

March 2020				
Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>10:00 am – 12:00 pm Arts and Crafts</p> <p>4:00 – 5:00 pm Gentle Yoga</p> <p>5:45 – 6:45 pm Zumba Krysta Gary, instructor</p>	<p>3</p> <p>12:00 – 1:00 pm AA Meeting (Open Meeting)</p> <p>2:30 - 4:00 pm Legal Aid Clinic: Expungement</p>	<p>4</p> <p>10:00 am – 12:00 pm Basic Vocational Skills</p> <p>12:30 - 1:30 pm Lunch Pilates Victoria Stellato, instructor</p> <p>2:00 - 4:00 pm Integrated Care Management Registration required</p> <p>5:30 – 6:30 pm Gentle Yoga Jane Allen, instructor</p>	<p>5</p> <p>10:00 am – 12:00 pm Expressions</p> <p>2:30 - 4:00 pm Legal Aid Clinic: Social Security Disability</p> <p>5:30 - 6:30 pm Tai Chi Kelly Stellato, instructor</p>	<p>6</p> <p>11:00 am - 12:00 pm ABLE Act Registration required</p> <p>12:45 – 1:45 pm BINGO</p> <p>2:00 – 4:30 pm Living Healthy with Chronic Conditions Registration required</p> <p>3:30 – 5:00 pm Art for Wellness taught by Sara Woolsey</p>
<p>9</p> <p>10:00 – 11:30 am The Science of Stress and the Power of Positive Thinking Registration Required</p> <p>5:45 – 6:45 pm Zumba Krysta Gary, instructor</p>	<p>10</p> <p>12:00 – 1:00 pm AA Meeting (Open Meeting)</p> <p>2:30 - 4:00 pm Legal Aid Clinic: Custody</p> <p>3:30 – 5:00 pm Art for Wellness taught by Sara Woolsey</p> <p>5:45 – 7:15 pm National Alliance on Mental Illness (NAMI) Family Support Group</p>	<p>11</p> <p>10:00 am – 12:00 pm Basic Vocational Skills</p> <p>12:30 - 1:30 pm Lunch Pilates Victoria Stellato, instructor</p> <p>5:30 – 6:30 pm Gentle Yoga Jane Allen, instructor</p>	<p>12</p> <p>10:00 am – 12:00 pm Expressions</p> <p>2:30 - 4:00 pm Legal Aid Clinic: Employee Rights</p> <p>5:30 - 6:30 pm Tai Chi Kelly Stellato, instructor</p>	<p>13</p> <p>12:45 – 1:45 pm BINGO</p> <p>2:00 – 4:30 pm Living Healthy with Chronic Conditions Registration required</p> <p>2:30 - 4:30 pm Popcorn and Movie</p>
<p>16</p> <p>10:00 am – 12:00 pm Arts and Crafts</p> <p>4:00 – 5:00 pm Gentle Yoga</p> <p>5:45 – 6:45 pm Zumba Krysta Gary, instructor</p>	<p>17</p> <p>10:00 – 11:30 am Davie County Collaborative</p> <p>12:00 – 1:00 pm AA Meeting (Open Meeting)</p> <p>4:00 - 5:30 pm Now That I'm 18 Registration required</p>	<p>18</p> <p>10:00 am – 12:00 pm Basic Vocational Skills</p> <p>12:30 - 1:30 pm Lunch Pilates Victoria Stellato, instructor</p> <p>5:30 – 6:30 pm Gentle Yoga Jane Allen, instructor</p>	<p>19</p> <p>10:00 am – 12:00 pm Expressions</p> <p>2:30 - 4:00 pm Legal Aid Clinic: Simple Divorce</p> <p>5:30 - 6:30 pm Tai Chi Kelly Stellato, instructor</p>	<p>20</p> <p>12:45 – 1:45 pm BINGO</p> <p>2:00 – 4:30 pm Living Healthy with Chronic Conditions Registration required</p> <p>3:30 – 5:00 pm Art for Wellness taught by Sara Woolsey</p>
<p>23</p> <p>1:00 – 2:30 pm Upward to Financial Stability: Money Registration required</p> <p>4:00 – 5:00 pm Self-Care Counts! Registration required</p> <p>5:45 – 6:45 pm Zumba Krysta Gary, instructor</p>	<p>24</p> <p>12:00 – 1:00 pm AA Meeting (Open Meeting)</p> <p>3:30 – 5:00 pm Art for Wellness taught by Sara Woolsey</p> <p>5:45 – 7:15 pm National Alliance on Mental Illness (NAMI) Family Support Group</p>	<p>25</p> <p>Wellness Center Closed</p>	<p>26</p> <p>10:00 am – 12:00 pm Expressions</p> <p>2:30 - 4:00 pm Legal Aid Clinic: Landlord and Tenant Rights</p> <p>5:30 - 6:30 pm Tai Chi Kelly Stellato, instructor</p>	<p>27</p> <p>12:45 – 1:45pm BINGO</p> <p>2:00 – 4:30 pm Living Healthy with Chronic Conditions Registration required</p> <p>2:30 - 4:30 pm Popcorn and Movie</p>
<p>30</p> <p>4:00 – 5:00 pm Gentle Yoga</p> <p>5:45 – 6:45 pm Zumba Krysta Gary, instructor</p>	<p>31</p> <p>12:00 – 1:00 pm AA Meeting (Open Meeting)</p> <p>5:30 – 6:30 pm Essential Oils with Melissa Moorefield Registration required</p>			

