



Enriching lives of those aging or with disabilities.

The Center Post

A publication of The Shepherd's Center of Kernersville

purpose

compassion

ENRICHMENT

life

October November December 2018 Newsletter

#GIVINGTUESDAY™

Global Day of Giving is November 27, 2018

Do you want to make an impact, strengthen your community, meet others, make a change, and experience a new perspective? We invite you to help support us financially and/or join us as a volunteer! What better way to do so than on #GivingTuesday, celebrated on the Tuesday following Thanksgiving and the widely recognized shopping events: Black Friday (November 23) and Cyber Monday (November 26). #GivingTuesday kicks off the charitable season and offers a way to give with your heart by volunteering or making a financial donation to help support The Shepherd's Center of Kernersville.

Our Goal: Raise \$10,000 and recruit 10 new volunteers!! Watch our Facebook page and The Kernersville News for the businesses offering matching dollars. Will YOU partner with us on #GivingTuesday, November 27?

You can drop your donation off between 8:00 am - 4:00 pm at The Shepherd's Center of Kernersville, 431-B W. Bodenhamer Street or the Senior Center Office, 130 E. Mountain Street (lower level of the Library). Donations can also be made online at www.shepctrkville.com. Thank you for supporting The Shepherd's Center during the past 33 years.

Caregiver Education and Support Group Workshops

The Following Mondays at 11:00 am

**October 22: Dementia - Physical
Approach and Communication**

November 19: Alzheimer's Stages

December 3: Dementia: Sun Downing

Support for caregivers can come in many forms. Education is a powerful tool and type of support for all caregivers. Come learn with us as the Geriatric and Adult Specialty Team provides this support by offering the presentations listed above. Following each presentation, Debbie McCauley, Gerontologist will assist in a caregiver support session. The workshops will take place at the Senior Center. **RSVP required.**

19th Annual Book Sale and Bake Sale

Thursday, October 18

1:00 – 7:00 pm

Friday, October 19

9:00 a.m. – 7:00 pm

Saturday, October 20

8:00 a.m. – 12:00 noon

*The event will be held at the Senior Center
130 E. Mountain Street
Lower Level of the Library*

All proceeds from the sale benefit the Senior Center. For more details about our Book Sale and Bake Sale see page two of this newsletter.

**The Shepherd's Center of
Kernersville Staff*****Executive Director***

Ruth Woosley

Director of Development

Lynne Garms

***Transportation and Volunteer
Service Coordinator***

Audrey Ryan

Accounting/Office Administrator

Evelyn Carlo

Senior Center Director

Lisa Miller

Senior Center***Program Coordinator***

Debbie Cornatzer

Contact Us:**The Shepherd's Center of
Kernersville**

431-B W. Bodenhamer Street

PO Box 2044

Kernersville, NC 27285-2044

336-996-6696

info@shepctrkville.com

Senior Enrichment Center

130 E. Mountain Street

PO Box 2044

Kernersville, NC 27285-2044

336-992-0591 or 336-992-3180

seniorcenter@triad.rr.com

Monday-Friday

8:00 am - 4:00 pm

www.shepctrkville.com

Volunteers Needed for Book Sale!

Pricing, Sorting, and Boxing Volunteers needed through October 4 to help us process donations.

Moving Volunteers needed to help American Legion Post 36 move our books from storage to the Senior Center. *Date to be determined.*

Set-Up Volunteers needed for **October 11– 17** to place books on tables, check category placement, and set up special sections.

Sale Volunteers needed **October 18 - 20** to help us conduct the Book Sale (multiple shifts available) working checkout tables, straightening sales floor, and assisting customers.

Tear-down Volunteers needed **October 20 at 1:00 pm** to help close out the sale, box left-over books, break down tables, clean the facility, and help move books to storage.

Baked Goods Needed for Bake Sale

Shop for books and enjoy a treat on your way out. Baked goods will be available for purchase during the Book Sale in the lobby of the Senior Center while they last. Purchase delicious treats and desserts for yourself, your family and friends. Donations of cakes, cupcakes, pies, cookies, brownies, breads, and other items will be accepted on Wednesday, October 17 from 9:00 am – 1:00 pm. Call the Senior Center at 336-992-3180 for more information or to let us know you will be donating baked goods.

Paper Shopping Bags and Boxes are Needed!

We need **paper** shopping/grocery bags to use during our sale. *Please do not bring plastic grocery/shopping bags, we have more than enough for this year's sale.* We also need file box sized (or smaller) boxes to pack up and store our left-over books from this sale and for our customers to use.

Call 336-992-0591 or 336-992-3180 to donate books, donate items for the bake sale, volunteer for more information about the sale. All proceeds benefit the Senior Center.

Senior Center Re-certified as a North Carolina Senior Center of Excellence!

In June, an independent site team visited the Center and analyzed and evaluated the Senior Center operations and programs. The team poured over five years' worth of documentation covering the following areas:

- Information & Referral, Assistance, Services, Publicity, and Marketing
- Activities, Volunteer Opportunities, Advocacy, and Transportation
- Planning, Evaluation, Input from Older Adults, and Center Leadership
- Staff and Center Operations
- Special Projects and Mentoring

We are very happy to report the Kernersville Senior Enrichment Center was re-certified as a North Carolina Senior Center of Excellence and received numerous commendations. Thank you to every one of you for your continued support of this Center and especially to those of you who helped us prepare for the visit.

**Counseling for Medicare
Enrollment Computer Clinic
Monday, November 12 at 9:00 am**

The 2019 Medicare Open Enrollment period is October 15 through December 7, 2018. During the Annual Enrollment Period you can make changes to various aspects of your coverage. Vicki Poore, a SHIP counselor will help you navigate the Medicare websites to compare Advantage and Prescription Drug Plans and complete enrollment in a new plan if necessary. Enrollment will be in the computer lab at the Senior Center. **You must know how to use a computer.** You must bring the following items with you: ORIGINAL Medicare card, list of medications, and current Advantage or drug plan information (card if you have one), and any information regarding upcoming changes in your plan. **RSVP required.**

**Coffee and Dessert with
Special Guest Elvis Presley
at Arbor Ridge of Kernersville
1237 Masten Drive
Friday, December 14 at 2:00 pm**

Join us for coffee and dessert and an afternoon of music, fun and laughter. Elvis Presley (Danny Crouse) will sing, dance and entertain us with Elvis Presley’s greatest hits. This is a “don’t miss opportunity to hang out with the “King”! If you are lucky, Elvis may even give you a rose or scarf. Bring your favorite dessert with plenty to share. **Seating is limited. RSVP and let us know what dessert you will bring.**

Center “RoBo” Calls

Now that our newsletter is a published quarterly, occasionally we may need to send out a “Robo” call: a phone call which auto dials your number and delivers a recorded message. This is a quick and efficient way for us to update you on the latest events. When you receive a call from The Shepherd’s Center, please be sure to listen to the entire message for instructions and details.

**Life Song: A Night of Talent
Friday, October 5 at 7:00 pm
at Main Street United Methodist Church
306 South Main Street**

Everyone has a life story. Do you know that your life is a song? Every moment – every day – every year, you are writing your own “life song”. We invite you to be part of the “life song” of many of our friends as they showcase their talents in visual and performing arts.

Our emcee is Tami Rumfelt from WBFJ Radio. Performances by: Glory Street Gospel Quartet, the Triad Chinese Qipao Dance Team, Jim Grubbs founder of Grassifieds Bluegrass Band, Phiphine Moore, a singer-songwriter, Barry McGee (dramatist, comedian, and musician), The Providence Baptist Choir, and Danny Jefferson who will delight us with his comedy. The duo Nice and Easy, will open and close the event.

Attendees will have an opportunity to win a door prize donated by Costco, Whit’s Frozen Custard, The Piedmont Opera or Reynolda House.

Our Sponsors for the Evening:

- **Gold:** Ridge Care
- **Silver:** Audit and Compliance Solutions and The Kernersville Magazine
- **Bronze:** Kernersville Pharmacy, Welden Place Phase II, Arden Group, Summerstone Health and Rehabilitation Center
- **Supporting:** Fidelity Bank, Countryside Village Retirement Community Inc., and The Legacy Group at Winston-Salem First

Advance tickets are: **\$10 for adults, \$7 for seniors and children, or \$12 per person at the door.** Tickets may be purchased at our offices. Proceeds benefit the Senior Enrichment Center.

**Beginner’s Line Dancing Class
Mondays at 12:00 pm**

Join Mike Summers for an introduction to line dancing. It is fun and a great way to exercise while learning dance steps. **Try out 2 classes free of charge.**

Legal Assistance and Education Opportunities***Halloween Covered Dish Lunch with Elder Law and Special Needs Attorney Vance Parker
Friday, October 26 at 12:00 pm***

Join Vance Parker, an Elder Law and Special Needs attorney, during our Halloween covered dish lunch at the Senior Center. During lunch there will be a round table discussion of your legal concerns and needs. Vance will be available to listen and answer brief legal questions. Invite a friend or two and wear your favorite costume (optional). **RSVP required. Let us know what food item you will bring.**

***Ask a Lawyer
Friday, November 9
9:00 – 11:00 am***

Schedule a free confidential appointment with Elder Law and Special Needs Attorney, Vance Parker. The appointments will be held at the Senior Center. **Call 336-992-3180 for an appointment.**

**Facts About Staying at a Nursing Home
Tuesday, November 27 at 11:00 am**

Summerstone representative: Robin Thompson will join us at the Senior Center to discuss the basics of staying for a short-term or long-term in a nursing home. Topics may include:

- Can a resident be admitted from home?
- Who will be taking care of the resident?
- What personal items may a resident bring?
- Can a resident go home for a holiday, weekend, or day visit?
- Can a resident see his/her primary care physician during their stay?
- Does a physician have to refer a resident for admission?

A light snack will be served. RSVP is required.

**Japan 101: Visiting Japan
Tuesday, October 30 at 1:00pm**

Nana Watanobe, Japan Outreach Initiative Coordinator, Wake Forest University will provide information about what life is like in Japan. The presentation will cover Japanese food, culture, transportation, education, and more. Question and answer session will follow the presentation. **RSVP required.**

**You Go Girl:
But Only When You Want To!
Sheila Koone, Community Educator
for Novant Health,
Tuesdays, November 20, 27
and December 4 at 1:00 pm**

Designed for women with mobility or physical activity restrictions, this chair-based exercise class is easy on your joints. The Platinum Edition is a clinically proven pelvic floor exercise program that can transform women's lives and help strengthen underused pelvic floor muscles.

The three week sessions will provide you with instructions on how to actively correct and strengthen the muscles of the pelvic floor. You will also learn simple educational tips and lifestyle suggestions for better pelvic and bladder health. You will receive an information packed book that is yours to keep that will help keep you on track long after the class is over. A class fee of \$15.00 covers your instruction and book. Wear sturdy shoes and comfortable clothing you can move easily in, and bring a bottle of water. **Registration is required by no later than November 18. Call 336-992-3180 to register. Class size is limited.**

**Create a Gift Box
Wednesday, November 7 at 1:00 pm**

Create a gift box by upcycling greeting cards. Join office volunteer, Roberta Peterson for an afternoon of fun, designing your own unique gift boxes. Bring scissors, tape, a ruler and used or new greeting cards. Class is at the Senior Center. Seating is limited. **RSVP required.**

**Chicken Stew at Arbor Ridge
1237 Masten Drive
Thursday, October 11 at 11:30 am**

Autumn is the perfect time for a warm bowl of chicken stew. If you enjoy eating this southern tradition or have never tasted it, now is the time to reserve your seat. Join the Senior Center at Arbor Ridge for a great time with friends. Bring your favorite dessert to share. Chicken stew, crackers, and soft drinks are provided. **RSVP required. Please let us know what dessert you will bring.**

**Getting Ready for the Holidays
With Lowes Foods
Tuesday, November 13 at 12:00 pm**

Join us at Lowe's Foods (240 Market View Drive) as we get ready for the Holidays. You will create a lovely candle centerpiece to take home. Denise Depaolo from the Community Table will also teach us how to make a simple dessert (Peppermint Oreo Truffles). Taste this delicious and easy dessert served with a hot chocolate drink. **\$10.00 fee for supplies and RSVP required by November 7.**

**Gentle Yoga for Seniors
Thursdays, Beginning November 1
through December 27 at 1:00 pm**

Lisa Kushner will introduce us to the art of Gentle Yoga. Try out an introductory class even if you may have mobility issues. She will demonstrate an easy and adaptable approach. The only requirement is a sense of humor. Bring a Yoga mat or towel and wear comfortable clothing. Classes are at the Senior Center. **After the introductory class and two more free classes the fee is \$5.00 per class. RSVP required.**

**Advance Directives Seminar
Presented by Angela Nicholson
from Trellis Supportive Care
Thursday, November 8 at 10:00 am**

Do you know the importance of having your advance directives in place? What is a Health Care Power of Attorney and/or Living Will? Why are these two documents so important? Learn more about these documents and how to complete them at this workshop... **AT NO COST!** A notary may be available to notarize your completed documents. Seminar is at the Senior Center. **RSVP required.**

**Kicking the Holiday Blues
with Silver Linings for Seniors, Inc.
Friday, November 9 at 1:00 pm**

Grief during the holiday season is normal and natural. It does not help when others keep telling you to "buck up" and enjoy the festivities. **YOUR PAIN IS REAL!** Having lost a special person through death or absence is especially traumatic during the holiday season. While other people are celebrating, you are thinking of all the things you might have been doing with your special person. There are ways to find joy in this season in spite of your pain. We will discuss seven tips and techniques: to help deal with grief or loss, and learn how to enjoy the holiday season. This class will be held at the Senior Center. **RSVP required.**

**Thanksgiving Covered Dish Lunch
Linda Pritchett from "Successful Aging"
Friday, November 16 at 11:30 am**

Join us for a covered dish luncheon and meet retirement expert Linda Pritchett, who hosts "Successful Aging" on Fox 8 Morning news. She will share ways to age successfully: the importance of talking with your doctor and pharmacist, and various ways to promote financial, physical, and social well-being. It is sure to be an informative lunch. Invite a friend and bring your favorite dish or beverage with enough to share. Lunch will be at the Senior Center. **RSVP required. Please let us know what food item you will bring.**

**Holiday Social
Sponsored by: Home Loving Senior Care
Wednesday, December 5 at 1:00 pm**

Join us for an afternoon of holiday treats and a festive craft with Home Loving Senior Care. The social will be at the Senior Center. **RSVP required.**

Hands Only CPR Class**Thursday, November 15 at 10:00 am**

Hands-Only CPR can save lives. In this class we will learn how not to be afraid or panic in the event of a lifesaving emergency. Ricardo Davis will teach the proper technique for Hands Only CPR. The class will be held at the Senior Center and cost \$25.00. Registration required no later than November 13.

Rate-a-Restaurant***Sixty-six Pizzeria*****Thursday, October 25 at 11:30 am**
930 NC Hwy 66***El Palenque*****Thursday, December 20 at 11:30 am**
621 N. Main Street

Meet at each restaurant on the appointed day and time. Bring money for lunch, choose from the menu, enjoy a great meal and rate the restaurant based on quality of food, service, cleanliness, menu, and overall satisfaction. **Space is limited. RSVP required to reserve your seat.**

Amalfi's Restaurant July Results

(1 star lowest rating - 5 stars highest rating)

Overall: 3 · Service: 3 · Food: 3

Cleanliness: 4 · Menu Prices: 3

Summerstone Health**and Rehabilitation Center Tour****Tuesday, October 23 at 10:00 am**
485 Veterans Way in Kernersville

You are invited to meet at Summerstone for a tour of Kernersville's newest rehabilitation and long-term care center. Make sure to wear comfortable clothing and shoes to try out the gym equipment and learn how good body balance may prevent falls. Refreshments will be served. **RSVP required no later than October 19 to 336-992-3180**

Gourd-A-Ments**Thursday, November 1 at 12:00 pm**

Come spend an afternoon making several ornaments from gourds suitable as Holiday gifts ornaments. They are fun to make, easy to do and no artistic ability is necessary! We will be using alcohol inks to color the gourds. Be sure to bring an apron, smock, or wear clothes you would not mind getting stained. Class fee is \$20 for supplies. Class is limited to 10 people and will be at the Senior Center. **RSVP no later than October 26 to 336-992-3180.**

Game Day and Cookie Walk**Thursday, December 6 at 11:00 am**

Enjoy a day of socializing, fun and laughter. Meet new friends and get reacquainted with others. Plan to play games, eat lunch, and participate in a Cookie Walk. Bring a brown bag lunch, homemade cookies, and your favorite game or play one already at the Senior Center. A \$5.00 donation is required to participate in the cookie walk. All proceeds from the Cookie Walk will benefit the Senior Center.

Pre-registration required for this event. *Guidelines for Cookie Walk: Bake at least 24 homemade cookies, display your cookies on a give-away holiday tray, seal the cookies and platter with clear plastic wrap, and include a recipe card (4" x 6") with title of cookies, recipe, and name of baker.*

**Gorgeous Greeting Cards
Made Simple****The Following Wednesdays at 1:00 pm****October 24: Sympathy Cards****November 21: Thank You Cards****December 19: Miscellaneous**

We will be creating one-of-a-kind designs with gorgeous paper, inks, and stamps. Attend the class and leave with three beautiful unique greeting cards. No crafting ability needed. Bring your own adhesive, or you can purchase on the day of class for \$7.00. Class fee is \$6.00 for supplies (\$7.00 extra if you need adhesive). Classes are taught at the Senior Center. **Contact Lisa Tedder a week prior to each class to register by calling 336-408-8957 or by e-mailing to tedderBearStamping@gmail.com.**

**Making Music Together
The Following Fridays at 10:00 am
October 12, November 9,
and December 14**

Bring your favorite instrument and play along. Whether you love to play gospel, country, or some other type of music, join the group in making music together. This is an open time to practice your skills, share your talents or express your creativity. Event will be at the Senior Center.

**Boo! Bingo at the Senior Center
Friday, October 26 at 10:00 am**

Wear your silliest costume (no scary costumes) for Halloween. Have a Boo-rrrfic time playing bingo. Bring two prizes - win two prizes. October: Fall themed prizes. November and December: holiday themed prizes.

**Movie Mornings
The Following Wednesdays at 10:00 am
October 24: Enigma
November 28: Saving Mr. Banks
December 12: The Christmas Train**

The fall and holiday season is here! Come out of the cool weather; take a break from the hustle and bustle, and warm up to a free movie at the Senior Center. Snacks and drinks are available for \$1.50 per person or feel free to bring your own. **RSVP requested.**

**Free Holiday Bow Making Class
Monday, December 3 at 11:30 am**

Learn to make bows for wreaths and gift bags to use for the holidays at the Senior Center. You will need to bring wired ribbon at least 9 feet long by 2.5 inches wide. There will be a drawing for a door prize. **Class size is limited to 10. RSVP required.**

**Free Memory Screenings
Wednesday, November 7
at 9:00 am -12:00 pm
By appointment only**

*Co-Sponsored by
Home Loving Senior Care and
The Senior Enrichment Center*

Are you concerned about memory problems? Please join us for this annual initiative of the Alzheimer's Foundation of America. Take advantage of this free, confidential memory screening and pick up free educational materials about memory concerns, dementia, caregiving, and successful aging. **For information or to schedule a screening, call the Center at 336-992-3180.**

**New Date!!!
Shop-For-A-Cause Vendor Fair
Saturday, November 3
9:00 am - 2:00 pm**

A one-stop shopping experience featuring home-based business owners. Tickets will be available for raffle/door prizes. Proceeds benefit the Senior Center. For more information **Contact: Karen Culler karenculler@gmail.com.**

Computer Assistance for Seniors

Need help with your Windows computer? Is it running slow? Do you need to learn how to use a program, use a device, download photos, etc.? We will help you learn how to use your laptop, tablet, smartphone, or fix problems you're having with your devices for personal and home use. The Bill Radish Computer Center for Seniors is open every Friday morning from 9:00 am - 12:00 noon. There are two volunteers that will assist you with your computer/device challenges for the nominal fee of \$5. No appointment necessary. Check out: <http://www.shepctrkville.com/SeniorCenter/Bill-Radisich-computer-center> for more information and come by to learn more about your personal apps, programs, and devices. **You must arrive at the Lab no later than 11:00 am for assistance.**

End of Year Giving Campaign

How Many Reasons Do YOU Have?

In the past year, The Shepherd's Center has helped 4,712 older adults in the Kernersville area to remain active, independent and socially connected. These are 4,712 reasons why we need your support!

Through your donations you not only provide services for adults who are aging or with disability in our community, you also help offer opportunities for volunteers to see the direct impact they have in someone's life. You could be improving a family's circumstances by helping their loved one remain at home longer. You strengthen our community by providing a Senior Enrichment Center where many older adults gather together and share life, which helps fight loneliness and boredom. Your donation helps us develop programming that can address and meet the needs.

The Shepherd's Center is only as strong as the partnerships we form with caring people like you who want to show our neighbors who are aging or with disabilities that they matter and have lots to offer!! Please consider making a donation today. Is there anyone in your life you would like to honor or memorialize? You can do so today with your donation.

Your gift brings smiles of joy, laughter in conversations and words of thanksgiving!



Senior Center Building Status...

The Senior Center IS NOT moving with the library when they move to their new building. We will be staying at our current location. We do not know at this time what will happen with the space upstairs when the library vacates the building.

Collecting Soda Can Pull Tabs

The American Legion Post #36 recycles pull tabs to help run Fisher Houses throughout the U.S. The Fisher House program supports military veterans and their families during a medical crisis. **A container is located in the lobby at the Senior Center.**

Watercolor Lessons

Watercolor classes are taught in seven-week sessions (orientation class, plus six lessons). The cost is \$35.00 per person. Space is limited and we must have six students to conduct these lessons. If you are interested, **call 336-992-3180 to be reserve your seat and obtain the supply list.**

Cold and Flu Season is Upon Us!

If you have the flu, a cold, or other contagious illness, please be considerate of others and stay home until you are no longer contagious and are feeling better. For tips on safety during cold and flu season, visit the Centers for Disease Control web-site at www.cdc.gov/flu.

Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 1-888-830-4989 (within North Carolina) or (919) 807-2214 (outside of North Carolina). The license is not an endorsement by the State.

October-December Regular Activities

MONDAYS

9:00 - Bridge
 9:30 - Rubber Stamping[§] (1st Monday)
 10:00 - Stretch & Flex[§]
 1:00 - Bowling[§] at Countryside Lanes
 1:00 - Mahjongg
 1:00 - Mexican Train Dominoes
 1:00 - Tatting
 12:00 - Beginning Line Dancing
 1:00 - Line Dancing[§]
 7:00 - Square Dance[§]

TUESDAYS

9:30 - Bee Quilters
 10:00 - Stretch & Flex[§] with Jane Fisher
 12:00 - Hand & Foot
 12:30 - Advance Bridge

WEDNESDAYS

9:00 - Billiards and Music
 10:00 - Tai Chi[§]
 10:00 - Games
 10:00 - American Sewing Guild[§] (3rd Wed.)
 12:00 - Basket Weaving[§]
 1:00 - Bowling[§] at Countryside Lanes
 1:00 - Watercolor Club[§]
 1:00 - Mahjongg
 6:00 - Cribbage

THURSDAYS

10:00 - Stretch & Flex[§]
 10:00 - Needle Arts
 12:00 - Pinochle
 6:30 - American Legion Post #36[§] (3rd Thurs.)

FRIDAYS

9:00 am - 4:00 pm - Sit-n-Sew (4th Friday)
 9:00 - Computer Lab[§]
 9:00 - Rubber Stamping[§] (1st Friday)
 10:00 - Bingo
 12:00 - Hand & Foot
 6:30 - Rubber Stamping[§] (1st Friday)
 7:00 - Chinese Dance

SATURDAYS 1:00 - Bridge Fun Day[§]
 (2nd Saturday)

§=fees or cost

October 2018 Activities

Date	Time	Activity (RSVP required)
Fri. Oct 5	7:00 pm	Life Song: A Night of Talent
Thurs. 10/11	11:30 am	Chicken Stew at Arbor Ridge
Fri. 10/12	10:00 am	Making Music Together
Thurs. 10/18	1:00 pm	Book and Bake Sale
Fri. 10/19	9:00 am	Book and Bake Sale
Sat. 10/20	8:00 am	Book Sale
Mon. 10/22	11:00 am	Caregiver and Education Support Group
Tues. 10/23	10:00 am	Summerstone Health and Rehabilitation Center Tour
Wed. 10/24	10:00 am	Movie Matinee: Enigma [§]
Wed. 10/24	1:00 pm	Gorgeous Greeting Cards [§]
Thurs. 10/25	11:30 am	Rate-A-Restaurant at Sixty-six Pizzeria [§]
Fri. 10/26	10:00 am	Boo! Bingo
Fri. 10/26	12:00 pm	Halloween Covered Dish Luncheon with Lawyer Vance Parker, LLC
Tues. 10/30	1:00 pm	Japan 101: Visiting Japan

RSVP REQUIRED!!
ALL Senior Center programs, trips, activities, and events require an RSVP at least two business days in advance unless otherwise noted. Call: 336-992-3180.

Free Notary Service Available

Susan Yussim, a public notary official responsible for independently verifying signatures and oaths, is available by appointment only. You must have your own witnesses. **Call 336-992-3180 to schedule an appointment.**

November 2018 Activities

Date	Time	Activity (RSVP required)
Thurs. 11/1	12:00 pm	Gourd-A-Ments ^{\$}
Thurs. 11/1	1:00 pm	Gentle Yoga for Seniors ^{\$}
Sat. 11/3	9:00 am	Shop-For-A-Cause Fall Festival Vendor Fair ^{\$}
Wed. 11/7	9:00 am	Memory Screening
Wed. 11/7	1:00 pm	Create a Gift Box
Thurs. 11/8	10:00 am	Advance Directive Planning
Thurs. 11/8	1:00 pm	Gentle Yoga for Seniors ^{\$}
Fri. 11/9	10:00 am	Making Music Together
Fri. 11/9	9:00 am	Ask a Lawyer by Appointment Only
Fri. 11/9	1:00 pm	Kicking the Holiday Blues
Mon. 11/12	9:00 am	Counseling for Medicare Enrollment (SHIIP)
Tues. 11/13	12:00 pm	Getting Ready for the Holidays at Lowes Foods ^{\$}
Thurs. 11/15	10:00 am	Hands Only CPR Class ^{\$}
Thur. 11/15	1:00 pm	Gentle Yoga for Seniors ^{\$}
Fri. 11/16	11:30 am	Thanksgiving Covered Dish Lunch and Successful Aging Seminar
Mon. 11/19	11:00 am	Caregiver and Education Support Group
Tues. 11/20	1:00 pm	You Go Girl: But Only When You Want To! ^{\$}
Wed. 11/21	1:00 pm	Gorgeous Greeting Cards ^{\$}
Tues. 11/27	11:00 am	Facts About Staying at a Nursing Home
Tues. 11/27	1:00 pm	You Go Girl: But Only When You Want To! ^{\$}
Wed. 11/28	10:00 am	Movie Matinee: Saving Mr. Banks ^{\$}
Thurs. 11/29	1:00 pm	Gentle Yoga for Seniors ^{\$}

December 2018 Special Activities

Date	Time	Activity (RSVP required)
Mon. 12/3	11:00 am	Caregiver and Education Support Group
Mon. 12/3	11:30 am	Bow Making Class
Tues. 12/4	1:00 pm	You Go Girl: But Only When You Want To! ^{\$}
Wed. 12/5	1:00 pm	Holiday Social with Home Loving Senior Care
Thurs. 12/6	11:00 am	Game Day and Cookie Walk ^{\$}
Thurs. 12/6	1:00 pm	Gentle Yoga for Seniors ^{\$}
Wed. 12/12	10:00 am	Movie Matinee: The Christmas Train ^{\$}
Thurs. 12/13	1:00 pm	Gentle Yoga for Seniors ^{\$}
Fri. 12/14	10:00 am	Making Music Together
Fri. 12/14	2:00 pm	Coffee and Dessert with Elvis Presley at Arbor Ridge
Wed. 12/19	1:00 pm	Gorgeous Greeting Cards ^{\$}
Thurs. 12/20	11:30 am	Rate-A-Restaurant at El Planque ^{\$}
Thurs. 12/20	1:00 pm	Gentle Yoga for Seniors ^{\$}
Thurs. 12/27	1:00 pm	Gentle Yoga for Seniors ^{\$}

**RSVP
REQUIRED**

Unless otherwise noted...
ALL Senior Center programs,
activities and events, require an
RSVP at least two business
days in advance.
To RSVP, call 336-992-3180.

\$=fees or cost

Kernersville Senior Enrichment Center

On-Going Programs, Services, and Drop-in Activities

ARTS & CRAFTS

American Sewing Guild ~ 10:00 am
3rd Wednesday (*fees apply*)

Basket Weaving ~ 12:00 noon,
Wednesdays, \$8 per class, plus kit fees.

Bee Quilters ~ 9:30 am, Tuesdays

Needle Arts ~ 10:00 am, Thursdays

Rubber Stamping: (*fees apply*)

M. McManus ~ 1st Friday: 9:00 am
& 6:30 pm

L. Tedder ~ 1st Monday: 9:30 am

Tatting ~ 1:00 pm, Mondays

Four Seasons Watercolor Club &

Watercolor Classes ~ Wednesdays

1:00pm. Club fees \$32 annually

Beginner watercolor lessons \$35 per
seven- week session (*must
pre-register*)

EDUCATION & ENRICHMENT

Lectures on a variety of topics are
offered monthly. Check Center
calendar each month for current
Schedule.

Bill Radisch Computer

Learning and Open Lab A walk-in
lab on Fridays (9:00-11:00 am) for
one-on-one teaching and
technical assistance. Individual help
on whatever challenge one may have
with a computer or a technical device
(Windows/Androids only).

HEALTH & WELLNESS

Stretch & Flex Exercise ~ 10:00 am,
Mondays, Tuesdays & Thursdays
\$5.00/month donation

Tai Chi ~ 10:00 am, Wednesday
\$5.00/week.

Beginning Line Dancing ~

12:00 pm, Mondays \$6/week

Line Dancing ~ 1:00 pm, Mondays
\$6/week

Advanced Square Dancing ~

7:00 pm Mondays (Not a teaching
Class). Fees apply. Call for more
information

Chinese Dance 7:00 pm, Fridays

Program, Activity, and Trip Ideas

We are always looking for new
ideas for programs, activities, and
trips. Call Debbie Cornatzer at
336-992-3180 to share your thoughts
and ideas.

FUN & GAMES

Billiards Table ~ Drop-in Play,
Monday – Friday from
8:00 am - 4:00 pm.

Call ahead to reserve the table

Bingo ~ Fridays at 10:00 am. Bring
two prizes

Bowling ~ 1:00 - 3:00 pm, Mondays
and Wednesdays at Countryside
Bowling Lanes (1005 Masten Dr.)
Fees apply

Bridge

Senior Bridge ~ 9:00 am, Mondays

Advance Bridge ~ 12:30 pm,
Tuesdays

Bridge Fun Day ~ 12:30 pm,
2nd Saturday

Games & Conversation ~ 10:00 am,
Wednesdays

Cribbage ~ 6:00 pm, Wednesdays

Hand & Foot Canasta ~ 12:00 pm,
Tuesdays & Fridays

Mahjongg ~ 1:00 pm,

Mondays and Wednesdays

Mexican Train Dominoes ~
1:00 pm, Mondays

Pinochle ~ 12:00 noon, Thursdays

Board Games ~ Drop-in Monday –
Friday from 8:00 am-4:00 pm

Puzzle Table and Jigsaw Puzzles-
Drop-in Play, Monday – Friday
from 8:00 am - 4:00 pm.

Table Tennis ~ Drop-in Play,
Monday – Friday from
8:00 am - 4:00 pm.

Call ahead to reserve the table and
space to play.

OUR SERVICES

**Financial Planning & Counseling
and Insurance Counseling through
Senior Financial Services:**

Writing checks for bill paying, credit
and debt counseling, reconciling
bank statements, monthly expense
management, creditor negotiation,
personal budgeting, filing of medical
insurance claims, health insurance
counseling, reverse mortgage
counseling, counseling in avoiding
fraud, and predatory lending
counseling. For an appointment or
more information, call our office or
336-896-1328.

Insurance Counseling NC Senior Health Insurance Information Program

SHIIP Insurance Counseling
available by appointment through the
Center. Call our office for more
information.

Information, Referral, and Assistance

We can provide information,
referral, and assistance on a variety of
aging related services and programs
(housing information, in-home care,
meals-on-wheels, legal assistance,
Medicare, support groups, Social
Security, and many more). If you
need help, we will do our best to
connect you with an agency or
program to meet your needs. A full
list of available services is posted at
the Center.

ADDITIONAL SERVICES

- Advocacy
- Bill Radisch
Computer Learning Center
- Caregivers Support Group
- Counseling
- Durable Medical Equipment Loan
- Handy Person Ministry
- Income Tax Preparation
- Notary Service
- Person-to-Person Visitation
- Project Joy
- Project Senior Smiles
- Respite Care Companion Sitting
- Telephone Reassurance
- Transportation

**For more information or a
detailed listing of all programs
and services available through
The Shepherd's Center of
Kernersville and the Senior
Enrichment Center, call
336-996-6696 or
336-992-3180.**

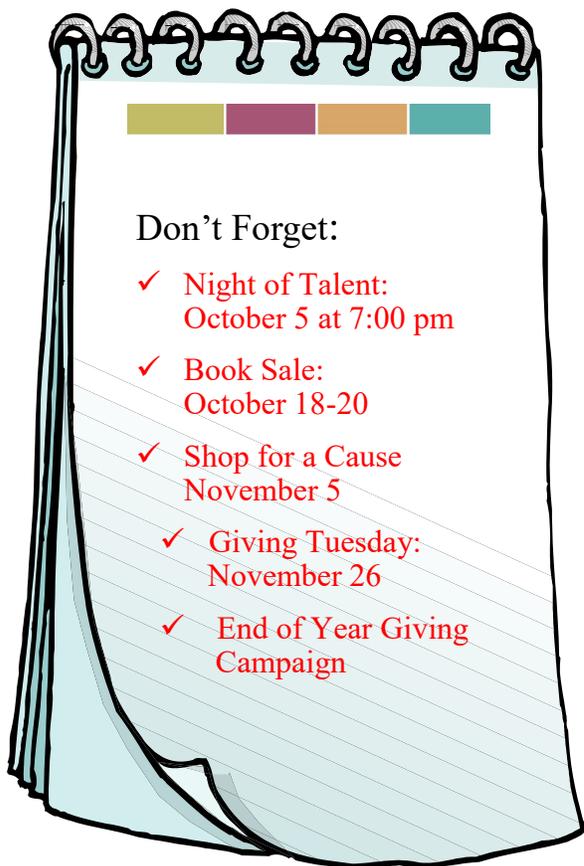
**You can also e-mail us at
seniorcenter@triad.rr.com
info@shepctrkville.com**



P.O. Box 2044
431-B West Bodenhamer Street
Kernersville, NC 27285-2044
Phone: 336-996-6696

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“The Shepherd’s Center of Kernersville”

Holiday Schedule
Our offices and Senior Center will be closed
(no services or programs)

Thanksgiving: Thursday & Friday, November 22 & 23
Christmas: Monday & Tuesday, December 24 and 25
New Year’s Day: Tuesday, January 1

We hope you have a safe and joyous holiday season.

Receive your Newsletter via email! You can help us save the cost of postage. Receive an e-edition by simply calling us at 336-996-6696 or sending your e-mail address to: dirdevelop@shepctrkville.com

