

# Printable August Program Guide

## **Be Strong: Building Strength from the Inside Out *Hybrid Class***

**Monday, August 1 at 2:00 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!" View on *Zoom* from the comfort of your home or on Zoom at the Center. **Call 336-992-3180 for Zoom link.**

## **You Go Girl: But Only When You Want To! Monday, August 8, 15, 22, 29 at 2:00 pm**

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 is designed for women with mobility or physical activity restriction. You will receive a book (electronically) packed full of information and will help keep you on track long after the class is over. **A class fee of \$5.00 cash covers your instruction and book. Wear sturdy shoes, comfortable clothing (you can move easily in) and a bottle of water. Class size is limited. Call to register no later than August 3<sup>rd</sup> to 336-992-3180.**

## **Beginners Quilting Lessons Tuesdays, August 2 – 30 at 1:00 pm**

This is a five-week quilting class designed so you will get a fairly full overview of quilting. You will learn rotary cutting techniques, chain piecing and gain quilting experience by completing a simple project. We will start with basic concepts such as necessary quilting supplies, how to select fabrics, follow patterns, and we will assemble quilt blocks to make a table runner. By the end of these classes, you will have gained all the skills you need to successfully complete any quilt project you want to make, and we will have fun doing it. **Limited number of people. 5-week class \$30.00 fee (cash only) due August 2<sup>nd</sup> at first class.**

## **New Date! Friday, August 5 at 12:00 pm Beach Blast Hot Dog Luncheon**

Wear your favorite tropical or beach outfit (sorry no swimsuits). Hot dogs, buns, chili, and condiments will be provided by *Navion*. Senior Center participants will need to bring side dishes, desserts, and drinks. Call to RSVP and let us know what food item(s) you plan to bring: 336-992-3180.

## **Beginner/Intermediate Crochet Lessons Wednesday, August 10 – 31 at 1:00 pm (4 Week Session)**

Meet Jane Jester as she teaches the basic stitches in crocheting or if you already know how, improve your skills. We will learn the basic crochet stitches, how to keep your edges straight and how to read and follow written crochet patterns. With this know-how, you will have a sturdy foundation to start exploring a variety of projects. Beginner students will need to bring a skein of #4 cotton yarn and an "I" hook to use in making a dishcloth as a learning project (some supplies may be provided). Advanced students will want to bring hooks, yarn, and a pattern for what you would like to make. **RSVP and \$40.00 fee (cash or check) due by August 4.**

## **How to be Your Own Healthcare Advocate**

***Presented by Angela Nicholson from Trellis Supportive Center Thursday, August 11 at 1:00 pm***

A discussion on how to be more informed, aware, and equipped to handle your healthcare situations. Simple tips and ideas that can be very useful and can be implemented with little effort will be provided. Join us for a great conversation with role playing and remember to bring any and all questions with you!

## **Read the Room with Althea Taylor Jones, PhD Certified Gerontologist**

***Colorful Memories: Aging with Style Monday, August 11 at 10:00 am***

Local author Althea Taylor Jones, PhD Certified Gerontologist will give a presentation about her book *Colorful Memories: Aging with Style*. A collection of experiences shared by African American elders regarding their support, survival, and success while aging with style. A vital reading for seniors and others who seek to understand what happens to us as we age and how aging provides new challenges as well as opportunities to live the abundant life.

# Printable August Program Guide

## **NEW TIME! Slower Paced Bingo 3<sup>rd</sup> Monday, August 15, at 1:00 pm**

Bingo called at a slower pace using large size playing cards. All are welcome. Caregivers will need to attend to help assist their player. **RSVP two business days in advance by calling 336-992-3180.**

## **Game Day - Hosted by The Ladies of Kernersville Friday, August 19 at 1:00- 3:30 pm**

Enjoy your favorite games with friends. Some games will be provided by The Ladies of Kernersville. However, you are welcome to bring your own game.

## **Cooking Demo and Nutrition Education On-site and Facebook Live**

### **Monday, August 22 at 1:00 pm Wednesday, September 28 at 1:00 pm**

Second Harvest of Northwest NC presents fun nutrition tips/tricks, in partnership with *Share Our Strength's Cooking Matters*. Join demonstrator Sruthi as she creates healthy savory dishes, and shares samples. We will also broadcast these classes via Facebook live. Follow The Shepherd's Center of Kernersville on Facebook, like and share the cooking demo. **Limited in person seating, you must RSVP one week in advance to 336-992-3180.**

## **Red Cardinal Paper Fan Craft Thursday, August 25 at 10:00 am**

Mary Linville will teach an easy-to-follow class on how to make a paper fan cardinal decoration. Use it on wrapped packages, hang on glass doors or windows, or perhaps a Christmas tree. Hang it wherever you choose. **RSVP required by August 22<sup>nd</sup> and supply fee \$5.00 (cash only) payable August 25<sup>th</sup>.**

## **Covered Dish Luncheon with Special Guest Wes Richards Friday, August 26 at 12:00 pm**

Enjoy hits from Elvis, music from the 1950's, country music and more as Wes entertains us with his delightful blend of music and comedy. Bring your favorite dish with enough to share. **RSVP required by August 23 and let us know what food item(s) you plan to bring.**

## **NC Pottery History and Pot Making Workshop Lam Museum of Anthropology at WFU**

### **Monday, August 29 at 11:00 am**

Tina Smith, Museum Educator will present the economic and utilitarian history of Native American pottery in North Carolina. At the end of the presentation, you will be able to create your own coil or pinch pot from air-dry clay.

## **Meet and Greet Book Exchange Drop-in Tuesday, August 30 at 1:00 pm – 3:00 pm**

Come and meet members of the Books Ignite! Book club. Sit, chat, and ask questions. Find out what we are all about and exchange a book. Bring one, take one. The books to exchange must be paperback and in GOOD condition (dog ears ok). Free bookmark for participating.