Davie Program Descriptions

ABLE Act – The ABLE Act is a federal and state law that allows people with disabilities to save money for qualified expenses without it affecting their SSI, SSDI, or Medicaid benefits. Join Bob Scofield, Member Engagement Specialist with Cardinal Innovations, as he explains the importance of this Act and the potential benefits. **Registration is required.**

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.

Art for Wellness 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.

Basic Vocational Skills – Interviewing, getting along with others, dressing for success, brushing up on your reading and math skills. These are all important skills to find a job and keep a job. Please join Natalie Saad from Milling Manor as she guides you to prepare for a job or volunteer experience.

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.**

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.**

Essential Oils - Essential oils have been reported to support our body’s systems, so we can live healthier lives. Join facilitator Melissa Moorefield, a representative from do-Terra, in an educational and interactive session, which explains the benefits and use of essential oils. **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.

Expungement Law Clinic (Legal Aid of NC) – Presented by legal Aid of North Carolina, this clinic is designed to explain North Carolina’s expunction law. It will 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.**

Gentle Yoga – Yoga appears to be particularly beneficial when it comes to **mental health**, with studies showing it **helps** improve psychiatric disorders such as depression, anxiety, attention deficit hyperactivity disorder (ADHD), and post-traumatic stress disorder (PTSD), by using physical postures, breath work, and meditation. Please join Jane Allen, certified Yoga instructor, in this beneficial activity.

Integrated Care Management (ICM) – ICM looks at the whole person, their physical health, emotional health, social supports, financial stability, and spirituality to improve the care and quality of life of those receiving care. It emphasizes shared decision making to empower the patient. Please join Bob Scofield, Member Engagement Specialist, in this informative presentation. **Registration is required.**

Living Healthy with Chronic Conditions – Four out of Five Americans age 50 and older live with one chronic condition. Join this interactive evidenced based workshop that focuses on problems common to individuals dealing with chronic diseases and pain. Improve your health, and sleep habits, and minimize fatigue, shortness of breath, and depression. **Registration is required.**

NAMI Support Group - NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences. The group is led by a trained facilitator through NAMI.

Now That I’m 18 – Join this informational presentation for families and youth who will be turning 18 who have Medicaid and/or disabilities. Learn how to transition to adult Medicaid and other important information. Bob Scofield, Member Engagement Specialist from Cardinal Innovations Healthcare will be presenting the material. **Registration is required.**

Pilates – if you are looking for to strengthen your core (abdomen and pelvis), maintain good posture, and enjoy Yoga, but need a more intense core workout, then Pilates may be for you. Join Victoria Stellato certified Pilate’s instructor in this combination of a physical and mindful workout.

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

Self-Care Counts! – Being in the human service field or caregiving are tough jobs. Many times we take care of everyone else to the detriment of our personal physical and mental health. If we are not at our best, we can’t give others our best. Kristin Hicks, a teacher from the Davie County School System, will show you ways to take care of you. **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 Science of Stress and the Power of Positive Thinking – Stress is wide spread in American society. Stress management is a vital part of integrative health. Henry Ford said “Whether you think you can or can’t, you are probably right.” Positive thinking is vital to hope and optimism. Join Bob Scofield in this interactive workshop. **Registration is required.**

The Tenant Rights Clinic – 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. **Registration is required.**

Upward to Financial Stability: Money – The workshop will introduce you to basic money principles. Why do we need money, how do we get money, and how do we create good money habits to achieve our goals. This interactive workshop will be presented by Bob Scofield, Member Engagement Specialist with Cardinal Innovations. **Registration is required.**

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.

If you have any special requests or accommodations needed in order to fully participate in these events, please contact the event organizer. Please note we may not be able to grant all such requests.

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.

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. Class sizes are limited, so please register early.