

Program Guide February 2023

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(s) 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 Shepherd's Center of Kernersville 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 Decor**

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 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 Students

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 transportation service recipients of The Shepherd's Center of Kernersville and Kernersville Hospital Cancer Center. Bring your sewing machines and notions, all other materials will be provided. Lunch from *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.**

Announcements

Pet Partners Therapy Interest Article **(Thomas to write)**

Single Mingle (teaser)? **(Thomas to write)**

Save the Date Article: Healthy Living and Business Expo **(Lisa will email to Thomas)**