

SENIOR LINK



Volume 14, Issue 4 • January — April, 2015



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SENIOR TRANSPORTATION

Henry County Parks and Recreation provides transportation services to senior citizens, particularly those who reside in rural areas, that are residents of Henry County and are sixty years of age and older. Preference is given to the elderly, transportation disadvantaged and disabled. Contributions are appreciated. For a ride, call 634.4644.

Regular Transportation Schedule
Monday & Tuesday
Senior Nutrition Sites
Monday – Friday
Demand Response

HOLIDAY CLOSINGS

Henry County Parks & Recreation will be closed on

January 1 & 2 – New Year's

January 16 - Lee/Jackson Day

January 19 -

Martin Luther King, Jr. Day

February 16 - President's Day

The 50 + Club activities are designed specifically for individuals 50 years of age and older. Individuals under the age of fifty should feel free to enjoy all other age appropriate activities offered by the recreation section of our department.

UPCOMING TRAVEL NEWS...

WOHLFAHRT HAUS DINNER THEATRE

Wohlfahrt Haus Dinner Theatre

Join us for a trip to the Wohlfahrt Haus Dinner Theatre in Wytheville, Virginia to see Back to the 50's on Thursday, April 23, 2015. Motor coach transportation, lunch, gratuity and show included. Pre-registration for the trip is required by calling 634.4644. Payment for the trip is due by March 23, 2015.

Time/Days: Thursday, April 23, 2015
Location: Wohlfahrt Haus Dinner Theatre
in Wytheville, VA
Cost: \$71.00

SENIOR BOWLING APPRECIATION DAY

Henry County Parks & Recreation and Sportlanes are proudly sponsoring Senior Bowling Appreciation Day. Senior bowling is a great way for people to get active, get healthy and have fun. We appreciate those seniors who are bowling on the senior leagues and would like to encourage additional senior participation in the leagues. Bowling could play a part in promoting a healthier lifestyle for you. We invite anyone fifty years of age and older to bowl with us for free on Friday, January 2 at Sportlanes from 9:00am to 11:00am. We will have information available about the upcoming senior leagues. Bring a friend and join us for some fun.

Time/Days: Friday, January 2, 2015 • 9:00am - 11:00am
Location: Sportlanes, 10 Koehler Rd., Martinsville, VA
Cost: Free for individuals 50 years of age and older

HEALTH CARE SCREENINGS AND INFORMATION

Martinsville Urgent Care will be available every 4th Thursday of each month to provide free health screenings and health care information to individuals 50 years of age & older. A member of their staff will be available to check your blood pressure and conduct a random blood sugar test. Blue Ridge Village will be available to discuss alternative health care needs and Mountain Valley Hospice & Palliative Care will conduct an individual oxygen saturation test. You may want to call the office the day before the screening to confirm that the provider you are interested in will be on-site. Last minute changes sometimes occur. For additional information, please call Henry County Parks & Recreation at 634.4644.

Time/Days: January 22, February 26, March 26 and April 23
9:00am - 11:00am
Location: Henry County Administration Building Lobby (April 23: Room #2)

CAPTAIN'S CHOICE GOLF TOURNAMENT AT HERITAGE GOLF CLUB

Henry County Parks & Recreation will sponsor a Captain's Choice Golf Tournament for those individuals fifty years of age & older at Heritage Golf Club, formerly Bassett Country Club. Trophies will be awarded and refreshments will be served. Pre-registration is required. For additional information and to request a registration form, please call 634.4643.

Time/Days: Monday, April 27, 2015 • 9:00am
Location: Heritage Golf Club, 1230 Oak Level Road, Bassett, Virginia
Cost: \$14 Members, \$20 Non Members

Contribution Policy

We would like to take this opportunity to make you aware that under the Older Americans Act, persons must be given an opportunity to make monetary donations to the transportation program, recreation activities, and disease prevention/health promotion programs. Contributions may be made in person at the Henry County Parks and Recreation office in the Henry County Administration Building (room #203) or by mail, addressed to: Henry County Parks & Recreation, Attn: Senior Services, PO Box 7, Collinsville, VA 24078.

SENIOR LINK

Senior Services
PO Box 7
Collinsville, VA 24078

BULK RATE
MAILING PERMIT #22
COLLINSVILLE, VA
24078



The Benefits are Endless!
www.henrycountyva.gov/parksandrec



Calendar of Events

(Activities are for those 50+ unless otherwise noted.)



