2018 PIEDMONT PLUS SENIOR GAMES/ SILVER ARTS ACTION

Visit the PPSG Facebook page for hundreds more
## 2019 Piedmont Plus Senior Games and Silverarts Schedule

**SILVERARTS DISPLAY**  
April 4 – April 29 (9AM – 5PM daily) Shepherd’s Center 1700 Ebert Street Winston-Salem  
Open mic night for readings of literary works at Bookmarks 5pm on Monday, April 29.  

**PERFORMING ARTS**  
FRIDAY, April 26  
7pm  
PINEHALL @ ARBOR ACRES  
(TECHNICAL CHECK AT 2:00PM, ALL ACTS MUST REPORT)  
(PARTICIPANTS CHECK-IN AT 6:00 PM)  

Contact Chuck Vestal at 336.727.2325 or chucky@cityofws.org

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRIDAY, April 5</td>
<td>11 a.m.</td>
<td>Opening Ceremonies</td>
<td>Calvary Baptist Church</td>
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<tr>
<td>SATURDAY, April 6</td>
<td>9 a.m.</td>
<td>10K run</td>
<td>Nick Jamison Park</td>
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<tr>
<td>MONDAY, April 8</td>
<td>9am</td>
<td>Shuffleboard, Ladies</td>
<td>Rupert Bell</td>
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<td>10am</td>
<td>Shuffleboard, Men</td>
<td>Rupert Bell</td>
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<tr>
<td>TUESDAY, April 9</td>
<td>9am</td>
<td>Cornhole, Ladies</td>
<td>Miller Park</td>
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<td>Noon</td>
<td>Cornhole, Men</td>
<td>Miller Park</td>
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<tr>
<td></td>
<td>3pm</td>
<td>Basketball Shooting</td>
<td>Miller Park</td>
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<tr>
<td>THURSDAY, April 11</td>
<td>2pm</td>
<td>Bowling, Singles</td>
<td>Creekside Lanes</td>
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<tr>
<td>SATURDAY, April 13</td>
<td>9:00am</td>
<td>50 Meter Dash</td>
<td>WSSU</td>
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<td>9:30am</td>
<td>Standing Long Jump</td>
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<td></td>
<td>10:00am</td>
<td>100 Meter Dash</td>
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<td></td>
<td>10:30am</td>
<td>Running Long Jump</td>
<td>WSSU</td>
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<tr>
<td></td>
<td>11:00am</td>
<td>400 Meter Run</td>
<td>WSSU</td>
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<td></td>
<td>11:30am</td>
<td>Discus</td>
<td>WSSU</td>
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<td></td>
<td>12:30pm</td>
<td>Shot Put</td>
<td>WSSU</td>
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<tr>
<td>MONDAY, April 15</td>
<td>9am</td>
<td>Bocce, Ladies</td>
<td>Miller Park</td>
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<td></td>
<td>1pm</td>
<td>Billiards</td>
<td>BreakTime Billiards</td>
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<tr>
<td>TUESDAY, April 16</td>
<td>9am</td>
<td>Bocce, Men</td>
<td>Miller Park</td>
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<tr>
<td>WEDNESDAY, April 17</td>
<td>9am</td>
<td>Chair Volleyball (local games only)</td>
<td>William Sims Recreation Center</td>
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<td>THURSDAY, April 18</td>
<td>9am</td>
<td>Horseshoes</td>
<td>Miller Park</td>
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<tr>
<td></td>
<td>2pm</td>
<td>Bowling, Doubles</td>
<td>Northside Lanes</td>
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<tr>
<td>MONDAY, April 22</td>
<td>8:30am</td>
<td>200M Run</td>
<td>Hanes Park</td>
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<td>9:00am</td>
<td>5K Racewalk</td>
<td>Hanes Park</td>
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<td>10:00am</td>
<td>800M Run</td>
<td>Hanes Park</td>
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<td>10:30am</td>
<td>Softball Throw</td>
<td>Hanes Park</td>
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<tr>
<td>TUESDAY, April 23</td>
<td>9:00am</td>
<td>1500 M Race Walk</td>
<td>Hanes Park</td>
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<td></td>
<td>9:30am</td>
<td>Football Throw</td>
<td>Hanes Park</td>
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<tr>
<td></td>
<td>10:30am</td>
<td>1500M Run</td>
<td>Hanes Park</td>
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<td></td>
<td>11:00am</td>
<td>Silver Striders Fun Walk</td>
<td>Hanes Park</td>
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<td></td>
<td>6pm</td>
<td>Racquetball, singles</td>
<td>William G White &amp; Jerry Long YMCA's</td>
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Badminton

