

purpose

compassion

ENRICHMENT

life

April-June 2018 Newsletter

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Older Americans Month Luncheon
Friday, May 18 at 12:00 pm
Sponsored by:
Arbor Ridge of Kernersville

Engage at Every Age. You are never too old (or too young) to take part in activities that can enrich your physical, mental, and social well-being. Make plans to join us for this covered dish luncheon as we celebrate the many ways older adults make a difference and engage in our community.

Dr. Althea Taylor Jones will conduct a brief presentation on Self-Advocacy for Seniors. We will learn how to speak up and speak out on issues affecting aging adults.

Arbor Ridge will provide barbeque, other guests are asked to bring a side dish, or dessert. **RSVP required (call no later than May 16 to RSVP) and let us know what item you will be bringing.**

The Senior Center Welcomes American Legion Post #36
3rd Thursday of each month
at 7:00 pm

All veterans are welcome to attend the monthly meetings now being held at the Senior Center. For information about American Legion Post #36 or membership call Adjutant Bob Wilson at 336-831-5784.

25th Annual Auction Gala
Friday, April 6 at 6:30 pm

Hosted at:
Summerfield Farms
Tickets: \$75.00
Reservations: 336-996-6696



Join us for a fun evening of good music by Nice & Easy, bid on the silent auction baskets, and take part in the spirited live auction. Dinner will be provided by Above & Beyond Catering.

Our sponsors of this event are;

Gold: Triad Fabrication

Silver: Corilam Fabricating Company, Edward Jones Investment, Friends of The Shepherd's Center, Hopkins Road Animal Hospital, Medford Constructions Company Inc., Novant Health Kernersville Family Medicine, and Pierce-Jefferson Funeral and Cremation Services

Bronze: 1-Stop Food Stores, Allstate Insurance-Linville Agency, Arbor Ridge at Kernersville and Kerner Ridge Assisted Living, Amanzi Marble, Granite & Tile, BB&T Mortgage, Fidelity Bank, Countryside Village Retirement Center, Mr. and Mrs. Sam Gilley, Kernersville Pharmacy, Kernersville Rehab Specialist LLC, Paws of Royalty, TAA Flight Training LLC, The Phoenix Company, and Triangle Visions Optometry of Kernersville, Grass America, Choice Payroll and Human Services.

Kernersville 101 - Local Government Day
Wednesday, May 23 at 2:00 pm

Mike Horney, Development Service Manager from the Town of Kernersville will lead a discussion focusing on Town Government. Topics to be covered include; Kernersville's governing body, division of services, and individual departmental responsibilities (Who do I call for a specific concern or issue?), with an opportunity at the end for questions and answers. **RSVP is required.**

The Shepherd's Center of Kernersville Staff

Executive Director
Ruth Woosley

Director of Development
Lynn Garms

Transportation and Volunteers Service Coordinator
Audrey Ryan

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

Do You Have a Few Hours a Week to Enrich Another Person's Life?

We look for life enriching activities to keep us active as we prepare for retirement. Others need a little help remaining independent while staying at home. Family members take on the role of a caregiver.

Many caregivers are raising their own family, working, and caring for a relative – this takes a tremendous toll on the caregiver. They put everyone's needs ahead of their own well-being, and increase their vulnerability to health problems.

Our Volunteer Respite Companion Sitting program offers caregivers of chronically ill persons a few hours of free time through volunteer sitters. As the senior population increases, the demand for respite volunteers is increasing. If you are interested in becoming a companion sitter, we are in need of volunteers - especially male volunteers. **Please contact Audrey Ryan at 336-996-6696 or vscoord@shepctrkville.com.**

It's Time to Tee it Up!
28th Annual Golf Tournament
Friday, May 11, 2017
Pine Knolls Golf Club

This will be an afternoon of fun! Come and join us on the golf course and show your support!

- Format 4-Person Captain's Choice
- Registration Fee \$75 Player
- Lunch and Check-In @ 12:00 p.m.
- Shotgun Start @ 1:00 p.m. Open Division
- Cash Prizes for 1st and 2nd



We have multiple sponsorship opportunities to highlight your business at the golf tournament. Our sponsorships range from sponsoring a hole, a hole and play sponsorship (which saves your team \$75), and/or silver, gold or platinum sponsor.

To register to play or for more information about the benefits of sponsorship, lease contact: Lynne Garms at 336-996-6696 or by e-mail at dirdevelop@shepctrkville.com.

**RSVP
REQUIRED!!**

Unless otherwise noted...
ALL Senior Center programs, trips, events, and activities, take place at the Senior Center and require an RSVP at least two business days in advance.

**To RSVP,
call 336-992-3180.**

**Senior Center Annual Meeting
With Pasta & Salad Luncheon**
Friday, June 8 at 11:00 am

Make plans to attend the Annual Senior Center planning meeting. This is another great opportunity for you to share program ideas or requests, and to voice concerns you may have for the Center. We will discuss programs, trips, fundraising, volunteering, services, and whatever else is on our minds. Your input is vital for planning programs and services for your Senior Center.

Bring your favorite pasta, salad, or drink to share with everyone.
RSVP required.

Dental Clinic Friday, July 20

The North Carolina Baptist Men and The Shepherd's Center are pleased to partner to bring a free dental clinic for those who are 65+, with low-income, live in our service area, and do not have dental insurance. We will host the clinic at the Seventh Day Adventist Church, located at 896 Old Winston Road.

Pre-registration is required. Cleanings, fillings, and simple extractions are the only dental procedures available. **Registration begins on Monday, June 11. Call 336-992-3180 to register. This clinic is by appointment only!**

The Dental Bus is not handicap accessible.

What is an Ombudsman? Advocating for Residents in Long-Term Care Thursday, April 19 at 1:00 pm

A Long-Term Care Ombudsman is an advocate for residents of long-term care facilities and is responsible for investigating complaints against such facilities. They work with residents, family members, facilities, and the public, as well as public and private agencies, to ensure quality of life and compliance with standards of care for residents in long-term care facilities. Do you have a loved one in a nursing home or assisted living facility? Are you contemplating moving to a long-term care facility? If so, the Regional Long-Term Care Ombudsman is a good resource for you. Join us to find out more! **RSVP required.**

Spring Arts Exhibit Tour and Lunch Friday, April 27 at 10:30 am

Join us for a tour of the new Forsyth County Central Library and to view the Spring SilverArts Exhibit that will be on display. After our tour, we will eat lunch at Mayberry's Restaurant. Bring money for lunch and \$1.00 per person for your carpool driver. We will meet at the Center at 10:30 am to depart by carpool. Drivers are needed. Space for this trip is limited to 10. **RSVP is required.**

AARP Smart Driver Safety Tuesday, April 24 Check-in begins at 9:30 am \$15 AARP Members \$20 Non-AARP Members

A lot has changed since AARP Smart Driver Safety first began as "55 Alive". The roads have changed. Cars and the technology inside them have changed.

AARP Smart Driver focuses on areas where aging drivers can benefit from additional training including: traffic circles, pavement markings, stop sign compliance, red-light running, and personal safety concerns.

Upon completion of the class, participants will receive a certificate that may allow a discount with their auto insurance company (you will need to check with your insurance company).

Advance registration (with driver's license number) and payment for this class are due no later than April 20. If you are an AARP member, you will need to show current proof of membership. Make checks payable to AARP.

Powerful Tools for Caregivers Tuesdays, April 17 - May 22 at 1:00 pm at Arbor Ridge of Kernersville 1237 Masten Drive

Caring for an older relative or friend with a chronic illness such as dementia, stroke, heart, or Parkinson's disease can be stressful physically, emotionally, and financially.

Powerful Tools for Caregivers is an educational program designed to provide you with the tools you need to take care of yourself. You will learn to:

- reduce stress
- improve self-confidence
- better communicate your feelings
- increase your ability to make tough decisions
- locate helpful resources
- balance in your life

This course consists of six consecutive weekly sessions. Participants will receive a copy of The Caregiver Help book. Refreshments will be provided. **To register, contact: Linda Lewis at The Shepherd's Center of Greater Winston Salem (336) 748-0217. Space is limited. Registration is required!**

Traffic, Potholes, Bridges, & Roads!
*NC Department of
Transportation Update!*
Thursday, June 7 at 1:00 pm

Pat Ivey, Division 9 Engineer of the NC Department of Transportation, will be here to provide information about current and future road and transportation projects in and around Kernersville. A question and answer session will follow his presentation. **RSVP required.**

**Dive into The Historic Shipwrecks of
North Carolina**

Thursday, April 19 at 6:30 pm

Presented by Shannon Ricles,

*NOAA Monitor National Marine Sanctuary
Education and Outreach Coordinator*
Co-hosted by American Legion Post #36

Dive into maritime heritage off the North Carolina coast as we discover more about the shipwrecks located here. We will learn about...

- ◆ NOAA's work to protect the Civil War Ironclad, USS *Monitor*, located off Cape Hatteras
- ◆ View underwater images and hear the stories of World War II shipwrecks
- ◆ How our coast earned the nicknamed "Torpedo Junction"
- ◆ How 80 Allied and merchant ships were sunk by German U-boats in just seven months
- ◆ How NOAA works document maritime history
- ◆ The future of protecting these coastal war graves and honoring those who fought and died protecting our coastal waters.

RSVP is required for this event.

**You Don't Know What You Don't Know
Lunch and Learn**

Tuesday, June 12 at 12:00 pm

Sponsored by Affinity Living Group

Join us to learn more about short-term and long-term care planning. Options including: home health care, short-term rehabilitation, assisted living, and skilled nursing. Lunch will be provided by Affinity Living Group. We must have 10 participants to host this class. **RSVP is required no later than June 5th.**

**Piedmont Triad's 6th Annual
Elder Abuse Walk, Stroll, and Roll
Saturday, June 16
At Triad Park in Kernersville**

Registration and Vendor Fair ~ 9:00 am
Music and Entertainment begins ~ 9:45 am
Opening Ceremony/Walk ~ 10:00 am
Closing Ceremony ~ 10:45 am

*FREE t-shirts while they last • Personal
document shredding • Informational Exhibitors •
Music, Entertainment • Food and More!*

Every year an estimated 2.1 million older Americans are victims of elder abuse, neglect, or exploitation. Experts believe for every case of elder abuse or neglect reported; as many as five cases go unreported. Our elders deserve better. Come walk with us to learn more about elder abuse and help spread the word. There is no excuse for elder abuse!

Sign-up to join our team. Every age is welcome! Registration forms are available at The Shepherd's Center of Kernersville or Senior Center offices. **Make sure you put "The Shepherd's Center of Kernersville" as your team name. Drop off completed entry forms at the Senior Center no later than June 8**

**Worried About the High Costs of
Long-Term Care?**

Thursday, May 17 at 2:00 pm

With Julie Whatley at Whatley Law Firm

Julie R. Whatley, with Whatley Law, PLLC, will present a seminar to empower you to make proactive decisions regarding finances and health care. Topics will include:

- Using your life savings for long-term care costs if you do not have long-term care insurance
- Making sure your power of attorney document will protect you and your family
- Protect your spouse from financial ruin if he or she suffers from Alzheimer's
- Protecting assets and qualifying for governmental programs such as VA pension, Medicaid, and Special Assistance

RSVP required.

Emergency Preparedness for Seniors
Thursday, May 10 at 10:00 am
Presented by; Leigha Cordell, Winston-Salem
Forsyth County Emergency Management

Are you ready in the event of a natural disaster or emergency? Join us to learn more about our local Emergency Management office and the types of disasters which can occur in Forsyth County. You will learn how to prepare for emergencies and what you need to do to create an emergency preparedness kit - samples will be available to touch and view during the program. **RSVP required.**

Rate-a-Restaurant

Cagney's of Kernersville
Thursday, April 26 at 11:30 am
801 S Main Street

Don Juan's Mexican Restaurant
Thursday, June 14 at 11:30 am
201 Century Blvd

Meet us 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. Ratings are published in future newsletters. Seating is limited to 10 for each event. **RSVP is required.**

Seafood Shack in Walkertown Rating Results
(1 star lowest rating - 5 stars highest rating)
Service: 4.75 stars · Food: 4.6 stars
Cleanliness 4.5 stars · Menu Prices: 4.25 stars
Overall Rating: 4.6 stars

Myth Busters About Hospice
Tuesday, June 5 at 1:00 pm

Is hospice really a place sick people go and never come back? Does hospice really mean giving up? Is hospice some sort of religious practice? The answers to these rumors are No, No, and NO! Come and learn more about the benefits of Hospice. What you learn about hospice and palliative care may surprise you. Get to know us before you need us. **RSVP required.**

Spring Fling Vendor Fair
Saturday, April 14 at
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. **No RSVP required.**

Low Vision-Blind Services Seminar
Wednesday, May 2 at 10:00 am

Susan Campbell and Reja Couch, from the Division of Services for the Blind, will host a discussion about services for individuals who are visually impaired. We will discuss maintaining independence, services provided by the Division, service eligibility requirements, and the application process. Adaptive aids will be available for a hands-on demonstration. **RSVP required.**

Spring Delights with Chef Tony
Friday, April 20 at 12:30 pm
Sponsored by Brookdale Senior Living

Be prepared for Spring with delicious recipes for your family and guests. Chef Tony, from Brookdale Senior Living, will demonstrate easy recipes and provide samples. **RSVP is required.**

Tour of Brookdale Senior Living
Lunch and Learn
1560 Skeet Club Road in High Point
Monday, May 7 at 11:00 am

Planning the journey towards senior living does not happen overnight, it is a process. The more learn about opportunities available to you or your loved one, the better decisions you will be able to make in the future.

Enjoy lunch and a tour of Brookdale Senior Living. Dianara, the Activity Director, will lead Brain Fit games, an activity that is challenging and fun! No worries about transportation. Meet us at the Senior Center. Brookdale will provide a van for transportation. **RSVP required.**

**Depression and
It's Impact on Older Adults****Wednesday, April 25 at 11:30 am****Presented by: Debbie McCauley, Therapeutic
Alternatives: Geriatric Adult Specialty Team**

Depression affects more than two million people age 65 and older and is a significant predictor of suicide in elderly Americans. Join us to learn how to recognize the symptoms, the causes, and the risk factors of depression. We will also highlight the issues related to older adults and depression.

Although an RSVP is recommended, walk-ins are welcome for this class.

**Free Bow Making Class
Wednesday, May 16 at 1:00 pm**

Learn to make bows for home decoration, wreaths, and gift bags to use for the summer holidays. You will need to bring red, white, and blue wired ribbon at least 9 feet by 2 1/2 inches wide. There will be a drawing for a door prize. Class size is limited to 10. **RSVP required.**

Ice Cream Social**Wednesday, June 6 at 1:00 pm****Hosted by Home Loving Senior Care**

Invite your family and friends and get in out of the heat for a cool ice cream treat. We'll have ice cream (including sugar free), cones, bowls, and toppings. **RSVP required.**

**Music at Twilight at Paul J. Ciener
Botanical Garden****May 24, June 21, July 19, September 27
at 6:00 pm**

The Shepherd's Center of Kernersville is one of the proud sponsors for the Kernersville Chamber of Commerce Music at Twilight Summer Concert Series. Bring a lawn chair and join us for wonderful music, food, fun, and fellowship. Be sure to stop by The Shepherd's Center table and visit. Each concert begins at 6:30 p.m.

**Beyond Walking for Exercise
"Movement and Mobility"****Friday, May 11 at 1:00pm**

Liz Chmelo, exercise physiologist and wellness program manager at the Wake Forest Baptist Health Sticht Center on Healthy Aging and Alzheimer's Prevention, will provide a seminar on the importance of staying active as we age.

RSVP required.

**Scrapbooking with Karen Culler
Fridays, April 27, May 11 and June 8 at
6:00pm - 10:00 pm**

Would you like to start preserving memories of your children, grandchildren, pets, and special events or are you an avid scrap booker?

At the first class, we will review what you will need, to begin and create two 12" x 12" pages and then have time to work on your own projects. Supply fee is \$10.00. **RSVP required 1 week prior to karenculler@gmail.com or 336-992-3180.**

**Gorgeous Greeting Cards Made Simple
Wednesday, April 18 ~ Feminine Cards****Wednesday, May 9 ~ Masculine Cards****Wednesday, June 20 ~ Children's Cards****Each class will meet at 1:00 pm**

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 \$5.00 for supplies (\$7.00 extra if you need adhesive). Contact Lisa Tedder a week in advance of each class to register at 336-408-8957 or by e-mail at TedderBearStamping@gmail.com.

**The Shepherd's Center of Kernersville
and Senior Enrichment Center will be
closed on Monday, May 28 in
observance of Memorial Day.**

**National Healthcare Decision Day
Saturday, April 14
9:00 - 11:30 am**

The NC Partnership for Compassionate Care welcomes the public to attend a walk-in session with free information about advance care planning and advance directive forms in observance of National Healthcare Decisions Day. This session will help you plan for the healthcare you would want if you were unable to make your own medical decisions. Attendees will have an opportunity to complete an advance directive.

To sign up to attend, please call (877) 677-5134, leave your name and the best number to reach you. For additional information about this event, go to www.nationalhealthcaredecisionsday.org.

Beginning Acrylics Painting**Thursdays: April 26 "Still Life Value Study"****May 10 "Birds of a Feather"****June 7 "Shells"****1:00 pm - 4:00 pm*****At the Kernersville Parks and Recreation Center******125 E. Bodenhamer St.******\$35.00 per class includes supplies***

In these classes, students will follow step-by-step demonstration and instruction by the instructor in design, color, and application of paint. Materials are included! Join us in creating delightful works of art from beginning-to-end. If you are interested in a night class, please let us know. **To register call Kernersville Parks & Rec at 336-992-3062.**

Free Notary Service**Friday, April 27 and Friday, June 22
at 10:00 am**

Susan Yussim, a public official responsible for independently verifying signatures and oaths, will be available. She will notarize any documents that need notarizing. **Call the Center at 336-992-3180 for more information or if you need another day.**

**Library Monthly Movie Matinee
4th Thursday at 2:30 pm**

Join the Kernersville Library and Senior Center for an afternoon at the movies. Free snacks and drinks while supplies last. **Call the Kernersville Library for more information at 336-703-2930.**

April 26: Dunkirk**May 24 and June 28: Titles to be Announced**

**Town of Kernersville
Summer Blood Drive****May 15 at 10:00 am - 2:30 pm**

The Town of Kernersville will host a blood drive at the Senior Center on Tuesday, May 15. Appointments are recommended. To make an appointment, call **Derek Long at 336-992-5463.**

Kernersville Spring Folly**Fri., May 4 ~ 6:00-pm - 10:00 pm****Sat., May 5 ~ 10:00 am - 10:00 pm*****Downtown Kernersville*****Sun. May 6 ~ 1:00-6:00 pm*****Harmon Park Only***

Make plans to attend this annual downtown festival of live entertainment, craft vendors, and commercial vendors, carnival rides, great food, and more. For more information and schedule of events go to www.kernersvillespringfolly.com.

**Senior Center Programming Changes
Due to Spring Folly**

Senior Center Offices WILL be open on Friday, May 4th. However, Bingo, Hand & Foot, Chinese Dance, Billiards, and Rubber Stampers will not meet on Friday, May 4th, due to set up for Spring Folly. Our parking lot will be closed all day on May 4 and through the weekend of the event. Rubber Stampers will meet on the second Friday, May 11.

**Walk for Exercise Inside
Community Recreation Center**

125 E. Bodenhamer St.

Open Gym: Monday-Friday, 9:00 am - 5:00 pm

As the weather becomes unpredictable in spring and summer, do not let it stop you from getting exercise. Join us at the Community Recreation Center for our open gym and walk inside where it is safe and dry.

Watercolor Lessons

Watercolor classes are taught in seven-week sessions (orientation class, plus six lessons) Senior Center on a regular basis. The cost is \$35.00 per person. Space is limited and we must have six students to conduct these lessons. **Call 336-992-3180 to reserve your spot and obtain the supply list.**

Bingo News

Join us every Friday at 10:00 am to play Bingo.

Bring 2 prizes, Win 2 prizes.

Upcoming themes for prizes: **April** ~ Spring & Easter, **May** ~ Holidays (4th of July, Valentine's, Christmas, etc.), **June** ~ Summertime.

Thank You!

2018 AARP Tax-Aide Volunteers!

- | | |
|------------------|-----------------|
| Ken Drewry | Phillip Berrier |
| Randy Burks | Nancy Bodycomb |
| Susie Canty | Sharon Cole |
| Vincent Cimmino | Paul Crossland |
| Edith Dohig | Bill Dreshfield |
| Emily Dreshfield | Brian Eshleman |
| John Gudat | Dave Kenward |
| Lorrie Kenward | Lynn Kale |
| Mary Anne Klein | Julie Medefindt |
| David Richmond | Joyce Spontak |
| Bob Spontak | Tom Trussler |
| Jeanne Weyant | Susan Yussim |

Because you gave your time, by the end of tax season we will have provided over 700 income tax returns for individuals in our community.

**Bill Radisch Computer
Learning Center**

Fridays, 9:00 - 12:00 pm

The Bill Radisch Computer Learning Center Lab has opportunities for classes and services. Walk-in on Fridays (9:00-11:00 am) for one-on-one assistance or sign up for a class (fees vary). Individual help on whatever challenge one may have with a computer or technical device (Windows/Androids only).

There is a \$5.00 fee for one-on-one services on Friday and other class fees vary. If you have a challenge with technology not mentioned above, call the Computer Lab on Fridays and ask for assistance. Anyone interested in a class should call The Center. A class can be scheduled when enough people sign-up (prepayment is due after a class is scheduled). Computer repair must be before 11:00 am as there may not be enough time for repair. Anyone who needs help should plan to arrive before 11:00 am for assistance. If no one is in the lab at 11:00 am, our volunteers will leave early. **Call 336-992-3180 for more information.**

Our Services

- | | |
|--|--|
| ✓ AARP Tax Aide
Income Tax
Preparation | ✓ Respite Care
Companion Sitting |
| ✓ Advocacy | ✓ Telephone
Reassurance |
| ✓ Counseling | ✓ Bill Radisch
Computer Learning
Center |
| ✓ Durable Medical
Equipment Loan | ✓ Financial Planning
& Counseling |
| ✓ Handy Person
Service | ✓ SHIIP Insurance
Counseling |
| ✓ Person-to-Person
Visitation | ✓ Information,
Referral, and
Assistance for a
variety of other
services. |
| ✓ Project Joy | |
| ✓ Project Senior
Smiles Dental Clinic | |
| ✓ Transportation | |

**For assistance or more information call
336-996-6696 or 336-992-3180**

April - June 2018 Regular Activities

MONDAYS

9:00 - Bridge
 9:30 - Rubber Stamping^s (*1st Monday*)
 10:00 - Stretch & Flex^s
 1:00 - Bowling^s at Countryside Lanes
 1:00 - Mahjongg
 1:00 - Mexican Train Dominoes
 1:00 - Tatting
 1:00 - Line Dancing
 7:00 - Square Dance^s

TUESDAYS

9:30 - Bee Quilters
 10:00 - Stretch & Flex^s with Jane Fisher
 12:00 - Hand & Foot
 12:30 - Advance Bridge

WEDNESDAYS

Tax Appointments (*Through- April 13*)
 9:00 - Billiards and Music
 10:00 - Tai Chi^s
 10:00 - Games
 10:00 - American Sewing Guild^s (*3rd Wed.*)
 12:00 - Basket Weaving^s
 1:00 - Bowling^s at Countryside Lanes
 1:00 - Watercolor Club^s
 1:00 - Mahjongg
 6:00 - Cribbage

THURSDAYS

Tax Appointments (*Through- April 13*)
 10:00 - Stretch & Flex^s
 10:00 - Needle Arts
 12:00 - Pinochle
 1:00 - Beginner's Bridge
 6:30 - American Legion Post #36^s (*3rd Thur.*)

FRIDAYS

Tax Appointments (*Through- April 13*)
 9:00 am - 4:00 pm - Sit-n-Sew (*4th Friday*)
 9:00 - Computer Lab^s
 9:00 - Rubber Stamping^s (*1st Friday*)
 10:00 - Bingo
 12:00 - Hand & Foot
 6:30 - Rubber Stamping^s (*1st Friday*)
 7:00 - Chinese Dance

