



# Active Adult News

NOVEMBER / DECEMBER 2023

A PROGRAM OF GREENSBORO PARKS & RECREATION FOR AGES 50+



**MABEL D. SMITH**  
**ACTIVE ADULT CENTER**  
 2401 Fairview Street  
 Greensboro, NC 27405  
 (336) 373-7564



**WILLIAM L. TROTTER**  
**ACTIVE ADULT CENTER**  
 3906 Betula Street  
 Greensboro, NC 27407  
 (336) 373-2927

[www.greensboro-nc.gov/ActiveAdults](http://www.greensboro-nc.gov/ActiveAdults)

**Hours**

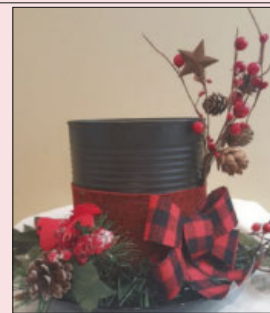
Mon - Thurs 8 am to 8 pm  
 Friday 9 am to 8 pm  
 Saturday 9 am to 1 pm



## SANTA'S WORKSHOP at the SMITH CENTER



**Holiday Wreath**  
 Thurs, Nov 16 10 am  
 \$20  
 Register by Nov 9



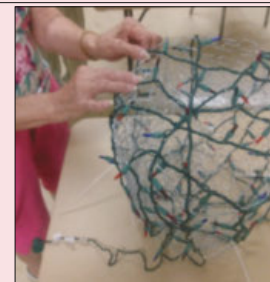
**Snowman Hat**  
 Tues, Dec 5 1 pm  
 \$10  
 Register by Nov 28



**Pop Tart "Gingerbread" House Contest**  
 Wed, Dec 6 1 pm  
 \$10  
 Register by Nov 29



**Matching Porch Sign**  
 Nov 16 1 pm  
 \$20  
 Register by Nov 9



**Lighted Balls**  
 Thurs, Dec 7 10 am  
 4 for \$10 (Bring 4 strands of 100 lights)  
 Register by Nov 30



**Rustic Holiday Sign**  
 Friday, Dec 8 1 pm  
 \$10  
 Register by December 1



**Sweater Contest**  
**Hot Chocolate**  
**Gingerbread Houses**  
**Line Dancing**

**Ugly Holiday Sweater Party**

**Monday, December 11**  
**1-3 pm**  
**Trotter Center**

## NOVEMBER & DECEMBER ACTIVITIES

**Ukulele Classes** — Wed & Fri, Nov 1-29, 2:00 & 3:00 pm (Sm) Free. Join C.H. Holcombe for another session of free Ukulele lessons for Beginners at 2 pm and Beyond Beginners at 3 pm. Register at Smith's front desk.

**Diabetic Eye Care** — Tues, Nov 7, 5:30 pm (Tr), Free. Dr. My Le with Happy Eye Care Center will discuss diabetic eye care and eye care as you age. Please call 336-373-2927 to register.

**Crafting Spa Products as Gifts** — Wed, Nov 8, 10:15 am (Sm), Free. Join Lacey and Drew Grim from Schoolhouse Oils to learn how to craft simple spa products for gift giving for the holidays. Please call 336-373-7564 to register by November 6.



**BP and Blood Glucose Checks** — Wed, Nov 8 & Dec 13 (Tr), Free. UNCG's School of Nursing provides free BP and blood glucose checks monthly at Trotter. No appointment needed.

**"Hello Fall" Sign** — Mon, Nov 13, 10 am (Sm), \$10. Learn how to paint and create this festive fall sign. Register and pay by November 6.



**T.O.P.S. Information Meeting** — Mon, Nov 13, 5:30 pm (Sm). TOPS is a weightloss support group that stands for "Taking Off Pounds Sensibly." Join us for this informational meeting with a TOPS Regional Rep to discuss forming another club at Smith.

**Hearing Screenings** — Tues, Nov 14, 10 am-12 pm (Tr), Free. Connect Hearing offers free hearing screenings monthly at Trotter on the 2nd Tuesday of odd months, by appointment. Please call 336-373-2927 for an appointment.

**Chess** — Tues, Nov 14 & 28, Dec 12, 5:30-7 pm (Tr) Free. Improve your chess skills with Swann Chess Club coordinator, Carlton Cunningham monthly on the 2nd & 4th Tuesdays.

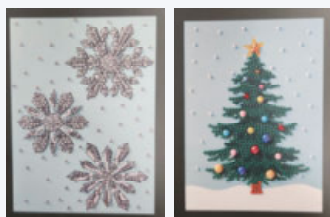
**BP and Blood Glucose Checks** — Wed, Nov 15 & Dec 20 (Sm), Free. UNCG's School of Nursing provides free BP and blood glucose checks monthly at Smith. No appointment needed.

**Cornhole Tournament** — Thurs, Nov 16, 1-3 pm (Sm) Free. Come out for a fun afternoon of cornhole. Pre-register at Smith's front desk by November 9.

**Cards & Games** — Thurs, Nov 16 & Dec 21, 2-4 pm (Tr) Free. Drop-in and play some of your favorite cards and board games monthly on the 3rd Thursday at Trotter.

**Decorating Wreaths** — Tues, Nov 21, 11 am-12 pm (Tr), Free. Join PACE of the Triad to learn how to decorate a wreath for the holidays. Please call 336-373-2927 to register by November 17.

**Diamond Dotz Cards** — Tues, Nov 28, 1 pm (Sm) \$5. Learn how to make two holiday cards using Diamond Dotz. Register and pay by November 21.



**Balance and Bone Density Screenings** — Thurs, Nov 30, 11:30 am-1 pm (Tr), Free. OsteoStrong provides free screenings on the 4th Thursdays of odd months at Trotter. No appointment needed.

**Decorating Wreaths** — Tues, Dec 5, 11 am-12 pm (Tr), Free. Join PACE of the Triad to learn how to decorate a wreath for the holidays. Please call 336-373-2927 to register by Dec 1.



**Hearing Screenings** — Tues, Dec 12, 10 am-12 pm (Sm), Free. Connect Hearing offers free hearing screenings monthly at Smith on the 2nd Tuesday of even months, by appointment. Please call 336-373-7564 for an appointment.

**Balance and Bone Density Screenings** — Mon, Dec 18, 10 am-12 pm (Sm) Free. OsteoStrong provides free screenings on the 4th Monday of even months at Smith. No appointment needed.

**Holiday Lunch Bunch** — Mon, Dec 18, 11 am (Sm).

We will have lunch at Village Tavern. Please bring money for lunch and a wrapped \$5 gift to exchange. A van will leave the Smith Center at 11 am or you can meet us there. Space is limited. Please call 336-373-7564 to register by December 4.