January

- 6Bingo
- 8Eat Smart, Move More, Slim Down
- 13Blood Sugar Screening
- 15Eat Smart, Move More, Slim Down
- 15Bridge
- 20Out to Lunch
- 20Blood Pressure Screening
- 20Bingo
- 22Health Screenings
- 22Iphones, Ipads, Android Devices
- 22Eat Smart, Move More, Slim Down
- 22AARP Class
- 23AARP Class
- 26Art of the Month
- 27Breakfast Club
- 28Book Bingo
- 29Eat Smart, Move More, Slim Down

February

- 3Bingo
- 3Fundamentals of Bowling
- 5Bridge
- 5Eat Smart, Move More, Slim Down
- 6First Fridays at the Lanes
- 10Blood Sugar Screening
- 10Fundamentals of Bowling
- 12Eat Smart, Move More, Slim Down
- 16Art of the Month
- 17Bingo
- 17Fundamentals of Bowling
- 17Blood pressure Screening
- 18Out to Lunch
- 19Eat Smart, Move More, Slim Down
- 19Bridge
- 24Fundamentals of Bowling
- 24Breakfast Club
- 24Book Bingo
- 26Health Screenings
- 26Eat Smart, Move More, Slim Down

March

- 3Bingo
- 3Fundamentals of Bowling
- 5Bridge
- 5Eat Smart, Move More, Slim Down
- 6First Fridays at the Lanes
- 10Blood Sugar Screening
- 12Eat Smart, Move More, Slim Down
- 16Art of the Month
- 17Bingo
- 17Out to Lunch
- 17Blood Pressure Screening
- 19Eat Smart, Move More, Slim Down
- 19Bridge
- 24Breakfast Club
- 24Book Bingo
- 26Eat Smart, Move More, Slim Down
- 26Health Screenings

April

- 1Computer Class
- 2Bridge
- 2Eat Smart, Move More, Slim Down
- 3First Fridays at the Lanes
- 7Bingo
- 8Computer Class
- 9Eat Smart, Move More, Slim Down
- 14Blood Sugar Screening
- 15Computer Class
- 16Bridge
- 16Eat Smart, Move More, Slim Down
- 20Art of the Month
- 21Bingo
- 21Out to Lunch
- 21Blood Pressure Screening
- 22Computer Class
- 23Eat Smart, Move More, Slim Down
- 23Health Screenings
- 27Captain's Choice Golf Tourn.
- 28Breakfast Club
- 28Book Bingo
- 29Computer Class

Activities are canceled if Henry County Schools are closed due to inclement weather. If schools are delayed activities to be held in the morning are canceled. If activities are in the afternoon, they will continue as planned. If in doubt, call the office at 276-634-4644.

A date, time, place or detail for an event may change without notice. Please call our office for final details.

Fellowship and Fun

MOVIE DAY

Join Henry County Parks & Recreation for an afternoon at the movies. The movies that play in our area may change from week to week and that change generally occurs on Friday. We will announce the movie we plan to attend the week before we plan to go. Give us a call at 634-4644 to check on the movie we plan to see and for additional details. If you choose to provide us with an e-mail address, we will be happy to send the information to you.

Location/Cost: To be announced
Time/Days: Varies

IPHONES, IPADS, AND ANDROID DEVICES - TECHNOLOGY ON THE MOVE

Do you have an iPad, iPhone, or Android device? Are you familiar with Facebook, Twitter and Instagram? Join Henry County Parks & Recreation and the Virginia Cooperative Extension Office for a class on how to use these devices. Please be sure to bring your device to class with you and let us know if you need to borrow one while in class. Questions regarding these devices are welcome. Please call Henry County Parks & Recreation at 634-4644 to register as space is limited.

Time/Days: Thursday, January 22nd
9:00am - 11:00am
Location: Henry County Admin. Bldg. Room #1
3300 Kings Mountain Road
Martinsville, VA
Cost: Free

YOGA

A Yoga class is a great way to start your morning. Join us for a Yoga class designed to give you greater relaxation, energy and joy. You must provide your own yoga mat and pre-register at 634-4644. Space is limited for this free class so please sign up early.

Time/Days: Tuesdays • 11:00am
Location: Stanleytown United Methodist Church in the fellowship hall
24 Maplewood Ave., Stanleytown, VA
Cost: Free

SENIOR LINE DANCE

Line Dance Class is open to all adults age 50 and above. Line Dance Class is designed to be a fun way of learning new line dances and encourage social interaction with other seniors. To register, call Teresa's School of Baton & Dance at 647-6060.

