

ARE YOU COMING?

Next Friday, January 13 we are preparing to set the stage for the 2017 Piedmont Plus Senior Games and SilverArts. Come enjoy great fellowship and the challenge of five game stations. Four stations will be set up for you to score maximum points in attempt to score the highest men's and women's point total. Winners will receive two Wake Forest Basketball tickets. Everyone who signs in will receive a ticket for qualification to win any one of the great door prizes offered by our exhibitors. Scheduled to be on site are New Balance/Fleet Feet, Blue Moon Benefits Group, Financial Pathways, Local Government Federal Credit Union and Health Screenings provided by Winston-Salem State University. This is only five of seventeen exhibitors who have confirmed so far for Friday. WTOB will be on site gathering stories and memories of the Piedmont Plus Senior Games and Silverarts.

Another change to expect for this year is that we will have access to the entire gym. We will use that space to set up a pickleball court, cornhole set, shuffleboard court, football throw and basketball shooting competitions. Look for the Silverarts displays and demonstrations to be in the gym with us as well. Frank Stutts, Jerry Grubbs and others will display their mastery of wood turning and wood working. Winston-Salem writers will be on site featuring accomplished Silverarts writers. Copies of the first annual 2016 literary compilation on site for \$5/copy. Other visual and heritage artists will also be displaying their work. Make sure to check in with our friends from the Cricket's Nest.



**You're invited to
a Kickoff Party!**

**PIEDMONT PLUS
Senior Games
& Silver Arts**

*NEVER TOO OLD TO PLAY!
NEVER TOO LATE TO CREATE!*

**JANUARY 13, 2017
10 am ~ noon
HANES HOSIERY
REC CENTER
501 Reynolds Blvd.**

*For more information call
Chuck Vestal at 336-727-2325
or visit www.WePLAY.us.*

Entry forms for the 2017 Games will be given out during this event. Entry forms also available in all recreation centers and at the Senior Games office, 2301 N. Patterson Ave.

**THIS EVENT IS FREE
AND OPEN TO THE
PUBLIC!**

*Participants will
be able to take part in
Senior Games events.
Artists will have the opportunity to create their
very own works of art
and crafts. It's a great
time of fellowship, fun
and fitness.*



High Cholesterol?

Consider a Research Study.

Are you still struggling to lower your LDL or “bad” cholesterol levels, despite trying statins? If so, you may be eligible to participate in a research study.

To participate, you must*:

- Be between 40 and 85 years of age
- Have been diagnosed with either:
 - Coronary heart disease such as a heart attack, unstable angina, or a coronary artery bypass graft
 - Cardiovascular disease such as a stroke or peripheral artery disease
 - Heart disease risk factors such as chronic kidney disease, or diabetes
- Have taken statins

Qualified participants will receive:

- Study-related care
- Study medication
- Possible reimbursement for travel



*Additional criteria apply. Please visit our website or speak with a study coordinator to learn more about the qualifications needed to participate.

INDOOR Shuffleboard at Miller Park in February



We are looking forward to taking shuffleboard indoors on the four Thursdays in February. There is no cost to play. All you have to do is call for Chuck at 336-727-2325 or email at chuckv@cityofws.org. We would love to have at least a couple dozen people to play. We will start promptly at 10am each Thursday morning, February 2, 9, 16 and 23.



2017 North Carolina Senior Games Schedule

State Finals Golf
Tanglewood, Clemmons
August 30-31

State Finals Basketball Tournament
ECU Student Recreation Center, Greenville
TBD

State Finals "the Big Week"
(Raleigh/Cary/Durham Events)
September 18-24

State Finals Bocce and Cornhole
Clayton Community Park
Clayton
October 3-4

State Finals Pickleball
Carolina Courts, Concord
October 17-20

State Finals Softball Tournament
TBD

LISTEN FOR US ON WTOB AM 1380

Weather created problems for several of our senior gamers and silverartists at this morning's (Monday, January 9) interview at WTOB. I went solo and had a great time with Bob Scarborough who allowed us time to promote the Piedmont Plus Senior Games and Silverarts. Bob and WTOB are kind enough to allow every Monday morning at 8:10am to feature one of you!!!! The intent is to have you on the air to tell the community about your senior games/silverarts experience and why you think that it is the greatest program ever. Call or email me if you are willing to be interviewed on a Monday morning over the next several weeks. Make sure to tune in to 980am on your radio or listen live on line. The Good Guys play the greatest music from the greatest era. Bob Scarborough and Mark Richards will be on site at the Kickoff. Make sure to stop by and see them and thank them for their support.

wto**b** 980am
Winston-Salem's Hometown Station

At 105, Frenchman eyes new world cycling record

Robert Marchand is hoping to break his own record when he will try to ride more than 17 miles in one hour. (Reuters)

Robert Marchand set a cycling world record Wednesday, but as far as he was concerned, his effort left the window open for “a rival” to beat it. Of course, that would require the existence of such a rival, which seems unlikely, given that Marchand’s record was set in the 105-plus age group.