WEDNESDAY, April 24
9am
William Sims Recreation Center

Swimming

THURSDAY, April 25
9am
Kernersville YMCA

Softball, Men 75+

FRIDAY, April 26
9am
Washington Park #1

5K run

SATURDAY, April 27
9am
Nick Jamison Park

Cycling

MONDAY, April 29
9am
W-S Fairgrounds Midway

Tennis

TUESDAY, April 30
9am
Joe White Tennis Center

Croquet

WEDNESDAY, May 1
9:00am
Arbor Acres

Table Tennis, Singles
9:00am
Miller Park

Table Tennis, Doubles
10:30am
Miller Park

Table Tennis, Mixed Doubles
11:30am
Miller Park

Bowling, Mixed Doubles
2:00pm
Countryside Lanes

Archery

THURSDAY, May 2
9am
Old Town Recreation Center

Pickleball, Doubles
9:00am
Jerry Long YMCA

Pickleball, Men’s Singles
12:30pm
Jerry Long YMCA

Petanque (local games only)

WEDNESDAY, May 8
9am
Miller Park

Pickleball, Mixed Doubles
9:00am
Jerry Long YMCA

Pickleball, Ladies Singles
12:30pm
Jerry Long YMCA

Softball, Women

THURSDAY, May 9
9:00am
Jerry Long YMCA

Golf, Round 1

SATURDAY, May 11
9:00am
Washington Park

Golf, Round 2

MONDAY, May 13
8:00am
Tanglewood, Reynolds Course

TUESDAY, May 14
8:00am
Reynolds Park Golf Course

Softball, Men 50 - 74

SATURDAY, May 25
9:00am
Washington Park
Happy New Year Senior Games Participant!

We hope you are preparing for your Local Senior Games, registration for many will be open soon.

If you are interested in attending National Senior Games (NSGA), the NSGA has processed our qualifiers so North Carolinians can now register for NSGA.

National qualifiers are listed on the Nationals page of the NCSG website by last name, local games and event at this link: http://ncseniorgames.org/silver.htm

The NC t-shirt for the NSGA Celebration of Athletes can also be ordered from the Nationals page at the link above. All orders must be placed by MAY 20 to ensure delivery in time for travel to Nationals.

Since Hurricane Florence required State Finals Big Week to be rescheduled, the NSGA has created a process which will give participants who could not attend Big Week an opportunity to attend the 2019 Nationals. If you could not participate in a State Finals Big Week event for which you were registered and you would like register for the 2019 Nationals in Albuquerque, please print and fill out the linked waiver below and email (or USPS mail) the completed waiver with a copy of your photo ID to NC Senior Games. We will review your form and if approved, submit your information to NSGA. (Note this process is only relevant for events that were re-scheduled.)

National Games Waiver

You do not need to submit a waiver if any of the following are true…

1. You are not interesting in participating at Nationals.
2. You qualified for the events that you wish to participate in at Nationals.
3. You have already submitted a waiver for events you wish to participate in at Nationals. (NSGA processes waivers separately from the bulk data. All waivers received by NC Senior Games as of 1/11/19 have been processed and submitted to NSGA. Please contact NSGA if you have already submitted a waiver and are unable to register.)

Any questions or concerns, please reply to this email so we can research your question and respond with the answer.

We wish you all a happy and healthy new year as you continue your participation in Senior Games!

