

DAVIDSON COUNTY SENIOR SERVICES

PRIME TIMES

Proudly serving the citizens of Davidson County since 1975

OCTOBER 2023



336.242.2290



www.co.davidson.nc.us



/DCseniorservices



/dcseniors

Meals on Wheels - Pets

Meals on Wheels – Pets began in Davidson County in June of 2016 thanks to a grant provided by Meals on Wheels America. The program has served hundreds of animals thousands of pounds of pet food over the past 7 years.

For many Meals on Wheels clients who have a pet, their treasured companion is often a highlight of their life. Older adults can feel a sense of purpose in providing care and affection for a pet and receive unconditional love in return. Studies have shown that seniors with pets are almost 40% less likely to report loneliness and have 21% fewer doctor visits. While the benefits of companionship are clear, taking care of a pet can be financially and physically challenging for seniors. With inflation on the rise, many struggle to provide their pets with a steady supply of pet food. Some seniors may give or share their daily meal provided by Meals on Wheels with their pet which could lead to a risk of poor nutrition. Additionally, because seniors have limited mobility, they have difficulty traveling to and from the store for pet food.

The Meals on Wheels Davidson County Pet Program addresses these issues, and thus helps clients and their pets stay together. The Meals on Wheels Pets initiative is just another way that Meals on Wheels can deliver so much more than just a meal. To qualify you must receive Meals on Wheels from Davidson County Senior Services, pets must be companion animals, and the monthly household income must be at or under 100% of the current National Poverty Guidelines.





Davidson County Senior Services Introduces....

An Online Registration Option for Senior Center Programming

MyActive Center is designed to make the process of signing up easier and more streamlined. With just a few clicks, you can register for classes and events online from your personal device. Give it a try and let us know what you think!

<http://www.myactivecenter.com>

Insert your zip code to search for the Lexington or Thomasville Senior Center. You must have a MySeniorCenter keytag to register online.



DAVIDSON COUNTY SENIOR SERVICES

Aging EMPOWERED!

*Classes with a fee cannot be paid online at this time. You can register, but must pay by phone or in person.

For more information, call 336.242.2290 or email dcsslex@davidsoncountync.gov

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ABOUT SENIOR SERVICES

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Our Locations

Senior Services, Lexington

555-B W Center St. Ext.

Lexington, NC 27295

Phone: 336.242.2290

dcsslex@davidsoncountync.gov

Senior Services, Thomasville

211 W Colonial Dr.

Thomasville, NC 27360

Phone: 336.242.2290

dcsstville@davidsoncountync.gov

Hours of Operation

Monday: 8 a.m. - 5 p.m.

Tuesday: 8 a.m. - 5 p.m.

Wednesday: 8 a.m. - 5 p.m.

Thursday: 8 a.m. - 5 p.m.

Friday: 8 a.m. - 5 p.m.

Saturday: Closed

Sunday: Closed

STAFF DIRECTORY

Thessia Everhart-Roberts, Director

Sabrina Orman, Nutrition Mgr.

Amanda Parris, In-Home Svcs. Mgr.

Ron Bellini, Nutrition Asst. Mgr.

Doug Duffey, Financial Specialist I

Christie Smith, Senior Center Mgr.

Cameron Hartwell, Congregate Nutrition Mgr.

Katherine Sprayberry, Community Engagement Mgr.

Emily Black, Administrative Assistant

Stefanie Poore, Administrative Secretary II

Nancy Earnhardt, Resources & Benefits Specialist

Anna Claire Kelly, Activities Coordinator

Brooke Adams, Special Events Coordinator

April Ooten, Evidence Based Program Coordinator

Jennifer Gallimore, Office Support IV

Melissa Bennett, Delivery Driver

Shirley Davis, Delivery Driver

Donna Berry, Office Support III

Chris Bitterman, Volunteer Services Coordinator

Kristy Younts, Transportation Coordinator

Susan Fritts, Café Coordinator

Ann Workman, Café Coordinator

Debra Freeman, Café Coordinator

Teresa Stevenson, Café Coordinator

Donna Little, Office Support III

Rhonda Tomlinson, CNA Coordinator

Helen Fitzgerald, Social Worker

Kim Latham, Social Worker

Lucy Fletcher, CNA

Darlene Vanderhyde, CNA

Lynn McCarn, RN

Carol Conrad, RN

Our Mission

Empower, Engage, and Encourage the Aging Population of Davidson County

Aging Empowered!!



The Table Tennis Senior Games Clinic was held in August in Lexington. Participants played a few games and honed in their skills for the 2024 Senior Games!



Participants in the August beads class made a beaded windchime.

Back row Left to right: Susan Badgett, Patricia Masters, Cathy Robinson, Jeanette Holder, Sheila Ayers, Beverly Roberts

Front row: Debra Lepock, Debbie Luellen

"Aging is not 'lost youth' but a new stage of opportunity and strength."

-Betty Friedan

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

SHIIP can help.



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

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

Schedule an appointment today to see if you can save!

Davidson Medical Ministries

Michelle Wood: 336.243.3232

Providing professional, affordable, and caring in-home living assistance for seniors. We help families by taking time to understand their loved-one's needs and provide personalized care coordination.

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of Davidson
County

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336-475-5444

200 Hospice Way Lexington, NC 27292

HospiceOfDavidson.org

Davidson County Senior Services Transportation

Davidson County Senior Services provides transportation to residents who are age 60 and older. Transportation may be accommodated for medical appointments, general trips such as going to the grocery store or pharmacy or to one of four Cafes (congregate nutrition sites).

Senior Services Transportation includes options such as door-to-door and fixed or circular routes in and between Lexington and Thomasville. Circular city route brochures are available at both the Lexington and Thomasville Senior Services buildings.



Davidson County Senior Services receives grant funds that are currently used to pay for the Senior Transportation Program. These funds allow transportation services to be offered at no cost to the passenger, however, client contributions are encouraged.

Senior Services was recently awarded additional funding from the Administration for Community Living (ACL) as part of the American Rescue Plan Act (ARPA). This grant will provide support through Sept. 30, 2024 to accommodate trips to the four Cafes including an additional day to the Denton Cafe, as well as accommodating more out-of-county medical trips.

If you have any questions regarding the Senior Transportation program offered by Davidson County Senior Services, please contact the Transportation Coordinator at 336.242.2947, weekdays, between the hours of 8 a.m. and 5 p.m.

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AVAILABLE



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Davidson County
proudly serves
family caregivers.**





**Get Ready for
Opening Day,
DENTON &
SOUTHMONT
SENIORS!**

SENIOR SERVICES
Aging EMPOWERED!

Activities and classes for adults age 55 and older begins **October 3**. Afternoon programming will be offered on Tuesdays, Wednesdays and Thursdays weekly at the Denton and Southmont Civic Centers. A calendar of events will be mailed and/or emailed to our distribution list on the 15th of each month. Individual program registration instructions will be included.

Activities for October include:

- ✓ Chair Yoga
- ✓ Line Dancing
- ✓ Bingo
- ✓ A Matter of Balance
- ✓ Vegetable Gardening
- ✓ Senior Health Insurance Information Program (SHIIP)
- ✓ Personal Safety
- ✓ And more!

If you would like to receive monthly calendars, please call 336.242.2290.

Need Help Understanding Medicare?

An Independent agent can help!

Call Billy Key to set up a free consultation
336-596-0166

Email: billykey@keywellfinancial.com



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Linwood, NC 27299
www.keywellfinancial.com

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(TTY: 711)
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Cell: 336-906-0501
andrew.cumby@cumbyfuneral.com

