

By Luan Harmeson

Health Related

Best Health, Hanes Mall, Winston-Salem, offers July seminars and classes such as: Massage Therapy; Hearing Screening; Microwave Cooking For Families; Cardio Blast; Cool Summer Treats; Prescription for Health-Exercise; Menopause How to Cope; and more. Pre-registration is required. For a complete list of classes and seminars, dates, times and information: 800.446.2255 or www.besthealth.com.

The Alamance Regional Medical Center, 1240 Huffman Mill Rd, Burlington, offers monthly classes and activities that include: Stroke Support Group; Alzheimer's and Related Disorders Support Group; Tai Chi; Arthritis Support Group; The Birthplace Tours; Fitness Mapping; Zumba Fitness; Managing Your Emotions; and more. For dates, times and information: 336.538.7000 or www.armc.com.

The American Red Cross continues its request for blood donations at numerous sites in Greensboro. For dates, times, locations and information: 336.333.2111 or www.gso.redcross.org.

Volunteers

The Volunteer Center of Greensboro has volunteer opportunities in areas like: Animals & Nature; Arts & Culture; Computers; Health; Special Events; Tutors; and much more. For a complete list and details of opportunities and information: 336.373.1633 or www.volunteergso.org.

RSVP of Forsyth and Stokes Counties offers volunteer opportunities to anyone 55 and over. Current special needs include delivery of meals to homebound folks and transportation to medical appointments for seniors who can no longer drive. Info: 336.761.2111 or www.nwpcog.org.

The Adult Center for Enrichment, with locations in Greensboro, has a mission to enrich the lives of frail and impaired adults, their families, and the community through specialized adult day services, respite care, education and support. ACE offers three adult day centers, three group respite programs, CarePartners at Home, and Caregiver Education. They have volunteer needs such as: Program Assistant Volunteer; Art Volunteer; Inter-generational Volunteers; Entertainment Volunteers; Clerical Volunteers, Special Projects; Devotions Leader; Horticulture Volunteers; Pet Therapy Volunteers; and more. If interested in volunteering: 336.274.3559 or www.acecare.org.

Hospice of Alamance County has an ongoing need for volunteers in: Patient Support and Respite; Administration; and Fundraising. For information about their programs and needs: 336.532.0126 or www.hospiceac.org.

Senior Resources of Guilford offers volunteer opportunities such as: Visitors/Assistance with Errands, Mobile Meal Delivery, Rides to Medical Appointments, Simple Home Repairs and TeleCare Reassurance. Information: 336.884.4816 or 336.373.4816 or www.senior-resources-guilford.org.

Guilford Boomers, Greensboro has continuing volunteer opportunities for Mobile Meals. Bring a nutritious noon time meal to homebound adults. Info: 336.373.4816 or www.guilfordboomers.org.

Resources

The Davidson County Department of Senior Services in Lexington and Thomasville, offers July classes and events that include: Celebrate Our Nation's Independence; The Value of Laughter and How It Can Change My World; Recycle Your Cell Phone Program; Summer Food Exchange; Monthly Book Club featuring Ladies of Covington Send Their Love; Computer Basic One Class; Free Dental Screenings; Annual Ice Cream Social; Weatherization Seminar; and more. For dates, times, locations, and information: 336.242.2290 or 336.474.2754 or www.co.davidson.nc.us.

Alamance ElderCare's Family Caregiver Support Group, 1pm, second Tuesdays, Alamance ElderCare, 2732 Anne Elizabeth Dr, Burlington. Info: 336.538.8080.

First In Flight Entertainment, Winston-Salem and Kernersville locations, offers monthly classes for children and adults. Classes include: Summer Camps; Touring Summer Camps; Private Lessons for Acting, Singing, and Dancing; and more. First in Flight Entertainment is also the Triad's premiere source for quality entertainers for your next event. For a complete list of classes/entertainers, dates, times, registration and information: 336.924.7028 or www.firstinflightentertainment.com.

Twisted Dance, 315 S. Greene St, Greensboro, offers all levels and styles of belly dance, African dance, and yoga. For a complete list of classes, dates, times, and information: 336.303.8792 or www.twisteddance.com.

Royal Expressions School of Dance, 2731 Spring Garden St, Greensboro, offers Ballet, Contemporary/Modern, Jazz, Tap, Hip Hop, and Musical Theatre classes for adults and children. For class schedules, dates, times, and information: 336.404.2999 or www.royalexpressions.org.

