

February 2019				
Mon	Tue	Wed	Thu	Fri
				<b>1</b> <b>12:30 - 3:00 pm</b> Popcorn and Movie  <b>2:00 – 3:00 pm</b> Fresh Start Smoking Cessation Class <b>Registration Required</b>
<b>4</b> <b>1:00 - 2:00 pm</b> Wii Family Fun  <b>2:00 - 3:00 pm</b> Stretch and Tone Exercise Class	<b>5</b> <b>12:00 – 1:00 pm</b> Conversational Spanish for Beginners  <b>12:00 - 1:00 pm</b> Game Fun  <b>2:30 - 4:00 pm</b> Legal Aid Clinic: Expungement Presentation	<b>6</b> <b>1:00 – 2:00 pm</b> Self-care Activity: Karaoke  <b>3:00 - 4:00 pm</b> Adult Coloring  <b>4:00 – 5:00 pm</b> Painting 101	<b>7</b> <b>12:00 - 1:00 pm</b> Alcoholics Anonymous Open Meeting  <b>2:30 - 4:00 pm</b> Legal Aid Clinic: SSI/SSDI Clinic  <b>4:00 – 5:00 pm</b> Tai Chi	<b>8</b> <b>12:30 - 3:00 pm</b> Popcorn and Movie  <b>1:00 – 2:00 pm</b> Fresh Start Smoking Cessation Class <b>Registration Required</b>
<b>11</b> <b>1:00 - 2:00 pm</b> Wii Family Fun  <b>2:00 - 3:00 pm</b> Stretch and Tone Exercise Class	<b>12</b> <b>9:00 am - 5:00 pm</b> Prime for Life <b>Registration Required</b>  <b>11:00 am - 1:00 pm</b> Chronic Pain and Fibromyalgia Warriors Support Group  <b>12:00 – 1:00 pm</b> Conversational Spanish for Beginners  <b>12:00 - 1:00 pm</b> Game Fun  <b>2:30 - 4:00 pm</b> Legal Aid Clinic: Custody Presentation	<b>13</b> <b>1:00 – 2:00 pm</b> Self-care Activity: DIY Manicure  <b>1:00 – 2:00 pm</b> Simple Crafts: DIY Valentine’s Day Cards  <b>3:00 - 4:00 pm</b> Adult Coloring  <b>4:00 - 5:00 pm</b> Painting 101	<b>14</b> <b>12:00 - 1:00 pm</b> Alcoholics Anonymous Open Meeting  <b>2:30 - 4:00 pm</b> Legal Aid Clinic: Employee Rights Clinic  <b>4:00 – 5:00 pm</b> Tai Chi  <b>5:00 - 6:00 pm</b> Member Engagement Overview <b>Registration Required</b>  <b>6:30 – 8:00 pm</b> The Rockingham County Social	<b>15</b> <b>12:00 - 1:30 pm</b> Suicide and Prescription Awareness of Rockingham County (SPARC)  <b>12:30 - 3:00 pm</b> Popcorn and Movie  <b>1:00 – 2:00 pm</b> Stress Management Workshop <b>Registration Required</b>
<b>18</b> <b>1:00 - 2:00 pm</b> Wii Family Fun  <b>2:00 - 3:00 pm</b> Stretch and Tone Exercise Class	<b>19</b> <b>12:00 – 1:00 pm</b> Cardinal Innovations Overview <b>Registration Required</b>  <b>12:00 - 1:30 pm</b> Game Fun  <b>12:00 – 1:00 pm</b> Conversational Spanish for Beginners	<b>20</b> <b>1:00 – 2:00 pm</b> Self-care Activity: Aromatherapy  <b>3:00 - 4:00 pm</b> Adult Coloring  <b>4:00 – 5:00 pm</b> Painting 101	<b>21</b> <b>12:00 - 1:00 pm</b> Alcoholics Anonymous Open Meeting  <b>2:30 - 4:00 pm</b> Legal Aid Clinic: Divorce  <b>4:00 – 5:00 pm</b> Tai Chi	<b>22</b> <b>10:30 - 11:30 am</b> Rockingham County Community Partners Meeting  <b>12:00 – 1:00 pm</b> Stress Management Workshop <b>Registration Required</b>  <b>12:30 - 3:00 pm</b> Popcorn and Movie
<b>25</b> <b>1:00 - 2:00 pm</b> Wii Family Fun  <b>2:00 - 3:00 pm</b> Stretch and Tone Exercise Class	<b>26</b> <b>12:00 – 1:00 pm</b> Conversational Spanish for Beginners  <b>1:00 - 2:30 pm</b> Brain Fit  <b>2:00 - 3:30 pm</b> Rockingham County Community Collaborative	<b>27</b> <b>3:00 - 4:00 pm</b> Adult Coloring  <b>4:00 – 5:00 pm</b> Painting 101	<b>28</b> <b>12:00 – 1:00 pm</b> Alcoholics Anonymous  <b>2:30 - 4:00 pm</b> Legal Aid Clinic: Tenant Rights Clinic  <b>4:00 – 5:00 pm</b> Tai Chi	

## Rockingham Program Descriptions

**Adult Coloring** – Coloring isn't just for kids! A soothing alternative to meditation, these coloring sessions offer a pleasant, stimulating musical environment that supports wellbeing by reducing stress and anxiety. Coloring may take you back to childhood memories of a simpler world and allow you an opportunity to enjoy a creative and social time with others.