1015 Eastchester Drive
High Point, NC 27261-0509
336-889-5045

206 Trindale Road
Archdale, NC 27263
336-431-9124

<div><div></div><div><h1>OCTOBER</h1><div><p>* - Registration is required</p><p>\$ - Class has a cost</p></div></div></div>				
Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>9:45-10:45am Tai Chi * Wellness Studio</div> <div>1-2pm Senior Fit \$* Wellness Studio</div> <div>1-2:30pm Cozy Soups \$* The Café</div>	<div>3</div> <div>10-11am Bingocize * Wellness Studio</div> <div>12:30-1:30pm Drums Alive \$* Wellness Studio</div> <div>2-3pm Chair Yoga \$* Wellness Studio</div>	<div>4</div> <div>9am-12pm Flu Clinic * The Cube</div> <div>9:45-10:45am Tai Chi * Wellness Studio</div> <div>1-2pm Senior Fit \$* Wellness Studio</div> <div>2-3:30pm Exploring and Downloading Apps* The Café</div> <div>3-4pm Shag Class \$ Wellness Studio</div>	<div>5</div> <div>10-11am Bingocize * Wellness Studio</div> <div>12:30-1:30pm Drums Alive \$* Wellness Studio</div> <div>2-3pm Chair Yoga \$* Wellness Studio</div>	<div>6</div> <div>1-2:30pm Diamond Art \$* The Café</div>
<div>9</div> <div>9-10:30am Anti-Virus and Malware Removal Programs * The Cube</div> <div>9:45-10:45am Tai Chi * Wellness Studio</div> <div>1-2pm Senior Fit \$* Wellness Studio</div>	<div>10</div> <div>10-11am Bingocize * Wellness Studio</div> <div>12:30-1:30pm Drums Alive \$* Wellness Studio</div> <div>2-3pm Chair Yoga \$* Wellness Studio</div> <div>2-4pm Tech Time The Cube</div>	<div>11</div> <div>9am-12pm Flu Clinic * The Cube</div> <div>9:45-10:45am Tai Chi * Wellness Studio</div> <div>1-2pm Senior Fit \$* Wellness Studio</div> <div>3-4pm Shag Class \$ Wellness Studio</div>	<div>12</div> <div>10-11am Bingocize * Wellness Studio</div> <div>12:30-1:30pm Drums Alive \$* Wellness Studio</div> <div>2-3pm Chair Yoga \$* Wellness Studio</div>	<div>13</div> <div>1-3pm Plastic Canvas * The Café</div> <div></div>
<div>16</div> <div>9-10:30am Money Matters * The Cube</div> <div>9:45-10:45am Tai Chi * Wellness Studio</div> <div>1-2pm Senior Fit \$* Wellness Studio</div>	<div>17</div> <div>9-10:30am Money Matters * The Cube</div> <div>10-11am Bingocize * Wellness Studio</div> <div>1pm Dollar Store Halloween Crafts Virtual</div>	<div>18</div> <div>9am-12pm Flu Clinic * The Cube</div> <div>9:45-10:45am Tai Chi * Wellness Studio</div> <div>1-2pm Senior Fit \$* Wellness Studio</div> <div>3-4pm Shag Class \$ Wellness Studio</div>	<div>19</div> <div>10-11am Bingocize * Wellness Studio</div> <div>12-2pm Wood Carving * Wellness Studio</div> <div>1-2pm Healthy Lungs * The Café</div>	<div>20</div> <div>9-10:30am Money Matters * The Cube</div> <div>1-3pm Plastic Canvas * The Café</div>
<div>23</div> <div>9-10:30am Money Matters * The Cube</div> <div>1-2pm Senior Fit \$* Wellness Studio</div> <div></div>	<div>24</div> <div>9-10:30am Money Matters * The Cube</div> <div>10-11am Bingocize * Wellness Studio</div> <div>12:30-1:30pm Chair Yoga \$* Wellness Studio</div> <div>2-3pm Improve your Balance \$* Wellness Studio</div>	<div>25</div> <div>9am-12pm Flu Clinic * The Cube</div> <div>1-2pm Senior Fit \$* Wellness Studio</div>	<div>26</div> <div>10-11am Better Sleep BINGO * The Cube</div> <div>10-11am Bingocize * Wellness Studio</div> <div>12:30-1:30pm Chair Yoga \$* Wellness Studio</div> <div>1-2pm Emotional Wellness The Café</div> <div>2-3pm Improve your Balance \$* Wellness Studio</div>	<div>27</div> <div>9-10:30am Money Matters * The Cube</div> <div>12-2pm Halloween Party \$* Wellness Studio</div>
<div>30</div> <div>9-10:30am Money Matters * The Cube</div> <div>1-2pm Senior Fit \$* Wellness Studio</div>	<div>31</div> <div>9-10:30am Money Matters * The Cube</div> <div>10-11am Bingocize * Wellness Studio</div> <div>12:30-1:30pm Chair Yoga \$* Wellness Studio</div> <div>2-3pm Improve your Balance \$* Wellness Studio</div>	<div>DO NOT FORGET TO COME BY FOR OUR COSTUME CONTEST ON HALLOWEEN!</div> <div></div>		
<div></div>				



