



# The Center Post

September  
October 2023

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

purpose

compassion

ENRICHMENT

life

## Join Us for the 33rd Annual Golf Tournament Fundraiser September 29th at Pine Knolls!

Get ready to swing into action at our 33rd Annual Golf Tournament Fundraiser, happening on September 29th at the picturesque Pine Knolls Golf Course. Whether you're a golf enthusiast or a novice player, this event promises a day of camaraderie, friendly competition, and philanthropy.

But that's not all – your participation goes a long way in supporting our mission. We're excited to invite you to be a part of this meaningful event. There are still sponsorship opportunities available! By becoming a sponsor, you not only contribute to a great cause but also gain exposure for your business. For more information on how to become a sponsor, please contact Thomas at [thomas@shepctrkville.com](mailto:thomas@shepctrkville.com).

Let's make this year's tournament the best one yet. Join us on the greens, enjoy a day of golf, and help us continue to make a positive impact in our community.

## Celebrating Excellence: Shepherd's Center of Kernersville Receives Duke Energy Citizenship and Service Award September 21 at 11:30 at the Paul J. Ciener Botanical Garden

We are delighted to share the wonderful news that the Shepherd's Center of Kernersville has been honored with the prestigious Duke Energy Citizenship and Service Award. This esteemed accolade recognizes our exceptional dedication to volunteerism and community service, highlighting the profound impact we have made in our community. At the heart of this award lies the spirit of making a positive difference through time, talent, and compassion. The Shepherd's Center of Kernersville has exemplified this commitment by immersing deeply within our community, and actively engaging with individuals, local businesses, and organizations to address the needs of seniors and the disabled. Through our volunteer-driven initiatives, we have formed meaningful connections, from companionship programs to transportation services, truly improving lives and fostering an environment of belonging. Moreover, as an organization, we want to thank all of our program participants for allowing us to serve you. We hope you will continue to be a part of The Shepherd's Center family for many years to come. If you are interested in watching us receive our award.

**You can purchase your tickets for the annual Business Awards luncheon at the Kernersville Chamber of Commerce's website.**

## Kernersville Municipal Forum Tuesday, October 17, 2023 Kernersville Town Hall Courtroom *Livestream\* and in person* *Meet the Aldermen, Mayor Reception and Tours of Town Hall 5:00 – 6:00 pm* *Municipal Forum: 6:00 pm*

The Kernersville Chamber of Commerce and The Shepherd's Center are co-hosting a Municipal Forum for those running for election to Kernersville Board of Alderman and Mayor. The event is a fun way of facilitating an opportunity for education, advocacy, and community engagement to get to know our Board of Aldermen and Mayor. At 6:00 pm each candidate will provide opening remarks and address questions submitted prior to the event (*see below*) from the community. We encourage you to attend to ask questions and to express concerns during the reception.

**You may submit question/s before the event to Chris Comer at the Chamber of Commerce or Lisa Miller ([lisa@shepctrkville.com](mailto:lisa@shepctrkville.com)) by Monday, October 2<sup>nd</sup>. For additional info contact the Shepherd's Center at 336-992-3180 or the Chamber of Commerce at 336-993-4521.**

\*Livestream of the event connected through the Town of Kernersville YouTube Channel. <https://www.youtube.com/@townofkernersville535?app=desktop>

**Thank you to everyone who donated to our Annual Giving Campaign this year.  
We know each gift comes with a heart of love and care for others.**

Although we have only a staff of five, with your help we have touched the lives of over 2690 through: Blessing boxes for home-bound individuals, friendly calls to individuals living alone, rides to life sustaining dialysis treatments and medical appointments, socialization opportunities, exercise, table games, music collaborations, and much, much more.

Below are a few of the stories your gift has touched...

*"I Love The Shepherds Center. They have useful programs and lectures that benefit your health. I play guitar so I took up the Ukelele at the Center thinking it would be easy. Well, the strings are different, but we have an excellent instructor. Debbie and Lisa are dolls and happy to help the Seniors." – FR*

*"I am afraid to drive on the interstate and The Shepherd's Center has very efficient drivers. I am not afraid to ride with them because they are careful and good drivers. I think of them as being my best friends" NG*

*"Without The Shepherd's Center, I would be very lonely. It is nice to have someone to talk to first thing in the morning each day. The Shepherd's Center provides very needed services. They assisted with respite care for me after my husband had a stroke, which was a blessing. I was able to get out and do some personal things. It was an easier road for me once I contacted the Center." WT*

*"I started with Tai Chi class, then helped at the front desk with mailings. The Shepherd's Center is a wonderful place to come to. I enjoy talking with the people I meet and hearing their optimism and positive attitude. It's a great way to have contact with people." RH*

*"I was introduced to The Shepherd's Center by my realtor. I am so amazed by those who give. The drivers are phenomenal with how they give of their time and gas. The Shepherd's Center gives people peace of mind, knowing they can be assisted." VD*

These are but a few of the many stories we could tell of people helping people. I know you have heard the saying, "It takes a village"...I like to think it takes a family of people loving and helping one another.

Because of you, these stories continue!

Thank you for your donation to our interfaith ministry of volunteers which champions and sustains adults who are aging or with disabilities. We couldn't do this without YOU!!

Thank you for being part of our FAMILY!!

Best Regards,

*Lynne Harms*

Executive Director



Lawrence & Etta Lea Pope  
**FOUNDATION**  
 FOR THE BETTERMENT OF KERNERSVILLE

**AND**



**PRESENTS**



**SEPTEMBER 29TH**

**PINE KNOLLS GOLF COURSE**

1100 Quail Hollow Rd,  
 Kernersville, NC 27284

**Teams and Sponsorships Available**

Eagle Sponsorship \$750

Champion Sponsorship \$500

Hydration Station \$400

Longest Drive Sponsorship \$250

Closest to the Pin Sponsorship \$250

Straightest Drive Sponsorship \$250

Longest Putt Sponsorship \$250

Putting Contest Sponsorship \$250

Hole Sponsorship \$150

Individual Players \$75 (Teams of Four)

**Register Now**

<https://www.shepctrkville.com/golf-tournament-registration-2023/>

For more info call or email Thomas Canterbury  
 336-996-6696      thomas@shepctrkville.com



## Fall Blessing Project with The Summit and The Crossing

We are partnering with The Summit Church at the end of September and early October for their Big Serve. The Summit will provide 50 of our homebound service recipients with a hot meal delivery on October 1<sup>st</sup> along with a homemade Fall decorative item made personally by several of our crafty volunteers. The Summit is also supporting several service recipients with minor home repairs including building a wheelchair ramp, extending a sidewalk, various landscaping projects, and a few other needs.

We have also partnered with The Crossing Church – Main Campus in mid-October for their Serve Week to provide several of our service recipients with various minor home repairs and yard work that is greatly needed.

Our hearts overflow with gratitude as we embark on these joint missions of service and compassion. The annual service missions of The Summit and The Crossing hold the power to transform lives and bring smiles to faces that deserve nothing but the best. This fall, we gather the blessings of the season and are reminded that true blessings are those that are shared with open hearts.

### Free Will or Revocable Living Trust

You can complete the [online link](#) or find out how to complete the form (s) online:

- Call 336-992-3108
- See Lisa or Debbie
- Email Lisa: [lisa@shepctrkville.com](mailto:lisa@shepctrkville.com) or  
Debbie: [debbie@shepctrkville.com](mailto:debbie@shepctrkville.com)

## AARP Tax Volunteers are Needed for 2024 Tax Season

AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. This past tax season, we helped over 800 people in the Kernersville area, with those getting refunds averaging just over \$1,250. We are looking for more volunteers to help us serve more people in the community.

### Volunteers to fill two types of positions: Client Facilitators (Intake) and Tax Counselors.

**1. Client Facilitator** - volunteer at least four hours per week during tax season.

Client Facilitators help older taxpayers feel welcome and at ease by greeting them, gathering and organizing their paperwork, and describing the tax prep process. They help ease the stress of tax season for low to moderate income people who are age 50+. Experience is not necessary; we will provide training and IRS certification.

Requirements: detail-oriented, desire to help others and must attend training in December (on-line) and January (one half-day face to face).

**2. Tax Counselor** - volunteer at least four hours per week during tax season

Tax Counselors help low to moderate income age 50+ adults to prepare and file their tax returns online. Their assistance helps relieve the burden and stress of clients doing their own taxes. Experience is helpful, but not required; we will provide training and IRS certification.

**Requirements:** Detail oriented, must attend 30+ hours of provided training on-line and face to face (held November through January), be comfortable with technology, and must pass IRS Advanced Certification (after training).

**If you are interested in volunteering for the Tax-Aide program, or if you want more information, please contact Bill Dreshfield (Phone 336-310-9007) or Email [TaxAide.Kernersville@gmail.com](mailto:TaxAide.Kernersville@gmail.com)**

### Coming Soon! "Senior Mixer"

"Single Mingle," is undergoing a refreshing transformation and will now be called the "Senior Mixer". Keep a lookout for the official date announcement in your inbox and on our communication platforms. This is your chance to connect, enjoy, and experience a wonderful evening filled with socializing, laughter, and fun!



# September 2023 Calendar

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

SPECIAL PROGRAMS		WEEKLY PROGRAMS			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25	10:00 - Bridge Stretch & Flex 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 1:00 - Ukulele Troupe\$ 2:30 - Ukulele Lessons\$ 2:00 - Chair Yoga II \$5 3:00 - Square Dancing \$6	9:30 - Bee Quilters 9:30 - Bridge Lessons\$ 10:00 - Music Jam Session 10:00 - Stretch & Flex 11:30 - Hand & Foot 12:30 - Bridge 1:00 - Books Ignite Book Club (3rd Tues) 2:00 - Cardio Drumming	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 1:00 - Dominoes 2:15 - Beginner Square Dance \$6 4:00 - TedderBear Stamping YouTube Live (2nd & 4th 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 with 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)
4	<b>Closed Labor Day Holiday</b>	9:30 - Free Blood Pressure Check Drop-in	6 12:00 - American Sign Language Practice	7 9:30 - Pickleball Lessons\$	8 1:00 - Movie Matinee:, Call for Movie Title 336-992-3181
11	\$ = Supply and/or Instructor Fees Call 336-992-3180 for Info	12 9:00 - Falls Prevention Assessment Drop-in 1:00 - Quilting Lessons\$ 1/5	13 11:30 - Lunch Bunch at El Palenque Restaurant 12:00 - American Sign Language Practice 2:00 - Yoga on the Ball \$5	14 9:30 - Pickleball Lessons\$ 11:00 - Fall Gift Bag Set	15 11:30 - Hand & Foot
18		19 12:30 - Bridge Day 1:00 - Quilting Lessons\$ 2/5 2:00 - 3:30 Voter Registration	20 12:00 - American Sign Language Practice	21 9:30 - Pickleball Lessons\$ 12:30 - Newcomers & Neighbors Bridge 3:00 - Second Harvest Cooking Demo	22 11:30 - National Senior Center Month Covered Dish Lunch Sponsored by <i>Arbor Ridge</i>
26	1:00 - Quilting Lessons\$ 3/5		27 9:00 - Veterans Coffee 12:00 - American Sign Language Practice	28 9:30 - Pickleball Lessons\$	29 12:00 - 33rd Annual Golf Tournament\$



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636 Gralin St. Kernersville, NC 27284 Call: 336-992-3180

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2 9:30 - Beginner Acrylic Painting Lessons \$ 1/6	3 1:00 - Beginner Quilting Lessons \$ 4/5	4 11:30 - Lunch Bunch at Sixty Six Grill & Taphouse 2:00 - Yoga on the Ball \$5	5 9:30 - Beginner Bridge 1/8 9:30 - Pickleball Lessons\$	6 13 1:00 - Movie Matinee Call for Movie Title <b>Saturday, October 14</b> 9:00 - Holiday Stamp Camp
9 9:30 - Beginner Acrylic Painting Lessons \$ 2/6 10:00 - Trick or Treat? - Tricks Scammers Play	10 1:00 - Beginner Quilting Lessons \$ 5/5	11 10:00 - Kernersville Auto Museum Presentation 1:00 - Pen Pals	12 9:30 - Beginner Bridge 2/8 1:30 - Pickleball Lessons\$ 1:00 - Caregiver Confidence	19 9:30 - Beginner Bridge 3/8 9:30 - Pickleball Lessons\$ 12:30 - Newcomers & Neighbors Bridge
16 9:30 - Beginner Acrylic Painting Lessons \$ 2/6 10:00 - Trick or Treat? - Tricks Scammers Play	17 12:30 - Bridge Day 1:00 - Applique Quilting Class \$ 1/5 5:00 - Kernersville Municipal Forum	18 10:00 - Kernersville Auto Museum Presentation 1:00 - Pen Pals	20 9:30 - Beginner Bridge 3/8 9:30 - Pickleball Lessons\$ 12:30 - Newcomers & Neighbors Bridge	26 9:30 - Beginner Bridge 4/8 9:30 - Pickleball Lessons\$
23 9:30 - Beginner Acrylic Painting Lessons \$ 3/6 1:00 - Got Plans?	24 1:00 - Applique Quilting Class \$ 2/5	25 1:00 - Jewelry Art \$25	26 9:30 - Beginner Bridge 4/8 9:30 - Pickleball Lessons\$	27 10:00 - Boo! Bingo 11:30 - Halloween Lunch
30 9:30 - Beginner Acrylic Painting Lessons \$ 4/6 5:00 - Welcome to Medicare	31 1:00 - Applique Quilting Class \$ 3/5			

\$ = Supply and/or Instructor Fees  
Call 336-992-3180 for Info

## September/October 2023 Programs

### **Blood Pressure Check by *Novant Health*** **Tuesday, September 5, 9:30 – 11:30 am**

Drop-in and meet Dave McGinnis, Novant Health's Stroke Program Coordinator for a free blood pressure check.

### **American Sign Language (ASL) Practice Group**

#### **Wednesdays at 12:00 pm**

Joining this ASL practice group gives you an opportunity to learn and practice in a supportive environment, where everyone encourages, shares, and learns from each other at their own pace. All members are hearing. This is not a teaching group. **RSVP by calling two business days in advance 336-992-3180.**

### **Pickleball Lessons (2 Sessions)** **Thursday, September 7 - 28 (4 weeks)** **Thursday, October 5 - 26 (4 weeks)** **9:30 – 11:00 am**

These 4-week courses 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 indoors or outdoors on a modified court. Bring a bottle of water and wear comfortable clothing and tennis shoes. A pickleball paddle is helpful but not required. **\$20.00 (cash only) instruction fee is due on the first day of class. Register for a 4 week session by calling two business days in advance 336-992-3180.**

### **Fall Risk Assessment with *Always Best Care*** **Tuesday, September 12** **9:00 am – 11:30 pm**

Learn what your fall risk is by taking a balance test. It can be used to measure your postural sway and ability to balance. **Call 336-992-3180 to schedule your free assessment or feel free to drop-in.**

### **Beginner Quilting Lessons at 1:00 pm** **Tuesdays, September 12 – October 10**

This five-week quilting class is designed so you will get a fairly full overview of quilting. You will learn rotary cutting techniques, chain piecing and gain quilting experience by completing a simple project. We will start with basic concepts such as necessary quilting supplies, how to select fabrics, follow patterns, and assemble quilt blocks to make a table runner. By the end of these classes, you will have gained all the skills to complete any quilt project you want to make, and we will have fun doing it. The class size is limited. **\$35.00 instruction fee (cash only) is due on the first day of class. RSVP by calling two business days in advance 336-992-3180 and for a supply list.**

### **Lunch Bunch**

#### **September 13 at 11:30 am**

*El Palenque 621 N. Main Street Suite F*

#### **October 11 at 11:30 am**

*Sixty Six Grill and Taphouse 930 NC Hwy 66*

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 two business days in advance: 336-992-3180.**

### **Yoga on the Ball Onsite and *Zoom*** **Wednesday, September 13 at 2:00 pm** **Wednesday, October 11 at 2:00 pm**

Join Lisa Kushner for an invigorating Yoga on the Ball class that will challenge your balance, core strength, and flexibility. Although this class requires some strength, it is open to all levels, except those who experience dizziness or vertigo. Come unlock your inner warrior and experience the many benefits of Yoga on the Ball. **\$5.00 instruction fee (cash only) due the day of class. Call to RSVP at 336-992-3180 two business days in advance and to get a Zoom link if needed.**

### **Fall Gift Bag Set** **Thursday, September 14 at 11:00 am**

Create a personalized gift bag set. You will make a tote bag, matchbook gift card holder, and notepad using scrapbook paper, cardstock, scissors, and glue to decorate your set. All supplies will be provided. **RSVP by calling 336-992-3180. \$3.00 (cash only) supply fee due by September 11.**

## September/October 2023 Programs

### ***New Name!* Ukulele Troupe** **Monday, September 18 – November 6** **(8 weeks) at 1:00 pm**

We are a group of ukulele players gathering to practice, share music, and enjoy playing together at the Center and various locations in the community. All levels of ability are welcome. **\$40.00 (cash) instruction fee due first day of class. RSVP two business days in advance: 336-992-3180.**

### **Beginner Ukulele Lessons** **Monday, September 18 – November 6** **(8 weeks) at 2:30 pm**

Instructor, Allen Alston will provide beginner lessons for those who want to learn how to play the ukulele. You will need to bring your ukulele. **\$40.00 (cash) instruction fee due first day of class. RSVP two business days in advance by calling 336-992-3180.**

### **Voter Registration Day Drop-in Event** **Tuesday, Sept. 19 at 2:00 pm - 3:30 pm**

If you are a Forsyth County resident and are not registered or you need to update your voter registration information, stop by the Center to complete a voter registration form. We will hand deliver the completed registration forms to the Forsyth County Board of Elections office or you may mail it yourself. If you live in another county and need to register, we can help connect you with your county's Board of Elections Office.

### **Bridge Day** **3rd Tuesday, September 19 & October 17** **at 12:30 - 3:00 pm**

Join us for Bridge, all skill levels are welcome. Bring a snack or drink to share. **RSVP two business days in advance: 336-992-3180.**

### **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.

### **Newcomers & Neighbors Bridge** **3rd Thursday, September 21 and** **October 19 at 12:30 – 3:30 pm**

Everyone and all skill levels are welcome. **RSVP two business days in advance: 336-992-3180.**

### **Cooking Demo and Nutrition** **Education with Chef Tom Peters** **Thursday, September 21 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 Boddapati, Nutrition Educator II shares nutrition and healthy eating tips. Limited seating. **RSVP two business days in advance: 336-992-3180.**

### **Celebrating National Senior Center** **Month and Covered Dish Lunch**

*Sponsored by Arbor Ridge of Kernersville and Kerner Ridge*

### **Friday, September 22 at 11:30 am**

National Senior Center Month 2023 celebrates the theme "Discover Yours." Come and visit the Senior Center and *discover your* new programs on varied topics and exercise that may pique your interests, talents, and aspirations. Bring your favorite vegetable, side dish dessert, or drink with enough to share. **RSVP two business days in advance: 336-992-3180.**

### **Community Resources for Older Adults** **Onsite and Zoom**

### **Monday, September 25 at 10:00 am**

Jared Rogers will give an overview of Senior Services and the resources they offer to seniors living in Forsyth County. The presentation will also cover how Senior Services can help you access other resources, services, and organizations across the county. He will provide guidance on accessing their online directory and helpline. **Call to RSVP at 336-992-3180 two business days in advance and to get a Zoom link if needed.**

## September/October 2023 Programs

### Veterans Coffee - Veterans Benefits

Sponsored by *Always Best Care*

**Wednesday, September 27 at 9:00 am**

Join us for complimentary coffee, donuts, and conversation. It is an opportunity of all ages and military services for all veterans, both male and female, to connect with other veterans.

Diane Kemp with the Department of Veterans Affairs in Winston Salem will give an overview of benefits provided by the Veterans Benefits Administration (VBA) you earned while serving our country. **RSVP two business days in advance: 336-992-3180.**

### Beginner Bridge Lessons

**Thursday, October 5 – November 30**

**at 9:30 am – 11:30 am**

Join Judy Hedin's 8-week beginner bridge lessons and learn a new card game! Perfect for those who have little knowledge, or none at all, about bridge. Get a chance to challenge your brain power and have fun while learning. Must have 4 or 8 players.

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

### Beginner Acrylic Painting Lessons

**Monday, October 9 - November 13**

**at 9:30 – 11:30 am**

Ready to try acrylic painting but not sure where to start? Or maybe you have already started painting but just need a few pointers. Learn acrylic painting techniques with John Mitchell in this six-week course. The first class is an introduction and discussion of supplies. Five sessions of painting lessons will follow. **RSVP and lesson fee of \$35.00 (cash only) due by October 5. Call 336-992-3180.**

### Caregiver Confidence

**Thursday, October 12 at 1:00 pm**

The *Trellis Supportive Care* program offers tools, resources, and training to help caregivers gain confidence in caring for their loved ones with minimal to medium care needs. The program provides valuable tips and tricks for keeping medical information organized, managing medication records, ensuring safety, and proper disposal of medication. Caregivers can learn how to create a safe and comfortable home environment for their loved ones, making the caregiving journey more manageable and less overwhelming. **RSVP two business days in advance: 336-992-3180.**

### Holiday Stamp Card Camp

**Saturday, October 14**

**from 9:00 - 3:00 pm**

Welcome to Lisa Tedder's annual Holiday Card Stamp Camp. Meet new friends and get reacquainted with familiar ones. Craft, create, and go home with 16 Christmas cards that will wow your family and friends! 3 each of 5 designs, and 1 specialty card! Bring a favorite dish of food to share (optional). \$45 for supplies if paid by September 1st or \$50 paid by September 20<sup>th</sup>. Bring your own adhesive or it can be purchased for an additional cost.

**RSVP via email and prepay to tedderbearstamping@gmail.com**

### Trick or Treat?

**Tricks Scammers Play**

**Onsite & Zoom**

**Monday, October 16 at 10:00 am**

Scammers are on the loose! With every passing day, it seems they devise new tricks to cheat people out of their money while promising treats from their scams. So, what's the solution? Educate yourself! Meet representatives from *Senior Financial Care* a program of Financial Pathways of Piedmont, as they share important information about the trickery scammers play. Get ready with your questions - **Call to RSVP: 336-992-3180 two business days in advance and to get a Zoom link if needed.**

### Applique Quilting Class

**Tuesday, October 17 – November 14**

**(5 weeks) at 1:00 - 4:00 pm**

In this class, Linda Whicker will teach students how to create a holiday table runner using different applique techniques. Participants are required to have a basic understanding of sewing and quilting techniques. They can choose between hand and machine applique methods. Bring your own sewing machine and notions. The class size is limited. **\$35.00 instruction fee (cash only) is due on the first day of class. RSVP by calling two business days in advance 336-992-3180 and for a supply list.**

## September/October 2023 Programs

### Kernersville Auto Museum Presentation at *The Shepherd's Center*

636 Gralin Street

**Wednesday, October 18 at 10:00 am**

The Kernersville Auto Museum was founded with a clear mission: to preserve the history of vintage and antique cars for future generations. Jim Taylor owner of the museum has made it his goal to educate the public and inspire a love of classic cars. Come learn about *where memories and history come alive* at The Shepherd's Center. Do not miss this opportunity to learn from an expert in the field. **RSVP by calling 336-992-3180 two business days in advance.**

### Pen Pals with Student Friends Interest Meeting

**Wednesday, October 18 at 1:00 pm**

We are excited to announce the return of our Pen Pals with Student Friends. You will have the opportunity to correspond with students from Mrs. Badgett's 4th-grade class at Caleb's Creek Elementary School for the 2023-2024 academic year. Do not miss this chance to connect with young learners and make a positive impact in their lives! Join us to learn more about the program and how to become a pen pal. Individual letters from students will be picked up at a later date. **RSVP two business days in advance by calling 336-992-3180.**

### Got Plans? Advance Directives

**Monday, October 23 at 1:00 pm**

This presentation presented by *Trellis Supportive Care* will cover the importance of completing advance directives (Living Will, Healthcare Power of Attorney, and the MOST form) to ensure your end-of-life wishes are known, documented and will be fulfilled. **RSVP by calling 336-992-3180 two business days in advance.**

### Jewelry Art

**Wednesday, October 25 at 1:00 pm**

Join us at the Senior Center for a relaxing afternoon of crafting as we create beautiful art in a box picture frame using old jewelry. Bring your needle nose pliers, large tweezers, and wire cutters, as well as any personal jewelry that you would like to use in your creation. **Seating is limited. RSVP by calling 336-992-3180. \$25.00 (cash only) supply fee is due by October 18.**

### "Boo! Bingo"

**Friday, October 27 at 10:00 am**

Wear your favorite costume for Halloween and join us for a Boo-rrrific time playing bingo at the Senior Center. Bring two prizes - win two prizes. **RSVP by calling 336-992-3180 two business days in advance**

### Halloween Covered Dish Lunch

**Friday, October 27 at 11:30 am**

Tricks or Treats may be in store for this one special luncheon. So, turn the heat up on your cauldron and get cooking. Bring a dish to share, invite a friend or two and wear your favorite costume (optional). **RSVP by calling 336-992-3180 two business days in advance.**

### Welcome to Medicare Workshop Presented by: The Shepherd's Center of Greater Winston Salem and The Shepherd's Center of Kernersville – Senior Center

**Monday, October 30 at 5:00 pm – 6:30 pm**

This program is aimed at individuals turning 65 (as well as those who already have Medicare) to learn about the different insurance options available, including "Original Medicare," Medicare prescription drug programs, Medicare supplements and Medicare Advantage plans. It is also designed to explain and clarify the Medicare sign-up process and educate how to make smart choices. Sam Matthews, from the Shepherd's Center of Greater Winston Salem, will lead this workshop. Trained Seniors' Health Insurance Information Program (SHIIP) counselors will be available to answer general questions. This is no charge. **Contact the Shepherd's Center of Winston Salem at 336-748-0217 or for more info to reserve a seat email: [Info@shepherdscenter.org](mailto:Info@shepherdscenter.org)**

### Don't Forget to Sign In!

Each time you visit the Center it is important to sign-in using the My Senior Center Kiosk, visitor log at the front reception desk, or sign-in sheets. We track attendance for many reasons: monthly, quarterly, and annual reports to monitor growth; grant funding reports; and to meet requirements for certification as a Senior Center of Excellence. So, whether you are here for Bridge or Cardio Drumming or drop in to pick up a puzzle from the puzzle library or visit, please sign in!

# 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.**

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

### *Executive Director*

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### *Program Coordinator*

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### Contact Us:

### The Shepherd's Center of Kernersville

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Kernersville, NC 27285-2044

<https://www.shepctrkville.com>

336-996-6696

### Office Hours

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

## 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.**



## 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.**