

## December 2022 Program Guide

### **Pickleball Training Court**

**By Reservation: Monday – Friday, 8:30 am – 3:30 pm**

Now available for practice and learning to play. Outdoor court is 10% smaller than a regulation court and has a shorter net. You must bring your own paddles and balls. **No walk-ins allowed. Call to reserve play time by calling 336-992-3180.**

### **Pen Pals with Student Friends**

**Monday, December 5 at 1:00 pm**

Join us at the Senior Center as we continue writing to and sharing letters from our pen pals from Mrs. Badgett's 4th grade class at Caleb's Creek Elementary School. **RSVP by calling 336-992-3180 two business days in advance.**

### **Yarn Gnome**

**Wednesday, December 7 at 1:00 pm**

Learn how to make this easy “no-sew” adorable gnome. Once you start, you will not want to stop. Make a whole family of Gnomes to decorate your tree or adorn your home. All supplies provided free of charge. **RSVP by calling 336-992-3180 two business days in advance.**

### **Recipe Share Time - December Theme: Breads and Spreads**

**Thursday, December 8 at 11:30 am**

Spread the warmth! Make and bring your “quick” bread and teasingly yummy spread. Sweet, tart, salty or spicy...we are sure to love them all! Be sure to include a listing of all the ingredients used. We will share general information and tips, as well. **RSVP by calling 336-992-3180 two business days in advance.**

### **Cooking Demo and Nutrition Education – Hybrid – Live on Facebook**

**Thursday, December 8 at 2:00 pm**

Second Harvest of Northwest NC presents fun nutrition tips/tricks and goodie bags, in partnership with Share Our Strength's Cooking Matters. Join demonstrator Sruthi as she creates healthy savory dishes, shares samples and fellowship on-site and Facebook. **Limited seating must RSVP by December 5 to 336-992-3180.**

### **Movie Matinee**

**Friday, December 9 at 1:00 pm**

Join us for a holiday movie at The Shepherd's Center of Kernersville. Bring your favorite snack and drink. **Call 336-992-3180 to RSVP two business days in advance and for more details, including movie title.**

### **Tree of Life Wreath**

**Friday, December 9 at 1:00 pm**

A fun, beautiful, and easy craft that would make a great holiday gift for a loved one or for yourself. Follow along with Instructor, Marlies as she teaches step by step construction. **RSVP by December 6 to 336-992-3180 and \$10.00 supply fee due day of class.**

### **Got Plans? Advance Planning *Presented by Trellis Supportive Care***

**Monday, December 12 at 10:00 am**

This presentation will cover the importance of completing advance directives (Living Will, Healthcare Power of Attorney, and the MOST form) to ensure your end-of-life wishes are known and documented. **RSVP by calling 336-992-3180 two business days in advance.**

## **Chili Cook-Off**

**Tuesday, December 13 at 12:30 pm**

How is your chili? Mild and savory, hot and fiery or somewhere in between? Bring your award-winning chili for our judges to taste. May the best batch win! **RSVP by calling 336-992-3180 two business days in advance.**

## **Seashell Holiday Angel Ornament**

**Tuesday, December 13 at 1:00 pm**

Join Barbara in making a beautiful nautical holiday ornament by using many different seashells to create a one-of-a-kind ornament. **RSVP by December 12 to 336-992-3180 and \$5.00 supply fee due day of class.**

## **Transition and Move Coordination - Hybrid Presentation**

**Wednesday, December 14 at 1:00 pm**

Downsizing or is there a move in your future? Where do you start in downsizing your living space, selling your home or other real estate, preparing for long term care, planning a move, coordinating estate sales or disposal of discarded/unwanted property, arranging for pet care or rehoming pets? It can all be so overwhelming, but with a plan in place it can be far less stressful. Join Jennifer Harriss, owner of Age Advocate, as she provides ways we can move forward with a transition or move. **Presentation will be available onsite or view from the comfort of your home on Zoom. Call and RSVP two business days in advance and to receiver Zoom link (if necessary): 336-992-3180.**

## **Holiday Cookies**

**Thursday, December 15 at 1:00 pm**

Join Barbara for an afternoon of baking and sampling holiday cookies. She will demonstrate the art of making Pizzelle cookies, share some of her favorite holiday cookies, and recipes. \$5.00 supply fee. **RSVP by December 13 to 336-992-3180 and \$5.00 supply fee due day of class.**

## **Holiday Covered Dish Lunch**

**Friday, December 16 at 11:30 am**

***Co-hosted by Arbor Ridge and Ridge Care of Kernersville***

Come join us as we celebrate the holidays with a luncheon. This is sure to be a great afternoon of food and fellowship. Encourage all of your fellow Senior Center participants to attend. Help us make this our largest Holiday celebration ever! Bring your favorite side dish, salad, dessert, or drink. Entrée will be provided by *Arbor Ridge and Ridge Care of Kernersville*. **RSVP by calling two business days in advance 336-992-3180.**

## **Year End Social - "Snack and Chat"**

**Wednesday, December 28 at 2:00**

The perfect opportunity to recount, reminisce and share your thoughts about 2022 and plans for the 2023. Bring your favorite snack and chat a long with your friends. We may even play a game or two. **RSVP by calling 336-992-3180 two business days in advance.**

## **Tedder Bear Stamping Class on *YouTube Live***

**Limited Dates, Thursdays at 4:00 pm**

Join Lisa Tedder on Thursdays: [Tedderbearstamping](https://www.youtube.com/watch?v=...). She will demonstrate how to make 2 beautiful, stamped cards. Comment on *YouTube Live* and be entered into a drawing for a free completed card that is from the class. Visit her Blog at <http://tedderbearstamping.com/> for more tips. **Call Lisa for posting dates on YouTube and more information at (336) 408-8957.**

## **Acoustic Jam Session**

Tuesdays, 10:00 am – 11:30 am and Thursdays, 11:00 am – 1:00 pm Join us for live improvised performances.