Ongoing Activities				
8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring, Table Tennis 3 - 4:30 p.m. Crafters Circle	8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring, Table Tennis 11:30 a.m. - 1 p.m. Ladder Golf	8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring, Table Tennis	8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring, Table Tennis 10 a.m. Fitness Room Orientation	8:30 a.m. - 4:30 p.m. Hall Walking Computer Lab Fitness Room Puzzles, Games & Coloring, Table Tennis 11:30 a.m. - 1 p.m. Cornhole
Special Activities				
2. 1-2 p.m. Walk with Ease	3.	4. 9-10 a.m. Chair Yoga \$ 1-2 p.m. Walk with Ease	5. 9 a.m. - 12 p.m. Flu Shot Clinic 10:30 - 11:30 a.m. Blood Pressure Checks 1-2 p.m. Walk with Ease	6. 9-11 a.m. Tech Assistance 1:30 - 2:30 p.m. Drums Alive \$
9. 1-2 p.m. Walk with Ease 11 a.m. Brunch Book Club - Thomasville Library	10. 10-11 a.m. Composting for the Garden 101 2-3 p.m. Bingo (Café)	11. 9-10 a.m. Chair Yoga \$ 1-2 p.m. Walk with Ease	12. 9 a.m. - 12 p.m. Flu Shot Clinic 1-2 p.m. Walk with Ease	13. 1:30 - 2:30 p.m. Drums Alive \$
16. 1-2 p.m. Walk with Ease	17.	18. 9-10 a.m. Chair Yoga \$ 1-2 p.m. Walk with Ease	19. 9 a.m. - 12 p.m. Flu Shot Clinic 1-2 p.m. Walk with Ease	20. 9-11 a.m. Tech Assistance 1:30 - 2:30 p.m. Drums Alive \$
23. 1-2 p.m. Walk with Ease	24.	25. 1-2 p.m. Walk with Ease	26. 9 a.m. - 12 p.m. Flu Shot Clinic 1-2 p.m. Walk with Ease	27. 9-11 a.m. Tech Assistance 1:30 - 2:30 p.m. Drums Alive \$
30. 1-2 p.m. Walk with Ease	31. 9 a.m. - 1 p.m. Health Fair		All Month Walking Challenge- Walktober	

Virtual or Hybrid Option

Registration Required

Program has Fees

For more information or to register please call 336.242.2290 or email dcstville@davidsoncountync.gov

MOW & Congregate Menu for October 2023

- 2-Baked Chicken w/Gravy, Green Beans, Corn, Dinner Roll, Cranberry-Apple Juice, Chocolate Fudge Round, Milk
3-Cheeseburger w/Chili, Lettuce & Tomato, Baked Beans, Bun, Peaches, Milk
4-Chicken Pie, Collard Greens, Baked Apples, Dinner Roll, Assorted Cookie, Milk
5-Baked Ham, Broccoli w/Cheese Sauce, Mashed Potatoes, Orange juice, Cornbread, Pudding, Milk
6-Chili Con Carne, Rice, Coleslaw, Cornbread, Fruit Cocktail, Milk

9-Barbecue Chicken, Green Peas, Glazed Carrots, Fresh Apple Slices, Dinner Roll, Pudding, Milk
10-Pancakes w/syrup, Scrambled Eggs, Sausage Links, Tater Tots, Orange Juice, Milk
11-Smoked Sausage w/Cabbage, Crowder Peas, Dinner Roll, Peaches, Milk
12-Breaded Chicken Filet, Baked Beans, Lettuce & Tomato Slices, Bun, Fruited Gelatin, Milk
13-Chicken Alfredo W/Noodles, Green Beans, Pickled Beets, Wheat Roll, Pears, Milk

