

| December 2018 | | | | |
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| Mon | Tue | Wed | Thu | Fri |
| 3 10:00 am – 12:00 pm Arts and Crafts 3:00 - 4:00 pm Adult Coloring | 4 10:00 am – 12:00 pm Art 101 taught by Sara Brewer 12:00 – 1:00 pm AA Meeting (Open Meeting) | 5 10:00 am – 12:00 pm Health and Wellness 1:00 – 2:00 pm Eating Healthy: Rethink your Drink, Reduce Calories, Move More! Registration required 3:00 – 4:00 pm Journal Writing | 6 10:00 am – 12:00 pm Expressions 10:00 am – 12:00 pm Upward to Financial Stability: Financial Capability and Access to Financial Services 10:30 am – 12:30 pm Learn to Crochet 2:30 – 4:00 pm Legal Aid Clinic: Social Security Disability 6:00 – 7:00 pm Dealing with Grief and Loss through the Holidays | 7 10:00 am – 12:00 pm Popcorn and Family Movie 1:00 – 2:00 pm Opioid 101 Registration required Lunch and Learn |
| 10 3:00 - 4:00 pm Adult Coloring 4:00 - 5:00 pm Tai Chi Registration required | 11 10:00 am – 12:00 pm Art 101 taught by Sara Brewer 12:00 – 1:00 pm AA Meeting (Open Meeting) 2:30 - 4:00 pm Legal Aid Clinic: Child Custody | 12 10:00 am – 12:00 pm Health and Wellness 1:00 – 2:00 pm Eating Healthy: Rethink your Drink, Reduce Calories, Move More! Registration required 3:00 – 4:00 pm Journal Writing | 13 10:00 am – 12:00 pm Expressions 10:30 am – 12:00 pm Learn to Crochet 6:00 - 7:00 pm Tai Chi Registration required | 14 10:00 am – 12:00 pm Popcorn and Family Movie 1:00 - 3:00 pm Conflict Resolution Registration required |
| 17 10:00 am – 12:00 pm Arts and Crafts 3:00 - 4:00 pm Adult Coloring | 18 10:00 am – 12:00 pm Art 101 taught by Sara Brewer 12:00 – 1:00 pm AA Meeting (Open Meeting) | 19 10:30 am – 12:00 pm Christmas Karaoke 1:00 – 2:00 pm Eating Healthy: Rethink your Drink, Reduce Calories, Move More! Registration required 3:00 – 4:00 pm Journal Writing | 20 10:00 am – 12:00 pm Expressions 10:30 am – 12:30 pm Learn to Crochet 2:30 - 4:00 pm Legal Aid Clinic: Divorce | 21 10:00 am – 12:00 pm Popcorn and Family Movie |
| 24 Christmas Holiday Closed | 25 Christmas Holiday Closed | 26 10:00 am – 12:00 pm Health and Wellness 3:00 – 4:00 pm Journal Writing | 27 10:00 am – 12:00 pm Expressions 10:30 am – 12:30 pm Learn to Crochet | 28 10:00 am – 12:00 pm Popcorn and Family Movie 3:00 - 4:00 pm BINGO |
| 31 New Year's Eve Closed | | | | |

Davie Program Descriptions

Adult Coloring- Don't leave all the fun to the kids! Studies have shown that coloring is an excellent stress-reliever for adults. We provide the adult coloring sheets and markers – just bring yourself.

Alcoholics Anonymous (Open) - Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. This is an open meeting, meaning anyone is welcome to attend. Contact Joe at (336) 416-1042 for more information.

Art 101 taught by Sara Brewer- Activities like painting, sculpting, drawing, and photography are relaxing and rewarding hobbies that can lower your stress levels and leave you feeling mentally clear and calm. Come, learn and paint with our local artist Sara Brewer. Paint materials provided.

Arts and Crafts – Creativity and the arts can help you to express your thoughts and emotions that can be difficult to put into words. It also helps to lower stress and anxiety, increase feelings of relaxation. Creating something unique can give you a sense of pleasure and accomplishment. Please join Natalie Saad to create something special today. All materials are provided.

