Senior Activities News

John Robert Kernodle Activities Center | Jan. / Feb. 2016

trips

Senior Outdoor Programs: (January Hiking Trips)

Jan 5 from 2 -4 pm / Cedarock Park / Free
Meet at Cedarock Park - 4242 R. Dean Coleman Rd. Burlington, NC 27215 - in the gravel lot next to the playground (past the historical farm). Come hike Cedarock Park. We will explore some new trails and visit the dam. The hike will be about 2.5 miles on natural surface trail. Register by 1/4.

Jan 12 from 10 am- 4 pm - Flying Biscuit Cafe and NC Museum of Art / $2 plus lunch money
Meet at Kernodle Senior Center - 1535 S. Mebane St. Burlington NC 27215. Transportation will be provided. We will travel to the Flying Biscuit Cafe in Raleigh for lunch. Afterwards we will go to the NC Museum of Art and Sculpture Park. Depending on the weather we can hike around the Sculpture Park or meander around inside the museum. Max of 12 people. Register by 1/8.

Jan 20 from 10 am - 12 noon / Textile Heritage Museum / Suggested donation $2 for museum
Meet at the Textile Heritage Museum – 2406 Glencoe St. Burlington, NC 27217 – parking available on River St. just past the museum. We will have a private tour of the museum and learn about the history of textiles and mill villages of Alamance County and the Piedmont. If time allows, after the tour we will take a short hike around the restored, historic village of Glencoe. Register by 1/15.

Jan 26 from 12 noon – 4:30 pm / Hike and Birding Pontoon Boat Tour / $9
Meet at Kernodle Senior Center - 1535 S. Mebane St. Burlington NC 27215. Transportation will be provided. We will head to Greensboro to hike about 1.5 miles on the Watershed Trails. Afterwards we will scout for migrating waterfowl on Lake Townsend via pontoon boat. Bring a pair of binoculars if you have them! Max of 10 people. Register by 1/22.

To sign up for a trip/activity, call 222-5135. Make checks payable to City of Burlington. Mail to Kernodle Center P.O. Box 1358 Burlington, N.C. 27216. You may pay in person at the JRK Senior Activities Center, 1535 S. Mebane St. If you cancel a trip/activity, we will do our best to refund any money, but we cannot guarantee a full refund. If you are not present at departure time, you will miss your trip and not receive a refund. If you sign up for a party/luncheon, please do not cancel at the last minute, unless it is an emergency. If you have motion sickness and need to sit in a reserved seat you MUST have a doctor's excuse and notify us when signing up each time. If you wish to sit with your partner you cannot sit in a reserved seat. When getting on the bus go to reserved seat (2nd, 3rd, or 4th seat) someone else with an excuse will be seated with you. Each time you call in for a trip, please remind us that you need a reserved seat, if you would rather sit with your partner and risk getting sick let us know. Please sit in the seat adjoining your roommate or partner. **We do not rotate seats on bus.**

The Burlington Recreation & Parks Department does not discriminate on the basis of disabling conditions in the administration of the access to services provided or employment through its programs and activities. The Burlington Senior Adult Leisure Services provides activities that are designed for participants 55 years and older to interact positively with other participants in a structured and non-structured situation. The participant should be able to care for his or her personal hygiene & participate on a staff ratio of 1 up to 50. A participant who wishes to go on one of the senior trips must be able to get on and off a bus/van without assistance and may be refused on the day of the trip, if the participant cannot enter the bus/van. And possibly will not be refunded for the trip. **For special needs, we must have 48 hor notice.**

Notice: Make checks for any trip/activity to City of Burlington. Mail to Kernodle Center, PO Box 1358 Burlington, NC 27216.

John Robert Kernodle
Senior Activities Center

336.222.5135
1535 S. Mebane Street
PO Box 1358
Burlington, NC 27216
www.ci.burlington.nc.us

Operational Hours
Monday–Friday 8:00am to 4:00pm

Open For Evening Activities
Monday—Thurs Starting at 6:00pm

In case of bad weather, please check our weather policy

health & wellness

To join the fitness room, you must be trained and oriented through the John Robert Kernodle Senior Activities Center. To receive training and orientation, please make an appointment with our fitness coordinator, 222-5135.

Fitness Room Membership City Residents $25 a month or $125 a year.
Non City Residents $30 a month or $150 a year (Includes orientation & training)
Fitness Room Hours Mon-Fri 8 am-3 pm | Mon & Tues 6-9 pm. Wed & Thurs 6-8:30pm, 55 years & older
Saturday Hours 10-12 noon for fitness room only
In case of inclement weather, call 222-5135 to make sure it is open before you come.

The Arthritis Exercise Program: This class includes endurance, flexibility and strengthening exercises done in chairs or standing beside a chair. This class can improve mobility, balance & range of motion. Tues. & Thurs. 10:00 - 11:00 a.m.. To register or for more information, call 222-5135. (Class Instructor, Jo Ely). **Jo's exercise classes are continuous sessions through the year. Participants purchase punch cards for $35.00 for 10 classes**

Weight Accountability Group = WAG: WAGs are a support group committed to implementing healthy eating and exercise habits. We share info on losing weight, maintaining a healthy weight, fitness & making healthy choices. Wed. 10:15 a.m. No charge. For info, 222-5135.

Blood Pressure Screening Kernodle Center, Burlington Fire Department, January 20 & February 17, 10:30 am
Bocce We have bocce courts at the Kernodle Center. A group of seniors are getting together on the courts on Thursdays 9:30-11:30 am. If you would like to play, you are welcome to join them. The bocce sets are available to be checked out when the center is open. So come anytime & play!
Play Darts Fri 10am **Table Tennis Free Play** Mon 10am-3pm, Wed 11am-1pm, Wed 6pm-8:30pm. **Cornhole** Every Wed 8:15am-10am.

A Matter of Balance Class is designed to manage concerns of falling through balancing and strengthening exercises. These sessions will include discussions and education to help prevent falls. Our four week class will meet at the Kernodle Senior Center every Tuesday & Thursday 1pm to 3 pm starting January 5. A new class will begin February 2. Snacks will be provided. This class is free due to money received form Title III funding administered by the PTRC. Please call to register by December 30. Space is limited to 15 participants. This class has really helped a lot of seniors with balance. Call 222-5135 to register.

Risk of Falls Screenings, 10 am-12 pm - January 15 or 27 1 in 5 falls causes a serious injury, but the good news is that falls are preventable. Find out if you are at risk for a fall at this free screening involving three simple balance and strength tests conducted by Joe Libera, Physical Therapist. Please call 222-5135 to schedule a 30 minute appointment. If you cannot make your appointment, please call to cancel.

"NEW" Get Moving Do you have new goals for 2016 to be more active or achieve a healthier weight? Join us with "Get Moving" to get a low impact and energizing cardiovascular workout as well as tone the body with some light weight strength intervals. There are countless benefits of aerobic exercise! Some include strengthen the heart and lungs, reduce health risks, boost your mood, keep your body functional and mobile, and burn calories! Set price for this class is $30.00 for an 8 week class. Class begins January 12 & is held every Tuesday & Thursday.at 11:15 am.
Join Melanie & Kate, the instructors for a "Get Moving" free workshop on Tuesday, January 5 at 11:15 am just to see what this class is all about!!!!

Tone up! Tone up is an exercise class primarily focused on strength training for those individuals who would like to increase strength, muscular endurance, or simply tone their body and muscles for a better appearance. Benefits of this strength training class are improved joint function, reduced risk for injury, increased bone density, increased metabolism to burn more calories at rest, improved cardiac function, and of course increased strength and balance just to name a few. Baseline weight and BMI figures may be calculated if desired to see improvements throughout the class. Classes will be held on Tuesdays and Thursdays at 6 pm. (Class instructor Melanie McBroom). This 8 week class will begin on Tuesday, January5. Please call to register. The cost of this class is $40.00 for the eight weeks.

Senior Outdoor Programs: (Feb Hiking Trips) *In cooperation with Alamance County Recreation & Parks Department*

Feb 2 from 1:30 - 3:30 pm / Movie: A Walk in the Woods / Free Meet at Kernodle Senior Center - 1535 S. Mebane St. Burlington NC 27215 – in room A. Watch and laugh as travel writer Bill Bryson (Robert Redford) decided the best was to connect to his homeland is to hike the Appalachian Trail with one of his oldest friends (Nick Nolte). Popcorn will be served! Register by 2/1.

Feb 10 from 1 – 3 pm / Corn Hole and Pickle Ball / Free Meet at Fairchild Community Center - 827 S Graham Hopedale Rd, Burlington, NC 27217. Come play corn hole and pickle ball. If you don't know how – we'll teach you! Come try something a little different! Register by 2/8.

Feb 16 from 2 – 4 pm / Outdoor Recreation Opportunities Road Trip / $2 Meet at Kernodle Senior Center - 1535 S. Mebane St. Burlington NC 27215. Transportation provided. Join us on a road trip around Alamance County to see various outdoor recreation sites and learn more about Burlington's and Alamance County's recreation opportunities! Register by 2/12.

Feb 22 from 1:30 - 3:30 pm / Movie: The Way / Free Meet at Kernodle Senior Center - 1535 S. Mebane St. Burlington NC 27215 – in room A. Watch as a father (Martin Sheen) heads overseas to recover the body of his estranged son who died while traveling the "El camino de Santiago," and decides to take the pilgrimage himself. Popcorn provided! Register by 2/19.

