

For Your Information

a newsletter from the City of High Point

The Flu Ends With U!

Protect yourself, your family, your classmates and your co-workers from the flu by getting your annual flu vaccination. It's simple: one vaccination for everyone ages 6 months and older. Children under age 9 who have never been vaccinated against flu will need two doses.

If you got the H1N1 vaccination or seasonal flu shot last flu season, you still need the new seasonal vaccination this flu season.

For more information or to make an appointment, call Guilford County Department of Public Health at 845-7699. We have a variety of vaccine types: the injection, the nasal mist and the Fluzone High-Dose for persons ages 65 and older.

Please have your insurance card available when you call.

Make sure the flu ends with U! Wash your hands often; use an alcohol-based hand sanitizer; cover coughs and sneezes with a disposable tissue or your sleeve; and stay home when sick.

OVER: Recreation Center Winter Hours



NORTH CAROLINA'S INTERNATIONAL CITY™

Recreation Center Winter Hours

(in effect until June 13, 2011)

Allen Jay Recreation Center, 1073 E. Springfield Rd.

Monday: 9 a.m.-9 p.m., Tuesday: 2 p.m.-9 p.m.,
Wednesday: 9 a.m.-9 p.m., Thursday: 1 p.m.-9 p.m.,
Friday: 2 p.m.-6 p.m., Saturday: 9 a.m.-2 p.m.

Deep River Recreation Center, 1529 Skeet Club Rd.

Oakview Recreation Center, 503 James Rd.

Morehead Recreation Center, 101 Price St.

Monday: 2 p.m.-9 p.m., Tuesday: 9 a.m.-9 p.m.,
Wednesday: 2 p.m.-9 p.m., Thursday: 9 a.m.-9 p.m.,
Friday: 2 p.m.-6 p.m., Saturday: 9 a.m.-2 p.m.

Washington Terrace Community Center, 101 Gordon St.

Monday: 2 p.m.-8 p.m., Tuesday: 9 a.m.-8 p.m.,
Wednesday: 2 p.m.-8 p.m., Thursday: 10:30 a.m.-8 p.m.,
Friday: 2 p.m.-6 p.m., Saturday: 9 a.m.-1 p.m.

Southside Recreation Center, 401 Taylor Ave.

Monday-Thursday: 9 a.m.-9 p.m.; Friday: 9 a.m.-6 p.m.,
Saturday: 9 a.m.-noon

Roy B. Culler, Jr., Senior Center, 600 N. Hamilton St.

Monday-Friday: 9 a.m.-5 p.m.

For information about High Point Parks & Recreation programs and activities, visit www.high-point.net/pr.

**This information will be provided in
an alternate format for people
with visual impairments.**

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336.883.3298 www.high-point.net
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PORTABLE HOME GENERATORS:

STAY SAFE
after the storm.



Your portable generator can be a lifesaver during emergencies, but remember to follow these simple tips to prevent accidental injury to your family and utility workers restoring power.

DO:

- ▶ Prevent backfeed and electric shock by only using a generator wired by a qualified electrician
- ▶ Plug electric appliances directly into generator using manufacturer's supplied cords or undamaged, grounded, heavy-duty extension cords
- ▶ Use ground-fault circuit interrupters (GFCIs) according to manufacturer's instructions
- ▶ Maintain and operate generator in accordance to manufacturer's use and safety instructions
- ▶ Keep the generator dry
- ▶ Shut down generator before refueling
- ▶ Inspect portable generator for damaged or loose fuel lines

DO NOT:

- ▶ Attach a generator directly to the electrical system of a structure unless the generator has a properly installed transfer switch
- ▶ Use a generator indoors
- ▶ Place a generator air intake outdoors near doors, windows or vents

NC Public Power

Where Past and Present Meet

FREE! FREE! FREE! FREE!



27TH ANNUAL
**HOLIDAY
OPEN HOUSE**

Sunday, December 5, 1 to 4 pm

**Live Holiday Music • Candle Making • Historic Games
Cookies & Cider • Historical Reenactors
Holiday Exhibit in the lobby**

1859 E. Lexington Ave. (between McGuinn & College) • 336-885-1859
www.highpointmuseum.org

**HOLIDAY GIFT GIVING IS EASY
AT THE MUSEUM STORE!**

Unique High Point Items, Handmade Ornaments, Pottery,
Locally Written Books, Stocking Stuffers & Toys!

20% OFF



**YOUR ENTIRE PURCHASE IN THE
MUSEUM STORE WITH THIS AD**

VALID DECEMBER 1 - 6

FREE! FREE! FREE! FREE!



The High Point Museum is dedicated to sharing Greater High Point's history, exploring the power of memory, providing perspective for current issues, and strengthening the sense of community. Our work is guided by our core values of connection, diversity, fun, and innovation.

Exciting Exhibits • Hands-on activities

Demonstrations • Tours • Programs

**Three Historic Buildings - 1786 John Haley House;
1801 Hoggatt House; 1841 Blacksmith Shop**

1859 E. Lexington Ave. (between McGuinn & College) • 336-885-1859
www.highpointmuseum.org

Upcoming Events

Candle Dipping in the Historical Park - \$1 per candle
Sat., Dec. 18, 10 am to 4 pm; Sun., Dec. 19, 1 pm to 4 pm

Bread & Butter Making in the Historical Park - free
Sat., Jan. 22, 10 am to 4 pm; Sun., Jan. 23, 1 pm to 4 pm

Kickoff to Kindergarten: Parent Day - free
Mon., Jan. 24, 11 am to 1 pm and 5 pm to 7 pm

Historic Soap Making in the Historical Park - free
Sat., Feb. 19, 10 am to 4pm; Sun., Feb. 20, 1 pm to 4 pm

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