



Enriching lives of those aging or with disabilities.

# The Center Post

A publication of The Shepherd's Center of Kernersville

purpose

compassion

ENRICHMENT

life

October - November - December 2019 Newsletter

## #GIVINGTUESDAY™

### Global Day of Giving is December 3, 2019

#GivingTuesday is only the year's biggest day of giving outside of December 31! It is designed to kickstart the charitable end-of-year giving season. This 24-hour giving event celebrates our donors and the do-good impact we all have together. Do you want to make an impact, strengthen your community and make a change? We invite you to help support us financially and/or join us as a volunteer! What better way to do so than on #GivingTuesday, celebrated on the Tuesday following Thanksgiving. #GivingTuesday offers a way to give with your heart by volunteering or making a financial donation to help support *The Shepherd's Center of Kernersville*. **Our Goal: Raise \$10,000 and recruit 10 new volunteers!!** Watch our Facebook page, our Twitter and Instagram feeds and The Kernersville News for our partners offering matching dollars. Will YOU partner with us on #GivingTuesday, December 3, 2019? You can drop off donations or sign up to volunteer between 8:00am & 4:00pm at *The Shepherd's Center of Kernersville*, 431-B W. Bodenhamer Street or at the *Senior Center*, 130 E. Mountain St. (lower level of former library). Donations can be made and volunteer applications completed on our website as well, [www.shepctrkville.com](http://www.shepctrkville.com).

**THANK YOU FOR YOUR SUPPORT!!**

### The Shepherd's Center of Kernersville Awarded Transportation Grant for Wheelchair Transport

The Winston-Salem Foundation, focusing on the priority of transportation, accepted grant applications from organizations with solid plans to meet transportation needs. We submitted our proposal for serving a demographic of adults who are aging or with disabilities that we had been unable to assist, those confined to or dependent upon wheelchairs. We received a grant through the generosity of The Winston-Salem Foundation and its donors and are now able to arrange transportation for our service recipients in wheelchairs by partnering with outside contractors that have the personnel and vehicles to meet these needs. Please spread the word regarding this additional assistance we are proud to be able to provide.

### Lawrence & Etta Lea Pope Foundation presents

### 29th Annual Golf Tournament

Friday, October 4, 2019

Pine Knolls Golf Club

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

**Gold Sponsors:** Larry Whicker Motors, Inc. and R.H. Barringer Distributing Company, Inc.

**Hole-in-One Sponsor:** Parks Chevrolet

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

To register to play contact: Lynne at 336-996-6696 or by e-mail [lynne@shepctrkville.com](mailto:lynne@shepctrkville.com).

**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*  
Audrey Ryan

*Accounting/Office Administrator*  
Evelyn Carlo

**Contact Us:**

**The Shepherd's Center of  
Kernersville**

**www.shepctrkville.com**  
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  
lisa@shepctrkville.com  
debbie@shepctrkville.com

**Monday-Friday**  
8:00 am - 4:00 pm

**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.

**ANITA'S ADDRESS**

A gentleman walked into The Shepherd's Center of Kernersville and told the volunteer working at the reception desk that he found some money in a hotel room while traveling for his job. He tried to turn it in to the hotel office and they said since no one had reported it missing, he could keep it.

This gentleman had lost his wife to complications from Alzheimer's after taking care of her mostly on his own for several years. He told our volunteer that he only knew and heard good things about The Shepherd's Center and handed over a one hundred dollar (\$100) bill. The volunteer asked for his donation information in order to send him a letter/receipt and he said that was not necessary, smiled and walked back out. Blessed!

A man of advanced years told a religious group at a local church that he had always wanted to give them enough money to buy and install air conditioning room units for four adults who were aging and in need of the units. The religious group took this plan to the church and they surveyed their congregation for qualifying members. There were none. The leader of the religious group went back to the kindly donor and reported this. He also suggested to the gentleman that he let the group partner with The Shepherd's Center to find people in need of air conditioning units.

The group leader and the church pastor visited me, Audrey had a list of service recipients in need of the units, Debbie at the Senior Center knew an electrician who volunteered to assist our handyman that volunteered to install the units. WOW!!!

I am starting an official "Open Door" policy whereby I would love to speak with volunteers so we get to know each other, discuss ideas for improvements or changes, anything you would like to speak with me about. My "Open Door" will be on Wednesday mornings from 9am until 12 noon and on Thursday afternoons from 1pm until 4pm. Call to make an appointment anytime. You can leave a message on my voicemail at 336-996-6696, ext. 303. I hope you'll take advantage of this policy.

***New!* Walking Indoors  
Tuesdays and Thursdays 8:30 - 9:30 am**

Stay out of the cold and come into the warmth of the Senior Center for Walking Indoors. Our largest room will be available to walk your way to health and wellness. This is a new drop-in event and everyone is welcome. RSVP requested.

**Items Wanted for the "Wednesday Weavers" Holiday Charity Project**

"Wednesday Weavers" and the Greensboro Chapter of the American Sewing Guild are making fidget aprons for Kerner Ridge. Items needed: denim fabric (1/2 yard min.), large plastic zippers, outside pockets from pants, shoe laces, neck ties, empty thread spools, small plastic Slinkies, 1/4" and 1/2" fabric ribbon, stretchy plastic key rings, extra-large buttons, 1" Velcro, large wooden or brass rings, fringe, buckles, small stuffed animals 2" to 3". **Drop your items off at the Senior Center October 16 - November 13.**

## VOLUNTER OPPORTUNITIES

### Handy Persons

Are you handy around your home? Can you do minor home repairs? Many of our service recipients find it very difficult to change a light bulb, replace a lock, or to do light yard work. Schedules are flexible so you can volunteer at a time convenient for you.

### Visiting or Companion Sitter

Do you enjoy chatting, visiting friends or seniors or disabled adults? Would you like to relieve a caregiver so they can have a break? Do you have 1-3 hours a week to spare? If so, please consider becoming a Visiting or Companion Sitter Volunteer. You could help make a senior or disabled person feel less isolated and provide them with a special friendship. Or, you can provide companionship to someone whose caregiver needs a much-needed break. We would love to have you on board!

### Drivers Needed

How often do you find it impossible to make it to a doctor's appointment? How hard is it for you to go grocery shopping or to make it to a hair appointment? For some of our participants, getting to appointments or the grocery store is incredibly difficult. Kernersville does not have public transportation and many of our recipients are not able or no longer drive. If you have a few hours to spare each week, please consider volunteering to drive for our recipients. You get to pick your schedule and can drive as little or as much as you would like. By giving a little bit of your time, you can make a HUGE difference in an older adult or person with a disability's life.

To volunteer or for more information, please contact Audrey at 336-996-6696 or email [vscoord@shepctrkville.com](mailto:vscoord@shepctrkville.com). To complete a volunteer application you can also visit our office at 431-B W. Bodenhamer St. in Kernersville or our website at [www.shepctrkville.com](http://www.shepctrkville.com).

### ***New!* Beginners Hand & Foot Tuesday and Thursday at 1:00 pm**

Not a teaching class.  
Everyone welcome!

## 2019 Town of Kernersville Mayoral Candidates' Forum

Tuesday, October 15

Kernersville Town Hall

5:15 pm ~ Meet the Candidates

6:15 pm ~ Forum

7:30 pm ~ Concluding Remarks

The Senior Enrichment Center and Kernersville Chamber of Commerce are co-hosting a Kernersville Mayoral Candidates' Forum. The moderator for the evening will be Dana Caudill-Jones, Winston-Salem/Forsyth County School Board member.

We will have questions prepared in advance for the Forum from questions submitted by the Chamber's Governmental Affairs Committee and Senior Enrichment Center participants but will also allow for some questions to be submitted the evening of the event from the floor. Plan to attend the "Meet the Candidates" portion of the evening so you can ask questions face-to-face.

**For additional information contact the  
Chamber of Commerce at 336-993-4521  
The Senior Center 336-992-0591 or  
[e-maillisa@shepctrkville.com](mailto:e-maillisa@shepctrkville.com)**

## Caregiver Education and Support Group 2<sup>nd</sup> Monday at 11:00 am

**October 14:** *Personality Disorders*

**November 11:** *Psychological and  
Behavioral Side Effects of Medications*

**December 9:** *Substance Use and Misuse*

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 workshop, Debbie McCauley, Gerontologist will assist in a caregiver support session. All workshops take place at the Senior Center. **RSVP required for each session.**

## Lowy Movie Day 3<sup>rd</sup> Monday at 1:00 pm

When you are ready for some time out during the Holiday season, stop by the Senior Center and view a blockbuster, seasonal or classic movie. For more details, including movie titles, contact the Senior Center. All movies are free. Popcorn, water and coffee provided. **RSVP required.**

**New! Survey Says, Game Day!**  
**2<sup>nd</sup> and 4<sup>th</sup> Tuesday at 10:00 am**

Our interest survey says you want designated time to play a variety of games. Here you go! Join us for Mexican Train Dominoes, Rook and other games (you may also bring your own games) on the 2nd and 4th Tuesday. **RSVP required.**

**Slower Paced Bingo**  
**3<sup>rd</sup> Tuesday at 1:00 pm**

Bingo at a slower pace using larger print playing cards. Although geared toward those with cognitive, physical, visual, hearing or other impairments all are welcome to play at the Senior Center. Caregivers are asked to attend to help assist their player; volunteers will be available as well. Bring two prizes to win two prizes. **RSVP required.**

**New! Round Dancing**  
**Wednesday at 7:00 – 9:00 pm**

Round dancing is a choreographed and cued ballroom dance progressing in a circular counter-clockwise pattern around a dance floor. Join Barbara Bibb our instructor -"cuer" for this fun and energetic dance class at the Senior Center. Some instruction is provided, beginners welcome and cueing will depend on the level of experience of our dancers. Class fee is \$5.00 per couple per week. **Call the Senior Center at 336-992-3180 prior to attending your first class so we may notify Barbara of your participation.**

**Gorgeous Greeting Cards**  
**3<sup>rd</sup> Wednesday at 1:00 pm**

**October: Thank You Cards**

**November: Birthday Cards**

**December 18: 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 and unique greeting cards. Class fee is \$7.00 for supplies. (Bring your own adhesive, or you can purchase on the day of class for an additional \$7.00.) Classes are taught at the Senior Center. **Contact instructor Lisa Tedder a week prior to each class to register by calling 336-408-8957 or by e-mail at TedderBearStamping@gmail.com.** *Please note: the 1st Monday Stamping Class is no longer meeting.*

**New! Books Ignite Book Club**  
**Thursdays at 10:00 am**

An interactive book club combining traditional discussions of books along with literary activities. We will increase our awareness and appreciation of an author's writing experience using unique and imaginative methods and game-type activities. Come and explore how "Books Ignite" and connect with avid readers at the Senior Center. **Walk-ins welcome!**

**Gentle Chair Yoga with Lisa Kushner**  
**Thursday at 1:00 pm**

**October: How to Cope with Stress**

**November: Thankful**

**December: Joy**

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, \$5.00 per class after your first class. **Walk-ins are welcome!**

**Buckhead Betties and Lunch**  
**Monday, October 14 at 10:00 am**

Buckhead Betties is open to the public during their semi-annual traveling outlet sales at 7600 Business Park Drive in Greensboro. Shop for luggage, travel accessories, picnic, lunch, school, laundry, holiday totes and clutches, women's fashion tops, jewelry, and more. Bring money for shopping, lunch and \$1.00 per person for your carpool driver. We will meet at the Senior Center at 10:00 am to depart by carpool. Drivers are needed and **RSVP is required no later than October 10.**

**CarFit: Does Your Car Fit You?**  
**Wednesday, October 16**

**9:00 am -12:00 pm by appointment only**

Improve your safety, comfort and fit behind the wheel. Trained volunteers provide information and measurements to ensure your safest "fit" in your personal vehicle. It is a free educational and hands-on interactive program by the American Society on Aging and developed in collaboration with AAA, AARP and the American Occupational Therapy Association. All appointments will be in the Senior Center parking lot. **Call 336-992-3180 to make an appointment.** *Rain Date: Tuesday, October 29*

### **Staying Vertical: Fall Reduction and Balance Promotion**

*Presented by Pennybyrn*

**Thursday, October 17 at 10:00 am**

A Falls Reduction and Balance Promotion program will be presented at the Senior Center by Allison Ford, Pennybyrn Physical Therapist. She will also be conducting individual balance screenings. Refreshments will be provided. **RSVP required.**

### **All About Woodpeckers**

**Thursday, October 17 at 2:00 pm**

Why is that crazy bird pecking on my aluminum gutters so early in the morning and why does it not get a headache? Find out the answers to these questions and more during this fun, interactive program about woodpeckers with Liz Schmid from *Wild Birds Unlimited of High Point*. Program is at the Senior Center. **RSVP required.**

### **“Jeopardy” and Pizza**

**Friday, October 18 at 12:30 pm**

Join us for a very fun competitive game of “Jeopardy” at the Senior Center. Robert Garcia from Trellis Supportive Care will be hosting this fun event that will also include pizza for lunch and prizes for the winning contestants. Seating is limited. **RSVP required.**

### **American Sewing Guild Annual Meeting**

**Saturday, October 19 at 11:30 am**

Invite your friends and enjoy this not-to-be-missed event at the Senior Center. After a catered lunch from the Mad Greek Grill, a brief business meeting, and election of officers for 2020, Lee Chappell Monroe will provide a trunk show of quilts and talk about using color in both garments and quilts. The cost for the event is \$15 for guild members and \$20 for non-members. **Pre-registration is required.** Contact Audrey Flock to register: (336) 996-6738 or email: quilts4you@embarqmail.com

### **Coffee with Fire Chief Scott Alderman**

**Monday, October 21 at 9:00 am**

Meet the new Fire Chief Scott Alderman for the Town of Kernersville at the Senior Center. He will talk about fire safety and services the fire department provides for aging adults and those with disabilities in our community. There will be plenty of time for questions and answers. Coffee and doughnuts will be served. **RSVP required.**

### **Kernersville Museum and Historic Downtown Walk-About**

**Tuesday, October 22 at 1:00 pm**

Meet at the Senior Center at 12:45 pm to walk to the Museum. We will tour the Museum then have a brief guided walking tour of downtown discussing Kernersville history and the historic significance of many buildings. This is a walking tour, make sure you wear comfortable shoes and are able to walk on various terrains. \$2.00 fee per person payable at the Museum the day of the event and **RSVP required.**

### **Welcome to Medicare**

**Tuesday, October 22 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! Program is at the Senior Center. If you have questions or would like to reserve a seat, **contact The Shepherd’s Center of Greater Winston Salem: (336) 748-0217 or email: [Info@Shepherdscenter.org](mailto:Info@Shepherdscenter.org).**

### **Counseling for Medicare Open Enrollment**

**Thursday, October 24**

*Appointments Begin at 9:00 am*

**Tuesday, November 12**

*Appointments Begin at 1:00pm*

The 2020 Medicare open enrollment period is October 15, 2019 to December 7, 2019. During the Annual Enrollment Period (AEP) you can make changes to various aspects of your coverage. Holli Ward and Deborah Litaker, Seniors' Health Insurance Information Program (SHIIP) counselors will meet with you at the Senior Center to help navigate the Medicare website, compare Medical and Prescription Drug Plans, and complete enrollment in a new plan if necessary. You must bring the following items with you: ORIGINAL Medicare card, all bottles or containers of medications, and current Advantage or drug plan information (card if you have one), and any information regarding upcoming changes in your plan. **RSVP required.**

**Rate-a-Restaurant**

**Big Burger Spot ~ Thursday, October 24  
at 11:30 am (832 S. Main St.)**

**Mae's Vintage Kitchen ~ Thursday, December 19  
at 11:30 am (149 S. Main St.)**

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 your overall satisfaction. Seating is limited to 10 for each event. **RSVP is required.**

**Prissy Polly's BBQ (June) Results**

Overall: 5 ~ Service: 5 ~ Food: 5  
Cleanliness: 4 ~ Menu Prices: 4

**Panera Bread (July) Results**

Overall: 3 ~ Service: 3 ~ Food: 4  
Cleanliness: 4 ~ Menu Prices: 2

**"Boo! Bingo"**

**Friday, October 25 at 10:00 am**

Wear your favorite costume for Halloween and join us for a Boo-rrrific time playing bingo at the Senior Center. Bring two prizes - win two prizes.

**Prize Themes:** October: Fall  
November and December: Holiday  
**Walk-ins welcome!**

**October Covered Dish Lunch  
with Speaker Dave Plyler**

**Friday, October 25 at 12:00 pm**

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 required. Let us know what food item you plan to bring when you RSVP.**

**Holiday Jewelry Art**

**Wednesday, November 6 at 10:00 am**

We will be creating a beautiful holiday work of art in an 8" x 10" picture frame using *old* jewelry. Join us for a morning of creative fun 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 \$12.00 per person. Seating is limited. **RSVP required by November 1.**

**Gourd-A-Ments**

**Thursday, November 7 at 12:00 noon**

Come spend an afternoon making an ornament from gourds, suitable as a holiday gift or holiday decoration. They are fun to make, easy to do and no artistic ability is necessary! We will be using alcohol inks to color the gourds. Be sure to bring an apron, smock, or wear clothes you would not mind getting stained. Class fee is \$20 for supplies. Class is limited to 10 people and will be held at the Senior Center. **RSVP no later than November 1.**

**Trip: N.C. Transportation Museum and  
Dolls, Toys & Miniatures Museum**

**Friday, November 8 at 7:45 am**

Arrive at Ardmore Baptist Church (Winston Salem) at 7:45am for an 8:00 am departure on church buses for a short drive to Spencer, N.C. Enjoy an informative docent-led tour of the trains, planes, and cars on display at the N.C. Transportation Museum. Next, we will enjoy a docent-led tour of the N.C. Museum Dolls, Toys, & Miniatures. The last stop will be the quaint Spanky's homemade ice cream store in Salisbury. Lunch is included. **Sign up for the trip now. \$30 per person and payment due before Sunday, October 13; for questions or to sign up contact Beverly Whitfield at 336-765-8312.**

**Home-based Business  
Vendor Fair  
Saturday, October 26, 2019  
9:00 am - 2:00 pm**

Mark your Calendars and get started early on your holiday shopping. Vendors have great gift ideas to make shopping for that special someone easy! Each vendor will be providing raffle prizes. Raffle tickets will be \$1.00 each. All proceeds from table fees and raffle ticket sales go to the Senior Center.

This event will take place at the Kernersville Senior Enrichment Center (130 E. Mountain Street, Kernersville) **If you are interested in setting up as a vendor applications are available at the Senior Center office or contact Lisa Miller at 336-992-3180, [lisa@shepctrkville.com](mailto:lisa@shepctrkville.com), or Karen Culler at [karenculler@gmail.com](mailto:karenculler@gmail.com)**

## Scams and Fraud

**Friday, November 8 at 11:00 am**

Scams cheat older Americans out of almost \$3 billion a year. Assistant District Attorney Jessica Spencer will speak about some common frauds and scams in Forsyth County. She will give tips on how to recognize a fraud or scam, what to do if you get a suspicious call or email, and what to do if you are or have been the victim of a fraud or scam. She will discuss relevant crimes and what you can do to protect yourself from becoming a victim at the Senior Center. Jessica has served as an Assistant District Attorney for 13 years and serves on the Elder Abuse Task Force. **RSVP required.**

## Gingerbread Birdhouse Make-and-Take

**Monday, November 4 at 12:30 pm**

Denise Depaolo from the "Community Table" will have a guest baker demonstrate how to build an A-Frame (4" x 4") gingerbread birdhouse and make cement frosting. She will have premade ones for us to decorate with candies and chocolate to take home. We will meet at Lowes Foods (240 Market View Drive). Refreshments will be served. **\$10.00 for supplies. RSVP required by November 1.**

## Yes You Can! Patient Rights

**Wednesday, November 13 at 10:00 am**

Meet Jennifer Harriss, Geriatric Care Manager from "Age With Grace". She will share important insights into what are your rights with your own health information and healthcare decisions. Often at a first time visit to a care provider you are handed a bunch of papers to sign or asked to sign on a screen at the desk. Just what are you signing? Do you have the time to read it or have someone explain it to you? Perhaps not at that moment, but Yes you can! Learn more about your rights and healthcare decisions at the Senior Center. **RSVP required.**

**Receive your Newsletter via email! You can help us save the cost of postage. Receive an e-edition by calling: 336-996-6696 or sending your e-mail address to: [info@shepctrkville.com](mailto:info@shepctrkville.com)**



## Holiday Ornaments and Lapel Pin Make-and-Take

**Wednesday, November 13 at 1:00 pm**

Mary Anne Truskowski will teach a class at the Senior Center on how to make candy cane and lollipop ornaments, and a wreath lapel pin with beads to take home. The class is free. All supplies are included. Bring needle nose pliers if you have them. **Class size is limited. RSVP required to reserve your seat.**

## "Mechanics of Care Giving"

**Lunch and Learn**

**Thursday, November 14 at 10:45 am**

Attend a complimentary lunch provided by *IORA Primary Care* at the Senior Center and learn about the "Mechanics of Care Giving." As a caregiver do you struggle with getting your loved one to the bathroom, bathing them, and getting them dressed in the Morning? Do you find it increasingly difficult to communicate effectively with them? These and many other caregiving related topics may be discussed. Registration for this event opens on **October 14. Call Senior Services to register at 336-721-6918.** This event is sponsored by Area Agency on Aging, SECU Family House, Trellis Supportive Care, Senior Services, the Shepherd's Center of Greater Winston-Salem, and Forsyth County DSS.

## Memory Screening at the Senior Center

**Wednesday, November 20**

**Appointments Begin at 1:00 pm**

*Co-Sponsored by Home Loving Senior Care and The Senior Enrichment Center*

Are you concerned about memory problems? Please join us for this annual initiative of the Alzheimer's Foundation of America. Take advantage of this free, confidential memory screening and pick up free educational materials about memory concerns, dementia, caregiving, and successful aging. **Call the Senior Center schedule a screening: 336-992-3180.**

**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.**

**Essential Oils and Emotions**

**Thursday, November 21 at 10:00 am**

Are your emotions all over the place when the time changes or during the holidays? It can be a stressful time for many.

Sylvia Dalrymple will help us discover how to use essential oils to help lift our spirits during this season. You will also have the option of making room sprays for \$5 each (Holiday, Oh Happy Day and Time for Sleep scents).. Program is at the Senior Center. **RSVP by Nov 15.**

**Thanksgiving Covered Dish Luncheon**

**Friday, November 22 at 12:00 noon**

It is Thanksgiving and time to gather together at the Senior Center to say thanks and be thankful for our Center, programs and participants. Join us for our annual covered dish luncheon as we celebrate with good food and friends. Bring a dish to share (entrée, appetizer, or side dish), invite a friend and gather for some fun. Apple pie dessert provided by Arbor Ridge. **RSVP required.**

**Pen Pals with Student Friends**

**Tuesday, November 26 at 10:00 am**

Join us at the Senior Center as we continue to write our pen pals from Mrs. Badgett's 4th grade class at Caleb's Creek Elementary School. We will continue this intergenerational program throughout the 2019-2020 academic school year at the Senior Center. **RSVP required.**

**Varicose Veins Go Away**

**Monday, December 2 at 1:00 pm**

Healthy veins are a vital part of blood flow and critical to the function of the heart, lungs, and brain. Veins in the legs and ankles can become twisted, enlarged, and weak near the surface of the skin. Dr. Joel Deonanan, Novant Health vascular surgeon, will provide information regarding varicose veins, treatment options and vascular health concerns. Program is at the Senior Center. **RSVP required.**

**Holiday Social**

**Sponsored by: Home Loving Senior Care**

**Wednesday, December 4 at 1:00 pm**

Join us for an afternoon of holiday treats and a festive craft with Home Loving Senior Care. The social will be at the Senior Center. **RSVP required.**

**Holiday Luncheon at the Senior Center**

**Friday, December 13 at 12:00 pm**

**Co-hosted by Arbor Ridge at Kernersville**

Come join us as we celebrate the holidays with a luncheon. This is sure to be a great afternoon of food and fellowship. Encourage all of your fellow Senior Center participants to attend. Help us make this our largest Holiday celebration ever. If you would like to participate in a gift exchange, bring a prewrapped gift valued at \$3.00 or less. Arbor Ridge will bring the main entrée. Senior Center participants will need to bring appetizers, additional entrées, side dishes and desserts for the event. **RSVP and let us know what item you will be bringing to the luncheon with enough to share.**

**End of Year Giving Campaign  
Impact 2019**

The Shepherd's Center of Kernersville will serve more than 5,000 adults who are aging or with disabilities in 2019. Kernersville area residents are able to age in place, remain active, keep their independence and stay socially connected due to the services we provide made possible by your generous donations. As you ponder your blessings during this Holiday season or while you are strategizing your year end tax saving plans, please remember The Shepherd's Center of Kernersville. You can also memorialize or honor a loved one through a year end gift. Look for our mailing visit our offices or our website [www.shepctrkville.com](http://www.shepctrkville.com).

*Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 1-888-830-4989 (within North Carolina) or (919) 807-2214 (outside of North Carolina). The license is not an endorsement by the State.*

**Senior Center Program Participants**

In fairness to all Senior Center Participants, please help staff in making sure that programs, activities and events start on time and end on time. Plan accordingly and arrive several minutes prior to the time a program is set to begin. Many days we have multiple programming where the time between programs is very tight and allows little time for set-up and clean up if a program begins late and then ends late. Thank you for your cooperation.

## Weekly Activities

### MONDAYS

9:00 - Bridge  
 10:00 - Stretch & Flex<sup>\$</sup>  
 11:00 - Caregiver/Education Support Group  
 (2<sup>nd</sup> Monday)  
 12:00 - Beginner's Line Dancing<sup>\$</sup>  
 1:00 - Line Dancing<sup>\$</sup>  
 1:00 - Bowling at Countryside Lanes<sup>\$</sup>  
 1:00 - Tatting  
 1:00 - Lowy Movie Day (3<sup>rd</sup> Monday)  
 7:00 - Square Dancing<sup>\$</sup>

### TUESDAYS

9:30 - Bee Quilters  
 10:00 - Stretch & Flex with Jane Fisher<sup>\$</sup>  
 12:00 - Hand & Foot  
 12:30 - Advanced Bridge  
 1:00 - Slower Paced Bingo (3<sup>rd</sup> Tuesday)

### WEDNESDAYS

8:30-11:30 Computer Lab Assistance<sup>\$</sup>  
 9:00 - Billiards  
 10:00 - Acoustic Jam Sessions  
 10:00 - Tai Chi<sup>\$</sup>  
 10:00 - Games  
 10:00 - American Sewing Guild<sup>\$</sup> (3<sup>rd</sup> Wed.)  
 12:00 - Basket Weaving<sup>\$</sup>  
 1:00 - Bowling at Countryside Lanes<sup>\$</sup>  
 1:00 - Gorgeous Greeting Cards<sup>\$</sup> (3<sup>rd</sup> Wed.)  
 1:00 - Watercolor Club<sup>\$</sup>  
 1:00 - Mahjongg  
 6:00 - Cribbage

### THURSDAYS

10:00 - Stretch & Flex<sup>\$</sup>  
 10:00 - Needle Arts  
 12:00 - Pinochle  
 1:00 - Gentle Chair Yoga<sup>\$</sup>  
 6:30 - American Legion Post #36<sup>\$</sup> (3<sup>rd</sup> Thurs.)

### FRIDAYS

9:00 am - 4:00 pm - Sit-and-Sew (4<sup>th</sup> Friday)  
 9:00 - Computer Lab Assistance<sup>\$</sup>  
 9:00 - Rubber Stamping<sup>\$</sup> (1<sup>st</sup> Friday)  
 10:00 - Bingo  
 12:00 - Hand & Foot  
 6:30 - Rubber Stamping<sup>\$</sup> (1<sup>st</sup> Friday)  
 7:00 - Chinese Dance

### SATURDAYS

1:00 - Bridge Fun Day<sup>\$</sup> (2<sup>nd</sup> Saturday)

\$ = fees or cost

## October 2019 Activities

Date	Time	Activity ( <i>RSVP required</i> )
Tues. and Thurs.	8:30 am	<i>New!</i> Walking Indoors with Music
Tues. Thurs.	1:00 pm	<i>New!</i> Beginners Hand and Foot
2nd and 4th Tues.	10:00 am	<i>New!</i> Survey Says! Game Day
Wed.	7:00 pm	<i>New!</i> Round Dancing
Thurs.	10:00 am	<i>New!</i> Books Ignite! Book Club
Mon. Oct. 14	10:00 am	Holiday Shopping at Buckhead Betties and Lunch <sup>\$</sup>
<b>Sat. Oct 4</b>		<b>Golf Tournament</b>
Tues. Oct. 15	5:15 pm	Kernersville Mayoral Candidate Forum
Wed. Oct. 16	By Appointment	CARFIT
Thur. Oct. 17	10:00 am	Staying Vertical: Fall Reduction and Balance Presentation
Thurs. Oct. 17	2:00 pm	All About Woodpeckers
Fri. Oct. 18	12:30 pm	Jeopardy and Pizza
Sat. Oct.19	11:30 am	American Sewing Guild Annual Meeting Lunch and Learn <sup>\$</sup>
Mon. Oct. 21	9:00 am	Coffee with Fire Chief Scott Alderman
Tues. Oct. 22	1:00 pm	Kernersville Museum & Historic Downtown Walk-About <sup>\$</sup>
Tues. Oct. 22	5:30 pm	Welcome to Medicare
Thurs. Oct. 24	By Appointment	Counseling for Medicare Open Enrollment
Thurs. Oct. 24	11:30 am	Rate-A-Restaurant Big Burger Spot <sup>\$</sup>
Fri. Oct. 25	10:00 am	Boo! Bingo
Fri. Oct. 25	12:00 pm	October Covered Dish Lunch with Speaker, Dave Plyler
Sat. Oct.26	9:00 am to 2:00 pm	Home-based Business Vendor Fair <sup>\$</sup>

**November 2019 Activities**

Date	Time	Activity (RSVP required)
Tues. & Thurs.	8:30 am	New! Walking Indoors with Music
Tues. Thurs.	1:00 pm	New! Beginners Hand and Foot
2nd & 4th Tues.	10:00 am	New! Survey Says! Game Day
Wed.	7:00 pm	New! Round Dancing
Thurs.	10:00 am	New! Books Ignite! Book Club
Wed. Nov. 6	10:00 am	Holiday Jewelry Art <sup>\$</sup>
Thurs. Nov. 7	12:00 pm	Gourd-A-Ments <sup>\$</sup>
Fri. Nov. 8	7:45 am	Trip: N.C. Transportation and Miniatures Museums <sup>\$</sup>
Fri. Nov. 8	11:00 am	Scams and Fraud
Mon. Nov. 4	11:00 am	Build a Gingerbread Birdhouse at Lowes Foods <sup>\$</sup>
Tues. Nov. 12	By Appointment	Counseling for Medicare Open Enrollment
Wed. Nov. 13	10:00 am	Yes You Can! Patient Rights
Wed. Nov. 13	1:00 pm	Holiday Ornaments and Lapel Pin Class
Thurs. Nov. 14	10:45 am - 1:00 pm	“Mechanics of Care Giving” Lunch and Learn
Wed. Nov. 20	By Appointment	Memory Screening
Thurs. Nov. 21	10:00 am	Essential Oils And Emotions
Fri. Nov. 22	12:00 pm	Thanksgiving Covered Dish Luncheon
Tues. Nov. 26	10:00 am	Pen Pals with Student Friends
Nov. 28 and 29		Closed for Thanksgiving Holiday

**December 2019 Activities**

Date	Time	Activity (RSVP required)
Tues. & Thurs.	8:30 am	New! Walking Indoors with Music
Tues. Thurs.	1:00 pm	New! Beginners Hand and Foot
2nd & 4th Tues.	10:00 am	New! Survey Says! Game Day
Wed.	7:00 pm	New! Round Dancing
Thurs.	10:00 am	New! Books Ignite! Book Club
Mon. Dec. 2	1:00 pm	Varicose Veins Go Away
Tues. Dec. 3		<b>Global Day of Giving</b>
Wed. Dec. 4	1:00 pm	Holiday Social with Home Loving Senior Care
Fri. Dec. 13	12:00 pm	Holiday Covered Dish Lunch with Arbor Ridge
Thurs. Dec. 19	11:30 am	Rate-A-Restaurant Mae’s Vintage Kitchen
Tues. and Wed.	Dec. 24 and 25	Closed for Christmas Eve and Christmas Day
Wed.	Jan. 1, 2020	Closed for New Year’s Day

**Easy Ways to Give to The Shepherd’s Center with Harris’ Teeter VIC Card and AmazonSmile**

Link your **Harris Teeter VIC card** to The Shepherd’s Center of Kernersville account (#5447) by going to the customer service desk at Harris Teeter grocery store. We will receive a gift for our Bill Radisch Computer Learning Center when individuals purchase Harris Teeter brands.



**Shop AmazonSmile** via the website by going to <https://smile.amazon.com> and use the drop down menu to choose your favorite charity: **The Shepherd’s Center of Kernersville**. The Amazon Smile Foundation will donate 0.5% on approved items purchased at Amazon Smile.



# Kernersville Senior Enrichment Center

## On-Going Programs, Services, and Drop-in Activities

### ARTS & CRAFTS

**American Sewing Guild** ~ 10:00 am  
3<sup>rd</sup> Wednesday (*fees apply*)

**Basket Weaving** ~ 12:00 noon,  
Wednesday, \$8 per class, plus kit  
fees.

**Bee Quilters** ~ 9:30 am, Tuesday

**Needle Arts** ~ 10:00 am, Thursday

**Rubber Stamping:** (*fees apply*)

**M. McManus** ~ 1<sup>st</sup> Fri. 9:00 am  
& 6:30 pm

**Gorgeous Greeting Cards** ~

1:00 pm, 3<sup>rd</sup> Wednesday

**Tatting** ~ 1:00 pm, Monday

**Four Seasons Watercolor Club &**

**Watercolor Lessons** ~ 1:00 pm

Wednesday Club fees \$32 annually

Beginner watercolor lessons \$35

Seven - week session (*must  
pre-register*)

### EDUCATION & ENRICHMENT

**Acoustic Jam Sessions** ~ 10:00 am,  
Wednesday.

**Caregiver Support Group** ~

11:00 am, 2<sup>nd</sup> Monday

**Books Ignite! Book Club** ~

10:00 am, Thursday

**Lectures** on a variety of topics are  
offered monthly. Check Center  
calendar each month for current  
schedule.

**Bill Radisch Computer Learning**

**Center** ~ 8:30-11:30am, Wednesday

9:00-11:00 am, Friday. One-on-one  
teaching and technical assistance.

(Windows/Androids only). \$5.00

### HEALTH & WELLNESS

**Chinese Dance** 7:00 pm, Friday

**Line Dancing** ~ \$6.00/week

Beginner: 12:00 pm, Monday

Advanced: 1:00 pm, Monday

**Round Dancing** ~ 7:00 pm,

Wednesday, \$5.00 per couple

**Square Dancing** ~ 7:00 pm Monday

(Not a teaching Class). Fees apply.

Call for more information

**Stretch & Flex Exercise** ~ 10:00 am,

Monday, Tuesday & Thursday

\$5.00/month donation

**Tai Chi** ~ 10:00 am, Wednesday

\$5.00/week.

**Walking Indoors** ~

8:30-9:30 am, Tuesday & Thursday

**Yoga ~ Thursdays, 1:00 pm**

First class free. \$5.00/week

### FUN & GAMES

**Billiards** ~ 9:00 am, Wednesday

Drop-in: 8:00 am - 4:00 pm,

Mon. - Fri. *when room is open.*

**Back Hall Bowling** ~ Drop-in Play,

8:00 am - 4:00 pm, Monday -

Friday. Call ahead for availability.

**Bingo** ~ 10:00 am, Friday. Bring

two prizes and win two prizes.

**Bowling** ~ 1:00 - 3:00 pm, Monday

and Wednesday at Countryside

Bowling Lanes (1005 Masten Dr.)

*Fees apply.*

**Bridge**

**Senior Bridge** ~ 9:00 am, Monday

**Advance Bridge** ~ 12:30 pm,

Tuesday

**Bridge Fun Day** ~ 12:30 pm,

2<sup>nd</sup> Saturday, \$3.00

**Games & Conversation** ~ 10:00 am,

Wednesday

**Game Day** ~ 10:00 am, 2<sup>nd</sup> and 4<sup>th</sup>

Tuesday & Thursday

**Cribbage** ~ 6:00 pm, Wednesday

**Hand & Foot Canasta** ~

Advanced: 12:00 pm, Tues. & Fri.

Beginner: 1:00 pm, Tues. & Thurs.

**Lowy Movie Day** ~ 1:00 3<sup>rd</sup> Mon.

**Mahjongg** ~ 1:00 pm, Wednesday

**Pinochle** ~ 12:00 noon, Thursday

**Board Games** ~ Drop-in 8:00 am -

4:00 pm, Monday - Friday

**Puzzle Table and Jigsaw Puzzles** ~

Drop-in Play, 8:00 am - 4:00 pm,

Monday - Friday

**Slower Paced Bingo:** 1:00 pm,

3<sup>rd</sup> Tuesday

**Table Tennis** ~ Drop-in Play,

8:00 am - 4:00 pm,

Monday - Friday. Call ahead to

reserve the table.

### OUR SERVICES

**Income Tax Preparation** ~ Offered

annually (February through

mid-April) in partnership with

AARP Tax Prep Service

**Insurance Counseling (NC Senior  
Health Insurance Information**

**Program** ~ SHIIP Insurance

Counseling (Medicare) available by

appointment through the Center. Call

our office for more information.

### OUR SERVICES (Cont.)

**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 Senior Center.

**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, personal budgeting,

filing of medical insurance claims,

creditor negotiation, health insurance

counseling, reverse mortgage

counseling, counseling in avoiding

fraud, and predatory lending

counseling. For an appointment or

more information, call our office at

336-896-1328.

### ADDITIONAL SERVICES

•Advocacy

•Counseling

•Durable Medical Equipment Loan

•Handy Person Ministry

•Notary Service

•Person-to-Person Visitation

•Project Joy

•Project Senior Smiles Dental Clinic

•Respite Care Companion Sitting

•Telephone Reassurance

•Transportation

**For more information regarding  
regular programs, services or fee**

**information, call 336-996-6696 or  
336-992-3180.**

**You can also e-mail us at:**

**Lisa@shepctrkville.com**

**Debbie@shepctrkville.com**

**info@shepctrkville.com**



**P.O. Box 2044**  
**431-B West Bodenhamer Street**  
**Kernersville, NC 27285-2044**  
**Phone: 336-996-6696**

**Return Service Requested**

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**Our Offices and Senior Center  
will be Closed**

***(No services or programs  
will be offered on these dates)***

Thanksgiving: November 28 and 29

Christmas: December 24 and 25

New Year's Day: January 1, 2020

**Cold and Flu Season is Upon Us!**

If you have the flu, a cold, or other contagious illness, please be considerate of others and stay home until you are no longer contagious and are feeling better. For tips on safety during cold and flu season, visit the Centers for Disease Control web-site at [www.cdc.gov/flu](http://www.cdc.gov/flu).

THE  
WINSTON-SALEM  
FOUNDATION