Through Aug 25 Summer Education Series to Empower Women, Wednesdays, 12-1pm, YWCA Women's Resource Center, 112 Gatewood Ave, High Point. Information and answers to questions relating to high interest areas according to a local poll like: Anger Management; Alcohol & Drug Abuse, Domestic Violence, Co-Dependency, Human Trafficking, Predatory Lenders, Fair Housing; and more. For a complete schedule of classes, and information: 336.882.4126 or www.ywcahp.com.

Things to do with the Grandkids

From Art to Zebras Children's Creative Studio, 3700 N. Main St, High Point, offers various creative classes and events for families such as: Time Travelers Camp; Funky Forms 3D Art Camp; Mad Hatter Camp; I Wanna Be a Rock Star Camp; and more. For a complete list of events, dates, times and info: 336.454.2630 or www.fromarttozebras.com.

The Greensboro Children's Museum, 220 N. Church St, Greensboro, wants visitors to know about their July activities and events such as: Edible Schoolyard Camps; Soil Stories; Wildlife Wednesdays; Bring Dad to Play Day; and more. For dates, times and information: 336.574.2898 or www.gcmuseum.com.

The Childrens Museum of Winston-Salem, 390 S. Liberty St, Winston-Salem, will host author Michele Manderine and Tristan, The Maine Coon Cat, on **July 12**, to show elementary children how to create their own cat book. For a complete schedule of events and activities, and information: 336.723.9111 or www.childrensmuseumofws.org.

SciWorks Science Center, 400 W. Hanes Mill Rd, Winston-Salem, offers events and activities that include: SciCamp, and more. For dates, times, and information: 336.767.6730 or www.sciworks.org.

Old Salem Museum & Gardens, 600 S. Main St, Winston-Salem, offers special July events and activities that include: Sister Maus; Independence Day in Salem; A Cheesy Tale with A Shred of Truth; Wednesday Noon Organ Recital Series; Gardens of Salem Twilight Tour; Family Hearthside Cooking Class; and more. For dates, times, and information: 336.721.7300 or www.oldsalem.org.

YWCA of High Point announces opening registration for Summer Camps. This year's theme is The Encounter, which will provide elementary and middle school participants with new experiences, activities and skill sets while learning more about the people around them and the person they want to be through group activities, field trips, focus groups, bible study, leadership, and much more. For a complete schedule of camps, dates, registration and information: 336.882.4126 or www.ywcahp.com.

Theatre Art Galleries, 220 E. Commerce, High Point, offers youth a selection of **Visual Art Camps**. Camps like: Mini Masters; Animal Safari; Little Sprouts; Color My World; The Sculptor's Studio; World Cultures; Planes, Trains, and Time Machines; Comic Book Creations; and more. For a complete list of camps, dates, times, and information: 336.887.2136 or www.tagart.org.

The Music Center, 800 Green Valley Rd, Greensboro, is offering Summer Camps for children and teens. Camps include: Kindermusik Mondays; Guitar Camp, Percussion Explosion; and Greensboro Youth Chorus Camp. For information and registration: 336.373.2547.

Green Hill Center for NC Art in Greensboro offers ArtQuest Summer Camps that provide kids the opportunity to explore hands-on studio experience and to learn about NC art. For a camp brochure, registration, and information: 336.333.7460 or www.greenhillcenter.org.

July 2 Young Artists Series with Gerard Schwarz & Jose-Luis Novo, 8pm, Dand Auditorium, Guilford College, Greensboro. Info: 336.333.7454 or www.easternmusicfestival.org.

Through July 3 Koko Karate & The Kung Fu Kittens, Brown Building Theatre, UNC-Greensboro. An original musical comedy for children of all ages. It's a family musical adventure when that lovable and musical orangutan, Koko Karate, gets together with his rockin' and rollin' band, the Kung Fu Kittens for music, entertainment and laughs. Info: 336.334.4392 or www.uncg.edu/the.

Through July 4 Fun Fourth Festival, downtown Greensboro. Event includes: 1776 at the Carolina Theatre, Kickoff Block Party, Fun Fourth Parade and Street Festival, Art Can! Public Art Exhibit, and a Pops Concert & Fireworks. For a complete schedule of events and information: www.funfourthfestival.org.