See page 6 for  
Pictures with  
Santa

## BOOKED FOR LUNCH

### 2023-24 Reading List:

Nov & Dec — No Meetings

Jan 12 — "Killers of a Certain Age"

by Deanna Paybourn  
(Make-up from October)

Feb 9 — "Necessary Trouble" By Drew Gilpin Faust



*For the upcoming year, a completed registration form is required to participate in the book club. Meetings are monthly on the 2nd Fridays from September to June at 12 noon at Smith Active Adult Center. You're invited to bring your lunch to enjoy during the lively discussions.*

# AQUATICS AT SMITH CENTER

## WATER AEROBICS CLASSES

### Arthritis Foundation Aqua Program

**Dawn Blackwell-Steele, Instructor**

**Monday, Wednesday & Friday, 11-11:45 am**

October 30 to December 13, \$90 (No class Nov 10 & 24)

January 8 to February 19, \$90 (No class Jan 15)

### Water Aerobics

**Jessica Fox, Instructor**

**Tuesday & Thursday, 9-9:45 am**

**Tuesday & Thursday, 10-10:45 am**

October 31 to December 12, \$60 (No class Nov 23)

January 9 to February 15, \$60

### Aqua Fit (Ages 18+)

**Vonnie Byers, Instructor**

**Tuesday & Thursday, 5:45-6:30 pm**

October 31 to December 12, \$60

(No class Nov 23)

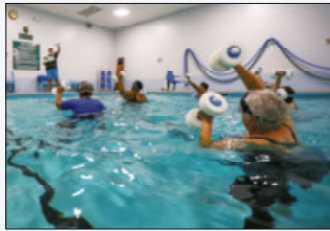
January 9 to February 15, \$60

### Saturday, 9:15-10 am

Nov 4 to Dec 16, \$30

(No class Nov 25)

Jan 13 to Feb 17, \$30



## LEARN TO SWIM CLASSES

### Jerrah Harrison, Instructor

**Monday, 5:45-6:30 pm (Ages 18+)**

October 30 to December 4, \$30

January 8 to February 19, \$30 (No class Jan 15)

**Saturday, 10:15-11 am (Ages 18+)**

**Saturday, 11:15 am-12 pm (Ages 18+)**

November 4 to December 16, \$30 (No class Nov 25)

January 13 to February 17, \$30

### Jaleigh Morrison, Instructor

**Friday, 1:15-2:00 pm**

**Friday, 2:15-3:00 pm**

Oct 27 to Dec 15, \$30 (No class Nov 10 & 24)

January 19 to February 23, \$30

## ACTIVE SWIM SCHEDULE

**FEE: \$30 FOR A 30-VISIT PASS (PASSES ARE VALID FOR 1 YR)**

**Mondays:** 9:30-10:30 am: Lap swimming

1:30-4:30 pm: Open swim

**Tuesdays & Thursdays:** 11 am-1 pm: Lap swimming

1-4:30 pm: Open swim

**Wednesdays:** 9:30-10:30 am: Lap swimming

12:00-3:30 pm: Open Swim

**Fridays:** 9:30-10:30 am: Lap swimming

3-4:30 pm: Open swim

## Local help with your Medicare questions.

**Bruce Bailer**  
Licensed Sales Agent  
336-275-2651, TTY 711



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## PROVIDING A LISTENING EAR

Offering Individually-Focused Sessions to Adults 55+ and Caregivers

- Are you *isolated, depressed, or anxious*?
- Do you *feel overwhelmed*?
- Are you *open to counseling services*?

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910.830.0704  
lmlistening@reflectivecounsel.com



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\* Android™ devices need to support ASHA to allow direct streaming to Oticon More. Please visit oticon.com/support/compatibility for more information

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\*Lithium ion battery performance varies depending on hearing loss, lifestyle and streaming behavior\*\* Jaud Jensen 2018, Oticon Whitepaper for people with typical hearing loss and well-fitted hearing aids. In noisy situations

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## "Drop off your ride while you enjoy yourself at the Smith Center"



**Within Walking Distance From Smith Active Adult Center**

**2509 Fairview St. Greensboro, NC 336.275.6275**

- OIL CHANGE
- BRAKES
- PREVENTATIVE MAINTENANCE
- ENGINE DIAGNOSTIC
- INSPECTIONS
- GENERAL AUTO REPAIR

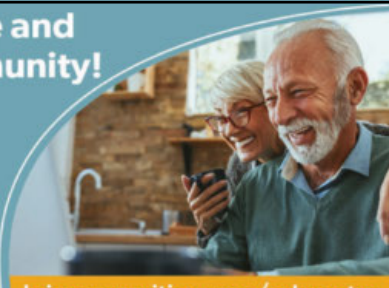
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**Rich Fernbach**

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**(800) 477-4574 x3675**

## SENIOR GAMES

### 2024 GREATER GREENSBORO SENIOR GAMES

Registration dates: **Feb 1 to March 1**

Event dates: **April 2 to May 3**

SilverArts: **May 7-8**

For more information visit

[www.greensboro-nc.gov/](http://www.greensboro-nc.gov/)

**SeniorGames**

You can request to be added to the email distribution list, or to receive a registration form by mail by calling 336-373-7571.



## FITNESS ROOMS AT SMITH & TROTTER

### Fitness Room Hours

Monday-Thursday: 8 am-7:45 pm

Friday: 9:00 am-7:45 pm

Saturday: 9:00 am-12:45 pm

If you only want to use the fitness room at either Smith or Trotter:

### Membership Fees (For 1 Center)

\$10 per month

\$30 for 3 months

\$100 for 12 months

You may register and pay at the center you want to use.

If you would like to use the fitness rooms at both Smith and Trotter:

### Membership Fees (For Both Centers)

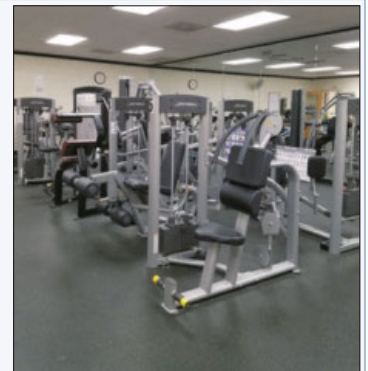
\$15 per month

\$45 for 3 months

\$150 for 12 months

You may register at either center for dual membership.

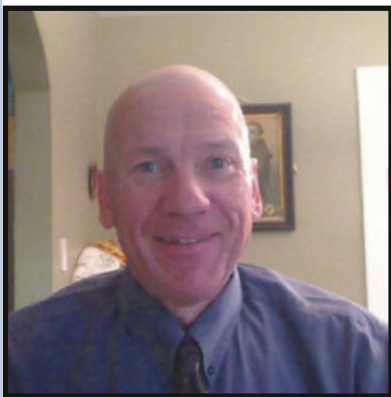
Your membership includes an orientation and personal training by certified staff, by appointment.



## FITNESS FACTS

### IS THIS STRENGTH TRAINING?

Joseph Libera, PT, DPT, MPH, MBA, GCS, CEEAA, CSCS  
Exercise Expert for Aging Adults — [jvlibera@gmail.com](mailto:jvlibera@gmail.com)



It's no wonder that most exercise programs for older adults advertise "strength training." Resistance or strength training, a form of exercise using external resistance to provide overload to muscles can strengthen our muscle, increase bone density, improve quality of life and the ability to do everyday activities, thereby increasing independence. It can reduce the signs and symptoms of many diseases and chronic conditions, including Arthritis, Diabetes, Osteoporosis, and it can help us maintain mobility, balance, and joint range of motion, and even can boost our mood

and overall quality of life.

The confusion comes when everything from elastic bands, to shaking machines to electric shock, to various "busters" have been promoted as having strengthening benefits. Also, terms like "Repetition Maximum" "Green yellow and red bands" and "Periodization" seem to complicate the process.

Some simple principles should guide participation in a strengthening program.

**Be prepared.** Get clearance from your primary care provider to participate in vigorous activity.

**Set the stage.** Wear supportive footwear and clear the area of clutter. Replace bands and tubes showing any defect whatsoever.

**Warm up.** It's not important to stretch prior to exercise but engaging in active movement prior to resistance exercises prepares the muscles and tendons to be challenged.

**No pain, no gain? It's complicated.** Focus on your exertional level not your Percent Rep Max. Lift the amount of weight you can do so safely, under control, and that you would describe as somewhat difficult to lift. Do a limited number (6-10) of multi-joint exercises, relatively slowly on the eccentric contraction (lowering movement), e.g., squats, step lunges, bent over rows, overhead press. Aim for between 8 - 12 repetitions with good form. One set is sufficient for improving strength. Stop if you experience sharp stabbing or referred pain.

**Engage in resistance exercises 2-3 days** a week with alternating days of rest.

**Progress the challenge:** Increase the weight or resistance by 5-10% percent when you can easily perform more than 2 repetitions over your routine. At the same time reduce the repetitions. Always lift slowly and under control.

Finally, consider a class or exercise buddy. It's more motivating when you know that a friend is counting on you in this strengthening adventure.

**Joseph Libera, PT, DPT, GCS, CEEAA, MPH, Physical Therapist**  
*Board Certified Clinical Specialist in Geriatric Physical Therapy*  
*SAIL - Staying Active and Independent for Life Instructor*  
[www.linkedin.com/in/josephliberapt](http://www.linkedin.com/in/josephliberapt)

## CLASSES

### Chair Yoga

**Tuesdays 10:15-11:15 am (Sm)**

**Thursdays 11:30 am-12:15 pm (Tr)**

This class is a great for beginners.

### Hula Hooping (Ages 18+)

**Saturdays 11:30 am-12:30 pm (Tr)**

This class incorporates dance and fluid movements to strengthen your core.

### Tai Chi for Arthritis & Fall Prevention

**Mon & Tues 12:30-1:15 pm (Sm)**

**Thursdays 12:30-1:15 pm (Tr)**

This class helps to improve balance and prevent falls for those with arthritis.

### TaiRoGa®

**Tuesdays 5:30-6:30 pm (Tr) (Ages 18+)**

**Wednesdays 9:30-10:15 (Tr)**

**Thursdays 5:30-6:30 pm (Sm) (Ages 18+)**

This class features Tai Chi, low impact aerobics and yoga all in one.

**Joe teaches SAIL classes**  
**"Stay Active & Independent for Life"**  
**on Mondays & Wednesdays on**  
**Zoom from 9:15-10 am.**

### Pilates

**Monday & Thursday (Sm):**

**11:30 am-12:15 pm**

**Tuesdays 6:15-7 pm (Sm) (18+)**

**Wednesdays 4:30-5:15 pm (Tr)**

**Thursdays 6:15-7 pm (Tr) (18+)**

**NEW! Fridays 4:30-5:15 pm (Sm)**

This whole-body workout strengthens your core, improves posture, and increases flexibility and energy.

### Yoga on the Mat

Various days and times each week.

### Zumba

**Mondays & Wednesdays**

**5:30-6:15 pm (Tr) (Ages 18+)**

This class is a combination of dance and fitness moves performed to fun music.

## VOLUNTEER

### Honey Bee Helpers

**Mondays 10 am-12 noon**

A chapter of the Busy Bee Crafters of Greensboro, Inc., this talented group crochets, knits, and sews items for the clients and patients of AuthoraCare, Kids Path, Ronald McDonald House and Urban Ministry's The Pathways Center. (Volunteers need to know how to crochet, knit and sew.)

### Quilting Club

**Wednesdays 1-3 pm**

All of the quilts made by the Quilting Club are donated to residents of local nursing homes and families at the Ronald McDonald House. (Members need to know how to sew.)

### Other Opportunities:

- Folding and labeling newsletters
- Helping with special events
- Teaching crafts or other classes
- Landscaping/beautification

For more information on Volunteering, please call 336-373-7564.

## GARDEN CLUB FOOD DRIVE FOR THE BLESSED TABLE

Non-perishable items needed:

Breakfast cereal	Fruit
Vegetables	Soups
Canned meats	Sugar
Oatmeal	Rice
Baby food/baby care items	

**The donation box is located in the center's lobby.**

(Please do not donate opened or expired food.)

## SERVING OUR COMMUNITY

### HONORING OUR VETERANS

The Honey Bee Helpers will be honoring our veterans with their **10th Annual Veterans Breakfast "To Go"** on **Thursday, November 9** from **9-11 am** at the Smith Center. The breakfast is free and open to all veterans. Smith's **Quilting Club** has made two beautiful patriotic quilts to be given away as door prizes. Every one who attends will have a chance to win. *Thank you to all who have served!*

(Quilting Club members: June Callahan, Karen Harlee, Anna Butler and Donna Mackey. Not pictured: Barbara Durham, Gail Paschal, Elgenia Simms, Betty Smith and Patricia Stanley.)



## Pictures with Santa to benefit The Blessed Table



Santa and Mrs. Claus invite you to bring your (well-behaved) grandkids, pets, friends and neighbors to have their picture taken with him to benefit The Blessed Table.

**Friday, December 15**

**4 - 7 pm**

**Smith Active Adult Center**

Pictures are free with a donation of four non-perishable food items (1 picture per 4 items.) Otherwise, pictures are \$5 each. Pictures are printed while you wait.

**Appointments are required.**

Please call 336-373-7564 to make an appointment.



# ACTIVE ADULT PROGRAMS

# NOVEMBER 2023

THURSDAY	FRIDAY	SATURDAY
<p><b>2</b>                      9:15 AHOY (Sm)  <b>10:00 SilverTech Class* (Tr)</b>                      Yoga on the Mat (Tr)                      11:30 Chair Yoga (Tr)                      11:30 Pilates (Sm)                      12:30 Tai Chi for Arthritis (Tr)                      1:30 Line Dancing (Tr)                      4:30 Yoga on the Mat (Sm)                      5:30 TaiRoGa® (Sm)                      6:15 Pilates (Tr)</p>	<p><b>3</b> 11:00 Water Arthritis Class* (Sm)                      11:15 AHOY (Tr)                      12:00 Open Play Basketball (Tr)                      12:30 Line Dancing (Tr)                      1:15 Learn to Swim* (Sm)                      1:30 Cornhole (Tr)  <b>2:00 &amp; 3:00 Ukulele Classes* (Sm)</b>                      2:15 Learn to Swim* (Sm)  <b>4:30 NEW! Pilates (Sm)</b>                      5:00 Table Tennis (Sm)                      5:30 Open Play Basketball (Tr)  <b>6:00 NEW! Yoga on the Mat (Sm)</b></p>	<p><b>4</b>                      9:15 AHOY (Sm)                      9:15 Aqua Fit* (Sm)                      10:00 Table Tennis (Sm)  <b>10:00 SilverTech Class* (Tr)</b>                      10:15 Learn to Swim* (Sm)                      11:15 Learn to Swim* (Sm)                      10:30 AHOY (Tr)                      11:30 Hula Hoop Class (Tr)</p>
<p><b>9 9:00-11:00 Veterans Breakfast (Sm)</b>                      9:00 Water Aerobics* (Sm)                      9:15 AHOY (Sm)                      10:00 Water Aerobics* (Sm)  <b>10:00 SilverTech Class* (Tr)</b>                      Yoga on the Mat (Tr)                      11:30 Chair Yoga (Tr)                      11:30 Pilates (Sm)                      12:30 Tai Chi for Arthritis (Tr)                      1:30 Line Dancing (Tr)                      4:30 Yoga on the Mat (Sm)                      5:30 TaiRoGa® (Sm)                      5:45 Aqua Fit Class* (Sm)                      6:15 Pilates (Tr)</p>	<p><b>10</b>   <b>Centers Closed                      for                      Veterans Day</b></p>	<p><b>11</b>                      9:15 AHOY (Sm)                      9:15 Aqua Fit* (Sm)                      10:00 Table Tennis (Sm)  <b>10:00 SilverTech Class* (Tr)</b>                      10:15 Learn to Swim* (Sm)                      11:15 Learn to Swim* (Sm)                      10:30 AHOY (Tr)                      11:30 Hula Hoop Class (Tr)</p>
<p><b>16</b> 9:00 Water Aerobics* (Sm)                      9:15 AHOY (Sm)  <b>10:00 Holiday Wreath Class* (Sm)</b>                      10:00 Water Aerobics* (Sm)                      10:30 Yoga on the Mat (Tr)                      11:30 Chair Yoga (Tr)                      11:30 Pilates (Sm)                      12:30 Tai Chi for Arthritis (Tr)  <b>1:00 Holiday Porch Sign* (Sm)</b>  <b>1:00 Cornhole Tourney* (Sm)</b>                      1:30 Line Dancing (Tr)  <b>2:00 Cards &amp; Games (Tr)</b>                      4:30 Yoga on the Mat (Sm)                      5:30 TaiRoGa® (Sm)                      5:45 Aqua Fit Class* (Sm)                      6:15 Pilates (Tr)</p>	<p><b>17</b>                      11:00 Water Arthritis Class* (Sm)                      11:15 AHOY (Tr)                      12:00 Open Play Basketball (Tr)                      12:30 Line Dancing (Tr)                      1:15 Learn to Swim* (Sm)                      1:30 Cornhole (Tr)  <b>2:00 &amp; 3:00 Ukulele Classes* (Sm)</b>                      2:15 Learn to Swim* (Sm)  <b>4:30 NEW! Pilates (Sm)</b>                      5:00 Table Tennis (Sm)                      5:30 Open Play Basketball (Tr)  <b>6:00 NEW! Yoga on the Mat (Sm)</b></p>	<p><b>18</b>                      9:15 AHOY (Sm)                      9:15 Aqua Fit* (Sm)                      10:00 Table Tennis (Sm)                      10:15 Learn to Swim* (Sm)                      11:15 Learn to Swim* (Sm)                      10:30 AHOY (Tr)                      11:30 Hula Hoop Class (Tr)</p>
<p><b>23</b>   <b>Centers Closed                      for                      Thanksgiving</b></p>	<p><b>24</b>   <b>Centers Closed                      for                      Thanksgiving</b></p>	<p><b>25</b>   <b>Centers Closed                      for                      Thanksgiving</b></p>
<p><b>30</b> 9:00 Water Aerobics* (Sm)                      9:15 AHOY (Sm)                      10:00 Water Aerobics* (Sm)                      10:30 Yoga on the Mat (Tr)  <b>11:30 Bal./Bone Dens. Screen (Tr)</b>                      11:30 Chair Yoga (Tr)                      11:30 Pilates (Sm)                      12:30 Tai Chi for Arthritis (Tr)                      1:30 Line Dancing (Tr)                      4:30 Yoga on the Mat (Sm)                      5:30 TaiRoGa® (Sm)                      5:45 Aqua Fit Class* (Sm)                      6:15 Pilates (Tr)</p>		

# ACTIVE ADULT PROGRAMS

# DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY
<p><b>*Registration Required</b></p>		
<p><b>4</b>  <b>9:00-5:00 Holiday Craft Bazaar (Sm)</b>            9:15 SAIL Balance Class (Zm)            9:15 AHOY (Sm)            10:30 AHOY (Tr)            11:00 Water Arthritis Class* (Sm)            11:30 Pilates (Sm)            11:30 Yoga on the Mat (Tr)            12:30 Tai Chi for Arthritis (Sm)            4:15 Line Dancing (Sm)            5:00 Table Tennis (Tr)            5:30 AHOY Boot Camp (Sm)            5:30 Zumba (Tr)            5:45 Learn to Swim Class* (Sm)  <b>6:00 Grief Support Group (Sm)</b>  <b>6:15 NEW! Yoga on the Mat (Sm)</b></p>	<p><b>5</b> 9:00 Water Aerobics* (Sm)            9:15 AHOY (Sm)  <b>10:00 Senior Academy* (Sm)</b>            10:00 Table Tennis (Sm)            10:00 Water Aerobics* (Sm)            10:00 Quilting Class* (Tr)            10:15 Chair Yoga (Sm)  <b>11:00 Decorating Wreaths* (Tr)</b>            11:30 Yoga on the Mat (Sm)            12:30 Tai Chi for Arthritis (Sm)  <b>1:00 Making Snowman Hats* (Sm)</b>  <b>1:00 Decorating Holiday Bulbs* (Tr)</b>            4:30 Yoga on the Mat (Tr)            5:30 TaiRoGa® (Tr)            5:30 Full Body/Strength Class (Sm)            5:45 Aqua Fit Class* (Sm)            6:15 Pilates (Sm)</p>	<p><b>6</b>            9:15 SAIL Balance Class (Zm)            9:15 AHOY (Sm)            9:30 TaiRoGa® Express (Tr)            10:30 Yoga on the Mat (Tr)            11:00 Water Arthritis Class* (Sm)            11:15 AHOY (Tr)            12:00 Open Play Basketball (Tr)            12:45 Gentle Yoga (Sm)  <b>1:00 Poptart G'bread House* (Sm)</b>            1:30 Line Dancing (Tr)            4:30 Pilates (Tr)            5:00 Table Tennis (Tr)            5:30 AHOY Boot Camp (Sm)            5:30 Zumba (Tr)  <b>6:15 NEW! Yoga on the Mat (Sm)</b></p>
<p><b>11</b> 9:15 SAIL Balance Class (Zm)            9:15 AHOY (Sm)            10:30 AHOY (Tr)            11:00 Water Arthritis Class* (Sm)            11:30 Pilates (Sm)            11:30 Yoga on the Mat (Tr)            12:30 Tai Chi for Arthritis (Sm)  <b>1:00-3:00 Ugly Sweater Party (Tr)</b>            4:15 Line Dancing (Sm)            5:00 Table Tennis (Tr)            5:30 AHOY Boot Camp (Sm)            5:30 Zumba (Tr)  <b>6:00 Grief Support Group (Sm)</b>  <b>6:15 NEW! Yoga on the Mat (Sm)</b></p>	<p><b>12</b> 9:00 Water Aerobics* (Sm)            9:15 AHOY (Sm)  <b>10:00 Hearing Screenings* (Sm)</b>            10:00 Table Tennis (Sm)            10:00 Water Aerobics* (Sm)            10:00 Quilting Class* (Tr)            10:15 Chair Yoga (Sm)            11:30 Yoga on the Mat (Sm)            12:30 Tai Chi for Arthritis (Sm)            4:30 Yoga on the Mat (Tr)  <b>5:30 Chess (Tr)</b>            5:30 TaiRoGa® (Tr)            5:30 Full Body/Strength Class (Sm)            5:45 Aqua Fit Class* (Sm)            6:15 Pilates (Sm)</p>	<p><b>13</b> 9:15 SAIL Balance Class (Zm)            9:15 AHOY (Sm)            9:30 TaiRoGa® Express (Tr)  <b>10:00 BP &amp; Glucose Checks (Tr)</b>            10:30 Yoga on the Mat (Tr)            11:00 Water Arthritis Class* (Sm)            11:15 AHOY (Tr)            12:00 Open Play Basketball (Tr)            12:45 Gentle Yoga (Sm)            1:30 Line Dancing (Tr)            4:30 Pilates (Tr)            5:00 Table Tennis (Tr)            5:30 AHOY Boot Camp (Sm)            5:30 Zumba (Tr)  <b>6:15 NEW! Yoga on the Mat (Sm)</b></p>
<p><b>18</b> 9:15 SAIL Balance Class (Zm)            9:15 AHOY (Sm)  <b>10:00 Bal./Bone Dens. Screen (Sm)</b>            10:30 AHOY (Tr)  <b>11:00 Holiday Lunch Bunch* (Van)</b>            11:30 Pilates (Sm)            11:30 Yoga on the Mat (Tr)            12:30 Tai Chi for Arthritis (Sm)            4:15 Line Dancing (Sm)            5:00 Table Tennis (Tr)            5:30 AHOY Boot Camp (Sm)            5:30 Zumba (Tr)  <b>6:00 Grief Support Group (Sm)</b>  <b>6:15 NEW! Yoga on the Mat (Sm)</b></p>	<p><b>19</b>            9:15 AHOY (Sm)            10:00 Table Tennis (Sm)            10:00 Quilting Class* (Tr)            10:15 Chair Yoga (Sm)            11:30 Yoga on the Mat (Sm)            12:30 Tai Chi for Arthritis (Sm)            1:30 Cornhole (Sm)            4:30 Yoga on the Mat (Tr)            5:30 TaiRoGa® (Tr)            5:30 Full Body/Strength Class (Sm)            6:15 Pilates (Sm)</p>	<p><b>20</b> 9:15 SAIL Balance Class (Zm)            9:15 AHOY (Sm)            9:30 TaiRoGa® Express (Tr)  <b>10:00 BP &amp; Glucose Checks (Sm)</b>            10:30 Yoga on the Mat (Tr)            11:15 AHOY (Tr)            12:00 Open Play Basketball (Tr)            12:45 Gentle Yoga (Sm)            1:30 Line Dancing (Tr)            4:30 Pilates (Tr)            5:00 Table Tennis (Tr)            5:30 AHOY Boot Camp (Sm)            5:30 Zumba (Tr)  <b>6:15 NEW! Yoga on the Mat (Sm)</b></p>
<p><b>25</b></p> <p><b>Centers Closed for Christmas</b></p>	<p><b>26</b></p> <p><b>Centers Closed for Christmas</b></p>	<p><b>27</b></p> <p><b>Centers Closed for Christmas</b></p>

# ACTIVE ADULT PROGRAMS

# DECEMBER 2023

THURSDAY	FRIDAY	SATURDAY
	<p><b>1</b> 11:00 Water Arthritis Class* (Sm)                      11:15 AHOY (Tr)                      12:00 Open Play Basketball (Tr)                      12:30 Line Dancing (Tr)                      1:15 Learn to Swim* (Sm)                      1:30 Cornhole (Tr)                      2:15 Learn to Swim* (Sm)  <b>4:30 NEW! Pilates (Sm)</b>                      5:00 Table Tennis (Sm)                      5:30 Open Play Basketball (Tr)  <b>6:00 NEW! Yoga on the Mat (Sm)</b></p>	<p><b>2</b>                      9:15 AHOY (Sm)                      9:15 Aqua Fit* (Sm)                      10:00 Table Tennis (Sm)                      10:15 Learn to Swim* (Sm)                      11:15 Learn to Swim* (Sm)                      10:30 AHOY (Tr)                      11:30 Hula Hoop Class (Tr)</p>
<p><b>7</b>                      9:00 Water Aerobics* (Sm)                      9:15 AHOY (Sm)  <b>10:00 Outdoor Lighted Balls* (Sm)</b>                      10:00 Water Aerobics* (Sm)  <b>10:00 Legal Services* (Sm)</b>                      10:30 Yoga on the Mat (Tr)                      11:30 Chair Yoga (Tr)                      11:30 Pilates (Sm)                      12:30 Tai Chi for Arthritis (Tr)                      1:30 Line Dancing (Tr)                      4:30 Yoga on the Mat (Sm)                      5:30 TaiRoGa® (Sm)                      5:45 Aqua Fit Class* (Sm)                      6:15 Pilates (Tr)</p>	<p><b>8</b>                      11:00 Water Arthritis Class* (Sm)                      11:15 AHOY (Tr)                      12:00 Open Play Basketball (Tr)                      12:30 Line Dancing (Tr)  <b>1:00 Holiday Sign Décor* (Sm)</b>                      1:15 Learn to Swim* (Sm)                      1:30 Cornhole (Tr)                      2:15 Learn to Swim* (Sm)  <b>4:30 NEW! Pilates (Sm)</b>                      5:00 Table Tennis (Sm)                      5:30 Open Play Basketball (Tr)  <b>6:00 NEW! Yoga on the Mat (Sm)</b></p>	<p><b>9</b>                      9:15 AHOY (Sm)                      9:15 Aqua Fit* (Sm)                      10:00 Table Tennis (Sm)                      10:15 Learn to Swim* (Sm)                      11:15 Learn to Swim* (Sm)                      10:30 AHOY (Tr)                      11:30 Hula Hoop Class (Tr)</p>
<p><b>14</b>                      9:15 AHOY (Sm)                      10:30 Yoga on the Mat (Tr)                      11:30 Chair Yoga (Tr)                      11:30 Pilates (Sm)                      12:30 Tai Chi for Arthritis (Tr)                      1:30 Line Dancing (Tr)                      4:30 Yoga on the Mat (Sm)                      5:30 TaiRoGa® (Sm)                      6:15 Pilates (Tr)</p>	<p><b>15</b>                      11:15 AHOY (Tr)                      12:00 Open Play Basketball (Tr)                      12:30 Line Dancing (Tr)                      1:15 Learn to Swim* (Sm)                      1:30 Cornhole (Tr)                      2:15 Learn to Swim* (Sm)  <b>4:00-7:00 Pics with Santa* (Sm)</b>  <b>4:30 NEW! Pilates (Sm)</b>                      5:00 Table Tennis (Sm)                      5:30 Open Play Basketball (Tr)  <b>6:00 NEW! Yoga on the Mat (Sm)</b></p>	<p><b>16</b>                      9:15 AHOY (Sm)                      9:15 Aqua Fit* (Sm)                      10:00 Table Tennis (Sm)                      10:15 Learn to Swim* (Sm)                      11:15 Learn to Swim* (Sm)                      10:30 AHOY (Tr)                      11:30 Hula Hoop Class (Tr)</p>
<p><b>21</b>                      9:15 AHOY (Sm)                      10:30 Yoga on the Mat (Tr)                      11:30 Chair Yoga (Tr)                      11:30 Pilates (Sm)                      12:30 Tai Chi for Arthritis (Tr)                      1:30 Line Dancing (Tr)  <b>2:00 Cards &amp; Games (Tr)</b>                      4:30 Yoga on the Mat (Sm)                      5:30 TaiRoGa® (Sm)                      6:15 Pilates (Tr)</p>	<p><b>22</b>                      9:00-12:00 Open Swim (Sm)                      12:00 Open Play Basketball (Tr)                      1:30 Cornhole (Tr)                      5:00 Table Tennis (Sm)                      5:30 Open Play Basketball (Tr)</p>	<p><b>23</b>                      10:00 Table Tennis (Sm)</p>
<p><b>28</b>                      9:00-12:00 Open Swim (Sm)</p>	<p><b>29</b>                      9:00-12:00 Open Swim (Sm)                      12:00 Open Play Basketball (Tr)                      1:30 Cornhole (Tr)                      5:00 Table Tennis (Sm)                      5:30 Open Play Basketball (Tr)</p>	<p><b>30</b>                      10:00 Table Tennis (Sm)</p>

# ACTIVE ADULT PROGRAMS

# NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY
<p><b>*Registration Required</b></p>		<p><b>1</b> 9:15 SAIL Balance Class (Zm) 9:15 AHOY (Sm) 9:30 TaiRoGa® Express (Tr) 10:30 Yoga on the Mat (Tr) 11:00 Water Arthritis Class* (Sm) 11:15 AHOY (Tr) 12:00 Open Play Basketball (Tr) 12:45 Gentle Yoga (Sm) 1:30 Line Dancing (Tr) <b>2:00 &amp; 3:00 Ukulele Classes* (Sm)</b> 4:30 Pilates (Tr) 5:30 AHOY Boot Camp (Sm) 5:30 Zumba (Tr)</p>
<p><b>6</b> 9:15 SAIL Balance Class (Zm) 9:15 AHOY (Sm) 10:30 AHOY (Tr) 11:00 Water Arthritis Class* (Sm) 11:30 Pilates (Sm) 11:30 Yoga on the Mat (Tr) 12:30 Tai Chi for Arthritis (Sm) 4:15 Line Dancing (Sm) 5:00 Table Tennis (Tr) 5:30 AHOY Boot Camp (Sm) 5:30 Zumba (Tr) 5:45 Learn to Swim Class* (Sm) <b>6:00 Grief Support Group (Sm)</b> <b>6:15 NEW! Yoga on the Mat (Sm)</b></p>	<p><b>7</b> 9:00 Water Aerobics* (Sm) 9:15 AHOY (Sm) <b>10:00 Senior Academy* (Sm)</b> 10:00 Water Aerobics* (Sm) 10:00 Quilting Class* (Tr) 10:15 Chair Yoga (Sm) 11:30 Yoga on the Mat (Sm) 12:30 Tai Chi for Arthritis (Sm) 4:30 Yoga on the Mat (Tr) 5:30 TaiRoGa® (Tr) 5:30 Full Body/Strength Class (Sm) <b>5:30 Diabetic Eye Care* (Tr)</b> 5:45 Aqua Fit Class* (Sm) 6:15 Pilates (Sm)</p>	<p><b>8</b> 9:15 SAIL Balance Class (Zm) 9:15 AHOY (Sm) 9:30 TaiRoGa® Express (Tr) <b>10:00 Mini Doll House* (Sm)</b> <b>10:00 BP &amp; Glucose Checks (Tr)</b> <b>10:15 Crafting Spa Products Gifts* (Sm)</b> 10:30 Yoga on the Mat (Tr) 11:15 AHOY (Tr) 12:45 Gentle Yoga (Sm) 1:30 Line Dancing (Tr) <b>2:00 &amp; 3:00 Ukulele Classes* (Sm)</b> 4:30 Pilates (Tr) 5:30 AHOY Boot Camp (Sm) 5:30 Zumba (Tr) <b>6:15 NEW! Yoga on the Mat (Sm)</b></p>
<p><b>13</b> 9:15 SAIL Balance Class (Zm) 9:15 AHOY (Sm) <b>10:00 "Hello Fall" Décor* (Sm)</b> 10:30 AHOY (Tr) 11:00 Water Arthritis Class* (Sm) 11:30 Pilates (Sm) 11:30 Yoga on the Mat (Tr) 12:30 Tai Chi for Arthritis (Sm) 4:15 Line Dancing (Sm) 5:00 Table Tennis (Tr) <b>5:30 T.O.P.S. Info Meeting (Sm)</b> 5:30 AHOY Boot Camp (Sm) 5:30 Zumba (Tr) 5:45 Learn to Swim Class* (Sm) <b>6:00 Grief Support Group (Sm)</b> <b>6:15 NEW! Yoga on the Mat (Sm)</b></p>	<p><b>14</b> 9:00 Water Aerobics* (Sm) 9:15 AHOY (Sm) <b>10:00 Senior Academy* (Sm)</b> 10:00 Water Aerobics* (Sm) <b>10:00 Hearing Screenings* (Tr)</b> 10:00 Quilting Class* (Tr) 10:15 Chair Yoga (Sm) <b>10:30 Tie Dye Class* (Tr)</b> 11:30 Yoga on the Mat (Sm) 12:30 Tai Chi for Arthritis (Sm) <b>1:00 Wreaths for Beginners* (Tr)</b> 4:30 Yoga on the Mat (Tr) <b>5:30 Chess (Tr)</b> 5:30 TaiRoGa® (Tr) 5:30 Full Body/Strength Class (Sm) 5:45 Aqua Fit Class* (Sm) 6:15 Pilates (Sm)</p>	<p><b>15</b> 9:15 SAIL Balance Class (Zm) 9:15 AHOY (Sm) 9:30 TaiRoGa® Express (Tr) <b>10:00 BP &amp; Glucose Checks (Sm)</b> 10:30 Yoga on the Mat (Tr) 11:00 Water Arthritis Class* (Sm) 11:15 AHOY (Tr) 12:00 Open Play Basketball (Tr) 12:45 Gentle Yoga (Sm) 1:30 Line Dancing (Tr) <b>2:00 &amp; 3:00 Ukulele Classes* (Sm)</b> 4:30 Pilates (Tr) 5:00 Table Tennis (Tr) 5:30 AHOY Boot Camp (Sm) 5:30 Zumba (Tr) <b>6:15 NEW! Yoga on the Mat (Sm)</b></p>
<p><b>20</b> 9:15 SAIL Balance Class (Zm) 9:15 AHOY (Sm) 10:30 AHOY (Tr) 11:00 Water Arthritis Class* (Sm) 11:30 Pilates (Sm) 11:30 Yoga on the Mat (Tr) 12:30 Tai Chi for Arthritis (Sm) 4:15 Line Dancing (Sm) 5:00 Table Tennis (Tr) 5:30 AHOY Boot Camp (Sm) 5:30 Zumba (Tr) 5:45 Learn to Swim Class* (Sm) <b>6:00 Grief Support Group (Sm)</b> <b>6:15 NEW! Yoga on the Mat (Sm)</b></p>	<p><b>21</b> 9:00 Water Aerobics* (Sm) 9:15 AHOY (Sm) <b>10:00 Senior Academy* (Sm)</b> 10:00 Water Aerobics* (Sm) 10:00 Quilting Class* (Tr) 10:15 Chair Yoga (Sm) <b>11:00 Decorating Wreaths* (Tr)</b> 11:30 Yoga on the Mat (Sm) 12:30 Tai Chi for Arthritis (Sm) 4:30 Yoga on the Mat (Tr) 5:30 TaiRoGa® (Tr) 5:30 Full Body/Strength Class (Sm) 5:45 Aqua Fit Class* (Sm) 6:15 Pilates (Sm) <b>Time TBA - Movie Outing*(AmStar)</b></p>	<p><b>22</b> 9:15 SAIL Balance Class (Zm) 9:15 AHOY (Sm) 9:30 TaiRoGa® Express (Tr) 10:30 Yoga on the Mat (Tr) 11:00 Water Arthritis Class* (Sm) 11:15 AHOY (Tr) 12:00 Open Play Basketball (Tr) 12:45 Gentle Yoga (Sm) 1:30 Line Dancing (Tr) 4:30 Pilates (Tr) 5:00 Table Tennis (Tr) 5:30 AHOY Boot Camp (Sm) 5:30 Zumba (Tr) <b>6:15 NEW! Yoga on the Mat (Sm)</b></p>
<p><b>27</b> 9:15 SAIL Balance Class (Zm) 9:15 AHOY (Sm) 10:30 AHOY (Tr) 11:00 Water Arthritis Class* (Sm) 11:30 Pilates (Sm) 11:30 Yoga on the Mat (Tr) 12:30 Tai Chi for Arthritis (Sm) 4:15 Line Dancing (Sm) 5:00 Table Tennis (Tr) 5:30 AHOY Boot Camp (Sm) 5:30 Zumba (Tr) 5:45 Learn to Swim Class* (Sm) <b>6:00 Grief Support Group (Sm)</b> <b>6:15 NEW! Yoga on the Mat (Sm)</b></p>	<p><b>28</b> 9:00 Water Aerobics* (Sm) 9:15 AHOY (Sm) <b>10:00 Senior Academy* (Sm)</b> 10:00 Water Aerobics* (Sm) 10:00 Quilting Class* (Tr) 10:15 Chair Yoga (Sm) 11:30 Yoga on the Mat (Sm) 12:30 Tai Chi for Arthritis (Sm) <b>1:00 Diamond Dotz Cards* (Sm)</b> 4:30 Yoga on the Mat (Tr) <b>5:30 Chess (Tr)</b> 5:30 TaiRoGa® (Tr) 5:30 Full Body/Strength Class (Sm) 5:45 Aqua Fit Class* (Sm) 6:15 Pilates (Sm)</p>	<p><b>29</b> 9:15 SAIL Balance Class (Zm) 9:15 AHOY (Sm) 9:30 TaiRoGa® Express (Tr) 10:30 Yoga on the Mat (Tr) 11:00 Water Arthritis Class* (Sm) 11:15 AHOY (Tr) 12:00 Open Play Basketball (Tr) 12:45 Gentle Yoga (Sm) 1:30 Line Dancing (Tr) <b>2:00 &amp; 3:00 Ukulele Classes* (Sm)</b> 4:30 Pilates (Tr) 5:00 Table Tennis (Tr) 5:30 AHOY Boot Camp (Sm) 5:30 Zumba (Tr) <b>6:15 NEW! Yoga on the Mat (Sm)</b></p>

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It's your life documented, your wisdom honored, and your decisions and desires clearly stated. A legacy plan includes traditional parts of estate planning like legal and financial decisions and designations. But, a legacy plan is so much more. ~ Dr. Judy Butler

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## SENIOR ACADEMY



**Tuesdays**  
**October 31 to December 5**  
 10 am to 12 noon  
 Smith Active Adult Center  
*Next class coming March 2024!*

The **Guilford County Sheriff's Office** is offering a **Senior Academy** for

adults ages 50+ to identify and address issues facing older adults. The free, six-week Academy is designed to help reduce senior victimization, enhance a sense of security, and introduce a network of community services. Space is limited.

Pre-registration is required. To register, call or email  
 Sergeant Tara Gilchrist at 336-641-5354 or  
[tgilchr@guilfordcountync.gov](mailto:tgilchr@guilfordcountync.gov).

### WEEKLY TOPICS:

#### WEEK 1:

Welcome from Sheriff Rogers  
 Prevention/Safety

#### WEEK 2:

Senior Fraud and Scams  
 Project Life Saver

#### WEEK 3:

CarFit for Seniors  
 PACE of the Triad

#### WEEK 4:

Senior Health & Fitness  
 Health Living/Eating

#### WEEK 5:

Senior Domestic Violence  
 Neglect/Abuse/Assault

#### WEEK 6:

Graduation Ceremony

## AARP TAX-AIDE SERVICES

The AARP Foundation will provide free income tax services at the Smith and Trotter Centers in 2024 to eligible taxpayers through Tax-Aide.

**Tax-Aide will operate at the Smith Center on Thursdays and Fridays, February 1 to April 12, from 9:15 am to 3:30 pm.**



**Tax-Aide will operate at the Trotter Center on Wednesdays, February 7 to March 27, from 9:15 am to 3:30 pm.**

Appointments for tax preparation at the **Smith Center** can be made in person, or by phone or text from 10 am to 3 pm on the following days:

- Tuesdays and Wednesdays, January 16-31
- Thursdays and Fridays, February 1 to March 29

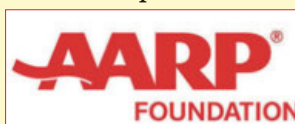
To make an appointment in person, please come to the **Smith Center** on the dates/times above. To make an appointment by phone, please call or text **336-338-8194** on the dates/times above. These will be the only times the phone is staffed. If you make an appointment by phone or text, you will need to stop by the Smith Center during one of the days/times above to pick up a packet of information that you will need to complete before your appointment.

Appointments for tax preparation at the **Trotter Center** can be made in person, or by phone or text from 10 am to 2 pm on the following days:

- Mondays, January 8, 22 and 29
- Wednesdays, February 7 to March 6

To make an appointment in person, please come to the **Trotter Center** on the dates/times above. To make an appointment by phone, please call or text **336-303-0692** on the dates/times above. These will be the only times the phone is staffed. If you make an appointment by phone or text, you will need to stop by the Trotter Center during one of the days/times above to pick up a packet of information that you will need to complete before your appointment.

On the day of your appointment, you will stay at the site until your return is completed. **Please be prepared to spend 1-2 hours at your appointment.** At the end of your appointment, a counselor will review your completed return with you, and you will give authorization for electronic filing by AARP Tax-Aide Volunteer Services. The taxpayer(s) must be in person for this review.



**Is your Medicare plan still right for you?**  
**An annual Medicare review may help you save!**

### SHIIP can help.

The Seniors' Health Insurance Information Program (SHIIP) offers free individual counseling to assist you in selecting the best Medicare options for you.

Medicare's Annual Open Enrollment Period is Oct. 15 – Dec. 7. During that time, seniors who have Medicare coverage can make plan changes that may lower their costs. You could save by:

- Evaluating eligibility for low-income subsidies
- Choosing the best Part D Drug Plan based on current medications & preferred pharmacy
- Exploring available Medicare Advantage Plans

Contact Senior Resources of Guilford to schedule a personal, contact-free, cost-free, informative session TODAY!

Call Bob at 336-373-4816 ext. 253



## SERVICES

### AARP TAX-AIDE SERVICES

February to April — See page 12

AARP Foundation provides free income tax preparation services by appointment at the Smith Center.

### BALANCE & BONE DENSITY SCREENINGS

11:30 am to 1 pm, Thurs, November 30 (Trotter)

10 am to 12 pm, Monday, December 18 (Smith)

OsteoStrong provides free balance and bone density screenings monthly at Smith and Trotter. No appointment needed.

### GRIEF SUPPORT GROUP

Mondays, 6 pm (Smith)

This group is free and meets weekly at the Smith Center. For more information, please call 336-373-7564.

### HEARING SCREENINGS

Tuesday, November 14 (Trotter)

Tuesday, December 12 (Smith)

10 am to 12 noon

Connect Hearing offers free hearing screenings monthly at both Smith and Trotter Centers. Please call either center to schedule your appointment.

### LEGAL SERVICES

10 am-12 pm, Thursday, December 7 (Smith)

Legal Aid of NC provides free legal services to eligible seniors on the 1st Thursday of every other month at Smith by appointment. Please call 877-579-7562 for an appointment.

### BLOOD GLUCOSE & BLOOD PRESSURE CHECKS

Nov 8 & Dec 13 (Tr)

Nov 15 & Dec 20 (Sm)

10-11 am

UNCG's School of Nursing

provides free blood glucose and blood pressure checks monthly at Smith and Trotter. No appointment needed.



### MEDICARE INSURANCE COUNSELING

Weekly, by appointment (Smith and Trotter)

The Seniors Health Insurance Information Program (SHIIP) counsels beneficiaries on Medicare plans, and can provide resources to help pay for medications. For a free, in-person counseling appointment, please call Bob Boyd, Guilford County SHIIP Coordinator at 336-373-4816 Ext. 253.

## Just Like Our State Bird, We Expect Our New Cardinal Plan to be a North Carolina Favorite.

Introducing the low-cost Medicare Advantage plan for eligible seniors.