Time/Days: Tuesdays at 10:00am,
starting January 6, 2015
Location: Teresa's School of Baton and Dance
50 Coffman Drive, Collinsville, VA
Cost: Weekly or monthly fee

BEGINNING COMPUTER CLASS

It is never too late to learn the basics of using a computer. The Collinsville Branch Library, in conjunction with Henry County Parks & Recreation, will sponsor a Beginning Computer Class for seniors on Wednesdays starting April 1st for six weeks. The class will start at 5:00 pm and last about an hour. This introductory class is basic instruction on how to use a computer and designed for those seniors who are not familiar with how to use a computer. You must pre-register as space is limited to eleven participants. Since the class will be held after the library closes, we ask that you arrive before 5:00 pm. To register, call 634-4644.

Time/Days: Wednesdays • 5:00pm
starting April 1st for 6 weeks
Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA
Cost: Free

ART OF THE MONTH

Join us for our Art of the Month class. Karen Eggleston, QVC artist, will instruct a class at the Collinsville Branch Library each month. This unique craft also makes a great gift! Space is limited so pre-register early at 634-4644.

Time/Days: Classes are from 3pm - 5pm
January 26 "WINE BOTTLE WITH A VALENTINE MOTIF"
Paint a wine bottle with a Valentine motif. Cost: \$15.
February 16 "EASTER EGG"
We will use a duck egg and an Easter screen print to create an Easter egg. Cost: \$15.
March 16 "GRANDMAS PRIDE & JOY"
Make a bassinette from a duck egg (with a baby in it). Cost: \$16.
April 20 "PAINT A LEMON DESIGN ON A LIGHTED GLASS BLOCK"
Paint a lemon design on a lighted glass block with the use of Gallery Glass paints and simulated liquid leading. Cost: \$19.
Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA

BULB LASAGNA

Just as small spring bulbs arrive in the garden before the daffodils, you can have a succession of bulbs in a container that replicates the flowering. The key is to layer the bulbs in the container with the smaller or early flowering bulbs above the later flowering bulbs. Containers that are filled with bulbs can be displayed indoors or outdoors. This workshop will provide you with all of the tools and techniques you will need to make your own layered "Bulb Lasagna" Pot. Pre-registration is required by calling the Henry County/City of Martinsville Virginia Cooperative Extension Office at 634.4650 by February 2, 2015.

Time/Days: Wednesday, February 11, 2015
10:00am - 12noon
Location: Henry County Admin. Bldg. Rm #2
3300 Kings Mountain Rd.,
Martinsville, VA
Cost: \$20 made payable to HCM-VCE

SENIOR EXERCISE CLASS

Start the New Year out right with a Senior Exercise class two days a week at CrossFit 276. CrossFit 276 will be offering a senior exercise class that can help you with flexibility, strength, and cardio in a great social atmosphere. The workouts are scalable and adaptable to each client's physical ability. Please call Henry County Parks & Recreation at 634.4644 if you are interested in the class, need additional information or would like to register.

Time/Days: Mondays & Thursdays • 11:00am
Location: Crossfit 276
31 East Church Street, Martinsville, VA
Cost: \$3 per class

AARP DRIVER SAFETY PROGRAM

Henry County Parks & Recreation in conjunction with the AARP Driver Safety Program will sponsor an eight hour classroom refresher course on driver safety. The class will be taught over a two day period, and it is specifically designed for driver's 50 years of age and older. There is an auto insurance discount for participating in this course; however, you will need to consult your individual insurance agent or company regarding the discount. Register early by calling 634-4644 as space is limited.

Time/Days: Thursday & Friday, January 22 & 23
10:00am - 2:00pm
Location: Henry County Admin. Bldg. Rm#2
3300 Kings Mountain Rd., Martinsville, VA

FUNDAMENTALS OF BOWLING

Sportlanes and Henry County Parks & Recreation will be hosting a class designed to teach individuals fifty years of age and older the fundamentals of bowling. Learn the basics of bowling in just a few short weeks. The class will teach you how to properly hold the bowling ball, how to roll the bowling ball, using proper stance, and utilizing the computer for scoring. Beginners and experienced bowlers are welcome to attend. Pre-registration is required by calling 634.4644. Space is limited so please sign up early. Don Kendrick will instruct the class.

