

November Programs

New! Jigsaw Puzzle Table Drop-in Event Drop-in Monday – Friday 8:00 am - 4:00 pm

Are you a jigsaw enthusiast or beginner who wants to experience the joy of putting together a jigsaw puzzle? or take the hassle out of creating space to work a puzzle at home? Drop in (or while you wait for a program to begin) work on the community puzzle in room 26.

Movie Matinee 2nd Friday at 1:00 pm

Enjoy an early afternoon movie with friends. We explore all genres: action, classic, comedy, drama, and more! **Let us know if you have a favorite movie you want to watch, RSVP two business days in advance and call 336-992-3180 for movie title.**

Sit 'n' Stitch 3rd Friday at 9:00 am – 3:00 pm

If it involves a hook, needle, thread, floss, or yarn, come on! Bring your sewing machine or any gear you need to work on your project(s). A great time to visit with familiar friends or make new ones. Share your work or learn something new. **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, November 1, 8, 15, 22 and 29 (5-week session) at 1:00 pm

This 5-week course is for men to discuss chronic illnesses: Colorectal/Prostate Cancer, Heart Health, Physical Activity/Exercise, Nutrition, and Resources. Register today for this valuable series. *Each week he will discuss a different topic which may be attended separately.* **RSVP by calling 336-992-3180 two business days in advance.**

Make One, Take Home One: Holiday Ornament

Wednesday, November 2 and Thursday, November 10 at 10:00 am

Join us as we create Victorian style ornaments to decorate our tree at the Kernersville Museum. You will make a one-of-a-kind ornament for our holiday tree at the Kernersville Museum and take one home. Attend one or both days. **RSVP by calling 336-992-3180 two business days in advance.**

Bingo with Cash Elementary Students Friday, November 4 at 10:00 am

Welcome Mrs. Hall's 4th grade class from Cash elementary! Help give them a big welcome as they join us for bingo. Bring two prizes win two prizes. Please bring prizes appropriate for 4th grade students as well as for adults. **Since this is a special event we ask that you RSVP by calling 336-992-3180 two business days in advance.**

Intermediate Ukulele Lessons - Mondays, November 7 – December 19 at 1:00 pm

Beginner Ukulele Lessons - Mondays, November 7 – December 19 at 2:30 pm

Instructor Allen Alston will lead the 7-week session. Intermediate class is for those who know at least a few chords. You will need to bring your own ukulele. \$40.00 instruction fee for 7 weeks. **Please call (two business days in advance) 336-992-3180 to RSVP for more information, the lessons, and how to rent a ukulele.**

Holiday Bell Ornament Tuesday, November 8 at 1:00 pm

Turn terracotta pots into great holiday bell ornaments. They can be used throughout your home or office bringing a smile and touch of whimsy to any holiday décor. **Supply fee \$6.00 due on November 8. RSVP by calling 336-992-3180 two business days in advance.**

Thank a Veteran Day Drop-In Event

Wednesday, November 9 ~ 10:00 am – 12:00 pm

Stop by and write a friendly note to a veteran. The handwritten notes will be hand delivered to local veterans in time for Veteran's Day on Friday, November 11.

Recipe Share Time - November Theme: Kabobs and Marinade Thursday, November 10 at 11:30 am

Flavor Fun! Make and bring festive kabobs with your favorite marinade to share (a side dish of rice will be provided). Include a copy of your amazing recipe, listing all the ingredients. Try something NEW and out of the ordinary! General information and tips will also be shared. **RSVP by calling 336-992-3180 two business days in advance.**

Knee and Hip Replacement Surgery Friday, November 11 at 9:00 am

Knee and hip replacement surgery can mean a new outlook on life for those experiencing pain, mobility problems, and a reduced quality of life because of knee osteoarthritis or an injury. Dr. Slade Curtis Moore from Novant Health will discuss the merits of knee and hip surgery. What to expect before, during and after surgery. **RSVP required by November 7 by calling 336-992-3180.**

Knitting Lessons Fridays November 11 – December 16 at 10:00 am (5-week course)

Come, “ Sit and Knit for a bit” with knitting instructor Tijuana “TJ” Bolin. Learn to knit or refresh your skills. This course will teach you how to read a knitting pattern, cast on, cast off and how to create stitches. T.J. will offer two projects. **\$15.00 (cash only) class fee and RSVP two business days in advance by calling 336-992-3180 and for supply list.**

Decorate for the Holidays on a Budget Friday, November 11 at 1:00 pm

Learn how to upcycle and use ordinary household items to make your home look gorgeous without spending a lot of money. You will be making one beautiful item to take with you. **\$5 (cash only) supply fee. RSVP by calling 336-992-3180 two business days in advance.**