July 7 through Aug 28 The Wiz, The Wonderful Adventures of Brer Rabbit and Pinocchio, Snow Camp Outdoor Theatre, 301 Drama Rd, Snow Camp. A high energy, modern musical version of "The Wonderful World of Oz" based on the infamous story, and the story about a Wiley Rabbit who out foxes Brer Fox, Brer Wolf and Brer Bear are brought to life in this charming musical dramatization of the Joel Chandler Harris stories. Info: 336.376.6948 or www.snowcampdrama.com.

July 10 & 17 Book Signing by Author Michele Manderine and Tristan, The Maine Coon Cat, locations in the Triad. For dates, times, and information: 336.753.0311 in Mocksville or 336.602.1383 in Winston-Salem.

July 16-25 Willy Wonka The Musical, Grimsley High School, 801 Westover Terrace, Greensboro. Don't miss this Broadway family classic based on the popular 70's musical movie and to be the premier partnership production between the Community Theatre of Greensboro and Guilford County Schools, featuring the talents of GCS students and their families, as well as GCS faculty and staff. Info: 336.333.7470 or www.ctgso.org.

July 24 Peter & the Wolf, 11am, Carolina Theater, 310 Greene St, Greensboro. Info: 336.333.7450 or www.easternmusicfestival.org.

Aug 7 5th Annual Sunfest, 10am-3pm, Clay St, downtown Mebane. Enjoy old-fashioned family fun that includes games and activities for children, a parade, entertainment and music. Info: 919.563.1214 or www.downtownmebane.com.

Through Aug 19 Greensboro Ballet Summer Camps, Greensboro Cultural Center, 200 N. Davie St, Greensboro. Flowers & Fairies Camp, Carnival of the Animals Camp, Wiggly Camp and Nutcracker Camp. Info: 336.333.7480 or www.greensboroballet.org.

Through Aug 20 The Greensboro Children's Museum Summer Camps. Camps are available for children 4-11 years old and include a variety of themes like science, music, art, nature, construction, fantasy, cooking and gardening. For a complete list of camps, registration and information: 336.574.2898 or www.gcmuseum.com.

Through Aug 20 Community Theatre of Greensboro offers Summer Theatre Camps. A fun-filled summer for ages 3-18. For a schedule and information: 336.333.7469 of www.ctgso.org.

Activities for Adults

The High Point Museum, 1859 E. Lexington Ave, High Point, wants visitors to know about their July events and activities: Ink Making & Quill Pen Writing; Blacksmithing Demonstrations; Arts Splash Concert; Village Fair at Mendenhall; Let's Play Early American Games; and more. For dates, times, information: 336.885.1859 or www.highpointmuseum.org.

Old Salem Museum & Gardens, 600 S. Main St, Winston-Salem, offers special July events and activities that include: Independence Day at Old Salem; Gardens of Salem Twilight Tour; and Family Hearthside Cooking & Dining Experience Museum Class. For dates, times, and information: 336.721.7300 or www.oldsalem.org.

Green Hill Center for NC Art, Greensboro Cultural Center, 200 N. Davie St, Greensboro, offers visitors July events that include: ArtQuest weekly activities; and Guided Family Tours. For dates and information: 336.333.7460 or www.greenhillcenter.org.

First Friday Downtown Community Open House, 6-9pm, downtown Greensboro. The community is invited to a self-guided tour of local art galleries and studios, museums, retail shops, restaurants and alternative arts venues on the first Friday of every month. For a detailed map visit www.downtownfridays.com.

Eastern Music Festival announces monthly First Fridays Late Night Jazz & Blues Series, 10pm-12:30am, Print Works Bistro, Greensboro. Live music while you dine. Info: 336.379.0699 or www.printworksbistro.com.

The Carolina Theatre, 310 S. Greene St, Greensboro, has July performances that include: 1776; When Pigs Fly; and Peter and the Wolf with the Greensboro Ballet. For dates, times, and information: 336.333.6426 or www.carolinatheatre.com.

Sunset Theatre, 236 Sunset Ave, Asheboro, offers July concerts that include: Summer Concert Series featuring The Vision Band and Liquid Pleasure. For dates, times, and information: 336.626.7469 or www.sunsettheatre.org.

The Paramount Theater, 128 E. Front St, Burlington, has a July performance of “Jimmy Concert.” For dates, times, and information: 336.222.5017.

Music for a Sunday Evening in the Park offers Summer Concerts in parks around Greensboro. **July** performances include: Greensboro Concert Band & Fireworks Pops Concert; EMF Young Artists Orchestra Pops Concert; Philharmonia of Greensboro; and Amelia’s Mechanics. For dates, times, locations, and information: 336.335.6426 or www.greensboro-nc.gov.

