

## ...And They Lived Happily Ever After

Roy and Sue Franks met in high school and are what some would call "high school sweethearts." They both went to Central Davidson, and Sue was a transplant to the school and area. Her father was a coal miner and needed work, so they relocated to North Carolina. Roy recalls the first time he saw Sue as she was getting off of the school bus; he thought to himself, "Wow! Man, I love her!" Sue first saw Roy when he was playing basketball at her cousin's house. She was so impressed with how tall and handsome he was. Roy shared in his high school yearbook that the "back seat on the right side of the bus will always be reserved for him and Sue" as this was the seat they shared on the way to school each morning.

Roy and Sue's first date was at Sue's family home. Since Sue's family had not been in the area too long, she was not allowed to go out with boys, but they could come to her house. Roy visited her family home and most dates after that were also at Sue's family home in part due to her mother's great cooking. Roy raved about how good Sue's mother could cook.

The two went on to get married on December 22, 1960 when Roy was 18 and Sue was 16, soon after Roy graduated from high school. Roy and Sue have been together now for 63 years! They both recalled the reception from their wedding to be perfect. They got married at Roy's parents' home and then headed to Sue's family home for the reception. When they arrived, they were so surprised because Sue's father had ordered them a custom cake - one of Sue's favorite parts of their wedding.

At 40 years old, Roy was called to preach. The couple built a church in 1986 in front of their high school, and it is now called Victory Baptist Church.

Roy and Sue have two children, five grandchildren and eight great-grandchildren. Family gatherings are very special to the Franks including the annual Christmas Tea Party Sue hosts for the women in her family.

It is rare that the two are seen apart; many people say that if you see one of them, you'll likely see the other one not far away. The Franks agree that the best part of their marriage is having trust in someone you know will always be there. Roy and Sue's best advice to pass on to other couples is that no matter what happens, forgiveness is at the top of the list. Big or little, always forgive.

Here's to many more years of happiness for this special couple!



## Valentine's Party

Join Davidson County Senior Services for a sweet time at the Valentine's Day Party for county residents 55 and older. Enjoy food, fun and games from 2 - 4 p.m. Feb. 14 at the Davidson County Senior Center in Thomasville.

Spend Valentine's Day surrounded by friends, fellowship and delicious finger foods. Special thanks to Humana, Always Best Care, and Brookstone Retirement for their sponsorship of this special event.

Fee for this event is \$5 and preregistration is required by Feb. 7. For more information, call 336.242.2290 or email [dccslex@davidsoncountync.gov](mailto:dccslex@davidsoncountync.gov)

## What's Inside:

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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](mailto:dcsslex@davidsoncountync.gov)

### Senior Services, Thomasville

211 W Colonial Dr.  
Thomasville, NC 27360  
Phone: 336.242.2290

[dcsstville@davidsoncountync.gov](mailto: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 Spec.  
Gina McLain, Resources & Benefits Spec.  
Anna Claire Kelly, Activities Coordinator  
Brooke Adams, Special Events Coordinator  
April Ooten, Evidence Based Program Coord.  
Sherry Russell, Senior Outreach Coord., Denton

Vickie Whitehead, Senior Outreach Coord., Southmont  
Jennifer Gallimore, Office Support IV  
Melissa Bennett, Delivery Driver  
Shirley Davis, Delivery Driver  
Donna Berry, Office Support III  
Chris Bitterman, Volunteer Services Coord.  
Susan Fritts, Café Coordinator  
Ann Workman, Café Coordinator  
Debra Freeman, Café Coordinator  
Teresa Stevenson, Café Coordinator  
Leslie Hodge, 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  
Meredith Clemmer, Transportation Coord.

