



ACTIVE LIVING

EVERGREENS LIFESTYLE CENTER

Promoting Independent Lifestyles

September—October
2025
#srgseniors

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Flip the Script in September for

National Senior Center Month

The 2025 National Senior Center

Month theme, *Powering Possibilities: Flip the Script*, invites us to challenge outdated perceptions of aging and senior centers. It celebrates the dynamic role that centers play in fostering creativity, connection, purpose, and resilience in later life. More than 10,000 senior centers across the country are leading this charge—flipping the script on aging by creating inclusive, engaging spaces where older adults thrive. From their beginnings in the 1940s to their recognition in the Older Americans Act in 1973 to today, senior centers have continually evolved to meet the changing needs of older adults and their communities.

Join us for 2 events in September:

We believe that aging is not something to be feared or avoided; it is a natural part of the human



experience that holds within it countless opportunities for growth and beauty. The changes that come with age—whether they be wrinkles, gray hair, or a shifting body—are all part of the unique journey that makes us who we are. Embracing these changes with grace and confidence allows us to redefine what it means to be beautiful at any age. Join us on **Thursday, September 11** to have your photograph taken by a professional photographer. From these photos, we will create a display in the Senior Center called Aging is Beautiful to highlight the beauty that comes with growing older and embracing those changes. A trained make-up artist will be available on a limited basis from 1pm – 2pm to enhance your natural beauty. From 2pm – 4pm, a photographer will capture high quality images of individuals for the display (and yes—you can have copies!). *Space for both make-up and photography is limited; please call 336-373-4816 ext 280 on 9/2 to reserve your spot.*

On **Friday, September 26 at noon**, please join us for a Southern foods potluck (sign up at the front desk to bring an item). We will virtually display the Aging is Beautiful images for the first time during the potluck. *We look forward to showcasing your beauty!*

Notice of Class Fee Increase

**As of
September 1,
all group fitness
classes will be
increased by \$1.**

As always, no one is turned away from group fitness classes for their inability to pay the fee. You are welcome and encouraged to attend the class if you are unable to pay.

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

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Support your senior
center's activities &
programs!



*Annual Silent
Auction
Fundraiser*

**SHOP
ONLINE**

SEPTEMBER 22 - 28

The Evergreens Lifestyle Center is holding our 3rd Annual Silent Auction Fundraiser from September 22-28, 2025, and this year, it will be entirely online! The auction will

be accessible to anyone 24/7 during the auction period, and it will be much more convenient for bidders who might not be able to physically visit the Center to bid. If you would like assistance accessing the auction, Senior Center staff are happy to help. We have a wide variety of items to bid on, including unique experiences, gift certificates and gift cards, gift baskets, jewelry, home and garden items, accessories, and more. This is our largest fundraising event of the year. Did you know that we provide, on average, more than 100 activities per month? Funds raised from the auction will help support programs that we provide for our active seniors in Guilford County!

**The Silent Auction will go live at 12:00 am on
September 22, and
end at 11:45 pm on September 28.**

Once the auction is live you can access it here:

<https://givebutter.com/c/4eAdg9>

We hope you will visit the auction site and peruse the great items we are offering this year, and help support your local non-profit senior center!

Need more information? Contact Tina Wilkins at (336) 373-4816, extension 280 or email act-asst@senior-resources-guilford.org.

UPCOMING DAY TRIPS

3



September 2025 Day Trip

AFTERNOON TEA AT THE O. HENRY HOTEL



Taking tea in O. Henry's Social Lobby has become a Greensboro tradition. Savor housemade afternoon tea treats including traditional scones, savory finger sandwiches and sweet treats. Wear your most fabulous hat and take photos around the hotel!

Monday, September 29, 2025

Leave at 1:30pm

Sign up in-person: 9/10

Payment due: 9/22

This trip requires a minimal amount of walking.

\$35

Evergreens Lifestyle Center
336-373-4816 ext 280



October 2025 Day Trip

FALL DAY IN THE MOUNTAINS

- Visit the Blowing Rock, NC's oldest travel attraction
- View beautiful fall foliage
- Bring your shopping money for the original Mast General Store in Valle Crucis
- Explore Harvest Farm in Valle Crucis, where we'll enjoy a hay ride & 7 acre corn maze
- Lunch (not included in the price) at the Peddlin' Pig

Friday, October 10, 2025

Leave at 8:30am

Sign up in-person: 9/15

Payment due: 10/3

This trip requires a moderate amount of walking.



\$65



Evergreens Lifestyle Center
336-373-4816 ext 280



Need help reducing your energy costs?



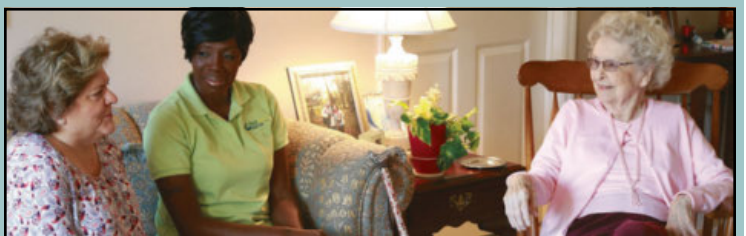
Weatherization Assistance Program

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



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

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Jacksonville.FirstLightHomeCare.com



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

14-1578

EVERGREENS UNIVERSITY



WELCOME TO OUR FIRST COURSE OF
EXCITING NEW EDUCATIONAL PROGRAMMING!

WEDNESDAYS AT 10AM

10/8, 10/15, 10/22, 10/29
2025

INTRO TO PSYCH

LEARN ABOUT SCIENTIFIC STUDY OF HUMAN BEHAVIOR
AND WHY PEOPLE DO WHAT THEY DO.

WITH DR. RICHARD KRUSKA, PROFESSOR OF PSYCHOLOGY AT
SANDHILLS COMMUNITY COLLEGE & HIGH POINT UNIVERSITY



SPACE IS LIMITED! CALL TO SIGN UP ON 10/1.
EVERGREENS LIFESTYLE CENTER
336-373-4816 EXT 280



Expand your mind with our new program, Evergreens University! We'll start with Intro to Psychology, a 4 week course teaching about the science behind human behavior.

Our professor, Dr. Richard Kruska, is recently retired from High Point University and continues to teach at local community colleges.

He has a bachelor's degree in psychology, a master's degree in business, a second master's degree in psychology, & a doctorate degree in educational leadership. Dr. Kruska has traveled extensively to 5 continents and has been involved with Bethany Miracle Village in Uganda as Director and Board Member. We are thrilled that he is sharing his expertise with us!

Space is limited! Call to register on 10/1.

- 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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GREENSBORO

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GriswoldCare.com/Greensboro

MEDICARE driving you nuts?

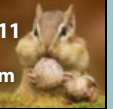
Schedule a consultation
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Medicare simple,
together!

THRIVE
LOCALLY

SUPPORT OUR ADVERTISERS!



HALLOWEEN 2025 Movie Series

Sponsored by 

October 6: The Woman in Black (2012)
Set in early 20th-century England, it follows a young recently widowed lawyer who travels to a remote village where he discovers that the vengeful ghost of a scorned woman is terrorizing the locals.

October 13: Hocus Pocus (1993)
It follows a villainous comedic trio of witches who are inadvertently resurrected by a teenage boy in Salem, Massachusetts on Halloween night.

October 20: Sinners (2025)
Set in 1932 in the Mississippi Delta, it follows criminal twin brothers who return to their hometown where they are confronted by a supernatural evil.

October 27: The Craft (1996)
It follows 4 outcast teenage girls at a Los Angeles parochial high school who pursue witchcraft for their own gain and experience negative repercussions.

Mondays at 3pm
Join us for popcorn, soda, candy, and frights!

Evergreens Lifestyle Center
336-373-4816 ext 280



Pumpkin Palooza

Join us for our annual Halloween party, featuring games & a costume contest (with prizes!).
Enjoy delicious snacks and lots of laughs!

Friday, October 31, 2025 at 1pm

Evergreens Lifestyle Center
336-373-4816 ext 280



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)

GRIEF SUPPORT GROUP

with Medi Home Health & Hospice

**GRIEF SUPPORT GROUP**

1st Thursday of Each Month at 11am
September 4 & October 2, 2025

This group is open to anyone seeking support as they navigate their personal journey through loss and grief. Experienced and compassionate staff, knowledgeable in grief and healing, will be present to guide and facilitate the group.



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

CREATE A PATH TO A HEALTHY WEIGHT WITH **Humana.**

Struggling to maintain a healthy weight? Find out about potential barriers that may be preventing weight loss and discover healthy habits to help on your weight loss journey.

**STAY FOR A
HEALTHY COOKING
DEMO WITH CHEF
RENEA MYERS
AFTER THE
PRESENTATION.**



MONDAY, SEPTEMBER 8, 2025

10:30AM

No sign up is required!



Evergreens Lifestyle Center
336-373-4816 ext 280



Demystifying Dementia

WITH CHRIS CARDWELL, MSW, LCSWA
MEDICAL SOCIAL WORKER WITH
MEDI HOME HEALTH & HOSPICE



Medi Home
Health & Hospice

Thursday, September 18, 2025 at 10am

Join Chris for an educational virtual reality experience to step into the shoes of someone living with dementia.

This is a great activity for caregivers, people who have loved ones with dementia, or anyone interested in a new point-of-view.

Space is limited! Call to sign up on 9/2.

Evergreens Lifestyle Center
336-373-4816 ext 280



Tips to Prevent Falls

with Humana



Falls are a big deal, especially for older adults. Learn what puts you at risk for falls, ways to prevent falls, tips to fall proof your home, and much more!

Monday, October 13, 2025
10:30am

followed by a healthy cooking demonstration
with chef Renea Myers at 11:30am



Humana.

No sign up required!

EVERGREENS LIFESTYLE CENTER
336-373-4816 EXT 280

Hoarding: How Much Is Too Much?

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

Join us for a **healthy snack** and an interactive class on how & why we keep things, what is & isn't hoarding, types of hoarding and what is considered too much- at what point is keeping things a problem. We'll discuss how our mental and emotional health contributes to hoarding and look at pictures to identify stages of hoarding. Participants will leave with a check sheet to evaluate their own homes to see the impact it might have on their personal well-being.

Thursday, October 23, 2025
10am

Evergreens Lifestyle Center
336-373-4816 ext 280



Monday

Tuesday

Wednesday

Thursday

Friday

<p>The Evergreens Lifestyle Center is closed today.</p> 	<p>1 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 10a Living Legacy * 1p Zumba Gold (\$5) 2p Games & Mahjong</p>	<p>2 10a Virtual Reality * 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club</p> 	<p>3 10a Recipe for Success (V) 11a Grief Support Group 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 2p Ice Cream Social</p>	<p>4 9:15a Chair Yoga (\$4) (V) 10a Trivia with Tina 11a Book Club- West with Giraffes * 1p Friday Favorite Movie – About a Boy * 1p Birthday Celebration</p>
<p>8 9:15a AHOY (\$4)(V) 10:30a Create a Path to a Healthy Weight & Cooking Demo 1p Canasta 1:30p Arthritis Foundation Exercise Program (\$5)</p> 	<p>9 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 10a Living Legacy * 1p Zumba Gold (\$5) 2p Games & Mahjong</p>	<p>10 10a Virtual Reality * 10:30a Hispanic Heritage Month Trivia 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club</p>	<p>11 9a Fall Recovery (\$4) * 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 2p Aging is Beautiful Photoshoot *</p>	<p>12 9:15a Chair Yoga (\$4) (V) 10a Trivia with Tina 11a Book Club- West with Giraffes * 12p Roaring Twenties Mystery Game * 1p Friday Favorite Movie – Widow's Peak *</p>
<p>15 9:15a AHOY (\$4)(V) 10a Indonesia Travelogue * 1p Canasta 1:30p Arthritis Foundation Exercise Program (\$5)</p>	<p>16 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 10a Living Legacy * 1p Zumba Gold (\$5) 2p Games & Mahjong</p>	<p>17 No VR today. 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club</p> 	<p>18 10a Dementia Experience * 10a Recipe for Success (V) 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes</p>	<p>19 9:15a Chair Yoga (\$4) (V) 10a Trivia with Tina 11a Book Club- West with Giraffes * 1p Friday Favorite Movie – Brief Encounter *</p>
<p>22 9:15a AHOY (\$4)(V) 1p Canasta 1:30p Arthritis Foundation Exercise Program (\$5) 3p Apple Pie Tasting</p> 	<p>23 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong 2p Luau</p>	<p>24 10a Virtual Reality * 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club</p> 	<p>25 10am Out & About (V) 10a You've Been Hacked Tech Class 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes</p>	<p>26 9:15a Chair Yoga (\$4) (V) 10a Donuts with the Director 11a Power of Budgeting 11a Book Club- West with Giraffes * 12p Senior Center Month Potluck</p>
<p>29 9:15a AHOY (\$4)(V) 10a Genealogy Workshop 1p Canasta 1:30p Arthritis Foundation Exercise Program (\$5) 1:30p Afternoon Tea Day Trip (\$30) *</p>	<p>30 9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 11a Block Craft * (\$5) 1p Zumba Gold (\$5) 2p Games & Mahjong</p>	<div data-bbox="657 1617 1542 1988">  <h1>September 2025</h1> <p>A * next to an activity means signing up ahead of time is required.</p> </div>		

