

## September 2022 Printable Program Guide

### [Beginner Pickleball Lessons Thursdays, September 8, 15, 29 and October 6, 10:00 am – 11:30 am](#)

If you have never played Pickleball before, these lessons are designed especially for you! The 4-week course will cover the basics of Pickleball rules, dinking, serving, etiquette on the court and more. Paddles and balls will be provided for use during class time. Practice will be on an indoor court. Bring a bottle of water, wear comfortable clothing and tennis shoes. Class fee \$20.00 cash due first day of class. **RSVP at least two days in advance by calling 336-992-3180.**

### [Myth Busters About Hospice on Zoom/Hybrid Presented by Angela Nicholson from Trellis Supportive Care Thursday, September 8 at 1:00 pm](#)

Is hospice really a place sick people go and never come back? Does hospice really mean giving up? Is hospice some sort of religious practice? The answers to these rumors are No, No, and NO! Come and learn more about the benefits of hospice. What you learn about hospice and palliative care may surprise you. Get to know us before you need us. View on *Zoom* from the comfort of your home or on Zoom at the Center. **Call 336-992-3180 for Zoom link. RSVP by September 2nd for the Zoom Link.**

### [Tap Dancing Lessons Interest Meeting Monday, September 12 at 11:00 am](#)

Love to dance? Tap dance classes are perfect for anyone with an interest in “both movement and making music [with your feet]”. This thirty-minute Interest Meeting with Susan Furmage will ease your doubts while learning about a low stress and fun way to dance. No special tap shoes needed. **RSVP at least two days in advance by calling 336-992-3180.**

### [Beginner Ukulele Lessons Mondays, September 12 – October 31 at 1:00 pm](#)

Instructor Allen Alston will provide beginner lessons for learning how to play the ukulele. \$40.00 instruction fee for 8 weeks (50% will be donated to the Senior Center). You will need to bring your own ukulele. **Please call 336-992-3180 for more information, the lessons, and how to rent a ukulele.**

### [Intermediate Ukulele Lessons Mondays, September 12 – October 31 at 2:30 pm](#)

Instructor Allen Alston will lead the 8-week session. Intermediate class is for those who know at least a few chords. \$40.00 instruction fee for 8 weeks (50% will be donated to the Senior Center). You will need to bring your own ukulele. **Please call 336-992-3180 for more information, the lessons, and how to rent a ukulele.**

### [Disc Golf Interest Meeting Tuesday, September 13 at 1:00 pm](#)

Meet with Mike Giagapolis to learn about disc golf, (also known as *Frisbee Golf*). It is a sport using a flying disc in which players throw a disc at a target, using rules similar to golf.” [See YouTube Video here.](#) **Please call 336-992-3180 for more information and to RSVP.**

### [Laughter Yoga with Claire Winfrey Wednesday, September 14 at 1:00 pm](#)

Our own Certified Laughter Yoga Leader, Claire Winfrey will lead a Laughter Yoga session. Laughter Yoga is not a comedy but is an exercise program for Health and Wellbeing. You will experience the combination of Laughter Exercises with yoga breathing techniques. We are excited to offer this program. For more info, you can visit <https://laughteryoga.org/>. We will also be broadcasting on Facebook Live. **RSVP at least two days in advance by calling 336-992-3180.**

### [Read the Room with Bruce Boyer – Touchpoints of Faith Thursday, September 15 at 10:00 am](#)

Local author Bruce Boyer will give a presentation about his ministry of writing Christian devotional stories. He will tell a few devotional stories including the true survival story of his son being lost in the Amazon rainforest. The stories highlight his passion for the Lord, and how he ministers by helping people see faith lessons in real life situations in everyday life. He will have a few copies of *Touchpoints of Faith* available for sale and will give those in attendance the web address for a free resource of other devotional stories. **RSVP at least two days in advance by calling 336-992-3180.**

### [DIY Garden Lighthouse Thursday, September 15 at 1:00 pm](#)

Turn ordinary terra cotta pots into a cute lighthouse perfect for your porch, garden, or sunroom. It will also look nice on a fireplace mantel, coffee table, shelf or with your outdoor patio set. All material included. \$10.00 for supplies. **RSVP required by September 12.**

### [Game Day - Hosted by The Ladies of Kernersville Friday, September 16 from 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. **RSVP at least two days in advance by calling 336-992-3180.**

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## [Veterans Coffee Sponsored by AARP Monday, September 19 at 9:00 am](#)

The Veterans Coffee is free and open to veterans of all ages and military services. It is an opportunity for veterans, both male and female, to connect with other veterans, enjoy complementary coffee, doughnuts, and a conversation with Dr. Althea Taylor Jones. She will give a talk about the AARP Fraud Watch Network™.

**RSVP required by September 13 to 336-992-3180.**

## [NEW TIME! Slower Paced Bingo Monday ~ September 19 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 required by September 15 by calling 336-992-3180.**

## [Voter Registration Drop-in Event Tuesday, September 20, 10:00 am to 12:00 pm](#)

If you are a Forsyth County resident and are not registered or you need to update your voter registration information, stop by the Center during the time listed above and complete a voter registration form. We will hand deliver the 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.

## [Pen Pals with Student Friends Monday, September 26 at 1:00 pm](#)

Imagine a world without pen and paper for a 4<sup>th</sup> grader. Many students only used computers for the past two years. We will write letters-yes real letters written with pen and paper-and receive them in return. Join us as we write to students in Mrs. Badgett's 4th grade class at Caleb's Creek Elementary School throughout the 2022-2023 academic school year. You will be paired with the same student(s) for the whole school year. **RSVP at least two days in advance by calling 336-992-3180.**

## [Welcome to Medicare Workshop Presented by: The Shepherd's Center of Greater Winston Salem and The Shepherd's Center of Kernersville - Senior Center Monday, September 26 at 5:00 pm](#)

This program is aimed at individuals turning 65 (as well as those who already have Medicare) to learn about the different insurance options available, including "Original Medicare," Medicare prescription drug programs, Medicare supplements and Medicare Advantage plans. It is also, designed to explain and clarify the Medicare sign-up process and educate how to make smart choices. Trained Seniors' Health Insurance Information Program (SHIIP) counselors will be available to answer general questions. This is no charge.

**Contact the Shepherd's Center of Winston Salem at 336-748-0217 or [Info@shepherdscenter.org](mailto:Info@shepherdscenter.org) for more information or to reserve a seat.**

## [Cooking Demo and Nutrition Education On-site and Facebook Live 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 by September 22<sup>nd</sup> by calling 336-992-3180.**

## [Celebrating National Senior Center Month "Strengthening Community Connections" Special Guest, Mayor Dawn Morgan and Covered Dish Lunch Friday, September 30 at 11:30 am](#)

The National Senior Center Month theme is "Strengthening Community Connections." "We are celebrating how our senior center empowers older adults to age well, make mind, body, spirit, and community connections. Mayor Dawn Morgan will share ways to be involved and stay engaged within our community. There will be time for you to ask questions, express concerns, or advocate for an issue important to you. Bring your favorite entree, side dish or drink with enough to share. **RSVP at least two days in advance by calling 336-992-3180.**