

SENIOR LINK



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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 – Wednesday
Senior Nutrition Sites
Monday – Friday
Demand Response

HOLIDAY CLOSINGS

Henry County Parks & Recreation will be closed on

September 2 – Labor Day
October 14 – Columbus Day
November 11 – Veteran's Day
November 27 – Offices Close at noon
November 28 – Thanksgiving
November 29 – Day after Thanksgiving
December 24 – Office closed
December 25 - Christmas

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.

MEDICARE OPEN ENROLLMENT 2013

The Medicare Open Enrollment period for Medicare Prescription Drug Coverage Plans (Part D) and Medicare Advantage Plans (Part C) is from **October 15th through December 7, 2013**. Any change you make during the Open Enrollment period will take effect on **January 1st, 2014**.

Medicare Open Enrollment is the time of the year to check your current Medicare Prescription Drug plan or Medicare Advantage plan coverage. You might be able to find better coverage and/or save money if you switch plans. Even if your current policy seems to work for you, it's a good idea to check to see if it continues to match all your health care needs for the upcoming year.

Southern Area Agency on Aging VICAP Program is here to provide you information to make an informed decision regarding the different plans available to make a switch if you decide to. The information that is provided to a client will be generated by using a Plan Finder Tool that can be found on www.medicare.gov. Remember that if you don't use this window of opportunity, you cannot make any changes to your coverage before October of the next year.

For more information call Southern Area Agency on Aging at (276) 632-6442 or toll free (800) 468-4571.

Dis-Enrollment Period For Medicare Advantage Plans

During the Annual Dis-Enrollment period, you may elect to dis-enroll from your current Medicare advantage plan and return to original Medicare. You also have the chance to join a Medicare Prescription Drug Plan during this time, after you cancel your advantage plan.

The Medicare Dis-Enrollment period is from January 1st through February 14th, 2014. Changes to your coverage will take effect the first day of the month after the plan received your enrollment form.

LUNCH AT VIRGINIA HOME INN

Join Henry County Parks & Recreation for lunch at the Virginia Home Inn located in Fieldale, Virginia. The historic Virginia Home Inn of Fieldale is listed on the National Register of Historic Places by the Interior Department and is also listed on the Virginia Landmark Register. The 22-room home, built for Marshall Fields in 1920, is now an inn and sits on almost 2 acres of gardens, lawn and woods. Join us for lunch along with plenty of southern hospitality. Pre-registration is required. For additional information or to make reservations, please call 634.4644. Space is limited so reserve your spot early.

Time/Days: Tuesday, October 8th • 11:30am and Thursday, December 5th • 11:30am
Location: The Virginia Home Inn, 986 Field Avenue, Fieldale, VA
Cost: Individual is responsible for cost of lunch and payment is due no later than September 27th and November 21st

MARTINSVILLE URGENT CARE HEALTH SCREENINGS

Martinsville Urgent Care will be available every 4th Thursday of each month to provide health care information and free screenings. A member of their staff will be available to check your blood pressure and conduct random blood sugar tests. Mountain Valley Hospice & Palliative Care will be on-site to provide a free Oxygen Saturation screening for anyone interested. Blue Ridge Village will be available to discuss alternative health care needs and Dance of Life will be available to provide information on massage therapy and demonstrate massage therapy. Please call the office the day before the screening to confirm that the provider you are interested in will be here and available. Last minute changes sometimes occur. For additional information, please call Henry County Parks & Recreation at 634.4644.

Time/Days: 4th Thursday of each month • 9:00am - 11:00am (Health Screenings are cancelled in November)
Location: Henry County Administration Building Lobby
Cost: Free

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, weather permitting, to introduce you to 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. Cost is free.

Time/Days: Mondays • 8:30am weather permitting through October
Location: Liberty Street Trailhead of the Dick & Willie Passage

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.



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. Hope you make plans to join us.

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

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, September 6 at Sportlanes from 9:00 am to 12 noon. We will have information available about the upcoming senior leagues. Bring a friend and join us for some fun.

Time/Days: Friday, September 6, 2013
9:00am - 12:00pm

Location: Sportlanes, 10 Koehler Rd., Martinsville, VA
Cost: Free 50 years of age and older

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: October 24 & 25 • 10:00am - 2:00pm
Location: Henry County Admin. Bldg. Rm. #2
3300 Kings Mountain Rd., Martinsville, VA
Cost: \$12 AARP members / \$14 non-members

DECO MESH RIBBON WREATH

Come join us to learn how to make a Deco Mesh Ribbon wreath for your favorite holiday or any day of the year. This new wreath trend is all the rage and we are going to teach you how easy it is to do on your own. Please pre-register with the Henry County/Martinsville Virginia Cooperative Extension Office at 634.4650 by October 28th. Please make checks payable to: Henry/Martinsville VCE.

Time/Days: November 19 • 10:00am - 12:00pm
Location: Henry County Admin. Bldg. Rm. #2
3300 Kings Mountain Rd., Martinsville, VA
Cost: \$30

SENIOR LADIES SAFETY & FIREARMS

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 September 3, 2013. Space is limited to twelve participants so please call early. Cost is free.

Time/Days: Tuesday, September 10 • 1:00pm
Rain Date: September 11
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.

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.

Time/Days: Tuesdays at 10am, starting September 3rd
Location: Teresa's School of Baton and Dance
50 Coffman Drive, Collinsville, VA
Cost: Weekly or monthly fee

ART OF THE MONTH

Join us for our monthly classes with Karen Eggleston, QVC artist, at the Collinsville Branch Library on the third Monday of each month. You will make something at each class that is unique and makes a great gift. Space is limited so pre-register early. Description of each class is listed below. The cost of class noted includes supplies.

Time/Days: Mondays, September & October class time is 3-5pm. The November & December class times are 3-5pm and 6-8pm.

September 16 "MAKING CHRISTMAS CARDS"
The student will be able to "go wild" - creating their own ideas of interest. You will have access to all stamps, card stock, cutting tools and embellishments. Cost of supplies for the class is \$15.

October 21 "DECORATE BOX TO STORE CHRISTMAS CARDS"

This will be a fantastic class for EVERYONE! You will decorate your own box to store your Christmas Cards. You will make additional Christmas cards as time permits. Cost of supplies for the class is \$15.

November 18 "PAINT DARK WINE BOTTLES WITH A SNOWMEN FAMILY OR OTHER

This makes a real treasure ornament for yourself or would be a great gift for someone special. Cost of supplies for the class is \$15.

December 16 "PINE CONE TREE ORNAMENT"
The participant will choose their favorite scrapbook paper design to create a pine cone tree ornament. Cost of supplies for the class is \$15.

Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA

BEGINNING KNITTING

Henry County Parks & Recreation will sponsor a beginning knitting class for adults 50 years of age and older. If you are interested in learning beginning knitting techniques, this is the class for you. Fern Kanode will instruct the class. For additional information or to pre-register, please call 634.4644 by September 12th, 2013.

Time/Days: Thursdays starting September 19
Class is for 6 weeks from 9:00am - 11:00am
Location: Starling Avenue Baptist Church
932 Starling Avenue, Martinsville, VA
Info: \$10 per person for six weeks
Participant needs US size 10 knitting needles, one ball of worsted yard and some additional items. Tools and supplies will be available in class.

ADVANCED KNITTING

Henry County Parks & Recreation will sponsor an advanced knitting class for adults 50 years of age and older. If you are interested in learning advanced knitting techniques, this is the class for you. Fern Kanode will instruct the class. For additional information or to pre-register, please call 634.4644 by September 12th, 2013.

Time/Days: Thursdays starting September 19
Class is for 6 weeks from 11:00am - 1:00pm
Location: Starling Avenue Baptist Church
932 Starling Avenue, Martinsville, VA
Info: \$10 per person for six weeks
Participant can choose their own projects and materials. Patterns, tools and supplies will be available in class.

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 enjoys crocheting together on projects of their choice. For additional information please call 634.4644.

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

NEW MONDAY BOWLING LEAGUE

This new Senior 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 632.6060 or 634.4643. Registration ends when teams are filled.