## Our Mission

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

*Aging Empowered!!*

## ONGOING ACTIVITIES, LEXINGTON

WEEKLY

Day	Event	Time
Monday	Total Fitness	8:30 - 9:30 a.m.
	Cornhole	9:30 - 10:30 a.m.
	Creative Creations	12 - 4 p.m.
	Mahjong	12 - 4 p.m.
Tuesday	Table Tennis	1 - 4 p.m.
	Senior Chorus	1:30 - 3:30 p.m.
Wednesday	Total Fitness	8:30 - 9:30 a.m.
	Cornhole	8:45 - 10:45 a.m.
	Bowling (J. Smith Young YMCA)	1 - 3 p.m.
Thursday	Creative Creations	12 - 4 p.m.
	Table Tennis	1 - 4 p.m.
Friday	Fit Wise	9 - 10 a.m.
	Card Games	1 - 4:30 p.m.

DAILY

Fitness Room	8:30 a.m. - 4:30 p.m.
Computer Lab	
Library	
Puzzles	
Games	
Coloring	
Outdoor Walking Trail	6 a.m. - 9 p.m.
Indoor Walking (P&R Gym)	12 - 2 p.m.

MONTHLY

Tasted it in a Book	Last Monday of the Month
Tech Time	Second Tuesday of the Month
Blood Pressure Checks	First Thursday of the Month
Emotional Wellness Journey	Last Thursday of the Month

**By Appointment: Fitness Room Orientations, Massage Therapy & Legal Aid**

The Davidson County Senior Center in Lexington presents...



# Living Healthy with Chronic Conditions

\*No charge for Davidson County residents 55 and older\*

A six-week Evidence-based class for older adults wanting to manage their chronic conditions and meet others sharing similar challenges and concerns.

February 7 - March 13, 2024  
Wednesdays 1:00 - 3:30 p.m.

Davidson County Senior Services  
555-B West Center St Ext

Sponsored By:



Alignment  
Health Plan



For more information or to register,  
call 336.242.2290 or email  
dcsslex@davidsoncountync.gov  
Deadline to register is Wednesday,  
January 21.



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# Hospice of Davidson County

*Find comfort here.*



336-475-5444

200 Hospice Way Lexington, NC 27292

[HospiceOfDavidson.org](http://HospiceOfDavidson.org)





**REGISTER FOR THE 2024 GAMES  
FOR \$8 AT THIS EVENT ONLY!**

Bring a first-time Davidson County participant and you both will be entered into a gift basket drawing.

**KICKOFF PARTY - FRIDAY, FEB 16**  
 9 - 11 a.m. Senior Services, Lexington  
 2 - 4 p.m. Senior Services, Thomasville

**Registration Fees:**  
 \$8 Kickoff Party - Feb. 16  
 \$10 Early Bird - Feb. 17 - Mar. 1  
 \$12 Standard - Mar. 2 - 18  
 \$15 Out of County

**Games Dates: Apr. 16 - May 22**  
**Registration Deadline: Mar. 18**

**AGE 50+**

## Save the date for the 2024 Davidson County Senior Games

Davidson County Senior Games and SilverArts is an exciting sports and arts festival exclusively for men and women who are residents of Davidson County and are 50 and better in age. It features events in 20+ different sports and 5 creative/literary and performing art categories. Davidson County Senior Games is sanctioned by North Carolina Senior Games, Inc.

The 2024 local games will be held April 16 through May 22. Register and you get a new Senior Games t-shirt for 2024, opening ceremonies breakfast, games entry, closing ceremonies awards luncheon and more fun, fellowship and laughter than you can imagine. Applications will be available in February at the following locations: Davidson County Senior Services (Lexington and Thomasville), Davidson County Parks and Recreation, Thomasville Parks and Recreation, Lexington Parks and Recreation, Davidson County Libraries, J. Smith Young YMCA and Tom A. Finch Community YMCA. Special thanks to Novant, Civic Credit Union, Lexington Utilities, Brookstone Retirement and Brandyberry and Associates for sponsoring this year's games.

For more information on how to register or volunteer for Senior Games, please call 336.242.2290 or email [dcsstville@davidsoncountync.gov](mailto:dcsstville@davidsoncountync.gov)

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**336-249-2155**  
**[www.LifeCenterDavidson.com](http://www.LifeCenterDavidson.com)**

**The Life Center of  
Davidson County  
proudly serves  
family caregivers.**



# DENTON & SOUTHMONT SENIOR PROGRAM

**DIY Valentine Cards**  
Feb 13, 1:30 p.m.  
Southmont

**Tote Bag Painting**  
Feb 13, 1 p.m.  
Denton

**Fire & Home Safety**  
Feb 6, 1 p.m.  
Denton

**Super Bowl Party**  
Feb 8, 2 p.m.  
Southmont

**Smartphones  
at a Glance**  
Feb 26  
2:15 p.m.  
Denton

**Easy Microwave Cake**  
Feb 14, 2:15 p.m.  
Denton

**10 Warning Signs of  
Alzheimer's**  
Feb 15, 2:15 p.m.  
Southmont

**Love is in the Air Trivia**  
Feb 13, 2:30 p.m.  
Southmont

**For a complete calendar of scheduled activities  
for February, call 336.242.2290 or email  
dcsslex@davidsoncountync.gov**

## 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](mailto:billykey@keywellfinancial.com)



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Davidson County Senior Services  
211 W. Colonial Drive, Thomasville  
336-242-2290  
dcsstville@davidsoncountync.gov



# FEBRUARY

## ONGOING ACTIVITIES

<b>DAILY:</b>	<b>8:30 a.m. - 4:30 p.m.</b> Hall Walking & Walking Trail Computer Lab Fitness Room Puzzle, Games & Coloring Table Tennis		<b>11:30 a.m. - 1 p.m.</b> Cornhole *By Appointment* Fitness Room Orientation	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>12 - 2 p.m.</b> Hodgepodge Hobbies				<b>9 - 11 a.m.</b> Tech Assistance *By Appointment

## SPECIAL ACTIVITIES

<div> <p><b>Tax Appointments available Mondays and Fridays February 2 - April 12</b></p> </div>				
1. <b>10:30 - 11:30 a.m.</b> Blood Pressure Checks	2. <b>9 - 11 a.m.</b> Black History Month Movie Matinees	3. <b>2 - 4 p.m.</b> Floral Arranging 101 \$	4. <b>11 a.m. - 12:30 p.m.</b> Fitness Apps Lunch & Learn	5. <b>12 - 2 p.m.</b> Mardi Gras Murder Mystery Luncheon \$
6. <b>11 a.m.</b> Brunch Book Club - Thomasville Library	7. <b>2 - 3 p.m.</b> Bingo (Café)	8. <b>2 - 4 p.m.</b> Valentines Party \$ (Thomasville Café)	9. <b>9 - 11 a.m.</b> Black History Month Movie Matinees	10. <b>2 - 4 p.m.</b> Senior Games Kick-off Party
11. <b>9 a.m. - 12 p.m.</b> Bookmobile	12. <b>12 - 1:30 p.m.</b> Low Vision Lunch and Learn <b>1 - 4 p.m.</b> Legal Aid (By Appt. Only)	13. <b>9:30 - 11 a.m.</b> Graphic Design	14. <b>12 - 2 p.m.</b> Black History Month Movie Matinees	15. <b>8 - 9:30 a.m.</b> Basketball Shooting (Tville P&R)
16.	17. <b>2 - 4 p.m.</b> Board Game Basics - Bunco	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.