NCSG Staff
2019 CONCERT SCHEDULE

February 3 at 3 p.m.
WINTER CONCERT, South Fork

March 10 at 3 p.m.
SPRING CONCERT, South Fork

May 5 at 6:30 p.m.
POTPOURRI CONCERT, Miller Park

June 9 at 6:30 p.m.
SUMMER CONCERT, Miller Park

July 7 at 6:30 p.m.
PATRIOTIC CONCERT, Miller Park

August 4 at 6:30 p.m.
BAND SHOWCASE CONCERT,
Lewisville Baptist Church

September 8 at 5 p.m.
TRADITIONAL SUMMER CONCERT,
Fries Memorial Moravian Church

October 6 at 3 p.m.
BEST OF SUMMER, Miller Park

November 10 at 3 p.m.
FALL CONCERT, Salemtowne

December 8 at 5:30 p.m.
CHRISTMAS CONCERT,
Fries Memorial Moravian Church

SOUTH FORK COMMUNITY CENTER
4403 Country Club Rd. 336-659-4305

SUMMER CONCERT SERIES AT
MILLER PARK AMPHITHEATER
Queen Street near Moore School
336-727-2831
(In the case of rain or extreme heat the concert will be held inside the Miller Park Recreation Center.)

LEWISVILLE BAPTIST CHURCH
125 Lewisville-Clemmons Road

SALEMTOUXNE
100 Salemtowne Dr.

FRIES MORAVIAN CHURCH
251 N. Hawthorne Rd.

ALL PROGRAMS ARE FREE!
For additional information call
(336) 659-4305 or (336) 993-2325
www.WePLAY.ws
2019 Flying South Literary event!!!!

2019 Flying South competition accepting entries Flying South, the annual literary competition sponsored by Winston-Salem Writers, is accepting entries now through May 31. There will be $2,000 in prizes awarded. Best in category winners will be published in Flying South magazine and will receive $500 each. The Winston-Salem Writers President’s Favorite will also receive $500.

Entries are accepted for fiction, including flash fiction, short story and novel excerpts up to 5,000 words; nonfiction, including memoir, essay, journal entries and other nonfiction up to 3,500 words; and poetry, up to three poems, ten pages maximum. All entries will be considered for publication in the Flying South literary magazine. Entries must be original work and previously unpublished. Entry fee is $15 ($10 for members of Winston-Salem Writers). Multiple entries are accepted. Submit entries and fees to flyingsouth.submittable.com.

For complete rules and submission details, go to www.wswriters.org and click on the contest tab. Winners will be announced on July 1, 2019.

Founded in 2005, Winston-Salem Writers is a group of writers who write fiction, non-fiction, plays and poetry, and who care about the art and craft of writing. They offer programs, workshops, critique groups, open mic nights, contests and writers’ nights out for both beginning writers and published authors. For more information, visit www.wswriters.org.

PMG Research of Winston-Salem participated in the 2019 Senior Games Kick-Off event January 18th, 2019. The Winston site is a sponsor of the Senior Games and this event is an opportunity for the site to have a booth and interact with the participants. With over 300 people in attendance at this event, PMG of Winston-Salem was able to connect with the community and provide valuable information about clinical research.
Senior Softball

Players Wanted

The Lewisville Masters Senior Men’s Team, 69 to 74 age group is seeking players in Forsyth, Davidson, Davie, Yadkinville and Guilford Counties for Tournament Softball. All tournaments primarily within 200 miles of Winston-Salem, NC. If you or anyone you know is interested in playing Senior Softball in 2019 please contact Eddie Lentz at 336-650-2445. He will be happy to provide full details. Thank you!
JOIN US

St. Patrick’s Day Luncheon
Friday, March 15, 2019 • Noon

Entertainment by
Southern Fried Jazz Trio

RSVP by March 11, 2019
to Becky Wright
336.759.1044
or rwright@brh.org
STATE FINALS 2019 Dates

State Finals Big Week
Raleigh/Cary/Durham
September 16-22

State Finals Bocce & Cornhole Tournaments
Clayton Community Park, Clayton
September 25-26

State Finals Softball Tournament
Thomas Brooks Park, Cary
October 4-7

State Finals Pickleball Tournament
Carolina Courts, Concord
October 15-17
WES SALISBURY
Client Advisor

Wes Salisbury is a client advisor in the Winston-Salem, North Carolina, office of Alex. Brown, a division of Raymond James. He is passionate about helping families, businesses and institutions navigate the financial world to achieve their goals. Wes is an enthusiastic problem-solver, and he enjoys working closely with clients to find simplified, tailored strategies to complex needs. Wes believes that long-term relationships built on trust and integrity are the key to helping his clients achieve success.