Free Arts Splash 2010 Summer Concert Series, Sundays, 6-7:30pm, locations in High Point. **July’s** line-up includes: Jeff Little Trio Music from the Blue Ridge; UBU the Band; and The Jazz Faculty. For dates, locations, and information: 336.889.ARTS.

July 1 2nd Annual EMFfringe Kick-Off Party featuring House of Fools and The Deluge, 6:30pm, Natty Greene’s Pub & Brewing Co, 345 S. Elm St, Greensboro. Great music, appetizers, an outdoor beer garden, and door prizes. Free and open to the public. Part of EMFfringe Series. Info: 877.833.6753 or www.easternmusicfestival.org.

July 1 Lissy Rosemont & The Junior League Band and Pierce Edens & The Dirty Work, 8:30pm, The Garage, 110 W. 7th St, Winston-Salem. Part of the EMFfringe Series. Info: 877.833.6753 or www.easternmusicfestival.org.

Through July 3 Theatre 232 Presents The Actor’s Nightmare and Sister Mary Ignatius Explains It All For You, UpStage Cabaret at Triad Stage, 232 S. Elm St, Greensboro. These comedic vignettes offer café style seating and bar service during the performances. Not appropriate for children or the easily offended. Info: 336.272.0160 or www.triadstage.org.

Through July 3 Koko Karate & The Kung Fu Kittens, Brown Building Theatre, UNC-Greensboro. An original family musical. Info: 336.334.4392 or www.uncg.edu/the.

July 3 Festival Orchestra Series with Lynn Harrell, 8pm, Dana Auditorium, Guilford College, Greensboro. Part of the EMF Season. Info: 336.333.7454 or www.easternmusicfestival.org.

July 3 & 17 Greensboro Contra Dance, 8-11pm, Guilford Grange, Guilford School Rd, Greensboro. All dances are taught, partners available. Info: 336.299.0587 or www.feetretreat.com.

Through July 4 Fun Fourth Festival, downtown Greensboro. Event includes: 1776 at the Carolina Theatre, Kickoff Block Party, Fun Fourth Parade and Street Festival, Art Can! Public Art Exhibit, and a Pops Concert & Fireworks. For a complete schedule of events and information: www.funfourthfestival.org.

Through July 4 Providence Gap, Triad Stage, 232 S. Elm St, Greensboro. The world premiere of an Appalachian saga. Info: 336.272.0160 or www.triadstage.org.

Through July 8 Party on the Plank, Thursdays, 5:30-8:30pm, High Point Library, Elm St, High Point. Music, merchandise, art, food and more. Info: 336.889.2787.

July 8-18 Pirates of Penzance, 7:30pm, Mackintosh on the Lake Amphitheater, 4210 Bonnar Bridge Pkwy, Burlington. Info: www.artsalamance.com.

July 9-18 Oklahoma, Weaver Academy Theatre, 300 S. Spring St, Greensboro. Presented by City Arts Studio Theatre. Info: 336.333.2605 or www.thedramacenter.com.

July 10 Second Saturday Events at all 37 NC Historic Sites, History Museums and Art Museums. Event includes hands-on crafts, music, food and costumed re-enactors at all 37 NC museums and State Historic Sites. The Charlotte Hawkins Brown Museum wants readers to know about African American Heritage Day. It's fantastic and free. Quilts and Textiles will also be featured at Alamance Battleground in Burlington. For schedules, times, locations, and information: www.nchistoricsites.org.

Through July 11 Red White & Tuna, Winston-Salem Theatre Alliance, 1047 Northwest Blvd, Winston-Salem. All the Tuna favorites return as the Prayer Posse led by Vera Carp and Reverend Spikes take on church hymns while Petey Fisk continues his off-beat pleas for a more humane Tuna. Info: 336.723.7777 or www.wstheatrealiance.org.

July 11 2nd Annual "Shaggin' in the Vines" Beach Music Benefit for Hospice of Rockingham County, 2-6pm, Autumn Creek Vineyards, 364 Means Creek Rd, Mayodan. Will feature The Part-Time Party-Time Band & The Impacts. Benefit will also feature an amateur shag contest. Info: 336.427.9022 or www.autumncreekvineyards.com.

July 14-18 Les Miserables, School Edition, Open Space Café Theatre, 4609 W. Market St, Greensboro. Presented by The Rising Star Teen Theatre of OSCT. Info: 336.292.2285 or www.osctheatre.com.

Through July 16 High Point Fine Art Guild Exhibit and Artists Among Us Exhibit, Theatre Art Galleries, 220 E. Commerce Ave, High Point. Info: 336.887.2137 or www.tagart.org.

July 23 through Aug 8 Evita, The Stained Glass Playhouse, 4401 Indiana Ave, Winston-Salem. The musical story of Argentina's controversial First Lady, Eva Peron. Info: 336.499.1010 or www.stainedglassplayhouse.org.

July 24 Peter & the Wolf, 11am, Carolina Theater, 310 Greene St, Greensboro. Info: 336.333.7450 or www.easternmusicfestival.org.

July 25 Music of Remembrance, 5pm, Temple Emanuel, 1129 Jefferson Rd, Greensboro. The unique mission of preserving the musical legacy of Holocaust musicians and ensuring that this music is played throughout the world on this day. Performed by EMF faculty and young artists. Info: 336.333.7450 or www.easternmusicfestival.org.

July 29 through Aug 8 Mahalia!, Open Space Café Theatre, 4609 W. Market St, Greensboro. A foot stomping, spiritual gospel musical exploring the life of gospel's greatest singer, Mahalia Jackson. Info: 336.292.2285 or www.osctheatre.com.

July 30 through Aug 8 King Mackerel and The Blues Are Running, Winston-Salem Theatre Alliance, 1047 Northwest Blvd, Winston-Salem. Staging a benefit concert to save the Corncake Inlet Inn, the lively cast of fishermen musicians sing up a storm, tell fish stories and ghost stories, and relate accounts of first loves and ones that got away. Info: 336.723.7777 or www.wstheatrealliance.org.

Through July 31 49th Season of Eastern Music Festival & School. More than 100 concerts and music-related events will take place throughout the Triad. Event includes: Saturday Festival Orchestra Series; UNCG Chamber Series; Carnegie Chamber Series; Friends & Great Performers Series; Young Artists Orchestra Series; and more. July performers include: New Riders of the Purple Sage; Anders Osborne; Seth Walker; Kevin Kinney Band; The Waybacks; Mark O'Connor; The Greencards; and many more. For a complete list of performances, dates, times, locations, and information: 877.833.6753 or www.easternmusicfestival.org.

Aug 6-11 Annual Hospice League's Flea Market, 8am-6pm, 204 N. Graham-Hopedale Rd, Burlington. Info: 336.531.0100 or www.hospiceac.org.

Aug 7 5th Annual Sunfest, 10am-3pm, Clay St, downtown Mebane. Enjoy old-fashioned family fun that includes games and activities for children, a parade, entertainment and music. Info: 919.563.1214 or www.downtownmebane.com.

Through Aug 21 The Sword of Peace, Snow Camp Outdoor Theatre, 301 Pramo Rd, Snow Camp. A dramatic portrayal of the American Revolution. It enlightens the audience about the struggles the peaceful Quakers must face in a time of war. Info: 336.376.6948 or www.snowcampdrama.com.

Through Aug 22 The NC Arts Council Artist Fellowship Exhibition, Green Hill Center for NC Art, 200 N. Davie ST, Greensboro. Featuring the works of eighteen visual artists. Info: 336.333.7460 or www.greenhillcenter.org.

Through Aug 28 The Sword of Peace & Pathway to Freedom, Snow Camp Outdoor Historical Theatre, 301 Drama Rd, Snow Camp. A dramatic portrayal of the American Revolution, and an exciting account of the struggles and heroism of the 1840's and the 1850's along the "Underground Railroad" from North Carolina to Indiana. Info: 336.376.6948 or www.snowcampdrama.com.

Through Sept 5 Arnold Mesches: The FBI Files Exhibit, The Weatherspoon Art Museum, 1000 Spring Garden St, Greensboro. The artwork chronicles the FBI's surveillance of Mesches for 27 years. Info: 336.334.5770 or www.weatherspoon.uncg.edu.

Through Sept Free Summer Concert Series Wine & Song, 6-9:30pm, third Friday of each month, Grove Winery and Vineyard, 7360 Brooks Bridge Rd, Gibsonville. **July's** performance will be by Funky Confusion. Info: 336.584.4060 or www.grovewinery.com.