

purpose

compassion

ENRICHMENT

life



The Center Post

Your Guide to the Programs, Activities, and Services of
The Senior Center and The Shepherd's Center

JANUARY – FEBRUARY – MARCH 2020



**Kerner Ridge Assisted Living and Memory Care
and Arbor Ridge at Kernersville
Presents**

**27th Annual Blue Jeans Auction Gala
Friday, April 3, 2020**

Dinner, Auction, Games, Fun, and Fellowship!

Doors open at 6:30 p.m.

Dinner at 7:00 pm

Summerfield Farms, 3203 Pleasant Ridge Rd., Summerfield, NC

Dressy/Casual Blue Jean Attire

Tickets are \$50 per person (includes complimentary beer and wine)

Must RSVP by March 13, 2020

Tea Time B-I-N-G-O

Hosted and Conducted by The BOOK

Saturday February 8, 2020

2:00 – 4:00 pm

Doors Open at 1:30 pm

**Event will be held at the Senior Center
130 E. Mountain Street, Kernersville**

The Book (The Business Owners of Kernersville networking group) is hosting and conducting a Tea Time Bingo Fundraising Event for the Senior Center.

Cost for the event is \$5 to play one Bingo Card, \$12 to play 3 cards, or \$20 to play 5 cards. If you pay in advance, you can receive one extra card to play for \$1.00. Advance payment may be made at the Senior Center by cash or check (*payable to "The BOOK"*). Lots of great prizes. Refreshments will be available for purchase including coffee, hot chocolate, soft drinks, hotdogs, popcorn, and chips. First come, first served to play, seating is limited.

Income Tax Return

Appointments

Wednesdays – Fridays

February 5 – Thursday, April 9

By Appointment Only

IRS trained and certified AARP Tax-Aide volunteers will be available at the Senior Center to assist individuals with their tax returns. This confidential service is FREE, but ***appointments are required.***

Appointments will open to the general public in late January. Limited Saturday appointments will be available for those who are still working. Our appointments fill up fast so if you know you need an appointment for mid-March or later, do not delay scheduling your appointment. Only individual tax returns will be prepared; we do not complete Business Tax Returns. *See Page 3 for additional information regarding this service.*

**The Shepherd's Center of
Kernersville Staff**

*Director of Finance
and Administration*

Anita McNeill

Senior Center Director

Lisa Miller

*Senior Center
Program Coordinator*

Debbie Cornatzer

*Director of Development and
Community Outreach*

Lynne Garms

Director of Volunteer Services

Audrey Ryan

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

336-992-3180

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.

Happy New Year!

As we begin a New Year, we often take time to reflect on the year that has passed and consider what the New Year will bring. A wise man once said, "If we realize what we have as blessings instead of what we do not have, we will view the New Year with optimism and hope." I believe following this advice can help us deal with our peaks, plateaus and valleys that are likely to occur during the New Year.

One of my blessings is our wonderful Shepherd's Center and I count serving on the Board of Directors as another one of my greatest blessings. Working with talented and caring individuals, our board has worked diligently to insure the growth and future success of The Shepherd's Center.

As we begin a new year, we say thank you and good bye to Mary Beth Hunt, Beth Johnson, and Lois Webber for their service to the Board of Directors. We welcome our new board members, Frank Robbins, Chad Loflin, David Jones, and Rick Lowe and we thank them for agreeing to offer their talents and service to our board.

This past year was a milestone for us as The Shepherd Center purchased land in preparation for it's new building. With that in our mind, the Board of Directors has made some changes in our organization as we prepare for our future growth and a capital campaign. Beginning in January we will operate using an executive team structure with Anita as Director of Finance and Administration, Lynne as Director of Development and Community Outreach, Audrey as Director of Volunteer Services, and Lisa as Director of The Senior Center with Debbie serving as Program Coordinator.

These director positions will serve as The Executive Team and will work in coordination with the Board of Directors as we focus on our future capital campaign and the expected growth in all our services when we complete our building project. These changes allow each director to focus on our mission of serving our community to empower and enrich the lives of older or disabled adults now and in the future.

The Board of Directors, Anita, Lynne, Audrey, Lisa, and Debbie will always be available to assist you at any time. All of us wish for you a Happy New Year filled with days of ordinary miracles, peace, happiness and joy, green stoplights on your way to work or shop, days with little things to rejoice in, your keys right where you look, and care from all of us at The Shepherd's Center that gives you the feeling that you are someone special!

May you enjoy a New Year filled with many blessings! Happy 2020,

Linda Cappel

President, The Shepherd's Center Board of Directors

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

All programs and activities take place at the Senior Center located at 130 E. Mountain Street (lower level) unless otherwise noted.

All Senior Center programs, trips, activities and events require an RSVP at least two business days in advance unless otherwise noted. To RSVP Call: 336-992-3180.

Income Tax Preparation Appointment Information

The following items are required of everyone and must be brought to your tax appointment

(No Exceptions!)

- ◆ Photo identification for each person filing
- ◆ Social Security Card for yourself, spouse and/or dependents if you are filing a joint return
- ◆ Sources of income: W-2 forms, 1099's, 2019 year-end social security statement
- ◆ A copy of your 2018 Tax Return

If you do not bring each of the items listed with you to your appointment, your taxes will not be completed and you will need to reschedule your appointment. Please note: If you are filing a joint return **both** parties **must** be present for the appointment - there are very few exceptions to this requirement. You may schedule your appointment by calling 336-992-3180.

Gorgeous Greeting Cards 3rd Wednesday at 1:00 pm

January: Feminine

February: Masculine and March: Kid's

Join us at the Senior Center to create three beautiful, unique greeting cards. No crafting ability needed. Class fee is \$6.00 for supplies and \$7.00 extra if you need to purchase adhesive. **Contact Lisa Tedder a week prior to each class by e-mail: tedderbearstamping@gmail.com or call 336-408-8957.**

New! Lunch and Bowling 4th Thursday at 11:00 am

Join us at Countryside Lanes Bowling Alley (1005 Masten Drive) for lunch, 2 games and free shoe rental. Your choice of hotdog, hamburger or cheeseburger with fries and a 16 oz. drink. \$6.00 payable day of event. **RSVP required.**

Caregiver Education and Support Group 2nd Monday at 11:00 am

January: Anxiety

February: Substance Use/Misuse

March: Behavior Management

Learn and receive support with other caregivers as leaders from the Geriatric and Adult Specialty Team present the workshops listed above. Debbie McCauley, Gerontologist will assist in a caregiver support session following each workshop. **RSVP required for each session.**

Lowy Movie Day 3rd Monday at 1:00 pm

Come in out of the cold and enjoy a movie in the warmth of the Senior Center. 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 or bring your favorite snack. **RSVP required.**

Watercolor Lessons

January 15 – February 19 at 1:00 pm

Watercolor lessons will be taught in six-week sessions by Bruce Fletcher. The Cost is \$35.00 per person. Space is limited and we must have six students to conduct these lessons. **Please call 336-992-3180 to reserve your spot.**

Happy New You!

Friday, January 17 at 10:00 am

Presented by Samantha Allred, North Central Regional Director at NC Baptist Aging Ministry
Only 8% of people achieve their New Year's resolution while the rest fall short before January ends. Our hopes do not change as we age. We all want to remain healthy, have the money to pay our bills, and age independently for as long as possible. This workshop will provide tools for you to make an action plan, carry out your plan, and check your results. **RSVP required.**

Acrylic Flower Painting

Friday, January 17 at 1:00 pm

Feeling artistically challenged? No worries. Even if you have never held a paintbrush, you will leave this class with an acrylic paint masterpiece. Step-by-step instructions and supplies are provided for this class. You supply your sense of adventure and creativity. Grab your friends and sign up today. Donations will be accepted to help cover the cost of supplies. **Limited seating. RSVP required by January 10.**

**Beat the Winter Blues with Act II
Monday, January 20 at 11:00 am**

Join local musical talent David Paden and Sue Harmer-Sommer and travel back in time. We will sing-along and listen to our favorite singers from the 30's, 40's, and 50's. Guaranteed to lift your spirits and brighten a dull winter day. **RSVP required. Snow Date: Monday, January 27 at 11:00 am**

**Celebrate National Hot Tea Month
Wednesday, January 22 at 10:00 am**

Join us as we celebrate National Hot Tea Month at the Senior Center. Martha Isenberg will demonstrate how to brew the perfect cup of loose-leaf tea. We will sample several varieties of tea, herbal, and fruit infusions to learn the differences about them and their health benefits. Bring a favorite teacup if you have one. There is a class minimum of 10 paid participants. **RSVP required no later than January 17 and class fee of \$5.00 cash is payable the day of class.**

**Winter Covered Dish Luncheon
Friday, January 24 at 11:30 am**

Meet your friends or make new ones as we warm up at the Senior Center during the winter season. Bring your favorite crock pot of soup, salad, sandwiches or dessert with enough to share. **RSVP and let us know what you will bring.**

Rate a Restaurant

**J. Butler's Restaurant
Thursday, January 23 at 11:30 am
1022-J.S. Main St, Kernersville**

**Fire House Subs
Thursday, March 26 at 11:30 am
1020 South Main Street**

Meet us at the restaurant, bring money for lunch, choose from the menu, and rate the restaurant. Ratings are based on quality of food, service, cleanliness, menu and overall satisfaction. Maximum of 10 people may participate. **RSVP required.**

Last Quarter Rate a Restaurant Results

(1 star lowest rating - 5 stars highest rating)

September ~ Barberitos ~ Overall Rating: 4.6

October ~ Big Burger Spot ~ Overall Rating: 4

Pelvic Health Classes

**Presented by Sheila Koone,
Community Educator for Novant Health**

**Be Strong: Building Strength
from the Inside Out**

Monday, January 27 at 1:30 pm

The presentation is an overview of the anatomy of the pelvic floor, why it is important to keep it strong and healthy, and common problems that can result due to a weak pelvic floor. It touches on methods of strengthening the pelvic floor, and perfectly leads into the content of "You Go Girl: But Only When You Want To!". **RSVP required.**

**You Go Girl: But Only When You Want To!
Mondays, February 3, 10, 17 and 24 at 1:30**

The four-week sessions will provide you with instructions on how to actively correct and strengthen the muscles of the pelvic floor. You will also learn simple educational tips and lifestyle suggestions for better pelvic and bladder health. It is a clinically proven chair-based pelvic floor exercise program that can transform women's lives and help strengthen underused pelvic floor muscles and designed for women with mobility or physical activity restriction. You will receive an information packed book that is yours to keep that will help keep you on track long after the class is over. A class fee of \$15.00 cash covers your instruction and book. Wear sturdy shoes, comfortable clothing you can move easily in and bring a bottle of water. **Class size is limited. Call to register no later than January 30 to 336-992-3180.**

**Sew a Denim Shopping Bag
Tuesday, January 28 at 11:30 am**

Paper or Plastic? Neither! Carry your own DIY shopping bag. Meet for an afternoon of sewing with Anna Miles, as she teaches a beginner's to intermediate class. Bring your own supplies and sewing machine or sign-up to borrow a sewing machine. Sample bag is available at the Senior Center. Class is free and space is limited. **Call 336-992-3180 to get the supply list for your bag and to RSVP by January 24.**

Senior Financial Care®

Wednesday, January 29 at 10:00 am

Learn more about SFC by joining Vera Guthrie as she shares how counselors work to help seniors 60 years and older improve the management of their finances, writing checks for bill paying, debt counseling, insurance claims and many other financial needs. **RSVP required. Snow Date Monday, February 17 at 10:00 am.**

Coffee with a Cop

Thursday, January 30 at 9:30 am

Join your neighbors and Kernersville police officers for coffee and conversation. No agenda or speeches, just a chance to ask questions, voice concerns and get to know the officers in your neighborhood. **RSVP required.**

**Live Without Pain and Inflammation
the Prime-Time Health Way**

Friday, January 31 at 10:00 am

Prime -Time Health is a scientifically proven plan that provides a roadmap to better health for all adults, with a focus on living a longer healthier life. The Prime-Time approach presented by Health Coach Lisa Burbach empowers individuals to take charge of their health and learn how have a deeper understanding of the inflammatory response of our body and explore ways to slow down the wear and tear that occurs with age. She will discuss top anti-inflammatory foods, quality vs quantity of food, how to age healthily, how stress causes aging, and ways to manage stress. **RSVP required.**

**Hearing Aid Cleaning and
Hearing Screenings**

Friday, January 31

Appointments begin at 1:00 pm

Provided by Beltone

Concerned about your hearing or need your hearing aids cleaned? Call **336-992-3180** to schedule your **appointment no later than January 29.**

Free Bow Making Class

Monday, February 3 at 10:00 am

Learn how to make bows for wreaths, gift bags, or décor. You will need to bring wired ribbon at least 9 feet long by 2.5 inches wide. There will be a drawing for a door prize. Class size is limited to 5. **RSVP required.**

Town of Kernersville

New Business Development Update

Tuesday, February 4 at 1:00 pm

Make plans to join Mike Horney, the Development Service Manager for the Town of Kernersville. Mike will share details about new businesses and housing developments that are coming to Kernersville. It is a great opportunity to learn more about our town as well as new information about existing businesses. **RSVP required.**

Meet the Author

Friday, February 7 at 1:00 pm

Guest Author Darren Swart will share his inspiration, passion and expertise as a writer. He will elaborate on his recent works of fiction and the process he uses for writing. Question and answer session to follow. Refreshments provided by Books Ignite! **RSVP required.**

Dragon Gourd Class

**Tuesday, February 11, 18 and 25
at 12:00 pm**

In this class, you will be transforming a simple small gourd into a dragon. This project will take 3 days to complete. Your \$45.00 (cash only) fee covers the cost of supplies. **RSVP and payment due no later than February 4.**

Valentine's Day Bingo

Sponsored by Arbor Ridge At Kernersville

Friday, February 14 at 2:00 pm

Cupid is afoot, roses are in bloom, put down your box of chocolates, and join us at the Senior Center. We will play bingo and have a great time with friends. Enjoy sweet treats from Arbor Ridge. **Bring a prize and RSVP by February 12 to 336-992-3180.**

Advanced Directives Workshop

Provided by Trellis Supportive Care

Tuesday, February 18 at 10:00 am

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. **RSVP required.**

Perfect Apple Pie Make, Take and Bake at Lowes Foods

Thursday, March 12 at 11:00 am

Denise Depaolo from the "Community Table" will demonstrate the best hints and tips to make a perfect apple pie. We will make a small personal pie and take them home to bake. Meet at Lowes Foods (240 Market View Drive). Sample apple pie and water will be served. Bring a rolling pin if you have one. **\$8.00 for supplies. RSVP required by March 9.**

Ask a Lawyer Appointments

Friday, March 13 at 9:00 am - 12:00 pm

Schedule a free confidential appointment with Elder Law and Special Needs Attorney, Vance Parker. Appointments will be held at the Senior Center. **Call Karen Parker at 336-768-0481 for an appointment.**

Mardi Gras Covered Dish Luncheon

Friday, February 21 at 11:30 am

Bring your favorite Mardi Gras inspired dish and dress in purple, gold and green. **RSVP requested, please let us know what food items you plan to bring.** *Please note: we are looking for someone to donate king cakes for our celebration.*

Fire Safety with Fire Chief Alderman

Monday, March 16 at 10:00 am

Meet with Town of Kernersville Fire Chief Alderman as he talks to us about hazards and fire safety in your home. He will also discuss making and implementing an escape plan. Question and answer time to follow. **RSVP required.**

Supplements for Your Wellness Routine:

Stock Up on Nutrients

Monday, March 2 at 1:00 pm

No matter the type of diet you are following and how healthy it may seem, it is easy to miss out on certain nutrients. Unfortunately, these gaps may compromise your overall wellness. Meet Jenna from the General Nutrition Center (GNC) and learn about multivitamins, fish oil, joint support, and supplements that can help your overall health and wellness. **RSVP required.**

Kernersville Healthy Living Expo

Monday, March 16 at 3:00 - 6:00 pm

Join the Kernersville Chamber of Commerce and The Senior Center for the 2020 Healthy Living Expo at the Kernersville Seventh Day Adventist Church (896 Old Winston Road in Kernersville). Attendees will have the opportunity to visit with health, wellness and lifestyle vendors while enjoying free food and fun. Volunteers are needed for this event for the Shepherd's Center booth, event registration table, and various other areas. Call Lisa Miller at 336-992-3180 to volunteer. Vendors may call the Chamber of Commerce at 336-993-4521. We hope to see you there!

**Traffic, Bridges, and Roads, Oh My!
NC Department of Transportation Update**

Tuesday, March 10 at 1:00 pm

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

Spring Covered Dish Luncheon
Sponsored by Arbor Ridge at Kernersville

Friday, March 20 at 11:30 am

Spring is a period for celebration. Flowers are in bloom; people are stepping outside to enjoy the fresh air and temperatures are rising. Join us for lunch on the first day of spring and bring a "Springtime" side dish or dessert to share. Arbor Ridge will bring teriyaki chicken. **RSVP required.**

Life Line Screenings

Monday, March 23 9:00 - 2:30pm

By Appointment Only

Catch health problems before they go too far. Life Line Screening, offers a 5-test package to thoroughly check you for risk of stroke, cardiovascular disease and other chronic conditions. The combination of these tests helps detect problems-before you have symptoms and while you and your doctor can still take action so you can keep doing the things you love.

5 screenings at the Senior Center for \$139.00.

Call Ashley Dexter 800-897-9177 ext. 22964

or Register online:

www.lifelinescreening.com/communitycircle

SCREENING CODE: 2-0323_CHA,1

Technology Tips

for Smartphones and Tablets

Tuesday, March 24 at 1:00 pm

Are you searching for resources to make life easier, more organized, productive and of course, less stressful? Join us for a workshop that focuses on how to utilize your smartphone or tablet, using apps to keep up with health information, medication and healthcare issues. Discover important tools that can help alleviate some of the stresses of caregiving including reminders, safety, family communication as well as just plain having fun. **RSVP required.**

**Don't Forget to RSVP
 for the programs and activities
 you wish to attend!!**

**Piedmont Plus Senior Games & Silver
 Arts Kickoff Party**

501 Reynolds Boulevard, Winston Salem

Friday, January 17 at 10:00 am

Entry forms for the 2020 Games will be given out during this event. Entry forms will also be available in all Winston Salem recreation centers, at the Senior Games office and the Senior Center Office following this event. Call Chuck Vestal at 336-727-2325 for more information or visit www.WePLAY.ws

**Join us in 2020 to Get Fit and
 Have Fun While Exercising**

Beginner's Line Dancing

Monday at 12:00 – 1:00 pm

Walk-ins welcome, fees apply.

Bowling at Countryside Lanes

Monday and Wednesday at 1:00 pm

Fees apply.

Lunch and Bowling at Countryside Lanes

4th Thursday at 11:00 am. Fees apply.

Round Dancing

Wednesday at 7:00 pm. Fees apply.

Stretch and Flex

Monday, Tuesday and Thursday at 10:00 am

Square Dancing

Monday New Time: 3:00 – 5:00 pm

Not a teaching class. Fees apply.

Tai Chi Wednesday at 10:00 am

Fees Apply.

Yoga Thursday at 1:00 pm

Fees Apply.

Coming Soon: A Walking Trail

on our new property located off Piney Grove Road and Linville Springs Road. We will post notices at the Senior Center and on Facebook to join us for group walks as soon as the trail opens.

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.

Visitation 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. 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.

We Need Your Input!

Your input matters! Satisfaction Surveys and Program. Planning Surveys will be distributed at the Center in January. We can also e-mail them to you (send a request for surveys to lisa@shepctrkville.com or debbie@shepctrkville.com). Please take the time to evaluate each program you participate in, evaluate the Senior Center, and let us know what types of programs you are interested in attending. **Surveys will be collected through February 14.**

Bill Radisch Computer Learning Center (Kernersville ShepNet)

Wednesdays, 8:30 am to 11:30 am

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 Senior Center. We will be glad to help you learn (one-on-one) how to use these devices and programs associated with them (email, documents, etc.). **\$5.00 fee per lesson.**

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 needed. Must arrive 1 hour prior to closing time for the lab. **\$5 fee if we are able to help you.**

Need Help Sewing?

Having trouble or stuck with finishing a sewing project? Call 336-992-3180 to schedule an appointment with Anna Miles for one-on-one assistance.

Inclement Weather Policy

In the event of inclement weather and school closings or delays, please call the Senior Center prior to leaving home to make sure your program, event or trip will be held. When calling make sure you speak to a staff person directly before leaving home for an activity. You can also watch WXII Channel 12 (local NBC affiliate) or check their website for "The Shepherd's Center of Kernersville" closing or delayed opening announcements. Please check with individual instructors and program leaders ahead of time to discuss their inclement weather policy.

Weekly Activities

MONDAYS

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

TUESDAYS

9:30 - Bee Quilters
 10:00 - Stretch & Flex
 12:00 - Hand & Foot
 12:30 - Advanced Bridge
 1:00 - Slower Paced Bingo (3rd Tuesday)

WEDNESDAYS

8:30-11:30 Computer Lab Assistance^{\$}
 9:00 - Billiards
 10:00 - Acoustic Jam Sessions
 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 - Gorgeous Greeting Cards^{\$} (3rd Wed.)
 1:00 - Watercolor Club^{\$}
 1:00 - Mahjongg
 6:00 - Cribbage
 7:00 - Round Dancing

THURSDAYS

10:00 - Books Ignite!
 10:00 - Needle Arts
 10:00 - Stretch & Flex
 12:00 - Pinochle
 1:00 - Gentle Chair Yoga^{\$}
 6:30 - American Legion Post #36^{\$} (3rd Thurs.)

FRIDAYS

9:00 am - 4:00 pm - Sit-and-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)

January 2020 Activities

Date	Time	Activity (<i>RSVP required</i>)
2nd Mon. Jan. 13	11:00 am	Caregiver Education/Support Group: Anxiety
3rd Wed. Jan. 15	1:00 pm	Gorgeous Greeting Cards: Feminine ^{\$}
3rd Mon. Jan. 20	1:00 pm	Lowy Movie Day
4th Thurs. Jan. 23	11:00 am	Lunch and Bowling ^{\$}
Wed. Jan. 15	1:00 pm	Watercolor Lessons 6 weeks ^{\$} January 15 through February 19
Fri. Jan. 17	10:00 am	Happy New You
Fri. Jan. 17	10:00 am	Piedmont Plus Senior Games and Silver Arts
Fri. Jan 17	1:00 pm	Acrylic Flower Painting
Mon. Jan. 20	11:00 am	Beat the Winter Blues with Musical Act II
Wed. Jan. 22	10:00 am	National Hot Tea Month ^{\$}
Thurs. Jan. 23	11:30 am	Rate-A- Restaurant: J. Butler's Restaurant ^{\$}
Fri. Jan. 24	11:30 am	Winter Covered Dish Luncheon
Mon. Jan 27	1:30 pm	Be Strong: Building Strength from the Inside Out
Tues. Jan. 28	11:30 am	Sew a Denim Shopping Bag ^{\$}
Wed. Jan. 29	10:00 am	Senior Financial Care
Thurs. Jan 30	9:30 am	Coffee with a Cop
Fri. Jan. 31	10:00 am	Live Without Pain & Inflammation—Prime Time Way
Fri. Jan. 31	1:00 pm	Hearing Aid Cleaning and Screenings

\$ = fees or cost

Due to new program additions and tax season: programs may shift to different rooms. Check at the front desk when you arrive at the Senior Center to confirm the room location for your activity.

February 2020 Activities		
Date	Time	Activity (RSVP required)
2nd Mon. Feb. 10	11:00 am	Caregiver Education and Support Group: Substance Use and Misuse
3rd Mon. Feb. 17	1:00 pm	Lowy Movie Day
3rd Wed. Feb. 19	1:00 pm	Gorgeous Greeting Cards: Masculine ^s
4th Thurs. Feb. 27	11:00 am	<i>New!</i> Lunch and Bowling ^s
Mon. Feb 3, 10, 17, 24	1:30 pm	You Go Girl: But Only When You Want To! ^s
Mon. Feb. 3	10:00 am	Bow Making Class
Tues. Feb. 4	1:00 pm	New Business Development Update
Fri. Feb. 7	1:00 pm	Meet the Author
Sat. Feb. 8	2:00 pm	Tea Time Bingo ^s
Tues. Feb. 11, 18, 25	12:00 pm	Dragon Gourd Class ^s
Fri. Feb. 14	2:00 pm	Valentine's Day Bingo
Tues. Feb. 18	10:00 am	Advance Directives Workshop
Fri. Feb. 21	11:30 am	Mardi Gras Covered Dish Luncheon
Fri. Feb 28		No Activities Except Computer Lab

March 2020 Activities		
Date	Time	Activity (RSVP required)
2nd Mon. Mar. 9	11:00 am	Caregiver Education and Support Group: Behavior Management
3rd Mon. Mar. 16	1:00 pm	Lowy Movie Day
3rd Wed. Mar. 18	1:00 pm	Gorgeous Greeting Cards: Kids ^s
4th Thurs. Mar. 26	11:00 am	<i>New!</i> Lunch and Bowling ^s
Mon. Mar. 2	1:00 pm	Supplements for Your Wellness Routine
Tues. Mar. 10	1:00 pm	Traffic, Bridges, and Roads, Oh My!
Thurs. Mar. 12	11:00 am	Perfect Apple Pie Make, Take and Bake ^s
Fri. Mar. 13	9:00 am	Ask A Lawyer By Appointment Only
Mon. Mar. 16	10:00 am	Fire Safety with Fire Chief Alderman
Mon. Mar. 16	3:00 pm	Kernersville Healthy Living Expo
Fri. Mar. 20	11:30 am	Spring Covered Dish Luncheon
Mon. Mar. 23	9:00 am	Lifeline Screenings By Appointment Only ^s
Tues. Mar. 24	1:00 pm	Technology Tips for Smartphones and Tablets
Thurs. Mar. 26	11:30 am	Rate-A-Restaurant: Fire House Subs ^s

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.

amazon smile 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.

The Cold and Flu Season is Upon Us!

Wash your hands or use hand sanitizer every time you come to the Senior Center. 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.

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,
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 ~ 1st Fri. 9:00 am
& 6:30 pm

Gorgeous Greeting Cards ~

1:00 pm, 3rd 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, 2nd 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

Chair Yoga ~ Thursdays, 1:00 pm

First class free. \$5.00/week

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

Tai Chi ~ 10:00 am, Wednesday

\$5.00/week.

FUN & GAMES

Billiards ~ 9:00 am, Wednesday

Drop-in: Mon. - Fri.

8:00 am - 4:00 pm, *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.

Board Games ~ Drop-in

8:00 am - 4:00 pm, Mon. - Fri.

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,

2nd Saturday, \$3.00

Games & Conversation ~ 10:00 am,

Wednesday

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 3rd Mon.

Mahjonn ~ 1:00 pm, Wednesday

Pinochle ~ 12:00 noon, Thursday

Puzzle Table and Jigsaw Puzzles ~

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

Monday - Friday

Slower Paced Bingo: 1:00 pm,

3rd 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

Non-Profit Org.
US Postage
PAID
Greensboro, NC
Permit #5151

