

**New Class - Beginner Line Dance
Thursdays at 12:30 pm**

Line Dancing is great for those who have never danced before or are just starting to line dance. Dance patterns are basic and easy to memorize. **\$6.00 class fee. Register two business days in advance: 336-992-3180.**

Ukulele Troupe**Monday, January 8 - February 26
(8 weeks) at 1:00 pm**

This group of ukulele players offers an opportunity for all levels of ability to learn and practice music together. They not only gather at the Center to hone their skills but also showcase their talents at different locations in the community.

\$40.00 (cash) instruction fee due first day of class. Register two business days in advance: 336-992-3180.

Beginner Ukulele Lessons**Mondays, January 8 - February 26
(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 a ukulele. **\$40.00 (cash) instruction fee due first day of class. Register two business days in advance: 336-992-3180.**

Quilted Jacket Lessons**Tuesdays, January 9 - February 6
(5 weeks) at 1:00 pm**

In this class, Linda Whicker will show you how to make a "one-of-a-kind original" quilted jacket. This class combines patchwork, quilting, and sewing. It is for the intermediate sewer/quilter. You will enjoy your finished jacket and will want to make more than one! **Class size is limited. The class fee is \$35.00 (cash) on the first day of lessons. Registration is required by January 5 call 336-992-3180.**

Lunch Bunch at Monte De Rey

838-A1, South Main Street

Wednesday, January 10 at 11:30 am

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

Free Crochet Beginner Lessons**Wednesdays, January 10, 17, 24 and 31
(4 weeks) from 2:00 - 4:00 pm**

To get started with crochet, it is important to learn the basic stitches and how to understand written patterns. Acquiring these skills will provide a strong foundation for tackling various crochet projects. Projects are coaster, dish cloth, hot pad, and cup cozy. Ensure you have a G or H hook or contact the Center to inquire about the availability of crafting supplies. Scrap yarn will be available but feel free to bring your own.

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

**Free Crochet Intermediate Lessons Mosaic,
Corner to Corner and Rose Granny Square(s)****Wednesdays, February 7, 14, and 21
(3 weeks) from 2:00 - 4:00 pm**

The intermediate crochet lessons build upon the beginner's course, providing additional support in comprehending and implementing crochet patterns. The curriculum covers topics such as changing colors, increasing stitches and achieving neat edges for projects like blankets. Scrap yarn will be available but feel free to bring your own along with a G or H crochet hook. **Register two business days in advance: 336-992-3180.**

Free Advanced Crochet**Amigurumi Technique****Round Ball Key Chain, Jelly Fish, Mini
Minion, Mini Baby Yoda & Baby Groot
February 28, March 6, 13, 20 and 27****(5 weeks) from 2:00 - 4:00 pm**

New to amigurumi? If you can crochet in rounds and you know the single crochet stitch then you can create beautiful amigurumi. The only difference between regular crocheting and creating amigurumi projects is sewing and stuffing and learning a few tricks that will take your amigurumi up that extra notch. Amigurumi does not have to be intimidating. Scrap yarn will be available but feel free to bring your own along with a G or H crochet hook. Bring safety eyes for each project. **Register two business days in advance: 336-992-3180.**

Free Beginner Bridge Lessons
Thursdays, Jan. 11 – Feb. 15 (6 weeks)
9:30 am – 11:30 am

Join us for Judy Hedin's 6-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. Register two business days in advance: 336-992-3180.**

Beginner Acrylic Painting Lessons
Monday, January 15 - February 19
from 9:30 – 11:30 am (6 weeks)

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. **Registration and lesson fee of \$35.00 (cash only) due two business days in advance. Call 336-992-3180.**

Blood Pressure Screening
by Novant Health

Tuesday, January 16, 9:30 – 11:30 am
 Drop-in and meet Michelle Comp with Novant Health's Stroke Program for a free blood pressure check.

Winter Wreath

Friday, January 19 at 1:00 pm
 Handcraft your own personal winter wreath to warm up your home and brighten the winter days. **\$5.00 (cash only) supply fee due and RSVP two business days in advance: 336-992-3180.**

National Pie Day

Tuesday, January 23 at 11:00 am
 Celebrate this day by eating some pie! Whether you want to bake one or buy one from a bakery or the supermarket, this day is the perfect excuse to eat pie. Bring your favorite traditional fruit pie, savory pie (think chicken or pizza), cream pie or sugar free pie with enough to share. **Register two business days in advance: 336-992-3180.**

Art and Wellness Cancer Therapy
Onsite and Zoom

Thursday, January 25 at 2:00 pm

Join *Cancer Services and Sawtooth for Visual Arts* for a monthly wellness group with a focus on art. The group will meet every month on the 4th Thursday at The Shepherd's Center of Kernersville. The group will use Zoom. Art supplies will be provided. **Register by calling 336-992-3180 before January 19th and for Zoom link if viewing at home.**

Salad, Sandwich, and Soup
Covered Dish Lunch

Friday, January 26 at 11:30 am

Celebrate National Soup Month with us. Meet your friends or make new ones as we enjoy a meal together during the winter season. Bring your favorite crock pot of soup, salad, sandwiches, dessert, or drink with enough to share. **Register by calling 336-992-3180 two business days in advance.**

National Jigsaw Puzzle Day Contest
Monday, January 29 at 11:00 am

The Shepherds Center of Kernersville - Senior Center is hosting a jigsaw puzzle contest on National Puzzle Day. Participants can join with a partner or be paired with someone to compete in a fun and lively competition. The teams that completes a 300-piece puzzle first or has the most pieces connected will be awarded prizes for 1st, 2nd, and 3rd place. Limited to 10 teams. **Register by calling two business days in advance 336-992-3180.**

Smart Phone Photography
Onsite and Zoom

Wednesday, January 31 at 11:00 am

Come to this lecture to explore your smartphone's camera and some features like recording video, adding filters to pictures, and using your camera's timer! Provided on Zoom through AARP onsite and view from your home. **Register by calling two business days in advance 336-992-3180 and for Zoom information.**

Pickleball Lessons

**Thursday, February 1, 8, 15 & 29
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.**

Lantern Valentine

Monday, February 5 at 10:00 am

Let love shine through with this pretty DIY Valentine papercraft. A simple design using paper, glue and tealight just in time for Valentine's Day. **\$5.00 (cash only) supply fee due and Register by calling two business days in advance 336-992-3180.**

February is American Heart Awareness Month

National Wear Red Day

Saturday, February 3

Join NHLBI, The Heart Truth®, and organizations around the country promote American Heart Month throughout February and National Wear Red Day (February 3rd) to bring greater attention to heart disease as a leading cause of death for Americans. <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month/wear-red-day>

Early Heart Attack Care (EHAC)

**Wednesday, February 7 at 10:00 am
by Novant Health**

This EHCAC education program is designed to educate individuals on how to identify early indicators and symptoms of a heart attack. It involves an assessment of personal risk factors, as well as providing information on the causes of chest pain, risk reduction strategies, and appropriate actions to take in the event of experiencing such symptoms. **Register two business days in advance: 336-992-3180.**

Chocolate and Tea Pairing

Wednesday, February 7 at 1:30 pm

You have heard of wine and cheese, but what about tea and chocolate? Martha Isenberg, Tealightful Brand Ambassador, will lead a taste test of this unusual combination. She will demonstrate brewing techniques for loose leaf tea and share health benefits of tea. We will learn how pairing different types of tea with various kinds of chocolate can provide a double whammy when it comes to the amount of antioxidants consumed and how moderate chocolate consumption can be good for us. Have fun learning which flavors combine best together and sample some chocolate tea. Bring a teacup and saucer if you have them. **RSVP required and class fee of \$6.00 must be made no later than February 1st. There is a class minimum of 10 paid participants.**

Pen Pal Share Time

Monday, February 12 at 1:00 pm

We will continue our special pen pal program where senior pen pals exchange letters with fourth-grade students from Mrs. Badgett's class. The letters will be read aloud to everyone and all are invited to attend and listen. It has already been an exceptional year and we anticipate reading heartwarming messages from the students. It is wonderful to witness and cherish the bonds that are formed through these pen pal connections. **Register two business days in advance: 336-992-3180.**

Blood Pressure Screening

by Novant Health

Tuesday, February 13, 9:30 – 11:30 am

Drop-in and meet Michelle Comp with Novant Health's Stroke Program for a free blood pressure check.

Valentine's Day Make & Take

Sponsored by Oak Street Health

Wednesday, February 14 at 11:00 am

Love hand crafting when it comes to Valentine's day? Make a fun pom-pom heart with yarn and roses made out of paper. Two distinct designs just in time to share with a friend, neighbor, or sweetheart. **Register by calling two business days in advance 336-992-3180.**

Mack's Mindfulness Meditation Monday, February 19 at 10:00 am

Mack's Mindfulness Meditation session allows participants to explore themselves and find inner peace. Through various practices like stimulating the senses, subtle movements, chanting, and breathwork, individuals can learn to calm anxiety, let go of negativity, and gain control over their thoughts and emotions. This practice ultimately may lead to a sense of well-being and inner tranquility. **\$5.00 (cash only)** class fee due day of class. **Register two business days in advance: 336-992-3180.**

Myth or Truth: Is it Normal to be Forgetful as We Age?

Thursday, February 22 at 10:00 am

Dr. Frank Crowell, with decades of experience in the clinical and research fields of Neurology, will provide insights and facilitate a discussion on memory loss, Alzheimer's disease, and related topics. He will address questions on the normality of forgetfulness with aging, along with potential supplements, lifestyle changes, OTC and prescription therapies, current research, prognosis, and the impact of Alzheimer's on family, friends, and society. **Register two business days in advance: 336-992-3180.**

Art and Wellness Cancer Therapy Onsite and Zoom

Thursday, February 22 at 2:00 pm

Join Cancer Services and Sawtooth for Visual Arts for a monthly wellness group with a focus on art. The group will meet every month on the 4th Thursday at The Shepherd's Center of Kernersville. The group will use Zoom. Art supplies will be provided. **Register by calling 336-992-3180 before February 16th and for Zoom link.**

Covered Dish Lunch

Friday, February 23 at 11:30 am

Join us for a late winter covered dish lunch. This is sure to be a great time of food and fellowship. Encourage all of your fellow Senior Center participants and friends to attend. Bring your favorite main dish, side dish, dessert, or drink with enough to share. **Register two business days in advance: 336-992-3180.**

Pickleball Training Courts

By Reservation Only

Monday – Friday, 8:30 am – 3:30 pm

Now available for practice and playing pickleball. The indoor and outdoor courts are smaller than a regulation court. You must bring your own paddles and balls. No walk-ins are allowed. **Call to reserve practice/play time: 336-992-3180.**

Need Help with Your Computer, Tablet, or Cellphone ?

Get expert help for Google Docs, Microsoft Office, Facebook, Twitter, Instagram and other platforms as well as technical assistance.

Whether you are struggling to manage your social media accounts or need assistance with online document creation, we have got you covered! Our team of volunteers can provide assistance and answer any questions you may have. **Call 336-992-3180 today to learn more or to set up an appointment.**

Free Covid Tests

COVID-19 tests are available to take at home for rapid results (2 per person). Drop by the Center between 9:00 am - 3:00 pm and pick up your tests. For more information call 336-996-6696.

The Cold and Flu Season is Upon Us!

If you are not feeling well, please be considerate of others and stay home until you are feeling better. Please practice safe hygiene and prevent the spread of illness: Cover your mouth with a tissue, your sleeve, or the inside of your jacket if you cough or sneeze, wash your hands, don't share personal items, clean/disinfect surfaces in your home, and avoid close contact with others if you are unwell or if they are unwell.

Inclement Weather Policy

In the event of inclement weather, we will in most cases follow Winston Salem Forsyth County Schools. Watch WXII (NBC) Channel 12 and check our Facebook page for "The Shepherd's Center of Kernersville" closing or delayed opening announcements.

If no announcement is listed, please call the Senior Center (336-992-3180) prior to leaving home to make sure your program, event or trip will be held. Be sure you speak to a staff person or volunteer directly before leaving home for an activity.

Overview of Services and Programs

purpose

compassion

ENRICHMENT

life

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.

The Shepherd's Center Of Kernersville Staff

Interim - Executive Director Senior Center Director

Lisa Miller
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Director of Fundraising

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Program Coordinator

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Contact Us:

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<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 336-996-6696 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.