Enriching lives of those aging or with disabilities.

The Center Post

A publication of The Shepherd's Center of Kernersville

purpose | compassion | ENRICHMENT | life

April - May - June 2019 Newsletter

Blue Jeans Gala Auction Friday, April 12, 2019 at 6:30 pm

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Purchase tickets online at shepctrkville.com

Lunch with County Commissioner David R. Plyler

Friday, April 26 at 11:30 am

Join Forsyth Commissioner Plyler for a Covered Dish luncheon at the Senior Center. He will make comments regarding issues facing Forsyth County, be available to take your questions, and hear your concerns. Participants are required to bring an entrée, side dish or dessert with enough to share. **RSVP and to let us know what food item you plan to bring.**

WSSU Rams Know H.O.W. Health Screenings

Thursday, April 25
9:00 am – 12:00 pm
By Appointment Only

Schedule your appointment for the Rams Know H.O.W. Health Screenings provided by the WSSU School of Health Sciences. The appointments will take place at the Senior Center and are free. Your screening will include: blood pressure, body mass index (BMI) measurements, pulse oxidation, glucose, and cholesterol. Fasting is required for accurate screening results.

Call 336-992-3180 to schedule your screening. Space is limited.

The Shepherd's Center of Kernersville Staff

Executive Director
Anita McNeill

Senior Center Director
Lisa Miller

Senior Center Program Coordinator
Debbie Cornatzer

Director of Development
Lynne Garms

Transportation and Volunteer Service Coordinator
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Monday-Friday
8:00 am - 4:00 pm
www.shepctrkville.com

Scope out our work in progress on the Shepherd's Center website at www.shepctrkville.com

ANITA'S ADDRESS

Welcome Spring! We have had so much rain these past months – our grass should be especially green, flowers have extra blooms and sunshine feel particularly warm. Spring is such a special time of year for cleansing and renewal.

As you do your spring cleaning, de-clutter your space by taking any items you do not love or absolutely need and gifting or donating them. This makes it easier to enjoy the things you keep, your treasures! De-clutter your mind and body of negativity and bad habits. This makes it easier to live your best life!

Take time for you first. Take that walk in the sun. Pull a few weeds. Take that class or attend that program at the Senior Enrichment Center. Always make sure your cup is full so you are able to fill the cups of those around you.

If you do not already, volunteer at The Shepherd's Center. We have opportunities from helping us in the office and on the telephone to providing transportation to medical appointments and errands for those unable to drive themselves. Giving of yourself always feels good.

There are many adults who are aging or disabled that would love a visit or telephone call from you. Socialization is imperative for good health.

At The Shepherd's Center, we are happy for Spring to be here. Spring brings our 26th annual fundraising Auction – Blue Jeans Gala – which Lynne, the Director of Development, and the Auction Committee have worked on so diligently since before the end of 2018.

We are very pleased to have received a $21,000 grant from the Winston-Salem Foundation in February. This grant assists us in paying for the Volunteer Services Coordinator which was a new position in 2018. Audrey Ryan holds this position and does a great job recruiting, training and assigning volunteers serving our many service recipients throughout the majority of our programs.

In addition, we received an unexpected grant from the Kernersville Foundation that will enable us to update our publicity and marketing materials, the display we use when visiting events to represent our Mission, Vision and Services. We are thankful for this recognition and assistance.

Personally, this Spring is more exciting than usual. We have such a wonderful team to plan, work, celebrate and fellowship with every day! Our volunteers are inspiring and motivating. Our active Board of Directors strongly support us all which is so refreshing! We work well together and that means we accomplish more and help keep each other renewed in our enthusiasm. I am thankful for the staff, volunteers, including the Board of Directors, and blessed by them every one! This will be a Happy Spring!!

Bill Radisch Computer Learning Center (Kernersville ShepNet)
Wednesdays 8:30 am to 11:30 am and Fridays 9:00 am - 12:00 pm

Our Computer Learning Center invites anyone needing help with Windows computers, Android phones and tablets, and Chromebooks to stop by the computer lab in the Kernersville Senior Center. We will be glad to help you learn (one-on-one) how to use those devices and programs associated with them (email, documents, etc.). We will repair your device, install programs, etc. If you have a "dead" device, bring it for us to attempt to revive it. No appointment is needed. **$5 fee if we are able to help you.**

Mobile Dental Clinic

Friday, June 14 by Appointment

The North Carolina Baptists on Mission and The Shepherd's Center are pleased to partner and provide a free dental clinic for those who are 65 and older, with low-income, live in our service area, and do not have dental insurance. Cleanings, fillings, and simple extractions are the only dental procedures available. The Dental Bus is not handicap accessible and will be located at the *Seventh Day Adventist Church, located at 896 Old Winston Road*.

Pre-screening for an appointment is required and can be made Monday, May 13 - Friday, May 31 by calling 336-992-3180.

SPECIAL PROGRAMS AND ACTIVITIES

Please call 336-992-3180 to RSVP at least two days in advance for all special programs and activities unless otherwise noted in the articles that follow.

Spring Vendor Fair at the Senior Center
Saturday, April 6 ~ 9:00 am - 2:00 pm

A one-stop shopping experience featuring home-based business owners. Tickets will be available for raffle and/or door prizes. Proceeds benefit the Senior Center. **No RSVP required.**

Gentle Yoga for Seniors: Every Thursday, at 1:00 pm
April: Improve Your Posture ~ May: Connect to Your Breath ~ June: Balance Your Body

Lisa Kushner will demonstrate an easy and adaptable approach. The only requirements are a sense of humor, yoga mat or towel, and to wear comfortable clothing. Classes are at the Senior Center. **Your first class is free, and then it is $5.00 per class. RSVP required.**

Caregiver Education and Support Group Workshops 2nd Mondays at 11:00 am
April 8: Dementia 201 and Project C.A.R.E.*
May 13: Hoarding and Rummaging
June 10: Anxiety Disorders

Come learn and receive support with other caregivers as the Geriatric and Adult Specialty Team leads the presentations listed above at the Senior Center. Following each presentation, Debbie McCauley, Gerontologist will assist in a caregiver support session.

Guest speaker, Karen Phoenix will present Dementia 201 on April 8 for an in-depth look at the types of dementia, effects on the brain and how the brain affects the body. It includes common symptoms specific to certain types of dementia. Also, information about Project Caregiver Alternatives to Running on Empty (C.A.R.E) for caregivers with loved ones (with dementia) will be provided.* All workshops take place at the Senior Center. **RSVP required for each session.

Gorgeous Greeting Cards: 3rd Wednesdays at 1:00 pm
April 17: Birthday Cards ~ May 15: Sympathy Cards ~ June 19: Feminine Cards

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. Bring your own adhesive, or you can purchase on the day of class for $7.00. Class fee is $7.00 for supplies. Classes are taught at the Senior Center. **Contact Lisa Tedder a week prior to each class to register by e-mail: tedderBearStamping@gmail.com or call 336-408-8957.**

Lowy Movie Day ~ 3rd Mondays at 1:00 pm
April 15, May 20 and June 17
Our spring and summer line-up of movies at the Senior Center include science fiction, history, and humor. For more details, including movie titles, contact the Senior Center. All movies are free**.** Popcorn, water and coffee provided. **RSVP required.**

Brookdale Senior Living Lunch, Learn and Tour *1560 Skeet Club Road in High Point*
Tuesday, April 16 at 11:00 am
Planning the journey towards senior living does not happen overnight, it is a process. The more one learns 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. Joy, the Activity Director, will lead Brain Fit games which are challenging and fun! No worries about transportation, just meet us at the Senior Center. **Brookdale will provide a van for transportation. RSVP required by April 12.**

Coloring for Fun
Thursdays, April 18, May 2, June 6 and 20 at 12:30 pm
Enjoy an afternoon at the Senior Center of Coloring for Fun; an easy way to relax and make new friends. Bring a snack with enough to share. No experience or artistic skills are necessary. Materials are provided. **RSVP required.**

Community Conversation on Aging Matters in the Kernersville Area
Thursday, April 18 at 1:30 pm
Presented by Aleatha Patterson with Age Friendly Forsyth (AFF)

The Shepherd's Center of Kernersville has been involved with AFF and its plans and growth since the beginning and now it is time to hear from YOU! We are working to create an age-friendly community and ensure that Forsyth County is a place where aging adults can live their best lives. Let us come together at the Senior Center to discuss priorities, challenges, and opportunities in the Kernersville area. We are inviting all Kernersville residents and officials with interest in aging matters to attend. **RSVP required.**

Powerful Tools for Caregivers
Tuesdays, April 23 - May 28 at 1:00 pm
Caring for an older relative or friend with a chronic illness 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, communicate your feelings, increase your ability to make tough decisions, locate helpful resources, and bring balance to your life. This course consists of six consecutive weekly sessions at the Senior Center. Participants will receive a free copy of *The Caregiver Help* book. **Call 336-992-3180 to register before April 17. Space is limited.**

Rate-a-Restaurant
East Coast Wings Thursday, April 25, at 11:30 am *800 N. Main St, Kernersville*
Prissy Polly's BBQ Thursday, June 27 at 11:30 am *729 NC Hwy. 66 S. Kernersville*
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. Ratings are based on quality of food, service, cleanliness, menu, and overall satisfaction. Space is limited. **RSVP required to reserve your seat**.

1 Star Lowest Rating - 5 Stars Highest Rating

El Palenque Restaurant (December) Results
Overall: 4.6 · Service: 4.9 · Food: 4.7
Cleanliness: 3 · Menu Prices: 3

Clark's BBQ (January) Results
Overall: 3 · Service: 2 · Food: 3
Cleanliness: 4.9 · Menu Prices: 4.6

Healthy Living for Your Brain and Body
Monday, April 29 at 1:00 pm

Meet staff from the Alzheimer's Association as they discuss: lifestyle habits we can adopt at any age to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. Program is at the Senior Center. **RSVP required.**

Pen Pals with Student Friends
Wednesday, May 1 at 10:00 am

Think of a time when you received a handwritten letter in the mail and the joy that came from receiving it. Students from Mrs. Badgett's 4th grade class at Caleb's Creek Elementary School will write letters to Senior Center participants. In return we will meet at the Center to hand write a letter back to them and spread the joy. **RSVP required**.

Paint on Canvas
Thursday, May 2 ~ 1:00 pm - 3:00 pm

Amber Shipman will teach step-by-step acrylic painting, where you will create a lovely 11" x 14" birdhouse design. No talent required for lots of fun and stress free painting. Program is at the Senior Center. All supplies are included. The class fee is $25.00 cash per person due day of class. **RSVP required by April 29.**

"Jeopardy"
Tuesday, May 7 at 10:00 am

You spoke, we listened. Back by popular demand. Robert Garcia from Trellis Supportive Care will be hosting this fun event that will also include prizes for the winning contestants. Join us for a great dessert, really good coffee and a very competitive game of "Jeopardy" at the Senior Center. **RSVP required.**

Jewelry Art
Wednesday, May 8 at 10:00 am

We will be creating a beautiful one-of-a-kind work of art in an 8" x 10" picture frame. Join us for an afternoon of creative fun and joyful laughter as we craft together at the Senior Center. Bring needle nose pliers, large tweezers, wire cutters, old or broken jewelry and beads. Frame and adhesive provided for $7.50 per person. Seating is limited. **RSVP required by May 2.**

Navigating TV Provider Options
Provided by Samantha Allred, North Central Regional Director, NC Baptist Aging Ministry
Thursday, May 9 at 10:00 am

Provider options such as cable, satellite, *Netflix, Sling TV, Roku, Hulu,* and many more can be confusing and frustrating. This workshop will define the most common TV provider options and give advantages and disadvantages of each. She will also share insightful techniques for negotiating with TV providers so that you can enjoy the best and most cost effective television viewing experience. Program is at the Senior Center**. RSVP required.**

Lunch and Learn NC Wildflower Program
at Paul J. Ciener Botanical Garden (PJCBG) *215 S. Main Street, Kernersville*
Thursday, May 9 at 12:00 pm

Join Derek Smith, Environmental Engineer North Carolina Department of Transportation and learn about the history of the Wild Flower Program as well as the types of wildflowers grown by the Department. Discover how you can showcase and grow wildflowers in your home garden. Bring your own lunch. Water, and lemonade provided. **Free to Members of PJCBG. Nonmembers $2.00 donation. RSVP required.**

Voter Registration Events
Thursday, May 9 ~ 1:00 – 3:00 pm and Tuesday, June 11 ~ 9:00 am – 11:00 am

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.**

Advanced Directives Seminar Provided by *Trellis Supportive Care*
Friday, May 10 at 1:00pm

Got Plans? Having a living will and a healthcare power of attorney is as simple as 1, 2, 3. It is the best peace of mind you can share with your loved ones. Learn more about these documents and how to complete them at this workshop at the Senior Center. **RSVP required.**

Ask a Lawyer Appointments
Friday, May 10 ~ 9:00 am – 12:00 pm

Schedule a free confidential appointment with Elder Law and Special Needs Attorney, Vance Parker. Appointments will be at the Senior Center. **Call 336-992-3180 for an appointment.**

Town of Kernersville Blood Drive
Tuesday, May 14 ~ 10:00 am - 2:30 pm

The Town of Kernersville will host a blood drive at the Senior Center. Walk-ins are welcome but appointments are recommended. To make an appointment go to: https://www.redcrossblood.org

Chic and Creative Ways to Tie a Scarf
Thursday May 16 at 10:00 am

Scarves are a beautiful way to accessorize your wardrobe. Join us at the Senior Center to learn classic and new ways to tie a square scarf. A complimentary vintage scarf will be provided for you to take home. **Class size is limited, RSVP required.**

AARP Fraud Watch Network Workshop
Thursday, May 16 at 1:00pm

Con artists steal billions from Americans every year. The AARP Fraud Watch Network is working to empower you with proven resources, tools to help you spot and avoid identity theft and fraud. The workshop at the Senior Center will focus on: fraud trends, the con artist's playbook, and resources to go if you or someone you know has become a target. **RSVP required.**

Tour Grandfather Mountain
Thursday, May 16 at 8:00 am

Meet at Ardmore Baptist Church *501 Miller St in Winston-Salem*. Board a Cross Roads Charters and Tours bus. Enjoy a tour of Grandfather Mountain, an icon in North Carolina's landscape for generations, offering stunning scenery, including azaleas and mountain laurel. Cost $50.00. Maximum number is 56. This trip is open to everyone from ages 6 to 96+. Bring a picnic lunch or buy lunch from Mildred's Grill. Depart from Ardmore Baptist Church at 8:00 am and return about 5:30 pm. **Deadline for payment is April 16. Call Jerry or Beverly at 336-765-8312 for more information or to register.**

May: Older Americans Month Covered Dish Luncheon and Games
Friday, May 17 at 12:00 pm

Join us as we celebrate Older Americans Month at the Senior Center. The 2019 theme is **Connect** with friends, **Create** by engaging in activities, and **Contribute** your time, talent, and life experience to benefit others. We will begin with a covered dish luncheon followed by an afternoon of games. **RSVP required. Let us know what food item you will bring with enough to share.**

Your Refrigerator is Your Medicine Chest
Tuesday, May 21 at 10:00 am

Clinical research reveals that certain foods may offer benefits such as cancer prevention, cholesterol reduction, and slow the aging process. Join us at the Senior Center as we sample and learn about these superstar foods with Patricia Kuhn, MS, RD, LDN. **$3.00 cash fee for samples and RSVP required by May 14.**

Ice Cream Social
Wednesday, May 29 at 1:00 pm *Hosted by Home Loving Senior Care*

Invite your family and friends to join you at the Senior Center and get in out of the heat for a cool ice cream treat and craft time. Sugar free options will be available as well as toppings and cones. **RSVP required.**

Senior Center Annual Planning Meeting
Thursday, May 30 at 9:30 am

This is a 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 snack with enough to share. Program is at the Senior Center. **RSVP required.**

Birds of Prey Presentation
Friday, May 31 at 11:00 am

How many kinds of hawks are found in the Piedmont and what do they eat? What is the largest owl in North Carolina and how does it see at night? Find out the answers to these and many more questions. Speaker Liz Schmid, Special Ambassador for Owl's Roost Wildlife Education will bring live hawks and owls to this special presentation at the Senior Center. **RSVP required.**

Summer Delights with Chef Tony
Friday, June 7 at 1:00 pm

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

Traffic, Potholes, Bridges, & Roads, Oh My!
NC Department of Transportation Update
Tuesday, June 11 at 1:00 pm

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

The Piedmont Triad's 8th Annual Elder Abuse Awareness Walk, Stroll, and Roll
Saturday, June 15 *At Triad Park in Kernersville*

Registration and Vendor Fair ~ 9:00 am
Opening Ceremony/Walk ~ 10:00 am
Every age is welcome. There will be personal document shredding, exhibitors, food and more. Sign-up no later than June 6 to reserve a t-shirt and to join our team. Registration forms are at The Shepherd's Center of Kernersville or Senior Center. Make sure you put "The Shepherd's Center of Kernersville" as your team name and drop off completed entry forms at the Senior Center.

Celebrate World Music Day Lunch and Karaoke at the Senior Center
Friday, June 21 at 12:00 pm

Join the worldwide celebration of music on June 21. It is held on the same day in more than 800 cities in 120 countries. Come karaoke with us, enjoy laughter and lunch with your friends. Wraps, fruit, chips, and karaoke provided by *Arbor Ridge.* **When you RSVP: sign-up to bring a side dish or dessert with enough to share.**

The Four Seasons Watercolor Club

invites you to view their original watercolor art at River Landing at Sandy Ridge through April 30th.

Free Notary Service Available

Notary Services are available at both of our office locations. Please call 336-996-6696 or 336-992-3180 if you are in need of this service.

Thank You!
2019 AARP Tax-Aide Volunteers!

Phillip Berrier
James Berry, Jr.
Randy Burks
Nancy Bodycomb
Barbara Cannon
Susie Canty
Sharon Cole
Vincent Cimmino
Paul Crossland
Bill Dreshfield
Emily Dreshfield
Ken Drewry
Bryan Eshleman
John Gudat
Cynthia Hatch
Lynn Kale
Dave Kenward
Lorrie Kenward
Mary Anne Klein
Helen Kleinlein
Julie Medefindt
Helen Poteet
David Richmond
Bob Spontak
Joyce Spontak
Jeanne Weyant
Susan Yussim

Because you gave your time, by the end of tax season we will have provided about 800 income tax returns for individuals in our community.

Senior Center and The Shepherd's Center Will Be Closed

Friday, April 19 (Good Friday) and Monday, May 27 (Memorial Day)

Senior Center Programming Changes Due to Spring Folly

- Senior Center Offices WILL be open on Friday, May 3 ~ 8:00 am - 4:00 pm
- Our parking lot will be closed May 3 & 4
- Computer Lab will be closed
- Bingo, Hand & Foot, and Chinese Dance will not meet
- Mona McManus' Stamp Classes will not meet on Friday, May 3 it is rescheduled to Friday, May 10.

Month-Month 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 - Tatting
12:00 - Beginner's Line Dancing$
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
8:30-11:30 Computer Lab Assistance$
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

THURSDAYS
10:00 - Stretch & Flex$
10:00 - Needle Arts
12:00 - Pinochle
6:30 - American Legion Post #36$ *(3rd Thurs.)*

FRIDAYS
9:00 am - 4:00 pm - Sit-n-Sew *(4th Friday)*
9:00 - Computer Lab Assistance$
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

April 2019 Activities

Date	Time	Activity *(RSVP required)*
Every Thursday	1:00 pm	Gentle Yoga April: Improve Your Posture$
Sat. April 6	9:00 am - 2:00 pm	Spring Vendor Fair$
Mon. April 8	11:00 am	Caregiver/Education Support Group: Dementia 201 and Project C.A.R.E.
Fri. April 12	6:30 pm	Blue Jeans Gala Auction$
Mon. April 15	1:00 pm	Lowy Movie Day
Tues. April 16	11:00 am	Brookdale Senior Living Lunch, Learn and Tour-Transportation Provided
Wed. April 17	1:00 pm	Gorgeous Greeting Cards: Birthdays Cards$
Thurs. April 18	12:30 pm	Coloring for Fun
Thurs. April 18	1:30 pm	Community Conversation on Aging Matters in the Kernersville Area
Tues. April 23 - May 28	1:00 pm	Powerful Tools for Caregivers Every Tuesday for 6 next Weeks
Thurs. April 25	By Appointment	WSSU Rams Know H.O.W. Health Screening Appointments
Thurs. April 25	11:30 am	Rate-A-Restaurant: Meet at East Coast Wings$
Fri. April 26	11:30 am	Lunch with County Commissioner David R. Plyler
Mon. April 29	1:00 pm	Healthy Living for Your Brain and Body

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

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.

May 2019 Activities

Date	Time	Activity *(RSVP required)*
Every Thurs.	1:00 pm	Gentle Yoga: Connect to Your Breath[$]
Wed. May 1	10:00 am	Pen Pals with Student Friends
Thurs. May 2	12:30 pm	Coloring for Fun
Thurs. May 2	1:00 pm	Paint on Canvas[$]
Tues. May 7	10:00 am	Jeopardy
Wed. May 8	10:00 am	Jewelry Art[$]
Thurs. May 9	10:00 am	Navigating TV Provider Options
Thurs. May 9	12:00 pm	NC Wildflower Lunch and Learn at Paul J. Ciener Botanical Garden[$]
Thurs. May 9	1:00 pm - 3:00 pm	Voter Registration
Fri. May 10	By Appointment	Ask A Lawyer
Fri. May 10	1:00 pm	Advance Directives
Mon. May 13	11:00 am	Caregiver/Education Support Group: Hoarding and Rummaging
Tues. May 14	10:00 am - 2:30 pm	Blood Drive Walk-in or By Appointment
Wed. May 15	1:00 pm	Gorgeous Greeting Cards: Sympathy Cards[$]
Thurs. May 16	8:00 am	Tour Grandfather Mountain[$]
Thurs. May 16	10:00 am	Chic and Creative Ways to Tie a Scarf
Thurs. May 16	1:00 pm	AARP Fraud Watch Network
Fri. May 17	12:00 pm	Older Americans' Month Covered Dish Luncheon
Mon. May 20	1:00 pm	Lowy Movie Day
Tues. May 21	10:00 am	Your Refrigerator is Your Medicine Chest[$]

May 2019 Activities Continued

Date	Time	Activity *(RSVP required)*
Wed. May 29	1:00 pm	Ice Cream Social with Home Loving Senior Care
Thurs. May 30	9:30 am	Annual Planning Senior Center Meeting
Fri. May 31	11:00 am	Birds of Prey

June 2019 Activities

Date	Time	Activity *(RSVP required)*
Every Thurs.	1:00 pm	Gentle Yoga: Balance Your Body[$]
Thurs. June 6	12:30pm	Coloring for Fun
Fri. June 7	1:00 pm	Summer Delights with Chef Tony
Mon. June 10	11:00 am	Caregiver/Education Support Group: Anxiety Disorders
Tues. June 11	9:00 am - 11:00 am	Voter Registration
Tues. June 11	1:00 pm	Traffic, Potholes, Bridges, & Roads - NC Department of Transportation Update
Fri. June 14	By Appointment	Dental Clinic at Seventh Day Adventist Church
Sat. June 15	9:00 am	Elder Abuse Awareness Walk, Stroll, and Roll
Mon. June 17	1:00 pm	Lowy Movie Day
Wed. June 19	1:00 pm	Gorgeous Greeting Cards: Feminine Cards[$]
Thurs. June 20	12:30 pm	Coloring for Fun
Fri. June 21	12:00 pm	World Music Day Luncheon and Karaoke
Thurs. June 27	11:30 am	Rate-A-Restaurant Meet at Prissy Polly's BBQ[$]

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 watercolor lessons $35 per seven- week session *(must pre-register)*

EDUCATION & ENRICHMENT

Caregiver Support Group ~ 2nd Monday, 11:00 am
Lectures on a variety of topics are offered monthly. Check Center calendar each month for current schedule.
Bill Radisch Computer Learning Center ~ Wednesdays (8:30-11:30am) and Fridays (9:00-11:00 am) for one-on-one teaching and technical assistance. Individual help on whatever challenge one may have with a computer or a technical device (Windows/Androids only). $5.00 per visit.

HEALTH & WELLNESS

Stretch & Flex Exercise ~ 10:00 am, Mondays, Tuesdays & Thursdays $5.00/month donation
Tai Chi ~ 10:00 am, Wednesday $5.00/week.
Beginner's Line Dancing ~ 12:00 pm, Mondays $6.00/week
Line Dancing ~ 1:00 pm, Mondays $6.00/week
Advanced Square Dancing ~ 7:00 pm Mondays (Not a teaching Class). Fees apply. Call for more information
Chinese Dance 7:00 pm, Fridays
Yoga ~ Thursdays, 1:00 pm First class free. $5.00/week

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 and win 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
Bridge Fun Day ~ 12:30 pm, 2nd Saturday, $3.00
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
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
- 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 regarding regular programs and services or for fee information, call 336-996-6696 or 336-992-3180. You can also e-mail us at seniorcenter@triad.rr.com info@shepctrkville.com

The Shepherd's Center of Kernersville

P.O. Box 2044
431-B West Bodenhamer Street
Kernersville, NC 27285-2044
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