



"A Nonprofit Organization Since 1984"

# CLASSIC TIMES

## News for and about the Seniors of Mecklenburg County

Volume 1, Issue 7

Spring 2010 Edition

### Center Locations

**Tyvola Senior Center**  
2225 Tyvola Road  
Charlotte NC 28210  
704-522-6222  
Center Director:  
Marty Garges

**Shamrock Senior Center**  
3925 Willard Farrow Rd  
Charlotte NC 28215  
704-531-6900  
Center Director:  
Myra Green

**North Mecklenburg Senior Center**  
18731 W. Catawba Ave.  
Cornelius NC 28031  
704-892-4041  
Center Director:  
Joanne Ahern

**West Side Services @ The Bette Rae Thomas Recreation Center**  
2921 Tuckasegee Rd.  
Charlotte NC 28208  
704-393-7333  
Health & Wellness Program Coordinator:  
Natalie Fulton  
\*\*\*\*\*

### Administrative Staff

**Trena Palmer**  
Executive Director  
**Bob Jancerak**  
Business Director  
**Pat LeNeave**  
Development Director  
**Sara Holtman**  
Administrative Assistant

May is **Older Americans Month**—a tradition dating back to 1963 to honor the legacies and contributions of Older Americans. This year's Theme, *Age Strong! Live Long!* recognizes the diversity and vitality of today's older Americans who span three generations. Their energy and commitment reminds all Americans to do their part to enhance the quality of life for older generations.



AgeStrong!LiveLong!

In conjunction with Older Americans Month, Charlotte Mecklenburg Senior Centers (CMSC) begins offering the following programs throughout the year to help seniors "Age Strong and Live Long":

**Living Well** is a FREE six-week class in which participants increase endurance, strength and flexibility; learn to use medications more effectively; learn to better manage symptoms such as pain, stress, fatigue and sadness; improve their communication skills with caregivers such as doctors, nurses, aides and family members; and improve eating habits. These classes put the participant in charge of their life again instead of their disease being in charge. The only prerequisite for participation is that one must have at least one chronic illness such as diabetes, arthritis, heart or pulmonary disease.

In **A Matter of Balance**, a FREE eight-week class, participants learn ways to control their frequency of falling; increase activity safely; and exercise to increase strength, flexibility and balance. One third of seniors over the age of 65, and one half of seniors over the age of 80 will fall this year. Falls are the leading cause of injury deaths among people over the age of sixty-five. Other fall victims lose mobility and independence. And older adults who have fallen are two to three times more likely to fall again. Extensive research proves that this program reduces falls!

In the FREE **Arthritis Exercise** class offered by CMSC, seniors resume many formerly lost activities. One class participant washed her hair for the first time in three years after just five weeks in class. Other participants successfully grasp phones, silverware and pens for the first time in years.

CMSC also offers Tai Chi, Yoga, strength training, line dancing, and *Jazzercise Lite* programs which improve strength, endurance, balance and JOY!

Call the Center closest to you (numbers on left) to find out more about these and other classes and programs at our four locations and have a happy, healthy Older Americans Month.

READ ABOUT OUR UPCOMING GOLF TOURNAMENT ON PAGE 7

# CENTER HAPPENINGS

## TYVOLA

Bocce Ball begins in April—we will meet each Thursday morning at 10am to play!

New day and new time for Gentle Yoga: This class combines breathing and relaxation techniques to help relieve stress and sore muscles. \$5 for the first class. Thursdays @ 9:30—10:30am.

Help with your Census Form each weekday 10:00am —1:00pm through April 20th. Also, free Tax Returns done by AARP until April 15th.

Watch for the Spring Fling Sock Hop coming in May! Sponsored by Summit Place at Southpark.

For information on all Tyvola programs, call 704-522-6222 or go to our website [www.cmseniorcenters.org](http://www.cmseniorcenters.org).



Welcome to our new Program Assistant at the Tyvola Center, Caroline Mette. Caroline is from Chapel Hill, NC. Having earned her degree at ASU, she is now working toward her Masters in Gerontology at UNCC. Stop by and say Hi to Caroline next time you are in the Tyvola Center!



