



Your Guide to the Services, Programs, and Activities of
The Shepherd's Center of Kernersville

SEPTEMBER
2022

The Center Post



Volunteer Spotlight

This Month's Volunteer spotlight goes to Louise Lewis. Louise has been with The Shepherd's Center for several years now, and in that time she has been very busy helping as a bingo caller, with luncheons, parties, and even with our Flocking fundraiser this year. In addition to her volunteer work, Louise is also an active participant in our regular programs such as hand and foot, bingo, and samba.

The Shepherd's Center of Kernersville is an interfaith ministry of volunteers which champions and sustains adults who are aging or with disabilities.

Critter Golf!

**32nd Annual
Golf Tournament Fundraiser
Friday October 7, 2022 at Pine Knolls**

Back by popular demand, Jeff Crittenden aka Critter Golf! That's right the world long drive champion will be at our 32nd Annual Golf Tournament. You will be able to have Jeff take your drive shot on the 10th hole (par 5) for a donation.

September is also Fall Prevention Month. Turn to page 3 to learn more!

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Office Hours
Monday - Friday
8:00 am - 4:00 pm

Easy Ways to Give to The Shepherd's Center with Harris' Teeter VIC Card and AmazonSmile

Link your **Harris Teeter VIC card** to The Shepherd's Center of Kernersville account (#5447) by going to the customer service desk at Harris Teeter grocery store. We will receive a gift for our Bill Radisch Computer Learning Center when individuals purchase Harris Teeter brands.

Shop AmazonSmile via the website by going to <https://smile.amazon.com> and use the drop down menu to choose your favorite charity:

The Shepherd's Center of Kernersville. The Amazon Smile Foundation will donate 0.5% on approved items purchased at Amazon Smile.



Become a Fan! Like and Follow The Shepherd's Center of Kernersville

Facebook: <https://www.facebook.com/shpctrkville>

Instagram: <https://www.instagram.com/p/CG8pmOZiWMJ/>

Twitter: <https://twitter.com/ShepCntrKville>

RSVP for ALL Activities at least two days in advance by calling 336-996-6696



Financial information about The Shepherd's Center of Kernersville and a copy of its license are available from the State Solicitation Licensing Branch at 1-888-830-4989 (within North Carolina) or (919) 807-2214 (outside of North Carolina). The license is not an endorsement by the State.

Falls Prevention for Older Adults

Debunking the Myths of Older Adult Falls

10 Myths About Older Adults and Falls



KEY TAKEAWAYS

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls.

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn't increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don't need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a **fall prevention program** in the community, or setting up a vision exam.

Food for Thought:

Nut Apple Crumble

Ingredients:

- Cooking spray
- 1 cup plus 2 tablespoons granulated Splenda or equivalent sweetener of choice, divided
- 1 teaspoon plus 1/4 teaspoon ground cinnamon, divided
- 1 teaspoon orange zest • 1/4 cup orange juice
- 5 Granny Smith apples, peeled, cored, and cut into 1/4-inch slices
- 1 cup uncooked old-fashioned oats • 2 tablespoons butter, softened
- 1/2 cup rice cereal
- 1/2 cup chopped nut of choice



Directions

1. Preheat oven to 350°F. Spray an 8 X 8-inch baking pan with cooking spray.
2. Combine 1 cup Splenda, 1 teaspoon cinnamon, orange zest, and orange juice in a large bowl. Add apples and toss to coat. Pour evenly into prepared baking pan.
3. Combine oats, 2 tablespoons Splenda, and 1/4 teaspoon cinnamon in a medium bowl. Add butter and combine with a fork or pastry blender until crumbly. Add cereal and nuts. Stir to combine and pour evenly over apples.
4. Bake 45 minutes until golden brown and bubbly. Makes 8 servings

Celebrating September

Hispanic Heritage Month
September 15–October 15

World Letter Writing Day
September 1

Labor Day (U.S.)
September 5

Grandparents' Day
September 11

International Day of Democracy
September 15

International Talk Like a Pirate Day
September 19

World Alzheimer's Day
September 21

Rosh Hashanah Begins
September 25

Fall Foliage Week
September 25–October 1

Ancestor Appreciation Day
September 27

Classical Music Month

Piano Month

Living the Sweet Life

Milton Hershey, born on September 13, 1857, is remembered for giving the world its most famous chocolate bar. But Hershey was much more than a chocolatier. He was a passionate philanthropist who built an entire community for the benefit and well-being of his workforce.



