

September ~ October 2012

Senior Center Post

Together we will...be at the Center of it all!

A publication of the
Kernersville Senior Enrichment
Center a ministry
of The Shepherd's Center of
Kernersville and a
North Carolina
Senior Center of Excellence



13th Annual Senior Center Book Sale

Thursday, September 27 ~ 1:00 – 7:00 pm

Friday, September 28 ~ 8:00 am – 5:00 pm

Saturday, September 29 ~ 8:00 am – 12:00 noon

Books Still Needed!

Clean out those closets and bookshelves and donate your books to the Senior Center before September 20. Bring your book donations to the Senior Center Monday-Friday from 9:00 am to 3:30 pm. We especially need children's books, large print books, cookbooks and best sellers. We cannot accept magazines, Readers Digest Condensed books more than five years old, encyclopedias, text books, books that are falling apart or books that have mold or water damage. *(Please dust off books and boxes before bringing them to the Center. We have several volunteers who suffer from allergies and asthma.)*

Boxes Needed!

We need boxes to pack and store our books for the sale. File box sizes are perfect!

Volunteers Needed!

- 1) Volunteers needed now for pricing, sorting and boxing up books as they are donated.
- 2) **Thursday, September 20 at 6:30 pm** we will need **Moving Volunteers** to help us move our books from storage to the Senior Center. We also need a pick-up truck and driver to help with transport.
- 3) We will need **Set-up Volunteers** to help place books on tables, check category placement and pricing, and set up special sections **Friday, September 21 – Thursday, September 27.**
- 3) **Sale Volunteers:** Multiple shifts available Thursday, September 27 - Saturday, September 29 for volunteers to help us conduct the Book Sale (working checkout tables, straightening our sales floor, and assisting customers).
- 4) **Tear-down Volunteers:** At 1:00 p.m. on Saturday, September 29, we will need help closing out the sale, boxing up books, breaking down tables, putting books back in storage.

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

5th Annual Kernersville Senior Idol

*Presented by Arbor Ridge of Kernersville
and Kerner Ridge Assisted Living*

Friday, November 2, 2012

At First Christian Church, Kernersville
*With Lanie Pope, WXII News 12 Chief
Meteorologist*

**Music at 6:30 p.m.
Competition at 7:00 p.m.**

**Advance Tickets are
\$8.00 for adults
\$5.00 for Seniors
All tickets \$10 at the door.**

Auditions take place Sept. 18, 20, & 23 at Arbor Ridge Kernersville (1237 Masten Dr.). Call 336-996-6696 to schedule your audition. Encourage yourself, your friends, neighbors, and family members to audition and most definitely to attend. **Tickets go on Sale at the Senior Center and The Shepherd's Center offices in October.**

★
★
VOTE!
★
★

Senior Center to Serve as One Stop Early Voting Location

The Senior Center will serve as one of several Forsyth County One-Stop Early Voting sites from October 22 - November 3. Due to the expected high voter turnout we will be relocating our programs and activities off site during that time. Please refer to the enclosed insert to see where your favorite activity will be taking place. We would like to ask for one volunteer from each program or activity to be responsible for taking and collecting attendance sheets during this time as well.

Taking Root this Fall Gardening Series



Organic Gardening September 11 at 6:30 p.m.

Learn to use natural and organic materials to grow vegetables, flowers, lawns and landscaping and how to use the least amount of synthetic chemicals.

Four Seasons Vegetable Gardening October 16 at 10:30 a.m.

Living in the Piedmont gives us the opportunity to grow vegetables in all four seasons. Learn how to grow vegetables all year round as well as helpful hints to extend the season for fall as well as spring vegetables.

These programs are hosted by the Kernersville Library and Forsyth County Cooperative extension and require registration. To register call Kitrinka Gordon at 336-703-2850.



Journaling September 11 & 25 October 9 & 23 9:30 a.m.

Meet with other writers who are journaling their life stories, favorite memories, dreams, and daily activities. Journaling Group will meet the **2nd and 4th Tuesday each month at 9:30 a.m.**

Art Group/Classes: Interest meeting Wednesday, September 19 at 1:00 p.m.

Group will meet once a week in the afternoon to paint, sketch, or draw. Participants would learn from each other and as interest grows we want to be able to bring in an instructor or instructors to teach classes. Participants would need to bring their own supplies and materials. Call the Center to express interest or to give us a lead on names of instructors



Mental Health Series

4th Monday at 11:00 a.m.

Therapeutic Alternatives, Inc.'s
Geriatric Adult Specialty Team

will be offering several fantastic mental health education workshops hosted by the Senior Center. Make plans to attend - you won't regret it. The topics have been so fascinating in the past and the information presented very interesting and timely. These workshops are open to any Senior Center participant as well as the general public. Professional development CEUs available.

Advanced RSVP is required. Please let us know when you register if you will need CEU's.

Depression ~ Monday, September 24

(Will meet at the Senior Center.)

Discussion will include symptoms, causes, risk factors, treatment options and statistics. Also highlights issues relevant to older adults versus children and younger adults.

Bipolar Disorder ~ Monday, October 22

(Will meet at Home Loving Senior Care.)

Discussion will include the possible causes, symptoms, risk factors, and treatment options for this mood disorder.



Blood Pressure Discussion and WFMC SPRINT Trial Research Study

Monday September 24th at 3:00 pm

At Home Loving Senior Care
1011 Masten Drive Kernersville

Are you concerned about your blood pressure? Join Dr. Julie Williams from the Sticht Center on Aging at Home Loving Senior Care as she presents information about blood pressure and the new SPRINT (Systolic Blood Pressure Intervention Trial) being conducted at Wake Forest Baptist Medical Center. Please come out to learn more about blood pressure issues and how you might be eligible to be part of their new clinical trial. RSVP required.

Medicare Seminars

Wednesdays, September 26 & October 10 at 1:00 p.m.

Confused about Medicare Choices? Original Medicare, Medicare Advantage Plans and Medicare Supplements? Join Michael and Tricia McCormick for an educational event on September 26 and October 10 at 1:00 pm here at the Senior Center. This event is only for educational purposes and no plan specific benefits or details will be shared. RSVP requested and made no later than two days in advance of each session.

Home Loving Senior Care 10th Anniversary Celebration Cook-out

Thursday, September 27

4:00 – 7:00 p.m.



Join Home Loving Senior Care as they celebrate their 10th Anniversary. Good food, fun times, and a basket auction to benefit The Shepherd's Center.

Call 336-993-1600 to RSVP. This event will take place at Home Loving Senior Care, 1011 Masten Drive, Kernersville.

Writing Workshop

Thursday, October 4 at 3:30 p.m.

Your Story: The Great Journey Home. Come learn how to tell your unique story in a workshop with award-winning writer Jennifer L. Stevenson. No experience is needed for this program that will use Isabel Wilkerson's Warmth of Other Suns as inspiration. Please bring pencil and paper. You must register for this event. Space is limited to 25 people. This event is hosted by the Kernersville Library. Call 336-703-2930 or sign up upstairs at the Library.



Billiards

Thursdays at 1:00 p.m.

Gather around the pool table in Room 2 every Thursday afternoon. Everyone welcome.

**Looking Ahead: Advance Planning
for You and Your Family**
Four-Part seminar series:
Tuesday, October 2, 9, 16, & 23
9:30 - 10:30 a.m.

All the things you wanted to know about Estate and Funeral Planning but were afraid to ask. Each week we will discuss a separate topic. Topics covered include:

- Why it is vital you do not misunderstand your Social Security, Medicaid or Veterans benefits
- Why verbal directions to your family may be misunderstood
- Living Trust: Pros & Cons
- Living Wills—both Estate and Medical
- How the State of North Carolina protects those who pre-fund their final arrangements

Educate yourself today so your family can be confident. Pre-registration for this seminar series is required. To register call the Senior Center at 336-992-0591, Phil Bauguess with Pierce-Jefferson Funeral Service at 336-993-2121 or First Baptist Church at 336-993-2577.

This event will take place at First Baptist Church Kernersville (401 Oakhurst Street).



Oral Health Care
Wednesday, October 3
2:30 p.m.

Lynn Kelly, Forsyth County Dept. of Public Health Dental Hygienist will join us to provide information about oral health care and how it changes as we age. RSVP requested. Make plans to join us we'll play a game for prizes at the end of her presentation.

The Shepherd's Center
Annual Golf Tournament
Friday, October 12 at 12:00 noon
Pine Knolls Golf Club



For more information about the tournament, to register a team to play, to volunteer or sponsor this event, call The Shepherd's Center at 336-996-6696.

The Just Plain Country Store Trip
Wednesday, October 24

Join us as we travel to Walnut Cove to The Just Plain Country Store Antique and Crafters Mall. Enjoy 14,000 square feet of antiques, collectibles and crafts for your shopping pleasure. Meet at the Senior Center to depart at 9:15 a.m. Bring spending and lunch money. We'll eat at the Walnut Cove Olympic Restaurant. RSVP required and must be made by Friday, October 19. Call 336-992-0591.

Project Senior Smiles
Free Dental Clinic for Seniors 65+
 Sponsored by Kernersville Medical Center and The Shepherd's Center of Kernersville
Friday, October 26, 2012
8:00 am - 3:30 pm (By appointment only)

Approximately 2 persons will be seen each hour. Pre-Registration is a must!!! Registration will start on October 1. Call 336-996-6696 to register.

Fillings and extractions are the normal treatments. Dentist WILL NOT assist with bridges, crowns, root canals, oral surgery, dentures, etc. *The Dental Bus is provided by the NC Baptist Men.*

A Matter of Balance
Health and Wellness Program
Begins Wednesday, November 7

Do you have concerns about falling? A Matter of Balance can help reduce the fear of falling and the increase activity levels of older adults who have concerns about falling. This eight-session program will help you view falls as controllable, make lifestyle changes to reduce falls and increase strength and balance with exercise. During the eight two-hour sessions participants learn to: View falls as controllable; Set goals for increasing activity; Change environment to reduce fall risk factors; Promote exercise to increase strength and balance; and What to do if you should fall. This series is free. If you are interested in participating in this class contact the Senior Center.



Southern Christmas Show Tuesday, November 13

Kick off the holiday season and join us for our first trip to the Southern Christmas Show in Charlotte. Visit over 500 hand-selected merchants with items for even those hard to please people. We will departure from the Senior Center at 8:30 a.m. and anticipate returning by 5:00 p.m. Fee: \$30/person. Registration and payment needs to be made no later than Friday, November 2. To register contact Parks and Recreation at 336-996-3062 or www.toknc.com/pr.

Memory Screenings Friday, November 16

We will be will be conducting Memory Screenings hosted by Home Loving Senior Care on Friday, November 16 by appointment only. We will begin scheduling appointments in mid-October.



Lifeline Screenings Wednesday, December 5th . By appointment only.

Do you have high cholesterol or high blood pressure or a family history of cardiovascular disease? Are you, or have you ever been, a smoker? Are you a male over 55? Do your legs ache after walking a short distance? If you answer "yes" to any of these questions, you may want to consider being screened for your risk of stroke through the services of Life Line Screening. Life Line Screening uses ultrasound technology to view the plaque build up in your carotid arteries (the main arteries that carry blood to the brain), measure your abdominal aorta, and offers other, similar tests that check for related vascular disease.

**Fees are charged for these screenings.
Call 1-888-653-6441
or visit www.lifelinescreening.com to
pre-register and for the screening fees.**



1st Annual Senior Center "Local" 2-day Quilt Retreat February 15-16, 2013

This retreat is for those 50+, however, since we would like to encourage the younger generation to learn quilting skills, a 50+ participant may "sponsor" someone 16-49 to participate as well. We have limited spaces so please register as quickly as you can. Registration begins NOW! The registration deadline is November 30, 2012.

Retreat registration fee is \$20 per person, additional class and meal fees apply. Contact the Senior Center at 336-992-0591 for a registration packet with fee information. "Check-In" will start at 8:00 AM on Friday, February 15.

The following 1/2 day classes and teachers will be offered for additional fees:

Sit and Sew: Set up your sewing area and sew with others who enjoy sewing (9:00 AM-8:00 PM Friday and 8:00 AM - 8:00 PM Saturday).

Quilting 101: Fundamentals (Friday and Saturday) taught by Fran McKinney

Quilting 201: Mitered Corners, Borders, preparing your quilt for the longarm quilter taught by Toni Morgan

Raw Edge Applique in Quilt As You Go Quilt:
Taught by Linda Starkey

Making a Tote/Purse: Taught by Helen Lewis

Paper Piecing: Taught by Judi Low

T-shirt Quilts: Taught by Tenille Shields

Contact Lisa Miller or Linda Starkey at the Senior Enrichment Center for more information by phone 336-992-0591 or e-mail seniorcenter@triad.rr.com.

Office volunteers needed!!

We need You! We are desperate for office volunteers for several weekly shifts. We also need substitutes to fill in when our regulars cannot be at the Center. Call Anne or Lisa at 336-992-0591 to volunteer. You will need to complete a volunteer application if you have not done so already. We will provide training. Please consider helping us out. If you can't commit to every week, please consider at least once or twice a month, **we really need your help.**

(6)

Senior Center Wish List

If you would like to donate anything from our Wish List, contact Lisa at 336-992-0591. Thank you for your generosity.

- New Desk Chairs (with wheels)
- Storage Cabinets (Tall Resin Multipurpose Cabinets. See or call Lisa for details.)
- New skeins of yarn
- 2 New or like new vacuum cleaners
- Gift cards to Target, Wal-Mart, Staples or grocery stores to purchase snacks and supplies for special activities
- Coffee (decaf and regular)
- Keurig Coffee machine (or similar) and coffees to go with it (for those days when a full pot will go to waste).

SHIIP Insurance Counseling

Seniors' Health Insurance Information Program (SHIIP) is a consumer information division of the North Carolina Department of Insurance that assists people with Medicare, Medicare Part D, Medicare supplements, Medicare Advantage, and long-term care insurance questions. They also help citizens recognize and prevent Medicare billing errors and possible fraud and abuse through our NCSMP Program.

Barbara Ruebens our new SHIIP counselor will begin holding counseling sessions twice a month at the Senior Center starting in November. These one-hour appointments are free. If you are a senior who needs insurance counseling, contact the Senior Center at 336-992-0591 and ask for Lisa.

Pickleball News

Pickleball now meets every Monday, Tuesday and Wednesday morning at 8:00 a.m. at the Fourth of July Tennis Courts. Come join us for the fun of it. Interested in learning to play pickleball? Call the Senior Center at 336-992-0591 to express your interest.

BOOKS FOR SALE!

See Front Cover for details

Sign Language Classes

Wednesdays at 11:00 a.m.

Have you ever wanted to learn to use sign language? We are offering a terrific series of sign classes taught by Barry Geller. Classes are offered every Wednesday morning at 11:00 a.m. To preregister call 336-992-0591.

Can't make Wednesday mornings? If we have enough interest in another day and time, we can add a second class.



Pinochle



Thursdays at 11:15 a.m.

Will it walk? Aces Around, Trump, Slough, Meld, Royal Marriage. Do any of these terms sound familiar? If so, join us for Pinochle every Thursday at 11:15 a.m. Beginners and those who haven't played in a while are welcome.

Learn to Tat!

Join our instructor Mary McClellan this Fall to learn the fine art of shuttle or needle tatting. Call 992-0591 to sign up. Please indicate which form of tatting you are interested in. Space is limited. Materials list will be available prior to our first class.

A great BIG Thank You!

...To each of you who donated to The Shepherd's Center Annual Campaign. Together we exceeded our goal.

...To everyone who baked goodies or made craft items for the Honey Bee Festival.

Thank you!

Computer Learning Center Open Lab

Fridays ~ 9:00-11:00 am

Did you know our Computer Learning Center Computer Lab is open on Fridays from 9:00 to 11:00 a.m.? Stop by if you have a computer question or problem, or to learn more about the computer classes we offer.

On-Going Programs & Services and Drop-in Activities

ARTS & CRAFTS

Bee Quilters ~ Tuesdays, 9:00 a.m.
Charity Brigade ~ 9:00 am, Mondays
Needle Arts ~ 10:00 am, Thursdays
Ladies of the Evening Quilting Bee
 6:00 pm, 4th Tuesday
Rubber Stamping:
M. McManus ~ 9:00 a.m. & 6:30 pm,
 1st Friday
L. Tedder ~ 9:30 am, 1st & 3rd Monday
Stampers Anonymous ~ 9:00 a.m.,
 3rd Friday
Tatting I (Beginners) Call for lesson
 information.
Tatting II (Intermediate) ~ 1:00 pm,
 Mondays

FUN & GAMES

Billiards Table ~ Scheduled Play -
 1:00 pm, Thursdays / Drop-in Play -
 Mon. – Fri. from 8:00 am - 4:00 pm
Bingo ~ 10:00 am, Fridays.
 Bring two prizes.
Bowling ~ 1:00 pm, Mondays at
 Countryside Bowling Lanes
 (1005 Masten Drive). \$1.00 per game,
 free shoe rental
Bridge - Advanced ~ 1:00 pm,
 Tuesdays
Bridge Lessons ~ Call 336-992-0591
 for information.
Canasta ~ 12:00 noon,
 Tuesdays & Fridays
Cards, Games & Conversation ~
 10:00 am, Wednesdays
Euchre ~ 11:00 am, Thursdays
Senior Golf Clinic ~ 9:00 am,
 Thursdays at Kernersville Golf Center.
Mah Jongg ~ 1:00 pm, Wednesdays
Board Games ~ Drop-in Monday –
 Friday from 8:00 am - 4:00 pm
Puzzle Table - Drop-in Monday –
 Friday from 8:00 am - 4:00 pm
Pickleball ~ Mondays, Tuesdays, and
 Wednesdays, 8:00 a.m., at 4th of July
 Park.
Pinocle ~ 11:15 am, Thursdays
Table Tennis ~ Call for play schedule.
 Call to schedule drop-in play.

EDUCATION & ENRICHMENT

Books on CD /Tape ~ Available for
 check-out: 8:00 am - 4:00 pm,
 Monday - Friday
Lectures on a variety of topics are
 offered monthly. Check Center
 calendar each month for current
 schedule.
**ShepNet Computer Learning
 Center** ~ taught by and for adults
 aged 50 and older. Classes meet twice
 a week, either in the morning or
 afternoon for a month. Fees apply.
**Computer Learning Center Open
 Lab** ~ Fridays, 9:00 to 11:00 a.m.
Sign Language Classes ~
 Wednesdays, 11:00 a.m., \$30 month

HEALTH & WELLNESS

Advanced Square Dancing ~ 7:00
 pm Mondays. (Not a teaching class.)
 Fees apply. Call for more information.
Monitored Blood Pressure Checks
 11:00 am - 1:00 pm, Tuesdays; (**Self-
 checks:** Drop-in Monday - Friday
 from 8:00 am - 4:00 pm)
Line Dancing ~
M. Summers ~ Mondays, 1:00 pm
M. Crater ~ Tuesday evenings, Call
 for next session start date.
Fancy Feet Performing Group ~
 Call for more information
Dance Lessons ~ Thursdays. \$30 for
 four lessons
Shag ~ Beginner - 7:00 pm,
 Intermediate - 8:00 pm;
Ballroom ~ 6:00 p.m.
Sittercize/Aerobics ~ 10:00 am,
 Mondays, Tuesdays & Thursdays
 \$5.00/month.
Tai Chi ~ 10:00 am, Wednesdays
 \$20 per month, \$5 drop-in
Walking Club ~ Call Parks and Rec
 at 996-3062 for more information.
Yoga ~ 5:30 p.m., Mondays
 \$6.00 per class
Zumba Gold ~ No summer classes.
 Call to register for September class.
 \$25 per month

SERVICES

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

Writing checks for bill paying, personal
 budgeting, reconciling bank statements,
 credit and debt counseling, filing of
 medical insurance claims, creditor
 negotiation, health insurance counseling,
 monthly expense management, reverse
 mortgage counseling, counseling in
 avoiding fraud, and predatory lending
 counseling. Call 992-0591 or 896-1328
 for an appointment or more information.

Information, Referral, and Assistance

on a variety of local, county, state, and
 federal aging related services and
 programs (i.e. 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.

Additional Services

Bereavement Support Group,
 Counseling, Durable Medical
 Equipment Loan, Handyperson Ministry,
 Person-to-Person Visitation, Project Joy,
 Respite Care/Companion Sitting,
 Telephone Reassurance, The Marilyn
 Shafrath Ministry for the Visually
 Impaired, Medical Transportation,
 General Transportation, and
 AARP Tax Aide Income Tax Preparation

**For more information or a
 detailed listing of all services
 available through
 The Shepherd's Center of
 Kernersville and
 The Senior Enrichment
 Center,
 call 992-0591 or 992-3180.
 You can also e-mail us at
 seniorcenter@triad.rr.com**

The Senior Enrichment Center
130 E. Mountain Street
P.O. Box 2044
Kernersville, NC 27285

Non Profit
Organization
US Postage Paid
Kernersville, NC
Permit #151

Return Service Requested

Place Label Here



Table Tennis

We are looking for players for singles and doubles play. We currently have two individuals who play Table Tennis at the Center every week (usually Wednesday or Thursdays). Call us if you are interested in playing. 336-992-0591

Contact Us

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 a.m. - 4:00 p.m.

The Shepherd's Center of Kernersville

431-B W. Bodenhamer Street
PO Box 2044
Kernersville, NC 27285-2044
336-996-6696
Monday-Friday 8:00 a.m. - 4:00 p.m.
New Web-site coming soon!

The Senior Enrichment Center is a volunteer based ministry of The Shepherd's Center of Kernersville and is a North Carolina Senior Center of Excellence. Our mission is to provide life enriching activities, services and growth opportunities for senior and disabled adults. The Shepherd's Center of Kernersville is an interfaith ministry of volunteers who champion and sustain older or disabled adults.



September & October 2012

Regular Activities



Mondays

8:00 - Pickleball (*4th of July Park*)
 9:00 - Charity Brigade
 9:30 - Rubber Stamp (*1st & 3rd Monday*)
 10:00 - Sittercize\$
 1:00 - Line Dance\$
 1:00 - Tatting II
 1:00 - Bowling\$ at Countryside Lanes
 5:30 - Yoga\$
 7:00 - Square Dance\$



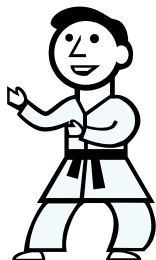
Tuesdays

8:00 - Pickleball (*4th of July Park*)
 9:00 - Bee Quilters
 9:00 - Walking Club (*4th of July Park Shelter 1*)
 9:30 - Journaling (*2nd & 4th Tues.*)
 10:00 - Sittercize\$
 11:00 to 1:00 - Blood Pressure Checks
 12:00 - Canasta
 1:00 - Adv. Bridge
 6:00 - Ladies of the Evening Quilt Bee
 (*4th Tuesday*)

Tuesday night Line Dance will not meet in September - Call regarding October

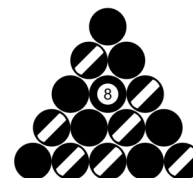
Wednesdays

8:00 - Pickleball (*4th of July Park*)
 10:00 - Tai Chi\$
 10:00 - Games
 11:00 - Bereavement Support (By Appt.)
 11:00 - Sign Language
 1:00 - Mah Jongg



Thursdays

Golf Clinic at Kernersville Golf Center\$
 (*Call 993-4653 for time*)
 9:00 - Walking Club (*4th of July Park Shelter 1*)
 10:00 - Sittercize\$
 10:00 - Needle Arts
 11:00 - Euchre
 11:15 - Pinochle
 1:00 - Billiards
 6:00 - Ballroom\$
 7:00 - Beg. Shag\$
 8:00 - Int. Shag\$

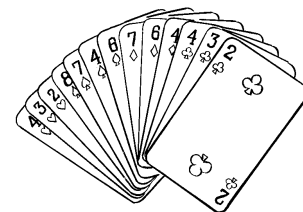


Fridays

9:00 - Rubber Stamp (*1st Friday*)
 9:00 - Stampers Anonymous. (*3rd Friday*)
 10:00 - Bingo
 12:00 - Canasta
 6:30 - Rubber Stamp (*1st Friday*)

Saturdays

1:00 - Bridge Fun Day
 (*2nd Saturday*)



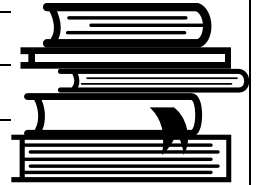
Kernersville Senior Enrichment Center
 130 E. Mountain Street
 992-0591 or 992-3180
 PO Box 2044
 Kernersville, NC 27285
 seniorcenter@triad.rr.com

All Activities take place
 at the Senior Center
 unless otherwise noted.

\$ fees are charged for the activity.

September & October 2012 Special Events

September		
Thur. Sept. 6	11:15 am	Pinochle: 1st meeting (will meet every Thursday)
Thur. Sept. 6	1:00 pm	Billiards: 1st meeting (will meet every Thursday)
Tues. Sept 11	9:30 am	Journaling: 1st meeting (will meet 2nd & 4th Tuesday)
Tues. Sept 11	6:30 pm	Organic Gardening
Wed. Sept. 19	1:00 pm	Art Group interest meeting
Thur. Sept. 20		Sittercize and Euchre will not meet
Thur. Sept. 20	6:30 pm	Move Books from storage to the Senior Center.
Fri. Sept 21 - Thurs. Sept. 26	Times Vary	Book Sale Set-up (See newsletter article for details)
Mon. Sept. 24	11:00 am	Mental Health Series: Depression
Mon. Sept. 24	3:00 pm	Blood Pressure Seminar/Intervention Study at Home Loving Senior Care
Wed. Sept. 26	1:00 pm	Medicare Seminar
Thur. Sept. 27 - Sat. Sept. 29	Times Vary	Book Sale (See newsletter article for details) <i>Book Sale tear down will start at 1:00 p.m. Sat. Sept. 29</i>
Thur. Sept. 27	4:00 - 7:00 pm	10th Anniversary Celebration Cook-out at Home Loving Senior Care
October		
Tues. Oct. 2	9:30 am	Looking Ahead Series: Part 1 at First Baptist Church
Wed. Oct 3	2:30 pm	Oral Health Care
Thur. Oct. 4	3:30 pm	Writing Workshop
Tues. Oct. 9	9:30 am	Looking Ahead Series: Part 2 at First Baptist Church
Wed. Oct. 10	1:00 pm	Medicare Seminar
Fri. Oct. 12	12:00 noon	Shepherd's Center Golf Tournament at Pine Knolls
Tues. Oct. 16	9:30 am	Looking Ahead Series: Part 3 at First Baptist Church
Tues. Oct. 16	10:30 am	Four Seasons Vegetable Gardening
Mon. Oct. 22	11:00 am	Mental Health Series: Bipolar Disorder
Mon. Oct. 22 - Sat. Nov. 3		One Stop Early Voting: See insert for Senior Center program relocation information.
Tues. Oct. 23	9:30 am	Looking Ahead Series: Part 4 at First Baptist Church Kernersville
Wed. Oct. 24	9:15 am	Trip to Walnut Cove (The Just Plain Country Store and other Walnut Cove shops and lunch at Olympic)
Fri. Oct. 26	Appt. Only	Project Senior Smiles Mobile Dental Clinic (by appointment only)



All Activities listed here require an RSVP. For more information or to RSVP call 336-992-0591 or 336-992-3180 or e-mail seniorcenter@triad.rr.com