Point city limits.

There's no cost for the meal but reservations are required!

Contact the Rural Outreach office at (336) 373-4816 ext. 265 or email ruraloutreach@senior-resources-guilford.org for reservations.



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SENIOR RESOURCES
OF GUILFORD

CUPCAKE LINER FLOWERS

with Kathy



\$3 SUPPLY FEE

Wednesday, March 18, 2026
at 2pm

Space is limited! Call to register on 3/2.

Evergreens Lifestyle Center
336-373-4816 ext 280



Make Your Own Mini Birdhouse

with Kathy

WEDNESDAY, APRIL 29, 2026 AT 2PM



SPACE IS LIMITED. SIGN UP ON APRIL 1.

Evergreens Lifestyle Center
336-373-4816 ext 280



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AFRAID OF
FALLING?**

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FYZICAL
Therapy & Balance Centers



Senior Resources of Guilford

Evergreens Lifestyle Center

1401 Benjamin Parkway
Greensboro, NC 27408

Contact Us:

Phone 336-373-4816 ext 280

Fax 336-373-4922

www.senior-resources-guilford.org

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March—April 2026

OUR MISSION

The mission of Senior Resources of Guilford is to serve our diverse community of seniors and their families by advocating and providing supportive services that enhance the independence, health and quality of life for seniors. The purpose of the Evergreens Lifestyle Center is to provide a comfortable, supportive, and healthy environment for adults age 55 years and older to engage in activities to enhance their independence, health, and quality of life.

Adults 55 years of age and older are invited to socialize with their peers and participate in a variety of programs. Transportation may be available for adults age 60 and older who are unable to drive through Guilford County Mobility Services and Access Greensboro. There is no fee to attend the Center; however, there may be a fee associated with trips and certain activities. Voluntary contributions are accepted and help us to continue and expand programming. We welcome new programming instructors and all senior clubs and senior group meetings.

Follow us on:

