

OCTOBER Draft Newsletter Articles

Walk Inside at The Shepherd's Center of Kernersville

Bad weather, hot or cold temperatures need a safe place to walk? No problem. Stay active year-round by walking inside the Center. **Call ahead for available times, 336-992-3180.**

New! Chair Yoga I ~ Mondays at 2:00 pm Chair Yoga II ~ Thursdays at 1:00 pm

Improve your strength, flexibility, and balance using seated and standing poses. This class does not require students to get down to and up from the floor. The classes are appropriate for all fitness levels. **\$5.00 class fee (first class is free). RSVP by calling 336-992-3180 two business days in advance.**

Acoustic Jam Sessions – Get Ready for Some Toe Tapping Fun! Tuesdays at 10:00 am and Thursdays at 11:00 am

Bring your favorite stringed instrument, play, sing-along or simply listen. Music inspired in the moment. Drop-in sessions, no need to RSVP.

Paper Creations by Karen Culler Saturday, October 1 at 10:00 am

Come and join us to make 14 greeting cards (2 each of 7 designs). We will provide snacks and water. If you would like to bring something for lunch feel free to do so. All supplies are provided except adhesive. Cost is \$40.00 with a portion donated to The Shepherd's Center - Senior Center. **Please email Karen Culler as soon as possible to RSVP and arrange for payment on PayPal (using friends and family) to karenculler@gmail.com or by cash/check on October 1.**

Tap Dance Lessons Tuesdays, October 4 thru November 22 at 1:00 pm

Have you ever wanted to learn how to tap dance? Here's your chance! In this beginner tap dancing class (8 weeks) you will learn the basic steps, warm-ups, and a simple routine. No special shoes required. **RSVP by calling 336-992-3180 two business days in advance.**

Crochet Lessons Wednesdays, October 5 - 26 at 1:00 pm (4 Week Session)

Meet Jane Jester as she teaches basic crochet stitches or if you already know how, improve your skills. We will learn basic crochet stitches, how to keep your edges straight and how to read and follow written crochet patterns. Beginner students will make a dishcloth as a learning project. Intermediate students need to bring hooks, yarn, and a pattern for what you would like to make. **Call for supply list, RSVP, and \$40.00 fee (cash or check) due by October 3.**

Trivia Pursuit Thursday, October 6 at 10:00 am

Join Robert Garcia for a fun game of Trivia Pursuit. Prepare to test your knowledge, laugh, and simultaneously be silly and smart. Prizes will be awarded to the winners. **RSVP by calling 336-992-3180 two business days in advance.**

Beginner Drawing Class Interest Meeting - "Drawing Right Away" Thursday, October 6 at 1:00 pm

In this interest meeting, Ed Hightower will give an introduction to *Drawing on the Right Side of the Brain®* by Author, Dr. Betty Edwards. He will discuss the benefits of learning to draw. If enough people are interested in a drawing class, it will be scheduled at a later date. **RSVP by calling 336-992-3180 two business days in advance.**

Fire Safety Class Monday, October 10 at 10:00 am

Meet Chris Kauffman the new Fire and Safety Coordinator from the Town of Kernersville. He will discuss this year's fire safety campaign. "Fire won't wait. Plan your escape,™". Simple but important actions you can take to keep yourself and those around you safe. The value of having home escape plans "2 ways out," as well as calling 911 and mobile phones. Question and answer session to follow. **RSVP by calling 336-992-3180 two business days in advance.**

Men! How are Your Numbers? Presented by Stanley W. Howard, Men's Health Coordinator for Forsyth County

Tuesdays, October 11, 18, 25, November 1, 8, 15, 22 and 29 (8-week session) at 1:00 pm

This is an 8-week course for men to discuss chronic illnesses: Obesity/overweight, High Blood Pressure, A1C (blood sugar level), Colorectal/Prostate Cancer, Heart Health, Physical Activity/Exercise, Nutrition, and Resources. Register today for this valuable series. *Each week will he discuss a different topic which may be attended separately.* **RSVP by calling 336-992-3180 two business days in advance.**

Read the Room - Dr. Bill Greenwood: *Be the Bridge, Closing the Gaps in a Divided World*

Wednesday, October 12 at 10:00 am

In his book, Bill shares with utter transparency many escapades and missteps and how God used a most unlikely farm boy to accomplish remarkable tasks in a divided world. He and his ghost-writer - Patty Jo Sawvel worked on this book at The Shepherd Center's of Kernersville Senior Center for many months. His autographed book will be available for any interested folk. Finally, Dr. Greenwood invites you to pester him with any queries you might have about his adventures and misadventures. **RSVP by calling 336-992-3180 two business days in advance.**

Watercolor Lessons Wednesdays, October 12 – November 16 at 12:00 pm

Watercolor lessons will be a six-week session by Bruce Fletcher. Space is limited. The Cost is \$35.00 per person. **RSVP, prepay in advance (cash or check payable to Bruce Fletcher) by October 5 and call for a supply list to 336-992-3180.**

Beginner Pickleball Lessons Thursdays, October 13, 20 and 27 10:00 am – 11:30 am

If you have never played Pickleball before, these lessons are designed especially for you! The 3-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 modified court. Bring a bottle of water, wear comfortable clothing and tennis shoes. **RSVP by calling 336-992-3180 and \$20.00 fee due by October 10.**

Recipe Share Time - October Theme: Appetizers Thursday, October 13 at 11:30 am

Just say "Yummy"! Make and bring a delicious mouthwatering appetizer to share and bring a copy of your amazing recipe with a detailed list of all ingredients. Try something NEW and out of the ordinary! General tips will also be shared. **Seating is limited. RSVP by calling 336-992-3180 two business days in advance.**

Fall - Christmas Craft Sponsored by Arbor Ridge at Kernersville and Kerner Ridge Friday, October 14 at 10:00 am

Looking for the perfect decoration for the holidays? Look no further and join us for an afternoon of creating you own special design. All supplies provided. **RSVP by October 11 to 336-992-3180.**

Game Day - Hosted by *The Ladies of Kernersville*

Friday, October 14 at 1:00 pm

Enjoy your favorite games with friends, stretch your patience and confidence while boosting your motor and memory skills. Bring your own games. **RSVP by calling 336-992-3180 two business days in advance.**

SHIIP Counseling for Medicare Open Enrollment Period: October 15 to December 7

- **Wednesday, October 19 by Appointment Only 9:00 - 2:00 pm**
- **Tuesday, October 25 by Appointment Only 9:00 - 2:00 pm**

A Seniors' Health Insurance Information Program (SHIIP) counselor will meet with you at The Shepherd's Center of Kernersville (636 Gralin Street) to help navigate the Medicare website, compare Medical and Prescription Drug Plans, and complete enrollment in a new plan if necessary. You must have the following items with you: ORIGINAL Medicare card and Medicare advantage or Prescription drug plan card and a list of current prescriptions including dosage. **Call 336-992-3180 to schedule your appointment.**

How to Grow a Fall Garden Wednesday, October 19 at 9:00 am

Want to stretch your food dollars? Dianne Parks will teach you how to grow your own organic veggies and herbs from seeds and cuttings. Harvest your own fresh lettuce, kale, spinach, and other fall crops. Hands on instruction with seeds and an edible plant to take home. **\$5.00 fee for materials. Limited seating, RSVP by Oct 14 by calling 336-992-3180.**

Halloween Candy Mason Jar Craft Thursday, October 20 at 1:00 pm

Fall is here and Halloween is just around the corner. Join us for a one-of-a-kind easy and sweet treat for you to handcraft. **Limited seating. \$5.00 supply fee. Paid in advance (cash only) by October 17 and RSVP by calling 336-996-6696.**

Social Media School: Facebook Hybrid Class Friday, October 21 at 2:00 pm

Technology has allowed us to stay connected like never before. Join Thomas Canterbury as he leads this informational program on how to navigate Facebook. You'll learn the basics and all the features available to you so you can communicate as you like. This class will walk you through creating events, updating your profile, spotting scams, and more! Available onsite and *Zoom* (watch from the comfort of your own home). **RSVP by calling 336-992-3180 two business days in advance and to receive *Zoom* link.**

Learn How to Tie a Perfect Bow Thursday, October 27 at 1:00 pm

Join us to learn to tie the perfect bow for gifts, wreaths, front doors or decorating just about anything. Jo Rene Cook will teach and provide all the supplies needed for you to take home a bow. **Class size is limited to 5. RSVP by calling 336-992-3180 two business days in advance.**

Fun Fold Christmas Cards Friday, October 28 ~ 10:00 am – 3:00 pm

Join us to create four unique folded Christmas cards. You will need to bring your own bone folder, glue, and card making supplies. Basic card making skill are helpful. Class fee \$25.00 (cash) is due on October 28. **RSVP by October 15 by email or for questions to Patti Fegley at pittypat30@aol.com or 412-480-8007.**

Halloween Covered Dish Lunch Friday, October 28 at 11:30 am

Tricks or Treats may be in store for this one special holiday. So, turn up the heat up on your cauldron and get cooking. Bring a dish to share, invite a friend or two and wear your favorite costume (optional). **RSVP by calling 336-992-3180 two business days in advance.**