

JULY

INDEPENDENCE

Worship and Bible Study Tuesdays at 10am
Activities Immediately Following

PATRIOTIC GAMES

7

Celebrate America with the USA 250th Anniversary Games.

AL-1

STAYING STRONG & INDEPENDENT

14

Jenny Brooks, a licensed Occupational Therapist, shares how maintaining strength, balance, flexibility, and endurance help significantly reduce the risk of falls.

AL-1

HOME SAFETY, FALL PREVENTION, AND FIRE SAFETY

21

Brian Roberts from NC Baptist Aging Ministry presents how to keep a safe home, fall prevention strategies, and fire safety.

AL-1

AI FOR SENIOR ADULTS

28

Matt Martin with NCBAM provides a biblical view of the ever-changing landscape of Artificial Intelligence that will encourage and inform senior adults.

AL-1

AUGUST

EDUCATION

Worship and Bible Study Tuesdays at 10am
Activities Immediately Following

WHEN LIVING INDEPENDENTLY IS NO LONGER AN OPTION

4

Alicia Ritchie with CarePatrol educates and provides seniors with options to consider when living independently is no longer an option.

AL-1

SENIOR CELEBRATION

11

It's time to celebrate birthdays. Join us for cake and ice cream as we give thanks for another trip around the sun!

AL-1

CAROLINA CARING

18

Amanda Buck will educate us on the services provided by Carolina Caring. She will also discuss the differences between hospice and palliative care.

AL-1

DINE AND DESIGN

25

We will enjoy a light lunch before creating an 8x10 canvas board painting guided by Christina Fisher. Fun, laughter, and great memories are guaranteed.

AL-1\$\$

SEPTEMBER

LEAVING A LEGACY

Worship and Bible Study Tuesdays at 10am
Activities Immediately Following

SHOW AND TELL

1

Share your memories, items, stories, photos, hobbies, talents, faith, and life experiences.

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GRANDFRIENDS: BLESSING THE NEXT GENERATION

8

Encourage a child or teen by sharing scripture, words of wisdom, prayer and encouragement. This is a meaningful way to connect generations

AL-1

DO YOUR GRANCHILDREN KNOW?

15

A wonderful game to help grandparents think about the stories, values, and faith they want to pass on.

AL-1

ADVANCED DIRECTIVES

22

Make your wishes known. A Living Will and Healthcare Power of Attorney will be explained and available to fill out and have notarized.

AL-1

WILLS vs TRUSTS & PROBATE

29

Therron Causey an Estate Planning and Elder Law Attorney will explain Wills, Trust, Probate, and also open up for a time of Q&A

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