Time/Days: Tuesday of each week for five weeks
Beginning February 3rd
1:00pm - 2:00pm
Location: Sportlanes, 10 Koehler Road,
Martinsville, VA
Cost: \$20 for five weeks

EAT SMART AND MOVE MORE

Start the year off right with this new program, Eat Smart, Move More, Slim Down. Join Kim Hairfield with the Virginia Cooperative Extension office and Henry County Parks & Recreation for this new program to start your weight loss journey. The class will meet once a week for eight weeks and topics will include: Food Diaries, Portions, Foods to Emphasize, Foods to Limit, Physical Activity for weight loss, Time Management, Tips for eating out and relapse prevention. Be sure to come dressed to participate in some type of low impact movement for 30 minutes at each class. These changes should promote a healthy lifestyle and help you to eat smart, move more and slim down.

Time/Days: Thursdays for 8 weeks, starting January 8
1:00pm - 2:00pm
March 5: 1:30pm - 2:30pm
Location: Henry County Admin. Bldg. Rm #2
3300 Kings Mountain Road,
Martinsville, VA
March 5: Axton Volunteer Fire Dept.
58 East, Mountain Valley rd., Axton, VA
Cost: Free

SENIOR LADIES SAFETY & FIREARMS CLASS

The Henry County Sheriff's Office in cooperation with the Henry County Parks & Recreation Department will sponsor a safety and firearms class for ladies fifty years of age and older. Information will be provided on gun safety and ladies will have an opportunity to shoot at the range. You are required to furnish your own firearm, bullets or blanks, and transportation to the shooting range. Pre-registration is required. For additional information or to pre-register, please call 634.4644 no later than March 24, 2015. Space is limited to twelve participants so please call early. This class is for ladies who have not participated in this class before.

Time/Days: Tuesday, April 14, 2015 • 1:00pm
Rain date: April 16, 2015
Location: Henry County Sheriff's Office
Conference room and shooting range.
The shooting range is located on Jack Dalton Road past the Jack Dalton Park and green boxes.

CROCHET GROUP

Henry County Parks & Recreation will sponsor a crochet group for any interested senior adult 50 years of age and older (beginner or experienced). The group meets on Thursday morning of each week starting at 10:00 am. The group enjoys crocheting together on projects of their choice. For additional information please call 634-4644.

Time/Days: Ongoing/Thursday of each week
10:00am - 12:00noon
Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville
Cost: Free (Participant will need to bring own crochet supplies)



Fellowship, Food & Fun



BREAKFAST CLUB

The Breakfast Club is open to all adults age 50 and above. This program is designed to be a fun and socially interactive way to meet people and enjoy breakfast in a nice atmosphere.

Time/Days:	4th Tuesday of each month, 8:30am
Location:	
January 27	Skip's Restaurant 900 Starling Avenue, Martinsville, VA
February 24	Clarence's Steak & Seafood 6636 Greensboro Road, Ridgeway, VA
March 24	Sirloin House 530 Commonwealth Blvd., Martinsville, VA
April 28	Fieldale Café 63 Marshall Way, Fieldale, VA
Cost:	Individual is responsible for cost of breakfast

OUT-TO-LUNCH BUNCH

The Out-To-Lunch Bunch is open to all adults age 50 and above. Join us at a local restaurant for lunch. Everyone is welcome.

Time/Days:	3rd Tuesday of each month • 1:00pm
Location:	
January 20	Hugo's 10 East Church Street, Martinsville, VA
February 17	Tokyo Express 1170 Memorial Boulevard, Martinsville, VA
March 17	Clarence's Steak & Seafood 6636 Greensboro Road, Ridgeway, VA
April 21	Jerry's Pizza 2635 Greensboro Road, Martinsville, VA
Cost:	Individual is responsible for cost of lunch.

SENIOR NUTRITION SITES

Join us for entertainment, socializing and a good hot lunch. This program is for seniors sixty years of age and older and all income levels. Come join the fun, food and fellowship. If you are interested in attending, please call 634.4644.

Time/Days:	Mondays, 11:00am – 1:00pm
Location:	Moral Hill Missionary Baptist Church in the fellowship hall 50 Moral Hill Drive, Axton, VA
Cost:	Suggested donation
Time/Days:	Tuesdays, 11:00am – 1:00pm
Location:	John D. Bassett High School Building 3289 Riverside Drive, Bassett, VA
Cost:	Suggested donation

BOOK BINGO

Henry County Parks & Recreation Senior Services and the Collinsville Branch Library will sponsor Book Bingo for adults 50 years of age and older. If you are interested in learning about great books, winning prizes and light refreshments, this is the activity for you. For additional information please call 276-634-4644.

