



# BAZEMORE BUZZ

## JANUARY 2026

### Active Adult Center Closings:

Thursday, January 1st

Monday, January 19th



### Movie & Pajama Party

#### Bazemore Active Adult Center

500 W Jefferson St

Monroe, NC 28112

Telephone: 704-282-4657

#### Hours of Operation:

Mon - Thurs 8am-5pm, Fri 8am-12pm

Activity Hours Vary

**For more information regarding classes and events, please call 704-282-4657 or visit our Senior Services page at [monroenc.org](http://monroenc.org)**

UPCOMING SEMINAR

## POST DEATH : PROBATE & ESTATE ADMINISTRATION

Thursday, January 8th  
1pm

Questions You Might Have About Your Affairs After Passing...

- What is involved in the probate process?
- How will my assets and estate be settled?
- Who will carry out my end-of-life decisions?

Elder Law Attorney, Kathryn DeAngelo will help you navigate these questions and planning for this time. Register online or at the front desk by Monday, January 5th.



## CIVICREC® TUTORIAL

Thursday, January 22nd  
1pm

Explore how to create an account, enroll in classes and events online and easily navigate the website.

Register at the front desk by  
Tuesday, January 20th

## LADIES LUNCH BUNCH

Wednesday, January 28th  
11:30am

Napoli Italian Restaurant  
2263 W Roosevelt Blvd Monroe

This event provides an opportunity for participants to socialize, connect and make new friends.



## United & senior games silver arts

PRACTICE CLINICS  
Tuesday, January 27th  
& February 24th  
10-12pm

Enjoy a morning of fun and friendly competition with your peers at Carolina Courts. You will have an opportunity to play chair volleyball, cornhole, basketball shoot, football throw and indoor horseshoes.

Participants will meet at BAAC at 9:30am and be transported to Carolina Courts OR you can meet us there!

Registration required by Friday, January 23rd.



BAZEMORE ACTIVE ADULT CENTER

## SOUP WITH THE STAFF

Wednesday, January 21st at 12pm

In honor of National Soup Month, we invite you to join us for lunch! Participants will have an opportunity to discuss suggestions regarding the center as well as learn more about happenings around the center.

Seating is limited!

Registration is required by Friday, January 16th



**Stay home if you feel sick.**

PROTECT YOURSELF AND THOSE AROUND YOU...

Please help us stop the spread of cold and flu germs by staying home if you are sick.

## THE MEDWAY

"Change Your Protein"

Thursday, February 26th  
1:30pm

Learn how to replace and prepare healthy proteins on the Mediterranean diet.

Registration opens January 30th. Space is limited!



## SENIOR SINGERS

January 8— Practice

January 15— Brookdale Memory Care

January 22— Brookdale Union Park

January 29— Pruitt

**This group travels to different nursing facilities every Thursday to sing and share smiles with residents. Singers will meet at BAAc at 2pm (unless otherwise noted) and carpool.**

## AGING SENSITIVITY TRAINING

Wednesday, February 18th  
1-2:30pm

### LEARNING OBJECTIVES:

- Understand aging
- Challenge stereotypes and bias
- Improve communication skills
- Identify and reduce barriers
- Practice empathy and perspective-taking
- Advocate for equity and dignity

**Who should attend?** This training is for healthcare providers, caregivers, students and anyone working with older adults or individuals who have disabilities.

**Participants, please help share this info with anyone you know that could benefit from the training.**



**CENTRALINA**  
Area Agency on Aging



Monday, February 2nd  
2pm

Bingo with a twist! Join us as we combine this popular game with exercise and wellness education. Please bring a small prize to donate.

Sponsored by:  
Union County Health & Human Services

## CRAFTY CREATIONS

Thursday, January 15th  
1:30pm

Learn to craft something unique and handmade by YOU! This class is free and supplies are provided. Registration opens December 19th.



## VETERAN'S CLUB

Wednesday, January 7th  
@ 9am

We welcome all veterans to join us on the 1st Wednesday of every month at 9am.

Breakfast will be sponsored by:



For more information regarding classes and events, call 704-282-4657 or visit our Senior Services page at [monroenc.org](http://monroenc.org)

# FIT FOR LIFE

## FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-4:30-Cardio Room 10:00- Aerobics* 12:00- Tai Chi 3:15- Drums Alive	8:00-4:30- Cardio Room 9:00- Mat Yoga 10:00- Chair Yoga 1:00 Dancing 4Fun 4:30- Zumba Gold	8:00-4:30-Cardio Room 9:00-Range of Motion* 10:00- Aerobics* 11:00- Range of Motion 12:30- Intermediate Line Dance	8:00-4:30-Cardio Room 8:30- Pilates* 9:00- Mat Yoga* 9:00- Monroe Mall Walkers 10:00- Chair Yoga* 12:00 Tai Chi 1:00 Dancing 4Fun 3:00-Zumba Gold	8:00-11:30-Cardio Room 8:15- Range of Motion 9:15- Range of Motion* 10:15- Aerobics* 11:15- Drums Alive
Asterisk= class is offered in person and through ZOOM				



## TAI CHI

Mondays & Thursdays at 12pm

Tai Chi is an ancient Chinese mind-body practice that involves slow, flowing movements, deep breathing and meditation, often called "meditation in motion".



