

## Program Guide April 2023

### **Community Forum with Sheriff Kimbrough Paddison Memorial Library Auditorium (248 Harmon Lane, Kernersville) Wednesday, April 5 from 6:00 – 7:00 pm**

“Our Community Forums are one of the most important things I do as the Sheriff of Forsyth County. I am committed to serving and listening to the people of this County, so these forums are my way of getting to know the residents on a deeper level and understanding how I can serve them best. The people elected me into Office; as I have said, this will always be the Office of the People,” Sheriff Bobby F. Kimbrough, Jr.

The next Community Forum will be held Wednesday, April 5th, from 6 to 7 pm in the Paddison Memorial Branch Library Auditorium, located at 248 Harmon Lane in Kernersville. ALL community members are welcome!

Come see us at our Community Forum in Kernersville! We want you to show up and ask the hard questions. Sheriff Kimbrough and the Forsyth County Sheriff’s Office Command Staff will be present to talk with you about the upcoming year. The Community Forum will be held Wednesday, April 5<sup>th</sup>, from 6 to 7 pm in the Paddison Memorial Branch Library Auditorium, located at 248 Harmon Lane in Kernersville. ALL

community members are welcome!

The Shepherd's Center of Kernersville's Senior Enrichment Center will provide refreshments and encourages you to attend this event. It is a good opportunity to meet an elected official, share information, ask questions, to advocate for your rights or for those of others, to learn more about the Forsyth County Sheriff's Department, and to "Be Heard."

### **Euchre**

**Thursdays, April 6 - 27 at 10:00 am**

Euchre is a trick taking game with a trump, played by four players in teams of two. Join a team of two and play this basic game similar to Whist. Must have 4 players per game. Lessons may be available. **RSVP to 336-992-3180 two business days in advance.**

### **Cards by Robin**

**Monday, April 10 at 10:00 am**

Bring a friend and create three original hand-made cards with beautiful paper, inks, and stamps.

Beginner and experienced crafters are welcome.

Bring your own adhesive (glue or double-sided tape) or purchase it on the day of class (tape is \$2.00, glue \$5.00). Class fee is \$12.00 and includes the supplies for your cards and envelopes.

**Contact Robin Nicholas by Monday, April 10**

**by phone: 336-317-3892 or**

**email: cardsbyrobin19@gmail.com**

### **Essential Oils for the Garden**

**Tuesday, April 11 at 2:00 pm**

Do you know you can use essential oils in your garden and with your house plants? Essential oils come from plants and therefore can be used to help plants grow, control pests, help fresh cut flowers live longer, prevent mold, and fungus, attract pollinators, kill weeds, and more. No need to use harsh and harmful chemicals. Supply of \$14 (cash/check) includes a spray or an essential oil roller of your choice, plus recipes and instructions for a chemical free garden. Space is limited. **RSVP to 336-992-3180 by Monday, April 10.**

### **American Sign Language for Casual Conversation**

**Wednesdays, April 12 – May 31, 1:00 pm**

You are invited to attend this free 8-week course.

Learn how to use sign language to communicate with a deaf person or if you are hearing impaired.

**RSVP required two by April 10 to 336-992-3180.**

### **Free Blood Pressure Screening**

**Tues., April 11 from 9:30 am – 11:30 am**

Stop by the *Always Best Care* table for a free blood pressure check. **No RSVP required, drop in event.**

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### It's Survey Season and We Need Your Input!

Our 2023 Program Planning Survey and 2023 Satisfaction and Outcomes Survey have been published. Links for the electronic version have been sent with the newsletter e-blast and print copies are available at the Center office. Printed copies will be distributed on-site April 3<sup>rd</sup> – April 28<sup>th</sup> and the electronic version will remain open through April 28<sup>th</sup>. We can e-mail you the hyperlinks for the electronic version if you have not received it, just contact Lisa or Debbie at 336-992-3180, [lisa@shepctrkville.com](mailto:lisa@shepctrkville.com), or [debbie@shepctrkville.com](mailto:debbie@shepctrkville.com).