Time/Days:	4th Tuesday of every month • 1:30 pm – 3:00 pm
Location:	Collinsville Branch Library 2540 Virginia Avenue, Collinsville, VA 24078
Cost:	Free/Book donations are accepted at Collinsville Branch Library or Henry County Parks & Recreation
Note:	We would like to extend an invitation for participants to bring their grandchildren to Book Bingo on the fourth Tuesday in December. There will be some children's books as prizes and special Bingo cards for this event.

BRIDGE CLUB

The Bridge Club is open to all adults age 50 and above. Bridge is designed to be a fun and socially interactive way for seniors to enjoy playing cards. Those beginners who know how to play as well as experienced Bridge players are welcome. For additional information, please call 276-634-4644. (To ensure no one goes away without playing, please plan ahead to have four people play at your table.)

Time/Days:	12:30 p.m. /1st and 3rd Thursdays of each month
Location:	Henry County Administration Building in Room #1
Cost:	Donation

FIRST FRIDAYS AT THE LANES

Sportlanes is the place to be on the first Friday of each month. Join us for First Fridays at the Lanes. Sportlanes in conjunction with the Henry County Parks & Recreation will sponsor its first ever Senior Social with each game of bowling costing only \$1.00 with coffee and refreshments provided free. Come on out and socialize, bowl and just have a good time.

Time/Days:	Fridays, February 6, March 6 and April 3 9:00am - 11:00am
Location:	Sportlanes 10 Koehler Road, Martinsville, VA
Cost:	\$1 per game

WALKING ON THE DICK & WILLIE PASSAGE

Let's go walking on the Dick & Willie Passage. This 4.5 mile paved trail follows the path of the old Danville & Western Railway, starting on the west end of Virginia Avenue, continuing across Martinsville & Henry County and ending at Mulberry Creek. We plan to walk on Mondays and Wednesdays, weather permitting, to introduce you to different sections of the trail. Just remember that any increase in walking will promote good health. Seniors interested in this program will need to pre-register with Henry County Parks & Recreation Senior Services at 634.4644.

Time/Days:	Mondays & Wednesdays • 9:15 am (Weather permitting, except holidays)
Location:	Liberty Street Trailhead of the Dick & Willie Passage

SENIOR WINTER/SPRING BOWLING LEAGUE

The Senior Winter/Spring Bowling League is open to all adults age 50 and above. The senior bowling league is designed to be fun and allow for seniors to get some exercise. Beginners as well as experienced bowlers are welcome. Pre-registration is required to bowl. Names will be taken on a first-come, first-serve basis. For additional information or to pre-register, please call 634.4644. Registration ends when teams are filled.

Time/Days:	Wednesdays • 9:15am, Beginning January 7th, Practice begins at 9:05am
Location:	Sportlanes, 10 Koehler Road, Martinsville, VA
Cost:	\$5.25 for three games, includes bowling ball and shoes

DROP-IN ACTIVITIES

Bingo	1st & 3rd Tuesdays each month 1:00p.m.
Bridge	1st and 3rd Thursdays of each month 12:30 p.m. (Please have four people to play at your table.)
Book Bingo	4th Tuesday of each month 1:30pm - 3:00pm
Walking Club	Mondays & Wednesdays Weather Permitting, Call office for start date and time.

Activities are held at the Henry County Admin. Building in Room #1 (right side room next to the main boardroom.) The Walking Club meets at Jack Dalton Park located off Kings Mountain Road. Book Bingo meets at the Collinsville Branch Library.

DROP-IN HEALTH SCREENINGS

The drop-in health screenings are free and available to all adults 50 and above. These screenings are designed to promote awareness and healthier lifestyles for seniors.

GOLDEN LIVING CENTER WILL CONDUCT A FREE BLOOD PRESSURE SCREENING:
Time/Days: January 20, February 17, March 17 and April 21 from 12:30pm to 1:00pm
Location: Room # 1 of the Henry County Admin. Bldg.

PRIVACARE WILL CONDUCT A FREE BLOOD SUGAR SCREENING
Time/Days: January 13, February 10, March 10 and April 14 from 8am to 9am
Location: Room # 1 of the Henry County Admin. Bldg.