In fact, that category was created just for Marchand, who continues to push past age-related expectations by pushing the pedals on his bicycle. His latest feat saw the Frenchman go 22.547 kilometers (14.010 miles) in one hour, at his home country’s Velodrome National. That was slower than the 100-plus record he set three years ago — 26.927 kilometers (16.731 miles) in one hour — but Marchand had an explanation.

“I did not see the sign warning me I had 10 minutes left,” he said (via the [Associated Press](#)). “Otherwise I would have gone faster, I would have posted a better time. I’m not tired.”

“My legs didn’t hurt,” Marchand added (via the [BBC](#)). “My arms hurt but that’s because of rheumatism.”

Marchand had said before the event that he did not expect to show top form, but he said, “I am not here to be champion. I am here to prove that at 105 years old you can still ride a bike.”

He more than proved that, completing 92 laps before a cheering throng at a velodrome that normally hosts cycling’s elite. Then again, even if Marchand finished well short of the world record hour-long distance of 54.526 kilometers set by Great Britain’s Bradley Wiggins in 2015, he is very much in a league of his own.

Born in November 1911, Marchand is a former firefighter who took renewed interest in cycling at the age of 68. He credits his extraordinary longevity and fitness to training for an hour a day, plus eating plenty of fruits and vegetables, along with consuming only the occasional glass of wine (he is French, after all).



(REUTERS/Jacky Naegelen)

According to Marchand's physiologist, though, he made "a big mistake" with his diet while preparing for Wednesday's ride. "He has stopped eating meat over the past month after being shocked by recent reports on how animals are subjected to cruel treatment," Veronique Billat told the AP.

"He's got two essential qualities. A big heart that pumps a lot of blood, and he can reach high heart beat values that are exceptional for his age," Billat, a university professor, added. "If he starts eating meat again and builds more muscle, he can better this mark."

Last year, Marchand was named the world's greatest centenarian athlete by a team of researchers who compared the best performances by athletes over 100 to the all-ages records in their respective disciplines. That team is looking for a supercentenarian athlete (per [New Scientist](#)), i.e., one at least 110 years old, and Marchand appears ready to provide just that in five years' time, at which point he'll be setting cycling records in yet another brand-new age group.

Grand Games



Watch for forthcoming details for the 2017 Grand Games. We will be looking for teams of Grandparents and their grandchildren (*or great grandchildren*) under 14 years of age. We will have a pentathlon of events set up indoors where the highest total scores win prizes. It is a great time of fellowship and fun. Several grandparents in the past have brought multiple grandchildren who will need partners.

Therefore, we will need volunteers who will be willing to team up with children who may not have grandparents. Watch for date, time and details in the next newsletter.



Celebrating  Valentine's Day

Love is in the Air

with **Triad Harmony Express: Men's Show Chorus of the Triad**
Plus Chapter Quartets & the **NEW Shepherd's Center Singers**



Enjoy Memorable Harmony & Heart-Warming Love Songs

Saturday, February 11, 2017

at the Shepherd's Center of Greater Winston-Salem
1700 Ebert Street, Winston-Salem, NC 27103

3:00 pm Matinée performance \$15

(Delight in tasty pairings of outstanding coffees
and chocolates between performances.)

6:30 pm Evening performance \$15

Space is limited. You must call 336-748-0217 for
reservations. Advance payment guarantees your seat/s...

Proceeds benefit
the **Vital Living Program** of the
Shepherd's Center of Greater Winston-Salem
and **Triad Harmony Express**



VIDEO OF GRAND SCAM

You will have to copy this link and paste it into your browser to view the video. This is something that we all need to be aware of.

http://www.windstream.net/player/article/pix11-elderly_man_loses_thousands_in_grandparent_scam-5min