We use the information you provide to plan, develop, and implement new programs and to evaluate each of our services and programs, as well as your overall satisfaction with The Shepherd's Center. Your suggestions and input are important and instrumental in determining the programs and services we offer now in the future. **Both surveys will need to be turned in no later than Friday, April 28.**

### Knitting Lessons

**Wed. April 12 - May 3 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.**

### Pickleball Lessons

**Thursday, April 13 - May 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 modified court. Bring a bottle of water, wear comfortable clothing and tennis shoes, and a pickleball paddle. **RSVP by calling 336-992-3180 and \$20.00 cash instruction fee due first day of class.**

### Beginner Bridge Lessons

**Tuesdays, April 18 – May 23 (6 weeks) at 10:30 am**

Completely new to bridge? We welcome you to join Judy Hedin's lessons intended for beginners who know nothing or almost nothing about bridge. Come prepared to challenge your brain power and learn a new card game. **Must have 4 or 8 players. RSVP and \$30.00 lesson fee (cash/check and prepay at The Shepherd's Center) due two business days in advance by calling 336-992-3180.**

### Forsyth CARES (Community Assistance Registry for Emergency Services) *Onsite and Facebook Live*

**Wednesday, April 19 at 10:00 am**

What happens if your friend, neighbor or loved one lives alone and is in need of emergency services and there is no one at home to let them in and/or tell them about their medical condition(s). Join Detective Dave Mundy at the Center or on *Facebook Live* for a discussion of how to sign-up for a free online service where **Forsyth County residents** can provide information to first responders to use in emergencies involving them or their loved ones. See more here: <https://forsyth.cc/forsythcares/> **RSVP by calling two business days in advance 336-992-3180.**

### Seashell Art

**Wednesday, April 19 at 1:00 pm**

Prepare for summer decorating by painting a 4" x 6" canvas and decorate with seashells in several designs provided by Barbara O. Kemp. Easel to display your beautiful work of art provided at an additional cost (\$1.00). **RSVP and \$6.00 supply fee (cash/check) are due two business days in advance.**

### Trivia Pursuit

**Thursday, April 20 at 10:00 am**

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

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### **North Carolina Senior Tar Heel Legislature (NCTHL) Update**

*with Dr. Althea Taylor Jones*

**Thursday, April 27 at 10:00 am**

***Onsite and Facebook Live***

Perhaps, one of the best kept secrets is the existence of the North Carolina Senior Tar Heel Legislature. Well, it is certainly not a secret. Rather, it is an invaluable organization designed to advocate for the needs of aging adults in North Carolina and the organizations that provide aging services.

Dr. Althea Taylor Jones, our Tar Heel Representative will share some of the priorities NCTHL recommends to the NC General Assembly and her insight as an advocate. This will include updates on the Senior Center General Purpose fund (*there has not been an increase in senior center general purpose funding for over 20 years*), Medicaid Expansion, the Home and Community Care Block Grant funding, Long-Term Care Ombudsmen, and others. Do not let this great opportunity pass by without voicing your concerns about aging issues, advocating for change, and asking questions. **RSVP required two business days in advance by calling 336-992-3180.**

### **Easy Pace Bingo**

**Thursdays, April 20 – May 25 at 1:00 pm**

Play away the afternoon with large print bingo game cards and large tokens designed to assist with stiff hands and may help to increase hand-eye coordination. Bring a 'bingo buddy' who can help play along as needed. Bring two prizes, win two prizes (value \$1.00 - \$2.00 each). Light snacks and drinks provided. **RSVP two business days in advance by calling 336-992-3180.**

### **DIY Scented Beeswax and Soy Candle**

**Monday, April 24 at 10:00 am**

Marlies and Heather from *A & M Candle Company* will provide an easy step-by-step guide to make an easy, mess free scented beeswax and soy five ounce candle. Craft a candle for friends, family, a teacher, the mailman, or yourself. **Supply fee \$10 (due at The Shepherd's Center) by April 21 and RSVP to 336-992-3180.**

### **Spring Covered Dish Lunch**

**Friday, April 28 at 11:30 am**

Join us for a great time of food and fellowship at the spring covered dish lunch.. Encourage all of your fellow Senior Center participants to attend. Bring your favorite spring recipe: entrée, side dish, salad, dessert, or drink. RSVP by calling two business days in advance 336-992-3180.

### **Bowling at Countryside Lanes**

**1005 Masten Drive**

**Wednesdays at 1:00 pm**

*New pricing \$8.00 includes: \$2.00 shoe rental and three games.*

### **The Bill Radisch**

**Computer Learning Center**

***Computer and Technology***

***Assistance by Appointment***

**Wednesday & Friday 9:00 - 12:00 pm  
(by appointment only)**

Instruction and technical support are available for anyone needing help with Windows computers, Android phones and tablets, and Chromebooks. One-on-one learning is offered on how to use devices and programs associated with them (email, photos, documents, etc.). We will repair your device, install programs, etc. If you have a "dead" device, bring it for us to attempt to revive it. **\$5 fee if we can help you.**

***Appointments must be made in advance or the day of if available. See Faith, Debbie or Lisa or call 336-996-6696 to schedule your appointment.***

**Friday, April 21 - No programs on-site due to a special event.**