## NORTH MECKLENBURG

### Senior Fun & Fitness Day

Tuesday, April 20, 2010  
Jetton Park, Cornelius NC  
10:00am—1:00pm

Enjoy a morning filled with health and fitness activities/ blood pressure checks/1.4 mile Fitness Walk/15 Fitness Stations/Free Giveaways/Healthy Lunch/ Entertainment by Havana Ballroom & Banquet

Pre-Registration \$3.00 (until April 16)  
\$5.00 at the door

Shuttle bus available at North Meck Senior Center  
For more info call 704-892-4041

## SHAMROCK

Shamrock Center is offering a six-week "Matter of Balance" course in **Spanish** on Wednesdays from 10:00am until 12:00noon from April 14th through June 2nd. You must call and register for this free event at 704-531-6900.

## SENIOR VOLUNTEER FAIR 2010

**Spring into Volunteering!**  
Come meet Charlotte based not-for-profit organizations. Learn about the needs of the Charlotte Community and how you can help!

**Sponsored by RSVP Charlotte**

**DATE:** Tuesday, May 18, 2010

**TIME:** 11am - 2pm Drop-in

**LOCATION:** Tyvola Senior Center

**CALL:** 704-817-5465 or visit our website [www.rsvpcharlotte.org](http://www.rsvpcharlotte.org)

**RSVP**

*LEAD WITH EXPERIENCE*

**Charlotte Mecklenburg  
Senior Centers  
4th Annual Golf Classic  
Monday, June 21, 2010  
Pine Island Country Club**

Registration/Breakfast 8:00 am  
Shotgun Start 9:30 am  
Awards Lunch Following Play

Individual Golfer \$ 100  
Foursome \$ 400

**Entry Fee Includes:**

- Cart and Green Fees
- Use of Locker Room
- Practice Facility & Range Balls
- Breakfast and Lunch
- Awards and Prizes

For information on registration, contact Bob Jancerak, CMSC Business Director at 704-817-5473.

Or register online at [www.cmseniorcenters.org](http://www.cmseniorcenters.org)



**SPONSORSHIP FORM**

Opportunities still exist for you or your business to get your name "Up in Lights" as an Event Sponsor. All sponsors will have signs posted on the course, receive recognition in our PR materials and be included in the printed event Program.

Event Sponsor \$5,000 \_\_\_\_\_  
Promoter Sponsor \$2,000 \_\_\_\_\_  
Awards Luncheon Sponsor \$1,200 \_\_\_\_\_  
Breakfast Sponsor \$ 750 \_\_\_\_\_  
Range Sponsor \$ 500 \_\_\_\_\_  
Hole Sponsor \$ 200 \_\_\_\_\_  
Tee Sponsor \$ 150 \_\_\_\_\_  
Cart Sponsor \$ 100 \_\_\_\_\_

\_\_\_\_ YES, I WOULD LIKE TO SPONSOR THE ITEMS CHECKED ABOVE. PLEASE CHARGE TO MY \_\_\_\_ VISA \_\_\_\_ MASTERCARD OR \_\_\_\_ DISCOVER CARD

# \_\_\_\_\_ EXPIRES \_\_\_\_\_

\_\_\_\_ ATTACHED IS MY CHECK FOR \$ \_\_\_\_\_

SIGNATURE \_\_\_\_\_

**GOLF REGISTRATION**

PLAYER #	NAME	ADDRESS	HANDICAP	PHONE	EMAIL
Captain					
# 2					
# 3					
# 4					

YES, I WILL BE PLAYING IN THE 4TH ANNUAL CLASSIC CUP. PLEASE CHARGE MY CREDIT CARD  
\_\_\_\_ VISA \_\_\_\_ MASTERCARD \_\_\_\_ DISCOVER # \_\_\_\_\_  
EXPIRES \_\_\_\_ . SIGNATURE \_\_\_\_\_

ENCLOSED IS MY CHECK FOR \$ \_\_\_\_\_

**MAIL APPLICATION FORM TO CMSC GOLF CLASSIC, 2225 TYVOLA RD., CHARLOTTE NC, 28210**



"A Nonprofit Organization Since 1984"

Charlotte Mecklenburg  
Senior Centers, Inc.  
2225 Tyvola Road  
Charlotte NC 28210  
www.cmseniorcenters.org



Thank You for your Support!

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**PLEASE REMEMBER THE CHARLOTTE MECKLENBURG SENIOR CENTERS IN YOUR WILL .**



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704-525-5508  
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