

Day Trips

Korner's Folly

Friday, January 18th @ 10am

Make plans to join us for a guided tour of Kernersville's fascinating Korner's Folly house. With 22 rooms spread over 3 stories and 7 levels, Korner's Folly features decorative murals and playful, child-sized rooms. After our tour we will stop for lunch. There is a cost of \$12 per person for the tour. Participants are responsible for their own lunch and transportation to and from the senior center. Call 336-499-1196, ext. 176 to sign up.

Diggs Art Gallery Tour

Tuesday, February 5th @ 2:30pm

WSSU's Diggs Gallery is considered one of the top 10 African American art galleries in the country. Make plans to join us for a free guided tour of the gallery. Registration is required, please call 336-499-1196, ext. 176, to sign up beginning January 3, 2019.

International Civil Rights Center

Friday, February 15th @ 9:30am

We will be visiting the International Civil Rights Center and Museum in Greensboro next month. The trip is \$15 per person, which is due 2/8/19. You will be responsible for your lunch and transportation to the senior center. We will tour the center and hear stories of the Civil Rights Movement. Registration is required, and space is limited. Please call 336-499-1196, extension 176 to sign up beginning January 3, 2019.

Reed Gold Mine

Saturday, February 23rd @ 10am

We will be attending a presentation of Black Gold: North Carolina Slavery and Reed Gold Mine in Midland, NC. The cost for this trip is \$2 per person. You are responsible for your lunch and transportation to the senior center. Participants will have a choice of touring the mine in person or through photos after the presentation. Registration is required, and space is limited. Call 336-499-1196, ext. 176, beginning January 3, 2019 to sign up.

Community Partners

Anxiety, Depression & PTSD Screenings

Taking a mental health screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Join staff from MHA for free, informative, and confidential non-diagnostic screenings for some common conditions. Appointments are required, please call 336-768-3880 to schedule.

Piedmont Plus Senior Games and SilverArts

The City of Winston-Salem hosts this year-round health promotion and education program for adults 50 years of age or better. The greatest benefit is to be active, to be involved with others of a similar age, and to make new friends. Athletes and artists of all abilities are welcome. This year's kickoff is Friday, January 18th at the Hanes Hosiery Recreation Center. Call Chuck Vestal at 336-727-2325 for more information.

WSSU's Project REACHE

Project REACHE is helping area residents age in place by decreasing fall risk and frailty of underserved older adults through community screenings and referrals; improving the mobility of residents with neurological conditions through free occupational therapy and physical therapy evaluations, and referrals to providers and home exercise programs if needed; and by providing home safety screenings, home renovations and modifications, and education. Call 336-750-2694 for more information.

January 2019



SENIOR CENTER newsletter



Senior Center Hours:

Tuesday - Thursday
9am—2:30pm

The Senior Center will be CLOSED
January 1st - 2nd and January 21st

Contact us:

2850 New Walkertown Road
Winston-Salem, NC 27105
336-499-1196, ext. 176
kelly.stellato@uss.salvationarmy.org
SalvationArmyWS.org

January News!

Transportation Changes

We are now offering transportation services through a partnership with the Winston Salem Transit Authority (WSTA). This will cover fixed route and Trans Aid service to and from our senior center. Our bus will run on Tuesdays only starting in January. If you need assistance getting to and from our senior center, please call 336-499-1196, ext. 176, to fill out a transportation application. For questions about WSTA services, please contact them directly at 336-727-2000.

Get a Healthy Start to the New Year

We will be offering free nutrition classes on the 2nd Thursday of each month. The first class is called Right Size Your Portion, and will be on January 10th at 11am. Make plans to join us for these fun and informative classes.

Tai Chi for Arthritis and Fall Prevention will not be offered in January. Classes will start back on February 5th at 10am.

Weekly Lunch & Activity

Every Thursday at noon we serve a free, nutritious lunch to senior center members. There is a fun activity beforehand (at 11am) so members can have a chance to enjoy fellowship with friends-and maybe make some new ones. Registration is required. Please call 336-499-1196, extension 176, to sign up by 12:30pm on Tuesday.

Save the Date! It's almost time for our annual Black History Month Brunch. Come out and share about your experiences. Brunch will be held on February 2nd @ 10am this year. Registration is required, call 336-499-1196, extension 176, to sign up.

Inclement Weather Policy

The Salvation Army CiVIC Senior Center follows the Winston-Salem/Forsyth County School System (WSFCS) for weather related closings and delays. When WSFCS are closed or delayed, our center will be closed and all events will be cancelled. In the event of an early dismissal, we will cancel afternoon programs for the safety of our participants.

Special Events!

Brain Games

Thursday, January 3rd @ 11am

Come out and exercise your mind! We will enjoy fellowship and friends as we try our hand at some fun trivia games. Light snacks will be provided. Don't forget that weekly lunch is right after our games, so make plans to stay for lunch.

Snowman Craft

Monday, January 7th @ 1pm

Join us for a simple and fun craft where we will make snowman nightlights out of glass jars. There is no charge for this craft, but please bring an empty, clear glass jar with you. Registration is required. Call 336-499-1196, extension 176, to sign up.

Nutrition Class

Thursday, January 10th @ 11am

Carol from Crisis Control Ministries will be with us this morning for our first monthly nutrition class. This month's topic is Portion Control: Right Size your Portions. These fun and informative classes give you a chance to try healthy foods while you learn how small changes in your eating habits can have a big health impact. Registration is required, please sign up by calling 336-499-1196, extension 176.

Health Screenings

Tuesday, January 15th @ 10am

Practitioners from United Health Centers will be on hand this morning to perform routine health screenings. Knowing where you stand is a great first step to a healthy new year, so be sure to stop by for these free screenings.

Adult Coloring

Thursday, January 17th @ 11am

Coloring isn't just for kids! Come out and see how relaxing coloring can be.

Colored pencils, markers, and coloring pages will be provided. Please register in advance if you are planning to join us for lunch afterwards.

Day Trip: Korner's Folly

Friday, January 18th @ 10am

Please see details in the day trip section of our newsletter.

Gym Games

Thursday, January 24th @ 11am

Have some fun and get in a little exercise too! We will have cornhole and lawn darts set up in the gym for those who want to play. This is a great chance to work on your Senior Games skills before the competition heats up. Remember to register for our free lunch, which follows the 11:00 activity each Thursday.

Funny Money Bingo

Thursday, January 24th @ 1pm

Let's try something new! This month we will play several bingo games for "funny money", which can be used to purchase a prize off the table. Participants are asked to bring a small gift for the prize table, or donations will be accepted for those who would rather contribute financially. Registration is requested.

Cards & Games

Thursday, January 31st @ 11am

Have some fun playing card, dice, and board games with friends. If you have a favorite game to share bring it along, or you can play one of ours. Light snacks will be provided. Remember to register for our free lunch, which follows the 11:00 activity each Thursday.

Lunch & Learn: Home Safety (part 2)

Thursday, January 31st @ 12pm

Staff from WSSU's project REACHE will be joining us again to continue the discussion about home safety and ways to help you maintain independence. Registration is required, please call 336-499-1196, extension 176, to sign up.

Senior Center Garden

Come grow with us. The Salvation Army CiVIC Senior Center is home to a beautiful and productive garden space. Garden Club members can enjoy special trips and programs, not to mention the harvest from their garden. Club members are welcome to stop by during regular center hours to enjoy the space or lend a hand. We ask that you be willing to commit to working in the garden at least once a month.

What's Growing: Activities in the garden this month include keeping an eye on our winter crops and monitoring row covers on several of our garden beds to extend the season for a couple more weeks. We will also be trying out our hydroponic grow tower. Call Kelly at 336-499-1196, extension 176, for more information or to join.



Health & Wellness Classes

Chair Volleyball

Tuesdays @ 11am



Chair volleyball offers an opportunity for people of all ability levels to get moving while working on hand/eye coordination and reaction time. We use a 5-foot high net and large beach ball, so play is safe yet challenging. We play at the senior center every Tuesday at 11am, and you can join in as an individual or with a team of 6 people. Either way, make plans to join us in the Senior Center gym for this fun game.

Wednesday Walkers

Wednesdays @ 11am

We will be meeting on Wednesdays at 11am to walk in the senior center gym. Chairs are available for sitting when needed. Participants are welcome to stay after for chair yoga for a final stretch. Please wear supportive shoes and bring water to each session.

Chair Yoga

Wednesdays @ 11:30am

This gentle and relaxing yoga class is suitable for all fitness levels. We will enjoy stretches designed to increase flexibility and range of motion, and finish with some brief relaxation exercises. Please wear supportive shoes, and remember to bring water to every class.

Senior Stability

Thursdays @ 10am

If you are new to exercise, or have mobility concerns, join us for this chair-based class designed to increase balance, flexibility and range of motion. Each class will have warm up and flexibility exercises, resistance work with bands and fitness balls, and yoga-based stretching. Senior Stability is suitable for all fitness levels. Please wear comfortable clothing and athletic shoes, and remember to bring water to drink.

Volunteer Opportunities

Do you have a skill you would like to share with others? Are you interested in helping out at the Senior Center? We have opportunities to do just that!

We are actively seeking volunteers to teach classes, lead activities, help with the garden, make reminder phone calls, greet visitors at the center, and help with day trips. Please call Kelly at 336-499-1196, ext. 176, for more information.



VOLUNTEERS NEEDED