Computer classes

Computer Classes: (1 hour sessions for 4 weeks) ***Please note that there will be no classes on Jan 18.***
Beginner & Internet Combined Starting Monday, Jan 4 Or Monday, Feb 8, 1:00 pm
Advanced & Internet Combined Starting on Monday, Jan 4 Or Monday, Feb 8, 2:30 pm
Facebook Class Reconnect with your classmates, friends, family through Facebook:
Advanced Facebook Class (For those with a Facebook account)
Starting on Monday, Jan 4 Or Monday, Feb 8, 10:00 am
Beginner Facebook Class (For those without a Facebook account)
Starting on Monday, Jan 4 Or Monday, Feb 8, 9:00 am
(must have some knowledge of computer & internet)

Night Classes: Smart Phone Class This class is to help you use your phone. When registering please tell what type phone you have. Price for class is $30.00 for 4 -1 hour classes. Dates for class are
IPhone Tuesday, January 5, 6:00 pm *or* **Android** Tuesday, January 5, 7:30 pm

Beginner Facebook Class (For those without a Facebook account) February 2, 6:00 pm
Advanced Facebook Class (For those with a Facebook account) February 2, 7:30 pm
For All Computer Classes: City resident $20, non city resident $25, 55 yrs & over.
City resident $30, non-city resident $35, under 55 years old. *Call 222-5135 to register and send check to reserve space.*
Make check to: *City of Burlington* **Mail to:** *Kernodle Center PO Box 1358 Burlington, NC 27216*
Or drop it by: *Kernodle Center 1535 S. Mebane Street. Dates & times subject to change*
Computer Lab: For students of the computer class & experienced participants. Lab is on your own and computers are set up for internet access Fri 1 to 3pm. Wednesday 6 to 8:30 pm. ***No computer lab on Fridays until April 22 due to tax preparation.***

Kerndle activities for JANUARY

Jan 4 Quilting Bee 1 pm Must know basic sewing. Sign up now for new class.
Jan 5 AARP Program, TBA 10 am
Jan 6 Birthday Party & Bingo at 1 pm. Bring a covered dish.
Jan 6,13,20,27 Mah Jongg.12:30 pm. Learn to play. American rules have 9 categories of hands on a Mah Jongg Card with 4 players at a table. If a player declares mahj, play ceases. After 6 months awards are given. New players welcome.
Jan 4, 11, 25 Cards & Games Party. Play any game you would like & you may want to bring your own cards. 12:30-3:30 pm
Jan 15 Kernodle Movie: "I'll See You in my Dreams" A widow and former songstress discovers that life can begin anew at any age. 1 pm. Funny movie! Starring Blythe Danner & Sam Elliot.
Jan 11 Medicine Safety. The Alamance Citizens for a Drug Free Community will present a program on Medicine Safety at 11 am & 6:30 pm.
Jan 12 Legal Assistance. Call 1-800-951-2257 x1731 for appt
Jan 21 Burlington Senior Club meeting 1 pm Program: Fun & easy craft. All seniors are invited
Jan 26 Bingo sponsored by Mt. Zion Church 1 pm.
Jan 28 Asian/ American New Year Party. Celebrate the coming of the New Year for many of us. Chinese food will be served 1 pm. $4 for lunch. Please register by Jan 22. Please pay at the door. If you need to cancel, call before the event.

Kerndle activities for FEBRUARY

Feb 2 AARP meeting 10:00 am Program TBA.
Feb 3 Birthday Party & Bingo 1:00 pm Please bring a covered dish!
Feb 1, 8, 15, 22, 29 Card & Games Party Play any game you would like to play & you may want to bring your own cards. 12:30 pm to 3:30 pm.
Feb 3,10,17,24 Mah Jongg.12:30 pm Learn to play Mah Jongg; American rules have 9 categories of hand on a Mah Jongg Card with 4 players at a table. If a player declares mahj, play ceases. After 6 months awards are given. New players welcome. Come & learn
Feb 12 Valentine Party 1 pm Celebrate Valentines with food & fun. $4.00 Please pay at door. Register by Feb 7. Please cancel if you cannot attend
Feb 1 & 15 Quilting Bee. Must know basic sewing 1 pm.
Feb 9 Legal Assistance Please call 1-800-951-2257 for an appointment ext. 1731.
Feb 19 Kernodle Movie: "Cinderella" American live-action romantic fantasy film. Beautiful cast & movie. 1 pm.
Feb 18 Burlington Senior Club 1 pm. Program: Craft Show & Tell. All seniors are invited.
Feb 23 Bingo sponsored by Mt. Zion Church 1 pm.
Feb 24 celebrate Black History Month with the Senior Delights Drama Club as they pay tribute to African Americans and their contributions to make this world a better place. 10:30 am

Community centers activities

JANUARY

Elmira Senior Club
Jan 27, 11:30 am, Covered Dish & Bingo-Please bring a covered dish

Forest Hills Club
Forest Hills Club Meeting
Jan 25, 10 am Program: Medicine Safety

Mayco Bigelow Center
Jan 25, 1:30 pm
Senior Bingo

FEBRUARY

Elmira Senior Club
Feb 24, 11:30 am, Covered Dish & Bingo
Please bring a covered dish

Forest Hills Senior Club
Feb 29, 10 am
Program: Valentine Party

Mayco Bigelow Center
Feb 29, 1:30 pm , Senior Bingo

Kerndle activities

Duplicate Bridge
Mondays 6:30 pm
Tuesdays 6:30 pm
Thursdays 1:00 pm
Partner required, come & bring someone.

Card & Games Party
Wednesdays 6:00 pm to 8:15 pm

TOPS Wednesdays 9:00 am

Federation of the Blind Support Group
First Thurs of the Month 10 am - 12:00 noon

Fellowship Dance Club 1st & 3rd Saturday 7:00 pm

Drama Group Want to be with others and express yourself dramatically? Mondays from 1 pm-2 pm. Linda Morton has volunteered to lead this group. (Will not meet Jan. 18)

Quilting Bee 1st & 3rd Mondays of the month 1-3:30 pm. You must know basic sewing. Call 222-5135 to register. (Will not meet Jan. 18)

Free Autoharp Lessons Tuesday at 2:00 pm. Call 222-5135 to register

Open Art Studio Every Tues 9:30-11:30 am. Bring your artwork & help each other. If you use oil paint, please bring odorless thinner.

Golden Harmonies Choir Practice – Any senior is welcome to join this group, just be willing to sing & have a good time. Every Friday at 10:00 am.

Alamance County Community Services Agency Congregate Meal Site Monday through Friday 9:00 am to 1:00 pm. Activities and a good nutritious lunch for $1.50. Please call Alamance County Community Services 229-7031 to register.

Classes: *Please note that there will be no classes on Jan 18.* *** will denote ACC classes.** Please call 506-4316 for schedule and to register for ACC classes. For all other classes please note the fee and call 222-5135

***Cake Decorating** Mon 6 pm
***Floral Design** Tues 6:30 pm
***Cooking With Class** Thurs 10 am
***Cooking With Class** Thurs 6 pm
Crochet/ Knitting/Tatting Mon 9 am & Wed 12 noon - This class is $5.00 a class. You pay only when you attend the class. This class promotes mental & emotional health. And could reduce the risk of dementia.

Information for your information

Volunteer Opportunities:
We need volunteers to be receptionists and help with our mailings. Call 222-5135 if you wish to volunteer! Need computer literate volunteers to be trained to help with Seniors' Health Insurance Information Program.

Inclement Weather? Please call the center to make sure it is open before coming!

Income Tax Assistance - Income Tax Assistance by AARP Tax-Aide volunteers will begin February 3 and will continue every Wednesday and Friday until April 15 This free service is for taxpayers ages 60 & over with low to medium income. Call 222-5135 to make an appointment. We will begin taking appointments on January 4 Must bring original Social Security Card, all tax documents , 2014 tax return. & picture ID. There some limitations as to which returns we can prepare.

MANY THANKS TO ALL OF OUR VOLUNTEERS!

Legal Aid of North Carolina is expanding their services in Alamance County to include consumer protection cases. ***Know Your Rights!*** There are strong protections for consumers facing foreclosure, predatory lending, unfair debt collection, home improvement, deceptive sales and debt collection practices. Call 336-398-1705 for an appt with an attorney. Our services are free.

Division of Services for the Deaf and the Hard of Hearing-Greensboro Regional Center
conducts monthly information sessions in 7 different locations in our 10 county area with one of those locations being at the Kernodle Senior Center. During these monthly meetings individuals are provided with info regarding our agency's programs and resources. Also, qualifying individuals that are North Carolina citizens who are Hard of Hearing, Deaf, Deaf-Blind or Speech Impaired can apply for one hearing aid, amplified or captioned telephones as well as alerting equipment at no cost. For more info or to register for one of our sessions please contact Division of Services for the Deaf and Hard of Hearing at 336-273-9692.

Weather Policy: In case of inclement weather, we normally cancel activities. However, weather conditions may change later in the morning, call 222-5135 to check to see if the center is open and if we are going to have activities. To see if the congregate meal site is going to serve meals, call 229-7031. Call ACC 506-4316 for ACC class info. **Check WFMY TV ch 2, under openings/closings, we are part of City of Burlington.**

Insurance

Need Help from SHIIP? We have SHIIP (Seniors' Health Insurance Information Program) volunteers trained by the NC Department of Insurance available by appt only. 222-5135 to make an appt.

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1535 S. Mebane Street
PO Box 1358
Burlington, NC 27216

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