



ACTIVE LIVING

EVERGREENS LIFESTYLE CENTER

Promoting Independent Lifestyles

May—June
2025
#srgseniors

Inside This Issue

Pride Month	2
Upcoming Travelogues	3
Art & Craft Activities	4
Day Trips	5
Wellness/Health.....	6
May Calendar.....	8
June Calendar	9
Rural Outreach	10
Ongoing Activities	11
Special Programs.....	12
Caregiver Corner.....	13
Featured Participant.....	14
SHIIP	15

Announcing New Technology Classes with Doug Elliott

The following 2 classes are one-time events that will take place in our main activity room to accommodate as many participants as possible. Each class is \$5, payable by cash or check, at the time of the class.

Class 1: Monday, June 2 at 10am

What Are Differences Between Apple Watch and FitBit?

Smart watches have many health and wellness benefits but what kind is best for your needs? Doug will explain the differences and similarities between the 2 main types of smart watches to help you make a solid decision for your wallet and your health!

Class 2: Monday, June 23 at 10

Do You Need a Smart Phone?

This class will help you decide which phone is right for you! The differences among Android, iPhone, and flip phones will be discussed along with how to purchase a smart phone.



Doug will also be back for a 13 week iPhone class series!

Over 13 sessions, this class will cover basics of navigating the iPhone, the contacts app, calling, photos, messaging, exploring the internet, using email, managing apps, and question and answer sessions. This comprehensive series is limited to 10 participants. The cost of the series is \$85 (that's only \$6.50 per session!). Participants must sign up for the entire series; we will not take signs ups for individual classes. This 13 week series will start on August 11 and end November 3. All sessions will be held on Mondays at 11am. You may sign up for the entire series on July 14 and payment is required in full by July 21. No refunds will be offered for missed classes. If we are unable to fill all 10 spots in the series, the sessions will be cancelled and your funds returned.

Call to reserve your spot on July 14 by calling 336-373-4816 ext 280.



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

*** Senior Center Director**

Julie Silverman, MSW

seniorcenter@senior-resources-guilford.org

***Activities Assistant**

Tina Wilkins

act-asst@senior-resources-guilford.org

Family Caregiver Specialist

Brent Howerton

caregiver2@senior-resources-guilford.org

Rural Outreach Coordinator

Larry Kirwan

ruraloutreach@senior-resources-guilford.org

Rural Outreach Site Manager

Connie Hicks

rosite@senior-resources-guilford.org

Refugee Outreach Coordinator

Peter Lindsay

refugeepgm@senior-resources-guilford.org

For many people who identify as Lesbian, Gay, Bisexual, Transgender, or Questioning (LGBTQ+), coming out later in life may seem like a scary and intimidating process. It's not uncommon for people to identify as LGBTQ+ long before coming out to family and friends. There can be relief, anxiety, celebration, and stress when coming out. It's valuable to think about having a plan, and what your goals are for coming out. Here are some questions to think about if you're considering coming out to friends or family:

- *Have I thought about what I want to say?*
- *What's a comfortable location to have this conversation?*
- *Is there another person that already knows that I can lean on for support? Do I want to have that person present?*

Coming out is very personal, and only you can decide if and when it's appropriate. If you have a therapist or support group, it might be advantageous to talk with them about your feelings and concerns.

Finding community with others can be very empowering and supportive. Evergreens Lifestyle Center partners with Carolina Aging Alliance, a local organization providing resources for older LGBTQ+ persons in our community. We have a monthly pizza and movie or game night with Carolina Aging Alliance, and everyone is welcome to come and socialize.

It can also be helpful to familiarize yourself with the resources available to the older LBGTQ+ community. In addition to the local resource of Carolina Aging Alliance (www.carolinaaging.org), SAGE (www.sageusa.org) is the oldest and largest nonprofit dedicated to providing advocacy and support to older LBGTQ+ people. The National Resource Center for LGBT Aging (www.lbgtagingcenter.org) is another valuable website with a library of articles including those on coming out later in life. PFLAG (www.pflag.org) has 400 chapters around the country which provide support, including faith-based resources.

Remember, never feel guilty for who you are! Treat yourself with kindness. You deserve love, care, and respect.

*Join us in June for
Pride Month Trivia!*





EVERGREENS LIFESTYLE CENTER

Travelogue

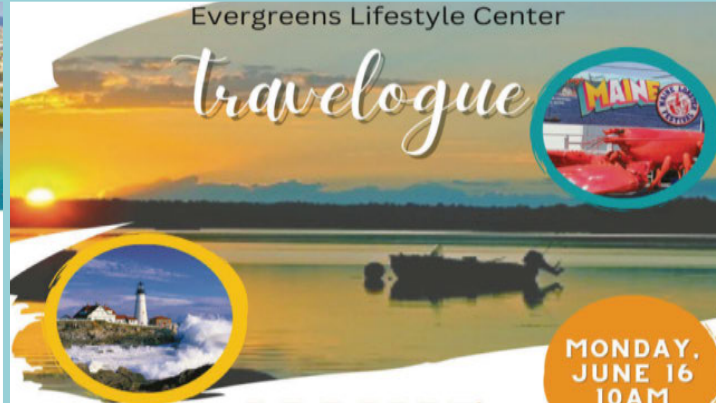
Savor the Beauty and Culture of Cyprus

Discover the allure of this island in the Eastern Mediterranean Sea with its beautiful sights, rich history, and vibrant culture! Cyprus is a beautiful island with warm sandy beaches, fantastic Mediterranean food, and wondrous archeological sites. It is the birthplace of Aphrodite, the Greek goddess of love, and has the oldest wine label still in production. We will sample a traditional dessert of baklava!



**Monday, May 12
10am**

Registration Required - Space is Limited
Call (336) 373-4816
extension 280 to register.
1401 Benjamin Parkway
Lower Level



Evergreens Lifestyle Center

Travelogue



**MONDAY,
JUNE 16
10AM**

MAINE

Come join our armchair travels as we experience the wild, wonderful beauty of Maine, the nation's 23rd state! From dramatic coastlines to colorful fall foliage to fun lobster festivals, Maine has something for everyone. We will sample blueberry pie and enjoy our virtual trip to Maine!

SPACE IS LIMITED - REGISTRATION REQUIRED

Call (336) 373-4816, extension 280 to register.
Evergreens Lifestyle Center
1401 Benjamin Parkway, Lower Leel



**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.

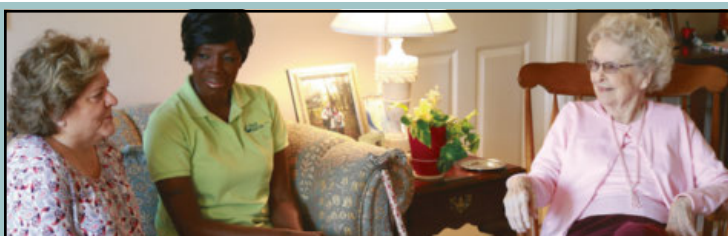
For more information call 336-904-0338



DOUBLE TREE
by Hilton™

Call to Inquire About Our
Meeting / Event Space
(336) 668-0421

6426 Burnt Poplar Rd • Greensboro, NC 27409



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



Call us today to schedule a complimentary consultation.

Greensboro 336-808-1351

Jacksonville 910-939-0695

Now available in Jacksonville, Hampstead, & the Crystal Coast

Guilford.FirstLightHomeCare.com

Jacksonville.FirstLightHomeCare.com



MAY CRAFT ACTIVITIES with Kathy



TISSUE PAPER FLOWERS **\$3**

Thursday, May 8 at 11

Space is limited. Call to register on May 1.

Class starts promptly at 11am. Once the instructor starts, it's difficult to catch up latecomers!

Evergreens Lifestyle Center 336-373-4816 ext 280



PAINTING Party

Join Paint the Town for a guided art session and learn to paint a beautiful floral picture!

\$30 Class Fee Paid by June 9



Monday, June 30 at 3pm
Registration Required
 Call (336) 373-4816 ext 280

Evergreens Lifestyle Center
 1401 Benjamin Parkway
 Lower Level

June Craft Activities with Kathy

Thursday, June 5 at 11am
Lavender Bouquet
Q-Tip Painting
\$3



Thursday, June 26 at 11am
Patriotic Craft Stick
Mini Wreath
\$5



Sign up on June 2
 Evergreens Lifestyle Center
 336-373-4816 ext 280

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




GRISWOLD

HOME CARE FOR GREENSBORO

Contact us today to learn more:
336.285.7477
GriswoldCare.com/Greensboro

Helping keep seniors safe at home.



Home Instead.
 (336) 294-0081
HomeInstead.com/311

Each Home Instead® franchise is independently owned and operated. © 2021 Home Instead, Inc.

EST 1977



NEW HOMES, REMODELS & REPAIRS
(336) 235-8588
 ~ References Available ~
nc.homebuilder@yahoo.com
JECHASECONSTRUCTION.COM

SUPPORT OUR ADVERTISERS!



THURSDAY, MAY 15 AT 9AM

REYNOLDA Gardens

Take a deep dive into the horticulture of Reynolda Gardens with Director, Jon Roethling. Hear behind-the-scenes stories while exploring the design decisions rooted in the historical plans brought to life with 21st-century sensibilities. After the tour, we will stop for lunch (not included in the price).

