

## March/April Program Guide

### **Cardio Drumming – Music & Motion**

***Extra Day! Monday at 10:00 am***

Cardio Drumming brings together drumsticks, an exercise ball and the love for music and cardio in one class. You can stand or sit to do this high energy program. We will provide the equipment.

**Register two business days in advance:**

**336-992-3180.**

### **Free Blood Pressure Screening**

**Tuesday, March 5 at 9:30**

Drop by and get a free blood pressure screening.

### **Ukulele Troupe at Robinwood**

***230 Hopkins Rd***

**Monday, March 4 at 1:00 pm**

Join the Ukulele Troupe for an afternoon of music, sing-a-long, and socializing.

### **Movie Matinee (2<sup>nd</sup> Fri.)**

**March 8 and April 12 at 1:00 pm**

Call for title information and **Register two business days in advance: 336-992-3180.**

### **Bowling at Countryside Lanes**

***New Start Time Wednesdays at 1:30 pm***

Countryside Bowling (1005 Masten Drive) provides a great atmosphere where everyone can play! Meet at the bowling alley, and have fun.

**\$9.50 includes shoe rental and 3 games. RSVP required two business days in advance: 336-992-3180.**

### **Join Our Team!**

Are you looking for a way to give back to your community? We are seeking 1-3 passionate and dedicated individuals to join our team as part-time program office volunteers. Volunteers will work in an office setting for 3 - 4 hour shifts Monday-Friday to assist with programming office duties. computer, office, and customer service skills and experience are required. Physical work includes standing and sitting for long periods of time, lifting 10-20 lbs. regularly, and assisting with table and chair setups for programs. Applications can be filled out at our front desk or online on our website. If you have any questions or are interested, contact Claire at 336-996-6696 or email [claire@shepctrkville.com](mailto:claire@shepctrkville.com)

### **Free Advanced Crochet Lessons**

***Amigurumi Technique***

**Wednesdays, March 6 - 27 at 2:00 pm (4 weeks)**

New to amigurumi? If you can crochet in rounds and know to single crochet stitch then you can create beautiful amigurumi. The only difference between regular crocheting and amigurumi projects is sewing, stuffing and learning a few tricks that will take your amigurumi up that extra notch. 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.**

### **Pickleball Lessons**

**Thursdays, March 7 - 28 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 two business days in advance: 336-992-3180.**

### **Beginner/Intermediate Acrylic Painting**

**Monday, March 11 – April 15**

**(6 weeks), 10:00 - 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. **Lesson fee of \$35.00 (cash only) due first day of class. Register two business days in advance: 336-992-3180.**

### **Volunteers Wanted for the Wellness & Career Registration Table at Kernersville YMCA**

Tuesday, March 12, 9:00 am - 1:30 pm  
Call Debbie at 336-992-3180

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### **Mack's Mindfulness Meditation**

**Mondays, March 11 – April 29 at 10:00 am**

This eight week course aims to enhance self-discovery and emotional balance by using various techniques such as sensory stimulation, movement, chanting, and breathwork. Participants are guided in cultivating mindfulness, managing their mental state, resolving inner conflicts, and achieving a sense of calmness and clarity to enhance overall well-being and tranquility. **\$40 (cash only) class fee due first day of class. Register two business days in advance: 336-992-3180.**

### **Spring Papercraft:**

**Irish Gnome and Treat Box**

**Wednesday, March 13 at 10:00 am**

Join us for a fun paper crafting session with Ellie where we will enjoy a morning of creativity, making Easter/Spring-themed treat boxes and an Irish Gnome. All materials are pre-cut, so all you have to do is show up and have a great time putting your crafting skills to use. Do not miss out on this opportunity to bring a touch of Spring into your home with these delightful projects. **\$5.00 (cash only) supply fee due first day of class. Register two business days in advance: 336-992-3180.**

### **Hand and Foot Card Lessons**

**Thursday, March 14 & 28 at 1:00 pm**

Learn how to play Hand and Foot. A strategic card game similar to Canasta. The game has 4-6 players that play as two teams of two each and use five to six decks of cards with Jokers. Object of the game: be the first to get rid of all your cards, "hand first", and then "foot". **Register two business days in advance: 336-992-3180.**