Loyal, protective, and beautiful. Those are familiar traits when it comes to our colorful state bird. They also describe the new HealthTeam Advantage **Cardinal Plan**, offering dependable savings for North Carolinians on a budget. It's a comprehensive HMO plan that's carefully designed to keep costs low:

- Includes All Area Hospital Systems In-Network
- \$ZERO Copay for Primary Doctors and Specialists
- \$ZERO Copay for Physical, Occupational & Speech Therapy
- Valuable Dental, Vision, Hearing & Silver Sneakers Benefits
- \$ZERO Copay for Tier 1 Prescription Drugs
- \$175 Credit per Quarter Over-the-Counter Card

The beauty of our **Cardinal HMO Plan** is that it doesn't cut corners. It offers full medical coverage and benefits, and includes a Personal Healthcare Concierge to call for information and answers. Best of all, it comes from a trusted plan provider located in Greensboro — right in the heart of North Carolina. Call us, or fly over to our website to learn more!

Call **(336) 203-9309** [TTY: 711] or visit **htanc.com**

Phone Hours: 8am-8pm 7 days a week

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\_2446\_M

  
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advantage<sup>SM</sup>

**MEDICARE  
ADVANTAGE PLANS**



## OUTINGS



### Movie @ AmStar18

**Tuesday, November 21, afternoon**

Join us for AmStar's Super Tuesday movie. Admission is \$7.21/person and does not include concessions. Please call the Trotter Center at 336-373-2927 on or after **Tuesday, November 14** to find out the movie name and show time.

Everyone will meet at AmStar18-Four Seasons located at 2700 Vanstory St. **Pre-registration is required.**

### Holiday Lunch Bunch

**Monday, December 18, 11 am**

We will have lunch at Village Tavern. Please bring money for lunch and a wrapped \$5 gift to exchange. A van will leave the Smith Center at 11 am or you can meet us there. **Space is limited.** Please call 336-373-7564 to register by **Monday, December 4.**



### 2024 Tanger Center Shows:

**"Tina: The Tina Turner Musical"**

**Thursday, March 28, 2024, 6:30 pm**

Cost is \$108.18/person. Register and pay at the Smith Center by **Monday, November 20.**

**Harper Lee's "To Kill a Mockingbird"**

**Monday, May 15, 2024, 6:30 pm**

Cost is \$50.96/person. Register and pay at the Smith Center by **Monday, November 27.**

**Optional for both shows:** All-you-can-eat Buffet Dinner before each show at 5 pm. Cost is \$56.41 per person per show. Please let the front desk know if you would like dinner when you purchase your ticket. Payment for dinner is due in January.

## HOLIDAY CRAFT BAZAAR



**Holiday Craft Bazaar**

**Monday, December 4**

**9 am to 5 pm**

**Smith Active Adult Center**

Get ready for the Smith Center's first **Holiday Craft Bazaar!** You'll find unique crafts and other goods handmade by participants at the Smith Center for that perfect Christmas gift. Get your Christmas gift lists ready! (Cash only, please.)

## A. H. O. Y.

### A.H.O.Y.

**"Adding Health to Our Years"**

FREE low-impact aerobics classes for ages 50+



### SCHEDULE:

Smith Active Adult Ctr. 2401 Fairview St.	M, T, W, Th, S M, W	9:15 am 5:30 pm*
Lewis Recreation Ctr. 110 Forest Lawn Dr.	M, W, F	9:15 am
Leonard Recreation Ctr. 6324 Ballinger Rd.	M, W, F	10:30 am
Trotter Active Adult Ctr. 3906 Betula St.	M, S W, F	10:30 am 11:15 am
Brown Recreation Ctr. 302 E. Vandalia Rd.	Tu, Th	9:15 am
Griffin Recreation Ctr. 5301 Hilltop Rd.	Tu, Th	10:30 am
Peeler Recreation Ctr. 1300 Sykes Ave.	Tu, Th	10:30 am
Lindley Recreation Ctr. 2907 Springwood Dr.	Tu, Th	2:15 pm

## DROP-IN ACTIVITIES

### Table Tennis

Trotter: Mondays, 5-7:45 pm

Wednesdays, 5-7:45 pm

Smith: Tuesdays, 10 am-12 pm

Fridays, 5-7:45 pm

Saturdays, 10 am-12:45 pm



### Cornhole

Smith: Tuesdays, 1:30-2:30 pm

Trotter: Fridays, 1:30-2:30 pm

### Basketball Open Play @ Trotter

Wednesdays, 12-1:30 pm

Fridays, 12-1:30 pm,  
5:30-7:30 pm



### Chess @ Trotter

2nd & 4th Tuesdays, 5:30-7 pm



### Cards & Games @ Trotter

3rd Thursdays, 2-4 pm



## CLASSES AT TROTTER

Join Creative Aging Network teaching artist, **Vanita Bailey** for these fun classes at the **Trotter Center**.



**Tie Dye Class**  
**Tuesday, November 14**  
**10:30 am to 12 noon**

**\$25 per person**  
 (includes all supplies and instruction)



Pre-registration is required by scanning this QR code.

**Wreaths for Beginners**  
**Tuesday, November 14**  
**1:00-2:30 pm**

**\$35 per person**  
 (includes all supplies and instruction)



Pre-registration is required by scanning this QR code.



**Decorating Holiday Bulbs**  
**Tuesday, December 5**  
**1:00-2:30 pm**

**\$30 per person**  
 (includes all supplies and instruction)



Pre-registration is required by scanning this QR code.

For more information, please call Creative Aging Network-NC at 336-303-9963.

## UKULELE CLASSES



**Catherine "C.H." Holcombe** is offering **free ukulele classes** at the **Smith Center**

**Wednesdays and Fridays**

**November 1-29** (No class Nov 10, 22, 24)

**January 10-26**

**Beginners** 2:00-3:00 pm  
**Beyond Beginners** 3:00-4:00 pm

C.H. has 5 ukuleles to borrow on a first-come basis for the beginners class. Please indicate at registration if you need a ukulele. Please call 336-373-7564 to register.

## TOURNAMENTS

**CORNHOLE — THURS, NOVEMBER 16 — 1 PM**

**Deadline to register: Thursday, November 9**

Single elimination, 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners. No gender or age categories. All players will be combined randomly.

**SHUFFLEBOARD — THURS, JANUARY 25 — 1 PM**

**Deadline to register:**

**Thurs, January 18**

Single elimination, 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners. No gender or age categories. All players will be combined randomly.



All tournaments will be at the Smith Center.

## T. O. P. S. INTEREST



**TAKE OFF POUNDS  
 SENSIBLY**

**T.O.P.S. offers:**

- **Weight-loss Support**
- **In-Person Weekly Meetings**
- **Access to Online Resources**
- **Quick-start guide and magazine subscription**

Join us for an informational meeting with a TOPS Regional Rep to discuss starting another TOPS Club at the Smith Center.

**Monday, November 13 - 5:30 pm**

**Real People. Real Weight Loss.®**

GREENSBORO Parks & Recreation  
**Find Your FUN**  
[www.gsoparksandrec.com](http://www.gsoparksandrec.com)  
 @gsoparksandrec



**Active Adult News**

2401 Fairview Street

Greensboro, NC 27405

[www.greensboro-nc.gov/ActiveAdults](http://www.greensboro-nc.gov/ActiveAdults)

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**RETURN SERVICE REQUESTED**

**November / December 2023**

**Our Mission**

The mission of Greensboro's Active Adult Centers is to provide diverse, year-round programs, activities and services that meet the physical, social, mental and cultural needs of active adults in Greensboro and Guilford County.