16-Hot Dog w/Sauerkraut, Pinto Beans, Hot Sliced Apples, Bun, Fruited Gelatin, Milk
17-Fried Fish Filet, w/Tartar Sauce, Okra & Tomatoes, Coleslaw, Bun, Mixed Fruit, Milk
18-1/2 Pimento Cheese Sandwich on Wheat Bread, Veg. Beef Soup w/crackers, Orange Juice, Pudding, Milk
19-Spaghetti w/Meat Sauce, Green Beans, Tossed Salad w/Ranch Dressing, Garlic Bread, Pears, Milk
20-Pinto Beans, Turnip Greens, Macaroni & Cheese, Cornbread, Orange Juice, Milk

23-Chicken Pie, Blackeye Peas, Peaches, Dinner Roll, Assorted Cookie, Milk
24-Meatloaf, Diced Potatoes, Broccoli, Wheat Roll, Orange Juice, Pudding, Milk
25-Chicken Patty w/Gravy, Corn, Okra & Tomatoes, Cornbread, Fruited Gelatin, Milk
26-Smoked Sausage, Rice, Peas & Carrots, Pears, Dinner Roll, Pudding, Milk
27-Barbecue Boneless Pork Rib, Lima Beans, Mashed Potatoes, Dinner Roll, Fruit Cocktail, Milk.

30-Sliced Turkey w/Gravy, Cornbread Stuffing, Green Beans, Peach Cobbler, Dinner Roll, Milk.
31-Sloppy Joe, Tater Tots, Coleslaw, Bun, Applesauce, Milk

DAVIDSON COUNTY SENIOR SERVICES, LEXINGTON

COZY SOUPS



MONDAY, OCTOBER 2
1 - 2:30 P.M.

Do you crave soup when it starts to get cooler outside? If so, join us for a cooking demonstration and tasting of three different soup recipes. We will be making Sausage Tortellini Soup, Chicken Tortilla Soup and White Bean Soup.

\$10 for Davidson County residents 55 and older.

REGISTRATION IS REQUIRED BY SEPTEMBER 27. TO REGISTER, CALL 336-242-2290 OR EMAIL DCSSLEX@DAVIDSONCOUNTYNC.GOV

555-B WEST CENTER STREET EXT



DAVIDSON COUNTY SENIOR SERVICES, THOMASVILLE

FALL HEALTH FAIR

HEALTH DOESN'T HAVE TO BE SCARY!

- GAMES
- COSTUME CONTEST
- BALANCE SCREENINGS & TUG TEST
- BLOOD PRESSURE CHECKS AND MORE!

TUESDAY, OCTOBER 31
9 A.M. - 1 P.M.
211 W. COLONIAL DRIVE

No charge for Davidson County Residents 55 and older

For questions call 336.242.2290 or email dcstville@davidsoncountync.gov



DAVIDSON COUNTY SENIOR SERVICES, LEXINGTON

HALLOWEEN PARTY

Friday, October 27 12 - 2 P.M.

JOIN US FOR A SPOOK-TACULAR TIME! WE WILL ENJOY HALLOWEEN THEMED SNACKS AS WELL AS PAINTING PUMPKINS AND MORE!

REGISTRATION IS REQUIRED BY OCTOBER 24. TO REGISTER, CALL 336-242-2290 OR EMAIL DCSSLEX@DAVIDSONCOUNTYNC.GOV

DAVIDSON COUNTY SENIOR SERVICES
Ageempowered!

Brookstone Retirement Center, LLC
"Respecting the past, anticipating the future"

555-B WEST CENTER STREET EXT

\$5 FOR DAVIDSON COUNTY RESIDENTS 55 AND OLDER.



DAVIDSON COUNTY SENIOR SERVICES, LEXINGTON

HALLOWEEN COSTUME CONTEST

TUESDAY, OCTOBER 31

Stop by the Lexington Senior Center anytime between 8:30 am - 4:30 pm and get your picture taken at the front desk! You will be entered to win a fall gift basket! Library staff will vote on their favorite costume and the winner will be announced on Friday, November 3.

555-B WEST CENTER STREET EXT



Love your ears by caring for your hearing.