### **Rocking with a Purpose**

**Friday, March 15th at 1:00 pm and**

Come enjoy some rock 'n' roll music while we paint feel-good rocks for our next Blessing Project. These rocks will be delivered to 50 homebound seniors. Supplies will be provided, but bring a smile and creativity. On March 15th, we will be painting the rocks a base color. On April 5th, we will be painting simple designs (lady bugs, sunshine, smiley faces, flowers, etc.) onto the rocks. We need YOUR help to make this happen! **Register two business days in advance: 336-992-3180.**

### **Ukulele Troupe**

**Mondays, March 18 - May 6**

**(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, March 18 - May 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 a ukulele. **\$40.00 (cash) instruction fee due first day of class. Register two business days in advance: 336-992-3180.**

### **Blood Pressure Screening Drop-in**

**Tuesday, March 19 at 9:30 - 11:30 am**

Meet Michelle Comp with Novant Health's Stroke Program for a free blood pressure screening.

### **Podcasts at a Glance Onsite and Zoom**

**Thursday, March 21 at 10:30 am**

Podcasts are an increasingly popular form of entertainment and a great source of information on all kinds of topics. In this lecture, you will learn more about audio programs available on the internet: why people listen to them, where you can find them, and what the most popular ones are. **Join us at The Shepherd's Center or copy this Zoom link if viewing at home:**

**<https://seniorplanet.zoom.us/j/89220626958#success>** **Register two business days in advance: 336-992-3180.**

### **Spring Fling Covered Dish Lunch**

**Friday, March 22 at 11:30 am**

***Sponsored by Arbor Ridge of Kernersville and Kerner Ridge***

Spring Fling: Bring light and fresh dishes to welcome the arrival of spring. Sub sandwiches provided by Arbor Ridge of Kernersville and Kerner Ridge. Encourage all of your fellow Senior Center participants and friends to attend. **Register two business days in advance: 336-992-3180.**

## March/April Program Guide

### Fall Risk Assessment Test with *Always Best Care Senior Services*

**Tuesday, March 26, 9:30 - 12:00 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 to schedule your free assessment or feel free to drop in.**

### Twenty-Six Documents You Need for Advance Planning *By Danny Jefferson & Phil Bauguess* **Tuesday, March 26 at 1:00 pm**

Did you know there are twenty-six documents you need to have on hand in the event of the death of a loved one? Danny will discuss the importance of these documents. He has forty-five years in the advance planning business and will be able to answer questions. **Register two business days in advance: 336-992-3180.**

### Art and Wellness Cancer Therapy Onsite and Zoom

**Thursday, March 28 at 2:00 pm**

Join *Cancer Services and Sawtooth for Visual Arts* for a monthly wellness group with a focus on art. Open to individuals who have been directly affected by cancer, including patients, survivors, and their family members or caregivers. 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 March 22 and for the Zoom link if viewing at home.**

### Pickleball Lessons

**Thursdays, April 4 - 25 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: 336-992-3180.**

### You Go Girl:

**But Only When You Want To!**

**Mondays, April 1 - 22, 10:00 – 11:15 am**

The four-week sessions will provide you with instructions on how to actively correct and strengthen the muscles of the pelvic floor. You will learn simple educational tips and lifestyle suggestions for better pelvic and bladder health. You will receive an e-book packed full of information that will help keep you on track long after the class is over. Wear sturdy shoes, comfortable clothing (you can move easily in) and a bottle of water. The class fee of \$5.00 (cash only) due on the first day of class and includes your instruction and e-book. You **MUST** attend the first class of the series as it lays the groundwork for the rest of the sessions. **Register two business days in advance: 336-992-3180.**

### Rocking with a Purpose

**Friday April 5th at 1:00 pm**

Come enjoy some rock 'n' roll music while we paint feel-good rocks for our next Blessing Project. These rocks will be delivered to 50 homebound seniors. Supplies will be provided, but bring a smile and creativity.

On April 5th, we will be painting simple designs (lady bugs, sunshine, smiley faces, flowers, etc.) onto the rocks. We need **YOUR** help to make this happen! **Register two business days in advance: 336-992-3180.**

### Blood Pressure Screening

**Tuesday, April 9 at 9:30 - 11:30 am**

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

### French Inspired Notepad & Bookmark **Tuesday, April 9 at 1:00 pm**

Crafting sessions are a delightful way to unwind and get creative. Learn how to make lovely French-inspired paper goodies with Ellie. Take the time to explore new crafting techniques and create something special. **\$5.00 (cash only) supply fee due first day of class. Register two business days in advance: 336-992-3180.**

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### Learn More About Hearing Loss

