



The Center Post

July 2023

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

purpose

compassion

ENRICHMENT

life

Fuel the Power of Giving: Make Your Mark in the Second Half of the Year!

It is hard to believe we are halfway through the year. As we enter the month of July, we are reminded that it is the final month of our *Annual Giving Campaign*. We are grateful to all those who have already given in support of our mission. Your generosity has made a significant impact on the lives of adults who are aging or living with disabilities in our community.

Did you know?

- ◆ A gift of \$72 can provide one roundtrip ride to a dialysis treatment and your support ensures that individuals can access this crucial care.
- ◆ A donation of \$35.00 will help offset the program fee for a participant?
- ◆ Your contributions directly help improve accessibility and mobility for those in need.

But don't just take our word for it. Let us share with you some testimonies from individuals whose lives have been profoundly touched by our programs and services:

- ◆ Derrick, the son of Clarence Gilliam, visited us in search of a walker for his dad. Among the various options, Derrick's eyes were immediately drawn to a walker with an unusual find - a tractor seat instead of the typical padded seat. Clarence was thrilled with this unique choice, expressing his absolute love for it and immense gratitude.
- ◆ "The music jam session has given me a new perspective on life. I have made new friends and am once again enjoying playing guitar and singing."
- ◆ "Transportation has been lifesaving for me. As a wheelchair user who is no longer able to drive, accessing healthcare was challenging and expensive. Thanks to The Shepherd's Center of Kernersville, I no longer have to worry about the high out-of-pocket costs of \$180 per round trip. This service has truly made a difference in my life."



Let's continue working together to create a community where individuals who are aging and/or living with disabilities can thrive and age with grace. Your donation to The Shepherd's Center of Kernersville's Annual Giving Campaign will ensure that our vital programs and services can reach even more individuals who rely on our support.

**Remember, your contribution has the power to make a lasting difference.
The Shepherd's Center of Kernersville - Together, Let's Make a Difference!**

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336-996-6696

Office Hours
Monday - Friday
8:00 am - 4:00 pm



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Wanted!

We need quilt batting and 100% Cotton fabric yardage for our charity quilts. Batting and fabric must be clean and free from mold/mildew and dust. Items can be dropped off at the Center: Monday-Friday between 8:30 am – 3:30 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.



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.

Christmas in July Blessing Project

Even though the winter season seems far away, we are excited to bring you a special edition of our *Christmas in July Blessing Project*. This heartwarming initiative aims to deliver essential goods and bring the spirit of winter cheer to our beloved homebound recipients in the midst of summer. With a blend of *Young Professionals of Kernersville*, *Spokes of Hope North*, as well as our volunteers and participants, we are able to put this project into action and serve 50 homebound recipients.



How can you be a part of blessing others?

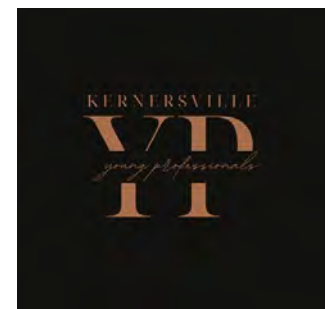
Here are a few ways to get involved:

- **Donation Drive:** Consider donating paper gift wrap of all occasions.
- **Volunteer Opportunities:** We're looking for dedicated volunteers who can help wrap and deliver the gifts to our homebound neighbors.
- **Spread the Word:** Help us spread the word about our Christmas in July Blessing Project by sharing this newsletter article with your friends, family, and colleagues.

We are deeply grateful for the unwavering support and kindness shown by our community. Your contributions and involvement make it possible for us to continue this meaningful project throughout the year. Let's come together and make this Christmas in July Blessing Project a memorable one for our homebound recipients.



For more information on how to participate or if you have any questions, please reach out to Claire Winfrey by emailing claire@shepctrkville.com or by calling 336-996-6696. Your enthusiasm and generosity are deeply appreciated.



Overview of Services and Programs

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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".

Blessing Project: Procure, arrange, and deliver seasonal meals, gifts, goody bags and other necessities to our homebound service recipients.

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.

