

Get Active... Get Involved... Get Moving!

*Community
Events*

CALENDAR

Activities & Events

- **Forsyth County Senior Democrats**, March 5, 9 a.m., Golden Corral, 4965 University Pkwy. For those wanting breakfast, arrive at 8:30 a.m. For more information, contact Jim Shaw, jshaw@agapesdx.com.
- **"Duke Ellington Uptown"**, March 5, 6, 7, 13 & 14, 7:30 p.m., The Crown at the Carolina Theatre, 310 S. Greene St., Greensboro. The Touring Theatre of North Carolina presents a biography/cabaret where five actors slink, sing, scat, strut and swing to Duke Ellington's most popular songs. For information, call 333-2605 or visit www.carolinatheatre.com.
- **The Magnificent Seniors Social Club will host its annual Sweetheart Ball** on March 7, 7 p.m., at the Hawthorne Inn, 420 High St. The event benefits Hospice and Palliative Care of Winston-Salem. Tickets are \$40 per person. For more information, call 986-0364 or 893-5069.
- **Senior Services Art Show to benefit Meals-on-Wheels**, March 7, 10 a.m.-5 p.m., at Senior Services, 2895 Shorefair Drive. Over 300 items representing over 40 artists will be available for purchase. Admission is free.
- **High Point: A Memoir of the African-American Community**, March 7, 10:30 a.m., High Point Museum, 1859 Lexington Ave. The documentary explores the deep-rooted history of struggle, foresight, family, equality, courage and perseverance of the black community. Free. For information, call 885-1859 or visit www.highpointmuseum.org.
- **Piedmont Plus Senior Games & SilverArts** entry deadline, March 31, \$12. For entry form, go to www.cityofws.org/departments/recreation-parks/seniors.
- **Winston-Salem Delta Fine Arts**, 2611 New Walkertown Road, exhibit "Samplers and Symmetry V: Pieces by Area African American Quilters" through April 25. For more information, go to www.deltaartscenter.org.
- **Twin City Cribbage Club**, Tuesdays, 6-9 p.m., Polo Park Recreation Center, 1850 Polo Road. Call 682-2921 or visit www.twincitycribbageclub.com
- **Guided Meditation Circle**, first Wednesday of each month, 12:15-12:45 p.m., Golden Flower Center, 612 N. Trade St. No experience necessary. Free; donations appreciated. Call 727-1131 or visit www.goldenflower.org.
- **Artist Trading Cards Classes**, Wednesdays, Miller Park Recreation Center. A series of low-cost art workshops with all supplies included. Artist trading cards are miniature works of art about the same size as modern baseball cards. Register by calling 727-2831.
- **Third Wednesday Book Club**, 2 p.m., Shepherd's Center, 1700 Ebert St. Free. Call 760-6303 for more information.
- **Liberty Street Market**, Thursdays - Saturdays, 8 a.m. - 3 p.m., 1591 N. Liberty St.
- **Dixie Classic Fairgrounds Farmer's Market**, Saturdays, 6 a.m. - 1 p.m..
- **Open Mic**, third Tuesday of each month, 7 p.m., Milton Rhodes Center at Hanes Brand Theatre. Writers read five-minute excerpts from their prose or poetry. Free. For more information, visit www.wswriters.org.

Dances, Dance and Fitness Classes:

- **Line Dance Lessons**, Mondays, 1 p.m., Shepherd's Center, 1700 Ebert St. \$5 per lesson, Call Brenda Holcomb at 816-5544.
- **Shag Lessons**, Mondays, 6-7 p.m., South Fork Community Center, 4403 Country Club Road. \$20/4-week session. Call 659-4305 for start dates.
- **Line Dance-Country Western (beginners)**, Mondays, 7-8 p.m., South Fork Community Center, 4403 Country Club Road. \$20/4-week session. Call 659-4305 for start dates.