

GOLDEN EDITION

January, February, and March
2017



Roy B. Culler, Jr. Senior Center

N.C. Senior
Center of
Excellence

600 N. Hamilton Street
High Point, NC 27263
336-883-3584

www.highpointnc.gov/pr
www.facebook.com/

Hours:

Monday - Friday
8:30am - 5pm
Tuesdays
8:30am - 9pm

Staff:

Calvin Vaughn
Center Director
Christie Hyman-Shine
Center Assistant Director

All programs are open to anyone age 50 and better and held at The Senior Center unless noted.

New Beginnings

A recent AARP magazine cover story listed the best advice from top doctors. Two of the most important tips were to remain active and spend time with a friend or loved one. Multiple studies have shown that people who remain physically active and socially engaged increase good health and live longer.

The Roy B. Culler, Jr. Senior Center (The Center), schedules a variety of healthy living programs with intentionality, to best meet the needs and interests of a diverse population.

You can start 2017 with new beginnings that lead to better health. Plan to be more active with increased social interaction by participating in a range of winter exercise programs we have planned for you!

Practicing relaxation techniques that include strength and flexibility training such as yoga and Tai Chi can help you achieve better health.

Tai Chi for Arthritis meets every Monday and Thursday, January 5 to March 3, from 1-2pm. This program is based on the Tai Chi for Arthritis Fall Prevention Program, which is recommended by the Centers for Disease Control and Prevention (CDC) and is evidence-based. Such programs are supported with medical research studies and can relieve pain for people with arthritis and improve their quality of life, as well as prevent falls for older adults. The movements of this class, incorporated with Tai Chi principles, are designed for improving health and wellness. The cost for this 8-week class is \$30.

Yoga is a monthly class that meets for one hour every Monday and Thursday at 11:30am. Yoga helps with breathing practices, physical exercises and posture along with meditation to integrate your mind. When participating in Yoga, stretching, bending and balancing help to align the head, neck and spine; stimulate the circulatory system and keep muscles and joints strong and flexible. Yoga helps reduce the risk of heart disease by lowering blood pressure and anxiety levels. It also induces relaxation and is

useful in pain management. The Yoga class fee is \$38 per month for two sessions per week. There are two more weekly programs that promote physical activity. One is free and the other one is very low cost.

The acronym **AHOY** means "Adding Health To Our Years." It is a free, one hour, low impact exercise class that meets every Monday, Wednesday and Friday at 10am.

Boot Camp is an advanced exercise class. A doctor's note is required to participate. Boot Camp is a one hour class that meets at 8:30am every Monday, Wednesday and Friday. The cost is \$10 for two months. You can register for these classes online or in person by visiting The Center. After getting into shape during our winter exercise programs, you can register for the free **5K Fun Walk**. (Thursday, March 16, 10am at Aderholt Track.) Bring a friend and walk at your pace in our Senior Games sanctioned walk. This is a recreational event with no timing, which qualifies you for NC State Games. All walkers receive an award.

There are several other activities that provide social interaction, physical activity and fun. If you like bowling, you can bowl every Monday at 1pm at the High Point Bowling Center for the low cost of \$1.50 per game. Or for free, dance with our advanced line dancers every Tuesday at 1:45pm. (Knowledge of basic steps is required).

If you have a competitive spirit, you can sign up for two free fun events held at Morehead Recreation Center's gym. The first is a Basketball Shootout, held January 18 at 10am. There are three areas of competition: Free Throw; 3-Point Shots (from various positions) and Hot Shots (one minute rounds). After the Shootout, we will have a non-gender doubles shuffleboard tournament at 12pm.



Brain health – What can you do?

Neuroscientists say that regardless of age, throughout life, people generate new brain cells and new connections between them. And the more mental reserves people build up, experts believe, the better they can stave off age-related cognitive decline. Studies have demonstrated that the more you challenge your brain, the more new nerve pathways you form. A mini-industry of brain teasers, puzzles and computer games has sprung up to help Baby Boomers do just that. In addition, research demonstrates that lifelong learning also improves brain health. The pursuit of knowledge—whether it's learning how to dance, paint, speak a foreign language or just gaining new information—has benefits. According to the National Center for Educational Statistics, it keeps your mind sharp and improves memory, even as you age. You can give your brain a good workout by attending one of The Center's many opportunities for learning.



Educators Luncheon Friday, January 13 at 11am. All professors, teachers and experts in the field of education are invited to attend our free Educator's Luncheon to celebrate your professional experience and to identify ways you can continue to contribute to the community. Please RSVP by registering online, in person, or calling 336-883-3584.

