



November 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	9:30 - Bridge 10:00 - Stretch & Flex 10:00 - Cards by Robin (2nd Mon.) \$12 Kit Fee 11:00 - Caregiver Support Group (2nd and 4th Monday) 11:15 - Beginner Line Dance \$6 12:00 - Pinochle 1:00 - Tattling on <i>Zoom</i> 12:45 - Intermediate Line Dance \$6 1:00 - Ukulele Troupe\$ 2:30 - Ukulele Lessons\$ 2:00 - Chair Yoga II \$5 2:30 - Advance Square Dance \$6	9:30 - Bee Quilters 10:00 - Music Jam Session 10:00 - Stretch & Flex 11:30 - Hand & Foot 12:30 - Bridge 12:30 - Bridge Day (3rd Tues) 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 - American Sign Language Practice 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	9:30 - Pickleball Lessons\$ 10:00 - Euchre 10:00 - Needle Arts 10:00 - Stretch & Flex 12:00 - Pinochle 12:30 - Newcomers & Neighbors Bridge 3 rd Thurs 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 Mona (2nd Fri.)\$ 10:00 - Bingo (Bring 2 prizes and win 2 prizes) 11:30 - Hand & Foot 1:00 - Movie Matinee (2nd Friday)
SPECIAL PROGRAMS	\$ = Supply and/or Instructor Fees Call 336-992-3180 for More Information		1 2:00 - Pick & Play Dulcimer Players	2 9:30 - Beginner Bridge Lessons 12:30 Blood Pressure Screening	3 9:00 - SHIIP Counseling by Appt. Only 1:00 - Brain Games
	6 9:30 - Beginner Acrylic Painting Lessons \$ 5/6	7 9:30 - Thank a Veteran Drop-in Event 1:00 - Quilting Lessons\$ 4/5	8 9:00 - Gratitude Expedition 11:30 - Lunch Bunch at <i>Chipotle Restaurant</i> \$ 1 :00 - Slice of Pie Box Craft \$4 2:00 - Pick & Play Dulcimer Players	9 9:00 - SHIIP Counseling for Medicare 9:30 - Beginner Bridge Lessons	10 1:00 - Movie Matinee., Call for Movie Title 336- 992-3181 2:00 - Self Defense Class (first session)
	13 9:30 - Beginner Acrylic Painting Lessons \$ 6/6 2:00 - Senior Financial Care and Scams	14 1:00 - Quilting Lessons\$ 5/5 2:00 - Loom Knitted Hat 1/3	15 9:00 - Gratitude Expedition 2:00 - Pick & Play Dulcimer Players 12:00 - Memory Screening By Appt. Only	16 3:00 - Healthy Holiday Dining 9:30 - Beginner Bridge Lessons	17 11:30 - Thanksgiving Covered Dish Lunch 2:00 - Self Defense Class (second session)
	20 1:00 - Slinky Pumpkins \$5	21 2:00 - Loom Knitted Hat 2/3	22 9:00 - Gratitude Expedition 2:00 - Pick & Play Dulcimer Players	23 Closed Thanksgiving Holiday	24 Closed Thanksgiving Holiday
	27	28 2:00 - Loom Knitted Hat 3/3	29 9:00 - Gratitude Expedition 2:00 - Pick & Play Dulcimer Players	30 9:30 - Beginner Bridge Lessons	



December 2023 Calendar

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKLY PROGRAMS		9:30 - Bridge 10:00 - Stretch & Flex 10:00 - Cards by Robin (2nd Mon.) \$12 Kit Fee 11:00 - Caregiver Support Group (2nd and 4th Monday) 11:15 - Beginner Line Dance \$6 12:00 - Pinochle 1:00 - Tatting on Zoom 12:45 - Intermediate Line Dance \$6 1:00 - Ukulele Troupe \$ 2:30 - Ukulele Lessons \$ 2:00 - Chair Yoga II \$5 2:30 - Advance Square Dance \$6	9:30 - Bee Quilters 10:00 - Music Jam Session 10:00 - Stretch & Flex 11:30 - Hand & Foot 12:30 - Bridge 12:30 - Bridge Day (2nd Tues.) 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)	9:30 - Beginner Bridge Lessons 10:00 - Euchre 10:00 - Needle Arts 10:00 - Stretch & Flex 12:00 - Pinochle 12:30 - Newcomers & Neighbors Bridge (3rd Thurs.) 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 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)
		\$ = Supply and/or Instructor Fees Call 336-992-3180 for More Information				1 12:00 - Fun with Rock Painting & Brown Bag Lunch
SPECIAL PROGRAMS	4	1:00 - Snowy Mason Jar \$5	5 9:30 - Drop-in Blood Pressure Screening 2:00 - NCDOT Update	6 11:00 - Sugar Scrub and Papercraft Ornament \$4 2:00 - Pick & Play Dulcimer Players	7 9:30 - Beginner Bridge Lessons 1:00 Caregiver Info and Options Onsite & Zoom	8 10:00 - Coping with the Holidays Workshop 1:00 - Movie Matinee Call for Movie Title
	11	1:00 - Adult Protective Services	12 12:30 - Chili Cook-Off 2:00 - Cookies and Carols	13 11:30 - Lunch Bunch at Panera Bread \$ 2:00 - Pick & Play Dulcimer Players 3:00 - Holiday Healthy Eating	14 9:30 - Beginner Bridge Lessons 10:00 - Pen Pals 1:00 - Easy Yarn Gnome	15 11:30 - Holiday Covered Dish Lunch Sponsored by Arbor Ridge of Kernersville and Ridge Care
	18		19	20 2:00 - Pick & Play Dulcimer Players	21 9:30 - Beginner Bridge Lessons	22 Closed for the Holidays
	25	Closed for the Holidays	26	27 2:00 - Pick & Play Dulcimer Players	28 9:30 - Beginner Bridge Lessons	29 1:00 Year End Social and Vision Board Sponsor: Oak Street Health