



Celebrating Life After 50!

Levine Senior Center

Certified Center of Excellence

1050 DeVore Lane, Matthews, NC

28105

(704) 846-4654

www.levineseniorcenter.org

July & August 2018

Save The Date Events

Falls Prevention Awareness Expo

Wednesday, September 26, 2018

10:00AM ~ 2:00PM

- Flu shots • Exercise Demonstrations • Osteoporosis Screenings
- Balance Screenings • Healthcare Speakers • Lunch • Free Event
- Giveaways •Registration Required • Register in the office.

Sponsored by the Metrolina Falls Prevention Coalition



15th Annual Golf Tournament

**Monday, October 8, 2018
Olde Sycamore Golf
Plantation**

For sponsorship opportunities or register to play in the golf tournament please contact Dahn Jenkins at 704-846-4654. All proceeds and donations raised at this year's golf tournament will help support the health and wellness programs offered at the Levine Senior Center.

11:30AM Registration

12:00PM Lunch

1:00PM Shotgun Start

Dinner & Awards following tournament

Center Hours

Office Hours:

Monday ~ Wednesday
9:00 AM ~ 5:00 PM

Thursday & Friday
9:00 AM ~ 4:00 PM

Partner Hours:

Monday ~ Wednesday
8:00 AM ~ 7:00 PM

Thursday & Friday
8:00 AM ~ 4:00 PM

Closed Saturday
& Sunday

Staff:

Dahn Jenkins

Executive Director

Christiana Walters

Program Director

Hector Merlos

*Environmental
Services*

Calvin Saletta

*Maintenance
Coordinator*



Advisory Council:

Patricia Brannin

Adela Castellino

Nancy Harris

Teddy Holwager

Cliff Juleson

Lynn Martin

Reba Picard

Russell Lewis

July

PARTNERSHIP

RENEWAL

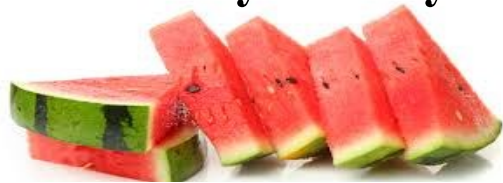


The Levine Senior Center will be closed on the following dates:

Wednesday, July 4th, Wednesday, July 25th, Thursday, July 26th and Friday, July 27th.



Monday Funday



Monday July 9, 2018
1:00PM ~ 2:00PM

Join us for Watermelon!
Please sign up in the Center Library so we know how many to expect.

Medicare Update

Tuesday July 31, 2018
1:00PM ~ 2:00PM

A free workshop from Social Security.

- Review the “new” Medicare Cards
- When should you file for Medicare?
- What is the future of Social Security?
- How do you get the most from your benefit.

Register in the Center Library.

Speaker: Lisa Wallace, Public Affairs Specialist with the Social Security Administration.

Star of Knoxville Riverboat Cruise

Wednesday August 1, 2018

Depart the Levine Senior Center at 7:00AM before heading to Knoxville Tennessee with a quick stop for breakfast along the way. After we arrive in Knoxville, we board the Tennessee Riverboat for a lunch cruise on the Tennessee River. You will enjoy the Captain’s narration as we cruise the river. After cruising, we’ll take the elevator to the top of the Sun Sphere that is located at the World’s Fair Park . The view is stunning! We will also make a stop outside of Pigeon Forge, at the Russell Stover Candy Store. We will arrive back around 9:00PM. This tour is \$99 per person and includes: motor coach transportation, lunch and cruise on the Tennessee River. Sign up today for this fun trip with Christiana in the office. Last day to register/cancel is July 22, 2018. For questions call Christiana at 704-846-4654.

D & S Travel Tours

Memory Café

Friday July 13, 2018
1:30PM ~ 3:30PM

A social event for those living well with Alzheimer’s and their care partners! Space is limited, so register through: Email: julsbigham@yahoo.com

July is National Ice Cream Month. Come celebrate with us as we learn the history of some of the most bizarre ice cream flavors, share a little trivia, taste test and vote on our favorites.

Veterans Give Back Campaign



The Levine Senior Center will be collecting items thru September 17, 2018 for at risk & homeless veterans. **Items needed: Toothpaste, deodorant, razors, shaving cream, soap, wipes, hair brushes, gently used coats, jackets, hats, gloves and foot wear. Items can be dropped off at the office or the red bin in the lobby. Thank you for supporting the men and women who bravely supported us!**

Novant Health Seminar

Wednesday August 1, 2018 1:00 ~ 2:00PM

Parkinson’s Disease: Understanding personalized care

Join Dr. James Battista for a presentation to help you understand more about Parkinson’s disease. Learn the importance of combining evidence based clinical care with the patient’s unique medical history and lifestyle to help develop a personalized treatment plan. Free program.

To register please call Novant Health Library Services at 704-384-6393.