Wes’ areas of expertise include:

- Personal wealth management and retirement planning
- Assistance in the creation and management of corporate retirement plans
- Investment policy and strategy for nonprofit institutions
- Alternative Investments, and Social, Responsible, and Impact (SRI) investment strategies

Before joining Alex. Brown in 2016, Wes served as senior investment analyst for Wells Fargo Investment Institute’s global portfolio management team, which was responsible for portfolio construction and manager selection on nearly $18 billion in discretionary wealth management portfolios.

Prior to this position, Wes worked as an investment manager for Wells Fargo Wealth Management, where he managed private and institutional client relationships with assets totaling nearly $320 million across the Mid-Atlantic region. His responsibilities included managing clients’ investment policy, asset allocation, and manager selection across a diverse book of trusts, foundations and private wealth accounts.

Wes holds a B.S. in finance, cum laude, from the University of North Carolina at Greensboro, where he received disciplinary honors in finance and pursued a minor in studio art. Wes also studied at the Chinese University of Hong Kong in 2009, where he completed the International Asian Studies Programme specializing in quantitative finance. He holds Series 7 and 66 securities registrations.

Wes is active in Winston-Salem’s business and nonprofit community and has served in various nonprofit capacities including board member, strategist and co-founder. He currently serves on the Downtown Winston-Salem Partnership’s Planning Committee, where he passionately advocates for the revitalization of his neighborhood and city. Wes is also a member and deacon at Ardmore Baptist Church.

Wes is an avid cyclist, outdoorsman and family man. He also enjoys fly fishing, golfing, photography, modern architecture and spending time at the farm. Wes and his wife, Kathryn, live in downtown Winston-Salem with their daughter, Lilyana.
Mysterium Tremendum

Peter C. Venable

When at the ocean's vast expanse,
I could barely discern with glance,
The mammoth storm front drowned the sun;
Light sank into oblivion.
Two miles up the dark clouds came
As lightning pierced with white-hot flame.
I pondered well mortality,
Beneath the storm's ferocity.

But here is calm. I lay, looked deep
At stars so wide, so far, so steep
Their hidden planets spin, revolve.
I felt my bookish mind dissolve.
Our solar home? A little dot
In this Milky Way's backyard plot.
Between the stars, the coldest space
Fills me with dread and chills my face.

I lay awestruck in awesome stare,
Eternity gave awful glare.
Submerged beneath colossal night,
I am a ghost clothed in moonlight.
The universe moves in ballet.
My veiny hands, uplifted, pray
Not to infinite space and death,
But to Father's life-giving breath.
CHAIR VOLLEYBALL
Weekly Schedule

TUESDAY: 11 a.m.
Salvation Army (New Walkertown Road)

WEDNESDAY: 11 a.m.
14th Street Rec Center

THURSDAY: 11 a.m.
William Sims Center

For more information contact Chuck Vestal: chuckv@cityofws.org 336-727-2325
Twin City Track Club- 5 Dollar 5K 2019

About this Race Series
The $5-5k is designed as a low-key race for the athletes who want to run a tune-up race to prepare for their targeted event, the novice who may be intimidated by the larger events and runners/walkers who want an event to test themselves without breaking the bank.

Twin City Track Club is pleased to host the 2019 Five Dollar 5K Race Series on the following dates:

- Tuesday, April 9, 2019 at 6:30pm
- Tuesday, May 14, 2019 at 6:30pm
- Tuesday, June 11, 2019 at 6:30pm
- Tuesday, July 9, 2019 at 6:30pm
- Tuesday, August 13, 2019 at 6:30pm
- Tuesday, September 10, 2019 at 6:30pm
- Tuesday, October 8, 2019 at 6:00pm (Starting earlier for daylight finish)

Series Scoring
The first-place finisher overall (M & F) and in each age group (M & F) will be awarded 100 points; second-place 99, third-place 98, etc. for each event. The points will be accumulated for each event throughout the series. The top three (3) participants overall and in each age group with the most point for the series will be awarded the "coveted $5K Mug".

Age Groups:
9 and under
10-19
20-29
30-39
40-49
50-59
60-69
70 and up

The "coveted" mug will be awarded at the awards ceremony tentatively scheduled for after the last event on October 8th.