Medicare & Financial Care Counseling: In partnership with other organizations, provide financial & insurance support via phone and in-person appointments with a Financial or Certified SHIIP Counselor.

Caregiver Support Group: Monthly meetings held for caregivers needing support.

Advocacy: Provide meetings and events to raise awareness of elder abuse, neglect, and exploitation in conjunction with local law enforcement.

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.

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.

Information & Referrals: Provide a variety of resources for aging and/or disabled adults.

The Shepherd's Center of Kernersville is an interfaith ministry of volunteers which champions and sustains adults who are aging and adults with disabilities.



July 2023 Calendar

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10:00 - Bridge 10:00 - Stretch & Flex 10:00 - Cards by Robin (2nd Mon.) \$12 Kit Fee 11:00 - Caregiver Support Group (2nd and 4th Monday) 11:45 - Beginner Line Dances \$ 6 12:00 - Pinochle 1:00 - Tating on <i>Zoom</i> 1:15 - Intermediate Line Dance \$6 2:00 - Chair Yoga II* \$5 3:00 - Square Dancing \$6	9:30 - Bee Quilters 10:00 - Music Jam Session 10:00 - Stretch & Flex 10:30 - Bridge Lessons\$ 11:30 - Hand & Foot 12:30 - Bridge Lessons 1:00 - Books Ignite Book Club (3rd Tues)	9:00 - 12:00 Computer Lab by Appointment Only \$5 Donation 10:00 - American Sewing Guild Fee \$ (3rd Wednesday) 10:00 - Games & Conversation 10:00 - Tai Chi \$5 12:00 - Open Watercolor Studio 12:30 - Mah Jongg 1:00 - Basket Weaving \$ 1:00 - Bowling at Countryside Lanes \$9 (shoe rental and 3 games)	10:00 - Euchre 10:00 - Needle Arts 10:00 - Stretch & Flex 12:00 - Pinochle 1:00 - Chair Yoga I \$5* 2:15 - Beginner Square Dance \$6 4:00 - TedderBear Stamping YouTube Live (2 & 4 Thurs.)	9:00 - 12:00 Computer Lab by Appointment Only \$5 Donation 9:00 - 3:30 pm Sit-n-Stich (3rd Fri.) 10:00 - Rubber Stamping Mona (2nd Fri.) \$KIt Fee 10:00 - Bingo (Bring 2 prizes and win 2 prizes) 11:30 - Hand & Foot 1:00 - Movie Mainee (2nd Friday)	3 Goodbye June, Hello July!	4 Happy Birthday America! Shepherd Center Closed 4th of July	5 12 "If you're not barefoot, then you're overdressed." - Unknown	6 9:30 - Pickleball Lessons\$	7 Bingo Bring Patriotic or Christmas themed prizes every Friday in July.
10 17 24 31	11 18 25 31	12 19 26	13 20 27	14 21 28	10:00 - Bridge Band \$ 1/8 2:30 - Ukulele Lessons \$ 1/8	10:30 - Bridge Lessons 2/4 2:00 - Cardio Drumming	1:00 - Dominoes Interest Meeting Onsite and <i>Zoom</i>	9:30 - Pickleball Lessons\$ 10:00 - You Go Girl \$5 2/4	11:30 - Beach Blast Covered Dish Lunch
1:00 - Decluttering and Organizing 1:00 - Ukulele Band \$ 2/8 2:30 - Ukulele Lessons \$ 2/8	9:30 - Blood Pressure Checks 10:30 - Bridge Lessons 3/4 2:00 - Cardio Drumming	11:00 - Navigation TV Provider Options and Bingo	9:30 - Pickleball Lessons\$ 10:00 - You Go Girl \$5 3/4 1:00 - Ice Cream Social 1:45 - Annual Planning Meeting Onsite & <i>Zoom</i> 6:00 - Music at Twilight	1:30 - Couponing 101 Saturday, July 29 10:00 - Christmas in July Card Making Day	1:00 - Ukulele Band \$ 3/8 2:30 - Ukulele Lessons \$ 3/8	*Onsite and <i>Zoom</i>	\$ Supply and/or Instructor Fees Call 336-992-3180 for Information		
SPECIAL PROGRAMS					WEEKLY PROGRAMS				

July 2023 Program Guide

Cardio Drumming – Music and Motion Tuesday at 2:00 pm

Cardio Drumming brings together drumsticks, an exercise ball and the love for music and cardio in one class. You can stand or sit to do this high energy program. We will provide the equipment. **You must call to reserve your spot. (Seating is limited!) RSVP by calling two business days in advance 336-992-3180.**

Beginner Bridge Lessons

Tuesday, July 11 – Aug 1 (4 weeks) 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 due two business days in advance by calling 336-992-3180.**

You Go Girl: But Only When You Want To! Thursday, July 13, 20, 27 and August 3 10:00 am – 11:15 am

The four-week sessions will provide you with instructions on how to actively correct and strengthen the muscles of the pelvic floor. You will learn simple educational tips and lifestyle suggestions for better pelvic and bladder health. You will receive a book (electronically) packed full of information that will help keep you on track long after the class is over. Wear sturdy shoes, comfortable clothing (you can move easily in) and a bottle of water. The class fee of \$5.00 (cash) includes your instruction and e-book due on the first day of class. **RSVP by calling two business days in advance 336-992-3180.**

Dominoes Interest Meeting Onsite and Zoom Wednesday, July 19 at 1:00 pm

Interested in playing dominoes? Chickenfoot? Mexican Train? Matador or Russian Dominoes?

Meet at the Senior Center to voice your interest and to suggest time and date for this program. Can not meet in person? **Join us on Zoom. Call to get Zoom link via email. RSVP two business days in advance by calling 336-992-3180.**

Lessons

Ukulele Band

**Monday, July 17 - September 11
8 weeks) at 1:00 pm**

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

Beginner Ukulele Lessons

**Monday, July 17 - September 11
(8 weeks) at 2:30 pm**

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

Pickleball Lessons

**Thursday, July 6 - July 27
(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 by calling 336-992-3180.

Beach Blast Covered Dish Lunch Friday, July 21 at 11:30 am

This is sure to be a great afternoon of food and fellowship. Wear your favorite tropical or beach outfit (sorry no swimsuits). **Bring your favorite beach inspired entrée, side, or drink. RSVP two business days in advance by calling 336-992-3180.**

Decluttering and Organizing Monday, July 24 at 11:00 am

We love to think about decluttering and organizing. But we do not always love to do it. AARP brings you tips to tackle even the most daunting task of decluttering. Learn ways to manage the emotions we attach to physical items and discover what to keep and what to toss. **RSVP two business days in advance by calling 336-992-3180.**

**New! Bowling Price Change \$2.50
per game, shoe rental \$2.00.
Total cost \$9.50**

July 2023 Program Guide Continued

Navigating TV Provider Options and Bingo

*Provided by Austin Decker,
North Central Regional Director,
NC Baptist Aging Ministry*

Wednesday, July 26 at 11:00 am

Provider options such as cable, satellite, *Netflix, Sling TV, Roku, Hulu*, and many more can be confusing and frustrating. This workshop will define the most common TV provider options and give advantages and disadvantages of each. He will also share insightful techniques for negotiating with TV providers so that you can enjoy the best and most cost-effective television viewing experience.

Following the presentation, join Austin in playing Bingo for prizes. The bingo games will be based on TV providers. **RSVP by calling two business days in advance 336-992-3180.**

Blood Pressure Check Drop-In Tuesday, July 25 at 9:30 am

Meet Rachel Sellers, RN from *Right at Home* for a free blood pressure check. **No RSVP required.**

“Here’s the Scoop” Ice Cream Social Thursday, July 27 at 1:00 pm

Hosted by Home Loving Care

Get out of the heat and join us for a cool ice cream treat. Sugar free options will be available as well as toppings and cones. **RSVP two business days in advance by calling 336-992-3180.**

Senior Center Annual Planning Meeting Onsite and Zoom

Thursday, July 27 at 1:45 pm

Enjoy your ice cream from *Home Loving* as you give us “the scoop” for ideas, programs, trips, fundraising, volunteering, services, and whatever else is on our mind. Your input is vital for planning programs and services. Cannot meet in person? Join us on *Zoom*.

Call to get Zoom link and RSVP due two business days in advance by calling 336-992-3180.

Music at Twilight at Paul J. Ciener Botanical Garden Thursday July 27 at 6:00 pm

The Shepherd’s Center of Kernersville is one of the proud sponsors for the Kernersville Chamber of Commerce’s Music at Twilight Bring a lawn chair and join us for wonderful music, food, fun, and fellowship. Be sure to stop by our Shepherd’s Center table and visit. Concert begins at 6:30 p.m.

Coupons 101: Everything You Need to Know Presented by: *Sisters Saving U Cents* Friday, July 28 at 1:30 pm

Once you learn how to start couponing, chances are you will never want to stop. While it can seem intimidating at first, once you figure it out, it becomes second nature. This program is designed to equip you with the basics of couponing and how to effectively use coupons at grocery stores. Topics such as coupon policies, lingo, and etiquette will also be covered. **RSVP two business days in advance by calling 336-992-3180.**

Christmas in July Stamp Camp Cardmaking Class Saturday, July 29, 10:00 am – 4:00 pm

It is never too soon to get started on your Christmas cards. This annual event is an opportunity to make a total of 16 cards: 3 each of 5 card designs, and 1 card that is **over the top** for that special person. Bring your own adhesive. In person fee including supplies: \$40.00. NOT attending the class: \$30.00 with pdf and free delivery. **Call Lisa Tedder Lisa at 336-408-8957 before July 7 to reserve you spot.**

Virtual Opportunities

- Zoom:** Tatting, Monday at 1:00 pm
- Zoom:** Yoga I Thursday at 1:00 pm
- Zoom:** Yoga II Monday at 2:00 pm

•**Tedder Bear Stamping on YouTube Live Every Other Thursday at 4:00 pm**

Join Lisa Tedder on YouTube Live. As she demonstrates how to make beautiful greeting cards with stamps and ink. YouTube: <https://www.youtube.com/@TedderBearStamping/streams>

Drop-In and ...

- Check your e-mail, use the Internet or post to Facebook: Visit our COMPUTER LAB, available most days for drop-in at no charge. One-on-one assistance by appointment only on Wednesday and Friday mornings for technical help and assistance with computers, laptops, tablets, e-readers and questions (\$5.00 donation for appointments if we are able to help).
- Play Games: CARDS, BOARD GAMES, Wii, portable SHUFFLE BOARD set, CORNHOLE BOARDS, and LADDER BALL are all available on-site.
- Read a little easier with our MagniSIGHT JOURNEY magnifier.
- Work a puzzle at our PUZZLE TABLE. PUZZLES can also be borrowed from our Puzzle Library.
- Be creative: ARTS & CRAFTS, YARN, EMBROIDERY, CROCHET HOOKS, KNITTING NEEDLES, COLORING SUPPLIES can be used, as well as, a CRICUT & CRICUT SUPPLIES for your creative outlets.
- Watch a Movie: We have a small MOVIE LIBRARY you can stop by and watch as space allows using our TV & DVD PLAYER. See staff to use the TV/DVD player. (Movies must comply with our Movie License.)
- Workout: We have a variety of HANDWEIGHTS and STRETCH BANDS. We even have YOGA MATS, BLOCKS and BANDS. You can also workout using the Wii FIT.
- Practice Pickleball: We have a SMALL INDOOR “LEARNING” PICKLEBALL COURT and an OUTDOOR PRACTICE PICKLEBALL COURT to practice your pickleball skills. Courts are not regulation size, they are for learning or practice only.
- Check your blood pressure: See any staff person to use one of our BLOOD PRESSURE MONITORS.
- Meet a friend: Utilize available MEETING SPACE during normal office hours (based on availability of course) to hang out between activities, work on a project together or play a game.

For more information regarding these Drop-In Activities, see Lisa or Debbie, Monday - Friday from 8:00 am - 4:00 pm. It is always best to call ahead for availability as some activities may be unavailable due to scheduled programs and classes.

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