Senior Activities NEWS
John Robert Kernodle Senior Activities Center
May/June 2019

Trips
May 21 - Trip to Hamricks depart Burlington Holly Hill Mall at 9:00 am for trip to Hamricks Clothing store and other stores at the Market Place Mall in Winston Salem - then to eat at Walnut Cove Hillbilly Hide A Way Restaurant – Southern Home cooked family style meal - a rolling buffet all you can eat - back around 4 p.m. $60.00 includes meal and transportation. Please pay by May 10.
Please park on the Sears side of the mall, near the back of Pregos. Do not use parking places near store.

June 18 - Trip to Lake Norman Cruise depart Burlington Holly Hill Mall at 9 a.m. for Lake Norman Cruise on the Catawba Queen Mississippi River Boat for sightseeing and box lunch. Back to Burlington around 4 p.m. $62.00 includes meal, cruise and transportation. Please pay by June 3.
Please park on the Sears side of the mall, near the back of Pregos. Do not use parking places near store.

In case of bad weather, please check our weather policy!

Kernodle activities
Closed for Memorial Day on May 27
Duplicate Bridge Mon 6:30 pm. Partner required Tues 6:30 pm, Thurs 1 pm Come & bring someone.
Senior Delights Drama Group - Want to be with others & express yourself dramatically? Mon 1-2 pm. Linda Morton has volunteered to lead. Off until September 9.
Free Beginner Auto Harp Class Mon, 9:00 am. Call 336-222-5135 for more info.
Beginner Ukulele Class Free. 2nd & 4th Fri, 9 am Must be a beginner & must have your own wooden ukulele. For beginners & participants who wish to take beginner class again. 6 new students must be registered to have a class. Taught by Tony Scarfato. Call to register.
Card & Games Party Wed 6 pm to 8:15 pm TOPS Wednesdays 9 am
Federation of the Blind Support Group First Thursday of the Month 10 am - 12 noon
Memoir Class - You don’t need to have a great scientific discovery nor become famous. What you need is a unique story: the story of you, how you become the person you are. It’s the everyday ups & downs of your life that are of interest to the generation which follow you. No previous writing experience is needed: just “tell it like it was”. It’s fun! Teacher, Alice Johansen has been leading memoir writing groups for over 20 years. Come give it a try. Class will be the 2nd and 4th Wed, 1 pm. Thanks to Alice for volunteering.
Art Works Free Class Instructor Arthur Busch will teach how to paint, not what to paint. Last class is May 3, 9:00 am to 11:30 am. May 17 will be the finale & art show by the artist of Kernodle.
One Stroke Painting by Sherry Beck instructor. June 7 & August 2. 9 am Please register by May 15. Cost $5 for supplies, must be paid by May 15.
Dance Alamance! Everyone Welcome! 1st & 3rd Sat 7-9:30 pm. Info: 336-213-0985. $5 per person.
Free Autoharp Lessons Tues 2 pm. Reg. 222-5135

Quilling Bee Will meet the 1st & 3rd Mon of the month 1-3:30 pm. You must know basic sewing. Call 222-5135 to register.
Open Art Studio Every Tues 9-30:11:30 am. Bring your artwork & help each other. If you use oil paint, please bring odorless thinner.
Golden Harmonies Choir Practice Any senior is welcome to join this group, just be willing to sing & have a good time. Every Thurs at 10 am. No class May 2 & 16.
"NEW" Free Tambourine class Interested in learning tambourine routine? No Tambourine? No Problem! Join us for Lots of fun & laughter. 11:30 am, on Thursdays. No class May 2 or 16.
“Later in Life” Conversations Elder Justice Project (EJP) is offering an opportunity for Alamance County residents to connect, reflect and learn about healthy relationships with your partner, spouse, caregiver and/or family member. Contact Tamara Patterson 336-290-0342 for more information. Friday, May 10 & 24, June 7 & 21.