Time/Days: Mondays, 1:00pm, beginning Sept. 9
Practice begins at 12:50pm
Location: Sportlanes, 10 Koehler Rd., Martinsville, VA
Cost: The cost to be determined, but will include three games, bowling ball and shoes.

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.

Time/Days: TBD - please call office for details
Location: Sportlanes, 10 Koehler Road, Martinsville, VA
Cost: \$20 for five weeks

ZUMBA GOLD

Join Henry County Parks & Recreation and the Martinsville Henry County Coalition for Health and Wellness for Zumba Gold Fitness Class. Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun. For additional information or to pre-register, please call 634.4644. Cost is free.

Time/Days: Tuesday and Thursday mornings at 9:00am
Location: Wesley Memorial United Methodist Church
824 Starling Avenue, Martinsville, VA

EAT SMART AND MOVE MORE

Join Kim Hairfield with the Virginia Cooperative Extension office, for Virginia's Family Nutrition Education Program, Eat Smart Move More. She will demonstrate very simple changes to your everyday life that will have a positive impact on your future and offer tips on nutrition. Each week we will sample a low cost recipe and have new recipes to take home. If you attend all 6 classes, you will receive a free cookbook and cooking tools. Cost is free.

Time/Days: Thursday of each week for 6 weeks,
starting October 3, 2:00pm - 3:00pm
Location: Blackberry Baptist Church
3241 Stones Dairy Road, Bassett, VA

CRAFT ART SWAP

ATTENTION: All Senior Artisans and Crafters. Join Henry County Parks & Recreation Senior Services for a free Friday afternoon of fun at our first ever CRAFT ART SWAP. Bring all of your left over craft supplies and swap with fellow crafters for a new hobby. EXAMPLES: Ribbons, Card Supplies, Glassware, Crochet and Knitting Yarn, Scrapbook Supplies, Hook-Rug Supplies, Cross Stitch, Painting Supplies, Jewelry and Beads, Floral Supplies, Fabrics, Holiday Crafts, Wreaths, Baskets, and Craft Containers. LOOKERS WELCOME!

Time/Days: Friday, October 18 • 1:00pm - 4:00pm
Location: Jack Dalton Park Shelter
130 Jack Dalton Rd., Martinsville, VA
Cost: Free • Donations can be made to HCP&R towards the Senior Program

EDIBLE FRUIT ARRANGEMENT

Eating fruit provides good nutrition to the body and is a contributing factor to good health. Come join us to learn the techniques needed to design an exciting fruit arrangement and leave with a small edible fruit arrangement. Space is limited to ten participants. Please pre-register with the Henry County/Martinsville Virginia Cooperative Extension Office at 634.4650 by October 7. Please make checks payable to: Henry/Martinsville VCE. Cost is \$20.

Time/Days: Thursday, October 17 • 10:00am-12pm
Location: Henry County Admin. Bldg. Rm #2

EDIBLE VEGETABLE ARRANGEMENTS

Eating vegetables provides a good source of nutrition to the body and is a contributing factor to good health. This class will provide nutritious benefits and well as making an occasion special and even more unique. Come join us to learn the techniques needed to design an exciting vegetable arrangement and leave with a small edible vegetable arrangement. Space is limited to ten participants. Please pre-register with the Henry County/Martinsville Virginia Cooperative Extension Office at 634.4650 by October 7. Please make checks payable to: Henry/Martinsville VCE. Cost is \$15.

Time/Days: Tuesday, October 15 • 10:00am - 12pm
Location: Henry County Admin. Bldg. Rm. #2



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:	
September 24	Dutch Inn 2360 Virginia Avenue Collinsville, VA
October 22	Clarence's Steak & Seafood 6636 Greensboro Road Ridgeway, VA
November 26	Chick-Fil-A 400 Liberty Street Martinsville, VA
December	Breakfast cancelled due to Christmas holiday
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:	
September 17	Clarence's Steak & Seafood 6636 Greensboro Road Ridgeway, VA
October 15	Chick-Fil-A 400 Liberty Street Martinsville, VA
November 19	Wild Magnolia 730 East Church Street Martinsville, VA
December 17	Dutch Inn Hotel & Restaurant 2360 Virginia Avenue Collinsville, VA If you wish to play a game after our Christmas lunch, please bring a wrapped gift that costs no more than \$1.00
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
Cost:	Suggested donation
Time/Days:	Tuesdays, 11:00am – 1:00pm
Location:	Preston Community Center Site may change in October. Please call the office to verify location.
Cost:	Suggested donation
Time/Days:	Wednesdays, 11:00am – 1:00pm
Location:	Bassett United Methodist Church in the fellowship hall
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:	October 22, 2013 • 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

