

The Golden Edition

Parks & Recreation Department
Administration Office

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



July and August 2010

Senior Center Staff:

Calvin Vaughn
Senior Center Director
Christie Hyman-Shine
Recreation Supervisor
Darrell Wiley
Custodian
Bill Robertson
Program Leader

Slam Dunk Year!

We had **203 registered for Senior Games. The highest number for Senior Games than in any previous year.** Great Job Team! Thanks to Lois, Games Committee & Parks and Recreation staff.

Drop-In

Looking for a cool place from the summer heat? Drop in and enjoy one of the many drop-in activities. Activities include card games, board games, billiards and more.

Computer Lab Is Open

SCHEDULE
Mon.—Fri.
9 am—5 pm

**Except during
class time.**

**Classes are held on
Mon/Wed.**
10 am—12 noon.

NEW PROGRAMS

- LIVING HEALTHY**—Thursday, July 1—Aug. 5, 1:30 pm—4 pm This is an participatory class for people with diabetes. You will learn skills to better manage chronic conditions. Workbooks provided for this FREE Class. Space limited
- Softball (coed for 55+)**—Every Friday, July & Aug. 9 am. Harvell Park. This is a fun game for men and women. Come watch or play.
- MOVIE FRIDAY**—Every Friday, July & Aug. 11 am—1 pm. Movie, popcorn and drink cost per person \$1.
- Chair Volley Ball**—Wednesdays, July & Aug. 11:30 am Bring a group or join the fun. Need a minimum of 8 people to play.
- FREE Hair Cuts**—Tuesday evenings. Appts. Begin at 7 pm. Provided by Licensed cosmetologist Mi Jee. Call for an appointment.
- Computer Classes for Basics/Beginners or Intermediate**—Computer classes are held on Monday and Wednesday. Each class is 4 weeks. New classes begin each month. \$10 for persons age 65+ or \$12 for persons age 50—64

Trip Schedule 2010

- Lancaster Show & Dutch Country—ONLY \$419 FULL PAYMENT DUE NOW—ONLY A FEW SEATS LEFT JULY 12—15**
- Chinqua Penn & Grove Winery**—July 29, \$30
- Grandfather Mtn. & Blowing Rock**— August 12, \$25
- Lazy Daze Arts/Crafts Festival**— August 28, \$20
- Golf Outing**—September 2, \$24 GOLF FEE (Fox Den Country Club, Salisbury)
- Wohlfahrt Dinner—"42nd Street"** Sept. 16, \$65
- Transportation Museum/Salisbury Heritage Tour**— Sept. 30, \$20
- Mt. Airy**— October 7, \$20
- Candy Co., Mabry Mills & Morriesette Winery**— October 22, \$20
- Mystery Hill, D. Boone Inn & Tanger Outlets**— October 28, \$25
- House in the Horseshoe & S. Supreme Fruitcake**—Nov. 10, \$10
- Wohlfahrt Dinner- "Christmas in the Mtns"**- November 17, \$65
- Charleston & Myrtle Beach Show**—\$489 per person, motorcoach, 4 night hotel, 8 meals, 4 shows and guided day tour of Charleston. Nov. 29—Dec. 3
- Temple Theatre (A Christmas Carol)**- December 9, \$30
- Castle McCulloch Christmas Walk**—December 14, \$12
- Christmas in Old Salem**— December 16, \$30.

Trip cost includes transportation and tickets if applicable. Lunch & other expenses are on your own. Prior noticed required for refund. Ticket cost may not be refunded. Sign up early—trips fill fast.

For more information or to register for a program, trip or class call the Center at 883-3584 Fee Based programs/trips require mail-in or walk-in to register.

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

Visit our website for more information: <http://www.high-point.net/pr/srctr.cfm>

More information about all of our programs can be found on the website. In addition to the new classes, there are 36 regular programs. Save website as a favorite and you only have to click one time to go to the Center's homepage. If you don't know how to do this, take one of our beginner computer classes and we will teach you how.

Volunteers Needed: 1. Experienced receptionist, 4 hours each week. 2. Healthcare Professional—Take blood pressure 2nd Monday of each month 3. Program/Teachers needed: qualified, certified or trained teacher for any type of class for the fall. If you, or someone you know has skills/hobbies, and would be interested in teaching or leading a program let us know.

A word from the Director

*We just finished the greatest year ever for Senior Games. We had 203 registered (beating all former records). Congratulations to Lois von der Goltz, the Committee, volunteers and Parks and Recreation staff for helping make it the biggest year to-date. I also encourage you to take advantage of the Living Healthy Class for persons with chronic diabetes. This is an evidence based class that will provide you with skills/tools to better manage your health. And, we would really like to encourage anyone 55 or better to join our co-ed softball teams. We play on Friday mornings at 9 am. Come and watch or join the fun. Call the Center or email Calvin for more information. Thanks, Calvin 883-3584
calvin.vaughn@highpointnc.gov*

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Postage
required

Farmer's Market

Open every Wednesday and Saturday.
Daylight to midmorning

Interested vendors can contact the Center at 883-3584. Space cost \$4 on Wednesday and \$5 on Saturday.