Monday

Tuesday

Wednesday

Thursday

Friday

9

 <p>October 2025</p> <p>A * next to an activity means signing up ahead of time is required.</p>		<p>10a Virtual Reality * 1</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$5)</p> <p>2p Crochet Club</p> 	<p>10a Recipe for Success (V) 2</p> <p>11a Grief Support Group</p> <p>12:30p Tai Chi (\$4)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p>	<p>9:15a Chair Yoga 3 (\$4) (V)</p> <p>10a Trivia with Tina</p> <p>1p Friday Favorite Movie - "Heads of State" *</p> <p>1p Birthday Celebration</p>
<p>9:15a AHOY (\$4)(V) 6</p> <p>10a Ice Breakers</p> <p>1p Canasta</p> <p>1:30p Arthritis Foundation Exercise Program (\$5)</p> <p>3pm Halloween movie - "The Woman in Black"</p>	<p>9a Better Balance (\$4) 7</p> <p>9:45a Advanced Better Balance (\$4)</p> <p>1p Zumba Gold (\$5)</p> <p>2p Games & Mahjong</p>	<p>10a Virtual Reality * 8</p> <p>10a Intro to Psych *</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$5)</p> <p>2p Crochet Club</p> 	<p>9a Fall Recovery (\$5) * 9</p> <p>12:30p Tai Chi (\$4)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> 	<p>8:30a Mountain Day Trip (\$65) * 10</p> <p>9:15a Chair Yoga (\$4) (V)</p> <p>10a Trivia with Tina</p> <p>1p Friday Favorite Movie - "3 Amigos" *</p>
<p>9:15a AHOY (\$4) (V) 13</p> <p>10a Michigan Travelogue *</p> <p>10:30a Path to Healthy Weight & Cooking Demo</p> <p>1p Canasta</p> <p>1:30p Arthritis Exercise (\$5)</p> <p>3pm Halloween movie - "Hocus Pocus"</p>	<p>9a Better Balance (\$4) 14</p> <p>9:45a Advanced Better Balance (\$4)</p> <p>1p Zumba Gold (\$5)</p> <p>2p Games & Mahjong</p> <p>6p CAA *</p>	<p>10a Virtual Reality* 15</p> <p>10a Intro to Psych *</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$5)</p> <p>2p Crochet Club</p>	<p>10a Recipe for Success (V) 16</p> <p>12:30p Tai Chi (\$4)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> 	<p>9:15a Chair Yoga 17 (\$4) (V)</p> <p>10a Trivia with Tina</p> <p>1p Friday Favorite Movie - "Twister" *</p> 
<p>9:15a AHOY (\$4)(V) 20</p> <p>10a Ice Breakers</p> <p>1p Canasta</p> <p>1:30p Arthritis Foundation Exercise Program (\$5)</p> <p>3pm Halloween movie - "Sinners"</p>	<p>9a Better Balance (\$4) 21</p> <p>9:45a Advanced Better Balance (\$4)</p> <p>1p Zumba Gold (\$5)</p> <p>2p Games & Mahjong</p>	<p>10a Virtual Reality * 22</p> <p>10a Intro to Psych *</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$5)</p> <p>2p Crochet Club</p>	<p>10a Hoarding presentation 23</p> <p>12:30p Tai Chi (\$4)</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> <p>BOO!</p>	<p>9:15a Chair Yoga 24 (\$4) (V)</p> <p>10a Trivia with Tina</p> <p>11a Foundations of Investing</p> <p>1p Friday Favorite Movie - "Love With a Proper Stranger" *</p>
<p>9:15a AHOY (\$4)(V) 27</p> <p>10a Ice Breakers</p> <p>1p Canasta</p> <p>1:30p Arthritis Foundation Exercise Program (\$5)</p> <p>3pm Halloween movie - "The Craft"</p>	<p>9a Better Balance (\$4) 28</p> <p>9:45a Advanced Better Balance (\$4)</p> <p>11a Pumpkin Picture Painting (\$3) *</p> <p>1p Zumba Gold (\$5)</p> <p>2p Games & Mahjong</p>	<p>10a Virtual Reality * 29</p> <p>10a Intro to Psych *</p> <p>11a Open Art/Craft Room</p> <p>1p Cardio Drumming (\$5)</p> <p>2p Crochet Club</p> 	<p>12:30p Tai Chi (\$4) 30</p> <p>1p Blood Pressure Checks</p> <p>2p Jewelry Club</p> <p>2p Dominoes</p> 	<p>9:15a Chair Yoga (\$4) (V) 31</p> <p>10a Donuts with the Director</p> <p>1p Pumpkin Palooza</p> <p>HAPPY Halloween</p>