Hershey failed at two confectionary businesses before finally moving to Lancaster, Pennsylvania, where he started making homemade caramels. He had learned the key to making delicious caramels in Denver, Colorado, and fresh milk was his secret ingredient. He also devised a plan to sell caramels in bulk. When he secured a huge order to sell his caramels in England, Hershey was able to pay off his debts, buy more equipment, and expand his business to chocolate.

Just as Hershey had perfected his own recipe for caramel, he concocted his own recipe for milk chocolate. In 1903, he built a factory that employed the latest technology and mass production techniques. He could now sell his chocolate bars nationally, and his Hershey bars became the first nationally marketed chocolate bars in America.

Just as Hershey understood the importance of developing his own recipes, he also understood the importance of nurturing his workforce. He established the Hershey Industrial School in 1909, a private boarding school that offered educational opportunities and work training for orphans. This was the first step in building an entire community around the factory that included housing, businesses, churches, and even a public trolley system. Buildings enjoyed the luxury of full electrification, indoor plumbing, and central heating. Hershey built a school to educate the children of his employees. He established a charitable foundation to provide educational and cultural opportunities for residents, including the construction of the Hershey Museum, Gardens, and Theater. Hershey gave America sweet treats, but he gave his employees something more: a sweet opportunity to live the American Dream.

September Birthdays

In astrology, those born from September 1–22 are Virgo's virgins. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and aware of every detail. Those born from September 23–30 balance the scales of Libra. Libras strive for equilibrium and symmetry and flourish in harmonious partnerships. Libras often surround themselves with tasteful art objects and designs that create Balanced.

Salma Hayek (actress) –
September 2, 1966

Beyoncé (singer) –
September 4, 1981

Idris Elba (actor) –
September 6, 1972

Misty Copeland (dancer) –
September 10, 1982

Tyler Perry (producer) –
September 13, 1969

B. B. King (musician) –
September 16, 1925

Dorothy Vaughan (mathematician) –
September 20, 1910

Bruce Springsteen (singer) –
September 23, 1949

Jack LaLanne (fitness guru) –
September 26, 1914

Ed Sullivan (TV host) –
September 28, 1901

September 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 RSVP by September 2nd for the Zoom Link

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.**

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**

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.**

September Program Guide *Continued*

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 12th

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.

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 4th 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 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 22nd 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 336-992-318**

Updates

Friday, September 23rd

No Programs or Activities at The Shepherd's Center of Kernersville and Senior Center due to the Quilt Retreat.

Would You Be Interested in... Euchre, Rook, Oil Painting, Mexican Train (Chicken Foot) Dominoes, or a Scrapbooking class? We are taking names, phone numbers, and your availability for these activities. If there is enough interest we will add these activities to our program line-up. Let us know if there are any other activities you are interested in by

calling the Senior Center at 336-992-3180.

AARP Tax Volunteers are Needed at for 2023 Tax Season

AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. This past tax season, we helped over people in the Kernersville area, with those getting refunds averaging just over \$1,250. We are looking for more volunteers to help us serve more people in the community.

Volunteers to help fill two types of positions:

Client Facilitators (Intake) and Tax Counselors.

1. Client Facilitator - At least four hours per week during tax season

Client Facilitators help older taxpayers feel welcome and at ease by greeting them, gathering and organizing their paperwork, and describing the tax prep process. They help ease the stress of tax season for low to moderate income people who are age 50+. Experience is not necessary; we will provide training and IRS certification.

Requirements: detail-oriented, desire to help others and must attend training in December (on-line) and January (one half-day face to face).

2. Tax Counselor - At least 4 hours per week during tax season

Tax Counselors help low-to moderate-income age 50+ adults to prepare and file their tax returns online. Their assistance helps relieve the burden and stress of the clients doing their own taxes. Experience is helpful, but not required; we will provide training and IRS certification.

Requirements: Detail oriented, must attend 30+ hours of provided training on-line and face to face (held November through January), be comfortable with technology, and must pass IRS Advanced Certification (after training).

If you are interested in volunteering for the Tax-Aide program, or if you want more information, please contact Bill Dreshfield (Phone 336-310-9007) or Email TaxAide.Kernersville@gmail.com

Overview of Programs and Services

Transportation: Provide rides to and from medical appointments.

Friendly Caller: Weekday calls to homebound recipients for a "friendly hello".

