

ACTIVE LIVING

EVERGREENS LIFESTYLE CENTER

Promoting Independent Lifestyles

November—December 2025 #srgseniors

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



Work Out Your Mind with Aerobics of the Mind

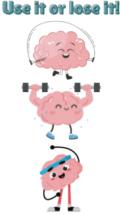
Scientists are beginning to understand that even in older age the brain has a remarkable capacity to change and grow! You have some control over how healthy and alert your brain remains as you age. We know that the brain has as many as 100 billion

neurons, each with 100,000 or more connections. Even though we lose some neurons as we grow older, neurons can sprout new connections late into life. A study conducted by the National Institutes of Health suggests that frequent participation in cognitively stimulating activities is associated with a reduced risk of Alzheimer's disease. Evidence is growing that challenging mental activity is crucial to keeping a healthy mind.

Join the Evergreens Lifestyle Center in November and December for **Aerobics of the Mind**, an hour-long workout for your brain based on the workbook by Marge Engleman. Through the use of reading, puzzles, and games your mind will be stimulated. There is no cost to join this activity, nor do you need to sign up ahead of time. During each session, we will engage in brain warm-up activities before we start our main workout. Let's take our brain health seriously this winter!

Sessions will be held Thursdays from 9am—10am.

Date	Topic
11/6	Creative Problem Solving
11/13	Stimulating Discussions
11/20	Right Brain Exercises
12/4	Art Appreciation
12/11	Fun with Optical Illusions
12/18	Sharpening the Senses



GIVING 2

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

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Refugee Outreach Coordinator

Peter Lindsay

refugeepgm@senior-resourcesguilford.org Thank you to the following who donated items for our annual Silent Auction fundraiser:









Don't miss Holiday Market, the Triad's complete Holiday Experience! You'll find foods and fashions, gifts that glitter, music and magic - everything to make your holidays bright. This exciting Christmas extravaganza features specialty gift stores, fashion jewelry, clothing, specialty foods, holiday decorations and ideas, home accessories and décor, food and wine sampling, and of course, Santa! After shopping, we'll stop for lunch at K&W (lunch not included in the price of the

Friday, November 7, 2025

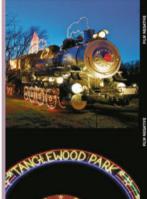
Leave at 9:30am Sign up in-person: 10/13 Payment due: 10/27

This trip requires a high amount of walking.



Evergreens Lifestyle Center 336-373-4816 ext 280





December 2025 Day Trip



Tanglewood Festival of Lights is one of North Carolina's brightest ways to celebrate the holiday season. Their dazzling lights display spans five miles, making them one of the largest and most spectacular Christmas lights shows in the state! There are more than 150,000 lights magnificent displays and magical scenes. We'll stop at the gift shop featuring specialty foods and crafts by local artisans. Before the lights, we will have dinner at Cracker Barrel (dinner not included in the price of the trip).

Monday, December 15, 2025

Leave at 4:30pm Sign up in-person: 12/1 Payment due: 12/5 This trip requires a minimal amount of walking.



Evergreens Lifestyle Center



print and digital newsletters to reach your community.

Visit Ipicommunities.com





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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:

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 - · Laundry & light housekeeping

- Transportation & errands Medication reminders
- · Walking & mobility assistance Travel companion services
- Assistance with meals
- And so much more



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Jacksonville 910-939-0695

Now available in Jacksonville, Hampstead, & the Crystal Coast Guilford.FirstLightHomeCare.com Jacksonville.FirstLightHomeCare.com



It's time again for the annual satisfaction and impact survey! This is your chance to tell us what you like about the Evergreens Center, what changes you want, and what we can do to see you more frequently!

You can complete the survey online at

https://forms.gle/YTyrMXfb3RXEf3346

or find a printed copy at the front of the senior center in November to December.



Use your device's camera to follow this QR code directly to the survey!

We take your feedback very seriously! Many of the activities we offer start with an idea we receive on a survey. Please share your ideas, concerns, or other feedback.

This is <u>your</u> senior center!

- · 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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EVERGREENS LIFESTYLE CENTER

TRAVELOGUE: SOUTH CAROLINA

Our neighboring state, South Carolina, has much to offer! Join our armchair travels as we explore the Palmetto State and all its beauty! We will also enjoy a South Carolina treat!

Monday, November 17, 2025 10am

REGISTRATION REQUIRED CALL (336) 373-4816, EXT 280 STARTING NOVEMBER 1 TO REGISTER.