\$40

SIGN UP STARTS MONDAY, APRIL 28 AT 8:30AM. YOU MUST SIGN UP IN PERSON. PAYMENT IS DUE BY MAY 2.



DREAMGIRLS

AT THE BARN DINNER THEATER

Tuesday, June 24 at 12pm

SIGN UP IN PERSON ON MONDAY, MAY 19. PAYMENT IS REQUIRED BY JUNE 2.

Dreamgirls is a show about a time in American musical history when rhythm and blues blended with other styles of popular music creating a new American sound. The play is also about the behind-the-scenes reality of the entertainment industry – the business part of show business that made possible this cultural phenomenon.

A Southern-style buffet lunch is included in the price! **\$80**

EVERGREENS LIFESTYLE CENTER
336-373-4816 EXT 280

Do You Qualify for *Extra* Medicare Benefits?

If you have a chronic condition like:
Diabetes ♦ Chronic Heart Failure
you may qualify for *more* Medicare benefits.

Get the care you need with HealthTeam Advantage. \$0 copay for primary care providers, some specialists, and transportation to appointments.

Call our local Medicare experts today to see if you qualify.

336-203-9309 (TTY: 711)

8 a.m.–8 p.m. | Oct. 1–March 31, 7 Days a Week
April 1–Sept. 30, Monday–Friday



Learn more by scanning the QR Code.



healthteam
advantage™

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_2525_M

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. \$3

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. \$4

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. \$3

Advanced Class.....9:45am
A more advanced workout. Class is 30 minutes. \$3

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. \$4

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. \$4
Please continue to register for Cardio Drumming!

Tai Chi

Thursdays.....12:30 pm
Join instructor Eric Reiss for this 30 minute slow paced, meditative physical exercise. \$3

Chair Yoga

Fridays9:15 am+
This 30 minute yoga class helps harmonize all aspects of the body and mind. Taught by Chipper Nuckles. \$3

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. \$4

+Designates classes streamed on Facebook Live. Find us at [Facebook.com/SeniorResourcesofGuilford](https://www.facebook.com/SeniorResourcesofGuilford)

JOIN
BETHANY FIELDS,
SENIORS REAL ESTATE SPECIALIST
RE/MAX
Realty Consultants
FOR A HEALTHY SNACK & CONVERSATION ON
The Skills You Need to Age in Place
&
Simple Changes to Make Aging in Place Easier
MONDAY, MAY 12 AT 3PM



Evergreens Lifestyle Center
336-373-4816 ext 280

Recipe for Success Adds New Educational Component



Each Thursday, we welcome Deborah Whitaker with the Recipe for Success Program at UNCG to the Evergreens Lifestyle Center, and she demonstrates a healthy recipe for participants both in person and online. Deborah will now be adding a new component to her program called Healthy Cents which will show participants how to get the healthiest foods at the most affordable cost. Deborah will talk about such topics as affording healthier foods, smart shopping for produce, saving money on food away from home, container gardening, community food assistance programs, developing a food budget, and more. This will provide participants with a great opportunity to learn about saving money while eating healthy, with the added benefit of tasting Deborah’s delicious recipes in person! Join us every 1st and 3rd Thursday of the month at the Evergreens Lifestyle Center for Deborah’s presentation, or stream it live on our Facebook page, <https://www.facebook.com/SeniorResourcesofGuilford>. Check out one of Deborah’s healthy recipes below!

Healthy Stuffed Strawberries

Recipe adapted from Danis Healthy Eats

Ingredients

- 10 strawberries
- 2 tsp lemon juice
- 1 tsp vanilla extract
- 1/4 cup peanut butter
- 3 T Greek yogurt
- 2 graham crackers
- 1 T honey

Method

1. Wash and core the strawberries.
2. Mix all ingredients except strawberries and 1 graham cracker together in a bowl.
3. Stuff strawberries with the filling and sprinkle crushed graham cracker on top.

Foot Care for Older Adults

Monday, May 19 3PM

Join Carroll Spinks, MSN, RN for this informative presentation on how to identify foot problems and prevent complications. Special focus on diabetes, peripheral vascular disease and neuropathic issues.

Evergreens Lifestyle Center
1401 Benjamin Parkway
Lower Level

Using Mindfulness to Manage Stress

with Stephanie Deaver, LCSW

Wednesday, May 21 at 10am

Join us for an interactive workshop to learn tangible tools to deal with anxiety and stress.

