



Celebrating Life After 50!

Levine Senior Center

Certified Center of Excellence

1050 DeVore Lane, Matthews, NC

28105

(704) 846-4654

www.levineseniorcenter.org

May & June 2018

National Senior Health & Fitness Day

Wednesday, May 30, 2018 • 10:00AM ~ 3:00PM

National Senior Health & Fitness Day celebrates the vitality of older Americans. Join us for a day filled with demonstrations & information that promote health and an overall well-being for today's seniors.



10:00AM to 10:30AM
Chair Yoga ~ Brain Fitness ~ Sound Healing Meditation

10:45AM to 11:15AM
Get Up & Get Fit ~ Eat Smart ~ Sound Healing Meditation

11:30AM to Noon
Tai Chi ~ Improv..Laughter Is The Best Medicine

12:15PM Free Lunch To The 1st 125 registered

12:45PM to 1:00PM
Vial of Life Program

Speakers:

1PM to 1:45PM Jennifer Logan MPH, RD LDN Heart & Vascular Institute ~ "Nutrition For The Aging Athlete,"

1:45PM to 2:30PM Barbara Haughey, PT Rehab Medicine ~ "Dry Needling"

2:30PM to 3:00PM Michael Scanlon, PTA Rehab Medicine ~ "Get Up & Get Fit After An Injury"

Free Event ~ Open to the Community

Sponsored By:



Ladies Spring Tea ~ Saturday, May 19, 2018 2:00PM to 5:00PM

You are cordially invited to an Afternoon Tea and Fashion Show on Saturday, May 19th from 2:00PM to 5:00PM. Tickets are \$20 for adults and \$10 for Young Ladies twelve years of age and younger. Tickets are available for purchase through Wednesday, May 16th. Hats & Gloves are optional....Bring your daughters and/or granddaughters and friends to our Spring Tea!

Tea is a cup of Life
Author Unknown

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

Arlene Lott
Bookkeeper

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



Novant Health Seminar

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

Integrative Medicine: Answering your questions about integrative medicine

Join Dr. Russell Greenfield for a presentation designed to help guide you toward optimal health through Integrative Medicine. Dr. Greenfield will continue the question and answer session from his February program. You will learn helpful information even if you didn't attend the previous session. Free program.

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

Veterans Canteen

**Thursday, May 3, 2018 & June 7, 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.

Healthy Living Expo

**Saturday, May 12, 2018
10:00AM ~ 2:00PM**

Downtown Matthews on the Town Green
Free screenings, demos & fitness activities.
Family Friendly Event!

State of the Center Meeting

We will offer another "State of the Center" meeting on Wednesday, May 16th at 1:00PM.



Legislative Update

**Wednesday, May 2, 2018
3:00PM ~ 5:00PM**

Join us for a legislative update with Representative Bill Brawley District 103 and Senator Dan Bishop District 39. For inquiries or to RSVP, please contact Kelly Tain at 704.488.4998.

AARP Driver Safety

**Monday May 7, 2018
9:30AM ~ 2:00PM**

AARP Driver Safety class ~ One session only. AARP members \$15 and non-members \$20. Please bring a bag lunch or purchase lunch at the Center. Register in the Library.

Anna and the King Movie

**Tuesday, May 8, 2018
2:00PM ~ 4:00PM**

Free movie & popcorn!

Ice Cream Social

**Monday, May 14, 2018
1:00PM ~ 2:00PM**

Join us for an Free Ice Cream Social. RSVP in the Center Library.

**Do you have questions about Estate Planning?
Attorney Crystal Welton will be at the Center**

**Monday, May 21, 2018
9:00AM ~ 5:00PM**

**Free legal advice - Appointments can be made
in the Center Library.**



Performing Arts

**Tuesday, May 22, 2018
6:00PM ~ 8:00PM**

Join us for Charlotte Mecklenburg Senior Games Performing Arts Showcase. Free event - open to the community.

Royal Wedding Viewing

**Wednesday, May 23, 2018
2:00PM ~ 4:00PM**

Hot Tea & Light Refreshments Provided
RSVP by May 18th in the Center Library

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 April is Sara Spragg. Congratulations Sara you won a \$15 gift card to Wal-Mart.

April free lunch winners are Richard Lenczowski, Liz Moore and Betty Lewis. Stop by the Center office for your free lunch ticket.

Novant Health Seminar

Wednesday, June 6, 2018 1:00 ~ 2:00PM

Novant Health Mint Hill Medical Center Leaders:

Join Joy Greear, President and Tammy Brooks, Director of Nursing, to hear about our newest hospital. This is an opportunity to hear about the center, the services and connecting for your personal health. The new facility is scheduled to open in October 2018. Free program.

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

Living Healthy Workshop

If you have diabetes, arthritis, heart disease, COPD, fibromyalgia, or any other chronic condition, Living Healthy is for you! By attending this workshop one time per week for 6 weeks, you will learn how to manage symptoms, lessen your frustration, build your confidence, make daily tasks easier, fight fatigue and communicate effectively with your doctor and get more out of life! Register in the Center Library. Thursday afternoon from 1:00PM to 3:30PM starting May 24th for six weeks. Class size is limited to 15.

Texas Roadhouse



**Tuesday, May 29, 2018
4:00PM ~ 9:00PM**

Bring your family and friends to Texas Roadhouse in Matthews and the Center will earn 10% of all sales. Please bring the coupon with you to the restaurant. Coupons are in the Center Lobby and Library

Monday Funday

**Monday June 18, 2018
2:00PM ~ 3:00PM**

Join us for some Summer Craft projects for our June Funday Monday! Sign up in the Center Library. Free Program!

Junk in the Trunk

**Saturday June 23, 2018
7:00AM ~ Noon**

If you feel your Junk is someone else's treasure then come rent a spot at the Levine Senior Center. Spot rental is \$25. Rain or shine! Stop by the Center Library to pick up a form for the Junk in the Trunk Yard Sale!

Happy Father's Day!



Corporate Sponsors

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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.

Contest Winners; What does the Levine Senior Center mean to you!

1st Place: The Levine Senior Center saved my life. It gives me some place to go; people to be with and enjoy; classes to take to keep me mentally alert; gives me volunteer opportunities. Without the Center, I would probably stay home and shrivel up. We need to have the Levine Senior Center. Lynn Wolfcale.

2nd Place: A place to socialize and connect with activities of interest. For seniors who are working, retired or widowed. Have suddenly suffered the loss of a loved one, needing to overcome a sense of loneliness and isolation. The Center provides a healthy, happy, friendly and independent facility for everyone to enjoy. Bill Hooper.

Auto Bell Car Wash Gift Cards

Gift cards will be available for purchase June 1st for \$20 each. The Levine Senior Center keeps 50% of each gift card sold. This is the perfect gift for Father's Day!