

purpose

compassion

ENRICHMENT

life



The Center Post

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

SEPTEMBER - OCTOBER 2021



**“Time to Tee It Up!”
TEAM UP AND PLAY!
Friday, October 8, 2021**



Shepherd's Center's 31st Annual Golf Tournament

*Presented by Kerner Ridge Assisted Living and Memory Care and
Arbor Ridge of Kernersville and the
Lawrence and Etta Lea Pope Foundation*

We invite you to participate as a **Corporate Sponsor** and/or **Player** in this special event. With your sponsorship and participation, we can raise funds which enable us to continue and expand services for adults who are aging or with disabilities in our community.

Pine Knolls Golf Course will be the location of this year's tournament. We are planning a bag lunch before the 1:00 p.m. open flight shotgun start and will be playing **4-person Captain's Choice Team** format. Water and cold drinks will be available during play to keep everyone hydrated.

This year, we have added an exciting hole event for your participation. **Critter Power Golf**, Jeff Crittenden will be joining us on a par 5 hole. He is a 2-time World Long Drive Master's Champion and will not only entertain you with his amazing trick shots but will also take your tee shot for a charitable fee! Players will also have a chance to win a car or other prizes on a Par 3 hole sponsored by Parks Chevrolet!

Visit our website www.shepctrkville.com to find out about sponsorship opportunities and sign up to play.

*If you have questions, please do not hesitate to contact Lynne at 336-996-6696. Thanks to corporate sponsors and players like you, **THE SHEPHERD'S CENTER'S ANNUAL GOLF TOURNAMENT** is our way to raise funds which allow us to continue our ministries within our community.*

Lisa Bugg

Lisa Bugg
Golf Committee Chairperson

Pam Link

Pam Link
Golf Committee Co-Chairperson

Golf Tournament Committee Members: Wayne Boger, Susan Clark, Gwyn Grubbs, Beth Johnson, Delane Johnson, David Jones, Chad Loflin, Rick Lowe, Kristi Record, and Frank Robbins

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

**Interim Executive Director
Director of Development
Community Relations**

Lynne Garms
lynne@shepctrkville.com

Senior Center Director

Lisa Miller
lisa@shepctrkville.com

**Public Relations and
Senior Center
Program Coordinator**

Debbie Cornatzer
debbie@shepctrkville.com

Volunteer Services Manager

Claire Winfrey
volunteersvc@shepctrkville.com

Contact Us:

**The Shepherd's Center
of Kernersville**

431-B W. Bodenhamer Street
PO Box 2044

Kernersville, NC 27285-2044

<https://www.shepctrkville.com>

336-996-6696

info@shepctrkville.com

Senior Enrichment Center

130 E. Mountain Street
PO Box 2044

Kernersville, NC 27285-2044

336-992-3180

Office Hours

Monday - Friday

8:00 am - 4:00 pm



**Attention: Service Recipients
and Program Participants**

As we prepare for the move to our new facility at 636 Gralin Street, we will be pausing our regular daily on-site programs for two weeks. We do not have definite dates at this time due to construction, but will update you with announcements and social media posts as soon as we have a more definite timetable.

Virtual programming should see no interruption. All services except transportation and telephone reassurance will also take a break while we are in the process of moving.

Thank you for your patience during this transition. It will be worth the wait once we open the doors of our new location!!

Volunteer Today

“As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.” — Audrey Hepburn

“Volunteering is at the very core of being a human. No one has made it through life without someone else’s help.” — Heather French Henry

“Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud.” — Helen Dyer

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” — Margaret Mead

“We make a living by what we get. We make a life by what we give.” — Winston Churchill

Call Claire at 336-996-6696 to volunteer or visit our website and fill out an application:

<https://www.shepctrkville.com/volunteer-application/>

**The Shepherd's Center and Senior Center Offices will be closed
on Monday, September 6 in observance of Labor Day.**

Friends of The Shepherd's Center

We are so excited about our new home on Gralin Street! Uniting the services of The Shepherd's Center with the activities of the Senior Enrichment Center will provide an exciting and innovative place for aging adults and adults with disabilities to find services and participate in life enriching activities.

To develop our new facility, we have created a **UNITY FUND**, designed to aid in the update and renovation of the Gralin building. While we were blessed with contributions from generous donors over the last twenty years that allowed us to purchase the property with no capital campaign, we are in need of funds to obtain items to furnish and refurbish this existing building to optimize it as the resource we know it can be. We welcome your contributions to the fund, which will have long lasting impact on our mission in support of our community.

We are also in the midst of our **ANNUAL GIVING CAMPAIGN**, which is designed to support our on-going and existing services, programs, and functions. This campaign is a major fund-raising effort for our organization and supports our many services such as transportation, telephone reassurance, respite care, equipment loan in addition to all the activities and programs provided by the Senior Enrichment Center. A donation to our **ANNUAL GIVING CAMPAIGN** is money provided to enrich the lives of aging adults and adults with disabilities in our community.

***“Giving is not just about making a donation.
It's about making a difference.” United Nations Foundation***

We want to make 2021 and beyond all about growth and innovation but we can't do it without your support. Won't you please consider making a donation to our **UNITY FUND** and our **ANNUAL GIVING CAMPAIGN**? Your donations are 100% tax-deductible and make a difference in so many lives.

*Beth Pierce, Giving Committee Chairperson
The Shepherd's Center of Kernersville*





2021 Unity Fund

Together we are building a brighter future for our community!

The **Unity Fund** has been established to bring together the services and programs of The Shepherd's Center and the Senior Enrichment Center by modifying and updating our new facility located at 636 Gralin Street. The fund will be used for interior and exterior projects to include furnishings, flooring, equipment, lighting and other essential needs to create a welcoming home that will benefit our community for many years to come.

Please consider making a donation to the **Unity Fund** and your dollars will build a brighter future for our mission to empower and enrich the lives of adults who are aging and those with disabilities.

*My organization is honored to participate in the **Unity Fund** of The Shepherd's Center/Senior Enrichment Center of Kernersville!*

Your Name: _____

Business Name: _____

Address: _____

Phone: _____

*Name as you would like it to appear in promotional materials or recognized on our **Unity Fund** wall display:

My tax-deductible **Unity Fund** Donation is (please select one):

- _____ A ***GOLD** level donation of \$5,000
- _____ A ***SILVER** level donation of \$1,000
- _____ A ***BRONZE** level donation of \$500
- _____ A Unity Fund donation of \$ _____

Please enclose your check payable to The Shepherd's Center of Kernersville, donate via credit card or PayPal on-line through ShepCtrKville.com site or contact the Shepherd's Center directly at (336) 996-6696.

All donors to the **Unity Fund** will be invited to our **Unity Fund Open House Event** to celebrate the completion of our facility plans. *Donors to the **Unity Fund** at the **GOLD**, **SILVER** and **BRONZE** levels will receive special recognition in the lobby of our new home at 636 Gralin Street, Kernersville.



2021 Annual Giving Campaign

Your donation at this critical time will allow our interfaith ministry to continue to champion and sustain adults who are aging or disabled in our community. Please consider making a tax-deductible donation to The Shepherd's Center of Kernersville.

To give, you can:

- ➡ Complete the form below and send it along with your check to The Shepherd's Center of Kernersville in the enclosed envelope.
- ➡ Make an on-line electronic donation at www.shepctrkville.com.
- ➡ Contact us at (336) 996-6696 to arrange your donation.

You can designate your donation in honor or memory of a special person or group by completing the lower portion of the form. If you select the publish option, your donation will be mentioned in our future publications.

Your Name _____
Address _____
City/State/Zip _____
Phone _____

Your donation amount \$ _____

- Check enclosed
 Donation via credit card or PayPal on line through ShepCtrKville.com site
 Contact me for details at (_____) _____ - _____

I make this donation in honor of _____
I make this donation in memory of _____

Send acknowledgement of gift to:

Please publish my donation in a future publication. YES NO

IN-PERSON and VIRTUAL ACTIVITIES

Due to COVID-19 restrictions, seating is limited for most on-site programs. Masks must be worn while on-site. **RSVP required 2 business days in advance for ALL Activities by calling 336-992-3180.**

Caregiver Education and Support Group Meetings

Alcohol Related Dementia

With Guest Speaker Ruby Gaither

September 13 at 11:00 am

How can alcohol cause dementia? Is alcohol related dementia common? This class will discuss the cause, symptoms and treatment related to Alcohol Related Dementia. ****NO Support Group meeting on September 13.**** **RSVP required 2 business days in advance. Call 336-992-3180.**

Driving and Aging: The Impact of Physical and Cognitive Changes

October 11 at 11:00 am

Age-related physical and cognitive impairments can make driving difficult and can even be dangerous. Learn the importance of driver safety for older adults, including the physical and cognitive variables that impact driving ability. Talk about how driving skills are assessed and how to talk with an older driver about driving concerns, as well as how to develop solutions for transportation alternatives. ****Support group with Debbie McCauley from the State Funded Geriatric and Adult Specialist Team (GAST) will follow October 11 class.**** **RSVP required 2 business days in advance. Call 336-992-3180.**

2021 Voter Registration Event

Friday, Sept 17 at 11:00 am – 1:00 pm

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

RSVP not needed; this is a drop-in event.



Cooking Demo and Nutrition Education Hybrid Class (Zoom and Onsite)
Monday, Sept. 20
10:00 am

Second Harvest of Northwest NC presents tips and tricks to make recipes work for you and drink for your health, in partnership with "Share Our Strength's Cooking Matters". Also, get ready for a cooking class demo at the end with a surprise sweet treat! **RSVP required 2 business days in advance. Call 336-992-3180.**

Powerful Tools
for *Caregivers*

Powerful Tools for Caregivers
Mondays, September 20 – October 25
Each session starts at 1:00 pm

This course consists of six consecutive weekly sessions, 1.5 hours each.

Caring for an older relative or friend with a chronic illness such as dementia, stroke, heart, or Parkinson's disease 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
- better communicate your feelings
- increase your ability to make tough decisions
- locate helpful resources
- create balance in your life

Participants will receive a copy of *The Caregiver Help* book. Registration is required by September 13. Contact: Carol Ann Harris, charris@shepherdscenter.org or call The Shepherd's Center of Greater Winston Salem (336) 748-0217.

New Hybrid Classes: Class will be available on Zoom to participate at home or come to the Senior Center and view it live on our big screen television.

Virtual Balance Assessment on Zoom

Wednesday, September 22

10:00 until 2:00 pm by appointment

Do you know that among people 65 years and older, falls account for **17% of all 911 calls**? According to the U.S. Centers for Disease Control and Prevention, one-fourth of Americans over age 65 fall each year. Meet one-on-one with Winston-Salem State University's Physical and Occupational Therapy Departments as they offer free Virtual Fall Risk Screenings. The screenings are part of an Administration for Community Living Grant and 2021 Falls Prevention Week. **Click [Here](#) to register, or contact acfallsgrant@wssu.edu with any questions.**

Walk and Talk

Friday, September 24 at 8:30 am

Friday, October 22 at 8:30 am

Meet Lisa near Shelter #1 at Fourth of July Park (702 W. Mountain St.) to breathe the fresh air as we exercise and discuss different topics. Limited number of participant spots available. **RSVP required 2 business days in advance by calling 336-992-3180.**

You Go Girl: But Only When You Want To! *Presented by Sheila Koone,*

Community Educator for Novant Health

Wednesdays, Sept. 29 – Oct. 13 at 1:00 pm

This three-week series 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. This class is 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. **Must call to register by September 28 to 336-992-3180.**

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

Thursday, September 30 at 1:00 pm

Pat Ivey, Division 9 Engineer of the NC Department of Transportation, will provide updates and new information about current construction and future road and transportation projects in and around Kernersville. A question and answer session will follow his presentation. **RSVP required 2 business days in advance by calling 336-992-3180.**



Shag Dance Lessons **Weekly on Thursdays,** **Sep. 30 – Nov. 4** **at 6:30 pm**

Join Darrell Gaither and Gralen Griffie, reserve your spot, learn a quick, fun, and popular social dance that anyone can do. This is a six week course (one hour each week) designed to teach shag dance steps at \$60.00 per person/\$120.00 per couple. Share with your friends. We need a minimum of six couples registered and paid by September 28. **Payment in cash or check to Darrell Gaither of \$60.00 due by September 28 at the Senior Center. Register by calling 336-992-3180.**



KERNER RIDGE | **ARBOR RIDGE**
ASSISTED LIVING | at KERNERSVILLE

Stay Fit at Home Workshop **Hybrid Class (Zoom and Onsite)**

Friday, October 1 at 11:00 am

Join Kerner Ridge Assisted Living, Arbor Ridge at Kernersville and to talk about creative ways to stay active and fit at home. Patrick Murphy, P.T. will be demonstrating how to exercise at home to stay fit and healthy. **RSVP required 2 business days in advance by calling 336-992-3180.**

**2021 Fire Prevention Week
October 3 – 9
Protect Your Home and Family**

**Planning for Your Pets' Fire Safety
Hybrid Webinar Class (Zoom and Onsite)**

Monday, October 4 at 10:00 am

The American Red Cross (ARC) will discuss how to include your pets, assistance, and service animals in your home fire safety plan. Additionally, the webinar describes key strategies on how you can develop a coalition in your community to provide support to people and their animals during and after emergencies and disasters.

Free printed resources will be available after the class: Care for Pets After Fires, Disaster Planning for Dog or Cat Owners, Pet First Aid Kit, and information on how to obtain a free Pet Safety Pack (including pet rescue window and door stickers). **RSVP required by Thursday, September 30 call 336-992-3180.**



**Tour of Fire House Station #42
Kernersville Fire Rescue Department
1180 Hwy 66 South**

Thursday, October 7 at 2:00 pm

Join us as we tour Kernersville's newest firehouse built in 2019. Austin Flynt, Fire Inspector II will guide us through the firehouse while explaining how they are prepared for fire emergencies, traffic accidents, heart issues, or other crises. This is your opportunity to meet those who protect Kernersville and learn about fire safety.

Must RSVP and indicate whether you will meet at the Fire House or carpool from the Senior Center. \$1.00 per person for your carpool driver. We will meet at the Center at 1:30 pm to depart by carpool. Drivers are needed.

RSVP required by October 4 by calling 336-992-3180.



**Cooking Demo and
Nutrition Education
Hybrid Class (Zoom and Onsite)
Tuesday, October 5
2:00 pm**

Second Harvest of Northwest NC presents tips to hack your snack and create healthy habits, in partnership with "Share Our Strength's Cooking Matters". Join demonstrator Sruthi as she creates a savory meal: Chinese Vegetable Rice. Get your ingredients and apron ready. Call ahead for the ingredients.

This is a Zoom program; it will be available to view onsite at the Senior Center or in your home. **RSVP required 2 business days in advance to get the Zoom link or to view onsite.**
Call 336-992-3180 to RSVP.

**Kernersville Municipal Candidates' Forum
Tuesday, October 19, 2021
Kernersville Town Hall Courtroom
Livestream and in person***

Meet the candidates: 4:30 pm

Alderman Candidates Forum: 5:15 pm

Mayoral Candidates Forum: 7:00 pm

The Senior Enrichment Center and Kernersville Chamber of Commerce are co-hosting a Municipal Candidates' Forum for those running for election to Kernersville Board of Alderman and Mayor. The Forum will be moderated by Dana Caudill Jones. We strongly encourage you to submit questions for the candidates in advance. If time allows, we will also allow for some questions to be submitted from the floor the evening of the event. Plan to attend the "Meet the Candidates" portion of the evening to ask questions face-to-face.

Please submit your questions to Senior Center staff or Chris Comer at the Chamber of Commerce no later than Tuesday, September 21.

For additional information contact the Senior Center at 336-992-3180 or Chamber of Commerce at 336-993-4521 . You can email your questions to: chriscomer@kernersvillenc.com or .

***Livestream of the event can be connected through the Town of Kernersville YouTube Channel the night of the event. <https://toknc.com/> or https://www.youtube.com/channel/UCQZF5jHtuncZc_aUIsCMG7w**

Weekly Activities

MONDAYS

11:00 - Caregiver Education and Support Group Onsite (*2nd Monday*)
 1:00 - Tatting on Zoom
 1:00 - Beginner's Line Dance^{\$}
 2:00 - Line Dance^{\$}
 3:30 - Square Dance^{\$}
 7:30 - Qipao (Chinese Dress Performance)

TUESDAYS

9:30 - Bee Quilters
 10:00 - Acoustic Jam Session
 10:00 - Stretch & Flex
 12:30 - Bridge
 1:00 - Books Ignite Book Club (*3rd Tuesday*)
 12:00 - Hand & Foot

WEDNESDAYS

9:00 - 12:00 pm Computer Lab Assistance^{\$}
 by Appointment Only
 10:00 - Tai Chi^{\$}
 10:00 - Games & Conversation
 10:00 - American Sewing Guild (*3rd Wed.*)
 12:30 - Mah Jongg
 1:00 - Basket Weaving^{\$}
 1:00 - Watercolor Club^{\$}
 6:00 - Cribbage

THURSDAYS

10:00 - Needle Arts
 10:00 - Stretch & Flex
 1:00 - Gentle Chair Yoga On-site and Zoom^{\$}
 4:00 - Tedder Bear Stamping - YouTube Live

FRIDAYS

9:00 - 12:00 pm Computer Lab Assistance^{\$}
 by Appointment Only
 9:00 - Rubber Stamping^{\$} - Mona (*2nd Friday*)
 10:00 - Bingo
 12:00 - Hand & Foot
 2:30 - REFIT® (exercise class)
 6:30 - Rubber Stamping^{\$} - Mona (*1st Friday*)

\$ = fees or cost to participate.

September 2021 Activities

Date	Time	Activity (<i>RSVP required</i>)
Closed for Labor Day Monday, September 7		
Monday, Sept. 13	11:00 am	Caregiver Education Support Group: Alcohol Related Dementia
Friday, Sept. 17	11:00 am - 1:00 pm	2021 Voter Registration Event
Monday, Sept. 20	10:00 am	Second Harvest Cooking Demo and Nutrition Hybrid Class <i>Hybrid (Zoom and Onsite)</i>
Mondays Sept. 20 - Oct. 25	1:00 pm	Powerful Tools for Caregivers (6 Week Program)
Wednesday Sept. 22	10:00 - 2:00 pm	WSSU Virtual Balance Assessment
Friday, Sept. 24	8:30 am	Walk and Talk with Lisa at Fourth of July Park
Wednesdays Sept 29 - Oct. 13	1:00 pm	You Go Girl: But Only When You Want To! (3 week of classes)
Thursday, Sept. 30	1:00 pm	NCDOT Traffic, Bridges, and Roads, Oh My!
Thursdays Sept. 30 - Nov. 4	6:30 pm	Shag Dance Lessons ^{\$} (6 weeks of lessons)

October 2021 Activities

Friday, October 1	11:00 am	Stay Fit at Home Class <i>Hybrid (Zoom and Onsite)</i>
Tuesday October 5	2:00 pm	Second Harvest Cooking Demo and Nutrition <i>Hybrid (Zoom and Onsite)</i>
Monday, October 4	10:00 am	Planning for Your Pets' Fire Safety <i>Hybrid Class (Zoom and Onsite)</i>
Thursday, October 7	2:00 pm	Fire House Station #42 Tour 1180 Hwy 66 South
Friday, October 8	1:00 pm	31st Annual Golf Tournament
Monday, October 11	11:00 am	Caregiver/Education Support Group: Driving and Aging
Tuesday, October 19	4:30 pm	Kernersville Municipal Candidates' Forum
Friday, October 22	8:30 am	Walk and Talk at Fourth of July Park

No Activities at the Senior Center on Thursday and Friday, September 23 and 24 due to the Spring Folly. The Senior Center office will be open.

Joining a Meeting by Phone Via Zoom

No Computer? No tablet? No Smartphone? No problem. You can join a Zoom meeting by way of a traditional home phone or cell phone. Once you RSVP for an event at the Senior Center we will provide you with the phone number and passcode for the event you want to attend. Dial in on the day and time of the event, listen or comment as you may on any other type of phone call while others participate by video. Your next education, entertainment or social gathering is just a phone call away.

New Hybrid Classes - You can also attend any session offered via ZOOM on-site here at the Senior Center.

Call 336-992-3180 if you would need assistance or practice with a Zoom phone meeting or if you want to attend one of our Hybrid classes.

Computer and Technology Assistance by Appointment Only Wednesday & Friday Mornings

Instruction and technical support are available for anyone needing help with Windows computers, Android phones and tablets, and Chromebooks. One-on-one learning is offered on how to use devices and programs associated with them (email, photos, 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.

\$5 fee if we can help you. Appointments must be made in advance or the day of if available. Call 336-992-3180 to schedule your appointment.

Computer Training Bridge Forsyth County Library

Learn about eBooks, Audiobooks, and Genealogy Help [https://
www.forsythcomputertraining.org/
JobSeekersPrograms.aspx](https://www.forsythcomputertraining.org/JobSeekersPrograms.aspx)

Seniors Guide to Computers

[https://
www.seniorsguidetocomputers.com/
animations.asp](https://www.seniorsguidetocomputers.com/animations.asp)

Zoom Training and Resources

Our thanks to The Shepherd's Center of America recognizing that learning technology is not always easy. Click on the links below to learn how to join and participate in a Zoom meeting: [Zoom video tutorial](#) [Zoom tip sheet](#) [Zoom step-by-step instructions](#)

Jigsaw Puzzle Library Available

Borrow a jigsaw puzzle. Choose from a variety of puzzle options with different sizes and number of pieces. Puzzles that are returned, are kept in storage for 3 days before being returned to our library shelves.

Call 336-992-3180 to pick up puzzles at the Senior Center.



Show Your Support for The Shepherd's Center of Kernersville

There are four ways you can show support for the Programs and Services of The Shepherd's Center of Kernersville and Senior Enrichment Center. Donations may be made:

- By Mail
- In-person
- On The Shepherd's Center website
[Donate here](#)
- By Phone: call (336) 996-6696

Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at (919) 807-2000. The license is not an endorsement by the State.



Senior Enrichment Center

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

PROGRAMS

ARTS & CRAFTS

American Sewing Guild ~ 10:00 am, 3rd Wednesday, *Dues apply*

Basket Weaving ~

12:00 noon, Wednesday

Instructor and Supply fees apply

Bee Quilters ~ 9:30 am, Tuesday

Needle Arts ~ 10:00 am, Thursday

Rubber Stamping ~ *Kit fees apply*

M. McManus Classes

6:30 pm, 1st Friday

9:00 am, 2nd Friday

Tedder Bear Stamping ~ 4:00 pm,

Thursdays, YouTube Live

Tatting ~ *via Zoom* 1:00 pm

Four Seasons Watercolor Club ~

1:00 pm, Wednesday

Club fees: \$32 annually

Watercolor Lessons ~ Beginner

lessons, \$35 per person (*call for schedule*)

Qipao (Chinese Dress

Performance ~ 7:30 pm

EDUCATION & ENRICHMENT

Acoustic Jam Session ~

10:00 am, Tuesday

Caregiver Support Group ~

11:00 am, 2nd Monday

Books Ignite! Book Club ~

10:00 pm, 3rd Tuesday

Lectures and Lessons on a variety of topics are offered monthly.

Check Center calendar each month for current schedule.

Bill Radisch Computer Learning

Center ~ Wednesday and Friday mornings by appointment. \$5.00

HEALTH & WELLNESS

Chair Yoga ~ 1:00 pm, Thursday

First class free. \$5.00/week

Line Dancing ~ \$6.00/week

Beginner: 1:00 pm, Monday

Advanced: 2:00 pm, Monday

REFIT® ~ 2:30 pm, Friday

Square Dancing ~ 3:30 pm Monday

Fees apply.

Stretch & Flex Exercise ~

10:00 am, Tuesday & Thursday

Tai Chi ~ 10:00 am, Wednesday

\$5.00/week.

FUN & GAMES

Bingo ~ 10:00 am, Friday. *Bring two prizes and win two prizes.*

Bridge ~ 12:30 pm, Tuesday

Games & Conversation ~

10:00 am, Wednesday

Cribbage ~ 6:00 pm, Wednesday

September - May

Hand & Foot Canasta ~

12:00 pm, Tuesday & Friday

Lowy Movie Day ~ 1:00 3rd Mon.

Mah Jongg ~ 12:30 pm, Wednesday

DROP-IN ACTIVITIES *

Jigsaw Puzzle Library - puzzles are available for pick-up Mon-Fri, 8:30 am - 3:30 pm.

**All other Drop-in Activities are on hold at this time.*

SERVICES

Transportation: Currently volunteers provide rides to medical appointments.

Telephone Reassurance: Volunteers place weekday calls to recipients who have requested this service to provide a well-check and to help combat social isolation.

Person to Person Visitation: Enjoy the company of a regular visitor with one of our volunteers for a short visit with limited availability.

Respite Care (Companion Sitting): Caregivers of person living with chronic illnesses are provided a few hours of free time by our volunteers with limited availability.

Personal Shopper & Prescription Pick Up: Volunteer shoppers pickup, fulfill, & deliver grocery and pharmacy orders.

Counseling: One hour counseling sessions with a retired volunteer counselor with a Master's degree in Counseling.

Project Joy: Volunteers procure, arrange, and deliver donated flowers to those suffering illness or loss, celebrating milestones, or just needing a "lift".

Handy Person: Volunteers provide free labor for minor home repairs inside or outside the home with limited availability.

Senior Financial Care Counseling: Providing financial and health insurance counseling appointments with a certified financial and/or SHIIP counselor. *Services include: assisting with financial management, credit and debt counseling, creditor negotiation, filing of medical insurance claims, fraud counseling, reverse mortgage counseling, and predatory lending counseling.*

Elder Law Legal Aide: Providing legal support via phone and in-person appointments with an Attorney.

Equipment Loan Program: Loan program for durable medical equipment such as wheelchairs, canes, walkers and occasionally other equipment on a short term basis.

Income Tax Preparation: Free annual income tax return preparation appointments February through mid-April in partnership with AARP Foundation Tax-Aide Program.

Resource & Information Referrals: Staff and volunteers provide names and numbers of organizations that can assist with any services not provided by The Shepherd's Center of Kernersville.

Advocacy: Staff and volunteers provide meetings and events to raise awareness of elder abuse, neglect, and exploitation in conjunction with local law enforcement.



Become a Fan! Like and Follow The Shepherd's Center of Kernersville



Facebook



Instagram



Twitter

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.