Evergreens Lifestyle Center
Lower Level, 1401 Benjamin Parkway

HEARING LOSS Lunch & Learn

Join us for a lunch & learn session on hearing loss and get a free hearing test from Hearing Life. Space is Limited - Registration is Required.

HearingLife

Tuesday, June 10 at 10:30 am

Register by calling (336) 373-4816 extension 280

Evergreens Lifestyle Center
1401 Benjamin Parkway
Lower Level

NUTRITION SEMINAR WITH Humana AT THE EVERGREENS LIFESTYLE CENTER

MONDAY, JUNE 9 FROM 10:30AM - 12:30PM

CANCER-FIGHTING SUPERFOODS

Although many causes of cancer are unknown, it's important to learn about potential links that you can control - such as the food you eat. Join us to learn which foods may help to fight free radicals and help reduce your risk of cancer.

COOKING DEMO TO FOLLOW WITH CHEF RENEA MYERS.

Space is limited! Reserve your space by calling 336-373-4816 ext 280.

Evergreens Lifestyle Center
Lower Level, 1401 Benjamin Parkway, Greensboro

Monday

Tuesday

Wednesday

Thursday

Friday

May 2025

A * next to an activity means registration is required by calling 336-373-4816 ext 280

10a Recipe for Success (V)
12:30p Tai Chi (\$3)
1p Blood Pressure Checks
2p Jewelry Club
2p Dominoes



1 9:15a Chair Yoga (\$3)(V)
10a Trivia with Tina
11a "Big Little Lies"
Book Club *
1p Monthly Birthday Celebration
1p Friday Favorite Movie – "Fried Green Tomatoes" *

2

9:15a AHOY (\$3) (V)
1:30p Arthritis Foundation (\$4)
2:30pm Canasta
3p Make Friends with Death presentation

5 9a Better Balance (\$3)
9:45a Advanced Better Balance (\$3)
1p Zumba Gold (\$4)
2p Games & Mahjong

6 9a Basic Computer Skills *
10a Virtual Reality *
11a Open Art/Craft Room
1p Cardio
Drumming (\$4) *
2p Crochet Club

7 9a Fall Recovery *
11a Tissue Paper Flowers (\$3) *
12:30p Tai Chi (\$3)
1p Blood Pressure Checks
2p Jewelry Club
2p Dominoes

8 9:15a Chair Yoga (\$3)(V)
10a Trivia with Tina
11a "Big Little Lies"
Book Club *
1p Friday Favorite Movie – "Parrish" *



9

9:15a AHOY (\$3) (V)
10a Cyprus Travelogue *
1:30p Arthritis Foundation (\$4)
2:30pm Canasta
3p Aging in Place with Bethany Fields

12 9a Better Balance (\$3)
9:45a Advanced Better Balance (\$3)
1p Zumba Gold (\$4)
2p Games & Mahjong
6p CAA*

13 9a Internet Basics *
10a Virtual Reality *
11a Open Art/Craft Room
1p Cardio
Drumming (\$4) *
2p Crochet Club

14 9a Reynolda Gardens Tour * (\$40)
10a Recipe for Success (V)
12:30p Tai Chi (\$3)
1p Blood Pressure Checks
2p Jewelry Club
2p Dominoes

15 9:15a Chair Yoga (\$3)(V)
10a Trivia with Tina
11a "Big Little Lies"
Book Club *
1p Friday Favorite Movie – "A Few Good Men" *

16

9:15a AHOY (\$3) (V)
1:30p Arthritis Foundation (\$4)
2:30pm Canasta
3p Foot Care

20 9a Better Balance (\$3)
9:45a Advanced Better Balance (\$3)
1p Zumba Gold (\$4)
2p Games & Mahjong

21 10a Mindfulness with Stephanie Deaver
11a Gardening with Recipe for Success (V)
11a Open Art/Craft Room
1p Cardio Drumming (\$4) *
2p Crochet Club

22 12:30p Tai Chi (\$3)
1p Blood Pressure Checks
2p Jewelry Club
2p Dominoes



23 9:15a Chair Yoga (\$3)(V)
10a Trivia with Tina
11a "Big Little Lies"
Book Club *
1p Friday Favorite Movie – "It Happened on 5th Avenue" *
3p Karaoke Competition with Griswold Home Care

23

The Evergreens Lifestyle Center is closed today.



