

Monday	Tuesday	Wednesday	Thursday	Friday
<p>\$ = fees or cost Bold = Special Program RSVP for ALL Activities at least two days in advance by calling 336-992-3180 (Unless otherwise noted)</p>	<p>The Shepherd's Center of Kernersville 636 Gralin Street PO Box 2044 Kernersville, NC 27285-2044 336-996-6696</p>	<p style="text-align: right;">August 31</p> <p>8:30 - Computer Lab Assistance by <u>Appt. Only \$5</u> 10:00 - Tai Chi \$5 10:00 - Games & Conversation 12:00 - Watercolor Open Studio 12:30 - Mah Jongg 1:00 - Bowling at Countryside Lanes \$ 1:00 - Basket Weaving \$</p>	<p style="text-align: right;">1</p> <p>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 \$6 4:00 - Tedder Bear Stamping - YouTube Live</p>	<p style="text-align: right;">2</p> <p>9:00 - Computer Lab Assistance by <u>Appt. Only \$5</u> 10:00 - Bingo (Bring 2 prizes, win 2 prizes.) 12:00 - Hand & Foot 5:00 - Rubber Stamping with Mona (1st Fri.) Kit fees apply</p>
<p style="text-align: right;">5</p> <p>Closed for Labor Day</p>	<p style="text-align: right;">6</p> <p>9:30 - Bee Quilters 10:00 - Acoustic Jam Session 10:00 - Stretch & Flex Chair Exercise 12:00 - Hand & Foot 12:30 - Bridge</p>	<p style="text-align: right;">7</p> <p>8:30 - Computer Lab Assistance by <u>Appt. Only</u> 10:00 - Tai Chi \$5 10:00 - Games & Conversation 12:00 - Watercolor Open Studio 12:30 - Mah Jongg 1:00 - Bowling at Countryside Lanes \$ 1:00 - Basket Weaving \$</p>	<p style="text-align: right;">8</p> <p>10:00 - Needle Arts 10:00 - Stretch & Flex Chair Exercise 10:00 am Beginner Pickleball Lessons \$ 12:00 - Pinochle 1:00 - Chair Yoga On-site and zoom \$5.00/week 1:00 pm Myth Busters About Hospice on Zoom/Hybrid 2:00 - Beginner Square Dance Lessons \$6 4:00 - Tedder Bear Stamping - YouTube Live</p>	<p style="text-align: right;">9</p> <p>9:00 - Computer Lab Assistance by <u>Appt. Only \$5</u> 9:00 - Rubber Stamping with Mona (2nd Fri.) 10:00 - Bingo (Bring 2 prizes, win 2 prizes.) 12:00 - Hand & Foot 1:00 - Movie Matinee</p>
<p style="text-align: right;">12</p> <p>10:00 - Bridge 10:00 - Stretch & Flex Chair Exercise 11:00 Caregiver Support Group 11:00 am Tap Dancing Lessons Interest Meeting 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 Beginner Ukulele Lessons 2:30 pm Intermediate Ukulele Lessons 3:30 - Advanced Square Dance \$6.00/week</p>	<p style="text-align: right;">13</p> <p>9:30 - Bee Quilters 10:00 - Acoustic Jam Session 10:00 - Stretch & Flex Chair Exercise 12:00 - Hand & Foot 12:30 - Bridge (Tuesday) 1:00 pm Disk Golf Interest Meeting</p>	<p style="text-align: right;">14</p> <p>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 1:00 pm Laughter Yoga onsite and on Facebook Live</p>	<p style="text-align: right;">15</p> <p>10:00 - Needle Arts 10:00 - Stretch & Flex Chair Exercise 10:00 am Read the Room with Bruce Boyer – Touchpoints of Faith 10:00 am Beginner Pickleball Lessons 12:00 - Pinochle 1:00 - Chair Yoga On-site and Zoom \$5.00/week 1:00 pm DIY Garden Lighthouse 2:00 - Beginner Square Dance Lessons \$6 4:00 - Tedder Bear Stamping - YouTube Live</p>	<p style="text-align: right;">16</p> <p>9:00 - Computer Lab Assistance by <u>Appt. Only \$5</u> 9:00 - 3:30 - Sit-n-Sew (3rd Friday) 10:00 - Bingo (Bring 2 prizes, win 2 prizes.) 12:00 - Hand & Foot 1:00 pm Game Day - Hosted by The Ladies of Kernersville</p>

<p style="text-align: right;">19</p> <p>9:00 am Veterans Coffee 10:00 - Bridge 10:00 - Stretch & Flex Chair Exercise 12:00 - Pinochle 12:00 - Beginner Line Dance \$6.00/week 1:00 - Tatting <i>Zoom</i> 1:00 - Advanced Line Dance \$6.00/week 1:00 pm Beginner Ukulele Lessons \$ 1:00 pm Slower Paced Bingo 2:30 pm Intermediate Ukulele Lessons \$ 3:30 - Advanced Square Dance \$6.00/week</p>	<p style="text-align: right;">20</p> <p>9:30 - Bee Quilters 10:00 - Acoustic Jam Session 10:00 - Stretch & Flex Chair Exercise 10:00 am Voter Registration Drop-in Event 12:00 - Hand & Foot 12:30 - Bridge 1:00 - Books Ignite Book Club</p>	<p style="text-align: right;">21</p> <p>8:30 - Computer Lab Assistance by <u>Appt. Only \$5</u> 10:00 - Tai Chi \$5 10:00 - Games & Conversation 10:00 - American Sewing Guild 12:00 - Watercolor Open Studio 12:30 - Mah Jongg 1:00 - Bowling at Countryside Lanes \$ 1:00 - Basket Weaving \$</p>	<p style="text-align: right;">22</p> <p>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 \$6 4:00 - Tedder Bear Stamping - YouTube Live</p>	<p style="text-align: right;">23</p> <p style="text-align: center;">Office is open but NO PROGRAMS TODAY DUE TO QUILTE Creative Palett Retreat</p>
<p style="text-align: right;">26</p> <p>10:00 - Bridge 10:00 - Stretch & Flex Chair Exercise 11:00 - Caregiver Support Group 12:00 - Pinochle 1:00 - Tatting <i>Zoom</i> 12:00 - Beginner Line Dance \$6.00/week 1:00 - Advanced Line Dance \$6.00/week 1:00 pm Beginner Ukulele Lessons \$ 1:00 pm Pen Pals with Student Friends 2:30 pm Intermediate Ukulele Lessons \$ 3:30 - Advanced Square Dance \$6.00/week 5:00 pm Welcome to Medicare Workshop</p>	<p style="text-align: right;">27</p> <p>9:30 - Bee Quilters 10:00 - Acoustic Jam Session 10:00 - Stretch & Flex Chair Exercise 12:00 - Hand & Foot 12:30 - Bridge</p>	<p style="text-align: right;">28</p> <p>8:30 - Computer Lab Assistance by <u>Appt. Only \$5</u> 10:00 - Tai Chi \$5 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 Cooking Demo and Nutrition Education On-site and Facebook Live</p>	<p style="text-align: right;">29</p> <p>10:00 - Needle Arts 10:00 - Stretch & Flex Chair Exercise 10:00 am Beginner Pickleball Lessons \$ 12:00 - Pinochle 1:00 - Chair Yoga On-site and Zoom \$5.00/week 2:00 - Beginner Square Dance Lessons \$6 4:00 - Tedder Bear Stamping - YouTube Live</p>	<p style="text-align: right;">30</p> <p>9:00 - Computer Lab Assistance by <u>Appt. Only \$5</u> 10:00 - Bingo (<i>Bring 2 prizes, win 2 prizes.</i>) 12:00 - Hand & Foot 11:30 am Celebrate National Senior Center Month with Covered Dish Lunch with special guest, Mayor Dawn Morgan</p>