Note that for the series age group, each person will be placed in an age-group based upon their age on October 8, 2019.

Contact Information
If you have any questions about this race series or its scoring, please use the following E-mail address: Wadejpm@gmail.com
Included Events

- 5 Dollar 5K - April
  $5 5K April
  Tuesday April 9, 2019
  Winston-Salem, NC US

- 5 Dollar 5K - May
  $5 5K May
  Tuesday May 14, 2019
  Winston-Salem, NC US

- 5 Dollar 5K - June
  $5 5K June
  Tuesday June 11, 2019
  Winston-Salem, NC US

- 5 Dollar 5K - July
  $5 5K July
  Tuesday July 9, 2019
  Winston-Salem, NC US

- 5 Dollar 5K - August
  $5 5K August
  Tuesday August 13, 2019
  Winston-Salem, NC US

- 5 Dollar 5K - September
  $5 5K September
  Tuesday September 10, 2019
  Winston-Salem, NC US

- 5 Dollar 5K - October
  $5 5K October
  Tuesday October 8, 2019
  Winston-Salem, NC US
Please join us for the: Memory Café 2019!

The Memory Café is for anyone who is experiencing memory loss, mild cognitive impairment and dementia along with their care partners. It is a comfortable, casual gathering place designed to create relationships, conversations and connections!

Stay for a little while or stay longer. Memory Café provides the place and time to socialize, listen to music, play games and connect with others in the community. Refreshments will be provided by the Memory Counseling Program.

Memory Café will be held at Senior Services, 2895 Shorefair Drive in Winston-Salem on:
- Thursday, March 14th from 1:00 - 3:00 PM
- Monday, May 13th from 10:30 AM to 12:30 PM
- Wednesday, September 18th from 10:30 AM to 12:30 PM
- Wednesday, October 16th from 1:00 - 3:00 PM

For more information please contact:
Alyssa Botte, Memory Counseling Program
336-716-4683
abotte@wakehealth.edu
U.S. Consumers Hit by Online Fraud Ring Based in Romania

Con artists accused of selling nonexistent goods on Craigslist and eBay

by Katherine Skiba, AARP, February 20, 2019

Federal officials are urging consumers to be on the lookout for possible fraud when buying online at popular sites — including Craigslist and eBay — after an international organized crime group has been charged with cheating thousands of Americans out of millions of dollars.

A Romanian-based crime group is accused of pretending to sell cars and other high-ticket items online — only the items never existed. In some cases, the scammers impersonated members of the U.S. military and said they needed to sell the advertised item because they were deploying overseas, according to a federal indictment.

The defendants “allegedly orchestrated a highly organized and sophisticated scheme to steal money from unsuspecting victims in America,” says Assistant Attorney General Brian Benczkowski.

One defendant posed as Air Force Sgt. Judith Lane, who used a phony profile on social media and a fake Gmail address and advertised cars for sale on Facebook, authorities said.

Lane wasn’t in the Air Force, wasn’t a sergeant and wasn’t even a woman, authorities said. Skulking behind the fake persona was a 28-year-old man named Ionut Ciobanu who, like most of the defendants, is a Romanian.

The Secret Service urges consumers to keep in mind that fraudsters commonly impersonate U.S. service members overseas as a strategy to avoid regular communication with buyers and to justify why an item is much cheaper than the market value.
Officials also suggest customers should google a seller’s name, address and phone number to check for possible discrepancies in the information, and be suspicious if a seller uses multiple email accounts or phone numbers to communicate. They also say to use a credit card, not a debit card, for purchases, and be wary if a seller insists on closing a sale with prepaid gift cards.

Another key bit of guidance: “If the price seems too good to be true, it’s probably a scam.” Here’s the full list of Secret Service tips when shopping online.

The defendants in the case also used stolen identities and invoices that had trademarks of reputable companies to make the transactions appear legitimate, authorities said. Once victims were convinced to pay for the items, the alleged conspirators laundered the victims’ funds by converting the payments into cryptocurrency and transferring the proceeds to foreign-based associates, authorities said.

Charges against the defendants include racketeer influenced and corrupt organizations (RICO) conspiracy, wire fraud conspiracy, money laundering conspiracy, and aggravated identity theft.

Officials say the investigation is ongoing and encourage possible victims to get more information from the Justice Department.

eBay cooperated with the Justice Department to help “bring these individuals to justice,” said company spokesman Ryan Moore. He said the transactions at issue were “scams” that did not actually take place on eBay, and that scam artists list items for sale on fake landing pages while exploiting the company’s well-known, trusted brand name. “We always encourage all our shoppers to be cautious when they aren’t purchasing directly through the eBay website,” he added.

A spokesman for Craigslist did not reply to requests for comment.
The Shepherd's Center of Greater Winston-Salem

VOLUNTEER ORIENTATION

Helping Older Adults in our Community

Thursday, March 21st
Thursday, April 18th
10:00-11:15 a.m.
1700 Ebert St., Winston-Salem

We need your help to: Transport people to medical appointments and grocery shopping, visit homebound elders, provide respite to caregivers, and make minor home repairs.

Call or email Vicki Poore
336-748-0217
vpoore@shepherdscenter.org
www.shepherdscenter.org
The Forsyth County Public Library and the Shepherd’s Center of Greater Winston-Salem present a public seminar:

“Welcome to Medicare”

If you will be eligible for Medicare soon, learn about the many options available so you can make the choices that are right for you!

Tuesday, March 12, 2019
5:30 - 7:30 p.m.

Reynolda Branch Library
2839 Fairlawn Drive
Winston-Salem, NC 27106

Space is limited.

Reservations are required!

If you have questions or would like to reserve a seat, call or email:

The Shepherd’s Center
(336) 748-0217

Info@Shepherdsccenter.org

Seniors’ Health Insurance Information Program
News Release  
February 26, 2019

For more information, contact  
Judie Holcomb-Pack, PR & Media Coordinator  
336-971-1004  
Email: judiehp@triad.rr.com

10-Minute Play Competition Accepting Submissions

Winston-Salem Writers is sponsoring a 10-Minute Play competition for residents of North Carolina and students attending colleges and universities in North Carolina. Submissions are being accepted through March 15. The competition is free to members of Winston-Salem Writers and $10 for nonmembers. Winners will be announced by April 15.

Winston-Salem Writers is partnering with The Little Theatre of Winston-Salem to appoint directors, hold auditions, and conduct rehearsals for the winning plays. The plays will be performed on Friday, May 31, and Saturday, June 1.

For details on submitting, visit www.wswriters.org and click on the Contest link.

Founded in 2005, Winston-Salem Writers is a group of writers who write fiction, non-fiction, plays and poetry, and who care about the art and craft of writing. They offer programs, workshops, critique groups, open mic nights, contests and writers’ nights out for both beginning writers and published authors. For more information, visit www.wswriters.org.
GETTING DOWN TO BRASS TACKS:
ELDER LAW ATTORNEY PANEL

Coping with dementia is hard enough without worrying about the legal and financial issues that might occur down the road. Elder law attorneys, who practice a special type of law for older adults and those with dementia, can provide critical education and support for those who are planning with a diagnosis in mind. Get down to brass tacks and learn from our panel of elder law attorneys. Topics will include end-of-life documents, long-term care and paying for care, asset preservation, Medicaid, and protection from financial/elder abuse. Respite care will be provided free of charge by the Tab Williams Adult Day Center. Registration is required.

Saturday, March 9, 10 AM - 12 PM
Tab Williams Adult Day Center
231 Melrose St., Winston-Salem, NC 27103

Panel
Kathryn H. Muhlenkamp, JD / Greenwood Law
Vance Parker, JD, MBA / Vance Parker Law, PLLC
Aimee L. Smith, JD / Craig Jenkins Liipfert & Walker LLP
Brent W. Stephens, JD, CELA / Craig Jenkins Liipfert & Walker LLP

For more information or to register:

Alyssa Botte  336-716-4683
abotte@wakehealth.edu
Join Skyland Senior Citizens Club
BINGO March 21, 2019
10:00am – 12:00 Noon
Rupert Bell Recreation Center

Admission $2.00
Chance to win prizes
Refreshments Will be Provided
Making sure to support our sponsors: