



FEBRUARY 2023

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

The Center Post



Spread the Love

We are partnering with The Summit Church-Kernersville to provide 50 Sweetheart meals for our Friendly Caller service recipients in celebration of Valentine's Day. We chose a hot meal, as many of our Friendly Caller recipients live alone and may no longer cook. The Summit-Kernersville will purchase, plate and deliver meals on Sunday, February 12th.

Last year, we collaborated to provide special Valentine's goodie bags for these recipients and it was a hit. We are excited to partner once again to provide a special meal close to Valentine's Day. Our goal is to provide a special meal for a special someone and spread love throughout the community.

AARP Tax-Aide Appointments Have Started

AARP Tax-Aide is a free service offered in conjunction with the IRS. Tax-Aide volunteers are trained to help you prepare and file your federal and state income tax returns, including a variety of common forms and schedules.

Our Tax-Aide site will begin preparing tax returns **by appointment only** on February 1st.

You will need to go to the AARP Tax Aide Kernersville website

**<https://sites.google.com/view/aarp-tax-aide-kernersville/home> or
call 336-992-3180 for more information on scheduling your tax appointment.**

The Shepherd's Center Of Kernersville Staff

Executive Director

Lynne Garms
lynne@shepctrkville.com

Enrichment

Lisa Miller
lisa@shepctrkville.com

Development

Thomas Canterbury
thomas@shepctrkville.com

Programs

Debbie Cornatzer
debbie@shepctrkville.com

Volunteer Services

Claire Winfrey
claire@shepctrkville.com

Contact Us:

The Shepherd's Center of Kernersville

636 Gralin Street
PO Box 2044
Kernersville, NC 27285-2044

<https://www.shepctrkville.com>

336-996-6696

Office Hours

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

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

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.



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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.

February Announcements

Save the Date!

Healthy Living & Business Expo

March 14 from 10 am - 2 pm
at the Kernersville Family YMCA
1113 W Mountain St, Kernersville

Vendors (*we will be there*), food trucks(\$), health screenings, lunch & learn seminar, and so much more! Volunteers will be needed for the registration table. Call Lisa Miller at 336-992-3180 to volunteer. Call the Kernersville Chamber of Commerce at 336-993-4521 for vendor information.



Title Sponsors:



Supporting Sponsors:



Celebrating February

Library Lovers' Month

Black History Month

**Mend a Broken Heart
Month**

Groundhog Day
February 2

**Thank a Mail Carrier
Day**
February 4

Pizza Day
February 9

**Get Out Your Guitar
Day**
February 11

Super Bowl LVII
February 12

Valentine's Day
February 14

**World Human Spirit
Day**
February 17

Carnival
February 16-21

Presidents' Day (U.S.)
February 20

Mardi Gras
February 21



AARP Tax Aide Appointments for Free Tax Counseling, Preparation & E-Filing for In-Scope Taxpayers

AARP Tax-Aide is a free service offered in conjunction with the IRS. Tax-Aide volunteers are trained to help you prepare and file your federal and state income tax returns, including a variety of common forms and schedules.

Our Tax-Aide site will begin preparing tax returns in February. You will need to go to the AARP Tax Aide Kernersville website <https://sites.google.com/view/aarp-tax-aide-kernersville/home> and scroll down to the bottom of the page if you have any questions.

The Tax-Aide site at the Kernersville Senior Center is returning to the traditional face-to-face model this year. Tax returns will be prepared by appointment only (no walk-in appointments will be available). You will need to **pick up a tax preparation packet** (with instructions) **and fully complete it** prior to scheduling an appointment with us. These packets are available and can be picked up on our front porch weekdays from 9:00 am to 12:00 noon.

Items you will need to provide to have your return prepared...

- Photo ID for taxpayer (and spouse, if married): driver's license, passport, etc.
- Social Security card for all persons on the tax return: taxpayer, spouse, and anyone claimed as a dependent
- Tax forms for all sources of income including W-2 forms from employers, 1099 forms for other income: interest or dividends, Social Security, retirement or pension accounts, non-employee income, credit card payments, unemployment benefits, cancellation of consumer credit card debt, etc.
- Tax forms for expenses such as childcare, higher education, health insurance purchased on the Marketplace, retirement contributions, Health Savings Accounts, etc.
- **Any correspondence you received from the IRS.**
- If you are self-employed, a summary of expenses related to your self-employment. **You must pick up and complete the self-employment worksheet (available when you pick up the tax preparation packet).** If you think you might be eligible to itemize deductions, a summary of your deductible expenses (this is not common). **You must pick up and complete the itemized deduction worksheet (available when you pick up the tax preparation packet).**
- Last **TWO** year's federal and state income tax returns you filed.
- Power of Attorney documents if spouse is unable to attend. Death certificate if spouse is deceased.

