

November/December 2023 Program Guide

Let's Play Bridge

New Time! Mondays at 9:30 am

Tuesdays at 12:30

3rd Thursday at 12:30 pm

Looking for partners to play bridge? Look no further! Bridge is a fun activity that offers challenging puzzles to solve, all while competing in a friendly environment. Whether you're a beginner or an experienced player, practicing bridge can help you improve your skills and learn from the best.

Pick & Play Dulcimer Players

Wednesdays, Nov. 1 - Dec 6, 2:00 pm

Whether you are a beginner or an experienced dulcimer player, you can join us! This is a great opportunity to share your talents and learn from others. Don't hesitate to invite your friends to join us. **RSVP two business days in advance by calling 336-992-3180.**

Beginner Bridge Lessons

Thursday, Nov. 2 - Dec. 28 at 9:30 am

Join us for Judy Hedin's 8-week beginner bridge lessons. Perfect for those who have little knowledge. 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.**

Pickleball Lessons

Thursday, November 2 – 30 at 9:30 am

This 4-week course 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. **A \$20.00 (cash only) instruction fee is due on the first day of class. Register for the 4-week session by calling two business days in advance at 336-992-3180.**

Blood Pressure Screening

by Winston Salem State University Interns

Thurs. November 2, 12:30 – 2:30 pm

Drop-in and meet Winston Salem State University interns for a free blood pressure check.

SHIIP Counseling - Medicare Open Enrollment Period (by appointment only)

- **Friday, November 3**

- **Thursday, November 9**

A Seniors' Health Insurance Information Program (SHIIP) counselor will meet with you at The Shepherd's Center of Kernersville (636 Gralin Street) to help navigate the Medicare website, compare Medical and Prescription Drug Plans, and complete enrollment in a new plan if necessary. You must have the following items with you: ORIGINAL Medicare card and Medicare Advantage or Prescription drug plan card and a list of current prescriptions including dosage. **Call 336-992-3180 to schedule your appointment.**

Brain Games

Friday, November 3 at 1:00 pm

Winston Salem State University interns are ready to lead a series of games designed to put your mind to the test and help you improve cognitive functions like memory, critical thinking, and problem solving skills.

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

Thank a Veteran Drop-in Event

Tuesday, November 7, 9:30 – 1130 am

This Veterans' Day let us take time to appreciate and thank those who have served our country. Stop by and join us in writing a heartfelt note to a veteran. These handwritten notes will be personally delivered to local veterans in time for Veteran's Day on Saturday, November 11. Thank you to all veterans for your service and dedication to our country.

Thanksgiving Gratitude Expedition: Embarking on a Journey of Joy!

Onsite or Zoom

Thursday, November 8 - 29 at 9:00 am

Join this four week Gratitude Expedition, hosted by Health and Wellness coach Ekeoma Igboegwu. Whether on *Zoom* or in person at The Shepherd's Center, this interactive workshop is designed to help you rediscover the joy in life's simple moments. Engage in activities and discussions that will not only spark your gratitude but also unravel health benefits and practical strategies for a positive and fulfilling lifestyle. **RSVP two business days in advance by calling 336-992-3180 or for Zoom link.**

Lunch Bunch

Chipotle Restaurant, 1020 S Main G

Wednesday, November 8 at 11:30 am

Make plans and get to know other with light conversation while enjoying lunch at a local restaurant. Bring money for your lunch. Limited seating. **RSVP two business days in advance by calling 336-992-3180.**

***Slice of Pie Box* Papercraft Class**

Wednesday, November 8 at 1:00 pm

In this papercraft workshop, you will learn how to make a *slice of pie box* to impress your holiday guests or give as a thoughtful hostess gift. You will be provided with a pattern to take home and customize the design to your liking. If time permits, you can also create a cute paper pumpkin centerpiece or decoration. **\$4.00 (cash only) supply fee due and RSVP two business days in advance: 336-992-3180.**

Senior Financial Care® (SFC) & Scams Monday, November 13 at 2:00 pm

Join Deborah Litaker to discover how Senior Financial Care (SFC) can help you or someone you know (over age 60) better manage their finances. Counselors assist with bill paying, debt counseling, insurance claims, and other financial needs. Additionally, Deborah Litaker and John Server will challenge attendees by role-playing scam scenarios. It will be up to you to identify the real scammer. **RSVP two business days in advance by calling 336-992-3180.**

Self-Defense Classes– Krav Maga Friday, November 10 & 17 at 2:00 pm)

First Session, November 10:

Instructors Rocky and Rick will demonstrate the simple principles, instinctive movements, and practical techniques of the Krav Maga self-defense system. Do not miss out on this opportunity to learn the skills you need to protect yourself from harm. Join us and become empowered.

Second Session, November 17:

Gain confidence, peace of mind, and life-saving skills by practicing techniques with Rocky and Rick. Remember to wear closed toe shoes and comfortable, loose clothing for the role-play. Learn how to prevent, deal with, and overcome various situations that can jeopardize your safety. **RSVP by November 8 for both sessions by calling 336-662-3180.**

Loom Knitted Hat

Tuesday, November 14, 21 & 28, 2:00 pm

Skip buying a hat and sign up for Barbara's 3-stage knitting classes instead. You will learn how to knit and switch colors using a loom. Top it off with a handmade pom-pom made of yarn. Best yet, all supplies are included free of charge. Do not miss this opportunity to learn a new skill and have a cozy new hat to show off! **RSVP two business days in advance by calling 336-992-3180.**

Memory Screening

Wed. November 15, 12:00 - 4:00 pm

(by appointment only)

Sponsored by Home Loving Care

Are you concerned about memory problems? Please join us for this annual November initiative of the Alzheimer's Foundation of America. Take advantage of this free, confidential memory screening. **Schedule a screening two business days in advance by calling 336-992-3180.**

Thanksgiving Covered Dish Lunch

Friday, November 17 at 11:30 am

It is Thanksgiving and time to gather together be thankful for our services, programs, and participants. Bring a dish with enough to share (entrée, appetizer, side dish or drink). **RSVP by calling 336-992-3180 two business days in advance.**

Slinky Pumpkins

Monday, November 20 at 1 pm

Create an easy pumpkin craft with Marlise. She will lead the class in hand-crafting slinky pumpkins as a great addition to your autumn home décor or fall tiered tray. They are also perfect if you are looking for autumn decor that doesn't take up too much space. **RSVP by calling 336-992-3180 and supply fee \$5.00 (cash only) due at the Center by November 15 .**

Fun with Rock Painting and Brown Bag Lunch

Friday, December 3, 12:00 – 3:00 pm

Join us and bring a brown bag lunch as we paint designs on rocks. Then leave them somewhere to be found and enjoyed by others. The class size is limited to 10 people. Call early to reserve your spot. **The class fee is \$3.00 per person to help offset the cost of supplies. RSVP by calling 336-992-3180 two business days in advance.**

Snowy Mason Jar

Monday, December 4 at 1:00 pm

This enchanting snowy DIY mason jar centerpiece is one of the easiest winter and Christmas mason jar crafts ever. They are perfect for holidays and beautiful enough for winter wedding decorations. **RSVP by calling 336-992-3180. Supply fee \$5.00 (cash only) due at the Center by November 27.**

Coping with the Holidays Workshop

Friday, December 8 at 10:00 am - 11:30 am

The holidays can be a difficult time for those grieving the death of a loved one. This workshop will provide grief education, support, and strategies for navigating holiday goals and plans. **RSVP two business days in advance by calling 336-992-3180.**

Blood Pressure Screening by Novant Health

Tues. December 5 at 9:30 am – 12:30 pm

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

NCDOT Update

Tuesday, December 5 at 2:00 pm

Join Pat Ivey, NCDOT Division 9 Engineer as he provides updates and new details about current construction and future road and transportation projects in and around Kernersville. A question and answer session will follow his presentation. **RSVP two business days in advance by calling 336-992-3180.**

Sugar Scrub and Papercraft Ornament

Wednesday, December 6 at 11:00 am

Get into the festive spirit by learning how to make a sugar scrub that is perfect for gifting this holiday season! You will make a papercraft ornament to keep or give as a gift. Bring a 2 or 4 oz jar with a lid. and **RSVP by calling 336-992-3180 and \$4.00 (cash only) supply fee due two business days in advance**

Caregiver Information & Options Onsite and Zoom

Thursday, December 7 at 1:00 pm

LaTonya Smith of the Area Agency on Aging of Forsyth County is conducting a session for family caregivers to provide information on the Family Caregiver Support Program, various community resources, and available options for assistance. This session aims to help caregivers get the support they need in their caregiving journey. **Call to RSVP at 336-992-3180 two business days in advance and to get a Zoom link if needed.**

What is Adult Protective Services?

Monday, December 11 at 1:00 pm

Adults with disabilities may be vulnerable to abuse, neglect, and exploitation. What does this look like? What do you do? When do you call for help? Social services receives concerns and evaluates reports to determine whether those adults are in need of protective services. Come learn more about these services and how to support others in need. **RSVP two business days in advance: 336-992-3180.**

Chili Cook-Off

Sponsored by Always Best Care

Tues. Dec. 12 at 12:30 pm – 2:00 pm

How is your chili? Mild and savory, hot and fiery, or somewhere in between? Bring your famous (or infamous) chili in a crockpot for our judges to taste. May the best batch win! 1st, 2nd, and 3rd prizes will be provided by ***Always Best Care***.

Not competing but want to join in on the taste testing after judging? Bring your favorite chili side dish or topping such as saltine crackers, cornbread, shredded cheese, chopped onions, tomatoes, olives, sliced jalapenos, sour cream, etc. **RSVP by calling 336-992-3180 two business days in advance.**

Cookies and Carols

Sponsored by Always Best Care

Tuesday, December 12 at 2:00 pm

Once the Chili Cook-Off judging has ended and everyone has enjoyed a bowl of chili, join us for a festive holiday sing-along while munching on delicious cookies. **RSVP by calling 336-992-3180 two business days in advance.**

Lunch Bunch

Panera Bread 970 South Main Street

Wednesday, December 13 at 11:30 am

Make plans and get to know other with light conversation while enjoying lunch at a local restaurant. Bring money for your lunch. Limited seating. **RSVP two business days in advance by calling 336-992-3180.**



**Healthy Holiday Eating
Second Harvest of Northwest
NC Wednesday, December 13
at 3:00 pm**

Second Harvest of Northwest NC presents fun nutrition tips/tricks, in partnership with Share Our Strength's Cooking Matters. Sruthi will cover healthy eating suggestions and ways to make your holiday meals more nutritious. Limited seating. **RSVP by calling 336-992-3180 two business days in advance.**

Easy Yarn Gnome

Thursday, December 14 at 1:00 pm

Learn how to make this easy “no-sew” adorable gnome. Once you start, you will not want to stop. Make a whole family of Gnomes to decorate your tree or adorn your home. All supplies are provided free of charge. **RSVP by calling 336-992-3180 two business days in advance.**

Pen Pals with Student Friends

Thursday, December 14 at 10:00 am

Join us for a morning of fun as we listen to the latest letters from our pen pals from Mrs. Badgett's 4th-grade class at Caleb's Creek Elementary School. We will learn about the students and their experiences through their letters. It is a great way to stay connected with younger generations. Everyone welcome. **RSVP two business days in advance by calling 336-992-3180.**

Holiday Covered Dish Lunch

Sponsored by Arbor Ridge of Kernersville and Kerner Ridge

Friday, December 15 at 11:30 am

celebrate the holidays with a luncheon. This is sure to be a great afternoon of food and fellowship. Encourage all of your fellow Senior Center participants to attend. Help us make this our largest Holiday celebration ever! Bring your favorite side dish, salad, dessert, or drink. Entrée will be provided by *Arbor Ridge and Ridge Care of Kernersville*. **RSVP two business days in advance by calling 336-992-3180.**

Year End Social and Vision Board

Friday, December 29 at 1:00 pm

Sponsored by Oak Street Health

The perfect opportunity to recount, reminisce, and share your thoughts about 2023 and plans for 2024! We will be setting our intentions (making a commitment to ourselves that we will take action) and designing vision boards (a vision board is a collection of images that represent a person's goals, dreams, and aspirations). *Oak Street Health* will lead the program and provide refreshments. **RSVP two business days in advance by calling 336-992-3180.**