Auto Bell Car Wash Gift Cards

Gift cards are available for purchase for \$20 each. The Levine Senior Center keeps 50% of each gift card sold. This is the perfect gift for Father’s Day! Stop by the Center Library to get your car wash gift cards today!



Veterans Canteen

Thursday August 2, 2018
9:00AM ~ 10:00AM

Veterans of all ages and branches of service are invited to meet other veterans, enjoy food, fellowship and camaraderie as you learn about community resources available to help you with consumer issues. Enjoy free coffee and doughnuts.

Matter of Balance Workshop

August 21, 2018 to September 14, 2018

Do you have concerns about falling or had a fall in the past? A **Matter of Balance** workshop can reduce falls and the fear of falling and increase your activity level and confidence.

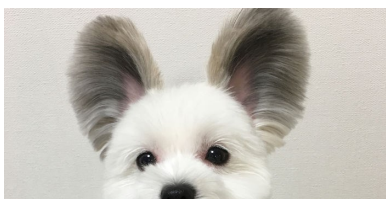
Matter of Balance will be offered on Tuesday and Friday from 10:00AM to Noon for 4 weeks.

If you are interested in attending a **Matter of Balance Workshop** please register in the interest book in the Center Library. These workshops are offered at no cost and open to the community. Workshop is limited to 15 participants.

Free Jewelry Classes

July 12, 2018
July 17, 2018
July 31, 2018

1:00PM to 3:30PM. Please register in the Center Library. Class size is limited to 10 participants.



Hearing Screenings

Thursday July 19, 2018
Thursday August 30, 2018
10:00AM to 11:00AM

Stop by the Board room and visit with Madison Levine from Levine Hearing for a free hearing screening.

Silver Sneakers Appreciation Day

Tuesday August 7, 2018
9:00AM ~ 1:00PM

Join us for a SilverSneakers Member Appreciation Day. Enjoy food, fun, fellowship, Classic Exercise class and Circuit Exercise class. Register in the Center Library to attend our SilverSneakers Appreciation Day!

Quilt Fundraiser

The Sea Scape quilt was pieced and donated by Reba Picard and is valued at \$800. The quilt will fit a double size bed. Tickets are \$2 for 1 or \$5 for 3. Drawing will be held on Monday, December 10, 2018 at Noon. Tickets are on sale in the Center Library. Special note of thanks to Kay Giese and Bryan Gregory at the Quilt Patch and the open swim gang.



- Health Screenings
- Insurance Counseling
- Tax Preparation
- Legal & Financial Assistance
- Transportation
- Caregivers ~ Caregiving ~ Support Groups
- Home Health ~ In-Home Aid
- Medicare ~ Medicaid ~ Social Security
- Assistance for hearing impaired, telephone equipment and more!

For assistance please see a Center volunteer or staff member.

Live Now, Age Later...Celebrate Life

Corporate Sponsors

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Volunteer Rewards... Stop by the front office for a ticket each time you volunteer at the Center. Write your name on the ticket and place the ticket in the rewards box. A ticket will be drawn at the end of each month for a prize.

The winner for the month of June is Maryann Richmond. Congratulations Maryann you won a \$15 gift card to Wal-Mart.

June free lunch winners are Caroline Miles, Lynn Wolfcale, and David Poindexter. Stop by the Center office for your free lunch ticket.

Chef Henry Catering

Chef Henry will be on vacation from July 22nd thru August 5th. Lunch will not be served during that time. Wishing Chef Henry & his family a wonderful vacation!

Find us on Facebook!

facebook

Center Information & Updates

Center Classes/Programs

Center partners will have access to their class/program room 15 minutes prior to scheduled start time provided there is no conflict with another scheduled program.

Center Emergency Evacuation

Emergency evacuation sites are located on the fitness and multi-purpose side of the building. In the event of an emergency, please proceed to the evacuation sites.

Please remain on the property so emergency vehicles will have full access to the center. Remain there until the building has been cleared by emergency responders.

Loading Zone/Front Circle

The Center has a ten minute loading zone parking space located on the right side of the building. This space is for loading and unloading purposes only. Vehicles that are double parked in front of the building will be towed at the owners expense.

Vehicles entering the Center's traffic circle must abide by the posted signs.

Partner Handbooks

Copies of the partner handbook will be available by email to participants. Please sign up in the Library to receive a copy by email.

Scholarship Assistance Program

The center offers assistance to partners and seniors on a fixed income for partnership fees and/or classes providing funds are available. Please contact Dahn Jenkins for more information.

Suggestion Box

Suggestion box forms are located in the front lobby by the reception area. Complete the form and be as detailed and specific as possible. A signature and contact number is required for the Advisory Council to address any suggestion.

Prohibited Activities

In an effort to promote health and wellness, the Levine Senior Center is a smoke-free facility. Ash cans are located at each entrance. Alcoholic beverages are not to be brought on the premises.