Bingo – Enjoy a Friday afternoon socializing, relaxing, and playing one of America's favorite games. A person's social health impacts his/her ability to build friendships and form intimate relationships, plus studies show that positive social interactions can enhance a person's physical and mental health. Small prizes for the winners!

Child Custody Clinic (Legal Aid of NC) - This clinic is designed to provide detailed information about North Carolina's custody laws via video conference. Presented by the Legal Aid of North Carolina. **Registration is required.**

Christmas Karaoke - A Talent Show is a great way to showcase your special talents, build confidence, and community. Come share your talent, whether singing, dancing, comedy, or drama, while supporting the other participants. Everyone is a winner! Come join the fun and experience the power of creativity.

Conflict Resolution – The Conflict Resolution workshop will place emphasis on achieving compromise and collaboration in conflictual situations. The training will address why people act and/or react in specific ways, effective communication skills, problem-solving, and steps to deescalate in a crisis. This class will be presented by Bob Scofield, Member Engagement Specialist. **Registration is required.**

Dealing with Grief and Loss through the Holidays - For family, friends and neighbors who are facing grief after the loss of a loved one, the holidays may be a time filled with pain and sadness. Even for those for whom grief is not as fresh, the holidays may serve as an annual reminder of the loss—not only of that person, but of tradition and celebration. Trellis Supportive Care chaplains will offer a workshop for anyone struggling with grief during the holiday season. If you are (or someone you know is) dealing with issues related to loss, we encourage you to attend.

Divorce Clinic (Legal Aid of NC) - This clinic is designed to provide detailed information about North Carolina divorce law via video conference. Presented by Legal Aid of North Carolina. **Registration is required.**

Eating Healthy Series: – This three-part series will discuss three simple strategies to help prepare for a healthier you in the upcoming year. Learn tips to cut calories from foods and beverages and easy ways to increase physical activity to burn more calories. **Registration is required.**

Expressions- Engage in various forms of expression such as art, music, drama, poetry, lights, as well as learn about cultural expression from around the world.

Health and Wellness – Physical and emotional wellness are necessary for a good quality of life. It touches all parts of a person's life, which includes physical, emotional, spiritual, social, and financial wellness. Please join Natalie Saad to explore how you can increase your quality of life.

Journal Writing- Discover the benefits of capturing your thoughts through journaling and how it can improve your emotional well-being. This is a self-guided class with no instructor. Bring headphones and let this time be all about you!

Learn to Crochet- Need a reason to craft more? Crocheting and knitting are good for you. Benefits of crocheting and knitting include: reduced stress, better ability to cope with illness (physical or mental) and decreased risk of cognitive impairment as you age. Join in on the fun!

Opioid 101 – This training will focus on understanding the opioid crisis and the nature of addictive disease; the continuum of prevention, intervention, treatment, and recovery; reducing stigma; and Davie community resources. Lunch will be provided. **Registration is required.**

Popcorn & Movie – End the busy work week by watching a movie with friends! Of course, fresh popcorn is provided.

Social Security Disability Insurance (Legal Aid of NC) – Are you disabled and need to apply for disability insurance? Please attend this Legal Aid Clinic to learn your rights and the steps to get your disability insurance. **Registration is required.**

Tai Chi – Kelly Stellato and her daughter Victoria will guide you in the art of Tai Chi, which utilizes slow-moving external martial arts postures in conjunction with mindful deep breathing techniques to improve your spiritual, mental, emotional, and physical health. No prior experience needed; this class is intended for participants of all levels. Dress for easy movement. No registration is required.

Upward to Financial Stability – Introduces participants to the importance of choosing consumer-friendly financial products and services based on individual needs. Bob Scofield, Member Engagement Specialist, will present this informative workshop.

The Davie Wellness Center is available for community meetings without charge. All meetings and activities must be coordinated by Wellness Center Staff by calling 336.778.3658 or emailing triadwellnessteam@cardinalinnovations.org.

The Davie Wellness Center operates based on the local schools schedules, if the Davie County public schools are closed or delayed, the Davie Wellness Center will also be closed or delayed. Wellness Center Staff may still be available at the facility for immediate assistance, if you are unsure or have questions, please call 336.778.3658.

To schedule an event or register for classes, please call 336.778.3658 or email triadwellnessteam@cardinalinnovations.org. Class sizes are limited, so please register early.