Virtual or Hybrid Option



Registration Required



Program has Fees

## FEBRUARY


Monday

Tuesday

Wednesday

Thursday

Friday

 <p><b>\$: Class has a cost</b>  <b>*: Class requires preregistration</b></p>			<p><b>1</b>  <b>11am-1pm Matter of Balance *</b>  Wellness Studio  <b>1:30-2:30pm Chair Yoga \$*</b>  Wellness Studio  <b>3-4pm Drums Alive \$*</b>  Wellness Studio</p>	<p><b>2</b>  <b>12-1pm Chair Volleyball</b>  Wellness Studio  <b>2-4pm Ceramic Painting \$*</b>  The Café</p>
<p><b>5</b>  <b>9-10:30am Money Matters *</b>  The Cube  <b>9:45-10:45am Tai Chi Part 2 *</b>  Wellness Studio  <b>2-3:30pm Valentines Crafts \$*</b>  The Café  <b>2-3:30pm Internet of Things: Wearables *</b>  Wellness Studio</p>	<p><b>6</b>  <b>9-10:30am Money Matters *</b>  The Cube  <b>9-10am Bingocize *</b>  Wellness Studio  <b>1:30-2:30pm Chair Yoga \$*</b>  Wellness Studio  <b>3-4pm Drums Alive \$*</b>  Wellness Studio</p>	<p><b>7</b>  <b>9-10:30am Money Matters *</b>  The Cube  <b>9:45-10:45am Tai Chi Part 2 *</b>  Wellness Studio  <b>12-2pm Plastic Canvas *</b>  The Cube  <b>1-3:30pm Living Healthy with Chronic Conditions *</b>  Wellness Studio</p>	<p><b>8</b>  <b>9-11am Heart Health *</b>  The Cube  <b>9-10am Bingocize *</b>  Wellness Studio  <b>1:30-2:30pm Chair Yoga \$*</b>  Wellness Studio  <b>3-4pm Drums Alive \$*</b>  Wellness Studio</p>	<p><b>9</b>  <b>10-11:30am Internet of Things: Healthcare *</b>  The Cube  <b>12-1pm Chair Volleyball</b>  Wellness Studio</p>
<p><b>12</b>  <b>9-10:30am Money Matters *</b>  The Cube  <b>9:45-10:45am Tai Chi Part 2 *</b>  Wellness Studio  <b>2-3:30pm Computer Essentials *</b>  The Café  <b>2:30-3:30pm Senior Fit \$*</b>  Wellness Studio</p>	<p><b>13</b>  <b>9-10:30am Money Matters *</b>  The Cube  <b>9-10am Bingocize *</b>  Wellness Studio  <b>1:30-2:30pm Chair Yoga \$*</b>  Wellness Studio  <b>2-4pm Tech Time</b>  The Cube  <b>3-4pm Drums Alive \$*</b>  Wellness Studio</p>	<p><b>14</b>  <b>9-10:30am Money Matters *</b>  The Cube  <b>9:45-10:45am Tai Chi Part 2 *</b>  Wellness Studio  <b>1-3:30pm Living Healthy with Chronic Conditions *</b>  Wellness Studio  <b>2-4pm Valentines Social \$*</b>  Thomasville Senior Center  <b>2-3:30pm Computer Essentials *</b>  The Café</p>	<p><b>15</b>  <b>9-10:30am Zentangle *</b>  The Cube  <b>9-10am Bingocize *</b>  Wellness Studio  <b>1:30-2:30pm Chair Yoga \$*</b>  Wellness Studio  <b>3-4pm Drums Alive \$*</b>  Wellness Studio</p>	<p><b>16</b>  <b>9-11am Senior Games Kickoff</b>  The Cube  <b>11am-12pm Escape to the Islands \$*</b>  Wellness Studio  <b>12-1pm Chair Volleyball</b>  Wellness Studio  <b>2:30-3:30pm Senior Fit \$*</b>  Wellness Studio</p>
<p><b>19</b>  <b>9-10:30am Money Matters *</b>  The Cube  <b>9:45-10:45am Tai Chi Part 2 *</b>  Wellness Studio  <b>2-3:30pm Computer Essentials *</b>  The Café  <b>2:30-3:30pm Senior Fit \$*</b>  Wellness Studio</p>	<p><b>20</b>  <b>9-10:30am Money Matters *</b>  The Cube  <b>9-10am Bingocize *</b>  Wellness Studio</p>	<p><b>21</b>  <b>9-10:30am Money Matters *</b>  The Cube  <b>9:45-10:45am Tai Chi Part 2 *</b>  Wellness Studio  <b>12-2pm Plastic Canvas *</b>  The Cube  <b>1-3:30pm Living Healthy with Chronic Conditions *</b>  Wellness Studio  <b>2-3:30pm Computer Essentials *</b>  The Café</p>	<p><b>22</b>  <b>9-10am Bingocize *</b>  Wellness Studio  <b>2-3:30pm Air Fryer Desserts \$*</b>  The Café</p>	<p><b>23</b>  <b>9-10:30am Scrapbooking \$*</b>  The Cube  <b>11am-12pm Escape to the Islands \$*</b>  Wellness Studio  <b>12-1pm Chair Volleyball</b>  Wellness Studio  <b>2:30-3:30pm Senior Fit \$*</b>  Wellness Studio</p>
<p><b>26</b>  <b>9-10:30am Money Matters *</b>  The Cube  <b>9:45-10:45am Tai Chi *</b>  Wellness Studio  <b>1-2:30pm Tasted it in a Book</b>  The Café  <b>2:30-3:30pm Senior Fit \$*</b>  Wellness Studio</p>	<p><b>27</b>  <b>9-10am Bingocize *</b>  Wellness Studio  <b>11am-12pm Line Dancing \$</b>  Wellness Studio  <b>1-2pm Chair Yoga \$*</b>  Wellness Studio  <b>2:30-3:30pm Arthritis Exercise Program \$*</b>  Wellness Studio</p>	<p><b>28</b>  <b>9-10:30am Tech Tips for Disaster Preparedness *</b>  The Cube  <b>9:45-10:45am Tai Chi *</b>  Wellness Studio  <b>1-3:30pm Living Healthy with Chronic Conditions *</b>  Wellness Studio  <b>2-3:30pm Computer Essentials *</b>  The Café</p>	<p><b>29</b>  <b>9-10am Bingocize *</b>  Wellness Studio  <b>1-2pm Emotional Wellness</b>  The Cube  <b>1-2pm Chair Yoga \$*</b>  Wellness Studio  <b>2:30-3:30pm Arthritis Exercise Program \$*</b>  Wellness Studio</p>	



DAVIDSON COUNTY SENIOR SERVICES, LEXINGTON

## CERAMIC PAINTING

**FRIDAY, FEBRUARY 2**  
2 - 4 PM

**\$20 FOR DAVIDSON COUNTY RESIDENTS 55 AND OLDER**



Paint along with Beyond the Surface Art instructor, Jamie Tucker. Create a beautiful vase of your own to better display your flowers.

Registration is required by January 29. To register, call 336-242-2290 or email [dcsslex@davidsoncountync.gov](mailto:dcsslex@davidsoncountync.gov)

555-B WEST CENTER STREET EXT.



Davidson County Senior Services, Thomasville



## Floral Arranging 101

Participants will learn the basics of floral arranging and have hands on instruction to create their own bouquet.

**FRIDAY, FEBRUARY 2**  
2 - 4 P.M.

Registration required by January 26.

**\$20 PER PERSON**

Includes all supplies for each participant to make one bouquet.

211 W. Colonial Drive

For more information call 336.242.2290 or email [dcssville@davidsoncountync.gov](mailto:dcssville@davidsoncountync.gov)

Sponsored by  
Brookstone Retirement Center, LLC  
*"Respecting the past, anticipating the future"*



Davidson County Senior Services, Lexington

## Scrapbooking

**Friday, February 23**  
9 - 10:30 am

**\$10 for Davidson County residents 55 and older.**

Registration is required by February 19. To register, call 336-242-2290 or email [dcsslex@davidsoncountync.gov](mailto:dcsslex@davidsoncountync.gov)

Do you want to learn how to scrapbook but do not know where to start? Join us to learn the ins and outs of scrap booking and even try your hand at it!

555-B West Center Street Ext.



Davidson County Senior Services, Lexington

## Zentangle

**Thursday, February 15**  
9 - 10:30 am

An easy to learn, relaxing and fun way to draw beautiful images. Come and tap into your artistic side with Rebecca Moser.



**\$5 for Davidson County residents 55 and older.**

Registration is required by February 12. To register, call 336-242-2290 or email [dcsslex@davidsoncountync.gov](mailto:dcsslex@davidsoncountync.gov)

555-B West Center Street Ext.





## Davidson County Senior Services FEBRUARY 2024 Menu

1-BBQ Boneless Pork Rib, Squash & Onions, Green Peas, Apple Juice, Wheat Roll, Asst. Cookie, Milk  
 2-Hot Dog w/Chili, Corn, Barbecue Slaw, Pears, Bun, Pudding, Milk

5-Baked Chicken w/Gravy, Green Beans, Corn, Dinner Roll, Cranberry-Apple Juice, Chocolate Fudge Round, Milk

6-Cheeseburger w/Chili, Baked Beans, Coleslaw, Bun, Peaches, Milk

7-Chicken Pie, Collard Greens, Fresh Apple Slices, Dinner Roll, Assorted Cookie, Milk

8-Baked Ham, Broccoli w/Cheese Sauce, Mashed Potatoes, Orange Juice, Cornbread, Pudding, Milk

9-Chili Con Carne, Rice, Coleslaw, Cornbread, Fruit Cocktail, Milk

12-Barbecue Chicken, Green Peas, Glazed Carrots, Apple Juice, Dinner Roll, Pudding, Milk

13-Hamburger Steak w/Gravy, Mashed Potatoes, Broccoli Casserole, Applesauce, Dinner Roll, OJ, Milk

14-Smoked Sausage w/Cabbage, Crowder Peas, Dinner Roll, Peaches, Milk

15-Breaded Chicken Filet, Baked Beans, Lettuce & Tomato Slices, Bun, Fruited Gelatin, Milk

16-Chicken Alfredo w/Noodles, Green Beans, Pickled Beets, Wheat Roll, Pears, Milk

19-Hot Dog w/Sauerkraut, Pintos, Hot Sliced Apples, Bun, Fruited Gelatin, Milk

20-Fried Fish Filet w/Tartar Sauce, Okra & Tomatoes, Coleslaw, Bun, Mixed Fruit, Milk

21-1/2 Pimento Cheese Sandwich on Wheat Bread, Vegetable Beef Soup w/Crackers, Fresh Orange, Pudding, Milk

22-Spaghetti w/Meat Sauce, Green Beans, Tossed Salad w/Ranch Dressing, Garlic Bread, Pears, Milk

23-Pinto Beans, Turnip Greens, Macaroni & Cheese, Cornbread, Orange Juice, Milk

26-Pancakes w/Syrup, Scrambled Eggs, Sausage Links, Tater Tots, Orange Juice, Milk

27-Meatloaf, Diced Potatoes, Broccoli, Wheat Roll, Orange Juice, Pudding, Milk

28-Chicken Patty w/Gravy, Okra & Tomatoes, Corn, Cornbread, Fruited Gelatin, Milk

29-Smoked Sausage, Rice, Peas & Carrots, Pears, Dinner Roll, Pudding, Milk

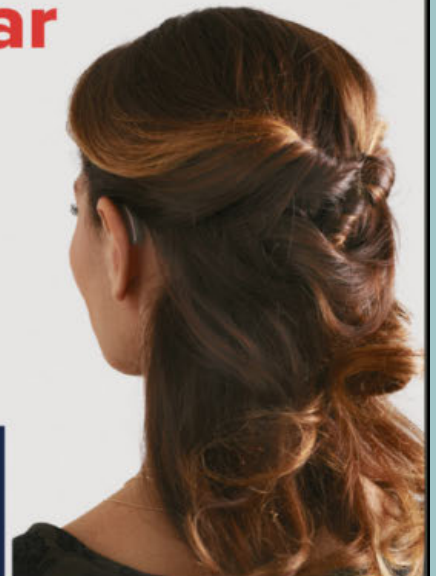
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## Internet of Things: Wearables

**Mon. Feb. 5**

**2- 3:30 p.m., Senior Center, Lex.**

From fitness trackers to smart glasses, wearable technology is here to stay! Come to this lecture to learn about the health, wellness and personal safety benefits of wearable technology.

Registration deadline is Feb. 1.

## Computer Essentials

**Mon. & Wed. Feb. 12 - Mar. 18**

**2- 3:30 p.m., Senior Center, Lex.**

This 5-week course covers the essentials of how to use the basic functions of a personal computer, how to navigate the internet and how to send and receive emails. Registration deadline is Feb. 7.

## Fitness Apps

### Lunch & Learn

**Mon. Feb. 5**

**11 - 12:30 p.m., Senior Center, Tville.**

We'll discuss apps that can help you track your nutrition and activity, plan your workouts, stay motivated and even get better sleep. Registration deadline is Feb. 1.

## Internet of Things: Healthcare

**Fri. Feb. 9**

**10 - 11:30 a.m., Senior Center, Lex.**

Interested in telehealth? Come learn how the medical industry is embracing the Internet of Things (IoT) technology to treat patients remotely. We'll explore devices from smart hearing to ingestible sensors, as well as popular telehealth apps. Registration deadline is Feb. 7.

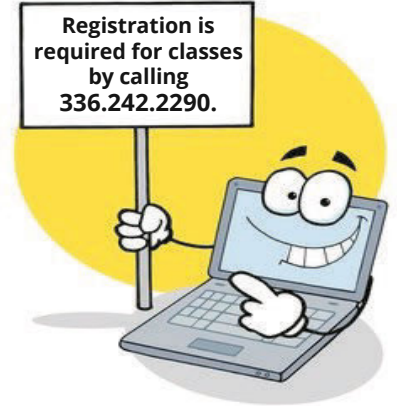
## Graphic Design

**Wed. Feb. 21**

**9:30 - 11 a.m., Senior Center, Tville.**

Try your hand at one or more free, user-friendly, web based graphic design tools. We'll explore the popular design platform, Canva and demonstrate how you can get very creative with basic tools like Google Slides. We'll also take a look at Photoshop Express, the web based, free version of Photoshop. Registration deadline is Feb. 16.

Registration is  
required for classes  
by calling  
336.242.2290.



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# TAX PREP SERVICE

Free tax assistance and electronic filing for older and limited income families and individuals.

**FEBRUARY 2 - APRIL 12**

Mondays & Fridays  
9 - 11:30 a.m.  
211 W. Colonial Drive, Thomasville

Volunteer AARP counselors trained in cooperation with the Internal Revenue Services will provide counseling and income tax form preparation.

Call to schedule an appointment  
☎ 336.242.2290



DAVIDSON COUNTY DEPT. OF SENIOR SERVICES

## DONATIONS NEEDED

Incontinence supplies and nutritional supplements are two unexpected cost many seniors are faced with. Traditional Medicare doesn't cover these expenses.

*With your donation, Senior Services can help.*

### ITEMS NEEDED

- BOOST/ENSURE/GLUCERNA
- MEN'S GUARDS
- ORANGE BED LINERS
- UNISEX ADULT PULL UPS
  - (S, M, L, XL, 2XL, 4XL)

Donations are accepted at Senior Services offices in Lexington (555-B West Center Street Ext.) and Thomasville (211 West Colonial Drive, Suite 109)



FOR MORE INFORMATION or QUESTIONS  
(336) 242-2294

# Thank You!

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