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

APRIL 2018 Special Activities

Date	Time	Activity (<i>RSVP required</i>)
Fri. 4/6	6:30 pm	Auction Gala ^s
Sat. 4/14	9:00 am-2:00 pm	Spring Fling Vendor Fair ^s
Sat. 4/14	9:00 - 11:30 am	National Healthcare Decision Day Event
Tue. 4/17	1:00 pm	Powerful Tools for Caregivers at Arbor Ridge (Tues. 6 weeks)
Wed. 4/18	1:00 pm	Gorgeous Greeting Cards ^s
Thurs. 4/19	1:00 pm	Ombudsman Presentation Advocates for Nursing Home
Thurs. 4/19	6:30 pm	Historic Shipwrecks
Fri. 4/20	12:30 pm	Chef Tony Spring Delights
Tues. 4/24	9:30 am	AARP Smart Driver Safety ^s
Wed. 4/25	11:30 am	Depression and It's Impact on Older Adults
Thurs. 4/26	11:30 am	Rate-A-Restaurant: Cagney's Restaurant ^s
Thurs. 4/26	1:00	Beginning Acrylic Painting
Thurs. 4/26	2:30 pm	Library: Movie "Dunkirk"
Fri. 4/27	10:00 am	Notary
Fri. 4/27	10:30 am	Spring Arts Exhibit Tour and Lunch ^s
Fri. 4/27	6:00 pm	Scrapbooking with Karen ^s

Before attending one of our regular activities for the FIRST time, please call ahead to let staff know you will be attending. We need to let activity and program coordinators know when to expect a new participant.

MAY 2018 Special Activities		
Date	Time	Activity (RSVP required)
Wed. 5/2	10:00 am	Low Vision and Services for the Blind Seminar
Fri - Sun. 5/4 - 6	All Day	Spring Folly: No Activities at Senior Center
Mon. 5/7	11:00 am	Brookdale Tour Lunch and Learn
Wed. 5/9	1:00 pm	Gorgeous Greeting Cards ^{\$}
Thurs. 5/10	10:00 am	Emergency Preparedness
Thurs. 5/10	1:00 pm	Beginning Acrylic Painting ^{\$}
Fri. 5/11	9:00 am 6:30 pm	Rubber Stamping ^{\$}
Fri. 5/11	12:00 pm	Golf Tournament ^{\$}
Fri. 5/11	1:00 pm	Movement and Mobility: <i>Beyond Walking for Exercise</i>
Fri. 5/11	6:00 pm	Scrapbooking with Karen ^{\$}
Tues. 5/15	10:00 am	Blood Drive
5/16 Wed.	1:00 pm	Bow Making Class
Thurs. 5/17	2:00 pm	Worried About the High Cost of Long-Term Care?
Thurs. 5/17	6:30 pm	American Legion Post #36 Meeting
Fri. 5/18	12:00 pm	Older Americans Month Lunch with Arbor Ridge
Wed. 5/23	2:00 pm	Government Day 101
Thurs. 5/24	2:30 pm	Movie with the Library
Thurs. 5/24	6:00 pm	Music at Twilight Paul J. Ciener Garden
Mon. 5/28	All Day	Senior Center Closed for Memorial Day Weekend

JUNE 2018 Special Activities		
Date	Time	Activity (RSVP required)
Tues. 6/5	1:00 pm	Myth Busters of Hospice
Wed. 6/6	1:00 pm	Ice Cream Social with Home Loving Senior Care
Thurs. 6/7	1:00 pm	Traffic, Potholes, Bridges and Roads!
Thurs. 6/7	1:00 pm	Beginning Acrylic Painting ^{\$}
Fri. 6/8	11:00 am	Pasta and Salad Annual Planning Luncheon
Fri. 6/8	6:00 pm	Scrapbooking with Karen ^{\$}
Tues 6/12	12:00 pm	You Don't Know What You Don't Know
Thurs. 6/14	11:30 am	Rate-A-Restaurant: Don Juan's Mexican Restaurant ^{\$}
Sat. 6/16	9:00 am	Elder Abuse Awareness Walk, Roll and Stroll
Wed 6/20	1:00 pm	Gorgeous Greeting Cards ^{\$}
Thurs. 6/21	6:30 pm	American Legion Post #36 Meeting
Fri. 6/22	10:00 am	Notary
Thurs. 6/28	2:30 pm	Movie with the Library

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.

Visiting a Hospital?

Look for our Watercolor Club art displays at Novant Kernersville Medical Center, Medical Park, and Forsyth Hospitals.

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 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
Center Classes and Open Lab**

Classes are taught by and for adults
50 and older. *Fees apply*.

Open Lab ~ 9:00 am -12:00 noon,
Fridays, \$5.00

HEALTH & WELLNESS

Advanced Square Dancing ~

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

Chinese Dance 7:00 pm, Fridays

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

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

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

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

Beginner Bridge Lessons ~
1:00 pm, Thursdays
(*must pre-register*)

Bridge FunDay ~ 12:30 pm,
2nd Saturday

Games & Conversation ~ 10:00 am,
Wednesdays

Cribbage ~ 6:00 pm, Wednesdays

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

Mahjonn ~ 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
- 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

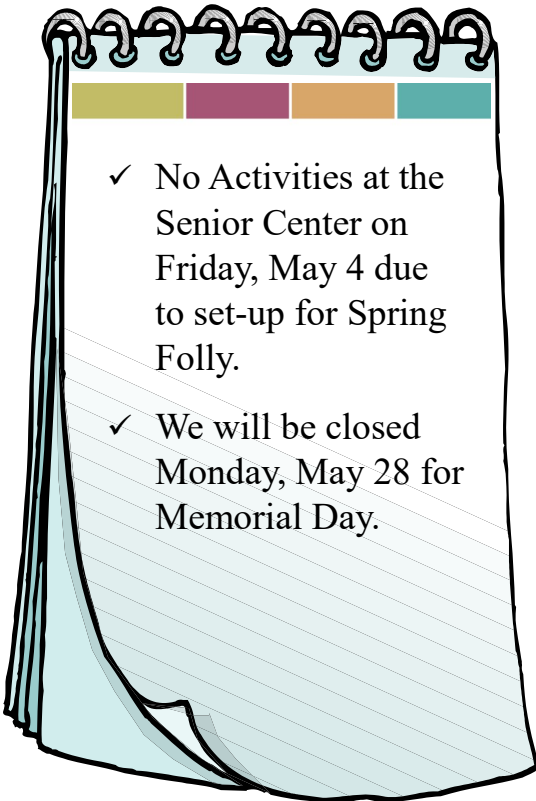
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Become a fan on



- ✓ No Activities at the Senior Center on Friday, May 4 due to set-up for Spring Folly.
- ✓ We will be closed Monday, May 28 for Memorial Day.

Save the Date....
20th Annual Book Sale
October 18-20

Our 20th Annual Book and Bake Sale will be October 18-20. We collect books for our sale year-round. (Please clean and dust off books and boxes before bringing them to the Center as we have several volunteers who suffer from allergies and asthma. **If you would like to help us in the book room or donate books, call 336-992-3180.**

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



Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 888-830-4989 (within North Carolina) or 919-807-2214 (outside of North Carolina).

The Shepherd's Center of Kernersville Annual Giving Campaign

The 2018 Shepherd's Center's Annual Giving Campaign will soon be underway and you will receive a letter requesting your support. Thank you to those who have already pledged or made a contribution. Your contributions make such a difference in the lives of many adults who are aging or with disabilities.

Thirty-three years of serving together began with one program...Transportation. Today, there are 14 active programs supported by over 500 committed volunteers. The Senior Enrichment Center is one of these Shepherd's Center programs. In 2017, the Senior Center served nearly 2,000 different individuals through our programs and services. The Center provided over 3,100 events, trips, and activities, including all of our regular activities and special activities last year.

By supporting The Shepherd's Center with your gift, we continue to empower and enrich lives. Without federal funding and limited state funding, local support through volunteer hours and monetary donations is vital. One hundred percent of your donations stay in this community. Please consider sending your tax-deductible donation to The Shepherd's Center or making a donation on our website at www.shepctrkville.com. Together we can...change one life at a time.

**Donations can be mailed to: The Shepherd's Center of Kernersville
PO Box 2044, Kernersville, NC 27285-2044**

The Shepherd's Center of Kernersville Annual Giving Campaign

Honorarium \$ _____ Your Name: _____
Address: _____
Memorial \$ _____ Phone: _____
Donation \$ _____

In Honor or Memory of: (circle one)

Name: _____
Address: _____

If memorial, please notify _____ of donation.

Address: _____

To donate by credit card or if you have questions, please call 336-996-6696.