



May 2023 Calendar

The Shepherd's Center of Kernersville - Senior Center
 636 Gralin St. Kernersville, NC 27284 Call: 336-992-3180

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKLY PROGRAMS	10:00 - Bridge 10:00 - Stretch & Flex 10:00 - Cards by Robin (2nd Mon.) \$12 11:00 - Caregiver Support Group (2nd and 4th Monday) 11:45 - Beginner's Line Dancing \$6 12:00 - Pinochle 1:00 - Tatting on Zoom 1:00 - Ukulele Band \$ 1:15 - Intermediate Line Dance \$6 2:00 - Chair Yoga I \$5 2:30 - Beginner Ukulele Lessons \$ 3:00 - Square Dancing \$6	9:30 - Bee Quilters 10:00 - Music 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 \$8 (shoe rental and 3 games)	9:30 - Beginner Pickleball Lessons \$ 10:00 - Needle Arts 10:00 - Stretch & Flex 12:00 - Pinochle 1:00 - Chair Yoga II \$5 1:00 - Easy Pace Bingo 2:15 - Beginner Square Dance \$6	9:00 - 12:00 Computer Lab by Appointment \$5 Donation 9:30 - 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 Friday)
SPECIAL PROGRAMS	1	2 10:30 - Beginner Bridge 3/6 Lessons \$	3 1:00 - American Sign Language 4/8	4 10:00 - Euchre	5
	8	9 10:30 - Beginner Bridge 4/6 Lessons \$	10 1:00 - American Sign Language 5/8	11 10:00 - Euchre	12 1:00 - Movie Matinee Call 336-992-3180 for Title of Movie
	15 10:00 - DIY Derby Hat	16 10:30 - Beginner Bridge 5/6 Lessons \$ 1:00 - Gastrointestinal Health <i>Onsite and Zoom</i>	17 10:00 - Remodeling and Upcycling Garments 1:00 - American Sign Language 6/8 2:00 - Diamond Art Class \$	18 10:00 - Euchre	19 9:00 am - 3:30 pm Sit-n-Stitch
	22 11:00 - Pen Pal Share Time	23 10:30 - Beginner Bridge 6/6 Lessons \$ 1:00 - Derby Race Day	24 11:00 - Local Travel Destinations 1:00 - American Sign Language 7/8 2:00 - Diamond Art Class \$	25 10:00 - Euchre 11:00 - Senior Services <i>Onsite and Facebook Live</i>	26 11:30 - Aging unbound Covered Dish Lunch Celebrate Older Americans Month
	29 Closed for Memorial Day	30 3:00 - Cooking Demo and Education with Chef Tom <i>Onsite & Facebook Live</i>	31	\$ Supply and/or Instructor Fees Call 336-992-3180 for information	