Cooking for One or Two Monday, November 14 at 1:00 pm

Join demonstrator Barbara as she shares delicious “mini” meatloaves for 1 or 2 people and a side dish of cheesy corn. She will bring samples and recipes along with other suggestions for meal planning. **\$5.00 fee per person and RSVP by calling 336-992-3180 before November 10.**

Know the 10 Signs of Alzheimer’s “Early Detection Matters” Hybrid: Onsite and Zoom Tuesday, November 15 at 1:00 pm

The warning signs of Alzheimer’s disease are often dismissed as side effects of normal aging. This workshop will provide a greater understanding of the difference between age-related memory loss and dementia and what to do if you have signs of Alzheimer’s disease. It will also help you understand the benefits of early detection, early diagnosis, and early intervention. **RSVP and for your Zoom connection (if needed) by calling 336-992-3180 two business days in advance.**

SHIP Counseling for Medicare Open Enrollment Period

Wednesday, November 16 by Appointment Only 9:00 - 4:00 pm

A Seniors' Health Insurance Information Program (SHIP) 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 and get registration form.**

Memory Screening Wednesday, November 16 ~ Appointments Begin at 1:00 pm

Conducted by Home Loving Care

Are you concerned about memory problems? Take advantage of this free, confidential memory screening and pick up free educational materials about memory concerns, dementia, caregiving, and successful aging. Screenings are also appropriate for anyone who does not have an immediate concern but may want to evaluate their memory now and for future comparisons. **Call 336-992-3180 to schedule a screening an appointment.**

Cooking Demo and Nutrition Education On-site and Facebook Live

Wednesday, November 16 at 2:00 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 onsite. We will also broadcast on Facebook Live - The Shepherd’s Center of Kernersville. **RSVP required by November 11 by calling 336-992-3180.**

Coffee with a Cop

Thursday, November 17 from 9:00 am - 10:30 am

Invite your friends and neighbors and join Kernersville police officers for coffee and conversation. No agenda or speeches, just a chance to drop-in and ask questions, voice concerns, and get to know the officers in our community. **RSVP by calling 336-992-3180 two business days in advance.**

Cozy Farmhouse Bicycle Wreath

Thursday, November 17 at 1:00 pm

Craft a unique one-of-a-kind bicycle wire frame wreath decorated with an assortment of faux holiday greenery, berries, pinecones and more. A wonderful addition to any home décor or festive occasion. **RSVP by calling 336-992-3180 two business days in advance. Supply fee \$8.00 due on November 17.**

Holiday Stamp Card Camp

Friday, November 18, 9:00 – 3:00 pm

Welcome to Lisa Tedder's annual Holiday Card Stamp Camp. Meet new friends and get reacquainted with familiar ones. Craft, create and go home with 16 Christmas cards that will wow your family and friends! 3 each of 5 designs, and 1 specialty card! Bring a favorite dish of food to share (optional). **\$40.00 for supplies. Bring your own adhesive or it can be purchased for an additional cost. RSVP via email and prepay by November 4th to tedderbearstamping@gmail.com**

Thanksgiving Covered Dish Luncheon

Friday, November 18 at 11:30 am

It is Thanksgiving and time to gather together at the Senior Center to say thanks and be thankful for our services, programs, and participants. Join us for our annual covered dish luncheon as we celebrate with tasty food and friends. Bring a dish with enough to share (entrée, appetizer, or side dish). **RSVP by calling 336-992-3180 two business days in advance.**

Advance Directives - Got Plans? Presented by Trellis Supportive Care

Monday, November 21 at 9:00 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.**

Meet and Greet Book Exchange Drop-in

Tuesday, November 29 at 1:00 pm – 3:00 pm

Come and meet members of the Books Ignite! Book club. Sit, chat, and ask questions. Find out what we are all about and exchange a book. Bring one, take one. The books to exchange must be paperback and in GOOD condition (dog ears ok). Free bookmark for participating.

Essential Oils and Emotions Onsite and Facebook Live

Wednesday, November 30 at 11:00 am

Are your emotions all over the place when the time changes or during the holidays? It can be a stressful time for many. Sylvia Dalrymple will help us discover how essential oils work to help lift our spirits during the holidays and what essential oils are best for you! View on The Shepherd's Center of Kernersville Facebook Live event or attend in person and make room sprays for \$5 each (cash only) (Holiday Cheers, Oh Happy Day, Stress No More, and Time for Sleep sprays). **RSVP by calling 336-992-3180 before Nov 23rd .**

Announcements

Interested in Chess, Euchre, or Cribbage?

Call 336-992-3180 or email lisa@shepctrkville.com and let us know.