26 9a Better Balance (\$3)
9:45a Advanced Better Balance (\$3)
1p Zumba Gold (\$4)
2p Games & Mahjong

27 10a Virtual Reality *
11a Open Art/Craft Room
1p Cardio
Drumming (\$4) *
2p Crochet Club

28 10a Podcasts with Julie *
12:30p Tai Chi (\$3)
1p Blood Pressure Checks
2p Jewelry Club
2p Dominoes



29 9:15a Chair Yoga (\$3)(V)
10a Donuts with the Director
1p Friday Favorite Movie – "Michael" *



30

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:15a AHOY (\$3) (V)</p> <p>10a Apple Watch vs. FitBit Tech Class (\$5)</p> <p>1:30p Arthritis Foundation (\$4)</p> <p>2:30pm Canasta</p>	<p>9a Better Balance (\$3)</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p>	<p>9a Internet Basics *</p> <p>10a Virtual Reality *</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio</p> <p>Drumming (\$4) *</p> <p>2p Crochet Club</p>	<p>10a Recipe for Success (V)</p> <p>11a Lavender Bouquet Q-Tip Painting (\$3) *</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p>	<p>9:15a Chair Yoga (\$3)(V)</p> <p>10a Trivia with Tina</p> <p>11a "Big Lies in a Small Town" Book Club *</p> <p>1p Monthly Birthday Celebration</p> <p>1p Friday Favorite Movie – "Monty Python and the Holy Grail" *</p>
<p>9:15a AHOY (\$3) (V)</p> <p>10:30a Cancer-Fighting Superfoods *</p> <p>1:30p Arthritis Foundation (\$4)</p> <p>2:30pm Canasta</p>	<p>9a Better Balance (\$3)</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>10:30a Hearing Loss Lunch & Learn *</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p> <p>6p Caroling Aging Alliance *</p>	<p>10a Virtual Reality *</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio</p> <p>Drumming (\$4) *</p> <p>2p Crochet Club</p> 	<p>9a Fall Recovery *</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> <p>2p Ms. Senior Guilford County Talent Showcase</p>	<p>9:15a Chair Yoga (\$3)(V)</p> <p>10a Trivia with Tina</p> <p>11a "Big Lies in a Small Town" Book Club *</p> <p>1p Friday Favorite Movie – "The Way" *</p> 
<p>9:15a AHOY (\$3) (V)</p> <p>10a Maine Travelogue *</p> <p>1:30p Arthritis Foundation (\$4)</p> <p>2:30pm Canasta</p> 	<p>9a Better Balance (\$3)</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p>	<p>10a Virtual Reality *</p> <p>11a Gardening with Recipe for Success (V)</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$4) *</p> <p>2p Crochet Club</p> <p>3p Ice Cream Social with Brookdale</p>	<p><i>The Evergreens Lifestyle Center is closed today.</i></p> 	<p>9:15a Chair Yoga (\$3)(V)</p> <p>10a Trivia with Tina</p> <p>11a "Big Lies in a Small Town" Book Club *</p> <p>1p Friday Favorite Movie – "The Help" *</p> 
<p>9:15a AHOY (\$3) (V)</p> <p>10a Do You Need a Smart Phone Tech Class (\$5)</p> <p>1:30p Arthritis Foundation (\$4)</p> <p>2:30pm Canasta</p> <p>3p Summer Fun Day sponsored by Griswold</p>	<p>9a Better Balance (\$3)</p> <p>9:45a Advanced Better Balance (\$3)</p> <p>12p Dreamgirls at the Barn Dinner Theater (\$80) *</p> <p>1p Zumba Gold (\$4)</p> <p>2p Games & Mahjong</p>	<p>10a Pride Month Trivia *</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio</p> <p>Drumming (\$4) *</p> <p>2p Crochet Club</p> 	<p>10a Recipe for Success (V)</p> <p>11a Patriotic Craft Stick Mini Wreath (\$5) *</p> <p>12:30p Tai Chi (\$3)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p>	<p>9:15a Chair Yoga (\$3)(V)</p> <p>10a Donuts with the Director</p> <p>11a "Big Lies in a Small Town" Book Club *</p> <p>1p Friday Favorite Movie – "The Goonies" *</p>
<p>9:15a AHOY (\$3) (V)</p> <p>1:30p Arthritis Foundation (\$4)</p> <p>2:30pm Canasta</p> <p>3p Painting Party with Paint the Town (\$30) *</p>	 <h1>June 2025</h1> <p>A * next to an activity means registration is required by calling 336-373-4816 ext 280</p>			

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

May - June 2025 Rural Outreach Luncheons

MORIAH (SOUTHEAST)

Moriah United Methodist Church, 3611 Liberty Road

May 6 (Tuesday), 10:30am-12pm, Blood Pressure Checks and Health Talk with Margaret May of Cone Health

June 3 (Tuesday), 10:30am-12pm, Annual picnic at Hagan Stone Park

OAK RIDGE

Oak Ridge First Baptist Church, 2445 Oak Ridge Road

May 7 (Wednesday), 10:30am-12pm, Blood Pressure Checks and Health Talk with Margaret May of Cone Health

