

Shepherd's Center of Kernersville
431-B W. Bodenhamer Street
Kernersville, NC 27285-2044
336-996-6696 www.shepctrkville.com



Senior Enrichment Center
130 E. Mountain Street
Kernersville, NC 27285-2044
336-992-0591 seniorcenter@triad.rr.com

purpose

compassion

ENRICHMENT

life

January 2017 Newsletter—To see an electronic version of this newsletter type this link into your web browser [www.shepctrkville.com/documents/TSC Newsletters/2017-1 Quarterly Newsletter.pdf](http://www.shepctrkville.com/documents/TSC%20Newsletters/2017-1%20Quarterly%20Newsletter.pdf)



24th Annual Auction Gala—An Enchanted Wonderland Friday, February 24 @ 6:30 p.m.



Join us for our auction gala as we enjoy An Enchanted Wonderland. The event will be hosted at Paul J. Ciener Botanical Gardens. Attendees will experience a silent auction, catching up with friends around the table, and enjoy heavy hors d'oeuvres all in the beautiful décor of the gardens. Tickets are \$75 per person. For reservations call 336-996-6696. Sponsorship information go to <http://www.shepctrkville.com/events/Auction%20Gala/2017%20Solicitation%20Package%20with%20Letter.pdf>

Expand Your Circles

“We need social connection to thrive—no matter our age—but recent research shows that the negative health consequences of chronic isolation and loneliness may be especially harmful for older adults. The good news is with greater awareness, we can take steps to maintain and strengthen our ties to family and friends, expand our social circles and become more involved in the community around us.” Learn more from eldercare.gov’s article at <http://www.eldercare.gov/eldercare.net/public/Resources/Brochures/docs/Expanding-Circles.pdf>

Senior Enrichment Center Opportunities

In the article above we learned interaction with others is very important. The Senior Enrichment Center offers many ways to socialize and participate in life-enriching activities, services, and growth opportunities. Click this link to learn all that is taking place at our Senior Enrichment Center <http://www.shepctrkville.com/SeniorCenter/activities>

Volunteer Opportunities

Being involved in the community was also mentioned in the article above. By volunteering with The Shepherd’s Center you empower individuals and enrich the lives of adults who are aging or with disabilities in our community Visit our website at <http://www.shepctrkville.com/volunteer/volunteer-job-descriptions> to see our volunteer opportunities. As the senior population continues to grow we have a HUGE need for volunteers!

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