



Enriching lives of those aging or with disabilities.

The Center Post

A publication of The Shepherd's Center of Kernersville

purpose

compassion

ENRICHMENT

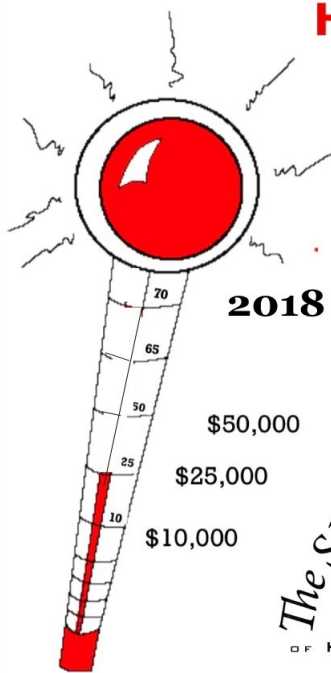
life

July August September 2018 Newsletter

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**33 Years
of Serving Together**

**Help Us Meet
Our Goal!**



2018 GOAL \$86,000



Visit shepctrkville.com to donate online

2018 ANNUAL GIVING CAMPAIGN

P O Box 2044

Kernersville, NC 27285-2044

(336) 996-6696

*By supporting The Shepherd's Center with your gift, we continue to empower and enrich lives. One hundred percent of your donations stay in **this** community.*

Please consider sending your tax deductible gift to the address listed above or making a donation on our website at www.shepctrkville.com. Together we can change one life at a time.

Thank you for your support.

**Night of Talent
Friday, October 5
at 7:00 pm**

**at Main Street United Methodist Church
306 South Main Street**

Do you sing, dance, play a musical instrument, write poetry, sculpt, or paint? If so, you may be just who we are looking for... The Night of Talent gives talented seniors and people with disabilities in our community a chance to showcase their talents and to create a variety show that is fun for all ages!

Proceeds from Night of Talent benefit the Kernersville Senior Enrichment Center, a program of The Shepherd's Center of Kernersville. The Senior Center provides seniors and adults with disabilities opportunities for socialization, enrichment, exercise and fitness, creative expression and more.

Tickets purchased in advance are \$10 for adults, \$7 for seniors and children. All tickets at the door are \$12 each. Tickets will be available beginning August 27 at The Shepherd's Center of Kernersville (431-B W. Bodenhamer Street, Kernersville) or at the Senior Enrichment Center (131 E. Mountain Street, Kernersville).

Sponsorship packages are available for this event. Business or Individual Sponsorships: \$200-Community Sponsorship; \$500-Bronze Sponsorship; \$1,000-Silver Sponsorship; \$1,500-Gold Sponsorship, and \$3,000-Presenting Sponsor.

If you would like to help sponsor this event or audition as a program participant, **please contact Lynne at 336-996-6696 or by e-mail at dirdevelop@shepctrkville.com.**

The Shepherd's Center of Kernersville Staff

Executive Director
Ruth Woosley

Director of Development
Lynne Garms

Transportation and Volunteers Service Coordinator
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Evelyn Carlo

Senior Center Director
Lisa Miller

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Contact Us:

The Shepherd's Center of Kernersville

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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

Dental Clinic on Friday, July 20 at 8:00 am

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+, live in our service area, have low income, and do not have dental insurance. We will host the clinic **at the Seventh Day Adventist Church**, located at 896 Old Winston Road, Kernersville.

Pre-registration intake is required to determine eligibility. **Call 336-992-3180 for pre-registration.** Cleanings, fillings, and simple extractions are the only dental procedures available. Clients must be able to climb steps to enter the dental bus.

**Beginner's Line Dancing Class
Mondays, Beginning July 9 at 12:00 pm**

Join Mike Summers for an introduction to line dancing. It is fun, and great way to exercise while learning dance steps. **Try out 2 classes free of charge Mondays: July 9 thru September 24. No RSVP required.** Classes are taught at the Senior Center.

**Gorgeous Greeting Cards Made Simple
Wednesday, July 11: Children's Cards
Wednesday, August 15: Feminine Cards
Wednesday, September 19: Masculine 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 \$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 at 336-408-8957 or by e-mail to: tedderBearStamping@gmail.com.**

**Making Music Together
Friday, July 13 at 10:00 am**

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

**Music at Twilight
at the Paul J. Ciener Botanical Garden
Thursdays, July 19
and 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. **No RSVP required.**

**New Business Development Update
Wednesday, July 18 at 1:00 pm**

Make plans to join Mike Horney, Development Service Manager for the Town of Kernersville, Center to learn about new businesses and housing developments coming soon to Kernersville. This program will be held at the Senior Center. **RSVP required.**

**Good Bacteria and Bad Bacteria
for Gut Health
Thursday, July 19 at 1:00 pm**

Learn all about friendly (and potentially not so friendly) microbes that live in your body and how they may impact weight, health, and the risk of diabetes. Attend a free presentation with Dr. Alain Bertoni from Wake Forest Baptist on July 19th, as he discusses the one question so many scientists are trying to understand: "How could something so microscopic affect your overall health?" See how microbes that live in the gut may be affecting your body weight and find out how you can get involved and help contribute to critical research in this field. This class will take place at the Senior Center. **RSVP required.**

**Rate-a-Restaurant
Amalfi's Italian Restaurant
Thursday, July 26 at 11:30 am
*503 Nelson Street*****Olympic Family Restaurant
Thursday, September 20 at 11:30 am
*1555 W. Mountain 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. Seating is limited to 10 for each event. **RSVP is required.**

Plaza Restaurant Results (March)

(1 star lowest rating - 5 stars highest rating)

Service: 4.8 · Food: 3.9

Cleanliness: 4.4 · Menu Prices: 4.3

Cagney's Restaurant Rating Results (April)

Service: 5 · Food: 5

Cleanliness: 5 · Menu Prices: 5

**2018 Voter Registration Event
Tuesday, July 24 ~ 9:00-11:00 am
Thursday, August 9 ~ 1:00-3:00 pm**

Are you registered to vote? If you are a Forsyth County resident and are not registered or you need to update your information, stop by the Senior Center during the times listed above and complete a voter registration form. We will hand deliver completed registration forms to the Forsyth County Board of Elections office. If you live in another county and need to register, we can help connect you with the Board of Elections Office for your county. **RSVP not needed, this is a drop-in event.**

**A Flight Through the Cosmos
Tuesday, July 24th at 3:00 and 7:00 pm**

Mike Lucas, NASA/JPL Solar System Ambassador, will present a look at the Sun and planets of our Solar System. A step-by-step exploration of a light year will be demonstrated. We will venture out into deep space at the speed of light and see what we find: galaxies, quasars, supernovae, black holes and who knows what else? This program will be held at the Senior Center. **RSVP required.**

**Movie Matinees
Hosted by the Library and Senior Center
Thursday, July 26: "Wonder" at 2:30 pm
Thursday, August 23 at 1:00 pm*
Thursday, September 27 at 1:00 pm*
*Titles to be Determined***

Beat the heat and join us for a free movie here at the Senior Center and Library. July's movie is "Wonder." Movie Titles for other dates will be released closer to show time. Free snacks and drinks while supplies last or feel free to bring your own! * *Time Change for August & September.*

**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.

“Take Me Out to the Ballpark” Lunch
Friday, July 27 at 11:30 am
Sponsored by
Arbor Ridge of Kernersville

Join Arbor Ridge of Kernersville at the Senior Center for our “Take Me Out to the Ballpark” themed lunch. This is sure to be a great afternoon of food, fellowship, and games. Wear your favorite baseball team or themed hat or shirt. The Winston-Salem Dash baseball team has provided a special door prize for this event.

Arbor Ridge will provide hot dogs, buns, chili and condiments. Senior Center participants will need to supply side dishes and desserts. The luncheon will take place at the Senior Center. **Just let us know which items you will bring when you RSVP by July 25.**

Discover Hummingbirds
Presented by Liz Schmid,
Wild Birds Unlimited, High Point
Thursday, August 2 at 1:00 pm

Most of us know that the hummingbird is the world’s smallest bird. But were you aware that hummingbirds are able to fly forward, backward, shift sideways and even stop in mid-air? Come learn more interesting facts about hummingbirds. This class will be held at the Senior Center. **RSVP required.**

Understanding Caregiver Burnout
and Compassion Fatigue
Presented by Therapeutic Alternatives
Friday, August 10 at 11:00

Do you really understand caregiver burnout? Have you ever heard of Compassion Fatigue? Learn what they are and the possible implications of caregiver burnout and compassion fatigue for both family and professional caregivers. Event will be at the Senior Center. **RSVP required.**

Make-n-Take Floral Arrangement
At Lowe’s Foods
240 Market View Drive in Kernersville
Monday, August 13 at 11:00 am

Arranging fresh flowers in a vase may be difficult for some people. Lowe’s Foods will make it easy with the right tools, flowers, and instructions. We will meet at the Community Table in Lowes Foods in Kernersville for a morning of fun and learning how to arrange flowers in a vase. All materials are provided. **Class fee is \$10.00 at Lowes Foods. RSVP required by August 1 due to limited space.**

Lock Your Meds®
with Coffee and Doughnuts
Presented by Joshua Bondy with
Insight Human Services
Tuesday, August 7 at 10:00 am

Senior adults are more likely to have an abundance of prescribed and over-the-counter medications in their cabinets including: cough syrups, pain relievers, laxatives, and sleeping aids. These are useful, but placed in the wrong hands can become addicting, dangerous, and deadly to people experimenting, using, or abusing any type of medication.

Lock Your Meds® is a national multi-media campaign designed to reduce prescription drug abuse by making adults aware that they are the “unwitting suppliers” of prescription and OTC medications. Join us to learn about this timely issue, what resources are available, and how you can play a vital role in saving lives. This class will be held at the Senior Center. **RSVP required.**

Twenty-Six Documents You Need to Have
Tuesday, August 14 at 9:00 am
Presented by Danny Jefferson,
Pierce Jefferson Funeral
and Cremation Services

Did you know there are twenty-six documents you will need to have on hand in the event of the death of a loved one? Join us at the Senior Center as Danny discusses these documents and their importance. He has forty-five years in the business and will be able to help answer any questions. **RSVP required.**

**Essential Oils for Seniors
Thursday, August 16 at 10:00 am**

Come to a make-and-take while you learn about powerful essential oils. An explanation will be provided of what oils do and how to use them.

Choose a roller touch bottle to make-and-take home with you from the following: Sleepy Time, Bladder Helper, Pain Go Away, Stress Away, and Tummy Helper, **\$10 for each roller bottle**. This class will be held at the Senior Center. **RSVP required.**

**Protecting Your Assets from
Scammers and Medical Creditors
Friday, August 17 at 10:00 am**

Vance Parker, a North Carolina-licensed Elder Law attorney will be at the Senior Center to provide an educational seminar at the Senior Center focusing on protecting what matters most. Topics to be covered include:

Potential Scams: sweetheart, lottery, and “relative” in trouble

Asset Protection: protection trusts and professional fiduciaries

Why It’s Important to Protect Your Assets: the truth about long-term healthcare costs, programs that are available to support your healthcare costs, and proactive planning vs. crisis planning

You are sure to learn something new! Question and answer session will follow the presentation. **RSVP required.**

**Diabetes 101:
What You Can Do to Take Charge
Thursday, August 16 at 1:00 pm**

At an introductory session presented by Piedmont Triad Regional Council Area Agency on Aging individuals will learn more about diabetes, what they can do to manage it, and about the Living Healthy with Diabetes 6-week workshop at the Senior Center. If there is enough interest, the workshop will follow beginning Thursdays, August 23 to September 23 at 9:30 am. There is no cost to attend, **RSVP is required as space is limited by August 14.**

**Get Ready for National Emergency
Preparedness Month
Tuesday, August 28 at 10:00 am
Presented by; Leigha Cordell,
Forsyth County Emergency Management**

Are you prepared if a tornado or flood were to hit Kernersville? Don’t be caught off-guard. Come learn how to prepare for emergencies and what you need to do to create a personal emergency preparedness kit. Kit samples will be available to view during this program at the Senior Center. **RSVP required.**

**Brunch and Chair Volleyball
at the Senior Center
Friday, August 31 at 10:30 am**

Bring your favorite Breakfast or Lunch dish. Afterwards stay for a rousing game of chair volleyball. It is a great way to make new friends, have fun, and work off that brunch - you will forget it is exercise. Please let us know what food item you will be bringing. **RSVP required no later than August 29.**

**Low Vision Awareness Seminar
Thursday, September 6 at 1:00 pm
and
Low Vision Screening Appointments
Thursday, September 13 at 1:30 pm**

Occupational therapist, Sheila Kirkman will present a low vision awareness seminar at the Senior Center with hands-on learning about low vision, the most common diagnoses and how each impacts vision. She will share information on living with low-vision including: how to continue cooking, medication and money management, reading and writing. **RSVP required for the seminar. Please note: You must attend the seminar to get an appointment for the low vision screening.**

**Celebrate National Senior Center
Month with Lunch and
“Farmer Gray”
Co-Sponsored by
Arbor Ridge of Kernersville
Friday, September 21 at 11:30 am**

You are invited to join us for our National Senior Center Month: “Building Momentum” luncheon. This is a great opportunity to demonstrate to our community how our Senior Center is changing the perspective on aging. Senior centers are the future of what aging can be.

Our own Farmer Gray and his companions will entertain us with lighthearted stories. Arbor Ridge will provide apple pie for dessert. Senior Center participants will need to bring entrees, side dishes and drinks. The luncheon will take place at the Senior Center. **Please let us know what item you will be bringing. RSVP required no later than September 19.**

**Beginning Acrylics Painting
Thursday, September 6 at 1:00 pm
at Kernersville Parks and Recreation
125 E. Bodenhamer St.
\$35.00 per class includes supplies**

Students will follow step-by-step demonstration and instruction in design, color, and application of paint. Materials are included! Join us in creating a delightful work of art from beginning to end. **Call 336-996-3062 to register.**

**Planting Bulbs in the Fall
for Spring Blooms
Presented by Adrienne Roethling,
Paul J. Ciener Botanical Garden
Tuesday, September 11 at 1:00 pm**

Fall is a great time to plan ahead for your spring garden and planting bulbs is a great way to spruce up your landscape with an explosion of color. Planting flower bulbs is fast, easy, and nearly foolproof. Join us at the Senior Center to discuss when, where, how and what types of bulbs to plant, as well as bulb garden design tips. **RSVP required.**

**Health, Wellness,
and Cardiovascular Screenings
Presented by Novant Health
Tuesday, September 18
9:00 am - 12:00 pm
by appointment only
FREE and Open to the Public**

Novant Health and The Shepherd's Center are pleased to partner to bring a health and wellness opportunity to our community. Free screenings will be offered by Novant Health. Screenings are quick and will provide measures for: Body Mass Index (BMI), waist circumference, blood pressure, cholesterol, triglycerides, glucose, diabetes risk (A1C), and bone density. Fasting is NOT required and your results will be ready in 5 minutes.

Up-to-date information and resources to support you in making modifications that will help you to improve your numbers will be available on-site, if necessary. Nutrition counseling with dieticians will also be available for those who are interested in modifying their diet, diabetes nutrition counseling, and other dietary needs based on your individual health concerns. Screenings will be at the Senior Center. **Pre-registration required, call (336) 277-1880 or email: CommunityWellness@novanthealth.org**

**SEWING SEW-CIAL
at the Senior Center
Sponsored by the Greensboro Chapter of the
American Sewing Guild
Saturday, September 15, 2018
9:00 am to 5:00 pm**

Bring a project and sew all day, meet new friends, view demonstrations of sewing techniques and products, learn about the American Sewing Guild, view displays of events and projects, and check out Sewing Sew-cial vendor items.

A fee of \$10.00 is required to reserve your space (includes lunch and 6-foot table). An optional \$5.00 fee (card table) for “yard sale” items. **Register with Audrey Flock before August 31 at (336)996-6738 or by e-mail at quilts4you@embarqmail.com**

AARP HomeFit**Friday, September 14 at 10:00 am**

Learn how to make your home “HomeFit” from simple do-it-yourself repairs to larger design projects. Bob Gerken, AARP HomeFit Program Team Leader and Dr. Althea Taylor Jones will share smart solutions for making your home a great fit. This class will be taught at the Senior Center. **RSVP required.**

Scrapbooking with Karen Culler**Friday, September 14****at 6:00pm - 10:00 pm**

Start preserving memories of your children, grandchildren, pets, and special events. 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. Current scrap bookers welcome. Class will be held at the Senior Center. **RSVP required by September 7 contact Karen Culler at karenculler@gmail.com or the Senior Center at 336-992-3180.**

Welcome to Medicare**Monday, September 24 at 5:30 pm***Presented by Sam Matthews,**Director of The Shepherd’s Center of Greater Winston-Salem*

If you will be eligible for Medicare soon, learn about the many options available so you can make the choices that are right for you! If you have questions or would like to reserve a seat, **contact The Shepherd’s Center of Greater Winston Salem at (336) 748-0217 or by email at: Info@Shepherdscenter.org.**

Dream Catcher Gourd Class**Tuesday, September 25 at 1:00 pm**

Do you love to make dreamcatchers? Do you love to work with gourds? Or perhaps you want to learn a new craft? Join us to make an easy one day project at the Senior Center. **Cost \$30.00. RSVP to Martha at 336-254-2144 and choose your color options.**

Volunteers Needed

There is no greater reward than to know you have helped someone! We are looking for:

- Volunteer Drivers to provide transportation to medical appointments
- Volunteer Sitters who can give caregivers of persons who are chronically ill a few hours of free time weekly
- Senior Center Office Volunteers
- Technical Assistance Volunteer for our Friday morning Computer Lab

If you have a few hours a week that you can give us, **contact Audrey at 336-996-6696 or vscoord@shepctrkville.com or the Senior Center at 336-992-3180.**

Learn How to Reduce Worry and Feel Calm Study
Wake Forest Baptist Health Tranquil Moments II Study

The *Tranquil Moments II Study* is recruiting 500 adults who are age 60 and older who worry or feel anxious or nervous. **The study will look at the impact of cognitive-behavioral therapy (a type of talk therapy) and gentle yoga on worry.** This study is unique, as it is a randomized preference trial; people will be randomly assigned (like a flip of a coin) by the computer to one of two groups. In the first group the computer chooses the group you are placed in. In the second group you choose your preferred group. The two interventions include:

- Talk therapy which will consist of 10 weekly confidential individual sessions with a study coach to learn different coping strategies for managing worry.
- Gentle yoga (adapted for older adults) will consist of 10 bi-weekly group classes with a trained yoga instructor at a local facility in the community.
- The study will last 10 weeks with a 6 month follow up for each participant.

Additionally, there will be three times over the course of the study during which you will complete a packet of questionnaires. You will be given a gift card for fully completing each packet throughout the study. **Please call 1-866-396-4771 if you are interested in participating in the study.**

**19th Annual Book Sale
and Bake Sale**

Thur., October 18: 1:00 – 7:00 pm
Fri., October 19: 9:00 am – 7:00 pm
Sat., October 20: 8:00 am – 12:00 pm

Our sale will take place at the Senior Center. We will need a large number of volunteers through October 20 to help with:

- ✓ Pricing, Sorting, Boxing and Storing Books
- ✓ Setting-Up and Tearing-down the Sale
- ✓ Conducting the Sale

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 on Thursday, October 18 and Friday, October 19. 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. **Please call Susan Yussim 336-497-4555 or Liz Tunstall 757-592-0584 for more information.**

Books Still Needed!

Please Don't Wait Until The Last Minute!

Donate your books good to the Senior Center before September 21 (Monday-Friday, 9:00 am to 3:00 pm.) We **do not** accept text books, magazines, Readers Digest Condensed books, encyclopedias, books that are falling apart or 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.)***

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

Can You Hear Me Now?

Advocate for increased senior centers funding

Wednesday, July 18, 2018 at 2:30 pm

Friday, July 27, 2018 at 11:30 am

At the "Take Me Out to the Ball Park" Lunch

A NC Subcommittee On Aging has been formed to make recommendations to the Joint Legislative Oversight Committee on Health and Human Services. One issue up for consideration is an increase in General Purpose funding for senior centers by an additional \$300,000 in recurring funds. At the "Can You Hear Me Now" events you will learn how to advocate to support this issue and you will be able to contact a member of the subcommittee to request they include increased funding for senior centers in their report.

Free Notary Service

Friday, July 27 at 10:00 am

Susan Yussim will be available at the Senior Center to notarize your documents. This will be our last Notary Service Session.

Shop-For-A-Cause

Fall Festival Vendor Fair

Saturday, October 6

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.**

Watercolor Lessons

Watercolor classes are taught in seven-week sessions (orientation class, plus six lessons) 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.**

July-September 2018 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
 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 (will not meet July & August)

THURSDAYS

10:00 - Stretch & Flex^{\$}
 10:00 - Needle Arts
 10:00 - Chess (1st and 3rd Thurs.)
 12:00 - Pinochle
 1:00 - Beginner's Bridge Lessons
 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

July 2018 Special Activities

Date	Time	Activity (RSVP required)
Mondays	12:00 pm	Beginner's Line Dance Class ^{\$}
Wed. 7/4	Closed	Shepherd's Center and Senior Center Closed for 4th of Holiday
Wed. 7/11	1:00 pm	Gorgeous Greeting Cards ^{\$}
Fri. 7/13	10:00 am	Making Music Together
Wed. 7/18	1:00 pm	New Business Development
Wed. 7/18	2:30 pm	Update Can You Hear Me Now?
Thurs. 7/19	1:00 pm	Good Bacteria and Bad Bacteria for Gut Health
Thurs. 7/19	6:00 pm	Music at Twilight at Paul J. Ciener Botanical Garden
Fri. 7/20	8:00 am	Dental Clinic at Seventh Day Adventist Church
Tues. 7/24	9:00 to 11:00 am	Voter Registration Event
Tues. 7/24	3:00 pm to 7:00 pm	Flight Through the Cosmos
Thurs. 7/26	11:30 am	Rate-A-Restaurant at Amalfi's ^{\$} Restaurant
Thurs. 7/26	2:30 pm	Library Movie: "Wonder"
Fri. 7/27	10:00 am	Free Notary Service
Fri. 7/27	11:30 am	Take Me Out to the Ballpark Lunch

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.

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.

August 2018 Special Activities		
Date	Time	Activity (RSVP required)
Mon-days	12:00 pm	Beginner's Line Dance Class ^{\$}
Thurs. 8/2	1:00 PM	Discover Hummingbirds
Tues. 8/7	10:00 am	Lock Your Meds® with Coffee and Doughnuts
Thurs. 8/9	1:00 - 3:00pm	Voter Registration
Fri. 8/10	11:00 am	Understanding Caregiver Burnout and Compassion Fatigue
Mon. 8/13	11:00 am	Make-n-Take Floral Arrangement at Lowes Foods ^{\$}
Tues. 8/14	9:00 am	Twenty-Six Documents You Need to Have
Wed. 8/15	1:00 pm	Gorgeous Greeting Cards ^{\$}
Thurs. 8/16	10:00 am	Essential Oils for Seniors Make-n-Take ^{\$}
Thurs. 8/16	1:00 pm	Living Healthy with Diabetes Interest Meeting
8/17 Fri.	10:00 am	Protecting Your Assets from Scammers and Medical Creditors
Thurs. 8/23	1:00 pm	Movie Matinee: TBA
Tues. 8/28	10:00 am	Emergency Preparedness
Fri. 8/31	10:30 am	Brunch and Chair Volleyball

\$=fees or cost

Bingo News

Join us every Friday at 10:00 am to play Bingo at the Senior Center. Bring 2 prizes, Win 2 prizes. Upcoming themes for prizes: Month of July bring Patriotic or Christmas themed prizes.

September 2018 Special Activities		
Date	Time	Activity (RSVP required)
Mon. 9/3	Closed	Shepherd's Center and Senior Center Closed for Labor Day Holiday
Mondays	12:00 pm	Beginner's Line Dance Class ^{\$}
Thurs. 9/6	1:00 pm	Low Vision Seminar
Thurs. 9/6	1:00 pm	Beginning Acrylics at Kernersville Parks and Rec
Tues. 9/11	1:00 pm	Planting Bulbs in the Fall for Spring Blooms
Thurs. 9/13	1:30 pm - 3:30 pm	Low Vision Screenings
Fri. 9/14	10:00 am	AARP Homefit Program
Fri. 9/14	6:00 pm	Scrapbooking with Karen
Sat. 9/15	9:00 am	Sewing Sew-cial
Tues. 9/18	9:00 - 12:00 pm	Novant Health, Wellness & Cardiovascular Screenings
Wed. 9/19	1:00 pm	Gorgeous Greeting Cards ^{\$}
Thurs. 9/20	11:30 am	Rate-A-Restaurant at Olympic Restaurant 1555 W. Mountain Street ^{\$}
Fri. 9/21	11:30 am	National Senior Center Month Luncheon
Mon. 9/24	5:30 pm	Welcome to Medicare
Tues. 9/25	1:00 pm	Dream Catcher Gourd Class ^{\$}
Thurs. 9/27	1:00 pm	Movie Matinee: TBA
Thurs. 9/27	6:00 pm	Music at Twilight at Paul J. Ciener Botanical Garden

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.

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

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
- 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 and Senior Center will be closed:

- ✓ **Wednesday, July 4 for Independence Day**
- ✓ **Monday, September 3 for Labor 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 is underway and you may have received 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 13 active programs supported by over 450 committed volunteers. The Senior Enrichment Center is one of these Shepherd's Center programs. In 2017, over 3,830 individuals received at least one of the services offered by The Shepherd's Center.

By supporting The Shepherd's Center with your gift, you enable us to continue to empower and enrich lives. Without federal funding and limited state funding, local support through volunteer hours and monetary donations is so important. 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
P O 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.