Culler's Living University The word "University" is defined as "an educational institution designed for instruction in higher learning." The Culler Living University provides experts and educators from the community to lecture or provide interactive learning on a variety of topics. The following one hour topics are part of our winter series: January 9: NATO, Does It Affect the US?; February 13: I Love My Pet, Does It Really Make Me Healthy? and March 13: The Geography of Ireland. Lectures last about one hour. Follow up sessions can be scheduled based on interest. All sessions start at 11:15am.

Lunch and Learn series provides a meal with an educational topic. January 4: Fall Prevention; January 11: Medicare Made Simple; January 18: Transition From Rehab; February 1: Heart Chat; February 8: Talk with the Chiropractor; February 15: Humana Senior Games Silver Sponsor; March 1 Reducing Loneliness After a Loss; March 8 Preplanning a Memorial; March 25 Reasons to Exercise; March 29: Volunteerism. You can preregister for one Lunch and Learn at a time, starting the Thursday before each session, and you must be registered by 12pm the Tuesday before the session by calling 336-883-3584. Due to limited space, registered "no shows" may not be able to participate in future free Lunch and Learn programs. Funded by NC State Legislative Senior Center General Purpose Funding. Free; donations are accepted. All programs are from 11am—12pm. Registration required for lunch but not for program.

High Point Coalition Lunch & Learn On Friday, February 17 at 12pm, The City of High Point Community Development and Housing Department is hosting a Lunch and Learn Program. The topics to be covered in the program are Senior Scams, Identity Theft, Housing Repairs, Fair Housing and Housing Resources. The program is free, but pre-registration is required by Monday, February 13.

Senior Games: More than 503 seniors are excited and ready to go! Join us.

The Greater High Point Senior Games is a year-round health promotion and wellness education program for adults 50 years of age and better. Over 500 seniors from ages 50 to 95 participated in last year's local Senior Games.

This year, the 2017 Greater High Point Senior Games are scheduled to be held April 20 through May 23. Registration is open now and runs through April 19. The deadline for Visual and Heritage Arts registration is April 4.

Our athletic events include Badminton, Basketball Shooting, Basketball Tournament, Billiards, Bocce, Bowling, Cornhole, Croquet, Cycling, Shot Put, Disc, Standing and Running Long Jumps, Football Throw, Golf, Horseshoes, Pickleball, Racquetball, Shuffleboard, Softball Throw, Softball Tournament, Spin Casting, Swimming, Table Tennis, Tennis, and Track Events. Other events: Spelling Bee, Chair Volleyball, Wii Bowling and Bingo.

SilverArts provides a stage for the creative talents of the visual, heritage, literary, and performing artists. Encouragement and recognition of creative potential and accomplishment is the goal of the SilverArts program. We are also seeking volunteers and sponsors for the upcoming Senior Games. For more information on competing, volunteering or sponsoring call 336-883-3584 or email tina.boston@highpointnc.gov



SERVICES

AARP Tax-Aide Service AARP will provide free income tax services to taxpayers with low to moderate incomes at the HP Public Library. February 1 to April 14.

Blood Pressure Checks Mondays 9:30-10:30am

Medicare Insurance Counseling The Seniors' Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries about their Medicare options. For an appointment call 336-373-4816, ext 253.

Legal Aid Fridays by appointment; Call 336-398-1731

Transportation Guilford County, free for seniors. 336-641-4848 or low cost Dial-a-Lift 336-887-1183.

Senior Resources of Guilford You can meet with the Senior Resources staff in their offices located at The Roy B. Culler Jr. Senior Center in High Point.

Volunteer Coordinator Mondays 1-5pm

Foster Grandparent Coordinator Tuesdays, 9am-1pm;

Access to Services Director (including Caregiving)

Wednesdays 9am—1pm

Nutrition Director (Community Nutrition/Mobile Meals)

Thursdays 9am—1pm

Retired Senior Volunteer (RSVP) Program Fridays, 9am—1pm

For more information or services call SeniorLine Information & Referral at 336-884-6981.

The Center Goes High Tech (Wi-fi)

Sip & Swipe Café uses a simple, intuitive learning app from Generations on Line. The free program offers step-by-step instructions. You need little or no online experience to learn how to use an iPad to get online, set up email, download apps or search the internet. A volunteer coach guides you at your own pace of learning. Stop by our new "Tech Bar" to learn the basics of swiping on a tablet device, talk with our voice-activated speaker that connects you to the internet, or perhaps sip a cup of coffee. Volunteer coach with iPad is available every Tuesday from 2-4pm.