Meet Earla Forrester

Home: Trinidad

Current City: Greensboro

Career: Seamstress, visiting homemaker, aide for Cerebral Palsy, and sold pillows for Cerebral Palsy organization

Earla was born and raised in Trinidad. She was the oldest of 12 children and took care of 4 siblings starting when she was only 10 years old! Earla has 4 children, 9 grandchildren, & 8 great-grandchildren. Earla began working as a seamstress in a factory making samples. She worked for 27 years in New Jersey for Visiting Homemakers, where she was named Homemaker of the Year, and later she worked for the Cerebral Palsy Association. Earla came to Greensboro to be with her daughter and son-in-law, and fellow participant and neighbor Jackie Dorn introduced her to Evergreens.

Who was a role model for you? “God, because He took us through difficult times, and I survived.”

What’s the best advice you ever received? Mrs. Martin, a neighbor of Earla’s, taught her how to apologize.

What’s the proudest moment of your life, so far? “Having my 4 children.”

What’s something you did that would surprise people? “I walked 3 miles on my birthday, and I leave flowers wherever I go. I also love orchids, and I would climb the highest trees in Trinidad that I could find just to get an orchid!”

What was a trend you followed “back in the day?” Earla says she and her friends all wore miniskirts! Earla started making her own clothes at age 14, and she and her friends loved going to see big band performances and dancing.



What do you like about the Evergreens Center?

“I love all the activities that Evergreens offers. I especially love the day trips and leading the Dominoes group. I also love the gardens and, of course, all the people I have met.”



Travelogue

Once per month on Monday at 10am
Join Tina for armchair travel! We'll "visit" Indonesia on 9/15 and Michigan on 10/13.

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 September and pizza and games in October. 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.

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!

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!

Workshops with Felix Delgado, Financial Advisor

Monthly at 11am
Join Felix Delgado, Financial Advisor with Edward Jones, for a free monthly financial workshop. Felix is covering The Power of Budgeting on 9/26 and Foundations of Investing on 10/24.

FRIDAY FAVORITE MOVIES
September
FRIDAYS AT 1PM

9/5/25
ABOUT A BOY (2002)
PATRICIA COATES'S PICK

9/12/25
WIDOWS' PEAK (1994)
JOHN PUGH'S PICK

9/19/25
BRIEF ENCOUNTER (1945)
ROCK WENNBERG'S PICK

CALL TO SIGN UP SEPTEMBER 2
Evergreens Lifestyle Center
336-373-4816 ext 280

FRIDAY FAVORITE MOVIES
October
FRIDAYS AT 1PM

10/3/25
HEADS OF STATE (2025)
JANET HAMLIN'S PICK

10/10/25
3 AMIGOS (1986)
MAMIE FAUCETTE'S PICK

10/17/25
TWISTER (1996)
PATRICIA COATES'S PICK

10/24/25
LOVE WITH A PROPER STRANGER (1963)
PAT DAVIS'S PICK

CALL TO SIGN UP OCTOBER 1
Evergreens Lifestyle Center
336-373-4816 ext 280



ICE CREAM SOCIAL

SEPT 4, 2025
2PM

SPONSORED BY



GRISWOLD
HOME CARE

Evergreens Lifestyle Center
1401 Benjamin Parkway
Lower Level



Hispanic Heritage Month TRIVIA

JOIN US FOR A FUN AND EDUCATIONAL TRIVIA CONTEST
CELEBRATING HISPANIC HERITAGE MONTH!
GIFT CERTIFICATE FOR 1ST PLACE WINNER PROVIDED BY:



WEDNESDAY, SEPTEMBER 10, 2025 AT 10:30AM
NO SIGN UP IS REQUIRED.
EVERGREENS LIFESTYLE CENTER
1401 BENJAMIN PARKWAY, LOWER LEVEL

ROARING TWENTIES MURDER: A MYSTERY GAME EVENT



Think you have what it takes to solve a murder?
Are YOU the culprit? Join us for lunch
and a lively afternoon
and help reveal
WHODUNNIT?

Friday, September 12, 2025, 12:00 PM
Sponsored by:




Space is limited!
Sign up starting 9/2 by calling (336) 373-4816 ext 280.

Evergreens Lifestyle Center



Apple Pie TASTING

Sponsored by



**MONDAY,
SEPTEMBER 22, 2025
AT 3PM**

ENJOY SAMPLES OF 10
DIFFERENT APPLE PIES
AND VOTE ON YOUR
FAVORITE!

Evergreens Lifestyle Center
336-373-4816 ext 280



HAWAIIAN Luan

Sponsored by



**COME ENJOY FOOD AND FUN AND
A CHANCE TO WIN
DOOR PRIZES!**
**TUESDAY, SEPTEMBER 23, 2025
2:00 PM**

EVERGREENS LIFESTYLE CENTER
1401 BENJAMIN PARKWAY
LOWER LEVEL

Out & About in Greensboro FOR CHEAP!

JOIN THE EVERGREENS LIFESTYLE CENTER FOR A NEW MONTHLY
VIRTUAL PROGRAM,
WHERE WE'LL TAKE YOU TO GEMS OF THE AREA THAT FIT YOUR
BUDGET.

CHECK IT OUT ON FACEBOOK LIVE AT
[FACEBOOK.COM/SENIORRESOURCESOFGUILFORD](https://www.facebook.com/seniorresourcesofguilford)

SEPTEMBER 25 AT 10AM: THE CAROLINA THEATER WITH JANE.
CURIOUS ABOUT ATTENDING DISCOUNTED EVENTS AT THE
CAROLINA THEATER? NERVOUS ABOUT WHERE TO PARK OR IF THE
BUILDING IS ACCESSIBLE? JANE HAS YOU COVERED WITH BEHIND-
THE-SCENES INFO TO MAKE YOUR FIRST VISIT A SMOOTH
EXPERIENCE!



YOU'VE BEEN HACKED

How did it happen?
What do I do now?

Join Doug Elliott for an informative
session on how to avoid hacking and how
to recover after you've been hacked.

Presented by:



**Thursdays, September 25, 2025
10am**

Evergreens Lifestyle Center
1401 Benjamin Parkway
Lower Level



GENEALOGY 101

MONDAY, SEPTEMBER 29, 2025 AT 10AM

Learn how to get started tracing your own family tree
with Arthur Erickson of the Greensboro Public Library.

Evergreens Lifestyle Center
336-373-4816 ext 280

Greensboro Public Library



BREAK THE ICE

WITH ICE BREAKER GAMES

**GET TO KNOW YOUR FELLOW PARTICIPANTS
WITH FUN AND INSIGHTFUL "ICE BREAKERS!"**

MONDAYS AT 10AM IN OCTOBER
We will not meet the second Monday of each month.

Evergreens Lifestyle Center
336-373-4816 ext 280

How to Have the 'You May Need Help' Conversation

When we don't live with our elderly loved ones, it may be difficult to know how they're really doing living independently at home. But, if you see physical, emotional, or cognitive signs that they don't seem to be capable of taking care of themselves anymore, it's important to speak up. This could happen after you have visited their home or after you visit them for the holidays. If you think this will be a difficult conversation, you're not alone. When well-meaning children or other relatives bring up their concerns or suggest older relatives move somewhere to receive extra assistance, they're often met with pushback or resistance. This is understandable because any changes involved in one's routine or home environment can feel like a compromise of independence and privacy, especially for those experiencing physical or cognitive changes.

