



March 2024 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 - Cardio Drumming 10:00 - Cards by Robin (2nd Mon.) \$12 Kit Fee 11:00 - Caregiver Support Group (2nd and 4th Mon- day) 11:15 - Line Dance Group A \$6 12:00 - Pinochle 1:00 - Tatting on <i>Zoom</i> 1:15 - Line Dance Group B \$6 1:00 - Ukulele Troupe \$ * 2:30 - Ukulele Lessons \$ * 2:00 - Chair Yoga II \$5 2:30 - Adv. 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 \$ 1:30 - Bowling at Countryside Lanes \$9.50 shoe rental/3 games 2:00 - Pick & Play Dulcimer Players	9:30 - Pickleball Lessons\$ * 10:00 - Euchre 10:00 - Needle Arts 10:00 - Stretch & Flex 12:00 - Pinochle 12:30 - <i>New!</i> Beginner Line Dance \$6 1:00 - Chair Yoga I \$5 1:00 - Dominoes 2:15 - Begin. 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 Patti (2nd Fri.)\$ 10:00 - Bingo (Bring 2 prizes and win 2 prizes) 11:30 - Hand & Foot 1:00 - Movie Matinee (2nd Friday)
SPECIAL PROGRAMS	4 1:00 - Ukulele Troupe at Robinwood 230 Hopkins Road	5 9:30 - Blood Pressure Screening	6 8:30 - Tax Appointments 2:00 - Amigurumi Lessons 1/4	7 8:30 - Tax Appointments 9:30 - Pickleball Lessons\$ *	8 8:30 - Tax Appointments 1:00 - Movie Matinee call for movie title: 336-992-3180
	11 10:00 - Acrylic Painting \$1/6 10:00 - Mack's Mindfulness Meditation \$ 1/8	12 9:30 am - 1:30 pm 2024 Wellness & Career Showcase at YMCA of Kernersville	13 8:30 - Tax Appointments 10:00 - Spring Papercraft: Irish Gnome and Treat Box 2:00 - Amigurumi Lessons 2/4	14 8:30 - Tax Appointments 9:30 - Pickleball Lessons\$ * 1:00 - Hand/Foot Card Lessons	15 8:30 - Tax Appointments 1:00 - Rocking with a Purpose
	18 10:00 - Acrylic Painting \$2/6 10:00 - Mack's Mindfulness Meditation \$ 2/8	19 9:30 - Blood Pressure Screening	20 8:30 - Tax Appointments 2:00 - Amigurumi Lessons 3/4	21 8:30 - Tax Appointments 9:30 - Pickleball Lessons\$ * 10:30 - Podcasts at a Glance on <i>Zoom</i> 1:00 - Hand/Foot Card Lessons	22 8:30 Tax Appointments 11:30 - Spring Fling Covered Dish Lunch Sponsored by <i>Arbor Ridge</i> and <i>Ridge Care of</i> Kernersville
	25 10:00 - Acrylic Painting \$3/6 10:00 - Mack's Mindfulness Meditation \$ 3/8	26 9:30 - Fall Risk Assessment 1:00 - 26 Documents	27 8:30 - Tax Appointments 2:00 - Amigurumi Lessons 4/4	28 8:30 - Tax Appointments 9:30 - Pickleball Lessons\$ * 2:00 - Art and Wellness Cancer Therapy Onsite via <i>Zoom</i>	22 8:30 - 12:00 pm Tax Appointments Good Friday The Shepherd's Center and Senior Center Closed
\$ = Supply and/or Instructor Fees * Call for lessons dates and call 336-992-3180 for more information					



April 2024 Calendar

The Shepherd's Center of Kernersville - Senior Center
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKLY PROGRAMS	9:30 - Bridge 10:00 - Cardio Drumming 10:00 - Cards by Robin (2nd Mon.) \$12 Kit Fee 11:00 - Caregiver Support Group (2nd & 4th Monday) 11:15 - Line Dance Group A \$6 12:00 - Pinochle 1:00 - Tatting on Zoom 1:15 - Line Dance Group B \$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 \$ 1:30 - Bowling at Countryside Lanes \$9.50 shoe rental/3 games 2:00 - Pick & Play Dulcimer Players (Call to register)	9:30 - Pickleball Lessons\$ * 10:00 - Euchre 10:00 - Needle Arts 10:00 - Stretch & Flex 12:00 - Pinochle 12:30 - New! Beginner Line Dance \$6 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 Patti (2nd Fri.)\$ 10:00 - Bingo (Bring 2 prizes and win 2 prizes) 11:30 - Hand & Foot 1:00 - Movie Matinee (2nd Friday)
SPECIAL PROGRAMS	1 10:00 - Acrylic Painting \$ 4/6 10:00 - You Go Girl 1/4 \$ 10:00 - Mack's Mindfulness Meditation \$ 4/8	2	3 8:30 - Tax Appointments	4 8:30 - Tax Appointments 9:30 - Pickleball Lessons\$ *	5 8:30 - Tax Appointments 1:00 - Rocking with a Purpose
	8 10:00 - Acrylic Painting \$ 5/6 10:00 - You Go Girl 2/4 \$ 10:00 - Mack's Mindfulness Meditation \$ 5/8	9 9:30 - Blood Pressure Screening 1:00 - French Inspired Notepad and Bookmark	10 8:30 - Tax Appointments	11 8:30 - Tax Appointments 9:30 - Pickleball Lessons\$ * 10:00 - Learn More About Hearing Loss	12 8:30 - Tax Appointments 1:00 - Movie Matinee Call for Movie Title
	15 10:00 - Acrylic Painting \$ 6/6 10:00 - You Go Girl 3/4 \$ 10:00 - Mack's Mindfulness Meditation \$ 6/8 1:00 - Pen Pal Share Time	16 1:00 - Budgeting and Cash Flow	17 8:30 - Tax Appointments 11:30 - Lunch Bunch at Loop Pizza Grill 1:00 - National Foot Health Awareness Month	18 8:30 - Tax Appointments 10:00 - Matter of Balance 1/8 11:30 - Lunch Bunch at <i>The Loop Grill</i> 9:30 - Pickleball Lessons\$ *	19 8:30 - Tax Appointments
	22 10:00 - You Go Girl 4/4 \$ 10:00 - Mack's Mindfulness Meditation \$7/8	23	24 8:30 - Tax Appointments 11:30 - Healthy Lifestyle Cancer Prevention	25 8:30 - Tax Appointments 9:30 - Pickleball Lessons\$ * 10:00 - Matter of Balance 2/8 2:00 - Art & Wellness Cancer Therapy Onsite via Zoom	26 8:30 - Tax Appointments 11:30 - Covered Dish Lunch with <i>Mayor Dawn Morgan</i>
	29 10:00 - Mack's Mindfulness Meditation \$ 8/8	30	31 8:30 - Tax Appointments	\$ = Supply and/or Instructor Fees Call 336-992-3180 for more information	