

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:00 - Bridge 10:00 - Stretch & Flex Chair Exercise 12:00 - Pinochle 12:00 - Beginner Line Dance \$6.00/week 1:00 - Tatting Zoom 1:00 - Advanced Line Dance \$6.00/week 2:00 pm - Be Strong: Building Strength from the Inside Out Hybrid Class 3:30 - Advanced Square Dance \$6.00/week	9:30 - Bee Quilters 10:00 - Acoustic Jam Session 10:00 - Stretch & Flex Chair Exercise 12:00 - Hand & Foot 12:30 - Bridge 1:00 pm - Beginners Quilting Lessons	8:30 - Computer Lab Assistance by <u>Appt. Only</u> 10:00 - Tai Chi 10:00 - Games & Conversation 12:00 - Watercolor Open Studio 12:30 - Mah Jongg 1:00 - Bowling at Countryside Lanes 1:00 - Basket Weaving	10:00 - Needle Arts 10:00 - Stretch & Flex Chair Exercise 12:00 - Pinochle 1:00 - Chair Yoga On-site and Zoom \$5.00/week 2:00 - Beginner Square Dance Lessons \$ 4:00 - Tedder Bear Stamping - YouTube Live	9:00 - Computer Lab Assistance by <u>Appt. Only</u> 10:00 - Bingo (Bring 2 prizes, win 2 prizes.) 12:00 - Hand & Foot 12:00 pm – Beach Blast Hot Dog Lunch Sponsored by Navion 5:00 - Rubber Stamping with Mona (1st Fri.) Kit fees apply
8	9	10	11	12
10:00 - Bridge 10:00 - Stretch & Flex Chair Exercise 11:00 - Caregiver Support Group (2 nd Monday) 12:00 - Pinochle 12:00 - Beginner Line Dance \$6.00/week 1:00 - Tatting Zoom 1:00 - Advanced Line Dance \$6.00/week 2:00 pm - You Go Girl: But Only When You Want To! 3:30 - Advanced Square Dance \$6.00/week	9:30 - Bee Quilters 10:00 - Acoustic Jam Session 10:00 - Stretch & Flex Chair Exercise 12:00 - Hand & Foot 12:30 – Bridge 1:00 pm - Beginners Quilting Lessons	8:30 - Computer Lab Assistance by <u>Apt. Only</u> 10:00 - Tai Chi 10:00 - Games & Conversation 12:00 - Watercolor Open Studio 12:30 - Mah Jongg 1:00 - Bowling at Countryside Lanes 1:00 - Basket Weaving 1:00 pm – Beginner /Intermediate Crochet Lessons	10:00 - Needle Arts 10:00 - Stretch & Flex Chair Exercise 10:00 am - Read the Room with Dr. Althea Taylor Jones 12:00 - Pinochle 1:00 - Chair Yoga On-site and zoom \$5.00/week 1:00 pm - How to be Your Own Healthcare Advocate 2:00 - Beginner Square Dance Lessons \$ 4:00 - Tedder Bear Stamping - YouTube Live	9:00 - Computer Lab Assistance by <u>Appt. Only</u> 9:00 - Rubber Stamping with Mona (2 nd Fri.) 10:00 - Bingo (Bring 2 prizes, win 2 prizes.) 12:00 - Hand & Foot 2:00 - Movie Matinee
15	16	17	18	19
10:00 - Bridge 10:00 - Stretch & Flex Chair Exercise 10:30 am - Summer Gardening for Beginners At Paddison Library 12:00 - Pinochle 12:00 - Beginner Line Dance \$6.00/week 1:00 - Tatting Zoom 1:00 - Advanced Line Dance \$6.00/week 1:00 pm - Slower Paced Bingo 2:00 pm - You Go Girl: But Only When You Want To! 3:30 - Advanced Square Dance \$6.00/week	9:30 - Bee Quilters 10:00 - Acoustic Jam Session 10:00 - Stretch & Flex Chair Exercise 12:00 - Hand & Foot 12:30 - Bridge 1:00 - Books Ignite Book Club (3 rd Tuesday) 1:00 pm - Beginners Quilting Lessons	8:30 - Computer Lab Assistance by <u>Appt. Only</u> 10:00 - Tai Chi 10:00 - Games & Conversation 10:00 - American Sewing Guild (3 rd Wed.) 12:00 - Watercolor Open Studio 12:30 - Mah Jongg 1:00 - Bowling at Countryside Lanes 1:00 - Basket Weaving 1:00 pm – Beginner /Intermediate Crochet Lessons	10:00 - Needle Arts 10:00 - Stretch & Flex Chair Exercise 12:00 - Pinochle 1:00 - Chair Yoga On-site and Zoom \$5.00/week 2:00 - Beginner Square Dance Lessons \$ 4:00 - Tedder Bear Stamping - YouTube Live	9:00 - Computer Lab Assistance by <u>Appt. Only</u> 9:00 - 3:30 - Sit-n-Sew (3 rd Friday) 10:00 - Bingo (Bring 2 prizes, win 2 prizes.) 12:00 - Hand & Foot

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<p style="text-align: right;">22</p> <p>10:00 - Bridge 10:00 - Stretch & Flex Chair Exercise 11:00 - Caregiver Support Group 12:00 - Pinochle 12:00 - Beginner Line Dance \$6.00/week 1:00 - Tatting Zoom 1:00 - Advanced Line Dance \$6.00/week 2:00 pm Cooking Demo and Nutrition Education On-site and Facebook Live 2:00 pm You Go Girl: But Only When You Want To! 3:30 - Advanced Square Dance \$6.00/week</p>	<p style="text-align: right;">23</p> <p>9:30 - Bee Quilters 10:00 - Acoustic Jam Session 10:00 - Stretch & Flex Chair Exercise 12:00 - Hand & Foot 12:30 - Bridge 1:00 pm - Beginners Quilting Lessons</p>	<p style="text-align: right;">24</p> <p>8:30 - Computer Lab Assistance <i>by Appt. Only</i> 10:00 - Tai Chi 10:00 - Games & Conversation 12:00 - Watercolor Open Studio 12:30 - Mah Jongg 1:00 - Bowling at Countryside Lanes 1:00 - Basket Weaving 1:00 pm -Beginner/ Intermediate Crochet Lessons</p>	<p style="text-align: right;">25</p> <p>10:00 - Needle Arts 10:00 - Stretch & Flex Chair Exercise 10:00 am - Red Cardinal Paper Fan Craft 12:00 - Pinochle 1:00 - Chair Yoga On-site and Zoom \$5.00/week 2:00 - Beginner Square Dance Lessons \$ 4:00 - Tedder Bear Stamping - YouTube Live</p>	<p style="text-align: right;">26</p> <p>9:00 - Computer Lab Assistance <i>by Appt. Only</i> 10:00 - Bingo (<i>Bring 2 prizes, win 2 prizes.</i>) 12:00 - Hand & Foot 12:00 pm - Covered Dish Luncheon with Special Guest Wes Richards</p>
<p style="text-align: right;">29</p> <p>10:00 - Bridge 10:00 - Stretch & Flex Chair Exercise 11:00 am - NC Pottery History and Pot Making Workshop Lam Museum of Anthropology at WFU 12:00 - Pinochle 1:00 - Tatting Zoom 12:00 - Beginner Line Dance \$6.00/week 1:00 - Advanced Line Dance \$6.00/week 2:00 pm - You Go Girl: But Only When You Want To! 3:30 - Advanced Square Dance \$6.00/week</p>	<p style="text-align: right;">30</p> <p>9:30 - Bee Quilters 10:00 - Acoustic Jam Session 10:00 - Stretch & Flex Chair Exercise 12:00 - Hand & Foot 12:30 - Bridge 1:00 pm - Meet and Greet Book Exchange Drop-in 1:00 pm - Beginners Quilting Lessons</p>	<p style="text-align: right;">31</p> <p>8:30 - Computer Lab Assistance <i>by Appt. Only</i> 10:00 - Tai Chi 10:00 - Games & Conversation 12:00 - Watercolor Open Studio 12:30 - Mah Jongg 1:00 - Bowling at Countryside Lanes 1:00 - Basket Weaving 1:00 pm -Beginner/ Intermediate Crochet Lessons</p>	<p style="text-align: center;">\$ = fees or cost Bold = Special Program <u>RSVP for ALL Activities at least two days in advance</u> by calling 336-992-3180</p> <p style="text-align: center;">The Shepherd's Center of Kernersville 636 Gralin Street PO Box 2044 Kernersville, NC 27285-2044 336-996-6696</p>	

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