Visitation: Provide short visits for socialization and/or longer visits for relieving family caregivers.

Personal Shopper: Pickup, fulfill, & deliver groceries, food pantry requests, and prescriptions.

Project Joy: Procure, arrange, and deliver donated flowers to those suffering illness or loss, celebrating milestones, or just needing a "lift".

Handy Person: Provide assistance with minor home repairs inside or outside the home.

Pastoral Counseling: Counseling sessions offered by appointment only with a certified volunteer counselor.

Financial and Medical Care Counseling: In partnership with other organizations, provide financial & insurance support via phone and in-person appointments with a Financial or Certified SHIIP Counselor.

Legal Aide Consulting: In partnership with Legal Aid of NC, provide legal support with civil matters involving basic human needs such as safety, shelter, income, and more via phone and in-person appointments.

Senior Enrichment Programs: A full-time "Center of Excellence" offering a variety of life enriching activities and classes in: arts, education and enrichment, fun and games, and health and wellness.

Bill Radisch Computer Center for Seniors: Offer one on one computer and other electronic device operational education and assistance.

Caregiver Support Group: Monthly meetings held for caregivers needing support.

Equipment Loan Program: Loan out durable medical equipment such as canes, walkers, and wheelchairs for short-term or long-term needs on a renewable basis.

Income Tax Preparation: Free annual income tax return preparation appointments February through mid-April in partnership with AARP Foundation Tax-Aide Program.

Advocacy: Provide meetings and events to raise awareness of elder abuse, neglect, and exploitation in conjunction with local law enforcement.

Information & Referrals: Provide a variety of resources for aging and/or disabled adults.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>\$ = fees or cost Bold = Special Program RSVP for ALL Activities at least two days in advance by calling <u>336-992-3180</u></p> <p>(Unless otherwise noted)</p>	<p>The Shepherd's Center of Kernersville 636 Galin Street PO Box 2044 Kernersville, NC 27285-2044 336-996-6696</p>	<p>September Program Calendar</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>9:00 - Computer Lab Assistance by <u>Appl. Only</u> \$5 10:00 - Bingo (<u>Bring 2 prizes, with 2 prizes.</u>) 12:00 - Hand & Foot with Mona (<u>1st Priz</u>) Kit fees apply</p>
<p>Closed for Labor Day</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>8:30 - Computer Lab Assistance by <u>Appl. 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>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>9:00 - Computer Lab Assistance by <u>Appl. Only</u> \$5 9:00 - Rubber Stamping with Mona (<u>2nd Priz</u>) 10:00 - Bingo (<u>Bring 2 prizes, with 2 prizes.</u>) 12:00 - Hand & Foot 1:00 - Movie Matinee</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 - Tattling 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>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 Disk Golf Interest Meeting</p>	<p>10:00 - Computer Lab Assistance by <u>Appl. 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>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>9:00 - Computer Lab Assistance by <u>Appl. Only</u> \$5 9:00 - 3:30 - Sit'n-Sew (<u>3rd Friday</u>) 10:00 - Bingo (<u>Bring 2 prizes, with 2 prizes.</u>) 12:00 - Hand & Foot 1:00 pm Game Day - Hosted by The Ladies of Kernersville</p>
12	13	14	15	16
5	6	7	8	9

<p>19</p> <p>9:00 am Veterans Coffee 10:00 - Bridge 10:00 - Stretch & Flex Chair Exercises 12:00 - Pinochle 12:00 - Beginner Line Dance \$6.00/week 1:00 - Tattling Zoom 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>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>21</p> <p>8:30 - Computer Lab Assistance by <u>Adpt. 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>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>23</p> <p>Office is open but NO PROGRAMS TODAY DUE TO QUILT Creative Palette Retreat</p>
<p>26</p> <p>10:00 - Bridge 10:00 - Stretch & Flex Chair Exercises 11:00 - Caregiver Support Group 12:00 - Pinochle 1:00 - Tattling Zoom 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>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>28</p> <p>8:30 - Computer Lab Assistance by <u>Adpt. 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>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>30</p> <p>9:00 - Computer Lab Assistance by <u>Adpt. Only \$5</u> 10:00 - Bingo (<u>Bring 2 prizes, win 2 prizes.</u>) 12:00 - Hand & Foot 11:30 am Celebrate National Senior Center Month with Covered Dish Lunch with special guest, Mayor Dawn Morgan</p>