



MARCH 2023

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

The Center Post

WHEN HISTORY & MEMORIES COME ALIVE

THE KERNERSVILLE CLASSIC

Family Carnival

fueled by

THE SHEPHERD'S CENTER

GAMES FOR KIDS • SILENT AUCTION • MUSIC • TREATS & SNACKS • OLD CARS & NEW

FUN FOR ALL

MARCH 25
2-5 PM

AT THE KERNERSVILLE AUTO MUSEUM
204 HOLLY TREE DRIVE
KERNERSVILLE, NC 27284

ADULTS \$10
KIDS \$5

The Kernersville Classic

Join The Shepherd's Center of Kernersville at the new Kernersville Auto Museum for a family-friendly carnival! This fundraiser supports The Shepherd's mission as we provide wonderful and engaging programs and services to aging or disabled adults.

This carnival is sure to be a great one! There's going to be carnival games and booths, carnival food, music, prizes, and more!!!

Tickets are \$10 for adults and \$5 for children, tickets purchased at the door

Don't forget about our Single Seniors Mingle on Page 4!!!

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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.

March 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:



St. Patty's Day Goodie Bags

The Living Hope Church in Kernersville will be preparing and delivery goodie bags . To 50 service recipients the week of St. Patrick's Day. We may need a few volunteers to help deliver pre-made bags on March 16th or 17th. Contact Claire Winfrey to volunteer.

Celebrating March

**Women's History
Month**

**International Women's
Day**
March 8

Welderly Week
March 20-24

**International Mirth
Month**

95th Academy Awards
March 12

Nowruz Begins
March 21

Dr. Seuss Day
March 2

St. Patrick's Day
March 17

Ramadan Begins
March 22

Purim Begins
March 6

Mothering Sunday
March 19

**American Crossword
Puzzles Week**
March 31-April 2




Join Leadership
Kernersville and
The Shepherd's Center
for

The Single Senior Mingle

at The Shepherd's Center
of Kernersville
Friday, March 17 from 4-
7pm

- Photo op
- Refreshments
- Icebreakers
- Karoke
- Music and Dancing
- Door Prizes/Giveaways

RSVP by March 15th to The Shepherd's Center
336-996-6696
636 Galin Street, Kernersville, NC 27284

Join us this St. Patrick's Day for the social event of the year!

Leadership Kernersville and The Shepherd's Center of Kernersville proudly presents the Single Senior Mingle. A fun social gathering for seniors to make friends and life long connections. The event will include music, food, and along with fun interactive activities.

This event is **FREE** to everyone, single or otherwise!

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 Medicare 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.

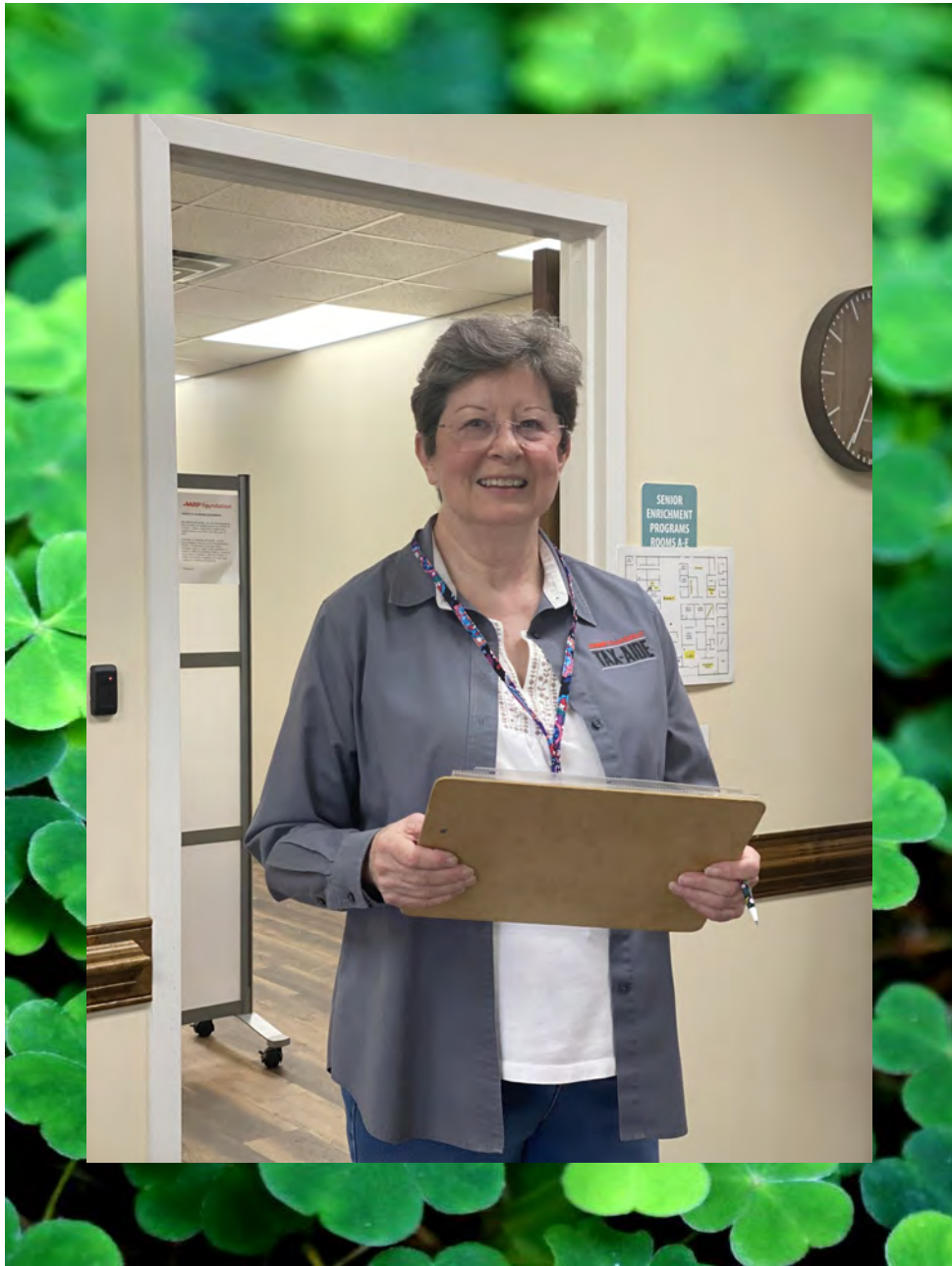
Income Tax Preparation: Free annual income tax return preparation appointments February through mid-April in partnership with AARP Foundation Tax-Aide Program.

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: Barbara Cannon



Barbara is such an essential volunteer here at TSCK. Barbara started volunteering here with our Tax Aide Program in 2018. Over the years we have truly enjoyed having Barbara here in that role as she is very knowledgeable, patient, and understanding. Just last year she has started to volunteer more with as a Project Joy flower delivery driver, Transportation driver, Personal Shopper, and Outreach Volunteer. Kudos to Barbara for all that she does for us and our recipients. We couldn't provide these essential services and programs without you!

Program Guide

Crochet Lessons

Mon., March 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 read and follow written crochet

patterns. Beginner students will make a dishcloth.

Intermediate students need to bring hooks, yarn, and a pattern of what you would like to make. **Call for supply list: 336-992-3180, \$40.00 fee (cash/check) due first day of class.**

Free Blood Pressure Check

Tues. March 7 & Wed. 8, 9:00 -12:00 pm

Stop by nursing student intern Ashley London's table from Forsyth Tech for a free blood pressure check. **No RSVP required, drop in event.**

T-Shirt Quilt

Tues., March 7, 14, 21 & 28 at 1:00 pm

In this class Linda Whicker will show you how to transform your T-shirts into a quilt and make a memory from your child's, dad's, or other family members t-shirts. This class combines patchwork, quilting, and sewing. It is for the intermediate sewer/quilter. Bring your own sewing machine and notions. **Class fee \$30.00 (cash) due first day of lessons. RSVP required by March 3 by calling 336-992-3180.**

How to Grow Warm Weather Crops

Wednesday, March 8 at 10:00 am

Learn to grow tomatoes, peppers, squash, herbs, and other warm weather crops to supplement your food budget. Come prepared to get your hands dirty and take home what you have planted. **RSVP and \$7.00 (cash only) supply fee due by March 7 by calling 336-992-31980.**

Curious About Hearing Loss?

Thursday, March 9 at 10:00 am

Join Dr. Michelle Novakovich from High Point Audiological. She will review causes of hearing loss, impacts of hearing loss, and treatment options, including assistive listening devices and hearing aids. **RSVP to 336-992-318 336-992-3180 two business days in advance.**

Recipe Share Time – “Stuff It!”

Thursday, March 9 at 11:30 am

This month we are choosing a food item that can be stuffed. Fill the item with something that is spectacular and scrumptious. Bring enough to share. Be sure to bring a copy of your recipe, including a list of the ingredients you used. **RSVP by calling 336-992-3180 two business days in advance.**

How to Paint with Acrylics Lessons

Monday, March 13 – April 17 (6 weeks) at 10:00 – 11:30 am

Ready to try acrylic painting but not sure where to start? Or maybe you have already started painting but just need a few pointers. Learn acrylic painting techniques with John

Mitchell in this six-week course. The first class is an introduction and discussion of supplies. Five sessions of painting lessons will follow. **RSVP and lesson fee \$35.00 cash due by March 10.**

Cards By Robin

Monday, 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 includes all supplies for your cards and envelopes.

Contact Robin Nicholas by Friday, February 10

Phone: 336-317-3892 or email:

CardsbyRobin19@gmail.com

Ukulele Band

Mondays, March 13 – May 1 (8 weeks) at 1:00 pm

Open to all levels, beginner ukulele players to advanced. You will learn songs arranged so that everyone can play at their skill level. We will perform as opportunity and time permits. The main objective is to have fun together! **\$40.00 class fee due first day of class. RSVP two business days in advance by calling 336-992-3180.**

Program Guide Continued

Beginner Ukulele Lessons

Mondays, March 13 – May at 2:30 pm

Instructor Allen Alston will provide beginner lessons for those who want to learn how to play the ukulele. You will need to bring your own ukulele. \$40.00 instruction fee. **RSVP two business days in advance by calling 336-992-3180 to RSVP for more information, and how to rent a ukulele.**

“Talk and Taste” Cooking Demonstration

Tuesdays, March 14, 21 & 28 at 10:00 am

Beat the Doldrums! New ideas and choices for your diet. Ken Warner will demonstrate, prepare, and share healthy living/diabetic recipes and samples. The first week will be a delightful dessert. Limited seating. **RVSP by calling 336-992-3180 and \$5.00 (cash only) for each session due by the Friday before each date.**

Wind Chime DIY

Wednesday, March 15th at 1:00

Create your own unique wind chime with materials provided by Marlies. She will guide you in the construction for a *beautiful relaxing sounding* design. Limited seating. Donations will be accepted for materials. **RSVP two business days in advance by calling 336-992-3180.**

Pickleball Lessons

Thursday, March 16, 23, 30 & April 6 at 9:30 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 or outdoor on a modified court. Bring a bottle of water, wear comfortable clothing and 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.**

Hearing Screening Thursday,

March 16 Appointments,

10:00 am – 2:00 pm

Provided by High Point Audiological

Concerned about your hearing? Call **336-992-3180 no later than March 14 to schedule your appointment.**

St. Patrick’s Day Cover Dish Lunch

Sponsored by: *Arbor Ridge and Ridge Care of Kernersville* March 17 at 11:30 am

Come join us as we celebrate St. Patrick’s Day with a luncheon. Wear green to "make you invisible to leprechauns." Encourage all of your friends to attend. 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.**

Stroke: Signs and Symptoms

Wednesday, March 22 at 10:00 am

Join Heather McLawhon, RN, Stroke and Chest Pain Coordinator at *Novant Health Kernersville Medical Center* for an informative session on strokes. This class will review signs and symptoms, risk factors and what actions to take when someone is having a stroke. Come with any questions you may have as there will be a question-and-answer session to follow the presentation. **RSVP two business days in advance by calling 336-992-3180.**

Free Blood Pressure Check

Tuesday, March 28, 9:30 am -11:30 am

Stop by Heather McLawhon, RN, Stroke and Chest Pain Coordinator at *Novant Health Kernersville Medical Center’s* table for a free blood pressure check. **No RSVP required, drop in event.**

Sit-n-Stitch

3rd Friday, 9:00 am – 3:30 pm

Join us for a day of sewing, needlework, or any form of stitching. Bring your sewing machines or projects you want to work on and craft away the day. Do not forget a drink and snack!

Share your work of art and be an inspiration to others.



March 2023 Calendar

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 - Tattling 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	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))	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)	9:30 - Beginner Pickleball Lessons \$ 10:00 - Needle Arts 10:00 - Stretch & Flex 11:30 - Recipe Share Time 11:30 - Recipe Share Time (2nd Thursday) 12:00 - Pinochle 1:00 - Chair Yoga II \$5 2:15 - Beginner Square Dance \$6	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
\$ Supply and Instructor Fees Call for More Information				
6 2:00 - Crochet Lessons \$ New Session (4 weeks)	7 9:00 - 12:00 Free Blood Pressure Check 1:00 - T-Shirt Quilt \$	8 9:00 - 12:00 Free Blood Pressure Check 10:00 - Growing Warm Weather Crops	9 2:30 - Conversational Spanish\$ 10:00 - Curious About Hearing Loss?	10 1:00 - Movie Matinee Call 336-992-3180 for Title of Movie
13 10:00 - Acrylic Painting Class \$ 10:00 am - Cards by Robin \$12 1:00 - Ukulele Band \$ New Session (8 weeks) 2:00 - Crochet Lessons \$ 2:30 - Beginner Ukulele Lessons \$ New Session (8 weeks)	14 10:00 am - 2:00 pm Healthy Living & Business Expo 10:00 - Talk and Taste \$5 1:00 - T-Shirt Quilt \$	15 1:00 - DIY Wind Chime \$	16 9:30 - Beginner Pickleball Lessons \$ New Session (4 weeks) 10:00 - Hearing Screening by Appointment Only 2:30 - Conversational Spanish\$	17 11:30 - St. Patrick's Day Covered Dish Lunch Sponsored by Arbor Ridge and Kerner Ridge of Kernersville 4:00 pm - 7:00 pm Senior Single Mingle
20 10:00 - Acrylic Painting Class \$ 2:00 - Crochet Lessons \$	21 10:00 - Talk and Taste \$5 1:00 - T-Shirt Quilt \$	22 10:00 - Stroke: Signs & Symptoms	23 9:30 - Beginner Pickleball Lessons \$	24 Saturday, March 25 Kernersville Classic 2:00 - 5:00 pm
27 10:00 - Acrylic Painting Class \$ 2:00 - Crochet Lessons \$	28 9:30 - 11:30 Free Blood Pressure Check 10:00 - Talk and Taste \$5 1:00 - T-Shirt Quilt \$	29	30 9:30 - Beginner Pickleball Lessons \$	31 Call to RSVP 2 Business Days in Advance: 336-992-3180

SPECIAL PROGRAMS

WEEKLY PROGRAMS