Evergreens Lifestyle Center 1401 Benjamin Parkway Lower Level EVERGREENS LIFESTYLE CENTER

TRAVELOGUE: NORTH CAROLINA

Join our armchair travels as we tour The Old North State! See beautiful sights and learn about locations in the state we call home, and enjoy a North Carolina treat!

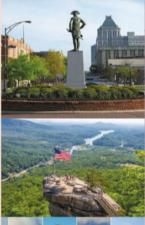
Monday, December 22, 2025 10am

REGISTRATION REQUIRED CALL (336) 373-4816, EXT 280 STARTING DECEMBER 1 TO REGISTER.



Evergreens Lifestyle Center 1401 Benjamin Parkway Lower Level









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

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

Tai Chi

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



What is Digital Stress and How to Deal with It

Our fast-paced technological world can help us in many ways, but it can also overwhelm us. That's when we are suffering from digital stress, also known as "technostress." Using computers and smartphones can make us feel stressed, anxious, and even depressed. You might suffer from fatigue and sleep issues and even long-term mental health challenges if not properly managed. Research by Harvard Medical School links excessive digital engagement with higher cortisol levels, indicating a biological stress response. Constant digital notifications interrupt cognitive flow and contribute significantly to anxiety and attention fatigue. Studies have shown that frequent pings increase cortisol levels, triggering stress responses. According to the American Psychological Association, these alerts often lead to compulsive device-checking. Research also links notification overload with reduced productivity and emotional exhaustion. Even if your notifications are muted, alerts can provoke stress due to anticipatory anxiety.

Here are some tips to deal with digital stress:

- Take a time out. Turn off all your devices for an hour, a day, or an entire weekend.
- Make good sleep a priority. It's recommended that we stop using devices at least 30 minutes before going to bed.
- Turn off notifications except for calls and texts from a few select people.
- Adjust your social media feed. Follow people and things that are meaningful to you, and block those that trigger a negative emotional response.
- Schedule specific times to check your email and social feeds.
- Put your devices away when having time with family and friends.

We all know that technology is here to stay. While we benefit from many aspects of technology, it's important to keep a balance and prioritize personal relationships over digital time.

Adapted from "Digital Stress," Journeyworks, 2019.

People of all ages are welcome to join the conversation!

AGEISM: HOW AND WHY WE ARE JUDGED ON OUR AGE

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

Join us for an interactive class discussing discrimination against older adults and its impact on our mental, emotional and physical health, as well as how to deal with others when they discriminate against us.

WEDNESDAY, NOVEMBER 12, 2025 10:30AM



Evergreens Lifestyle Center 336-373-4816 ext 280



•••••••••••••

Evergreens Lifestyle Center

What Are My Options? Understanding Levels of Senior Care

Join James Kappleman of Senior Care
Authority for this presentation designed to
help seniors and their families better
understand the continuum of care and how
Medicare and financial planning fit in.





Monday, December 1, 2025 3pm

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



November 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday 9
(\$4)(V) 1:30p Arthritis	9a Better 2 Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong	10am Holiday Bingo * 1p Cardio Drumming (\$5) * 2p Crochet Club 2p Canasta	9am: Aerobics of the Mind 11a Grief Support Group 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	9:15a Chair Yoga (\$4) (V) 10a Trivia with Tina 11a Book Club — "Demon Copperhead" * 1p Friday Favorite Movie — "It's a Wonderful Life" * 1p Birthday Celebration
9:15a AHOY (\$4)(V) 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	9a Better 9 Balance (\$4) 9:45a Advanced Better Balance (\$4) 10a Snowman Craft * 1p Zumba Gold (\$5) 2p Games & Mahjong	Reality * 11a Open Art/Craft Room	9am: Aerobics of the Mind 2:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	9:15a Chair Yoga 12 (\$4) (V) 10a Trivia with Tina 11a Book Club – "Demon Copperhead" * 1p Friday Favorite Movie – "Kate & Leopold" *
9:15a AHOY 15 (\$4)(V) 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta 4:30p Tanglewood Day Trip *	9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong 3p Concert & Champagne	10a Virtual Reality * 10a Out & About in Greensboro (V) 11a Open Art/Craft Room 1p Cardio Drumming (\$5) * 2p Crochet Club 2p Canasta	9am: Aerobics of the Mind 10:30a Holiday Trivia and Hot Chocolate Bar 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	9:15a Chair Yoga 19 (\$4) (V) 10a Trivia with Tina 11a Book Club – "Demon Copperhead" * 1p Friday Favorite Movie – "Christmas in Connecticut" *
9:15a AHOY (\$4)(V) 10a NC Travelogue * 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	THE EVERGREENS LIFESTYLE CENTER IS CLOSED TODAY.	The Evergreens * Lifestyle Center is closed today.	9:15a Chair Yoga26 (\$4) (V) 10a Trivia with Tina Warm Winter Wishes
9:15a AHOY 29 (\$4)(V) 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	9a Better 30 Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong	10a Virtual Reality * 11a Open Art/Craft Room 1p Cardio Drumming (\$5) * 2p Crochet Club 2p Canasta	De 20 A* next to an signing up	25 activity means ahead of time quired.



