

February 2019				
Mon	Tue	Wed	Thu	Fri
				<b>1</b> <b>12:00 – 1:30 pm</b> Autism Society of NC Forsyth/Davie Chapter Brown Bag Lunch  <b>2:00 – 4:00 pm</b> Popcorn and Movie
<b>4</b> <b>10:00 am – 12:00 pm</b> Arts and Crafts  <b>3:00 - 4:00 pm</b> Adult Coloring  <b>5:45 – 6:45 pm</b> Zumba Krysta Gary, instructor	<b>5</b> <b>10:00 – 11:30 am</b> Art 101 taught by Sara Brewer  <b>12:00 – 1:00 pm</b> AA Meeting (Open Meeting)  <b>2:30 - 4:00 pm</b> Legal Aid Clinic: Expungement	<b>6</b> <b>9:00 – 10:00 am</b> Tai Chi Victoria Stellato, instructor  <b>10:00 am – 12:00 pm</b> Health and Wellness  <b>3:00 – 4:00 pm</b> Journal Writing	<b>7</b> <b>10:00 am – 12:00 pm</b> Expressions  <b>10:00 am – 12:00 pm</b> Upward to Financial Stability: Earned Income Tax Credit  <b>2:30 – 4:00 pm</b> Legal Aid Clinic: Social Security Disability  <b>6:00 -7:00 pm</b> Tai Chi Kelly Stellato, instructor	<b>8</b> <b>11:00 am – 12:00 pm</b> Secondary Trauma and Self-Care <b>Registration required</b>  <b>2:00 – 4:00 pm</b> Popcorn and Movie
<b>11</b> <b>3:00 - 4:00 pm</b> Adult Coloring  <b>5:45 – 6:45 pm</b> Zumba Krysta Gary, instructor	<b>12</b> <b>10:00 – 11:30 am</b> Art 101 taught by Sara Brewer  <b>12:00 – 1:00 pm</b> AA Meeting (Open Meeting)  <b>2:30 - 4:00 pm</b> Legal Aid Clinic: Child Custody	<b>13</b> <b>9:00 – 10:00 am</b> Tai Chi Victoria Stellato, instructor  <b>10:00 am – 12:00 pm</b> Health and Wellness  <b>3:00 – 4:00 pm</b> Journal Writing	<b>14</b> <b>10:00 am – 12:00 pm</b> Expressions  <b>2:30 - 4:00 pm</b> Legal Aid Clinic: Employee Rights  <b>6:00 - 7:00 pm</b> Tai Chi Kelly Stellato, instructor	<b>15</b> <b>10:00 – 11:30 am</b> Prevention 101 <b>Registration Required</b>  <b>2:00 – 4:00 pm</b> Popcorn and Movie
<b>18</b> <b>10:00 am – 12:00 pm</b> Arts and Crafts  <b>3:00 - 4:00 pm</b> Adult Coloring  <b>5:45 – 6:45 pm</b> Zumba Krysta Gary, instructor	<b>19</b> <b>10:00 – 11:30 am</b> Art 101 taught by Sara Brewer  <b>12:00 – 1:00 pm</b> AA Meeting (Open Meeting)	<b>20</b> <b>9:00 – 10:00 am</b> Tai Chi Victoria Stellato, instructor  <b>10:00 am – 12:00 pm</b> Health and Wellness  <b>3:00 – 4:00 pm</b> Journal Writing	<b>21</b> <b>10:00 am – 12:00 pm</b> Expressions  <b>2:30 – 4:00 pm</b> Legal Aid Clinic: Divorce  <b>6:00 - 7:00 pm</b> Tai Chi Kelly Stellato, instructor	<b>22</b> <b>1:00 – 3:00 pm</b> Popcorn and Movie  <b>3:00 - 4:00 pm</b> BINGO
<b>25</b> <b>12:00 – 1:00 pm</b> The Basics Alzheimer’s Association of NC Lunch and learn CEUs <b>Registration required</b>  <b>3:00 - 4:00 pm</b> Adult Coloring  <b>5:45 – 6:45 pm</b> Zumba Krysta Gary, instructor	<b>26</b> <b>10:00 – 11:30 am</b> Art 101 taught by Sara Brewer  <b>12:00 – 1:00 pm</b> AA Meeting (Open Meeting)  <b>1:30 – 2:30 pm</b> Guardianship for Adults <b>Registration required</b>	<b>27</b> <b>9:00 – 10:00 am</b> Tai Chi Victoria Stellato, instructor  <b>10:00 am – 12:00 pm</b> Health and Wellness  <b>2:00 - 3:30 pm</b> Community Partner’s Meeting  <b>3:00 – 4:00 pm</b> Journal Writing	<b>28</b> <b>10:00 am – 12:00 pm</b> Expressions  <b>1:00 – 3:00 pm</b> Question, Persuade, Refer (QPR) Suicide Prevention Training <b>Registration required</b>  <b>2:30 – 4:00 pm</b> Legal Aid Clinic: Tenant Rights  <b>6:00 - 7:00 pm</b> Tai Chi Kelly Stellato, instructor	

## 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.

**Autism Society of NC-Davie/Forsyth Chapter** – If you are a caretaker or know someone on the Autism Spectrum, please join Julie Coulter, Chapter Coordinator, for support, education, and tips to help you be a better caregiver and advocate.

**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.**

**Davie Community Partners Meeting** - The Davie Stakeholders Work Group is composed of representatives from entities such as DSS, DJJ, Public Health, Law Enforcement, NAMI, etc., along with behavioral health agency representatives providing services in Davie County. The group was formed to address the specific behavioral health needs of the residents of Davie County, including those identified by the Suicide Task Force.

**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.**

**Employee Rights (Legal Aid of NC)** – Know your rights on the job. Learn about what your employer can and cannot do. Join Legal Aid of North Carolina in explaining your rights. **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.

**Guardianship** – This is an introduction to Guardianship. Join Bob Scofield, Member Engagement Specialist, in this informative presentation on some basic facts about guardianship, assessment, and a guardian's rights and responsibilities. **Registration is required.**

**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!

**Question, Persuade, Refer (QPR) Suicide Prevention Training** – This training teaches an emergency response to someone in crisis. Learn to ask the right questions, persuade a person to get help, and refer the person to the right resources. Meenal Khujaria, Community Engagement Specialist at Cardinal Innovations will lead this important training. Registration required.

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

**Prevention 101** – Remember the saying “an ounce of prevention is worth a pound of cure.” This presentation will look at how prevention is defined, the continuum of care, and how it looks in your community and home. Join Bob Scofield, Member Engagement Specialist, in this informative workshop. **Registration is required.**

**Secondary Trauma and Self-Care** — Individuals who work in various helping fields and care for loved ones, do not recognize the potential to experience secondhand trauma. This presentation will help you recognize the symptoms of secondary trauma and how to take care of yourself in stressful situations. **Registration is required.**

**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.

**The Basics: Dementia and Alzheimer's** — Alzheimer's disease is not a normal part of aging. It is a progressive and fatal brain disease and the most common form of dementia. This program provides information on detection, causes and risk factors, stages of the disease, treatments, and more. This workshop is presented by Emily Jaynes from the Alzheimer's Association.

**Upward to Financial Stability: Earned Income Tax Credit** — 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.

**Zumba with Krysta** — Zumba is a Latin dance fitness program appropriate for everyone, from beginner through advanced fitness levels. Have fun! Get fit! Socialize! Join Krysta Gary, certified Zumba instructor.

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](mailto:triadwellnessteam@cardinalinnovations.org).

**During times of inclement weather, Davie 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.**

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