

Newsletter April 2016

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[www.shepctrkville.com/documents/TSC Newsletters/April Quarterly Newsletter.pdf](http://www.shepctrkville.com/documents/TSC%20Newsletters/April%20Quarterly%20Newsletter.pdf)

Golf Tournament

The Shepherd's Center's 26th Annual Golf Tournament "Time to Tee It Up!" presented by Lawrence E. Pope Foundation is Friday, May 13, 2016 at Pine Knolls Golf Club at 1 p.m. If you are the winner of the \$10,000 Hole-in-One Challenge, you and The Shepherd's Center both receive \$5,000.

Read more at www.shepctrkville.com/events/annual-golf-tournament.

Health Screenings Clinic and Dental Clinic

The North Carolina Baptist Men, Novant Health and The Shepherd's Center are pleased to partner to bring a health and wellness opportunity to those 50+ in our community on Friday April 8. Read

more at www.shepctrkville.com/news/project-senior-smile. The Shepherd's Center and North Carolina Baptist Men will also be hosting a free dental clinic for adults 65+ who do not have dental insurance. Read more at www.shepctrkville.com/events/dental-clinic.

Service Recognition Pin

Thirty-one years ago The Shepherd's Center of Kernersville was founded on the dedication and commitment of volunteers who provide vital support to adults in this community who are aging or with disabilities. To recognize our volunteers who go above and beyond we now have a Service Recognition Award Pin. Now you can nominate an individual for their extraordinary giving spirit.

Read more at www.shepctrkville.com/documents/SERVICE%20RECOGNITION%20PIN%20NOMINATION%20FORM.pdf.

Humor and Laughter — Health Benefits



Laughing is universal; no matter how old you are, what language you speak or what your physical or mental abilities are, you can laugh. Even people who have been accused of having no sense of humor have been caught chuckling over a funny story, unleashing a host of physical, emotional and mental health benefits for both themselves and the people around them. Read more at www.shepctrkville.com/documents/Laughter%20Benefits.pdf.

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Important Dates
To Remember

**Health Screening
Medical Clinic**
April 8, 2016

Project Senior Smiles
April 29, 2016

**26th Annual
Golf Tournament**
May 13, 2016



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