Having the 'you may need help' conversation can be awkward and uncomfortable. It is possible if you approach the subject with patience, kindness and respect. These are some tips for having this important conversation with your loved one.

- Use "I" statements and factually observe what has changed.
 - If you're commenting on their appearance or hygiene, ask open ended questions.
 - Try to restate what they are saying back to them to make sure you convey that you understand their wants, needs, and fears.
 - If they acknowledge that they need help, don't tell them what they need to do. Ask them what their priorities are and how they might prefer to solve a particular problem.
 - Give them choices when talking about care.
 - Do not dismiss it outright if they express that they want to remain in their home.
- Emphasize the idea of interdependence to older loved ones afraid of losing their independence, and that you're on their side.

Above all be patient and give your older loved one the time to adjust to your opinion and ideas. Approach the conversation with an agenda and goal in mind. Most likely this conversation will develop naturally over weeks or months unless there is an emergency or health situation.

Know and understand that caregiving is a journey. You are not required to have all the answers. Seek information and help from professionals if you need it.

Adapted from the article 'How to Have the You May Need Help Conversation' by Matt Vasile, MSW, ACSW



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, September 12 at 12pm
Stock + Grain Assembly
275 N. Elm 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.

SEPTEMBER – OCTOBER 2025 RURAL OUTREACH LUNCHEONS

MORIAH (SOUTHEAST)

Moriah United Methodist Church, 3611 Liberty Road

September 2 (Tuesday), 10:30am-12pm, Bingo

October 7 (Tuesday), 10:30am-12pm, Medicare Open Enrollment with Seniors' Health Insurance Information Program

OAK RIDGE

Oak Ridge First Baptist Church, 2445 Oak Ridge Road

September 3 (Wednesday), 10:30am-12pm, Bingo

October 1 (Wednesday), 10:30am-12pm, Medicare Open Enrollment with Seniors' Health Insurance Information Program

COLFAX

Shady Grove Wesleyan Church, 119 Bunker Hill Road

September 9 (Tuesday), 10:30am-12pm, Bingo

October 14 (Tuesday), 10:30am-12pm, Medicare Open Enrollment with Seniors' Health Insurance Information Program

STOKESDALE

Stokesdale United Methodist Church, 8305 Loyola Drive

September 11 (Thursday), 10:30am-12pm, Bingo

October 9 (Thursday), 10:30am-12pm, Medicare Open Enrollment with Seniors' Health Insurance Information Program

SUMMERFIELD

Summerfield Community Center, 5404 Centerfield Road

September 18 (Thursday), 10:30am-12pm, Bingo

October 16 (Thursday), Medicare Open Enrollment with Seniors' Health Insurance Information Program

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.

LET'S GROW YOUR BUSINESS
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GREENSBORO
HIGH POINT

3816 Rural Retreat Rd,
Burlington
336-350-7374

Store Hours

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



September
Craft Class
with Kathy

Jenga Block Candle Holder

**Tuesday, September 30, 2025
at 11am**

Sign up opens on 9/2.

\$5 Supply Fee

Create a unique wooden tea light
candle holder from Jenga blocks!
Class fee includes blocks, glass tea
light holder, and tea light.

Evergreens Lifestyle Center
336-373-4816 ext 280



**Paint a
pumpkin Picture**
with Kathy

Tuesday, October 28, 2025
at 11am

Sign up starting 10/1
by calling
336-373-4816 ext 280

\$3

Evergreens Lifestyle Center



The Legacy Series

FILM YOUR LIFE
STORY FOR FUTURE
GENERATIONS

336-862-2969

DylanDrye@gmail.com

DylanDryeVideography.com



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UNSTEADY?
AFRAID OF
FALLING?**

YOU'RE NOT ALONE.

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 and
decrease chances of falling!

2310 Battleground Ave Suite 100 • Greensboro, NC 27408
P: (336) 500-8503 • www.fyzical.com/battleground-nc

Senior Resources of Guilford
Evergreens Lifestyle Center
1401 Benjamin Parkway
Greensboro, NC 27408

Contact Us:

Phone 336-373-4816 ext 280

Fax 336-373-4922

www.senior-resources-guilford.org

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September—October 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:

