



VILLAGE VIEW

May 2019, Newsletter

LETTER FROM THE PRESIDENT

Hello Friends,

Well that was a quick spring! With these 90 degree days, it feels like full on summer. This month we recognize Older Americans Month. The 2019 theme, Connect, Create, Contribute, encourages older adults and their communities to: connect with friends, family, and services that support participation. We are glad that Charlotte Village Network is able to provide support in our community.

We continue look for ways to provide support for our current members and reach out to new members as well. How are you going to connect with us? Why not sign up for our night out at Spirit Square to see 7 local older adults share their perspective in a unique presentation called, "Acting Our Age: A Century of America in Seven Voices." Keep reading this newsletter for more information.

How do you share your story? Have you done your family tree or made scrapbooks? NPR's "StoryCorp" asks questions and collects stories from people about their everyday life. These stories, told in their own voices, are a treasure-trove of facts and emotion. You can hear them on your WFAE or through their podcasts. If you need help figuring out how to listen to some of these tales, call for assistance from our Tech Team. Better yet, come out to one of our events and share your story with our community.

Remember, we are here to help!

In friendship,

Mary Ellen Fleming, President, Charlotte Village Network

PAST EVENTS

What legal forms do I really Need? - Educational Program – Friday, May 17

On Friday, May 17, members and guests of Charlotte Village Network attended a "Lunch and Learn" event at Waltonwood Senior Living Cotswold. Kim Gossage of Garrity and Gossage, LLP covered the topic of "What legal forms do I really need?" Lunch was provided by the Charlotte Village Network.



For more information visit: www.garritygossage.com

REMINDERS FOR MEMBERS

Program Committee Volunteer Needed

Our village is in search of Program Committee Volunteers to help set up educational and social events for members. If you or anyone you know is interested and would be a good fit for our Program Committee please contact us at (980) 272-1426 or info@charlottevillagenetwork.org.



Request for Service Providers

Our opportunities are not just for members and volunteers. We need service providers to include in our Resource Referral Network. If you know of a professional working for themselves and would like to recommend they be included, please email their business name, contact information and professional field (electrician, carpenter, house cleaning service, etc.) to info@charlottevillagenetwork.org so we can build our Resource Referral Directory.



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UPCOMING EVENTS

Lunch and Learn – Friday, June 14 at 1130am

Joe Giordano of Edward Jones will speak on Outsmarting the Scammers at Waltonwood Senior Living Cotswold on Friday, June 14 at 1130am. Lunch will be provided by Embrace Care. Reserve your spot early as space is limited! Please RSVP to John by Thursday, June 6 at (980) 272-1426 or info@charlottevillagenetwork.org



**Please note our lunch and learns have changed to Fridays.*

Walking Club – Light Rail Trip Uptown– Thursday, June 13 at 10 am to 2 pm



Please join us for our first walking club event of the year. We will meet at the Scaleybark Light Rail Station. We will ride the light rail uptown to the 7th Street stop, disembark, and walk over to the First Ward Park. We will walk to 7th Street Market and grab a bite to eat and then ride the light rail back to Scaleybark. Please RSVP by June 6 to: John at 980-272-1426 or info@charlottevillagenetwork.org. Don't forget to let us know if you need a ride to and from Scaleybark.

Lazy 5 Ranch Trip – Thursday, June 6

Come join us for a fun afternoon wagon tour of the Exotic Animals at the Lazy 5 Ranch, located in Mooresville, NC on Thursday, June 6th from noon – 4:30pm. We will ride the wagon on the 3 mile trail through the park to see and even feed the many different animals that live there. We will have umbrellas and water should the day be hot. They also have a snack bar, gift shop, and a short walking tour of different animals as well! Lazy 5 is located at 15100 Mooresville Rd., Mooresville, NC 28115 (704) 663-5100. Please RSVP by Friday, May 24th to 980-272-1426 or info@charlottevillagenetwork.org Let us know if you will need a ride to the ranch.



Games and Snacks in Cotswold, Saturday, June 15 - 2 – 5 pm

Our next board game event will be on Saturday, June 15 from 2-5 pm at the Gaynor Arms Community Room, 4527 Gaynor Rd. in Cotswold 28211. Please join us and bring your favorite game to enjoy with others. Snacks will be provided, but feel free to bring your favorite to share. Truly a fun event with plenty of laughs. Please RSVP as soon as possible, and no later than Friday, June 14, as space is limited! RSVP to: info@charlottevillagenetwork.org, or to John Reiter at 330-608-3735.



Movie Matinee – Tuesdays



Please join us every other Tuesday, at the Cinemark Movies 10, 9508 Northeast Ct., Matthews, NC 28105. Movies are \$1.75 +tax and we meet at 12:30 pm.

We can all see the same movie or everyone can see a movie that appeals to them. No RSVP, but let us know if you need a ride. <https://www.cinemark.com/north-carolina/cinemark-movies-10>

Questions? Email us at: info@charlottevillagenetwork.org or call John Reiter at (980) 272-1426

Schedule of Tuesdays: June 11 & 25 (more dates to follow)

Acting Our Age – A Century of America in Seven Voices – June 19 & 20, 7 pm

For the past year, seven seniors have been reviewing their lives to create a theatrical experience. Their stories are a part of America's Story. Join them while they share their memories in this combination of theatre and documentary. Please visit the website link or call for tickets (\$15 each)

McGlohon Theater, Spirit Square
704-372-1000/www.carolinatix.org

HONORING OLDER AMERICAN'S MONTH

Along with a host of well-known holidays like Mother's Day and Memorial Day, and some other not-so-well-known holidays like National Escargot Day and Lumpy Rug Day (sounds like a great hiding place for the escargot!), May was Older Americans Month. Among other days for recognizing seniors, this month rounded out the holidays with National Senior Health and Fitness Day on May 31. Here at Senior Lifestyle, we love to celebrate our seniors in any way possible, and regardless of what our residents at Senior Lifestyle communities chose to celebrate, they did so in style!

In 2017, **Older Americans Month** focused on the theme "Age Out Loud." Seems quite fitting when one considers just how much our seniors have to say! Not so long ago, aging was seen as a passive activity, something that just took its course. Not so today; with seniors staying active far later into life and partnering with health care professionals to take an active role in their care, the face (and voice) of aging is changing. Senior Lifestyle strongly supports the new look of aging with programs designed to keep our residents engaged in whatever form of activity they enjoy.

What exactly does **Age Out Loud** mean? For many seniors, it means advocating for themselves and others, remaining engaged in their communities, and sharing wisdom won by years in the workforce by mentoring younger people. For others, Age Out Loud is about physical and mental fitness, and a conscious decision to stay active. Aging Out Loud promotes a sense of purpose and pride for seniors, and quite often changes others' attitudes toward seniors in their community.

Having just ended Older Americans Month, why not make a personal choice to Age Out Loud? Get involved, take an active role in your care, pick up or continue a beloved hobby, or just make your goal one of increased social activity. Looking to learn more about how we "Age Out Loud" at Senior Lifestyle? Check out our **website** for a community near you and add your voice to the growing number of seniors who are actively choosing what aging looks like.

THANK YOU TO OUR PARTNERS!

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