

Program Guide March 2023

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.**

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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.

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