Tech and Tea is a social opportunity for persons in their 50s to come and learn together and plan activities. A variety of herbal teas and topics are provided. iPads and computers are accessible at the Center, or you can bring your own smart phone or tech device. January 3: Voice Activated Technology; January 10: TED Talks; January 17: Get Emoji; January 24: Pokemon; January 31: Instagram; February 7: Let's Facebook; February 14: Social Dating; February 21: 10 Things You Didn't Know; February 28: My Favorite App; March 7: Shopping on My Tech Device; March 14: Using Your Tech Calendar; March 21: Editing Your Smart Phone Pics; March 28: Show and Tell. After each event, participants can plan to go out for dinner or drinks and/or plan other activities of interest.

TRIPS and MORE

Cheesecake Factory, Friday, February 17 Let's ride to the Cheesecake Factory in Greensboro for lunch with friends. Transportation is free but the cost of the meal is on your own. The bus leaves from The Center at 10:15am and returns at approximately 2pm.

Greensboro Science Center, Tuesday, January 24 A visit to the Greensboro Science Center is more than touring the aquarium, museum and zoo. Travel with us for this interactive self-guided experience. Entrance fee and transportation cost is \$12. The cost of lunch at Appleby's prior to the visit is on your own. The bus leaves at 10:30am and returns at 5pm.

NASCAR Hall of Fame Museum, Charlotte, NC, on Thursday, February 23 Located in uptown Charlotte, the interactive Hall of Fame honors the history of NASCAR. The high-tech venue entertains and educates. The \$45 cost includes admission, audio tour, unlimited simulator rides, souvenir, a lanyard, and transportation. The cost of lunch is on your own. A variety of restaurants are nearby. The bus leaves at 8:30am and returns approximately 6pm.

Rankin Museum, Ellerbe, NC, on Thursday, January 26 A visit to the Rankin Museum of American Heritage has three main areas of interest, which include Natural History, American Heritage, and Native American culture. Travel with us to Ellerbe for this guided tour. The cost is \$5 and includes entrance fee and transportation. The cost of Springhouse lunch prior to the visit is on your own.

Ladies Lunch (a variety of locations in the Triad) All ladies are welcome to enjoy a nice lunch and social time with others. The group meets at 10:30am the second Friday of each month. Free transportation is provided by The Center. Lunch cost is on your own.

Fit and Fifty Fitness continues to be a top priority as persons focus on aging. Fitness and lifestyle expert, Tony Horton, said it is very possible to get into the best shape of your life if you're approaching or in your fifties. So, put on your exercise attire and be a part of healthy aging. Fitness instructor, Kathy Jacobs leads this weekly class beginning with health tips followed by 45 minutes of aerobics, strength training and stretching. Make 2017 your year of health and wellness. The class begins January 5 and continues every Thursday through March at 5:30 pm. The cost is \$10 per month.

On-going All levels of monthly **Computer Classes** are taught on Mondays for a low cost of \$10 for four one hour sessions. We have **Art Classes** scheduled on Tuesdays, Wednesdays and Thursdays. The six-week sessions are on-going and cost only \$38. New sessions start January 3, 4 & 27. There are weekly card games including bridge, canasta, pinochle and samba.

It's Party Time Free Valentines Party February 14, 10 am and free St. Patrick's Day celebration March 17. Sign up for more details. See Calendar for days/times of all events or visit us online www.highpointnc.gov/pr

Roy B. Culler, Jr. Senior Center

600 N Hamilton Street

High Point, NC 27262

www.highpointnc.gov/pr

January, February and March 2017

Your Input “Matters!”

Monthly Matters is a time to meet with Senior Center staff and senior advisory committee members to provide input on current programs or future events that matter to you. Days and times vary each month in order to give options to fit everyone’s schedule. Register to share your ideas.

Winter dates for Monthly Matters are:

Monday, January 9, 11am

Friday, February 10, 3pm

Tuesday, March 7, 7pm.

Refreshments are provided

Also, at 9:30 am on Friday, January 6, Mary Lou Blakeney, Guilford County, NC Senior Tar Heel Legislator, will provide information and allow questions and answers related to senior issues. The NC Senior Tarheel Legislature was established to provide information to seniors about the legislative process, promote citizen involvement and assess the legislative needs of older citizens. Pastries will be served. Registration is strongly encouraged, but drop-ins are welcome.

Senior Games Sponsors

Silver level Humana

Bronze level High Point Women’s Club

If you are interested in sponsoring our Senior Games program at any level contact Tina at 336-883-3584.



Happy New Year!

Another year and another number will be added to your age, but what will remain ageless are the memories of times spent with you during the last year, and the priceless laughter we have enjoyed together.

From each of us, Happy New Year! May you be blessed with peace, love, joy, health, family and good friends.

*Calvin, Christie, Bill, Tina, Vicki,
Kent, Mr. Casey, Milla and Debbie*

The Senior Center Staff

Be sure to stop by the Center and pick up the activity calendar for January and February! We look forward to seeing you soon.