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 Bridge cancelled on December 19th
Location:	Henry County Administration Building in Room #1
Cost:	Donation

SENIOR FALL GOLF TOURNAMENT

Henry County Parks & Recreation in conjunction with the Martinsville Senior Center and Beaver Hills Golf Course is slated to host a Fall Senior Golf Tournament for men and women 50 years of age and older using the Calloway Handicap scoring system. Please contact Beaver Hills Golf Course at 632.1526 for additional information on the tournament.

Time/Days:	Tuesday, September 10 • 9:00am Rain Date: September 11, 2013
Location:	Beaver Hills Golf Club 325 Beaver Hills Club Dr., Martinsville
Cost:	\$8 for members \$15 for non-members

CAPTAIN'S CHOICE GOLF TOURNAMENT

Henry County Parks & Recreation will sponsor a Captain's Choice Golf Tournament for Seniors at Bassett Country Club. Trophies will be awarded and refreshments will be served. Pre-registration is required. For additional information regarding pre-registration, please call 634.4643.

Time/Days:	Monday, October 21 • 9:00am
Location:	Bassett Country Club
Cost:	\$18 entry fee for non-members, \$14 entry fee for members

SENIOR FALL BOWLING LEAGUE

The Fall 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 632.6060. Registration ends when teams are filled.

Time/Days:	Wednesdays • 9:10am, Beginning September 11, Practice begins at 9:00am
Location:	Sportlanes, 10 Koehler Road, Martinsville, VA
Cost:	\$5 for three games, includes bowling ball and shoes

DROP-IN ACTIVITIES

Bingo	1st & 3rd Tuesdays each month 1:00p.m. Bingo cancelled December 17
Bridge	1st and 3rd Thursdays of each month 12:30 p.m. (Please have four people to play at your table.) Bridge cancelled on December 19th
Book Bingo	4th Tuesday in October 1:30pm - 3:00pm
Walking Club	Mondays & Wednesdays thru October (Call office for time and location)

Activities are held at the Henry County Administration 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 is held at 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: September 17, October 15, and November 19 from 12:45pm to 1:00pm
Location: Room # 1 of the Henry County Admin. Bldg.

PRIVACARE WILL CONDUCT A FREE BLOOD SUGAR SCREENING
Time/Days: September 10, October 8, November 12, and December 10 from 8am to 9am
Location: Room # 1 of the Henry County Admin. Bldg.

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.)



September

3Bingo
5Bridge
6Bowler Appreciation
10Blood Sugar Screening
10Golf Tournament
16Art of the Month
17Bingo
17Out to Lunch
17Blood Pressure Screening
19Bridge
24Breakfast Club
26Urgent Care Screening

October

1Bingo
3Bridge
3Eat Smart Move More
8Blood Sugar Screening
8Lunch at the VA Inn
10Eat Smart Move More
15Bingo
15Out to Lunch
15Blood Pressure Screening
17Eat Smart Move More
17Bridge
21Golf Tournament
21Art of the Month
22Book Bingo
22Breakfast Club
24Urgent Care Screening
24Eat Smart Move More
24AARP Driver Safety Class
25AARP Driver Safety Class
31Eat Smart Move More

November

5Bingo
7Bridge
7Eat Smart Move More
12Blood Sugar Screening
18Art of the Month
19Bingo
19Out to Lunch
19Blood Pressure Screening
21Bridge
21Golf Tournament
26Breakfast Club

December

3Bingo
5Bridge
5Lunch at the VA Inn
10Blood Sugar Screening
16Art of the Month
17Out to Lunch

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.