Meet Mike & Andrea Teixeira

Hometown: Modesto, California

Current City: Greensboro

Career: Mike - maintenace for a school system Andrea - worked with special needs children

Mike and Andrea are natives of California but decided to move to Greensboro 5 years ago to be close to their children and two grandchildren, ages 10 and 5. They say their grandchildren are the center of their lives! Andrea and Mike met at a birthday party for Mike's brother. Mike says "it was love at first sight." It took a little more time for Andrea! They have been happily married for 41 years.

Who was a role model for you? Mike says his grandfather was his role model, and Andrea credits her parents. Mike also says Andrea's parents were very influential

What's the best advice you ever received? Mike: "Watch how you do things and what you do. Give an honest day's work." Andrea: "Treat people fairly and kindly and do the best that you can at the time and pick your battles!"



What's the proudest moment of your life, so far? Mike: "Marrying Andrea." Andrea: "Having children and grandchildren and being there for my parents."

What's something you did that would surprise people?

Mike coached baseball and Andrea handled all the logistics, and they received an award for their work. Mike took a helicopter ride recently while on a cruise in Alaska, a big bucket list item for him. Mike also used to have a motorcycle, and he and Andrea rode together to many places out west on it!

What was a trend you followed "back in the day?" Andrea loved disco, while Mike was into rock and roll. They loved cruising! The movie *American Graffiti* was based on cruising in their hometown. Fun fact: Mike's mom was a carhop at the drive-in theatre that is shown in American Graffiti, and that's where she met Mike's dad!

What do you like about the Evergreens Center?

Andrea loves the Arthritis class. "It's a tremendous help for my back," Andrea says. Mike and Andrea frequent the Fitness Center often, and Mike's doctor has commented that he likes the results he sees in Mike!



Travelogue

Once per month on Monday at 10am
Join Tina for armchair travel! We'll "visit" SC
on 11/12 and NC on 12/22. Sign up is required.

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 November and pizza and games in December. Sign up is required.

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. Sign up is required.

Out & About in Greensboro for Cheap

Third Wednesday of each month at 11am Join us on Facebook Live for a monthly deep dive into a different activity to do in Greensboro inexpensively. We'll show you new locations, accessibility, cost, and more so that you are comfortable exploring your city!

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 November, we'll read "Listen for the Lie" by Amy Tintera & in December, "Demon Copperhead" by Barbara Kingsolver. Call to reserve your copy at the first of each month.

Workshops with Felix Delgado, Financial Advisor

Monthly at 11am

Join Félix Delgado, Financial Advisor with Edward Jones, for a free monthly financial workshop. Felix is covering Retirement: Making Your Money Last on Friday, November 7 at 11am. Sign up is required.



SPECIAL PROGRAMS





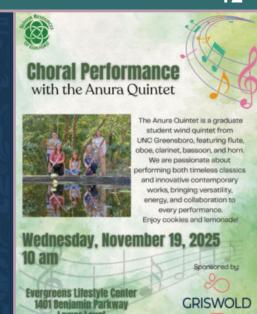


Learn about different funeral decisions & how to financially plan for your choice.

WEDNESDAY, NOVEMBER 5, 2025 9AM

Evergreens Lifestyle Center 336-373-4816 ext 280 Lower Level 1401 Benjamin Parkway Greensboro, NC







Equity Health

FRIDAY, NOVEMBER 21, 2025 12 P M

Please sign up to bring a





WEDNESDAY, DECEMBER 3, 2025 AT 10AM

JOIN US FOR AN HOUR OF BINGO WITH HOLIDAY-THEMED CARDS AND PRIZES!

SPACE IS LIMITED. YOU MUST SIGN UP TO RESERVE YOUR SPOT BY CALLING 336-373-4816 EXT 280 ON DECEMBER 1.

Evergreens Lifestyle Center 336-373-4816 ext 280



PLAY THE WORLD'S FAVORITE BOARD GAME

GO BIG OR GO BROKE!