June 4 (Wednesday), 10:30am-12pm, Annual picnic at Oak Ridge Town Park

COLFAX

Shady Grove Wesleyan Church, 119 Bunker Hill Road

May 13 (Tuesday), 10:30am-12pm, Blood Pressure Checks and Health Talk with Margaret May of Cone Health

June 10 (Tuesday), 10:30am-12pm, Annual picnic at Triad Park in Kernersville

STOKESDALE

Stokesdale United Methodist Church, 8305 Loyola Drive

May 8 (Thursday), 10:30am-12pm, Blood Pressure Checks and Health Talk with Margaret May of Cone Health

June 12 (Thursday), 10:30am-12pm, Luau party

SUMMERFIELD

Summerfield Community Center, 5404 Centerfield Road

May 15 (Thursday), 10:30am-12pm, Blood Pressure Checks and Health Talk with Margaret May of Cone Health

June 19 (Thursday), Rescheduled for later date due to Juneteenth holiday.

Dominoes

Tuesdays & Thursdays at 2pm

Join Earla twice a week for the classic board game, dominoes! No experience required and beginners are welcome.

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 May and pizza and games in June. Sign up is required.

UNCG's Recipe for Success Cooking Demo

1st & 3rd Thursdays at 10am

Join Deborah as she leads us in weekly cooking demos on how to make healthy meals and gain knowledge about proper nutrition. Join us in-person or streamed on Facebook Live.

Virtual Reality

Wednesdays at 10am

Explore the exciting and engaging world of VR! Learn to use Meta VR headsets with Tina and explore new worlds. Please sign up for this activity by calling 336-373-4816 ext 280.

Gardening Workshop with Recipe for Success

Third Wednesday of each month at 11am

Join Kimberly for an educational and interactive gardening workshop. A wide range of topics are covered! These presentations are streamed live on Facebook and can also be enjoyed in-person at the Evergreens Center.

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.

Monthly Birthday Celebrations

First Friday of each month at 1pm

Join Field Realty/Remax Realty Consultants for a celebration of the month's birthdays with cake!

FRIDAY FAVORITE MOVIES
MOVIES SELECTED BY YOU!

at the Evergreens Lifestyle Center

Fridays at 1pm

May 2:

Fried Green Tomatoes (1991)

Selected by Evangeline Thorne



May 9:

Parrish (1961)

Selected by Pat Davis



May 16:

A Few Good Men (1992)

Selected by Earla Forrester



May 23:

It Happened on 5th Avenue (1947)

Selected by Doris Hoover



May 30:

Michael (1996)

Selected by Holly Sentner



Space is limited!
Sign up May 1 by calling
336-373-4816 ext 280



FRIDAY FAVORITE MOVIES
MOVIES SELECTED BY YOU!

at the Evergreens Lifestyle Center

Fridays at 1pm

June 6:

Monty Python and the Holy Grail (1975)

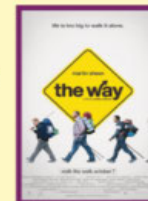
Selected by Nick Myers



June 13:

The Way (2010)

Selected by Muriel Prevatt



June 20:

The Help (2011)

Selected by Anonymous

June 27:

The Goonies (1985)

Selected by Chipper Knuckles



Space is limited!
Sign up May 1 by calling
336-373-4816 ext 280





Canasta

Every Monday from
2:30pm - 5pm

New players & beginners are welcome!

Evergreens Lifestyle Center
336-373-4816 ext 280

LEARN TO ACCESS PODCASTS

WITH JULIE



CURIOUS ABOUT THIS SOURCE FOR AUDIO ENTERTAINMENT & NEWS?

MAY 29 AT 10AM

Space is limited!
Call to sign up on May 1

Evergreens Lifestyle Center
336-373-3716 ext 280

Evergreens Lifestyle Center
Lower Level
1401 Benjamin Parkway

make friends with death

No matter how much we try to avoid death, it will come for all of us. What do we do with death anxiety and how do we make the most of our days when we're not as spry as we once were? This workshop invites us to take the first steps toward planning for the end -- with honesty and laughter.

MONDAY, MAY 5 AT 3PM

Presented by Holly Lux-Sullivan, Heartwood Death Doula and Bereavement Care

Holly Lux-Sullivan is an experienced end-of-life chaplain and grief counselor who care for people dealing with transitions and losses in later life.

Karaoke Contest

SPONSORED BY



PRIZES FOR 1ST, 2ND, AND 3RD PLACE
ENJOY SNACKS & SINGING!

FRIDAY, MAY 23 AT 3PM

EVERGREENS LIFESTYLE CENTER
1401 BENJAMIN PARKWAY
LOWER LEVEL
(336) 373-4816 EXT 280

Evergreens Lifestyle Center
May - June 2025

BOOK CLUB

May
Liane Moriarty
Big Little Lies
Sign up on 4/7.

June
DIANE CHAMBERLAIN
BIG LIES IN A SMALL TOWN
Sign up on 5/23.

Call to snag your book - copies are limited!

Evergreens Lifestyle Center
336-373-4816 ext 280

DIGITAL NAVIGATION EVENTS

with Turkeshia Moore, EdS
Ageless Access Principal Digital Navigator
QUEENS UNIVERSITY OF CHARLOTTE

Wednesday, May 7 from 9am - 11am	Basic Computer Skills Topics covered include troubleshooting basic computer challenges and understanding and articulating preferences for basic computer use.
Wednesday, May 14 from 9am - 11am	Accessing Telehealth Appointments Learn to successfully access and participate in a virtual telehealth appointment.
Wednesday, June 4 from 9am - 11am	Internet Basics Learn to navigate an internet browser; which terms to use to search; learn when and how to use browser tools and settings to protect personal internet privacy.
Wednesday, June 11 from 2pm - 5pm	Office Hours Come with your technology questions!

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

Ms. Senior Guilford County

TALENT SHOWCASE

The Ms. Senior Guilford County Pageant gives honor to a resident of the county who is 60+ years of age. Experience a showcase of the talent they displayed in local pageants!

THURSDAY, JUNE 12 AT 2PM

Evergreens Lifestyle Center
Lower Level, 1401 Benjamin Parkway

Ice Cream Social

Sponsored by:



Indulge in a delightful afternoon of delicious ice cream and great company!

WEDNESDAY, JUNE 18 AT 3PM

Evergreens Lifestyle Center
1401 Benjamin Parkway
Lower Level

Summer Fun Day

SPONSORED BY



Games & Cornhole Tournament with Prizes
Cotton Candy
Popcorn
Door Prizes

Monday, June 23 at 3pm

Evergreens Lifestyle Center
Lower Level, 1401 Benjamin Parkway

Tips for Creating a Dementia-Friendly Home

Almost every part of a home can impact the quality of life for someone living with a dementia-related illness and their care partners including wall colors, furniture patterns, and even the patterns on our dishes. The Alzheimer's Foundation of America has a few suggestions for creating a dementia-friendly home. "Most homes were not designed with the needs of someone living with a dementia-related illness in mind, but virtually every aspect of a home can affect the person's quality of life," said AFA President & CEO Charles J Fuschillo, Jr. "From purchasing higher-tech appliances all the way down to labeling dresser drawers and putting up old family photos, there are a variety of adaptations family care partners can use to make their loved one's home more dementia-friendly.

Steps that families can take include:

- **Being mindful of color choices and contrast.** Colors can impact a person's mood; blue often can have a calming effect while brighter colors can be energetic and stimulating. Color contrast is important too as it aids with vision, depth perception, and spatial orientation. Dishware that contrasts with the tablecloth color makes it easier for someone with dementia to see the food on their plate.
- **Providing visual cues.** Labeling is an easy, low-cost adaptation that anyone can make. Consider putting labels on dresser drawers with the name of the contents and a small picture is an effective memory cueing technique.
- **Choosing proper lighting.** Lighting can affect the body and behavior. Blue light rays stimulate the brain, increase alertness, and elevate energy levels but can also negatively impact sleep quality in the evening. Lights which produce glare can hinder vision for a person with dementia. Flickering lights can increase agitation.
- **Using reminiscent decorations.** Décor and photos can promote familiarity, aid with mood, and assist with recalling memories. Beach/nautical-themed pictures promote positive, happy memories for a person who loves the ocean. Vintage magazines can stimulate memory and remind the person about a familiar time from their past. Family photos reinforce the faces of cherished loved ones.
- **Embracing technology.** Technological tools can provide additional support to care partners, especially if they aren't in the home with the individual living with dementia-related illness. Interactive virtual assistant technology can enable caregivers to schedule reminders and events that will be played audibly for a loved one, such as "its lunch time now" or "time to take your medication."



Adapted from *Tips for Creating a Dementia Friendly Home-Alzheimer's Foundation of America*

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

May 8— Book Discussion of "Already Toast: Caregiving & Burnout in America" by Kate Washington

June 12—Social Gathering at Stock & Grain Food Hall

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.

FEATURED PARTICIPANT

14



Meet Ellen Gelpke



Ellen Gelpke has led a fascinating life! Born in Hingham, Massachusetts, she grew up the youngest of 11 children in Duxbury, Massachusetts, which was originally part of Plymouth. Through family history research, it was found that Ellen is related to the man who financed the Mayflower ship, as well as John

Adams and John Quincy Adams. As a young person, she was active in 4H and showed cows and sheep at county fairs. She also was on a high school debate team that participated in debating prisoners who had also been taught debate skills. She won a debate competition and was able to go to the United Nations for a week and observe the assembly. Ellen attended Emerson College in Boston and got her degree in speech therapy in 1963, the same year she got married. Speech therapy was a new field but she was soon hired as a speech therapist for 4 elementary schools and a high school. Later, she designed a portable speech therapy van with headphones built into the walls of the van! She embarked on a speaking circuit to teach others how to develop their own speech therapy van.

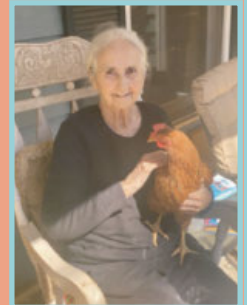
Ellen has two sons; one who has a lighting company for movies in Hollywood, Atlanta and New York, and one who is a district representative for a pet supply company. She has two grandchildren, and her granddaughter is studying to be a veterinarian.

Ellen owned 3 different businesses during her life, one of which grew out of her kitchen table to a manufacturing facility that employed more than 30 people. Ellen was able to hire people who were on welfare and help them have gainful employment. She also owned 7 children's consignment shops!

Ellen's daughter-in-law introduced her to Evergreens Lifestyle Center.



"I was at a point where I was feeling low," said Ellen. "Evergreens is a place that gives people life, it's almost like you are a kid again," she said. She loves the instructors and says they are tuned in to people so well. In her spare time, Ellen collects Victorian hair ornaments, loves cross stitch, gardening, reading, and supports animal conservation.



LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME Rich Fernbach

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

Fleet Feet Fit ID

- Shoe Fitting for correct sizing
- 3D foot image & gait analysis
- Proper shoe for different activities
- Assess runners, walkers, and anyone experiencing foot pain
- Prevent pain to promote a healthy lifestyle

*See Your Feet
The Way We Do*



GSO - (336) 288-7071
HP - (336) 858-5580

feetfeetgreensboro.com

FLEET FEET™

GREENSBORO
HIGH POINT

Store Hours

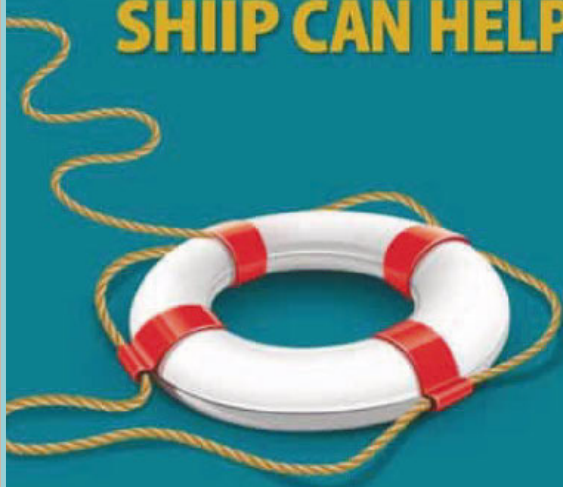
M-F 10:30 am - 6 pm
Sat 10 am - 5 pm
Su 12 pm - 5 pm



For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1578

QUESTIONS ABOUT MEDICARE?
SHIIP CAN HELP.



SHIIP, the Seniors' Health Insurance Information Program, provides free counseling about Medicare in all 100 counties of North Carolina. SHIIP can also help you apply for Medicare cost savings programs.



SHIIP
 NC DEPARTMENT OF
INSURANCE

Call 855-408-1212 or visit www.ncshiiip.com to find out how SHIIP can help you.

Reach Guilford County SHIIP Coordinator, Chris Mitchell-McFadyen:
 336-373-4816 ext 253
shiiip@senior-resources-guilford.org



The Legacy Series

FILM YOUR LIFE STORY FOR FUTURE GENERATIONS


336-862-2969
 DylanDrye@gmail.com
 DylanDryeVideography.com

SUPPORT OUR ADVERTISERS!

WE WANT TO BUY YOUR HOUSE!

336-355-7580
www.LehtiHomes.com

- No need to "fix it up"
- No Realtor Fees
- Close when you want



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?




Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicomunities.com

Scan to contact us!

ADVERTISE HERE
 to reach your community



Call 800-477-4574

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/SeniorResourcesofGuilford/>

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

NON PROFIT
U.S. POSTAGE
PAID
Greensboro, NC
Permit No. 622



May—June 2025

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:

