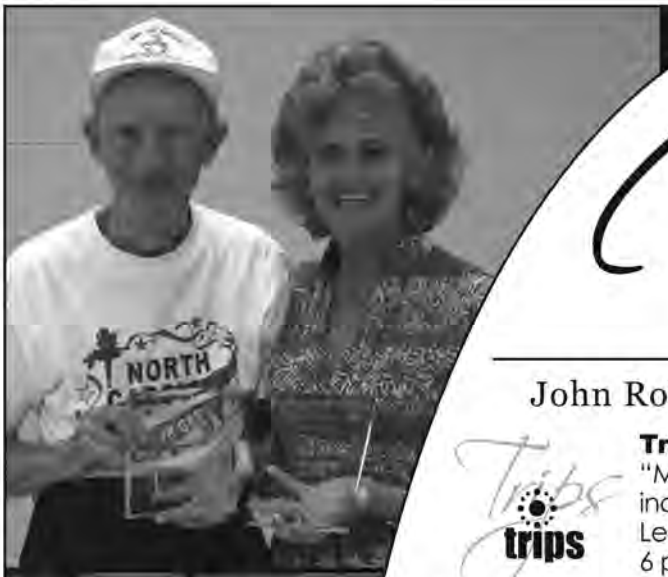

Senior Activities News

John Robert Kernodle Activities Center | Sept/Oct 2013

trips

Trip to Temple Theatre, Sanford, NC-Sept 26 See the show "Music Man". Lunch at Magnolias, then the show Price of $57 includes lunch, show & trans. per person. Please pay by July 31. Leave from Super Kmart parking lot at 10 am. Return to Burlington at 6 pm.

Trip to State Fair, Raleigh-Oct 22 Leave from Super Kmart parking lot on Huffman Mill Rd at 7:30 am. Leave from the fair at 2 pm. Return to Burlington at 3 pm. Free admission for senior citizens. Cost for trans. $21/person. Pay by Oct 8.

Trip to Myrtle Beach, SC-Nov 19 & 20 Leave from Super Kmart parking lot on Huffman Mill Rd. at 7:30 am. Have lunch on your own & shop at the Coastal Mall. for 2 hours. Check into the Ocean Reef Resort at 3 pm. Dinner at the Giant Crab Seafood Buffet, see to the Christmas Show at the Carolina Opry. Next morning breakfast at the hotel, see the show Hot Jersey Nights Christmas Show at the Palace Theatre. Have lunch at T Bonz Restaurant. Leave after lunch return to Burlington around 7 pm. Cost per person - 1 in a rm. $230, 2 in a room $200, 3 in a room $195, 4 in a room $190. Price includes trans., lodging, 1 dinner (Tues, 1 breakfast (Wed), 1 lunch (Wed), 2 shows, and trans. $75 deposit due August 5. Balance due October 1.

Trip to Rudy Theatre, Selma-Nov 14 Leave from Super Kmart parking lot at 9:00 am. Eat lunch at the Robbins Nest Restaurant, see the American Jubilee Christmas Show, return to Burlington around 6 pm. Cost $60 per person Please pay by Oct 16.

Trip to Barn Dinner Theatre-Dec 3 "Black Nativity" Nothing compares to Langston Hughes' Black Nativity. This heartfelt musical is the most entertaining way to relive the birth of Jesus Christ through the beat of the drum, the feet of high energy dancers, and the souls of passionate story tellers. Along with great contemporary gospel music, experience the nativity through a new light. Leave from the Kmart parking lot at 11:45 am, return around 4:30 pm. Cost per person $52, please pay by Nov 4. Price includes trans., lunch & show. Dress for the Barn is business casual, no sneakers, jeans, t shirts or shorts.

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. We do not rotate seats on the 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 & older to interact positively with other participants in a structured & non structured situations. The participant should be able to care for his or her personal hygiene & participate on a staff ratio of 1 up to 50. **For special needs, we must have 48 hours notice.**

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, Jo Ely 222-5135. Saturday hours 10 am to 12:00 noon for the fitness room. In case of inclement weather, please call the center 222-5135 to make sure it is opened before you come.

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 to 3 pm | Mon & Tues 6-9 pm. Wed & Thurs Nights 6-8:30pm
55 years & older Saturday 10 am-12 noon | We will open on Sat from 10 to 12 noon beginning Sept. 14.

*** In case of inclement weather, please call the center to make sure it is open before coming! ***

Bocce We have bocce courts at the Kernodle Center. A group of seniors are getting together on the courts on Tuesdays & Thursdays 9:30 am to 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 opened. So come anytime & play!!!

FIT-FUN-DISCOVER Did you set your New Year's goal with this in mind? We're hiking- where have you been? Join us for a SHOC and AWE outing (Senior Hiking and Outdoors Club). Learn more about our parks and trails system. For more information, please call 222-5135.

Play Darts Fridays 10 am **Table Tennis Free Play** Mon 10am-3pm | Wed 11am-1pm | Wed 6pm-8:30pm.

Blood Pressure Screening Kernodle Center, Burlington Fire Department | Sept 18 or Oct 16, 10:30 am
Peak Resources will have blood pressure check | September 19 or October 17, 10:30 am

Health and Wellness Workshops:
Jo's exercise classes are continuous sessions through the year from Oct-June. Participants purchase punch cards for $35 for 8 classes

The Arthritis Foundation Exercise Program The official Arthritis Program that includes endurance, flexibility, & strengthening exercises done in chairs or standing beside a chair. This can improve mobility, balance & functional ability. Tues & Thurs 10-11am. More info 222-5135. New class begins Oct 1.

Living Healthy, The Chronic Disease Self Management Program Take control of your health in just six weeks. The Kernodle Senior Center will be hosting a six week Living Healthy workshop. The workshop will focus on the fundamentals of learning how you can take control of an ongoing health condition rather than letting it control you! If you 55 and older and have diabetes, arthritis, heart disease, COPD, fibromyalgia, or any other chronic disease, Living Healthy is for you. By attending this workshop, participants will learn how to manage symptoms, communicate effectively with a doctor and other health care professionals, lessen frustration, fight fatigue, build confidence, make daily tasks easier, and get more out of life. Class will be 2 ½ hours every Mon for 6 weeks at 12:30 pm starting Sept 23. Facilitators of this program will be Linda Snipes Martinez & Terri Steele, RN. They are admissions coordinator & director of nursing at White Oak of Burlington. Please call 222-5135 to register by Sept 17.

Pickleball Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn. Lots of fun. Pickleball will be offered at Fairchild Community Center. For more information days & time, call 222-5119.

Cornhole available at Fairchild Community Center on the days that pickleball & badminton are played.

Don't forget Badminton Tues & Thurs at Fairchild Community Center for beginners or experts a lot of fun! Call 222-5119 for times.

SHOCK & AWE Hiking Club for seniors for 55 years & over. Next hike is Mon, Sept 30 at the Glencoe Sub Section of Haw River Hiking Trail/NC Mountain to Sea Trail. Meet at Glencoe Paddle Access Park 2341 Glencoe St, Glencoe Mill Village Burlington at 9am. Please register by Sept 25. Call 222-5135 to register.

---

classes

All Computer Classes: All classes 1 hour sessons for 4 weeks (Choose from one of 4 classes)
Beginner & Internet Combined Starting on Mon, Sept 9 Or Mon, Oct 7, 1:00 pm
Advanced & Internet Combined (Must have taken the beginner class)
Starting on Mon, Sept 9 Or Mon, Oct 7, 2:30 pm
(NEW) Facebook Class Reconnect with your classmates, friends, family through Facebook:
Advanced Facebook Class (For those with a Facebook account)
Starting on Mon, Sept 9 Or Mon, Oct 7 at 10am
Beginner Facebook Class (For those without a Facebook account)
Starting on Mon, Sept 9 Or Mon, Oct 7, 9:00 am
4 week course (must have some knowledge of computer & internet)

Computer classes are 1 hour sessions for 4 weeks
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.

Classes * 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

***Crochet/Knitting M 9am | *Floral Design M 6pm | *Shag M 7pm | *Mid East Dance T 6pm | *Tai Chi Chuan T 7pm**
***Tai Chi Chuan Level II T 7pm | *Ballroom Dance TH 7pm | *Baskets & Chairs TH 6:00 pm**

Activities Kerndle activities for SEPTEMBER

Sept 3 10 am AARP Program: TBA
Sept 4 Birthday Party & Bingo 1pm. Please bring a covered dish.
Sept 4,11,18,25 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 welcomed.
Sept 9,16,23,30 Cards & Games Party. Play any game you would like to play & you may want to bring your own cards. 12:30-3:30 pm
Sept 10 Legal Assistance. Call 1-800-951-2257 x1731 for an appt.
Sept 11 First Responder Program at 11 am hosted by the Alamance County Agency Congregate Meal Program. Please call 229-7031 for more information.
Sept 12 "NEW" Pat Johnson has volunteered to teach how to make the beautiful Christmas balls of light, the balls that hang from the trees during Christmas. The class will start on Sept 12, that class will meet just to discuss what supplies to purchase to construct the balls and then the class will meet every Thurs until Oct 17. Class from 10am-12 noon. Call 222-5135 to register by Sept 6.
Sept 12 Disaster Preparedness Presentation. 1 pm. What do you do in case of a disaster, hopefully you can learn how to be prepared. Call 222-5135 to register by Sept 11.
Sept 17 "NEW" Jam Session, 1 pm. Many of our talented musicians are getting together to jam. If you want to bring an instrument or come & sing, you are welcome. If you just want to come & listen or dance, that is ok too. You are welcome to bring your well-behaved grandchild to this event.
Sept 19 Burlington Senior Club meeting 1:30 pm Program: "Blast from the Past" Do you remember when discussion.
Sept 20 Free Crafts for Veterans 10 am Come stay & work on your kit, or you may stop by to pick one up.
Sept 20 Kernodle Movie: 1 pm "The Guilt Trip" As inventor Andy Brewster is about to embark on the road trip of a lifetime, a quick stop at his mom's house turns into an unexpected cross-country voyage with her along for the ride. Cute comedy starring Barbra Streisand & Seth Rogen
Sept 24 Bingo sponsored by Mt. Zion Church 1 pm.
Sept 25 (NEW) John Rumley has volunteered to play his Big Band music. Everyone is welcome to come & listen and/or dance.
2-4 pm.

