



November 2022

The Shepherd's Center of Kernersville - Senior Center 636 Gralin St.
Kernersville, NC 336-996-6696 or 336-992-3180

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKLY PROGRAMS	10:00 - Bridge 10:00 - Stretch & Flex 11:00 - Caregiver Support Group (2nd and 4th Mon.) 11:45 - Beginner Line Dance \$6 12:00 - Pinochle 1:00 - Tatting on Zoom 1:15 - Intermediate Line Dance \$6 1:00 - Slower Paced Bingo (3rd Mon.) 2:00 - Chair Yoga I \$5 3:00 - Square Dance \$6	9:30 - Bee Quilters 10:00 - Acoustic Jam Session 10:00 - Stretch & Flex 11:30 - Hand & Foot 12:30 - Bridge 1:00 - Books Ignite Book Club (3rd Tues.)	9:00 - 12:00 Computer Lab By Appointment \$5 Donation 10:00 - Tai Chi \$5 10:00 - Games & Conversation 10:00 - American Sewing Guild (3rd Wed.) \$ Dues 12:00 - Open Watercolor Studio 12:30 - Mah Jongg 1:00 - Basket Weaving \$ Kit Fee 1:00 - Bowling at Countryside Lanes\$	10:00 - Stretch & Flex 10:00 - Needle Arts 11:00 - Acoustic Jam Session 12:00 - Pinochle 1:00 - Chair Yoga II \$5 2:15 - Beginner Square Dance \$6 4:00 - Tedder Bear Stamping on YouTube	9:00 - 12:00 Computer Lab By Appointment \$5 Donation 9:00 - Rubber Stamping with Mona (2nd Fri.) \$ Kit Fee 9:00 - 3:30 Sit-n-Stitch (3rd Fri.) 10:00 - Bingo 11:30 - Hand & Foot 1:00 - Movie Matinee (2nd Fri.) 5:00 - Rubber Stamping with Mona (1st Fri.) \$ Kit Fee
~~~~~ First Anniversary Celebration Week ~~~ October 31 thru November 4 ~~~~~					
SPECIAL PROGRAMS	<b>Oct. 31</b>	<b>1</b> 1:00 - Men! Know your Numbers	<b>2</b> 10:00 - Make One, Take One Home Holiday Ornament	<b>3</b>	<b>4</b> 10:00 - Bingo with Cash Elementary Students
	<b>7</b> 2:00 - Chair Yoga 1 \$5 1:00 - Intermediate Ukulele Lessons \$ 2:30 - Beginner Ukulele Lessons \$	<b>8</b> 1:00 - Holiday Bell Ornament \$6 1:00 - Men! Know your Numbers	<b>9</b> 10:00 - 12:00 Thank a Veteran Day Drop-In Event	<b>10</b> 10:00 - Make One, Take One Home Holiday Ornament 11:30 - Recipe Share Time Kabobs and Marinades	<b>11</b> 9:00 - Knee and Hip Replacement Surgery 10:00 - Knitting Lessons \$ 1:00 - Decorating for the Holidays on a Budget \$5
	<b>14</b> 2:00 - Chair Yoga 1 \$5 1:00 - Cooking for Two \$5 1:00 - Intermediate Ukulele Lessons \$ 2:30 - Beginner Ukulele Lessons \$	<b>15</b> 1:00 - Men! Know your Numbers 1:00 - Know the 10 Signs - Early Detection Matters Hybrid: Onsite and Zoom	<b>16</b> 9:00 - 4:00 - SHIIP Counseling By Appointment Only 1:00 - 4:00 Memory Screening <u>By Appointment Only</u> 2:00 - Cooking Demo and Nutrition Class Onsite and Facebook Live	<b>17</b> 9:00 - Coffee with a Cop 1:00 - Cozy Farmhouse Bicycle Wreath \$8	<b>18</b> 9:00 - Holiday Stamp Camp \$40 10:00 - Knitting Lessons \$ 11:30 - Thanksgiving Covered Dish Lunch 1:00 - Game Day
	<b>21</b> 9:00 - Advance Directives - Got Plans? 2:00 - Chair Yoga 1 \$5 1:00 - Intermediate Ukulele Lessons \$ 2:30 - Beginner Ukulele Lessons \$	<b>22</b> 1:00 - Men! Know your Numbers	<b>23</b>	<b>24</b> <b>Closed Thanksgiving Holiday</b>	<b>25</b> <b>Closed Thanksgiving Holiday</b>
	<b>28</b> 2:00 - Chair Yoga 1 \$5 1:00 - Intermediate Ukulele Lessons \$ 2:30 - Beginner Ukulele Lessons \$	<b>29</b> 1:00 - Men! Know your Numbers 1:00 - Meet and Greet Book Exchange	<b>30</b> 11:00 - Essential Oils and Emotions Onsite and Facebook Live \$5	<b>\$ Supply and Instructor Fees Call for more information.</b>	<b>RSVP 2 business days in advance by calling 336-992-3180</b>