It starts with a quick and painless hearing assessment. Are you experiencing signs of hearing loss, such as ringing in your ears, asking people to repeat themselves or difficulty hearing in noisy situations? If so, please schedule an appointment today for your **complimentary hearing assessment**.*

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*See office for details. †Buyer must purchase two (2) hearing aids for their own use. Purchase one hearing aid at standard list price and receive 50% off the standard list price on a second hearing aid of equal or lesser value. One offer per purchase. Offer cannot be combined with any other offer or discount, including the Hearing-Life Value Plan (HLVP). Not valid on prior purchases. Offer not available to any consumer who has private or federal health insurance coverage. Private pay purchases only. The CROS system does not qualify for this offer. Other terms or exclusions may apply, see office for details. Offer begins on 10/1/23 and expires on 10/31/23. Information within this offer may vary or be subject to change.



Davidson County Senior Services, Thomasville



DRUMS ALIVE

THIS 6 WEEK WORKOUT CLASS COMBINES THE BENEFITS OF A PHYSICAL FITNESS PROGRAM WITH THE POWER OF MUSIC AND RHYTHM.

\$15 FOR DAVIDSON COUNTY RESIDENTS 55 AND OLDER.

**OCTOBER 6- NOVEMBER 17
FRIDAYS
1:30 - 2:30 P.M.**

*NO CLASS WILL BE HELD ON NOVEMBER 10 IN HONOR OF VETERANS DAY
211 W. Colonial Drive
REGISTRATION REQUIRED BY SEPTEMBER 29

For more information or to register, call 336.242.2290 or email dcsstville@davidsoncountync.gov

DAVIDSON COUNTY SENIOR SERVICES, THOMASVILLE

yChair Yoga



Join this 6 week session to stay active and improve flexibility and strength without engaging in strenuous or full-range movements.

\$20
FOR DAVIDSON COUNTY RESIDENTS 55 AND OLDER

OCTOBER 4 - NOVEMBER 15
NO CLASS ON OCTOBER 25

**WEDNESDAYS
9-10 A.M.**

211 W. COLONIAL DRIVE
REGISTRATION REQUIRED BY SEPTEMBER 28

For more information or to register call 336.242.2290 or email dcsstville@davidsoncountync.gov

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The Arthritis Foundation Walk with Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet 10 minutes without increased pain, you can have success with Walk with Ease.

Walk with Ease will help you:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great

MONDAY, WEDNESDAY & THURSDAY

OCTOBER 2 – NOVEMBER 9 1 – 2 P.M.

211 W. COLONIAL DRIVE, THOMASVILLE

Deadline to register is Monday, September 25

No charge to Davidson County residents 55 and older

For more information or to register call 336.242.2290 or email dcsville@davidsoncountync.gov

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Crafting and Encouraging Others Go Hand in Hand

The ladies in Davidson County Senior Center Lexington's Creative Creations share a passion for two things – crafting and helping others. Put those passions together and you get a bundle of handmade blankets, hats and scarves to benefit county residents fighting cancer.



Several members of the group also knit prayer shawls for anyone who needs encouragement through First Baptist Church. The crafters jumped at the opportunity to extend their ministry when Ray Howell, Executive Director of Cancer Services of Davidson County approached the group about contributing to their gift bags for cancer patients. They immediately began knitting blankets, hats and scarves to include in the bags. This project had a special meaning for the ladies as they have lost two members of their group to cancer over the past few years. Lynn Mack and Marie Pressley were longtime participants of the Creative Creations and both left a lasting impact on the group.

"Marie didn't throw anything away. She made us save everything because we may find a good use for it someday," shared Mary Harrell. "She had the ultimate patience and would do anything to help someone," Harrell continued.

Fellow crafter Karen Hunter explained that Lynn shared some concerns regarding health issues with the group one afternoon. The ladies encouraged her to speak with her doctor and shortly after she discovered she had cancer. "Her courageous battle with cancer was a true inspiration to all of us. She was a big supporter of Cancer Services and continued to be active in her community as long as she could. She was a wonderful friend to all of us," stated Karen Hunter.

Creative Creations meets on Mondays and Thursdays from 1 to 4 p.m. at the Davidson County Senior Center in Lexington (555-B W. Center St. Ext.). If you are a crafter of any art and could use a few more good friends in your life, this is the place for you.

Thank You!

to our Sponsors



Brookstone Retirement Center, LLC
"Respecting the past, anticipating the future"



Piedmont Crossing
An EveryAge Community



Hospice
of Davidson County
Find comfort here.



MEDICARE

