



ACTIVE LIVING

EVERGREENS LIFESTYLE CENTER

Promoting Independent Lifestyles

**January—February
2026**

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Moving Safely! Balance and Mobility Tips for the Family Caregiver



There are 63 million Americans who help older adult parents, spouses, or other loved ones live independently at home. AARP reported that there are over 2.38 million family caregivers in North Carolina alone, which accounts for 27% of the state's population. AARP North Carolina Director Mike Olender explains, "Family caregivers take on everything, from grocery shopping and driving loved ones to doctor appointments to meal prep and managing medications. They also help with more intense responsibilities like bathing and dressing and handling medical tasks, often with little or no training." The number of family caregivers is increasing in NC, and it's important to ensure they are included in our programming at the Evergreens Center.

In partnership with the Senior Resources of Guilford's Family Caregiver Program and WellSpring Solutions, the Evergreens Lifestyle Center invites caregivers to a free workshop with senior fitness expert, Kelly Dorrough, of Better Balance Senior Fitness. "Moving Safely: Balance and Mobility Tips for the Family Caregiver" is open to all family caregivers and will focus on best practices in fall prevention and balance, offering practical tips and steps you can take to ensure your loved ones are safe as they move.

Wednesday, February 18, 2026

10:30am—11:30am

Evergreens Lifestyle Center

Lower Level, 1401 Benjamin Parkway, Greensboro

Registration details are forthcoming and will be available at
www.well-springsolutions.org/events/



**Questions about Medicare?
SHIIP CAN HELP.**

**Reach Guilford County
SHIIP at 336-373-4816
ext 253.**

Meet Keith Slade, Jr.,
SHIIP & VITA Coordinator



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

Hours

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

* Senior Center Director

Julie Silverman, MSW

seniorcenter@senior-resources-guilford.org

*Activities Assistant

Currently Vacant

act-asst@senior-resources-guilford.org

Family Caregiver Specialist

Brent Howerton

caregiver2@senior-resources-guilford.org

Rural Outreach Coordinator

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ruraloutreach@senior-resources-guilford.org

Rural Outreach Site Manager

Currently Vacant

rosite@senior-resources-guilford.org

Refugee Outreach Coordinator

Peter Lindsay

refugeepgm@senior-resources-guilford.org



Raise money for the Senior Center while trying delicious chili!

We are excited to host our first ever Chili Cookoff Fundraiser on Thursday, January 22 at 12pm! For a \$10 donation, you can sample 10 different chilis & for a \$15 donation, you can sample all chilis.

14 companies are competing for bragging rights of having Greensboro's Best Chili! After you sample chili, you can vote on your favorites.

A huge thank you to the following participating companies:

All About Seniors
Ally Home Care
Brookdale Lawndale
Doug Elliott—A Helping Hand
Home Instead
Senior Care Authority of Central NC
Triad Cremation & Funeral Services
Move Forward Physical Therapy
Carolina Pines
Gentiva Hospice
HealthTeam Advantage
Optimum Charlotte
Options for Senior America
Tailored Brain Health
The Landings at Rockingham

Drinks and cookies will also be available for \$1 each.
This fundraiser is cash only.



**We hope to see you in
January for a
hot competition!**



POTTERY PARTY AT MAD SPLATTER

- Choose to paint any pottery piece priced at \$20 or less.
- Fee includes transportation, party room, pottery piece, paints, glazing, firing, all supplies, and gratuity for party host.
- Your finished piece will be delivered to the Evergreens Center at a later date for pick up.
- After painting, we will stop for lunch at New York Pizza on Battleground Avenue (lunch not included in the price of the trip).

Tuesday, January 27, 2026

Leave at 10am

Sign up in-person: 1/5

Payment due: 1/9

This trip requires a minimal amount of walking.



\$45



Evergreens Lifestyle Center
336-373-4816 ext 280

FEBRUARY

Check our weekly email and Facebook page for news about our February day trip.

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

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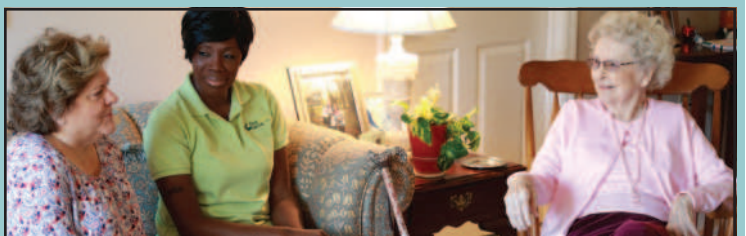
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OCTOBER EDITION



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From help with chores and the daily activities of living to sharing smiles, conversation and friendship **this is home care the FirstLight way.**

At FirstLight® Home Care of Guilford and Jacksonville-Crystal Coast, the care we provide goes beyond the basics of bathing, house cleaning and medication reminders. If you want to go to the movies, share a joke or play a cherished game, we're there. We care for seniors, busy moms, adults with disabilities, veterans and any adult recovering from illness, injury or surgery. Let us create a personalized care plan to fit your individual needs with services such as:

- Conversation & company
- Bathing, dressing & hygiene
- Laundry & light housekeeping
- Transportation & errands
- Walking & mobility assistance
- Assistance with meals
- Medication reminders
- Travel companion services
- And so much more



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Jacksonville 910-939-0695

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Guilford.FirstLightHomeCare.com

Jacksonville.FirstLightHomeCare.com



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6426 Burnt Poplar Rd • Greensboro, NC 27409



We Are the Archives: The Power of Our Stories



This interactive presentation celebrates the power of personal stories and shared memory. Professor Tiffany N. Cody from North Carolina A&T State University invites participants to see themselves as living archives and keepers of the experiences, traditions, and lessons that shape community history. Together, we will explore how preserving our own stories helps build understanding across generations and cultures.

**Tuesday, February 10, 2026
3 pm**



Evergreens Lifestyle Center
1401 Benjamin Parkway, Lower Level



Evergreens Lifestyle Center

Grandparents as Mentors



Join Dr. Marissa Dick of North Carolina A&T State University, Department of Liberal Studies, for a discussion on mentorship as a cornerstone of progress in the Black community. Many Black leaders have successfully mentored others, often behind the scenes. Mentoring is a tool for empowerment for future generations. We will learn how Black History can inspire future change-makers and help their mentee dream and build their own visions for the future.

**Wednesday, February 11, 2026
10:30 am**



1401 Benjamin Parkway
Lower Level

- 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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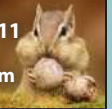
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Evergreens Lifestyle Center

Travelogue



GREECE



**Monday, January 12, 2026
10AM**

Come join our armchair travels to Greece, renowned for its rich history, stunning landscapes, and significant contributions to Western civilization.

Register on January 2, 2026
(336) 373-4816, ext 280
1401 Benjamin Parkway, Lower Level



Evergreens Lifestyle Center

Travelogue



**WELCOME TO
VIRGINIA**

VIRGINIA IS FOR LOVERS



**Monday,
February 16,
2026
10 am**

Our February Travelogue takes us to our neighboring state of Virginia! Filled with beauty, history, and culture, Virginia has everything from the mountains to the sea! And we will enjoy a native Virginia treat!

**Registration Required! Register February 2 by calling
(336) 373-4816, extension 280.**

Evergreens Lifestyle Center
1401 Benjamin Parkway, Lower Level

**SUPPORT THE
ADVERTISERS**
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](https://www.facebook.com/SeniorResourcesofGuilford)

*Fitness Room*

Equipment includes:
Treadmills, Exercise Bikes,
Recumbent Bike, Rower, Arm
Press & Leg Press

Contact the Evergreens Lifestyle Center to schedule a Fitness Room Orientation with a qualified professional trainer (\$30).

Cost per month to use the Fitness Room is \$5.





Evergreens Lifestyle Center
336-373-4816 ext 280



QIGONG GROUP

QiGong, or "working the energy," is a health-strengthening exercise created over thousands of years ago. It is a series of dynamic, yet soft, slow rhythmic movements of the body synchronized with deep diaphragmic breathing.

January, February, & March 2026
Wednesdays from 9-9:45

STRESS MANAGEMENT & OLDER ADULTS

THURSDAY, JANUARY 29, 2026 AT 10:30AM

The older we are, the more stress can damage our health. Come learn the unique relationship between stress and aging and what you can do to address the stress in your life!

PRESENTED BY

Julia Metcalf MHDL,
BSN, PMHN-BC
Health Education and
Aging Resource Team
(HEART)
Senior Resources of
Guilford



Evergreens Lifestyle Center
336-373-4816 ext 280



HEALTHY LIVING

with the  **ALZHEIMER'S
ASSOCIATION**



The need for effective dementia risk reduction strategies that help all communities increases by the day!

2/3 of Americans have at least one major risk factor for dementia. A growing body of evidence shows that addressing certain factors and promoting healthy behaviors can reduce the risk of cognitive decline.

Learn more about these behaviors on

**Wednesday, February 25, 2026
at 10am**



Evergreens Lifestyle Center
336-373-4816 ext 280

Evergreens Lifestyle Center
336-373-4816 ext 280

EATING DISORDERS & OLDER ADULTS

**Thursday, February 26, 2026
at 10:30am**

Did you know eating disorders are increasing among older adults? Come learn the causes of eating disorders and risk factors unique to this population as well as how to recognize the red flags that indicate help might be needed

PRESENTED BY

Julia Metcalf MHDL, BSN, PMHN-BC
Health Education and Aging Resource Team
(HEART)
Senior Resources of Guilford



Monday

Tuesday

Wednesday

Thursday

Friday

			 <p><i>The Evergreens Center is closed today.</i></p>			9:15a Chair Yoga 2 (\$4) (V) 10a Trivia 11a Book Club – “Lessons in Chemistry” 1p Friday Favorite Movie – “Frequency”								
9:15a AHOY (\$4) 5 (V) 12:30 Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta			9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong			6 9a Qigong 10a New Year's Brunch & Goal Setting 11a Open Art/Craft Room No Cardio Drumming. 2p Crochet Club 2p Canasta			7 9am Fall Recovery (\$5) * 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 			8 9:15a Chair Yoga 9 (\$4) (V) 10a Trivia 11a Book Club – “Lessons in Chemistry” 1p Friday Favorite Movie – “Notorious”		
9:15a AHOY (\$4) 12 (V) 10a Greece Travelogue * 12:30 Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta			9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong 6p CAA			13 9a Qigong 10a Virtual Reality * 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta			14 9:30a “King in the Wilderness” documentary * 10:30a Recipe for Success (V) 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes			15 9:15a Chair Yoga 16 (\$4) (V) 10a Trivia 11a Book Club – “Lessons in Chemistry” 1p Friday Favorite Movie – “Jezebel”		
<p><i>The Evergreens Center is closed today.</i></p> 			19 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 10a Snowflake Craft * 1p Zumba Gold (\$5) 2p Games & Mahjong			20 9a Qigong 10a Virtual Reality * 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta			21 No Tai Chi today. 12p Chili Cookoff Fundraiser (cash only) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes			22 9:15a Chair Yoga 23 (\$4) (V) 10a Trivia 11a Book Club – “Lessons in Chemistry” 1p Friday Favorite Movie – “I Care a Lot”		
9:15a AHOY (\$4) 26 (V) 12:30 Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta			27 9a Better Balance (\$4) 10a Mad Splatter Day Trip (\$45) * 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong			28 9a Qigong 10a Virtual Reality * 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta			29 10:30a Dealing with Stress 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 2p Monopoly			9:15a Chair Yoga 30 (\$4) (V) 10a Donuts with the Director 11a Book Club – “Lessons in Chemistry” 1p Friday Favorite Movie – “Rear Window”		

Monday

Tuesday

Wednesday

Thursday

Friday

February 2026



A * next to an activity means signing up ahead of time is required.

9:15a AHOY (\$4) (V) 10a Orchids Presentation 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 Valentine's Cards 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 2p Computers 101	5 9:15a Chair Yoga (\$4) (V) 10a Trivia 11a "Me" Book Club * 1p Friday Favorite Movie - Dances with Wolves" *
9:15a AHOY (\$4) (V) 12:30p Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta 3p Valentine's Party	9 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong 3p Power of Stories 6p CAA *	10 9a Qigong 10:30a Grandparents as Mentors 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta	11 9am Fall Recovery (\$5) * 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	12 9:15a Chair Yoga (\$4) (V) 10a Trivia 11a "Me" Book Club * 1p Friday Favorite Movie - "Peggy Sue Got Married"
9:15a AHOY (\$4) (V) 10a VA 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	17 9a Qigong 10:30a Caregiver Event * 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta 	18 10a Recipe for Success 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	19 9:15a Chair Yoga (\$4) (V) 10a Trivia 11a "Me" Book Club * 1p Friday Favorite Movie - "It Happened One Night"
9:15a AHOY (\$4) (V) 10:30a Power of Positivity 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) 1p Zumba Gold (\$5) 2p Games & Mahjong	24 9a Qigong 10a Healthy Living with the Alzheimer's Association 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta	25 10:30a Eating Disorder Awareness 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Monopoly 2p Dominoes	26 9:15a Chair Yoga (\$4) (V) 10a Donuts with the Director 11a "Me" Book Club * 12p LGBTQ+ Community Potluck *



Meet Pat Davis

Hometown: Clyde, NC

Current City: Greensboro

Education: University of Tennessee - Bachelor in Home Economics

Career Highlights: Director for NC Cooperative Extension Service – Murphy Office

Pat has lived in Greensboro for 3 years after moving here to be near her son, who is a district court judge for Guilford County. She also has a son who is a therapeutic counselor and a daughter who works for Amazon, as well as 2 grandchildren. Pat married her husband Fred in 1970, and he worked as a minister and owned a jewelry store. She worked as Director of Retired Senior Volunteer Program, Director for Lexington Senior Citizens Center, & Activity Director for Ashewood Senior Living Facility.

Who was a role model for you? Pat says her co-workers when she worked for the NC Department of Cooperative Extension were her best role models.

What's the best advice you ever received? "You only have to believe."

What's the proudest moment of your life, so far? "While working with the Cooperative Extension, I wrote a grant proposal that would cover 7 counties and the grant was awarded! I worked in 7 counties teaching and promoting education for home-based businesses."

What's something you did that would surprise people?

Pat befriended a person who is in prison for shooting her husband. The person is now 86 years old and they are still in touch.

What was a trend you followed "back in the day?" "I loved Motown and loved to dance and still do!"



What do you like about the Evergreens Lifestyle Center?

Pat says, "It's warm and friendly, and I love the fun activities!" Pat loves Virtual Reality, trivia, day trips, and she recently won First Place in our Fall Talent Show!



Join Deborah from Recipe for Success, a program of UNCG, for a healthy recipe demonstration! Learn how to keep healthy food lower cost and taste Deborah's delicious creations. Join us online on Facebook Live or in-person at the Senior Center. No prior sign up is required.

january

FRIDAY FAVORITE MOVIES

Join us Fridays at 1pm for popcorn & a movie

1/2/26: Patricia Coates's Pick
Frequency (2000)

1/9/26: Trevor Layland's Pick
Notorious (1946)

1/16/26: Chipper Nuckles's Pick:
Jezebel (1938)

1/23/26: Anon's Pick
I Care a Lot (2020)

1/30/26: Mary Frances Ellington's Pick
Rear Window (1954)

Space is limited!
Call January 2 to sign up!
Evergreens Lifestyle Center
336-373-4816 ext 280

february

FRIDAY FAVORITE MOVIES

Join us Fridays at 1pm for popcorn & a movie

2/6/26: Tom Sentner's Pick
Dances with Wolves (1990)

2/13/26: Tina Wilkins's Pick
Peggy Sue Got Married (1986)

2/20/26: David Groniger's
Pick:
It Happened One Night (1934)

Space is limited!
Call February 2 to sign up!
Evergreens Lifestyle Center
336-373-4816 ext 280



RECIPE FOR SUCCESS COOKING DEMO


RETURNING IN JANUARY 2026!

1st and 3rd Thursdays of each month at 10am

Join Deborah for a healthy cooking demonstration and taste test!

Check it out in the Senior Center or online at [Facebook.com/SeniorResourcesofGuilford](https://www.facebook.com/SeniorResourcesofGuilford)

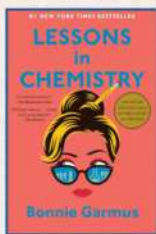
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JANUARY & FEBRUARY 2026 BOOK CLUBS

Meetings held Friday at 11am.

JANUARY



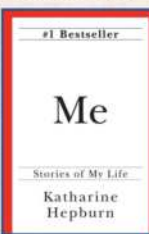
Call to reserve your copy at the beginning of each month!

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Evergreens Lifestyle Center
336-373-4817 ext 280

FEBRUARY



#1 Bestseller

Me

Stories of My Life

Katharine Hepburn



Talk About the Good Ol' Days

A reminiscence group with Pat Davis

Mondays at 12:30pm
Starting January 5



Join Pat for a time to share memories of past experiences or events! Each week, Pat will bring different topics to jump start the conversation. Grab a cup of coffee and chat about the good ol' days!

Evergreens Lifestyle Center
336-373-4816 ext 280



NEW YEAR'S BRUNCH & GOAL SETTING

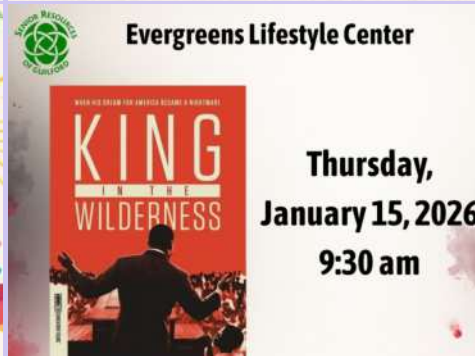
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WEDNESDAY, JANUARY 7, 2026
10AM

Join us for bagels and goal setting to get your 2026 off to a great start!

Evergreens Lifestyle Center
336-373-4816

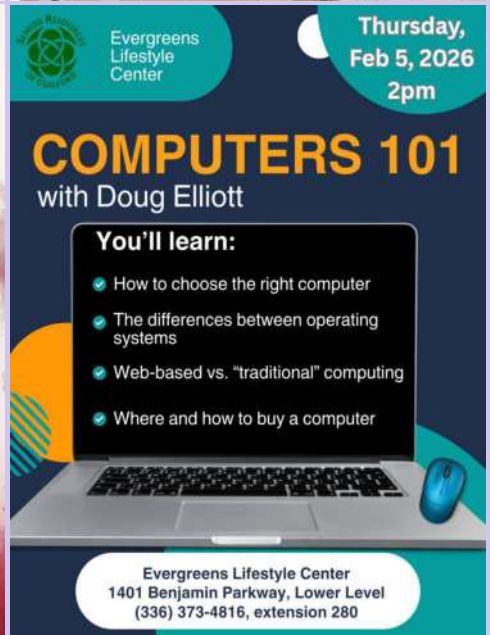


KING IN THE WILDERNESS

Thursday, January 15, 2026
9:30 am

"King in the Wilderness" is a documentary film about Martin Luther King Jr., focusing on the final two years of his life leading up to his assassination in 1968. The film reveals a conflicted leader facing criticism from various sides while continuing his fight for civil rights.

Space is limited - registration is required.
To register, call (336) 373-4816, extension 280
1401 Benjamin Parkway
Lower Level



COMPUTERS 101

with Doug Elliott

Thursday, Feb 5, 2026
2pm

You'll learn:

- How to choose the right computer
- The differences between operating systems
- Web-based vs. "traditional" computing
- Where and how to buy a computer

Evergreens Lifestyle Center
1401 Benjamin Parkway, Lower Level
(336) 373-4816, extension 280



VALENTINE'S DAY Social

sponsored by



MONDAY, FEBRUARY 9, 2026
3PM

JOIN OUR FRIENDS AT BROOKDALE SENIOR LIVING AND TRIAD CREMATION & FUNERAL SERVICE FOR AN AFTERNOON OF TREATS, CRAFTS, DOOR PRIZES, AND LOTS OF LOVE!

Evergreens Lifestyle Center
336-373-4816 ext 280



THE POWER OF Positivity

WHEN LIFE GIVES US LEMONS

with Travis Burgess



MONDAY, FEBRUARY 23, 2026
10:30AM

Join Travis for a discussion on the benefits of positive thinking, how to maintain an optimistic attitude, and tips for staying positive when life gives you lemons!

EVERGREENS LIFESTYLE CENTER
336-373-4816 EXT 280



LGBTQ+ Community Potluck

Save the date for a shared community meal with Carolina Aging Alliance and the Evergreens Lifestyle Center! Sign up at <https://form.jotform.com/241635004444145>



Friday, February 27, 2026
12pm

Becoming the Designated Grown-Up

While being a caregiver has many rewards, it's not always easy. It's even more challenging when the care recipient is your mom or dad. Switching roles by becoming the parental figure to your parents can feel strange and unfamiliar, especially when mom or dad behave in a way that puts them in danger, requiring your intervention whether they like it or not. Maybe they continue to drive a car, but you've noticed their skills are declining, and they are a danger to themselves or others. Or maybe you dropped by their place to find the door unlocked or the stove burner left on high heat. These and other signs that your loved one needs support and more supervision can put you in the position of being the adult in the relationship. Many Caregivers find themselves in this position and these tips can help make the journey a little less stressful:

Breathe. This may seem like a no-brainer but the urge to react immediately to certain behaviors is instinctual, especially when it involves our parents. However, unless your parent is in actual danger or creating a dangerous situation for someone else, stop and take a few deep breaths. Finding a way to be the decision-maker without making them feel powerless is the key to caregiving balance.

Expect the unexpected. Being prepared for the unexpected experience of caring for an aging parent is easier said than done. Parents with dementia and/or other cognitive issues often think they are fine and don't need any additional support. Some may even lash out at your efforts to help them. Arguing with them about their abilities – or lack thereof – is not an effective strategy. Try using the technique of deflection. For instance, if a loved one insists on ice cream and they are lactose intolerant, rather than try to explain the problem, try to deflect them with a different treat that they like and is safe for them to enjoy.

Set boundaries. As a caregiver you might be taking on the role of guardian when it comes to mom or dad, but it doesn't mean you need to give up your own happiness and fulfillment. Just as your parents didn't give in to every whim or desire you had while growing up, you too must set limits with your parent. Caregivers can get sucked in to feeling they must devote every minute of their lives to making life easier for their loved one, but setting clear boundaries does this for everyone involved.

Ask for help. Most caregivers are reluctant to ask for help. There is no reason to feel guilty about asking a family member or someone you trust to provide care for your parent so you can take a break. Whether it's a date-night with your spouse, or an evening with your friend, you deserve some time off.



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 — "Somebody I Used to Know"

Thursday, January 8 at 12pm

High Point Public Library

901 N. Main Street, High Point

Sign up at [HospiceofthePiedmont.org/events](https://www.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.

*January - February
Rural Outreach Luncheons*

Moriah (Southeast): Moriah United Methodist Church, 3611 Liberty Road
January 6 (Tuesday): Julia Metcalf on Suicide Awareness
February 3rd (Tuesday): Valentine's Day Party!

Oak Ridge: First Baptist Church, 2445 Oak Ridge Road
January 7 (Wed.): Julia Metcalf on Suicide Awareness
February 4th (Wednesday): Valentine's Day Party!

Colfax: Shady Grove Wesleyan Church, 119 Bunker Road
January 13 (Tuesday): Julia Metcalf on Suicide Awareness
February 10 (Tuesday): Valentine's Day Party!

Stokesdale: United Methodist Church, 8305 Loyola Drive
January 8 (Thursday): Julia Metcalf on Suicide Awareness
February 12 (Thursday): Valentine's Day Party!

Summerfield: Summerfield Community Center, 5404 Centerfield Road
January 15 (Thurs.): Julia Metcalf on Suicide Awareness
February 19 (Thursday): Valentine's Day Party!

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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 Su 12 pm - 5 pm

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**TUESDAY, JANUARY 20, 2026
10AM - 12PM**

SPACE IS LIMITED. SIGN UP BY CALLING
336-373-4816 EXT 280 ON JANUARY 2.



Evergreens Lifestyle Center

Valentine's Day Volunteer Opportunity

Thursday, February 5, 2026 at 11am

Join the Evergreens Lifestyle Center to create
Valentine's Day cards for memory care
residents at Heritage Green.
We are hoping to make at least 50 cards!
All supplies are provided.



Evergreens Lifestyle Center
336-373-4816 ext 280



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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

[https://www.facebook.com/](https://www.facebook.com/SeniorResourcesOfGuilford/)

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January—February 2026

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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:

