



# The Center Post

August 2023

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

purpose

compassion

ENRICHMENT

life

## Recertified - North Carolina Senior Center of Excellence

On June 29th, our Senior Center was recertified as a North Carolina Senior Center of Excellence by the North Carolina Division of Aging and Adult Services (NCDAAS).

This certification is the highest certification given by the NCDAAS and is valid for five years, through June 30, 2028.

Initially certified as a Center of Merit in 2002 and achieving Center of Excellence in 2008, this marks two decades of recognition by the State for our dedication in going above and beyond in offering programs and services to those aging in our community.

**Certification is voluntary  
and enhances a center's professionalism,  
provides accountability,  
assures quality, improves credibility,  
markets the organization, identifies excellence,  
provides a snapshot of the organization, and  
promotes consistency/uniform standards.**



We are so pleased to achieve this designation once again, and to know we are providing exemplary services and programs for our community.

*Thank you to all of our staff, volunteers, community supporters,  
and especially to those who participate in our programs  
and receive our services.*

## **The Shepherd's Center Of Kernersville Staff**

### ***Executive Director***

Lynne Garms  
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### ***Senior Center Director***

Lisa Miller  
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### ***Director of Fundraising***

Thomas Canterbury  
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### ***Program Coordinator***

Debbie Cornatzer  
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### ***Volunteer Services Manager***

Claire Winfrey  
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### **Contact Us:**

### **The Shepherd's Center of Kernersville**

636 Gralin Street  
PO Box 2044  
Kernersville, NC 27285-2044

**<https://www.shepctrkville.com>**

**336-996-6696**

### **Office Hours**

**Monday - Friday**  
8:00 am - 4:00 pm

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## **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.***

# 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.**



# August 2023 Calendar

The Shepherd's Center of Kernersville - Senior Center  
636 Gralim 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 Dance \$6 12:00 - Pinochle 1:00 - Tating on Zoom 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 1:00 - Books Ignite Book Club (3rd Tues)	9:00 - 12:00 Computer Lab by Appt. 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 \$9.50 (shoe rental & 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 Appt. Only \$5 Donation 9:00 - 3:30 pm Sit-n-Stitch (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 Matinee (2nd Friday)
<b>\$ Supply and/or            Instructor Fees            Call 336-992-3180 for Info</b>	<b>1</b> 2:00 - Cardio Drumming	<b>2</b> <i>Is it really August already?</i>	<b>3</b> 1:00 - Dominoes	<b>4</b>
<b>7</b> 10:00 - Music History \$ 1/4 1:00 - Ukulele Band \$ 4/8 2:30 - Ukulele Lessons \$ 4/8	<b>8</b> 2:00 - Cardio Drumming	<b>9</b> 11:30 - Lunch Bunch at East Coast Wings	<b>10</b> 1:00 - Dominoes	<b>11</b> 1:00 - Movie Matinee <b>Call for Movie Title            336-992-3181</b>
<b>14</b> 10:00 - Music History \$ 2/4 1:00 - Ukulele Band \$ 5/8 2:30 - Ukulele Lessons \$ 5/8	<b>15</b> 12:30 - Bridge Day 2:00 - Cardio Drumming	<b>16</b> <i>Woof! Bring on the dog            days of summer.</i>	<b>17</b> 1:00 - Dominoes 1:00 - Kernersville Historic Preservation Society	<b>18</b> 2:00 - Decoupage Art \$10
<b>21</b> 10:00 - Music History \$ 3/4 11:00 - Mosaic Picture Frame \$4 1:00 - Ukulele Band \$ 6/8 2:30 - Ukulele Lessons \$ 6/8	<b>22</b> 2:00 - Cardio Drumming	<b>23</b> <i>August: Been there, sun that!            I am ready for a crisp cool fall!</i>	<b>24</b> 1:00 - Dominoes	<b>25</b> 11:30 - End of Summer Covered Dish Lunch
<b>28</b> 10:00 - Music History \$ 4/4 11:00 - Home Invasion Prevention 1:00 - Ukulele Band \$ 7/8 2:30 - Ukulele Lessons \$ 7/8	<b>29</b> 2:00 - Cardio Drumming	<b>30</b> <i>"Summer Lovin', had me a            blast. Summer lovin', happened            so fast." - Grease</i>	<b>31</b> 11:00 - Home Invasion Prevention Onsite and Zoom 1:00 - Dominoes 6:00 - Music at Twilight - Paul J. Ciener Botanical Garden	
<b>SPECIAL PROGRAMS</b>				

# August 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 or you can bring your own. **You must call to reserve your spot by calling at least two business days in advance 336-992-3180.**

## **New! Mexican Train Dominoes Thursdays, at 1:00 pm**

Play, practice, strategize, and have fun on Thursdays! Be the first to rid your hand of as many dominoes as possible. The more participants (up to 8 players), the greater the excitement. **RSVP by calling two business days in advance 336-992-3180.**

## **Music History Class: The King of Rock 'n' Roll, Elvis Presley Mondays, August 7 - 28 (4 weeks) at 10:00 am**

Get ready for a rockin' journey through the life and times of the King of Rock 'n' Roll in this 4-week music history class. Delve into the intriguing chapters of his life, where we will uncover lesser-known facts, romantic escapades, and the enduring legacy he left behind. **Enroll by calling 336-992-3180. \$40.00 (cash only) class fee due by August 4.**

## **Lunch Bunch - August 9 at 11:30 am East Coast Wings (800 N. Main Street)**

This is a wonderful way of meeting and getting to know others with light conversation while enjoying the cuisine of a local eatery. Bring money for your lunch. Limited seating. **RSVP by calling two business days in advance 336-992-3180.**

**Be careful in the summer heat!** Make sure to stay hydrated and take breaks often while outside. If you begin to not feel well, find a place to get cooled down.

## **Bridge Day**

**Tuesday, August 15 at 12:30 – 4:00 pm**

Join us for Bridge Day (no matter your experience level) for:

**Camaraderie:** Bridge is one of the best-known social games

**Challenge:** Bridge helps you keep mentally sharp

**Fun:** From the satisfaction of winning, to a hearty laugh shared with friends, to the excitement of the game. **Bring a drink or snack to share. RSVP by calling two business days in advance 336-992-3180.**

## **Kernersville Historic Preservation Society**

**Thursday, August 17 at 1:00 pm**

Listen and learn about the Kernersville Historic Preservation Society. Chris Gaugler will talk about the organization's activities and the historic structures in Kernersville that are preserved for posterity including St. Paul's Cemetery. **RSVP by calling two business days in advance 336-992-3180.**

## **Decoupage Art – Cup and Plate Friday, August 18 at 2:00 pm**

Learn a new craft you can do at home! Cathy Ossif will lead this class by demonstrating and you working side-by-side with her to design and decoupage your own take home cup and plate. **Supply fee \$10.00 due day of class. RSVP by calling two business days in advance 336-992-3180.**

## **Mosaic Picture Frame**

**Monday, August 21 at 11:00 am**

Instructor, Marlies will show you how to arrange tiles to create a beautiful mosaic design. This is a great project for beginners. **RSVP by calling 336-992-3180 and supply fee \$4.00 due at the Center by August 17.**

# August 2023 Program Guide

## End of Summer Covered Dish Lunch Friday, August 25 at 11:30 am

Bring your favorite summertime entree, side dish or dessert with enough to share and impress! **RSVP by calling two business days in advance 336-992-3180.**

## Home Invasion Prevention

Onsite and *Zoom*

*North Carolina Baptist Aging Ministry (NCBAM)*

**Thursday, August 31 at 11:00 am**

As we age, ensuring safety and peace of mind becomes an important concern. Austin Decker North Central Regional Director, (NCBAM) will offer strategies to fortify and secure your home against potential threats and implement measures to provide a haven where one can age gracefully and independently, free from fear.

**RSVP by calling two business days in advance 336-992-3180.**

## Music at Twilight at Paul J. Ciener Botanical Garden

**Thursday August 31 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.

**The concert begins at 6:30 p.m.**

## ★ PLEASE, PLEASE, PLEASE ★

1. Please write down what you signed up to do.
2. Please write it on your calendar at home.
3. Please show up.
4. Please call us if you need to cancel.

## Coming in September *Beginner Quilting Lessons*

Tuesday, September 12 – October 10 at 1:00 pm  
(5-week course).

**Call 336-992-3180 for more information.**

## Spotlight Weekly Programs

Tai Chi ~ Every Wednesday at 10:00 am

Beginner Square Dance Lessons ~  
Every Thursday at 2:15 pm.

Euchre ~ Every Thursday at 10:00 am

**RSVP by calling two business days in advance  
336-992-3180.**

## Durable Medical Equipment Loan Closet Donation Guidelines

We accept donations of mobility medical equipment: wheelchairs, rollators, walkers, and canes.

- Equipment must be clean, sanitized and in good working condition.
- We do not accept bedside commodes, toilet lift seats or bath and shower chairs or benches.
- We cannot accept equipment that is not clean, smells musty, or smells heavily of cigarette smoke, some of our clients have respiratory conditions and allergies.

**Please call us at 336-992-3180 to notify us ahead of time, before you drop off medical equipment donations or for more information regarding the equipment we accept and loan out.**

**Interested in Crochet or Knitting Lessons?** Let us know by calling: 336-992-3180.

## 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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