**Thursday, April 11 at 10:00 am**

Ignoring hearing loss can impact your life more than you think! Not only can it make life harder by missing important conversations with your loved ones but untreated hearing loss can lead to more falls, higher risks for dementia and depression. Join Janet Miller from *HearingLife*, to talk about how taking care of your hearing is taking care of YOU! **Register two business days in advance: 336-992-3180.**

### Pen Pal Share Time

**Monday, April 15 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 more 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.**

### Budgeting and Cash Flow

**Tuesday, April 16 at 1:00 pm**

Meet Emily Farrell a financial advisor who will discuss budgeting challenges for even the most frugal minded. Learn how to identify the basic needs of a budget, how to be ready for an unexpected or expected expense and make the most of managing your finances. Light refreshments will be served. **Register two business days in advance: 336-992-3180.**

### Lunch Bunch at The Loop Pizza Grill

**1030 S. Main Street**

**Wednesday, April 17 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. **Register two business days in advance: 336-992-3180.**

### National Foot Health Awareness Month

**Presented by Premier Foot & Ankle**

**Wednesday, April 17 at 1:00 pm**

Dr. Newkirk, board-certified podiatrist will share common issues of the foot and ankle including diabetic foot care, ingrown nails, and ulcers/wound care etc. Followed by questions & answers session. **Register two business days in advance: 336-992-3180.**

### Matter of Balance

**Thursdays, April 18 – June 6 (8 weeks)**

**10:00 am – 12:00 pm**

Looking for a workshop that addresses your fear of falling and shares information about ways to reduce the risk of falling? Participate in this workshop with the *Piedmont Triad Area Agency on Aging*. It involves low intensity exercises and a personal home assessment checklist. **Register two business days in advance: 336-992-3180.**

### Healthy Lifestyle - Cancer Risk Reduction

**Wednesday, April 24 at 11:30 am**

Join us for an engaging session led by Julie Lanford, MPH, RD, CSO, LDN, Community Engagement Director at Cancer Services, Inc., where we will explore Cancer Services' programs and a discussion on maintaining a healthy lifestyle. Plus, get ready for a fun and interactive healthy snack recipe demonstration that will inspire you to make nutritious choices for your well-being. **Register two business days in advance: 336-992-3180.**

### Art and Wellness Cancer Therapy Onsite and Zoom

**Thursday, April 25 at 2:00 pm**

Join *Cancer Services and Sawtooth for Visual Arts* for a monthly wellness group with a focus on art. Open to individuals who have been directly affected by cancer, including patients, survivors, and their family members or caregivers. 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 April 19 and for Zoom link if viewing at home.**

### Cover Dish Lunch with Mayor Morgan

**Friday, April 26 at 11:30 am**

Curious about the latest news in Kernersville? Join Mayor Dawn Morgan for a spotlight on our town! Mayor Morgan is an attorney, a regular columnist for *Kernersville News*, and is the 2020 recipient of the Community Distinguished Service Award. There will be time for you to ask questions, express praise or concerns, and advocate for an issue important to you. Bring your favorite entree, side dish or drink with enough to share. **Register two business days in advance: 336-992-3180.**

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

### ***Interim - Executive Director Senior Center Director***

Lisa Miller  
lisa@shepctrkville.com

### ***Program Coordinator***

Debbie Cornatzer  
debbie@shepctrkville.com

### ***Volunteer Services Manager***

Claire Winfrey  
claire@shepctrkville.com

### **Contact Us:**

### **The Shepherd's Center of Kernersville**

636 Gralin Street  
PO Box 2044

Kernersville, NC 27285-2044

**<https://www.shepctrkville.com>**

**Information and Services  
336-996-6696**

**Activities and Programs  
336-992-3180**

**Office Hours  
Monday - Friday  
8:00 am - 4:00 pm**

## **Make an Appointment to Upgrade Your Computer to Windows 11**

**Wednesday or Friday, 9:00 am - 12:00 pm**

The end-of-support for Windows 10 is October 14, 2025.

After that date there will be no more *free* security or performance updates for Windows 10 and Microsoft might continue to provide security updates for a *monthly fee*. In effect, security for your computer may become more at risk with each passing day. Updates to some computers may be possible, however some may not be able to be updated. Keep in mind, if the Computer Lab does upgrade your computer it may need to stay overnight and you will be able to get it back the next day. This process takes a while with quite a few reboots along the way. In addition, some cleanup and maintenance will be performed.

## **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.**