**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. Support groups provide emotional strength and promote empowerment in a community environment. This is an open meeting and everyone is welcomed.

**Brain Fit:** We often hear of the importance of keeping our bodies physically fit, but what about our minds? There are plenty of ways to keep our minds healthy and you don't need to go to the gym to do them! Mental fitness is just as important as physical fitness. Research shows that engaging in activities that stimulate our minds, whether it be learning about a new topic, trying a new activity, working puzzles, learning a new song or playing a game can keep our minds sharp and healthy. Maintaining a healthy brain is especially important as we age. Mark your calendars for a work out!

**Cardinal Innovations Healthcare Overview** – This introductory presentation assists members in learning what services are available through Cardinal Innovations Healthcare. **Registration is required.**

**Chronic Pain and Fibromyalgia Warriors Support Group** – Chronic pain affects both the individual and the people they love. Support groups provide emotional strength and promote empowerment in a community environment. This group plans events and speakers, arranges transportation, and even provides assistance in meeting basic needs. Join members for refreshments and fellowship. Be a part of building support for Rockingham County residents who suffer with chronic pain.

**Conversational Spanish for Beginners**- Come learn Beginners Conversational Spanish. Some of the information you will learn includes: colors, numbers, and basic phrases for communication. Classes are open to anyone and have no cost associated. All participants are welcome to join any class, this is not a series that you have to attend each class to come to the next offering.

**Fresh Start Smoking Cessation Class** American Cancer Society "Fresh Start" Smoking Cessation Series begins on January 2, 2019. Learn helpful techniques to quit smoking and stay smoke free from a trained facilitator in a comfortable, group setting. **Registration is required.**

**Game Fun**- The fun of board games is undeniable, but this sometimes masks a wonderfully serious side they can bring through educational enrichment. Whether perfecting fine motor skills or strategic reasoning or social negotiation, many board games gain acclaim for the ways they stimulate important skills. Board game fun for all ages!

**Legal Aid: Custody Clinic** – Presented by Legal Aid of North Carolina, this clinic is designed to provide detailed information about North Carolina child custody law via video conference. Anyone with concerns about child custody issues, whether a professional or a member of the general public, will benefit from this clinic. Following the video conference, a question and answer segment with a licensed attorney will allow for questions by participants.

**Legal Aid: Divorce Law Clinic** – Presented by Legal Aid of North Carolina, this clinic is designed to provide detailed information about North Carolina divorce law via video conference. Participants will learn the guidelines and paperwork requirements for what is known in North Carolina as a "simple divorce." Following the video conference, a question and answer segment with a licensed attorney will allow for questions by participants.

**Legal Aid Clinic: Employee Rights Clinic** – Legal Aid of North Carolina wants to educate workers about their rights as employees under North Carolina and Federal law. Learn about employment at will, right to work, discrimination and retaliation in the workplace, and eligibility for unemployment benefits.

**Legal Aid Clinic: Expungement** – Presented by legal Aid of North Carolina, this clinic is designed to explain North Carolina's expunction law. It is intended to help participants determine if they are eligible to have one or more charges removed from their records. Specific legal advice for individual cases is not provided at this clinic. **Registration is required.**

**Legal Aid Clinic: Health Care Power of Attorney and Living Wills** – Do you need a living will or healthcare power of attorney but don't know how to get started? Legal Aid of North Carolina will teach you how to fill out and file the necessary forms to secure these important documents. Forms will be provided during the session. The webinar will be followed by a question and answer segment with a licensed attorney.

**Legal Aid Clinic: Social Security Disability**- Our free Social Security Disability clinic will educate participants on the types of adult Social Security Disability benefits, how you qualify, the application process, and what you will need to show to prove you are entitled to benefits. There will be an instructional video. At the end of the video, participants can ask general questions to a volunteer attorney through a webinar. Specific legal advice is not provided at these clinics.

**Legal Aid Clinic: The Tenant Rights** – Legal Aid of NC will educate you, explain your legal rights as a tenant, and empower you on what to do if your landlord isn't making repairs. You will watch an instructional video, and at the end of the video, you will have an opportunity to ask general questions to a volunteer attorney through the webinar. You will also have the opportunity to request a callback from Legal Aid to see if you qualify for additional help.

**Legal Aid Clinic: Social Security Disability**- Our free Social Security Disability clinic will educate participants on the types of adult Social Security Disability benefits, how you qualify, the application process, and what you will need to show to prove you are entitled to benefits. There will be an instructional video. At the end of the video, participants can ask general questions to a volunteer attorney through a webinar. Specific legal advice is not provided at these clinics.

**Member Engagement Overview** – This introductory presentation assists members in learning what services are available through Member Engagement Specialists through Cardinal Innovations Healthcare. **Registration is required.**

**Painting 101 taught by Olga Diaz**- Are you interested in learning about all things Art? Come, learn and paint with our local artist, Olga Diaz. Paint materials provided. Class is offered at no cost.

**Popcorn and Movie** -End the busy work day by watching a movie with friends! Of course, fresh popcorn is provided. Please call Rockingham Wellness Center ahead of time to find out which movie will be showing for dates scheduled on calendar.

**Prime For Life**- Prime For Life is an evidence-based motivational prevention, intervention and pretreatment program specifically designed for people who might be making high-risk choices. It is designed to change drinking and drug use behaviors by changing beliefs, attitudes, risk perceptions, motivations, and provides knowledge of how to reduce their risk of alcohol and drug related problems throughout their lives. **Registration is required.**

**Rockingham County Collaborative** - The County Collaborative promotes the sharing of resources and accountability across agencies and programs in partnership with families, children and youth who have significant mental health needs. The collaborative helps build community capacity to provide effective, community-based, family and youth driven services that are delivered within a system of care philosophy.

**Rockingham Community Partners Meeting** – The Rockingham Stakeholders Work Group is composed of representatives from entities such as DSS, DJJ, Public Health, Law Enforcement, and NAMI, along with behavioral health agency representatives providing services in Rockingham County. The group was formed to address the specific behavioral health needs of the residents of Rockingham County, including those identified by the Suicide Task Force. This meeting is open to the general public. Come have a voice in your community.

**Self-care Activities-** Come to Rockingham Wellness Center and explore different self-care activities. Self-care is the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress. Taking good care of your body and mind can make a difference in how healthy you are in general and how well you cope with change. This is a self-guided class with no instructor.

**Stretch and Tone-** Join Adrienne Branch for Stretch and Tone class on select Monday afternoons at Rockingham Wellness Center. Stretch and Tone classes work on improving movement and flexibility, with a bit of muscle toning thrown in for good measure. You'll be bending and stretching to music, targeting different muscle groups to help you move better and feel great.

**Suicide and Prescription Awareness of Rockingham County (SPARC)** — Find out what you can do to help reduce the rates of suicide and prescription drug misuse in Rockingham County. Any citizen concerned about these health crisis in our community is encouraged to attend this meeting. Meetings are held the third Friday of every month at noon.

**Tai Chi** — Tai Chi is a gentle low-impact (and relaxing) discipline that has its roots in martial arts. It helps to improve coordination, balance, focus and breathing while teaching the student various movements that are elegant, flowing and meditative. Tai Chi is safe for people of all ages and is helpful for reducing stress and anxiety and enhancing moods. It is also safe on the joints and helps to increase energy while strengthening the muscles. Studies have also shown it to be benefit for people with chronic heart failure, Parkinson's disease, diabetes, fibromyalgia and depression. Please join Elohee El-Bey as he guides you through Tai Chi.

**The Rockingham County Social**— The dance provides an opportunity for fellowship, fun, food, music, and dancing. It is sponsored by The ARC of Rockingham County, Inc., a volunteer-based organization made up of individuals with intellectual, developmental and other disabilities, their families, friends, interested citizens, and professionals in the I/DD field

**Stress Management Workshop-** Modern life is very fast paced and can be full of stressors such as balancing family, work, finances, caregiving responsibilities and extra-curricular activities. In small doses stress can be helpful, but when we begin to experience stress too frequently it can be harmful to our health. Please join us for a time to explore the roots of stress our lives, the effects of chronic stress and effective ways to manage stress. **Registration is required.**

**Wii Family Fun-** Enjoy playing fun games on the Wii! Bring your family and friends to socialize together to play fun games on the Wii. No registration required. This is a self-guided class with no instructor.

The Rockingham Wellness Center is available for community meetings without charge. All meetings and activities must be coordinated by Wellness Center Staff by calling 336.778.3659 or emailing [triadwellnessteam@cardinalinnovations.org](mailto:triadwellnessteam@cardinalinnovations.org).

**During times of inclement weather Rockingham Wellness Center will operate their programs based on school closings. If the county schools are closed, there will be no programming at the Wellness Center. However, staff may be present at the Wellness Center for immediate concerns or needs. If you have any questions, please call 336.778.3659**

To schedule an event or register for classes, please call 336.778.3659 or email [triadwellnessteam@cardinalinnovations.org](mailto:triadwellnessteam@cardinalinnovations.org). Class sizes are limited, so please register early.