Contact TaxAide.Kernersville@gmail.com or call Lisa or Debbie at 336-992-3180 for a tax appointment. Appointments will be scheduled on Wednesdays, Thursdays, and Fridays from 8:30 am - 12:00 noon. We will also have a few Saturday appointments available.

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.



Volunteer Spotlight:



*Shout out to **Dean and Kathy Smith** for being inspired to deliver hot meals on Thanksgiving Day (2022). Dean & Kathy wanted to volunteer on the holiday to support our recipients in the community with something they would need and enjoy. Holy Cross Catholic Church provided us with 19 meal vouchers from C&H Cafeteria in order for this to occur. Dean is a Friendly Caller volunteer who calls recipients weekly to chat. Thanks Dean and Kathy!*

*Another shout out to our **40 service, program, and office volunteers** who helped the week of Christmas (2022) to deliver gifts to over 40 of our service recipients in order for them to have gifts to open on Christmas Day. In collaboration with Kernersville Wesleyan Church, The Summit Church – Kernersville, and The Kernersville Women's Club, we provided & delivered gifts to **85** of our service recipients within the community. Thank you to everyone who made this happen!*



Crochet Lessons

**Mondays, February 6, 13, 20 & 27
at 2:00 pm**

Join Jane Jester to learn to crochet or improve your crochet skills. You 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 of what you would like to make. **Call for supply list, RSVP, and \$40.00 fee (cash or check) due first day of class.**

Knitting Lessons

**Wednesdays, February 8, 15, 22 and
March 1 (4-week course)
at 10:00 am**

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.**

Beginner Pickleball Lessons

**Thursdays, February 9, 16, 23
and March 2 at 9:30 – 11:00 am**

Learn to play America's fastest growing sport! This 4-week course will cover the basics of Pickleball rules: safety, dinking, serving, etiquette on the court and more. Pickleball 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, tennis shoes and a pickleball paddle are helpful but not required. **RSVP by calling 336-992-3180 and \$20.00 cash instruction fee due first day of class.**

Recipe Share Time

**February Theme: Meatless Protein
Thursday, February 9 at 11:30 am**

Where's the BEEF!? Did you know there are multiple ways to get your protein without meat? Explore various options, then make and bring a cleverly created sample of your "wonder" meal. Include a copy of your recipe, listing all the ingredients. General Information and tips will also be shared. **RSVP by calling 336-992-3180 two business days in advance.**

Cards by Robin

**Monday, February 13 & March 13
at 10:00 am**

Bring a friend and come create three original hand-made cards with beautiful paper, inks, and stamps. Beginner and experienced crafters are welcome. All you need is adhesive (glue or double-sided tape) or you can purchase them on the day of class (tape is \$2.00 - glue \$5.00). Class fee is \$12.00 and that includes all supplies for your cards and envelopes. **Contact Robin Nicholas by Friday, February 10
Phone: 336-317-3892 or email:
CardsbyRobin19@gmail.com**

Card Games Day: Euchre, Rook, Spades, Rummy, Skip-Bo, Uno etc.

**Mondays, February 13 and 27
at 10:00 - 12:00 pm**

Bring your favorite cards and play your favorite game. If enough people sign up this can become a weekly event! Call and let us know the card game you are interested in playing even if you cannot come. **RSVP two business days in advance and let us know what you like to play so that we can find partners for you: 336-992-3180.**

Valentine's Day Social

Tuesday, February 14 at 2:00 pm

Join us for an afternoon of sweet treats and fun. Bring your favorite Valentine treat with enough to share and a small valentine treat gift to swap (value \$1.00 - 2.00). **RSVP by calling two business days in advance 336-992-3180.**

NCDOT Updates

Wednesday, February 15 at 2:30 pm

Join Pat Ivey, NCDOT Division 9 Engineer as he provides updates and new details about current construction and future road and transportation projects in and around Kernersville. A question-and-answer session will follow his presentation. **RSVP by calling 336-992-3180 two business days in advance.**

Bowling at Countryside Lanes

1005 Masten Drive

Wednesdays at 1:00 pm

Bowling is for everyone, and everyone can play! No expertise required. Relax and have fun. **\$6.00 includes shoe rental and 3 games.**

Skin Care as We Age at the Center and on *Facebook Live*

Thursday, February 16 at 10:00 am

Join Darrell Brooks, Esthetician from Vi Loru Skin Care. He will discuss many things that could affect the condition of our skin: lifestyle, diet, heredity, exposure to the elements, personal habits, even our sleep position. Learn new tips and tricks! Followed by a question-and-answer session. **RSVP by calling 336-992-3180 two business days in advance.**

Covered Dish Lunch

Friday, February 17 at 11:30 am

Join us for a late winter covered dish lunch. This is sure to be a great time of food and fellowship. Encourage all of your fellow Senior Center participants to attend. Bring your favorite side dish, salad, dessert, or drink. **RSVP by calling two business days in advance 336-992-3180.**

Tips for Successful Spring Gardens Monday, February 20 at 10:00 am

Toby Bost, Author of *Carolinas Gardeners Guide*, Extension Agent Emeritus will discuss plant selection; soil preparation; and seasonal flowers and vegetables for small spaces. **RSVP by calling 336-992-3180 two business days in advance.**

Trivia Pursuit

Tuesday, February 21 at 1:00 pm

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

Clay Pot “Trio of Mushrooms” for Your Garden or Home Décor Tuesday, February 21 at 1:00 pm

Learn how to turn ordinary clay pots and saucers into colorful mushrooms for your garden, patio, outdoor space, or home décor. This is an easy craft, and you will be able to complete three mushrooms in about an hour and half. **RSVP by calling 336-992-3180 and supply fee \$8.00 due by February 16.**

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 by walking inside the Center. **Call ahead for available times, 336-992-3180.**

Cooking for One or Two

Thursday, February 23 at 1:00 pm

Join chef Barbara as she shares how to make delicious “mini” lasagna rolls for 1 or 2 people and garlic biscuits. She will bring samples and recipes along with other suggestions for meal planning. **\$6.00 fee per person and RSVP by calling 336-992-3180 before February 20th.**

Bingo with Cash Elementary Friends Friday, February 24 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. **RSVP by calling 336-992-3180 two business days in advance.**

Catheter Pillow Community Sewing Day Monday, February 27 10:00 am – 2:00 pm *With Leadership Kernersville and Always Best Care*

Rev up your sewing machines and warm up your fingers as we come together and sew port pillows that cover a catheter to protect it from a seatbelt when riding in a car. We will need seamstresses with sewing machines and willing hands to stuff the pillows. The pillows will be donated to service recipients of The Shepherd’s Center of Kernersville and Novant Health Cancer Institute Kernersville. Bring your sewing machines and notions, all other materials will be provided. Lunch will be provided by *Always Best Care*.

RSVP by February 22 to 336-992-3180.

Chocolate and Tea Pairings

Tuesday, February 28 at 1:30 pm

You have heard of wine and cheese, but what about tea and chocolate? Martha Isenberg, Tealightful Brand Ambassador, will lead a taste test of this unusual combination. She will demonstrate brewing techniques for loose leaf tea and share health benefits of tea. We will learn how pairing different types of tea with various kinds of chocolate can provide a double whammy when it comes to the amount of antioxidants consumed and how moderate chocolate consumption can be good for us. Have fun learning which flavors combine best together and sample some chocolate tea. Bring a teacup and saucer if you have them. **RSVP required and class fee of \$6.00 must be made no later than February 23. There is a class minimum of 10 paid participants.**



2023 CHILI DAYS

*A Shepherd's Center of Kernersville Winter
Fundraiser Benefiting Enrichment Programming*

Order and pre-pay for a quart of Prissy Polly's famous
chili from The Shepherd's Center

January 3 through February 8, 2023.



Chili orders* may be picked up at Prissy Polly's on
Tuesday, February 14 or Thursday, February 16, 2023.

Prissy Polly's is well known for their chili and they have teamed
up with The Shepherd's Center of Kernersville once again for this
special way to knock the chill out of Winter!

Stop by the Shepherd's Center (636 Gralin St.) or call us
(336-996-6696) to purchase your CHILI and get your proof of
purchase CHILI Coupon! Coupons will be given to you at time of
purchase or e-mailed to you after purchase.

Special Benefit Price... \$12.00 quart*



*Buy several quarts and stock
your freezer for those
"chili" winter days to come!*




***The Chili will be frozen when you pick it up
so you may consume it at your convenience.**



February 2023 Calendar

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
<p>10:00 - Bridge 10:00 - Stretch & Flex 11:00 - Caregiver Support Group (2nd and 4th Monday) 11:45 - Beginner's Line Dancing \$6 12:00 - Pinochle 1:00 - Tattng on Zoom 1:00 - Ukulele Band \$ 1:15 - Intermediate Line Dance \$6 2:00 - Chair Yoga I \$5 2:00 - Crochet Lessons \$ 2:30 - Beginner Ukulele Lessons \$ 3:00 - Square Dancing \$6</p>	<p>TUESDAYS 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 Tuesday)</p>	<p>9:00 - 12:00 Computer Lab by Appointment \$5 Donation 10:00 - American Sewing Guild Fee \$ (3rd Wednesday) 10:00 - Games & Conversation 10:00 - Knitting Lessons \$ 10:00 - Tai Chi \$5 12:00 - Open Watercolor Studio 12:30 - Mah Jongg 1:00 - Basket Weaving Kit Fee \$ 1:00 - Bowling at Countryside Lanes \$6 (Includes shoe rental and 3 games)</p>	<p>9:30 - Beginner Pickleball Lessons \$ 10:00 - Needle Arts 10:00 - Stretch & Flex 12:00 - Pinochle 11:30 - Recipe Share Time (2nd Thursday) 1:00 - Chair Yoga II \$5 2:15 - Beginner Square Dance \$6</p>	<p>9:00 - 12:00 Computer Lab by Appointment \$5 Donation 9:00 - Rubber Stamping with Mona (2nd Friday) \$ Kit Fee 9:00 am - 3:30 pm - Sit-n-Stitch (3rd Friday) 10:00 - Bingo (Bring 2 prizes and win 2 prizes) 11:30 - Hand & Foot 1:00 - Movie Matinee (2nd Monday) 5:00 - Rubber Stamping with Mona (1st Friday) \$ Kit Fee</p>
2023 CHILL DAYS				
<p>Fundraiser Benefiting Enrichment Programming Order and pre-pay for a quart of Prissy Polly's famous chill from The Shepherd's Center before February 8, 2023</p>	<p>1 10:00 - Knitting Lessons \$</p>	<p>2 2:30 - Conversational Spanish \$</p>	<p>3  National Wear Red Day Fight Heart Disease</p>	
<p>6 48th day of Winter and there are 42 days left till Spring.</p>	<p>7 National Fettuccini Alfredo Day</p>	<p>8 10:00 - Knitting Lessons \$</p>	<p>9 2:30 - Conversational Spanish \$</p>	<p>10 1:00 - Movie Matinee Call 336-992-3180 for Title of Movie</p>
<p>13 10:00 - Card Games Day 10:00 am - Cards by Robin \$12</p>	<p>14 2:00 - Valentine's Day Social</p>	<p>15 10:00 - Knitting Lessons \$ 2:30 - NCDOT Update</p>	<p>16 10:00 - Skin Care as We Age at The Shepherd's Center & Facebook Live 2:30 - Conversational Spanish \$</p>	<p>17 11:30 - Covered Dish Lunch</p>
<p>20 10:00 - Tips for Successful Spring Gardening</p>	<p>21 1:00 - Trivia Pursuit 1:00 - Clay Pot "Trio of Mushrooms" \$8</p>	<p>22 10:00 - Knitting Lessons \$</p>	<p>23 1:00 - Cooking for One or Two \$6</p>	<p>24 10:00 - Bingo with Cash Elementary Students</p>
<p>27 10:00 - Card Games Day 10:00 - 2:00 - Catheter Pillow Community Sewing Day</p>	<p>28 1:30 - Chocolate and Tea Pairings \$6</p>	<p>Special Programs</p>	<p>\$ Supply and Instructor Fees Call for more Information</p>	<p>Call to RSVP 2 business days in advance: 336-992-3180</p>
SPECIAL PROGRAMS				
WEEKLY PROGRAMS				