

# The Golden Edition

Parks & Recreation  
Administration Office

Roy B. Culler, Jr.  
Center of Excellence  
600 North Hamilton Street  
High Point, NC 27262  
336-883-3584



January/February 2012

**Senior Center Staff:**  
**Calvin Vaughn**  
Senior Center Director  
**Christie Hyman-Shine**  
Recreation Supervisor  
**Bill Robertson**  
Program Activity Leader  
**Donald Sawyer**  
Custodian  
**Tina Boston**  
Senior Games Coordinator

## AARP TAX ASSISTANCE

Every Tues. & Fri.  
Feb. 3 - April 13

**FREE Hair Cuts for Men or Women: Last Tuesday of each month. Appointment Required**

## Lunch, Fun, Friends, Fitness and Healthy Lifestyles

Greater High Point Senior Games (**The Games**) is off to a huge start. Registration is open. More than 25 people registered before the end of the year. There are free clinics and luncheons scheduled for the Games and the earlier you register the more you can take advantage of the FREE events. Following is a list of pre-events: **Luncheon for Silver Sneakers** Wed. Jan. 18, 11 AM. Free for any member of the Silver Sneakers Program and any one registered for The Games. **Luncheon for Men** Wed. Feb. 15, 11 AM. This luncheon is FREE for men interested in team sports and anyone registered for The Games. **Luncheon for Women** interested in team sports, especially softball players age 65 and better. Wed. Feb. 1, 11 AM Free for anyone registered for The Games or interested in team sports. **Following are programs for the working man or woman: Gym Day and Breakfast:** Sat. Feb. 11th, 10 am at Deep River Recreation Center, 1529 Skeet Club Rd. **Luncheon for Working Men age 55 and better** Sat. Feb. 18th 1 PM Oakview Recreation Center, 503 James Rd. If you know anyone who works and will be 55 by Dec. 31, 2012 these Sat. programs are for them. Call 883-3584 to register.



## What's New in the New Year?

**Balance and Fall Reduction Exercise.** FREE Thursdays, Jan. 12—Feb. 23 9:45 AM. 45 min.—1 hour class. Please call and pre-register. **LUNCH & LEARN** Wed. Jan. 4th **Flu Prevention & Jan. 11th Disaster Preparedness.** Both classes are taught by the American Red Cross. If you have registered for Senior Games the Lunch is free, all others will need to pay \$3 for lunch. You can attend the class at no cost. Everyone planning to eat (Senior Games Participants too) will need to register by 12 noon the day before each Lunch and Learn.

**Pickleball for Beginners** A special teaching night for persons wanting to learn how to play Pickleball is set for Tues. Jan. 17th at 6 PM. Person will need to be physically active and have good balance to participate in this sport. Pickleball is also played on Wednesdays at 2 PM and Fridays at 11:30 pm **"FULL COURT" Pickleball at Morehead Recreation Center every Thursday beginning Jan. 5th 1:30—4:30 PM**

**Valentine's Dance** Tues. Feb. 14th at 1:30 PM. Fee \$3 single/ \$5 couple. Featuring the Rob Massengale Band.

**Trips: HP Theatre Trip to see "Oliver", Sunday, Feb. 26 1:30—5 pm.** Bus leaves and returns to the Senior Center. Pay and register by Feb. 15. **International Civil Rights Center & Museum Tour** Thurs. Feb. 9th 10 am—4 pm. FEE \$10 Ticket/transportation **HPU Tour Fri. Jan. 27th, \$5 9:45—2 PM (lunch not included).** Another trip date will be arranged if this fills up

**Having trouble going to our webpage? The City of High Point updated & improved the website. Go to [www.highpointnc.gov/pr](http://www.highpointnc.gov/pr), click **Centers** at the left on the top bar, click **Roy B. Culler, Jr. Senior Center** - THEN SAVE TO YOUR FAVORITES.**

**VOLUNTEERS NEEDED: BINGO Callers and Experienced Front Desk Persons.**

**Call the Center for more information on volunteering or programs: 883-3584.**

### **Our Mission**

To operate the Roy B. Culler, Jr. Senior Center for the older adult population of High Point in a safe, accessible, physically attractive, well-maintained and efficient manner. To provide senior recreation programs and opportunities for residents throughout the City.

**Call 883-3584 to register or get information about our programs**  
**[www.highpointnc.gov/pr](http://www.highpointnc.gov/pr)**

<u><b>ACTIVITY</b></u>	<u><b>DATE/TIME</b></u>	<u><b>ACTIVITY</b></u>	<u><b>DATE/TIME</b></u>
AARP	4th Wednesday, 10am	Hand & Foot Canasta	Mondays, 12:45pm
AHOY Exercise Class	Mondays, Wednesdays, Fridays, 10am	Happytones Chorus	Tuesdays, 11:30am
Art Class	Fridays, 9am	Ladies Brunch Group	2nd Friday, 10:30am
Ballroom Dance	Tuesdays, 6:30pm	Legal Aid	Fridays, 1-4pm by appt.
Billiards	Mondays-Fridays, 9am-5pm	Line Dancing	Tuesdays, 2pm
Bingo	Wednesdays, 1pm	Line Dancing for Beginners	Tuesdays, 3pm
Birthday Party	Last Friday Each Month, 10:30am	Knitting/Crochet	Thursdays, 9:30am
Blood Pressure Screenings	Mondays, 9:30am (except 5th Monday)	Oil Painting	Tuesdays, 1pm
Boot Camp	Mondays, Wednesdays, Fridays, 8:30am	Pickleball	Tuesdays - 6pm, Wednesdays - 2pm, Thursdays - 1:30pm, Fridays, - 11:30am
Bowling	Mondays, 1pm		
Canasta	Thursdays, 1:30pm	Ping Pong	Mondays & Fridays, 1pm
Ceramics	Tuesdays, 9:30am	Putt-Putt Golf	Fridays, 1pm
Chair Volleyball	Tuesdays (call for time each week)	Red Hats—Sassy Cats with Red Hats	1st Friday, 1pm
China Painting	Mondays, 1pm	Red Hats Club	2nd Tuesday, 6:30pm
Computer Lab	Open Daily (except during scheduled classes)	Senior Class (Choral Group)	Tuesdays, 9:30am
Computer Class	Mondays, 10am, 11am, 12:30pm, 1:30pm	Senior Resources of Guilford	Daily (Services for Older Adults)
Creative Craft Shop	Mondays-Fridays, 9am-5pm	Water Exercise	Mondays & Wednesdays, 12pm
Haircuts	Last Tuesday Each Month, 7pm	Yoga for Seniors	Mondays, 11:30am Thursdays, 11am

**Roy B. Culler , Jr. Senior Center 101411**  
**Center of Excellence**  
 600 North Hamilton Street  
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*Postage required*

**Valentine Dance**

**Featuring the Rob Massengale Band**

**Tuesday, February 14th 1:30 PM**

**\$3 single     \$5 couple**



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High Point Parks &  
Recreation, NC

