

May 2023 Program Guide

Gastrointestinal Health and Why It's Important to Maintain It With Digestive Health Specialists, P.A.

Tuesday, May 16 at 1:00 pm

Onsite and Zoom

Did you know that your gastrointestinal system is the main “portal” for taking in and processing nutrients and also serves as the “communication center” and “disease fighter” for your body? There is often confusion around what disease states and illnesses a Gastroenterologist addresses. We will discuss the importance of colonoscopy screenings, staying active, and eating healthy. Minimum number of participants is 25. **RSVP required two business days in advance and for Zoom link if needed by calling 336-992-3180.**

Remodeling and Upcycling Garments

Wednesday, May 17 at 10:00 am

Lynne Poteat with the American Sewing Guild will lead a talk about remodeling old garments by upcycling them into something new. Meet to brainstorm ideas and learn popular fashion trends in upcycling. **RSVP required two business days in advance by calling 336-992-3180.**

Diamond Art Class

Wednesday, May 17 and 24, 2:00 – 4:00 pm

Diamond Art an art form using tiny plastic shiny beads. The class includes a kit with everything you need to create a beautiful picture. It is an easy, fun, and relaxing hobby. No artistic talent needed. If you are already doing this craft and are interested in joining a Diamond Art Group, stop by the class or call the center. You will need to bring a pair of scissors. **Kit fee \$19.00 is due (cash only) the first day of class. Absolute RSVP by May 10 by calling 336-992-3180.**

Lessons

Ukulele Band

Monday, May 8 – July 3

8 weeks) at 1:00 pm

\$40.00 (cash) class fee due first day of class.

Beginner Ukulele Lessons

Monday, May 8 – July 3

(8 weeks) at 2:30 pm

\$40.00 (cash) class fee due first day of class.

Crochet Lessons

Monday, May 8 - 22 and June 5

(4 weeks) at 2:00 pm

\$40.00 class fee (cash/check) due first day of class.

Knitting Lessons

Wednesday, May 10 – 31

(4 weeks) at 10:00 am

\$15.00 (cash) class fee due first day of class.

Pickleball Lessons

Thursday, May 11 - June 1

(4 weeks) at 9:30 am

You will need your own pickleball paddle. \$20.00 cash instruction fee due first day of class.

For information regarding supplies or and equipment and to RSVP two business days in advance call 336-992-3180.

Save the Date! Saturday, June 17

**The Piedmont Triad's 8th Annual Elder Abuse Awareness Walk, Stroll, and Roll
At Triad Park in Kernersville**

Registration and Vendor Fair ~ 9:00 am

Opening Ceremony/Walk ~ 10:00 am

Every age is welcome. There will be personal document shredding, exhibitors, food and more. Registration forms are available at the Center. Make sure you put *The Shepherd's Center of Kernersville* as your team name and drop off your completed entry form at the Senior Center. Sign-up no later than June 6 to reserve a t-shirt and to join our team.

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Sponsored by *Always Best Care*
DIY Derby Hat

Monday, May 15 at 10:00 am

Get ready for Derby Race Day by turning a plain straw hat into a good luck charm. Join us for an afternoon of crafting with all sorts of millinery. Everyone can join the fun of decorating your own fancy, beautiful, silly, or crazy hat. All supplies provided. **RSVP required two business days in advance by calling 336-992-3180.**



Derby Race Day

Tuesday, May 23 at 1:00 pm

It is off to the races, the horses are running neck and neck, they're in the straight away, who's horse will cross the finish line first? Wear your favorite or DIY derby good luck hat and join us for an afternoon at the races. Winners for each race and the grand prize is a television. Finger food provided. **RSVP required two business days in advance by calling 336-992-3180.**

Pen Pal Share Time

Monday, May 22 at 11:00 am

Senior Center pen pals will receive and share end of school year letters from their student pen pals in Mrs. Badgett's fifth grade class. Everyone and anyone is welcome to attend and listen. This year has been exceptional and great bonds have formed between pen pals. Join the new pen pals in September 2023 for the next elementary school calendar school year. **RSVP required two business days in advance by calling 336-992-3180.**

Local Travel Destinations

Wednesday, May 24 at 11:00 am

Are you ready to get out of the house this year but not interested in traveling too far? We have the perfect destinations for you right here in North Carolina! Lisa Jay, owner of *The Destination Magazine* will share her favorite adventures. Whether you want a day trip, weekend, or week get away, there is something for everyone. All attendees will get a free copy of the current *The Destination Magazine*. **RSVP required two business days in advance by calling 336-992-3180.**

Senior Services 101

Onsite and Zoom

Thursday, May 25 at 11:00 am

Join Tyler Smith, Volunteer and Community Relations Coordinator and learn more about Senior Services, Inc. one of our partnering agencies in Forsyth County. Tyler who will provide information about the programs and services offered (including eligibility criteria), and how to access other resources and assistance related to aging. The session will also cover the exciting new Intergenerational Center for Arts and Wellness! **RSVP required two business days in advance and for Zoom link if needed by calling 336-992-3180.**

Aging Unbound Covered Dish Lunch
Celebrating the 60th Anniversary Older Americans Month (OAM)

Friday, May 26 at 11:30 am

At our covered dish lunch, join us as we recognize the 60th anniversary of OAM and challenge: *Aging Unbound*.

Embrace the opportunity to change, explore the rewards of growing older, stay engaged in your community and form relationships. Encourage all of your fellow Senior Center participants to attend. Bring your favorite recipe: entrée, side dish, salad, dessert, or drink. **RSVP by calling two business days in advance 336-992-3180.**

Cooking Demo and Nutrition Education with Chef Tom Peters

Onsite and Facebook Live

Tuesday, May 30 at 3:00 pm

Second Harvest of Northwest NC presents fun nutrition tips/tricks, in partnership with Share Our Strength's Cooking Matters. Meet Chef Tom as he creates a healthy savory dish, provides samples and Sruthi shares nutrition and healthy eating tips. Limited seating. **RSVP required by May 24 by calling 336-992-3180.**

**The Shepherd's Center
and Senior Center will be Closed
Monday, May 29 for Memorial Day**