Tuesdays and Thursdays

1-2pm

(begins Tuesday, January 6th)

This class will cover basic moves to a variety of line dances. The goal is to learn basic footwork like steps, walks, turns, improve coordination and gain confidence in a fun, supportive environment. No prior experience needed.

Additional line dance classes are offered at the following locations:

### Beginner Line Dance

Tuesdays & Thursdays 12-2pm  
J Ray Shute Community Center

### Advanced Line Dance

Mondays 12-3pm  
Dickerson Community Center

## ATTENTION WALKERS!

If the cold weather has curbed your outdoor walks, join the Mall Walkers to share fellowship and steps with other health minded individuals. Keep up that good habit through the winter months and beyond!

Every Thursday  
Monroe Crossing Mall (meet by the food court)  
Sign in between 8:30-9 and walk as much or as little as you would like.

# JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1  <b>Happy New Year!</b> <b>SENIOR CENTER</b> <b>CLOSED</b>	2 9:00 Woodcarving <b>AR3</b> 10:00 Woodshop Orientation R 10:00 Euchre - <b>AR2</b>
<b>5</b> 9:00-3:00 Ceramics & Pottery Open Studio \$ <b>10:30-11:15</b> Chair Volleyball <b>11:15-12:00</b> Chair Volleyball <b>1:00</b> Mahjong <b>AR2</b> <b>2:00</b> Bingo <b>MP</b>	<b>6</b> 9:00-3:00 Ceramics & Pottery Open Studio \$ <b>10:00 Out of Sight (VIP)</b> <b>MP</b> <b>10:00-11:15</b> OATS—WK 1 <b>10:00</b> Spades <b>AR2</b> <b>10:00</b> Busy Fingers <b>AR3</b> <b>10:00</b> ADV Woodshop <b>R</b> <b>12:30</b> Bridge <b>AR3</b> <b>1:00</b> Game Time <b>AR1/2</b> <b>1:00</b> Cribbage <b>AR2</b>	<b>7</b> <b>9:00 Veteran's Breakfast</b> <b>R MP</b> 9:00-3:00 Ceramics & Pottery Open Studio \$ <b>10:30-11:15</b> Chair Volleyball <b>11:15-12:00</b> Chair Volleyball <b>1:00</b> Bunco <b>AR2</b>	<b>8</b> 9:00-3:00 Ceramics & Pottery Open Studio \$ <b>10:00</b> TOPS <b>MP</b> <b>10:00</b> ADV Woodshop <b>R</b> <b>11:30</b> Canasta <b>AR2</b> <b>1:00</b> Collins Law Group <b>MP</b> <b>1:30</b> Hand & Foot <b>AR3</b> <b>2:00</b> Senior Singers  <b>6:00-8:00</b> <b>New Year's Dance</b>	<b>9</b> 9:00 Woodcarving <b>AR3</b> 10:00 Woodshop Orientation R <b>10:00</b> Euchre - <b>AR2</b> <b>10:00-11:15</b> OATS—WK 1
<b>12</b> 9:00-3:00 Ceramics & Pottery Open Studio \$ <b>10:15</b> Caregiver Support <b>AR1</b> <b>12:00-1:30</b> Soup with Staff <b>1:00</b> Mahjong <b>AR2</b> <b>1:00</b> Talking Titles <b>AR3</b> <b>2:00</b> Bingo <b>MP</b>	<b>13</b> 9:00-3:00 Ceramics & Pottery Open Studio \$ <b>10:00-11:15</b> OATS—WK 2 <b>10:00</b> Spades <b>AR2</b> <b>10:00</b> Busy Fingers <b>AR3</b> <b>10:00</b> ADV Woodshop <b>R</b> <b>12:30</b> Bridge <b>AR3</b> <b>1:00</b> Game Time <b>AR1/2</b> <b>1:00</b> Cribbage <b>AR2</b>	<b>14</b> 9:00-3:00 Ceramics & Pottery Open Studio \$ <b>10:00-4:00</b> Quilty Pleasures <b>AR3</b> <b>10:30-11:15</b> Chair Volleyball <b>11:15-12:00</b> Chair Volleyball <b>1:00</b> Bunco <b>AR2</b>	<b>15</b> 9:00-3:00 Ceramics & Pottery Open Studio \$ <b>10:00</b> TOPS <b>MP</b> <b>10:00</b> ADV Woodshop <b>R</b> <b>11:30</b> Canasta <b>AR2</b> <b>1:30</b> Hand & Foot <b>AR1</b> <b>1:30</b> Crafty Creations <b>AR3</b> <b>2:00</b> Senior Singers	<b>16</b> 9:00 Woodcarving <b>AR3</b> 10:00 Woodshop Orientation R <b>10:00</b> Euchre - <b>AR2</b> <b>10:00-11:15</b> OATS—WK 2
<b>19</b>  <b>SENIOR CENTER</b> <b>CLOSED</b>	<b>20</b> 9:00-3:00 Ceramics & Pottery Open Studio \$ <b>9:00</b> Garden Club <b>MP</b> <b>10:00-11:15</b> OATS—WK 3 <b>10:00</b> Spades <b>AR2</b> <b>10:00</b> Busy Fingers <b>AR3</b> <b>10:00</b> ADV Woodshop <b>R</b> <b>12:30</b> Bridge <b>AR3</b> <b>1:00</b> Game Time <b>AR1/2</b>	<b>21</b> 9:00-3:00 Ceramics & Pottery Open Studio \$ <b>10:30-11:15</b> Chair Volleyball <b>11:15-12:00</b> Chair Volleyball <b>12:00</b> Soup with the Staff <b>1:00</b> Bunco <b>AR2</b>	<b>22</b> 9:00-3:00 Ceramics & Pottery Open Studio \$ <b>10:00</b> TOPS <b>MP</b> <b>10:00</b> ADV Woodshop <b>R</b> <b>11:30</b> Canasta <b>AR2</b> <b>1:00</b> Civic Rec Tutorial <b>1:30</b> Hand & Foot <b>AR3</b> <b>2:00</b> Senior Singers	<b>23</b> 9:00 Woodcarving <b>AR3</b> 10:00 Woodshop Orientation R <b>10:00</b> Euchre - <b>AR2</b> <b>10:00-11:15</b> OATS—WK 3
<b>26</b> 9:00-3:00 Ceramics & Pottery Open Studio \$ <b>10:15</b> Caregiver Support <b>AR1</b> <b>10:30-11:15</b> Chair Volleyball <b>11:15-12:00</b> Chair Volleyball <b>1:00</b> Mahjong <b>AR2</b> <b>2:00</b> Bingo <b>MP</b>	<b>27</b> 9:00-11:00 Wellness Checkup 9:00-3:00 Ceramics & Pottery Open Studio \$ <b>10:00-11:15</b> OATS—WK 4 <b>10:00</b> USG Open Gym <b>Carolina Courts, Indian Trail</b> <b>10:00</b> Spades <b>AR2</b> <b>10:00</b> Busy Fingers <b>AR3</b> <b>10:00</b> ADV Woodshop <b>R</b> <b>12:30</b> Bridge <b>AR3</b> <b>1:00</b> Game Time <b>AR1/2</b> <b>1:00</b> Cribbage <b>AR2</b>	<b>28</b> 9:00-3:00 Ceramics & Pottery Open Studio \$ <b>10:00-4:00</b> Quilty Pleasures <b>AR3</b> <b>10:30-11:15</b> Chair Volleyball <b>11:15-12:00</b> Chair Volleyball <b>11:30-1:00</b> Ladies Lunch Bunch—Napoli Italian <b>1:00</b> Bunco <b>AR2</b>	<b>29</b> 9:00-3:00 Ceramics & Pottery Open Studio \$ <b>10:00</b> TOPS <b>MP</b> <b>10:00</b> ADV Woodshop <b>R</b> <b>11:30</b> Canasta <b>AR2</b> <b>1:30</b> Hand & Foot <b>AR3</b> <b>1:30</b> Introduction to the Medway <b>R MP</b> <b>2:00</b> Senior Singers	<b>30</b> 9:00 Woodcarving <b>AR3</b> 10:00 Woodshop Orientation R <b>10:00</b> Euchre - <b>AR2</b> <b>10:00-11:15</b> OATS—WK 4



# A MATTER OF BALANCE

MANAGING CONCERN ABOUT FALLS

## Do you have concerns about falling?

A Matter of Balance is an evidence based fall prevention program designed to help older adults manage their concerns about falling and increase their activity levels. The program focuses on addressing the fear of falling, teaching fall prevention strategies and promoting physical activity by practicing exercises.

**EVERY TUESDAY & THURSDAY**

**1:30-3:30PM**

**Beginning February 3rd– 26th**

**Interested participants must register by Friday, January 23rd.**



Experience the powerful history of the Civil Rights movement and African American travel in the South with a trip to two iconic landmarks in Greensboro, NC: the Historic Magnolia House and the International Civil Rights Center & Museum.

**Wednesday, February 25th**

**8:00am-5pm**

**COST: \$85**

**(includes lunch, entry to both museums and motorcoach transportation)**

**Please Note:** Trips are for BAAC participants. Registration opens on January 5th.

Last day to cancel: Friday, February 13th

# FRIENDS OF THE BAZEMORE

The Friends of the Bazemore is a 501c3 organization ran by a 12 member board dedicated to supporting the high quality of activities and programs offered at the Bazemore Active Adult Center.

The mission of Friends of the Bazemore is to promote the well-being of all persons ages 55 and older by supporting the effective use of the center. To accomplish this mission, the Board raises money through various fundraisers throughout the year to assist the center in achieving its goals.

Beginning this month, we invite you to become a Friend of the center. By becoming a Friend, you are supporting YOUR center. On the back of the newsletter you will find an application. If interested in donating, please fill out the form on the back of the newsletter and turn it in at the front desk.

All 2026 supporters will be invited to a complimentary Friends luncheon to celebrate our supporters. For questions or more info, please contact the front desk.



**February 11th– Senior Wellness Expo (Agricultural Center)**

**February 12th– Valentines Dance**

**February 23rd-27th– United Senior Games Early Bird Registration**

**More details to come!**

## ANNUAL SURVEYS

Annual surveys will be available at the front desk beginning December 22nd. Participants will also receive an electronic copy through email. Your input is important to us. Please complete and return by January 21st.

# Community Resources

## UNION COUNTY SENIOR NUTRITION PROGRAM

**Congregate Meals** are available to any Union County resident who is 60 years old or older. A healthy lunchtime meal is served Monday-Friday at 10:30am. There is no cost to participate in the program. For anyone interested in attending, **meals must be ordered at least 1 business day in advance**. To order your meal, please contact 704-292-2567. \*Transportation can be provided through Union County Transportation to any of the four dining locations. \*

Indian Trail United Methodist Church 113 Indian Trail Road Indian Trail, NC 28079	Mineral Springs Methodist Church 5915 Old Waxhaw-Monroe Highway Mineral Springs, NC 28108	Wingate Baptist Church 109 E Elm St Wingate, NC 28174	Bazemore Active Adult Center 500 W Jefferson St Monroe, NC 28112
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**Home Delivered Meals** are available to home-bound adults and are delivered by volunteers each week day. (There is a waiting list) Please contact 704-283-3712 or 704-292-2567 for more information.

## COUNCIL ON AGING

1401 Skyway Dr, Monroe

704-292-1797

**In Home Aides** provide assistance with household chores, errands, and personal care at no cost to the client. This assistance helps individuals remain comfortably in their home.

**Medicare Counseling** provides unbiased Medicare assistance to help beneficiaries compare options and save money on their coverage and prescriptions.

**Next Door Respite** program offers a social opportunity for seniors with memory loss. Staff and volunteers provide memory-appropriate social and recreational opportunities in this 4 day program.

**Safety Equipment & Incontinence Supplies** are provided at no cost to seniors in need. This includes wheelchairs, walkers, shower chairs, raised toilet seats, bedside commodes, canes, etc.

## TRANSPORTATION

Union County Transportation services are available to members of the general public. Whether you need a ride to a doctor's appointment, grocery store, or a ride to work, this service is available at little or no cost to any Union County resident. To make an appointment, call 704-292-2511. Option 2: Appointments, Option 3: Registration, Option 5: Call to return home, Option 1: Espanol

## LEGAL AID

Legal Aid of NC provides free legal help to North Carolinians who are 60 years of age or older and need assistance with housing, consumer rights, public benefits, elder abuse and other civil (non-criminal) legal matters. Phone #: 877-579-7562, Monday-Friday 9-11am and 1-3pm



**Bazemore Active Adult Center**  
**500 W Jefferson St**  
**Monroe, NC 28112**  
**704-282-4657**

The mission of the Bazemore Active Adult Center is to enhance the quality of life for adults 55 and older by providing access to a variety of activities and programs that promote healthy living, independence and involvement in the community.

## **2026 FRIENDS OF THE BAZEMORE APPLICATION**

**January 1– December 31, 2026**

Friends of the Bazemore is a 501c3 organization.

Donations that exceed “individual” and “couple” are tax deductible.

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PHONE #: \_\_\_\_\_

### **TYPE OF DONATION:**

INDIVIDUAL—\$20 \_\_\_\_\_

COUPLE—\$35 \_\_\_\_\_

PATRON—\$100 \_\_\_\_\_

BENEFATOR—\$500 \_\_\_\_\_

ANGEL—\$1000 \_\_\_\_\_

By becoming a Friend, you are supporting YOUR center.

All 2026 supporters will be invited to a complimentary Friends lunch.

Thank you for your support!