Health + Division of Services for the Deaf and the Hard of Hearing: Greensboro Regional Center conducts monthly information sessions in 7 different locations in our 10 county area with one of those locations being at the Kernodle Senior Center. During these monthly meetings individuals are provided with information regarding our agency’s programs and resources. Also, qualifying individuals that are NC citizens who are Hard of Hearing, Deaf, Deaf-Blind or Speech Impaired can apply for one hearing aid, amplified or captioned telephones as well as alerting equipment at no cost. For more info or to register for one of our sessions please contact Division of Services for the Deaf and the Hard of Hearing at 336-273-9692.
Cone Health’s Support Groups All Are Invited. 12:15 am. Light refreshments will be served. To register, call 336-536-7500
Arthritis Support Group May 13 – Do I Have Rheumatoid Arthritis?
Arthritis Support Group June 10- Protecting joints & assistive Devices (Arthritis Support Groups meet at the Kernodle Senior Center)
Stroke Support Group May 21 Pharmacological Consideration after Stroke
Stroke Support Group June 18 Creative Expression after Stroke - Art Therapy (Stroke Support Groups will meet at Alamance Regional Medical Arts Building, Rm 101, lower level, valet parking available)
Alamance ElderCare’s Caregiver Education Series: Kernodle Sr Center
Helping Seniors Stay at Home: May 7 or Staying Active as we age: June 4, 11:30 am - 1 pm or 6-7:30 pm. Register: 336-538-8080.
Alamance County Community Services Agency Congregate Meal Site: Mon-Fri, 9 am - 1 pm. Activities and a good nutritious lunch for $1.50. Please call Alamance County Community Services 336-229-7031 to register.
Blood Pressure Screening: Kernodle Center, Burlington Fire Department, May 15 & June 19, 10:30 am.

Hours: Mon - Fri, 8 am - 4 pm
Evening Activities: Mon - Thurs, begin 6 pm
336.222.5135
www.burlingtonnc.gov/seniors
1535 S. Mebane St (PO Box 1358)
Burlington, NC 27216
wellness
To join the fitness room, you must be trained & oriented through the John Robert Kendrick Senior Activity Center. (55 yrs & over). Please make an apt with our fitness coordinator, 336-222-5135. Fitness Room Membership: City Residents $25/month or $125/year. Non City Residents $30/month or $150/year (includes orientation/training) Hours: Mon Fri 8-3 am, Mon Tues 6-9 pm, Wed 6:30-8:30 pm, Thurs 6-7:30 pm. Call 336-222-5135 to register or for more information otherwise noted.

“New” Pump Iron for Gold
Starting Mon Nights, May 6 at 6 pm or Thurs Nights starting May 2 at 7 pm. Want to feel like gold in your golden years? Come and experience pumping iron in the weight room, with a mindset of functional fitness that will make you feel better and assist your activities of daily living. This class meets once a week for 4 weeks. The goal is not only to engage in resistance exercise to better health but also provides an educational platform that on completion of the course you will feel comfortable lifting weight by yourself. Instructor: Durand Sroup. Cost is $30 per person for the 4 week class. Class limited to 4 people.

July 8 - First year physical therapy students looking for volunteers to help practice their evaluation skills. Participants will be asked to do simple strength, balance & mobility activities. It is not a physical therapy treatment. If interested in scheduling a 1 hr session call 336-222-5135 with name & phone number. Someone from the school will call and schedule your appointment time for July 8.

Body Sculpt: Mon, Wed 8:30 am (45 min). Use own body weight/ bands, medicine balls, dumbbells to strengthen & sculpt all major muscle groups! Classes incorporate some core training, stretching. Instructor, Amanda Sommer. Her classes are continuous thru the year. Punch cards, $35/10 classes.

Stay Active & Independent for Life (SAIL): includes endurance/balance/strengthening exercises which improve mobility/range of motion/stability. Class works well for those who are somewhat active but can be adapted for those who require chair for seated exercise. Fitness Checks for beginners Mon/Wed/Fri 9:30-10:30 am. New times: Mon 11am-12, Wed 12:30-1:30 pm. Continuous sessions thru the year. Punch cards $35/10 classes. No class May 17, 20, 24 or 27.

Dancercise Class: Exercise through easy and fun dance steps. Every Mon starting May 6, 6 pm. Or every Tues starting May 7 at 11am. $20/6 wk class. No prorate on this class. Instructor Peggy Gayer. Please register as soon as possible. Class limited to 15 participants (minimum number is 8 per class). No class May 27 or 28.

Tone up: class focused on strength training/muscular endurance/toning. Benefits: improved joint function/reduced risk for injury/increased bone density/increased metabolism/improved cardiac function/increased strength/balance. Classes: Tues/Thurs, 6 pm. $40/8 wk class. No prorate. Must have 8 participants. Begins May 14.

Healthy Back Exercise: Mat exercises based on Meeks method, designed to improve back health by promoting strength, flexibility, relaxation, improved posture. Instruction provided to help those who have not exercised on floor get up/down safely. Mon/Thurs, 1pm. Punch cards $35/10 classes. No class May 6, 16, 20 or 27.

Tai Chi for Fall Prevention & Arthritis, Beginner: Wed, starting May 8, 11 am-12. Stay active without fear of falling & stressing your joints! Part 1 for beginners or taken class before & wish to take again. Make a commitment to yourself to start living healthier. Instructor: Jean Anderson. 6 wk/ $21 flat fee. No prorate. Limit 15.

Tai Chi for Fall Prevention & Arthritis, Intermediate: Fri, starting May 10, 11 am-12. Stay active without fear of falling/stressing your joints! For participants who have taken beginner class & wish to advance. Instructor: Rebecca Sickle. 6 wk class/$21 flat fee. No prorate. Limit 15 to the class. No class May 24.

Tai Chi for Fall Prevention & Arthritis, Advanced: Thurs, starting May 9, 2:30-3:30 pm. Stay active without fear of falling and stressing your joints! For participants who have taken the intermediate class and wish to advance. Instructor: Jean Anderson. 6 wk class/$21 flat fee. No prorate. Limit 15 to the class. No class May 23.

Easy Does It: Tues & Thurs, 10-11 am. Class for those who are trying to become more active. Exercise either sitting in a chair, standing or holding the chair for support. Improve in flexibility, stamina and balance. Participants purchase punch cards for $35/10 classes.

Personal Training: by Amanda Sommer. 30 min session is $25 per person. Or for 2 people $15 per person. Please call 336 222-5135 to set up an appointment.


Cornhole: Fairchild Comm. Ctr. on days pickleball/badminton played

Table Tennis: Mon 2:30-3:30 pm, Wed 2:30-3:30 pm, Wed 6:30-8:30 pm (note time changes)
Bocce: at Kernodle Ctr Thurs, 10 am. Sets avail, to check out when center is open. If ABSS is cancelled- pickleball/cornhole/badminton is cancelled at Fairchild.

Senior Outdoor Adventure Recreation SOAR
(Outdoor Activities Require: A completed medical form signed by a doctor, waiver on file before participating. Cancellations must be made 24 hrs prior to any OUTDOOR EVENT to receive full refund)

Cookout & Hike: Guilford Mackintosh Park - May 7 11:30 am – 1:30 pm, Fee: $5. Meet at Guilford Mackintosh Park & Marina – 1345 NC HWY 61 Whitsett, at the picnic shelter. Enjoy hot dogs grilled to perfection and Melissa’s famous ‘Banana Boat’ campfire dessert. After lunch stroll down the trail on a 1-mile hike. Please bring a side or salad to share. Hot dogs + fixings, dessert, drinks provided. Register & pay by 5/2. A great social and hike for those new to the group or new to hiking!

Hike: Hagan-Stone Park - May 15 from 9 am – 2 pm, Fee: $5 (plus money for ice cream). Meet at Kernodle Senior Center - 1535 S. Mebane St. Burlington. Transportation provided. Hike about 3-3.5 miles on rolling natural surface trails. Trekking poles recommended. Bring a bottle of water and pack a lunch for after the hike. We’ll stop by Homeland Creamery for a treat on the way back to Burlington. Register and pay by 5/13. Space is limited.

Day Trip: Parks & Preserves May 21 - 8:30 am – 5 pm, Fee: $10. Meet at Kernodle Senior Center - 1535 S. Mebane St. Burlington. Transportation provided. Visit Durant Nature Preserve and hike 2-3 miles including the Secret Creek Trail. Then head to Umstead State Park for a picnic lunch and hike 1.3 miles on Plot's Branch Trail. Expect natural surface trail over rolling terrain. Trekking poles recommended. Bring a water bottle, snacks and pack a lunch. Participants must have completed 3 hikes since February 1st. Trip not suitable for beginner hikers. Register and pay by 5/17. Space is limited.

Paddle: Mackintosh Lake - May 24 8:30-10:30 am, Fee: $15 or $3 with your own boat. Meet at Guilford Mackintosh Marina – 1345 NC HWY 61 Whitsett. Don’t paddle alone – join in a group paddle and enjoy a morning on the lake with friends. Bring your binoculars! Fee includes guide, boat rental, paddle and PFD. Register and pay by 5/22. Space is limited.

Hike: Cedarock - May 29 10 am - 12 pm, Fee. Meet at Cedarock Park - 4242 R. Dean Coleman Rd. Burlington. Park in the lot just past the playground on the left. Restrooms are available in the first parking lot across from the Historic Farm. The hike will be about 3 miles on rolling, natural surface trail. Trekking poles recommended. Bring a water bottle. Register by 5/24. Optional transportation from the Kernodle Senior Center available for $2 - van leaves at 9:30 am. Pay day of hike.

Day Trip: Trails of the Blue Ridge - June 8 8:00 am – 7:00 pm, Fee: $20 (plus money for dinner). Meet at Kernodle Senior Center - 1535 S. Mebane St. Burlington. Transportation provided. Head to Blowing Rock, NC and hike various trails along the Blue Ridge Parkway. Be prepared to hike 6-7 miles over the course of the day. Bring a sack lunch, snacks and money for dinner out. Trekking poles recommended. Participants must have completed at least 3 hikes since February 1st. Trip not suitable for beginner hikers. Register and pay by 5/29. Space limited.

**Kernodle activities MAY**

May 1  Birthday Party & Bingo at 1 pm. Everyone must bring a covered dish to share. Prizes provided byamedisys Hospice.

May 1, 8, 15, 22, 29 Mah Jongg 12:30 pm. Must have a current Mah Jongg Card which can be ordered from National Mah Jongg League Inc. 450 Seventh Ave. New York, NY 10123. Interested in lessons? Call Lou Asmuth at 623-337-7450.

May 1 & 20 Quilting Bee. Must know basic sewing 1:00 pm.

May 6, 13, 20, 31 Cards & Games Party. Play any game you would like to play & you may want to bring your own cards. 12:30 pm to 3:30 pm.

May 9 PTRC Housing Services: The Essential Single-Family Rehabilitation (ESFR) Program finances major repairs for NC homeowners who are elderly or have disabilities and whose incomes are below 80% of the median for their area. This program addresses essential and critical repairs for health, safety, reasonable energy-efficiency measures, and increases the life-expectancy of a home. The Urgent Repair Program (URP) finances emergency home repairs for NC homeowners who are elderly or have special needs and whose income is below 50% of the median. Through this program we strive to provide accessibility modification and other repairs necessary to prevent displacement of very low-income homeowners with special needs, such as the frail elderly and persons with disabilities.

May 10 9:00 am to 12:00 noon.

May 14 Legal Assistance please call 1-877-579-7562. 1st time callers call between 9-11 am or 1-3 pm for an appointment.

May 14 1 p.m. Visual Arts Display

May 15 8 a.m. Visual Arts Display

May 16 SilverArts Performance Show at the Paramount Theatre at 1:00 pm.

May 24 Kernodle Movie: "Instant Family" When Pete & Ellie decide to start a family, they stumble into the world of foster care adoption. They hope to take in one small child but when they meet three siblings, including a rebellious 15 year old girl, they find themselves speeding from zero to three kids overnight. Now, Pete and Ellie must hilariously try to learn the ropes of instant parenthood in the hopes of becoming a family. Inspired by the real events. 1 pm

May 28 6:30 pm Bingo sponsored by Mt. Zion Church 1:00 pm.

May 29 The Geriatric/Adult Mental Health Specialty Team educational training on cognitive disorders including Alzheimer’s & other dementia 10:30 am.

May 30 Burlington Senior Club, 1:00 pm. Program: Bring a craft to share if you would like. All seniors are invited. Please note change in date.

**Community Centers activities MAY**

**MAY**

Elmira Senior Club
May 29, 11:30 am. Older Americans Month Luncheon. Covered Dish. Everyone must bring a covered dish to share.

Forest Hills Club
May 20, 11:30 am. Older Americans Month Luncheon. Covered Dish. Everyone must bring a covered dish to share.

Mayco Bigelow Center
No meeting in May.

**JUNE**

Elmira Senior Club

Forest Hills Senior Club
June 24-10am. Game Day.

Mayco Bigelow Center
June 4, 12:30 pm. Older Americans Month Lunch. Call 336-222-5135 to register by May 20.

June 3 & 17 Quilting Bee. Must know basic sewing 1:00 pm.

June 3, 10, 17, 24 Card & Games Party. Play any game you would like to play & you may want to bring your own cards. 12:30 pm to 3:30 pm.

June 5 Birthday Party & Bingo, 1:00 pm. Everyone must bring a covered dish to share. Prizes provided by Amedisys Hospice.

June 5, 12, 19, 26 Mah Jongg 12:30 pm. Must have a current Mah Jongg Card which can be ordered from National Mah Jongg League Inc. 450 Seventh Ave. New York, NY 10123. Interested in lessons? Call Lou Asmuth at 623-337-7450.

June 11 Legal Assistance please call 1-877-579-7562. 1 st time callers call between 9-11 am or 1-3 pm.

June 13 PTRC Housing Services: The Essential Single-Family Rehabilitation (ESFR) Program finances major repairs for North Carolina homeowners who are elderly or have disabilities and whose incomes are below 80% of the median for their area. This program addresses essential and critical repairs for health, safety, reasonable energy-efficiency measures, and increases the life-expectancy of a home. The Urgent Repair Program (URP) finances emergency home repairs for NC homeowners who are elderly or have special needs and whose income is below 50% of the median. Through this program we strive to provide accessibility modification and other repairs necessary to prevent displacement of very low-income homeowners with special needs, such as the frail elderly and persons with disabilities.

June 20 Burlington Senior Club, 1:00 pm. Program: Bring a craft to share if you would like to. All seniors are invited. Please note change in date.

June 21 Kernodle movie “A Dog’s Way Home” A young dog is extremely bonded to his new owners. The family reciprocates the puppies’ love and are happy to welcome him to their family. When the family decides to move, it’s their intention to take the canine with him. Unfortunately, plans change, but the dog doesn’t realize it. With his family over 400 miles away, the dog has to overcome many obstacles, if he ever wants to be part of the family again. 1 pm

June 25 Bingo sponsored by Mt. Zion Church, 1:00 pm.
Need help with Medicare? Trained SHIIP volunteer counselors are available to meet with you at the senior center. Appointments are required. Call 336-222-5135 to schedule a time. SHIIP, short for Seniors’ Health Insurance Information Program, is a division of the NC Department of Insurance. SHIIP provides free, objective information about Medicare including how and when to enroll and your options under Medicare.

**reminders**

**The City of Burlington requires** phone #, address & driver's license # on all checks.

**We Need Volunteers:** to be receptionists and help with our mailings. Call 336-222-5135 if you wish to volunteer! Need computer literate volunteers to be trained to help with Seniors' Health Insurance Information Program. MANY THANKS TO ALL OF OUR VOLUNTEERS!

**Weather Policy:** If inclement weather, we normally cancel activities. Call 336-222-5135 to check if the center is open/having activities. Congregate meal site serving that day: 336-229-7032. ACC classes: 336-506-4316. Under openings/closings on WFMY TV ch 2, we are part of City of Burlington.

**To sign up for a trip/activity**, call 222-5135. Checks payable to City of Burlington. Mail: Kemodle Center P.O. Box 1358, Burlington, N.C. 27216. You may pay in person at the JRK Senior Activities Center, 1535 S. Mebane St. **The City of Burlington requires phone #, address & driver's license numbers on all checks.** If you cancel a trip/activity, we do our best to refund money, but we cannot guarantee full refund. If you are not present at departure time, you will miss your trip & not receive a refund. If you sign up for a party/luncheon, please do not cancel at the last minute, unless it’s an emergency. If you have motion sickness & need to sit in a reserved seat you MUST have a doctor’s excuse & notify us each time. If you wish to sit with your partner you cannot sit in a reserved seat. When getting on the bus go to reserved (2nd, 3rd, or 4th seat) someone else with an excuse will be seated with you. Each time you call in for a trip, remind us that you need a reserved seat. Please sit in the seat adjoining your roommate/partner. We do not rotate seats on bus.

**The Burlington Parks & Rec Dept** does not discriminate on the basis of disabling conditions in the administration of the access to services provided or employment through its programs & activities. The Burlington Sr Adult Leisure Services provides activities designed for participants 55 yrs & older to interact positively with other participants in a structured & non-structured situation. The participant should be able to care for his/her personal hygiene & participate on a staff ratio of 1 up to 50. A participant who wishes to go on one of the senior trips must be able to get on/off a bus/van w/out assistance and may be refused on the day of the trip, if the participant cannot enter the bus/van. And possibly will not be refunded. For special needs, we must have 48 hour notice.

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Return Service Requested

Burlington, NC 27216
PO Box 1358
1535 S. Mebane Street
Senior Activities Center

John Robert Kemodle