Activities Kerndle activities for OCTOBER

Oct 1 10 am AARP Program: TBA
Oct 2 Birthday Party & Bingo 1 pm Please bring a covered dish!
Oct 2, 9,16,23,30 Mah Jongg.12:30 pm Learn to play. 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.
Oct 7,14,21,28 Cards & 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.
Oct 8 Legal Assistance. Call 1-800-951-2257 for an appointment ext. 1731.
Oct 10 Safe Driving Class. This course is intended for licensed drivers age 50 & older who want to review the Rules of the Road, defensive driving techniques & practical advice on how to adjust for age –related changes in vision, hearing & reaction time. There are no tests. Certificate for a multi-year auto insurance discount is issued to each participant who completes the 4 hour session of the 1 day course/Cost $12 for AARP members & $14 for non-members. Snacks will be provided, but lunch will not, so please bring a lunch. Class starts 10 am to 2 pm Please call 222-5135 to register by Sept 27. Make checks to AARP.
Oct 10 10 am Legislative Update. Alamance County Tarheel Legislator will give an update. Questions & answers will follow
Oct 11 Kernodle Movie: "Parental Guidance" Artie and Diane agree to look after their three grandkids when their type-A helicopter parents need to leave town for work. Problems arise when the kids' 21st-century behavior collides with Artie and Diane's old-school methods. 1 pm
Oct 15 The center will show DVD documentary "The Fort Fisher Hermit" The Life & Death of Robert E. Harrill. Dave Wright who has written the play "The Hermit of Ft. Fisher will be on hand for discussion. At 1 pm.
Oct 17 Resource Fair 10am-12 noon. Enjoy entertainment, information & a great time.
Oct 17 Burlington Senior Club 1:30 pm. Program "Go 4 Life" Everyday fitness ideals from the National Institute of Aging video.
Oct 18 Free Crafts for Veterans 10am Come stay & work on your kit, or you may stop by and pick one up
Oct 22 Bingo sponsored by Mt. Zion Church 1 pm.
Oct 25 John Rumley has volunteered to play his Big Band music. Everyone is welcome to come & listen and/or dance. 2-4 pm.

Centers Community centers activities

SEPTEMBER

Elmira Senior Club
Bingo Luncheon, bring a covered dish 11:30 AM, Sept 25

Forest Hills Club
Program: Tentative "Homeplace of Alamance" 10:00 am, Sept 30

Mayco Bigelow Center
Bingo Party, 1:30 pm, Sept 30

OCTOBER

Elmira Senior Club
Bingo & covered dish luncheon
Please bring a covered dish
11:30 am, Oct 30

Forest Hills Senior Center
Senior Club Program: "Halloween Party"10:00 am, Oct 28

Mayco Bigelow Center
Bingo, 1:30 pm, Oct 28

Activities Kerndle activities

Duplicate Bridge
Mondays 6:30 pm Partner required
Tuesdays 6:30 pm & Thursdays 1:00 pm
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 noon

Fellowship Dance Club
1st, 3rd & 5th Saturday 7:00 pm

"NEW" Free autoharp lessons
Every Tues at 2 pm.
Call 222-5135 to register!

"NEW" Open Art Studio
Every Tuesday 10 am – 12 noon.
Bring your artwork & help each other. If you use oil paint, please bring odorless thinner.

Alamance County Community Services Agency Congregate Meal Site
Mon -Fri 9:00 am-1:00 pm. Activities and a good nutritious lunch for $1.35. Please call Alamance County Community Services 229-7031 to register.

Information for your information

Weather Policy: In case of inclement weather, we normally cancel activities. However, weather conditions may change later in the morning, please call 222-5135 to check to see if the center is opened and if we are going to have activities. To see if the congregate meal site is going to serve meals on that day, call 229-7031. Call ACC 506-4316 for ACC class info.

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

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 Senior Health Insurance Information Program. **THANKS TO ALL OF OUR VOLUNTEERS!**

Notice : Please make all checks for any trip or activity to City of Burlington.
Mail to Kernodle Center PO Box 1358 Burlington, NC 27216

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 information 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 information or to register for one of our sessions please contact Division of Services for the Deaf and the Hard of Hearing at 336-273-9692.

Oct 17 Resource Fair 10am-12 noon. Enjoy entertainment, information & a great time.

Insurance

Welcome to Medicare presentation at Mebane Arts Center on September 26 at 1:30 pm. Call the Kernodle Senior Center at 222-5135 to register.

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

John Robert Kernodle
Senior Activities Center
1535 S. Mebane Street
PO Box 1358
Burlington, NC 27216

Return Service Requested

Presort Standard
US Postage
PAID
Burlington, NC
Permit #251