

Resident Spouse Association

Welcome Book

2010-2011

*Your guide to getting set up
around town*



wfubmcrsa.org

*Resident Spouse Association provides social and emotional support to families
of medical residents and fellows at Wake Forest University Baptist Medical Center.*
WINSTON-SALEM, NC

Table of Contents

RSA Officers.....	3
About RSA.....	4-5
Newcomer phone numbers.....	6-7
Places of Worship.....	8
Medical resources and recommendations.....	9
Schools.....	10-11
Parenting resources.....	12
Activities and Attractions.....	13-16
Entertainment and the Arts.....	17-18
Health and Recreation	19-20
Favorite Stores (by category)	21-22
Restaurants, Bars, Hotels.....	23-26

2010-2011 RSA Officers

Executive Board

President	<u>Akanksha Meyer</u> 440-364-5234 akanksha.sharma2@gmail.com
Vice-President	<u>Peyton Porter</u> 972-754-1444 peyton.porter@hotmail.com
Treasurer	<u>Conner Evans</u> 336-245-3949 twopeas7@yahoo.com
Membership	<u>Amy Weber</u> asweber82@yahoo.com
Web Coordinator	<u>Meghan Cline</u> 336-306-5492 megcline@gmail.com

Committee Chairs

Welcome Brunch	<u>Conner Evans</u> 336-245-3949 twopeas7@yahoo.com
Adult Social	<u>Kristin Hinton</u> 317-345-2755 knbhinton@gmail.com
Special Interest Groups	<u>Jessica Tims</u> 540-521-8068 jessicajnorris@hotmail.com
Family Social	<u>Kate Meltzer</u> 623-340-8205 katemeltzer@hotmail.com
	<u>Katie Drafts</u> 336- 602-1542 kdrafts@gmail.com
	<u>Kristen Holder</u> kestocker@gmail.com
Playgroups	<u>Kate Meltzer</u> 623-340-8205 katemeltzer@hotmail.com
Zoo Crew	<u>Brittany Boleman</u> bbandyler@hotmail.com
Sunshine Committee	<u>Liz Southern Puette</u> 303-552-7317 ellasoutha@hotmail.com
Ronald McDonald House	<u>Jamie Forsey</u> 336-703-7561 jtforsey@yahoo.com
	<u>Christian Riggs</u> 336-293-6732 cxriggs1980@yahoo.com
Welcome Packets	<u>Laurie Moran</u> 336-782-3133 moranlaurie623@gmail.com

The Resident Spouse Association Welcomes You to Winston-Salem!

On behalf of the Resident Spouse Association (**RSA**), we would like to welcome you to the Winston-Salem area and encourage you to join our organization. RSA is a wonderful way to meet people who share your interests and experiences. As you will see, our activities reflect the interests and needs of our diverse group of members.

RSA has compiled this **Welcome Book** to help make your move to Winston-Salem easier. While not a complete listing of community/government services or businesses, it contains important newcomer information and some of our favorite places. Also included in this booklet is a list of RSA officers who are available to answer questions or assist you in any way. Go ahead, give them a call!

Please visit our website at www.wfubmcrsa.org for more information about RSA and Winston-Salem. You can also request a membership form.

We are pleased that you are here, and would like the opportunity to get to know you better. Welcome to Winston-Salem, North Carolina! Hope to see you in RSA.

Introduction to RSA

What is RSA? The Resident Spouse Association is open to the spouses and significant others of WFBUMC residents and fellows, and is open to the residents and fellows as well. As a group, we get together to lend support to one another and help acclimate individuals and families to the area. We meet in a number of fashions: general meetings, adult socials, family socials, playgroups, and more. We also provide opportunities to volunteer and give back by way of helping raise money to support the Ronald McDonald House. We like to think of RSA as a great place to get involved, meet new people, and feel a part of something.

Why should you join RSA? RSA is a great way to make new friends and get involved. It also provides many with a support system to lean on as they travel the sometimes difficult road of residency and fellowship training. There are great opportunities to serve within RSA; the committees below work only because of our members and how hard they work.

What does RSA do? RSA committees sponsor a variety of activities for members, their families, and the community. Activities are open to the entire RSA membership, while committee members are called upon to help plan them. To become a committee member, simply contact the chair, as listed on page 3!

RSA COMMITTEES, 2010-2011

Playgroups: RSA organizes playgroups by age, and is a great way to meet friends with kids that are your kids' ages. Volunteers to head up each age group are needed to plan weekly/monthly playgroups.

Zoo Crew: Plans activities welcome to all kids' age groups, from local parks and pools to the Baa-Moo Farm, Lazy Five Ranch, or Asheboro Zoo!

Family Social: The family social committee plans activities for all RSA members and their families. Activities include a Holiday Dinner, Halloween parties, Easter Egg Hunts, Valentine's Day activities. As a committee member, you help plan and carry out the activities.

Sunshine: The Sunshine Committee serves members with needs. If you have a baby, surgery, family illness or injury, the Sunshine Committee provides a meal and any other needed assistance to ease the load on you and your family during that time. As a committee member, you would volunteer to take meals as your schedule allows.

Adult Social: This committee plans monthly activities just for adults. Events can include "ladies only" activities such as girls' night out or happy hour at a local restaurant, game nights and potlucks, and "bring your spouse" events like the annual Progressive Dinner, wine and cheese parties, or poker nights.

Special Interest Groups: Similar to Adult Social, this committee helps plan events for members with similar hobbies and interests. Book clubs, movie clubs, and outdoor clubs are just some of the groups facilitated through the Special Interest Groups committee.

Ronald McDonald House: The Ronald McDonald House provides a home for families whose children are hospitalized at Brenner Children's Hospital or Forsyth Medical Center. The committee provides a meal once a month, and volunteers take part of a meal to the RMH and drop it off. The RMH Committee also organizes two bake sales a year to benefit the RMH. Volunteers are asked to work at the bake sale or bake something to sell.

OTHER RSA Activities

General Meetings: General meetings are meetings held every other month this year for all RSA members. The meetings are a place to come meet new people, see old friends, and see what else is happening in RSA.

Newsletter: Each month we send out a newsletter with what's going on in RSA and the community. Each month the copy of the newsletter is posted on the website.

Web page: www.wfubmcrrsa.org is the place to check for all things RSA!

Important Phone Numbers

Winston-Salem Emergency

Police, Non-Emergency	773-7700
Fire, Non-Emergency	773-7700
Highway Patrol	761-2441
Forsyth County Sheriff's Office	748-4100
Crime Stoppers	727-2800

Hospitals

Wake Forest University Baptist Medical Center www.wfubmc.edu	716-2011
Forsyth Memorial Medical Center www.forsythmedicalcenter.org	718-5000
Medical Park www.novanthealth.org	769-7680

Community Information

W-S Visitor's Bureau (www.winstonsalem.com)	777-3796
W-S Chamber of Commerce (www.visitwinstonsalem.com)	728-9200
Better Business Bureau of Northwest NC	725-8348
FIRST LINE - Info. Referral (Service & Govt. Info)	727-8100
Public Library - Forsyth County Main Branch	703-2665
Voter Registration	703-2800
Animal Control	767-6293
Forsyth County Tax Dept.	703-2300
NC Department of Revenue	(877) 252-3052
Internal Revenue Service Info	(800) 829-1040

Automobile Information

License Plate Bureau – Tags & Registrations	725-2795
<i>Parkway Plaza Shopping Center. Title Fee \$35, License Plate \$20. Bring previous title, proof of insurance - policy number and declare vehicle mileage</i>	
Inspection Information	761-2286
Driver's License	3637 N. Patterson Ave. (shorter wait) 2001 Silas Creek Parkway
	761-2259 761-2258

Transportation

Winston Salem Transit Authority 723-2784
www.cityws.org/DOT/wsta.html
Piedmont Triad International Airport (PTI, in Greensboro) 665-5666
www.flyfrompti.com
Smith Reynolds Airport, Winston-Salem 767-6361
Amtrak www.amtrak.com (800) 872-7245

Utilities

Electricity: Duke Power (500 Utility Drive) www.dukepower.com 727-4300
Cable: Time Warner (1400 Trade Mart Blvd.) www.timewarner.com 785-3390
City of Winston-Salem services www.cityofws.org
Water (NCNB Building) 727-2355
Garbage Collection 727-2638
Recycling Collection 723-2784
Gas: Piedmont Natural www.piedmontng.com 761-8101
Telephone: Bell South www.bellsouth.com (888) 757-6500

Job Networks

www.journalnowjobs.com
www.triadcareers.com
www.jobsinwinstonsalem.com

Places of Worship

Ardmore Baptist	501 Miller St.	725-8767
Calvary Baptist	5000 Country Club Rd.	765-5542
St. Leo the Great Catholic	333 Springdale Ave.	724-0561
Holy Family Catholic	4820 Kinnamon Rd.	778-0600
Church of Jesus Christ of Latter-day Saints	4780 Westchester Rd.	768-4376
St. Anne's Episcopal	2690 Fairlawn Dr.	768-0174
St. Timothy's Episcopal	2575 Parkway Dr.	765-0294
Augsburg Lutheran	845 W. Fifth St.	722-8144
Lutheran Church of the Epiphany	5220 Silas Creek Pkwy.	765-6211
New Philadelphia Moravian	4440 Country Club Rd.	765-2331
First Presbyterian	300 N Cherry St.	723-1621
Highland Presbyterian	2380 Cloverdale Ave.	724-6303
Redeemer Presbyterian PCA	1046 Miller St.	724-2217
Parkway United Church of Christ	2151 Silas Creek Parkway	723-1395
Ardmore United Methodist	630 S. Hawthorne Rd.	723-3695
Centenary United Methodist	646 W. Fifth St.	724-6311
Mount Tabor United Methodist	3543 Robinhood Road	765-5561
Burkhead Methodist Church	5250 Silas Creek Pkwy	765-6590
Temple Emanuel Synagogue	201 Oakwood Drive	722-6640
Unitarian Church	4055 Robinhood Rd	659-0331

Medical Resources

Dentists

Culbreath, Pruitt, Miller, & Stowe	1410 Plaza West Rd.	765-1881
Dr. Steve Flets & Dr. Sahana Peoples	140 Lockland Ave.	722-7534
Marty Holder, DDS	3031 Lyndhurst Avenue	765-9154
Joseph Mickler & Assoc.	2912 Maplewood	765-8940
Dr. Sharon Reid & Dr. Robert Kulp	4303 Country Club Rd.	760-8700
Dr. Lee Salisbury	1551 Westbrook Plaza Dr.	765-0904
University Dental	131 Miller St., Comp Rehab Plaza	716-2183
Andrea Robinson, DDS	1341 Westgate Center	765-3712

OB/GYN

Brookview Womens Center	3333 Brookview Hills Blvd.	765-1464
Lyndhurst Gynecological Assoc.	2927 Lyndhurst Ave.	765-9350
Dr. Pollock	302 Forsyth Medical Park	768-3632
Hawthorne Ob/Gyn	1806 S. Hawthorne	768-3632
Wake Forest University Ob/Gyn	500 Shepherd St.	716-4039
Womancare	114 Charlois Blvd.	765-5470
Valaoras & Lewis Obstetrics	245 Charlois Blvd	659-4777

Family Physicians

Total Family Care	3333 Brookview Hills Blvd	760-8380
Wake Forest University Physicians	Hawthorne Plaza (Five Points)	716-4479
Clemmons Family Practice	6301 Stadium Dr. Clemmons	766-6473

Internists

Aegis-Peacehaven Internal Med.	1930 Peacehaven Road.	760-5400
Brookview Hills Internal Medicine	3333 Brookview Hills Blvd.	765-5250
Drs. Wolff & Helman	3333 Brookview Hills Blvd.	774-3740
Forsyth Internal Medicine	1381 Westgate Center Dr.	718-0100

Pediatricians

Aegis-Peacehaven Pediatrics	1930 Peacehaven Road	760-5400
Ford, Simpson, Lively & Rice	2909 Maplewood Ave.	794-3380
Forsyth Pediatrics	1351 Westgate Center	718-7777
	1900 S. Hawthorne Rd.	277-1600
	Robinhood Medical Place	718-8000
Aegis-Westgate Pediatrics	3746 Vest Mill Rd.	774-0710

Schools, Preschools, Daycares

Half-Day Preschools

Ardmore Baptist Church	501 Miller St., W-S	725-8767
Ardmore United Methodist Church	630 S. Hawthorne Road, W-S	722-8430
Calvary Baptist Day School	5000 Country Club Road, W-S	765-5546
Center Grove Christian Academy	8200 Center Grove Church Rd.	766-9795
Clemmons First Baptist Church	3530 Clemmons Rd.	766-1335
Clemmons Moravian Church	3560 Spangenburg Avenue	766-7408
Clemmons United Methodist Church	3700 Clemmons Rd.	766-9593
Creative Learning Center for Young Children	1828 Chapel Street, W-S	773-0017
Fairview Moravian Church Preschool	6550 Silas Creek Parkway, W-S	768-6702
First Assembly of God	3730 University Pkwy., W-S	759-7762
Friends Baptist Church Preschool	1840 Lewisville-Clemmons Rd.	766-3533
Knollwood Baptist Church	330 Knollwood Blvd., W-S	724-6676
Lewisville United Methodist Church PSchool	6290 Shallowford Road, Lewisville	945-3203
Messiah Moravian Church Preschool	1401 N. Peace Haven Rd., W-S	765-5652
The Montessori School	6050 Holder Road, Clemmons	766-5550
Mt. Carmel United Methodist Church PSchool	4265 Ebert Road, W-S	788-4183
Mt. Tabor United Methodist Church Preschool	3543 Robinhood Road, W-S	760-2326
New Philadelphia Moravian Church Preschool	4440 Country Club Road, W-S	768-4844
Parkview Church of God	3263 Kernersville Rd.	788-0760
Pine Grove Weekday School	1130 Jonestown Rd	765-4694
Reynolda Presbyterian Church	2220 Reynolda Road, W-S	723-0716
Salem Montessori School (Old Salem)	529 S. Church Street, W-S	748-0800
St. Paul's Episcopal Church Pre & Kind	520 Summit St, W-S	723-4395
Temple Emanuel Preschool	201 Oakwood Drive, Winston-Salem	722-6640

Full-Day Preschools & Daycares

NCBH Child Care Resource and Referral Program 761-5100 or (800) 937-7610
For full-time day care, this is your first stop. The center provides a profile on all daycare providers in the area, including hours, rates, and availability, but does not make recommendations. Free for WFUBMC employees.

Centenary United Methodist Church Preschool	646 West Fifth Street, Winston-Salem	724-6311
Chesterbrook Academy	5038 Styer's Ferry Road, Lewisville	766-3233
	820 Salisbury Street, Kernersville	996-3776
A Child's World Learning Center	702 Cherry Street, Winston-Salem	721-0105
Children's Choice Learning Center**	200 Lockland Avenue, Winston-Salem	716-0300

***On hospital site and at least one parent must be employed by the hospital. Very popular.*

La Petite Academy	110 Jonestown Road, Winston-Salem	765- 0971
Lutheran Church of the Epiphany	5220 Silas Creek Parkway, W-S	765-6211
The Montessori School	3904 Old Vineyard Rd., Winston-Salem	768-2034
St. Anne's Day Care	2690 Fairlawn Drive, Winston-Salem	760-4319
The Sunshine House	3806 Country Club Rd., Winston-Salem	768-0060
	600 E. Polo Road, Winston-Salem	759-0514

Public & Private K-12 Schools

Public School Systems

Winston-Salem/Forsyth County (WSFCS)	727-2816	www.wsfcs.k12.nc.us
Davie County	751-9013	www.davie.k12.nc.us
Davidson County	249-8181	www.davidson.k12.nc.us
Yadkin County	679-2051	www.yadkin.k12.nc.us

Private Schools

Arts Based Elementary School (K-3)	748-4116	
Calvary Baptist Day School (K-12)	765-5546	www.cbdsougars.com
First Assembly Christian School (K-8)	759-7762	www.facschampions.org
Forsyth Country Day School (preK-12)	945-3151	www.fcds.org
Jefferson Day School (K-9)	760-2537	
The Montessori School	768-2034	www.wsmontessori.org
Our Lady of Mercy (K-8)	722-7204	www.ourladyofmercyschool.org
Redeemer School (K-8)	724-9460	www.redeemerschool.org
St. John's Lutheran School (preK-8)	725-1651	www.stjohnsws.org
St. Leo's Catholic School	748-8252	
Summit School (preK-9)	722-2777	www.summitschool.com

Additional Information

North Carolinians for Home Education		www.nche.com
NC Assoc. of Independent Schools		www.ncais.org
Triad Association of Private Schools		www.tanps.org
Homework Hotline	727-8451	

Programs for Parents

New Moms Group is an informal group for new moms; meets at 10am on the 2nd and 4th Wednesdays each month, at Burkhead Methodist Church, 5250 Silas Creek, sponsored by Forsyth Medical Center

babe-vine- Contact Amy Taylor North at artshome@yahoo.com to be added to a network of parents who share community and parenting information via email.

MOPS- Mothers of Preschoolers, activities for children while mothers participate in activities together. Enter your zip code at www.MOPS.org to find the meeting near you.

La Leche League International meets throughout the community to offer parenting and nursing support. www.llusa.org/web/ForsythCountyNC.html

Power Hour is a weekly, bible-based activity time for children from birth-5 years. Stories, songs, crafts. Star of Bethlehem Lutheran Church, Jonestown Rd. Session resumes in Fall. Contact Jenna or Fred Guldborg at the church at 794-0260.

Triad Mommies – Free support for area moms including a Mom’s Night Out, Playdates, Events, chat rooms and Message Boards. Visit www.triadmommies.com.

Story Times – The Forsyth County Public Libraries hold story times for babies through pre-school-aged children each week. Visit www.co.forsythnc.us/library for branches and schedules. The Winston-Salem Children’s Museum also has story times throughout the week. For more information, visit www.childrensmuseumofws.org.

Other Parent/Child Resources

Bizi Kids

A drop-in daycare, located near TJ Max on Robinhood Road. They generously provide our childcare for the Welcome Brunch. 765-1136.

KidSpot

A drop-in daycare, located near Toys R Us on Silas Creek Pkwy. 760-2585.

Piedmont Parent

A free monthly publication containing a family activities calendar, articles and advertisements of interest to parents. Available at grocery and bookstores, or call 866-932-6459. The April edition contains Child Care Directory and Summer Day Camp Directory. For more information, visit www.piedmontparent.com. See also the *Pink & Blue Pages* at www.pandbpages.com

Once Upon a Child

Used and new children’s apparel, toys, and supplies. Pavilions Shopping Center, Hanes Mall Blvd. 768-9100

Activities & Attractions

“What’s Going On” Publications & Sites

Newspapers

Winston-Salem Journal, www.journalnow.com 727-7211
Winston-Salem Chronicle, www.wschronicle.com 722-8624
Triad Business Journal, www.bizjournals.com/triad 854-3001

Local Info, Lifestyle & Entertainment Publications

(See more entertainment info on page 18)

Domicile www.domicilemagazine.com
Go Triad www.gotriad.com
Relish! (part of Winston-Salem Journal) www.relishnow.com
Smitty’s Notes www.smittysnotes.com
Triad Living www.triadliving.com
What-Where - W-S www.what-where-info.com/usnc_winston-salem.htm

Attractions In Winston-Salem

Baptist Hospital Human Resources Department offers reduced tickets to many attractions. There are also several businesses in the area that provide discounts to employees of the hospital. For a complete listing call 716-2455 (press 9) or visit the WFUBMC intranet website at <http://infinet.wfubmc.edu/discounts/discounts.htm> (you must be logged on to the intranet to access it).

Children’s Museum of Winston-Salem

This museum offers hands-on reading, art and science activities. Tuesday–Saturday, 9:30am–5:00pm, Sunday from 1:00 – 5:00pm. Closed on Mondays, except in summer. Admission \$6 (adults and children) 390 S. Liberty, 723-9111, www.childrensmuseumofws.org

SciWorks,

Travel through the Solar System in the Planetarium. See river otters and animals indigenous to NC in the 15-acre Environmental Park. Interactive exhibits in spacious exhibit halls. Mon–Sat, 10–5pm. Hwy 52 N to Hanes Mill Rd., follow brown signs, 767-6730, www.sciworks.org

Downtown Farmers Market

Open 9am-2pm, every Tuesday and Thursday from May to October. Located at Cherry and 6th Street.

Old Salem

Discover the history of Winston-Salem and find yourself in another time and place. Enjoy four unique museums, including a children's museum, the Toy Museum of Old Salem, Winkler bakery, gift shops, buggy rides and more. Visitors Center, 721-7350, www.oldsalem.org

Reynolda House and Gardens.

This was the home of the Reynolds tobacco family. It is now a museum and gardens open to the public. www.reynoldahouse.org

PARKS (see also Pg. 20)

Salem Lake

Fishing, boat rentals, running trails, and playground. 650-7677

Tanglewood Park

Playground, nature trails, paddleboats, canoes, horses, hayrides, and a new aquatic center (2005) for all ages. Open daily 8am to dusk all year round. For more info: 778-6300 or www.tanglewoodpark.org.

Bethabara Park

Journey to the Carolina backcountry of nearly 250 years ago. A small group of Moravians daringly settled this religious village and trade center in an 18th-century wilderness, full of bears, wolves, and outlaws. 336-924-8191, 2147 Bethabara Road, www.bethabarapark.org

Hobby Park

Soap Box Derby racing, remote-controlled cars and planes have made this park their practice and competition site. A large picnic shelter, bathrooms, model airplane fields, paved landing strip, U-control circles, soapbox derby track, and mountain bike trail are available. Located off Clemmons Rd.

Playgrounds

Shaffner Park	4810 Silas Creek Pkwy.
Bolton Park & Pool	1509 Bolton St.
Polo Park & Pool	1850 Polo Rd.
Joanie Moser Park	601 Lewisville Clemmons Rd.
Miller Park	400 Leisure Lane
Lienbach Park	3511 Sally Kirk Rd.

Movie Theaters

Wynnsong 12	1501 Hanes Mall Blvd.	765-5875
The Carmike 10	3640 Reynolda Road	922-1301
Marketplace \$2 Cinemas	2095 Peters Creek Parkway	725-4646
The Grand 18	5601 University Parkway	661-1125

Forsyth County Public Library

Children's programs and story time at ten branches throughout the county. Call the children's department at 703-3040. Also see www.co.forsyth.nc.us/library.

Activities Outside Winston-Salem (but worth the short drive!)

Natural Science Center of Greensboro

A hands-on museum, Petting Zoo (currently closed while undergoing reconstruction) and Planetarium. Approximately 40 minutes from W-S. 4301 Lawndale Drive, Greensboro. (336) 288-3769, www.natsci.org

Children's Museum of Greensboro

Children go to work in "Our Town", the realistic theme for the Museum. Hands-on exhibits to learn about the real world include a grocery store, bank, airplane cockpit, police car, fire truck, and lots more. Approximately 40 minutes from W-S. 220 North Church Street, Greensboro. (336) 574-2898, www.gcmuseum.com

Lazy Five Ranch

This park offers horse-drawn wagon rides through fields of exotic animals. See and feed animals, including giraffes. Approximately 1 hour from W-S. 15100 Hwy 150 East, Mooresville. (704) 663-5100, www.lazyfiveranch.com

Patterson Farm

A 3rd generation working farm located about 30 miles north of Charlotte, NC. They grow strawberries, tomatoes, pumpkins and poinsettias which are available for purchase. There is a small petting farm as well. Seasonal activities include pick-your-own strawberries and tomatoes (at satellite locations), pumpkin patch tours, and hayrides. Approximately 1 hour from W-S. 10390 Caldwell Rd. Mt. Ulla. (704) 636-4005, www.pattersonfarminc.com

Baa Moo Farm

A working farm where kids can experience a hands-on visit with farm animals (e.g., milking cows, gathering eggs, etc.). Kids can also take a wagon ride around the farm. Approximately 1 hour from W-S, just north of Statesville. 2529 Jennings Road, Olin. (704) 876-1732, www.baamoofarm.com

North Carolina Zoological Park

The nation's largest walk-through, natural-habitat zoo. Most popular exhibits include polar bears, sea lions, river otters, alligators, elephants, gorillas, baboons, rhinoceros, giraffes, and zebras. Approximately 1 hour from W-S. 4401 Zoo Parkway, Asheboro. (336) 879-7000, www.nczoo.org

Emerald Pointe Water Park

Water-park fun for the entire family just south of Greensboro, N.C. off Business 85 at Holden Road - Exit 34. Approximately 40 minutes from W-S. (336) 852-9721, www.emeraldpointe.com

Tweetsie Railroad

Wild West theme park offering a train ride around the park, amusement rides (including chair lift between park sections), and various live shows. Special events include Day out With Thomas in June. 300 Tweetsie Railroad Lane, Blowing Rock. Approximately 1 _ hours from W-S. (800) 526-5740, www.tweetsierailroad.com

NC Transportation Museum

Provides a 25-minute ride around the 57-acre museum property for a small fee. Buildings open to public free of charge include Barber Junction Depot, the Master Mechanic's Office (which houses the *Wagons, Wheels, and Wings* transportation exhibit), the Flue Shop (home of the *Bumper to Bumper* automobile exhibit) and the Bob Julian Roundhouse, a 37-bay 100,000-square-foot railroad exhibit. P.O. Box 165, Spencer. Approximately 1 hour from W-S. (704) 636-2889, www.ah.dcr.state.nc.us/Sections/hs/spencer/spencer.htm

City Lake Park - High Point, NC

For family enjoyment, this park offers a miniature train ride, a merry go round ride (adults can ride both), and a 30-passenger excursion boat ride.† The park also has two high-quality playgrounds, an 18-hole miniature gold course, a swimming pool (including a separate wading pool) and two waterslides. Various picnic/concession areas are available as well. 602 W. Main Street in Jamestown. Approximately 30 minutes from W-S. (336) 883-3498, www.high-point.net/pr/citylake.cfm

All-A-Flutter Butterfly Farm

Tours of a monarch butterfly flight house with a small presentation/Q&A about the monarch, its lifecycle, nectar plants, etc. where volunteers from the audience are dressed up as a butterfly. 7850 Clinard Farms Road, High Point. Approximately 30 minutes from W-S. (336) 989-4507, <http://www.all-a-flutter.com/farmvisits.htm>

Carowinds

Traditional amusement park. Avenue of the Carolinas, Charlotte. (800) 888-4386, www.carowinds.com

Local Vineyards & Wineries

North Carolina is home to 50 wineries and 3 vineyard-located tasting rooms, many of which are just a short drive from Winston-Salem. A downloadable brochure detailing all of these wineries can be found at <http://www.ncwine.org>

Entertainment & The Arts

Known as “The City of Arts,” Winston-Salem offers plenty of entertainment and inspiration.

Galleries

Artworks Gallery 564 N Trade Street 723-5890
www.artworks-gallery.org

Piedmont Craftsmen Gallery 601 N. Trade 725-1516
www.piedmontcraftsmen.org/

Reynolda House,
Museum of American Art 2250 Reynolda Road 758-5150
www.reynoldahouse.org

Southeastern Center for
Contemporary Art (SECCA) 750 Marguerite Drive 725-1904
www.secca.org

Miscellaneous

Winston-Salem Arts Council 226 North Marshall 722-2585
www.intothearts.org

Downtown Arts District Assoc.
www.dadaws.org

“Music in the Courtyard” Bring a blanket and enjoy live jazz in the Stratford Place courtyard (behind Blue Ridge Ice Cream on Stratford Rd.) 7:00 - 9:00 p.m. on Thursday evenings in the summer through the end of August.

...The Arts Downtown

"First Friday Gallery Hop" Galleries in downtown Arts District (Trade St. between 5th & 7th St.) are open 7:00 – 10:00 p.m. on the first Friday of the month.

"Alive After Five" Live music & beverages every Thursday from 5:00 – 8:00 p.m. in Winston Square Park, Marshall St. The 2010 season kicks off in June and runs through August 12th.

"Downtown Jazz" Live music, food & beverages every other Friday from 5:30 – 8:30 p.m. in Corpening Plaza. The 2010 season kicks off in June and runs through August.

"Summer on Trade" Live music, food & beverages every Saturday from 7:00 – 10:00 p.m. in the Arts District at 6th & Trade Street. The 2010 season kicks off June 5th and runs through August.

Sawtooth Center for Visual Art Photography, painting, pottery, computer classes, etc. Also hosts children's art parties. www.sawtooth.org

Winston-Salem Symphony Led by music director, Robert Moody;
www.wssymphony.org 725-1035

Theatre

Carolina Theatre (Greensboro) 310 S. Greene St. 333-2605
www.carolinatheatre.com

Children's Theatre of Winston-Salem 610 Coliseum Drive 725-4531
www.childrenstheatrews.org

Health & Recreation

Gyms

Gateway YWCA	Main Street	722-5138
Gold's Gym	3300 Reynolda Road	725-6228
YMCA Robinhood	3474 Robinhood Road	659-0044
YMCA, Central Branch	775 West End Blvd.	721-2100
YMCA, W. Forsyth (Clemmons)	1150 S. Peace Haven Road	712-2000
Women's Wellness & Fitness	690 Jonestown Road	760-0030
Body Check	301 Executive Park Blvd	765-8228
Triangle Fitness (Arcadia)	323 Millers Creek Drive	764-4121
Winston Salem Athletic Club	199 Executive Park Boulevard	765-8228

Wellness Program at Baptist Hospital offers many health and exercise classes free or at a reduced rate for employees and their families. Contact Mandy at 716-9938 and ask to be added to their EXCEL Newsletter mailing list.

Tennis

US Tennis Association Local Leagues: www.wsleaguetenis.com

www.nctennis.com/wstennis

Bolton Park- free	Bolton Road	
Miller Park- free	Leisure Lane	
Joe White Tennis Center at Hanes Park- \$3/person		727-2137
Visions Indoor Tennis Center		766-9195
Westwood Tennis Club		768-9599

Swimming

Sticht Center at Baptist Hospital offers a variety of classes for children and adults in their warm water pool. Classes include moderate and moderate to high impact cardio, arthritis, fibromyalgia, prenatal opportunities, combo classes focusing on strengthening and toning, as well as exercise on your own opportunities. Prices vary per class. For more information or to receive an application packet, please contact Debbie Drayton at 336.713.8190 or ddrayton@wfubmc.edu and request either Child, Adult, or Community Class schedules.

Graylyn Pool

Set on the grounds of the beautiful Graylyn Conference Center (near Wake Forest University) and available to Baptist employees & families only. Hours: 10:30 a.m. - 8:30 p.m. - perfect for little ones needing a morning activity or dinner picnics with your resident! Bring up to 6 guests (\$2/person). Full season membership fee is \$300. Pro-rated membership available to new '10 residents' families - contact Elizabeth Kidder at elizabeth.kidder@gmail.com. <http://groups.wfu.edu/graylynpool/>

The **City of Winston-Salem** operates nine public pools and offers swimming lessons for children at the YMCA (721-2100) and YWCA (722-5138). For babies 6 - 23 months, the city offers Babes in Arms at various public pools. No registration necessary.

Golf Courses

Tanglewood Park	778-6320
Reynolds Park	650-7660
Pine Brook Country Club	767-0034
Salem Glen Country Club	712-1010
Winston Lakes	727-2703
Meadowlands	769-1011
Country Club Golf Center (driving range)	774-1280

Parks (see also Playgrounds, pg. 14)

City of Winston-Salem Parks and Recreation	727-2063
Forsyth County Parks and Recreation	http://www.co.forsyth.nc.us/Parks/
Tanglewood Park	4061 Clemmons Rd. 778-6300

Hiking/Biking

Visit the NC State Parks at www.ils.unc.edu/parkproject/ncparks.html for more information.

Trails in or near Winston-Salem:

Salem Lake	Reynolds Park Rd. (W-S); 7-mile trail around lake
Hobby Park	Clemmons Rd. (W-S); great mountain bike trails
Horizons Park Memorial	Industrial School Rd.(Rural Hall); playground and bike/hike trails

Trails a short drive from Winston-Salem:

Pilot Mountain State Park	336-325-2355
Hanging Rock State Park	336-593-8480
Stone Mountain	336-957-8185
Grandfather Mountain	800-468-7325

Soccer

Winston-Salem Optimist Club runs the largest soccer league – children 5 and up. Sign up for fall season takes place in the spring and early summer, for more information go to www.wsoptimist.com

Twin City Soccer (TCYSA) offers a non-tryout program for ages 5- 11 each fall and spring with registration in February and August for Development Program. More advanced players can tryout for the Classic and Challenge divisions:

<http://www.twincitysoccer.com/>

Adult sports

The city of Winston-Salem currently sponsors leagues in the following sports:

dodgeball, flag football, volleyball, and softball. Learn more at www.cityofws.org.

There is also a **soccer** league, the WSASL. Learn more at <http://wsasl.tripod.com/>

Our Favorite Stores

Supermarkets

Harris Teeter
 420 S. Stratford Road (Thruway Shpg. Center)
 4150 Clemmons Rd. (Tanglewood Commons)
 1955 N. Peace Haven Rd. (Whitaker Square)
 150 Grant Hill Lane (Harper Hill Commons)
 2209 Cloverdale Ave.
 3450 Robinhood Rd.

Lowe's Foods
 3372 Robinhood Rd.
 2501 Lewisville-Clemmons Rd.
 951 Silas Creek Parkway
 2890 Reynolda Road
 5034 Peter's Creek Parkway

Wal-Mart Super Center	4550 Kester Mill Road (off Hanes Mall Blvd.)	760-9868
Wal-Mart Super Center	Peter's Creek Parkway (just south of Clemmons Rd.)	771-7861
Whole Foods	41 Miller Street	722-9233

Specialty Foods

Dewey's Bakery	Stratford Rd, Thruway Center	725-8321
Cassanova Coffee & Fudge	Shallowford Road, Lewisville	946-2407
Stone Mill Bread	Stratford Rd, Thruway Center	721-0567
The Golden Apple	3458 Robinhood Rd.	768-1505
Heavenly Ham	624 Hanes Mall Blvd.	760-2909
Honeybaked Ham	148 Stratford Road	765-2008
Ollie's Bakery	300 S. Marshall St.	727-0404
Sea Products Seafood Market	463 West End Blvd.	722-7107
Whole Foods	41 Miller Street	722-9233
Winkler Bakery	Old Salem, 525 S. Main St.	721-7302

Specialty Shops

Belle Maison	Reynolda Village	722-8807
Benphil's Children's Clothiers	Stratford Place	777-0508
Button's	Harper Hill Commons	774-9188
City Beverage	915 Burke St.	722-2774
Gazoodles	Stratford Road, Thruway	725-0543
Invitations Only	3301 Healy Drive	768-9909
Ivy Arch	1981 Peace Haven Rd.	774-1486
Kim Taylor and Co.	Stratford Place	722-8503
Note Worthy	Harper Hill Commons	794-2530
Patina	217 W. Sixth St.	725-6395

Rebecca & Co.	1200 Reynolda Road	750-0482
Rolly's Kids	106 Reynolda Village	722-6713
The Jewel Box	416 Stratford Road, Thruway	722-1769
Village Interiors Candles	2669 Lewisville-Clemmons Rd.	766-2050
Whistlestop Toy Station	Stratford Place	723-4931
Wine Merchant's Gourmet	1901 Mooney St.	765-8175
Young's Vintage Home & Garden	633 Trade Street	722-0828

Florists

Bo-Ty Florists	3002 Trenwest Dr.	765-7272
Bud Smith's Flowers	109 S. Hawthorne Rd.	725-0489
Country Club Florist	4001 Country Club Rd.	760-2215
George Walker	2017 S. Broad Street	722-7673
	546 Stratford Road	722-7673
Hartley's Flowers	2447 Gumtree Rd.	788-1062
Price Davis	1166 Burke St.	724-2270
Reggie's Flower Shoppe	Hwy. 52, Welcome, NC	764-4223

Craft and Scrapbooking Stores

A.C. Moore	3208 Silas Creek Pkwy	774-0255
Michael's	1805 Stratford	768-4144
Enchanted Cottage	6253 Shallowford Road	945-5889
Scrapbook Traditions	690 Jonestown Road	774-1880

Hardware/Home Improvement/ Nurseries

Ace Hardware	3450 Robinhood Rd.	768-3886
Avalon Gardens	2366 S. Stratford Rd.	765-7775
Griffith Greenhouses	1843 Thomas Drive	788-4366
Home Depot	1000 Hanes Mall Blvd.	659-1181
	5721 University Pkwy.	744-2336
House of Plants	507 Harvey Street	765-5301
LA Reynolds Garden	4400 Styers Ferry Rd.	945-3776
Lowe's	935 Hanes Mall Blvd.	768-2400
	5901 University Pkwy.	377-3800

Beauty Shops and Salons

Cheveux	4022 Country Club Rd.	760-2795
Donnamichael's	636 Hanes Mall Blvd.	765-4111
EgoHR	602 S. Stratford Rd.	768-1700
	161 Jonestown Rd.	765-2602
European Touch	116 Reynolda Village	750-0552
Jennifer Kaye Designs	2008 Cloverdale Ave.	723-4040
Salon 939	939 Burke Street	724-2530
Tranquility Salon & Day Spa	205 S. Stratford Rd.	724-4940
Urban Oasis	431 West End Blvd.	631-1151
Van Davis Salon & Day Spa	244 S. Stratford Rd.	721-1332

Restaurants

Most establishments listed below are W-S originals and favorites of current and past members of RSA.

Inexpensive

Bagel Station	129 Oakwood Drive	724-3959
Bruegger's Bagels	205 South Stratford Road	721-7191
Cafe Arthur's	1416 South Hawthorne Road	725-4548
The Carving Board	Thruway Shopping Center	748-9118
Cat's Corner Cafe	411 West Fourth Street	722-9911
Carving Board Cafe	318 South Stratford Road	748-9118
Cherries Cafe	6000 Market Square Court	766-4088
Coppola's Italian	3512 Yadkinville Road	922-1190
Dynasty Buffet	1086 Hanes Mall Blvd.	659-3868
East Coast Wings	4880 Country Club Road	659-9992
Elizabeth's Pizza	3278 Silas Creek Parkway	768-0605
First Street Draft House	1500 West First Street	722-6950
Fox & Hound Tavern	Thruway Shopping Center	722-6000
Franco's Italian		
The Golden Apple	3458 Robinhood Rd.	768-1505
Grecian Corner	101 Eden Terrace	722-6937
Ham's Restaurant	826 Stratford Rd.	760-1090
Hero House	914 South Stratford Rd.	768-3944
Ichiban Japanese Restaurant	270 South Stratford Rd.	725-3050
Jason's Deli	1005 Hanes Mall Blvd.	794-0015
La Botana	1574 Hanes Mall Blvd.	768-6855
La Carreta	725 Coliseum Drive	722-3709
	137 Jonestown Road	774-3010
	1989 N Peacehaven Rd	768-7881
Las Estrellas	845 Silas Creek Parkway	724-1893
Little Richard's BBQ	4885 Country Club Road	760-3457
Loop Pizza Grill	320 Stratford Road	703-9882
Mellow Mushroom Pizza	314 West Fourth Street	245-2820
Mi Pueblo	644 S. Stratford Road	765-5174+
	2901 Reynolda Road	722-5772
Monterrey Mexican	3028 Healy Drive	765-2933
	Parkway Plaza Shopping Center	773-0300
Olive Tree	580 S. Stratford Rd.	723-4224
Panera Bread	2209 Cloverdale Avenue	722-0900
	105 Hanes Mall Circle	794-2033
PB's Takeout	1412 Hawthorne Road	748-8990+
Twin City Diner	1425 West First Street	724-4203

Moderately Priced Restaurants

Athena Greek Taverna	680 South Stratford Road	794-3069
6 th & Vine (wine bar)	209 W. 6 th St.	725-5577
Bistro 420	424 W. Fourth Street†	721-1336
Bonefish Grill	300 South Stratford Road	724-4518
Burke Street Pizza	1140 Burke Street	721-0011
Celtic Cafe	205 South Stratford Road	703-0641
Cha Da Thai	420-J Jonestown Rd	659-8466
Cities	2438 South Stratford Road	765-9027
Cumberland Cafe	4665 Brownsboro Road	759-3113
Deacon Tower Grille	475 Deacon Blvd	896-8624
Diamondback Grill	753 North Avalon Road	722-0006
Downtown Thai	219 West Fourth Street	777-1422
Foothills Brewing	638 Fourth Street	777-3348
Fourth Street Filling Station	871 West Fourth Street	724-7600
Franco's Italian Restaurant	420 Jonestown Road	659-7778
Macaroni Grill	1915 Hampton Inn Court	765-6676
Mandarin Maylay	2840 Reynolda Road	722-7750
Midtown Cafe and Dessertery	151 South Stratford Road	724-9800
Mellow Mushroom	314 West Fourth Street	245-2820
Nawab Indian Cuisine	129 South Stratford	725-3949
New Town Bistro and Bar	420 Jonestown Road	659-8062
Noma	321 West Fourth Street	703-5112
Old Salem Tavern	736 South Main Street	748-8585
Opie's Southbound Grille	300 South Liberty Street	732-0322
Riverbirch Lodge	3324 Robinhood Road	768-1111
Sweet Potatoes	529 Trade Street	727-4844
Szechuan Palace	3040 Healy Drive	768-7123
Village Tavern	Hanes Mall Blvd	760-8686
	221 Reynolda Village	748-0221
Vincenzo's Italian Restaurant	3449 Robinhood Road	765-3176
West End Cafe	926 West Fourth Street	723-4774

Fine Dining

1703	1703 Robinhood Road	725-5767
Bernardin's	373 Jonestown Road	768-9365
Bonefish Grill	410 South Stratford Road	724-4518
Christopher's	712 Brookstown Avenue	724-1395
Frankie Rowland's	2000 Reynolda Road	245-2919
Michael's	848 West Fifth Street	777-0000
Milner's American Southern	630 Stratford Road	768-2221
Noble's Grille	380 Knollwood Street	777-8477
Paul's Fine Italian Dining	3443 Robinhood Road	768-2645
Ryan's Restaurant	719 Coliseum Drive	724-6132
Twin City Chop House	115 S. Main Street	748-8600
The Vineyards	120 Reynolda Village	748-0269

WS Prime	425 North Cherry Street	722-5232
Zevely House	901 West Fourth Street	725-6666
 <i><u>Dessert and Coffee</u></i>		
Blue Ridge Ice Cream	135 Stratford Road	724-5454
Casanova Coffee	6275 Shallowford Road	946-2407
Chelsee's Coffee Shop	533 Trade Street	703-1503
Cookies and Cream	5395 Robinhood Village Dr	924-0044
Dewey's Bakery	Thruway Shopping Center	725-8321
	Hanes Mall Boulevard	794-0910
	2820 Reynolda Road	724-0559
Krispy Kreme Doughnuts	259 Stratford Road	724-2484
Midtown Cafe and Dessertery	151 South Stratford Road	724-9800
Ollie's Bakery	300 S. Marshall Street†	727-0404
Starbucks Coffee	3331 Robinhood Road	768-1221
	110 Oakwood Drive	721-0021
	Hanes Mall Boulevard	765-2716
	Harper Hill Commons	794-2714
Simplyummy	122 Reynolda Village	724-9779

Bars

Burke Street Pub	1110 Burke St.	750-0097
Carlisle's Pub	1314 S. Hawthorne Rd.	723-5550
Corbin's Bar & Grill	520 Hanes Mall Blvd.	768-3301
Finnigan's Wake	620 North Trade St.	723-0322
First Street Draught House	1500 W. First Street	722-6950
Foothills Brewing Company	838 W. Fourth St.	777-3348
Fox & Hound	Thruway Shopping Ctr.	722-6000
Little John's	3443 Robinhood Road	765-7933
Mellow Mushroom	314 West Fourth St.	245-2820
Noma	321 West Fourth St.	703-5112
Old Winston Social Club	1113 Burke St.	723-0060
Silver Moon Saloon	632 Trade St.	722-6661
Sixth & Vine Wine Bar & Restaurant	209 W. Sixth Street.	725-5577
West End Opera House	853 Reynolda Rd.	721-0083
West End Tap Room	473 West End Blvd.	773-1544

Clubs

The Garage	110 West 7th Street	725-1083
Rubber Soul	1148 Burke Street.	721-0570

Accommodations

Brookstown Inn	200 Brookstown Avenue	725-1120
Comfort Inn Medical Centers	110 Miller Street	721-0220
Courtyard by Marriott	3111 University Parkway	727-1277
	1600 Westbrook Plaza Dr.	760-5777
	(I-40/Hanes Mall)	
Fairfield Inn & Suites	1680 Westbrook Plaza Dr.	714-3000
Hampton Inn (I-40/Hanes Mall)	1990 Hampton Inn Court	760-1660
Hawthorne Inn & Conference Ctr.**	420 High Street	777-3000
	<i>**Discounts for Baptist Employees and their visitors</i>	
Holiday Inn Express	2520 Peters Creek Pkwy.	788-0232
Holiday Inn Hanes Mall	2008 S. Hawthorne Rd.	765-6670
Lady Anne's Victorian B & B	612 Summit Street	724-1074
La Quinta	2020 Griffith Road	765-8777
Marriott Hotel	425 N. Cherry St.	725-3500
Shaffner House B&B	150 S. Marshall Street	777-0052
Tanglewood Manor House B&B	4061 Clemmons Road	778-6370