LAST THURSDAY OF **EACH MONTH** AT 2PM

ALL ARE WELCOME TO PLAY

Evergreens Lifestyle Center 336-373-4816 ext 280



JOIN US FOR A LOVELY HOLIDAY CONCERT WITH

SARRY KIRWAN
PLAYING HAMMERED DULCIMER ENJOY A GLASS OF NON-ALCOHOLIC "CHAMPAGNE" AND LIGHT SNACKS.

TUESDAY, DECEMBER 16, 2025 AT 3PM



Evergreens Lifestyle Center 1401 Benjamin Parkway Lower Level



Thursday, December 18, 2025 at 10:30am

CAREGIVER CORNER

Keeping the Bathroom Safe for Seniors

The bathroom is routinely cited as the most dangerous room in the entire house for senior adults. Numerous trips, slips, & falls occur in the bathroom causing a difficult (and sometimes embarrassing) situation for families. Because so many falls occur in the bathroom it is highly encouraged that caregivers take a close look at their bathroom for safety issues.

<u>The Shower:</u> Equip showers and surrounding walls with sturdy grab bars anchored to wall studs so they can support an adult's full body weight. Some portable safety handles use super strong suction cups which are easy to apply and remove. A shower chair is also a safe solution that can be easily placed where balance is a challenge. Flexible handheld shower wands with an on/off button might be easier to use than a traditional shower head. These are especially useful in combination with shower chairs. Most medical alert buttons are sufficiently waterproof to wear in the shower. Make sure you always have yours with you as the shower is the number one source of falls in the bathroom. Replace an unused bathtub with a walk-in shower.

<u>The Toilet:</u> Toilets can be replaced with a taller ADA-approved raised-height model to lessen the chance of a harsh fall. They can also be installed on existing toilets. Standard toilets have a bowl height of about 15 inches, but many manufacturers have introduced models that are an inch and a half higher. These taller commodes make sitting down and getting back upon less stressful on the body. Keeping an extra medical alert button near the toilet is a good idea so they can summon help right away.

<u>The Sink:</u> Some faucet handles are difficult for arthritic hands to grip and turn. These should be replaced with an ADA-compliant faucet that is easier for seniors to use. The faucet style also has adjustable hot limit safety stop to help reduce scalding.

<u>The Stuff:</u> Think about accessible storage. Vanities with a smaller footprint can hide hair dryers, towels, bath products, etc. The top of the toilet tank is valuable bathroom real estate, either on top of the tank or with a small cabinet attached to the wall.





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 at High Point Public Library

Thursday, October 9 at 12pm
High Point Public Library | Morgan Community Room
901 N. Main 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

November - December Rural Outreach Luncheons

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

> November 4 (Tuesday), 10:30am-12pm, Pinto Bean Auction December 2 (Tuesday), 10:30am-12pm, Music with Chuck Martin

Oak Ridge Oak Ridge First Baptist Church, 2445 Oak Ridge Road

November 5 (Wednesday), 10:30am-12pm, Pinto Bean Auction December 3 (Wednesday), 10:30am-12pm, Music with Chuck Martin Colfax Shady Grove Wesleyan Church, 119 Bunker Hill Road

> November 11 (Tuesday), 10:30am-12pm, Pinto Bean Auction December 9 (Tuesday), 10:30am-12pm, Music with Chuck Martin

Stokesdale

Stokesdale United Methodist Church, 8305 Loyola Drive

November 13 (Thursday), 10:30am-12pm, Pinto Bean Auction October 9 (Thursday), 10:30am-12pm, Music with Ronny Conaway Summerfield
Summerfield Community Center,
5404 Centerfield Road

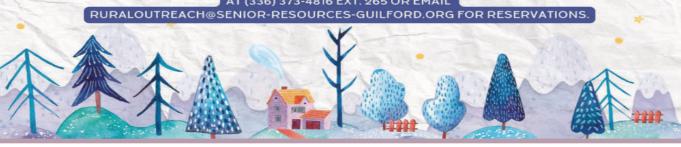
November 20 (Thursday), 10:30am-12pm, Pinto Bean Auction December 18 (Thursday), Music with the Mood Swingz

THE RURAL OUTREACH PROGRAM PROVIDES MONTHLY ACTIVITIES AND LUNCH FOR SENIORS RESIDING IN

AND HIGH POINT CITY LIMITS. THERE'S NO COST FOR THE MEAL BUT RESERVATIONS

CONTACT LARRY OR CONNIE IN THE RURAL OUTREACH OFFICE

AT (336) 373-4816 EXT. 265 OR EMAIL



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Sat 10 am - 5 pm

Su 12 pm - 5 pm







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If you or someone you know suffers from dizziness or imbalance, keep in mind that intervention is key. There are steps you can take to improve your balance decrease chances of falling!

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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:



