

Your Guide to the Services, Programs, and Activities of The Shepherd's Center of Kernersville

purpose

compassion

ENRICHMENT

life



## Meet Our New Executive Director:

### Leading the Way to Success

I am excited for this opportunity to introduce myself as the new Executive Director of The Shepherd's Center of Kernersville. Let me express my sincere appreciation for my warm welcome.

*You have graciously welcomed me into the flock.*

What drew me to this organization is its legacy of compassion and dedication to enriching the lives of older adults and individuals with disabilities.

*This mission is deeply personal to me.*

My favorite memories are with my grandmother, "Miga". She was a remarkable woman who worked and played well into her eighties, teaching me how to age with dignity and purpose. Her spirit continues to inspire me in my work, and I am committed to ensuring that every older adult we serve can age with the same dignity and purpose. I have taken this approach throughout my career as an aging professional.

*My purpose is to ensure that older adults and their caregivers are supported through community-based services and programs (like the ones offered through The Shepherd's Center) in an engaging way that enables them to remain in their homes and communities successfully.* I have accomplished this in different ways throughout my career.

For six years, I operated the only Adult Daycare Center in Rockingham County. Every day, we worked to bring joy and laughter to the adults we supported. Later in my career, I spearheaded the Livable Rockingham initiative. Our purpose was to address age-friendly affordable housing, transportation needs, access to quality health care, and opportunities for adults to volunteer and engage civically. As I transition into my new role here at The Shepherd's Center, my goals are to grow our service offerings, extend our reach within the community, and increase our overall recognition as the key agency that supports adults as they age. *Again, I am excited and humbled by the opportunity to lead TSCK into its next chapter, and I am confident that together, we will achieve great things.*

Asheley Cooper

## Celebrating Older Americans Covered Dish Lunch Sponsored by Arbor Ridge of Kernersville and Kerner Ridge

Friday, May 31 at 11:30 am

The Older American Month 2024 theme is *Powered by Connection*, which recognizes the impact meaningful relationships and social connections have on our health and well-being. Encourage your fellow Senior Center participants and friends to attend and help combat isolation and loneliness. Entrée provided by *Arbor Ridge of Kernersville and Kerner Ridge*. Bring your favorite recipe: side dish, salad, dessert, or drink. **You must register two business days in advance: 336-992-3180.**



## Stay Strong, Stay Healthy Sponsored by Second Harvest NWCN Mondays and Wednesdays, June 3 - July 24 (bi-weekly for 8 weeks) from 10:00 – 11:30 am Pre-assessment Wednesday, May 29 by appointment Post-assessment Monday, July 29 by appointment

*Stay Strong, Stay Healthy is your ticket to better health.*

Our bodies are made for activity, but modern conveniences allow us to be increasingly inactive. Physical inactivity can place our health at risk for many chronic diseases. This eight-week program can help you get started on the road to better health and is built on simple, strength-building exercises to improve balance, health and your state of mind. It is not difficult nor does it involve complicated weightlifting. You will start at a level that is right for you. **Call to register 336-992-3180 by May 22.**

## Hats Off to Our Volunteers



On Friday, April 19th, we held our “**Bandanas & Boots Volunteer Appreciation Banquet**” to acknowledge and thank our incredible volunteers. We welcomed over 90 volunteers while seeing many smiles and a variety of cowboy hats.

**In the spirit of the Wild West, we tipped our hats to each and every one**

**of our volunteers for lassoing up their time and talents to support our mission.**

**Several volunteers were awarded & pinned for their selfless and amazing volunteerism:** Jennifer Bowers, Becky Lewis, Ralph Neal, Debbie Walker, Jon Walker, Rob Dotson, Jeanne Weyant, Ann Hiatt, & Walt Morgan. A special presentation and announcement was made



about the contributions and support of Pastoral Counselor Tom Lee, Past Executive Director Heather Camp, and Board Members: Mindy Grubbs, Curtis Campbell, and Irvin Grigg.



**Thank you volunteers for saddling up with us for this special appreciation event. Your dedication and hard work are the driving force behind everything we accomplish, and we could not be more grateful. Much obliged!**

## Thank You ~ 2024 AARP Tax-Aide Volunteers!

Barbara Forsyth  
Barbara Cannon  
Bill Dreshfield  
Bob Spontak  
Bob Wilde  
Ceil Swart  
Cheryl Voss  
Cynthia Braman  
David Kenward  
Debbi Butner

Donna Bowman  
Harweda Coe  
Helen Poteet  
Helen Kleinlein  
James Berry Jr  
Jeanne Weyant  
Jeff Peterson  
Jennifer Bowers  
John Gudat  
John Walker

Katrena Dalton  
Leslie Detwiler  
Linda Wakefield  
Lorrie Kenward  
Margaret Starbuck  
Maria Kucirka  
Michael Entz  
Nancy Simpson  
Randy Hollifield  
Sandra Braham

Shannon Barber  
Sharon Cole  
Terry Pope  
Todd Braun  
Tricia Gainey  
Vincent Cimmino  
Walt Morgan

**Because you gave your time, by the end of tax season we provided over 800 income tax returns!!!**



# The Shepherd's Center of Kernersville

## Annual Giving Campaign

The 2024 Shepherd's Center's Annual Giving Campaign will soon be underway and you will receive a letter requesting your support. Thank you to those who have already pledged or made a contribution. Your contributions make such a difference in the lives of many adults who are aging or with disabilities.

Thirty-nine years of serving together began with one program...Transportation. Today, there are 14 active programs supported by over 200 committed volunteers.

### Your Contributions in 2023 provided:

2,646 One-Way Medical Rides  
 127 Handy Person Service Request Fulfilled  
 3,262 Enrichment Programs Were Held  
 597 Visitations With Isolated Older Adults

**Together WE can change one life at a time!**

**By supporting The Shepherd's Center with your gift,  
 we continue to empower and enrich lives.  
 Please consider sending your tax-deductible donation to:**

**The Shepherd's Center by making a donation on our website at [www.shepctrkville.com](http://www.shepctrkville.com).  
 Donations can be mailed to: The Shepherd's Center of Kernersville  
 PO Box 2044, Kernersville, NC 27285-2044**

Your Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Your Donation Amount: \_\_\_\_\_  
 I would like my recognition letter to be mailed to me: \_\_\_\_\_

I make this donation  in honor or  memory of: \_\_\_\_\_

Send recognition of my gift to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

# Piedmont Triad Elder Abuse Awareness Walk, Stroll and Roll

## Saturday, June 15, 2024 • Triad Park, Kernersville

Registration, Vendor Fair & Music starts at 9:00 am

Opening Ceremony & Walk Kick-Off at 10:30 am



*FREE T-Shirt available while supplies last!*  
*FREE Personal Document Shredding, Medication Disposal and Health Screenings!*  
*Informational Exhibitors! Music and Food!*

### Thank You to Our Sponsors!



### WALK REGISTRATION FORM

PLEASE PRINT CLEARLY:

Individual Name: \_\_\_\_\_

Team Name (if applicable): The Shepherd's Center of Kernersville

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

*T-Shirts will be distributed on a first-come, first-served basis at the event.*

Please return completed form to The Shepherd's Center and Senior Center of Kernersville





# May 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   |
|-------------------------|--|--|--|--|--|
| <b>WEEKLY PROGRAMS</b>  | 9:30 - Bridge<br>10:00 - Cardio Drumming<br>11:00 - Caregiver Support Group (2nd & 4th Mon.)<br>12:00 - Line Dance Class \$6<br>12:00 - Pinochle<br>1:00 - Chair Yoga II \$5<br>1:00 - Tatting on Zoom<br>1:00 - Ukulele Troupe \$ *<br>2:30 - Ukulele Lessons \$ *<br>1:30 - Advance Square Dance \$6 | 9:30 - Bee Quilters<br>10:00 - Music Jam Session<br>10:00 - Stretch & Flex<br>11:30 - Hand & Foot<br>12:30 - Bridge<br>12:30 - Bridge Day (3rd Tues)<br>1:00 - Books Ignite Book Club (3rd Tues)<br>2:00 - Cardio Drumming | <b>9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation</b><br>10:00 - American Sewing Guild Fee \$ (3rd Wednesday)<br>10:00 - Games & Conversation<br>10:00 - Tai Chi \$5<br>12:00 - American Sign Language Practice<br>12:00 - Open Watercolor Studio<br>12:30 - Mah Jongg<br>1:00 - Basket Weaving \$<br>1:30 - Bowling at Countryside \$9.50 shoe rental/3 games | 9:30 - Pickleball Lessons \$20*<br>10:00 - Euchre<br>10:00 - Needle Arts<br>10:00 - Stretch & Flex<br>12:00 - Pinochle<br>12:00 - Beginner Line Dance \$6<br>1:00 - Chair Yoga I \$5<br>1:00 - Dominoes<br>1:30 - Beginner Square Dance \$6<br>2:00 - Art & Wellness Cancer Therapy (4th Friday)<br>4:00 - TedderBear Stamping on YouTube Live (2nd & 4th Thurs.)  | <b>9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation</b><br>9:00 - 3:30 pm<br>Sit-n-Stitch (3rd Fri.)<br>10:00 - Rubber Stamping w/Patti (2nd Fri.)\$<br>10:00 - Bingo (bring 2 prizes & win 2 prizes)<br>11:30 - Hand & Foot<br>1:00 - Movie Matinee (2nd Friday)  |
| <b>SPECIAL PROGRAMS</b> | <b>6</b><br>13 <i>Line and Square Dance Lessons Cancelled</i><br>5:00 - Windows, Android, Computers and Internet Group   | <b>7</b><br>14<br><b>21</b><br>9:30 - Blood Pressure Screening Drop-in<br>1:00 - Birds: Flight to Freedom Papercraft   | <b>1</b><br><b>8</b><br>1:00 - Functional Strength Training Onsite & Zoom<br><b>15</b><br>1:00 - Functional Strength Training Onsite & Zoom<br>1:00 - Painting with Friends  | <b>2</b><br><b>9</b> <i>Line and Square Dance Lessons Cancelled</i><br>10:00 - Matter of Balance 3/8<br>2:00 - Mindful Meditation and Breathing on Zoom<br><b>16</b> <i>Line and Square Dance Lessons Cancelled</i><br>9:30 - Mastering Bridge 1/6<br>10:00 - Matter of Balance 4/8<br>2:00 - Mindful Meditation and Breathing on Zoom<br><b>23</b><br>9:30 - Mastering Bridge 2/6<br>10:00 - Matter of Balance 5/8<br>2:00 - Mindful Meditation and Breathing on Zoom | <b>3</b> 9:00 - Art Studio - Casual Creativity for Everyone<br><b>10</b><br>1:00 - Movie Matinee<br>Call 336-992-3180 for movie title.<br><b>17</b><br>9:00 - Art Studio - Casual Creativity for Everyone<br>3:00 - Finding Purpose, Wellness & Community<br>Onsite via Zoom<br><b>24</b><br>3:00 - Finding Purpose, Wellness & Community<br>Onsite via Zoom |
|                         | <b>27</b><br><b>Closed in Observance of Memorial Day</b>   | <b>29</b> 10:00 - Stay Strong & Healthy Pre-assessment test by appointment<br>1:00 - Functional Strength training Onsite & Zoom  | <b>30</b><br>9:30 - Mastering Bridge 3/6<br>10:00 - Matter of Balance 6/8<br>2:00 - Mindful Meditation and Breathing on Zoom   | <b>31</b> 11:30 - Luau Covered Dish Lunch by Arbor Ridge<br>3:00 - Finding Purpose, Wellness & Community<br>Onsite via Zoom  |  |



# June 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   |
|--|---|--|--|--|
| <p>9:30 - Bridge</p> <p>10:00 - Stretch &amp; Flex</p> <p>11:00 - Caregiver Support Group (2nd &amp; 4th Mon.)</p> <p>12:00 - Line Dance Class \$6</p> <p>12:00 - Pinochle</p> <p>1:00 - Chair Yoga II \$5</p> <p>1:00 - Tattng on <i>Zoom</i></p> <p>1:00 - Ukulele Troupe \$ *</p> <p>2:30 - Ukulele Lessons \$ *</p> <p>1:30 - Advance Square Dance \$6</p> | <p>9:30 - Bee Quilters</p> <p>10:00 - Music Jam Session</p> <p>10:00 - Stretch &amp; Flex</p> <p>11:30 - Hand &amp; Foot</p> <p>12:30 - Bridge</p> <p>12:30 - Bridge Day (3rd Tues)</p> <p>1:00 - Books Ignite Book Club (3rd Tues)</p> <p>2:00 - Cardio Drumming</p> | <p>9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation</p> <p>10:00 - American Sewing Guild Fee \$ (3rd Wednesday)</p> <p>10:00 - Games &amp; Conversation</p> <p>10:00 - Tai Chi \$5</p> <p>12:00 - American Sign Language Practice</p> <p>12:00 - Open Watercolor Studio</p> <p>12:30 - Mah Jongg</p> <p>1:00 - Basket Weaving \$</p> <p>1:30 - Bowling at Countryside \$9.50 shoe rental/3 games</p> | <p>9:30 - Pickleball Lessons \$20</p> <p>10:00 - Euchre</p> <p>10:00 - Needle Arts</p> <p>10:00 - Stretch &amp; Flex</p> <p>12:00 - Pinochle</p> <p>12:00 - Beginner Line Dance \$6</p> <p>1:00 - Chair Yoga I \$5</p> <p>1:00 - Dominoes</p> <p>1:30 - Beginner Square Dance \$6</p> <p>2:00 - Art &amp; Wellness Cancer Therapy via <i>Zoom</i> (4th Fri.)</p> <p>4:00 - TedderBear Stamping YouTube Live (2nd &amp; 4th Thurs.)</p> | <p>9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation</p> <p>9:00 - 3:30 pm Sit-n-Stich (3rd Fri.)</p> <p>10:00 - Rubber Stamping with Patti (2nd Fri.) \$</p> <p>10:00 - Bingo (Bring 2 prizes &amp; win 2 prizes)</p> <p>11:30 - Hand &amp; Foot</p> <p>1:00 - Movie Matinee (2nd Friday)</p> <p>Call 336-992-3180 for Movie title</p> |
| <p><b>3</b></p> <p>10:00 - Stay Strong Stay Healthy</p> <p>5:00 - Windows, Android, Computers and In Internet Group</p>  | <p><b>4</b></p> <p>1:00 - Steps to Safety Prevention Fire and Falls at Home</p>   | <p><b>5</b></p> <p>10:00 - Stay Strong, Stay Healthy</p> <p>1:00 - Functional Strength Training Onsite and <i>Zoom</i></p> <p>1:30 - Crochet Lessons 1/4</p>   | <p><b>6</b></p> <p>9:30 - Mastering Bridge 4/6</p> <p>10:00 - Matter of Balance 7/8</p> <p>2:00 - Mindful Meditation and Breathing on <i>Zoom</i></p>  | <p><b>7</b></p> <p>9:00 - Art Studio/Casual Creativity for Everyone</p> <p>3:00 - Finding Purpose, Wellness, and Community After 60 Onsite and <i>Zoom</i></p>   |
| <p><b>10</b></p> <p>10:00 - Stay Strong Stay Healthy</p> <p>5:00 - Windows, Android, Computers and In Internet Group</p>   | <p><b>11</b></p> <p>9:30 - Blood Check</p> <p>1:00 - Summer Scam Jam</p> <p>1:00 - Quilted Jacket Lessons 1/4 \$</p>  | <p><b>12</b></p> <p>10:00 - Stay Strong, Stay Healthy</p> <p>1:00 - Functional Strength Training Onsite &amp; <i>Zoom</i></p> <p>1:30 - Crochet Lessons 2/4</p>  | <p><b>13</b></p> <p>9:30 - Mastering Bridge 5/6</p> <p>10:00 - Matter of Balance 8/8</p> <p>10:00 - Watercolor Bookmark</p> <p>2:00 - Mindful Meditation and Breathing on <i>Zoom</i></p>  | <p><b>14</b></p> <p>3:00 - Finding Purpose, Wellness, and Community After 60 Onsite and <i>Zoom</i></p> <p><b>Saturday, June 15 Elder Abuse Awareness Walk</b></p>   |
| <p><b>17</b></p> <p>10:00 - Stay Strong Stay Healthy</p> <p>5:00 - Windows, Android, Computers and In Internet Group</p>   | <p><b>18</b></p> <p>1:00 - Quilted Jacket Lessons 2/4 \$</p>  | <p><b>19</b></p> <p>10:00 - Stay Strong, Stay Healthy</p> <p>1:00 - Birds: Flight to Freedom</p> <p>1:00 - Functional Strength Training Onsite and <i>Zoom</i></p> <p>1:30 - Crochet Lessons 3/4</p>   | <p><b>20</b></p> <p>9:30 - Mastering Bridge 6/6</p> <p>2:00 - Mindful Meditation and Breathing on <i>Zoom</i></p>  | <p><b>21</b></p> <p>9:00 - Art Studio/Casual Creativity for Everyone</p> <p>3:00 - Finding Purpose, Wellness, and Community After 60 Onsite and <i>Zoom</i></p>  |
| <p><b>24</b></p> <p>10:00 - Stay Strong Stay Healthy</p> <p>5:00 - Windows, Android, Computers Internet</p> <p><i>Onsite &amp; Zoom</i></p>  | <p><b>25</b></p> <p>1:00 - Quilted Jacket Lessons 3/4 \$</p>  | <p><b>26</b></p> <p>10:00 - Stay Strong, Stay Healthy</p> <p>1:00 - Functional Strength Training Onsite and <i>Zoom</i></p> <p>1:30 - Crochet Lessons 4/4</p>  | <p><b>27</b></p> <p>2:00 - Mindful Meditation and Breathing on <i>Zoom</i></p>   | <p><b>28</b></p> <p>11:30 - Covered Dish Lunch</p> <p>3:00 - Finding Purpose, Wellness, and Community After 60 Onsite and <i>Zoom</i></p>  |

## SPECIAL PROGRAMS

## Weekly PROGRAMS

## May and June Programs

### ★ Program Changes ★

#### Mondays

12:00 pm - Beginner and Intermediate Line Dance classes - combined to form one class and new start time

1:30 pm - Advance Square Dance - time change

1:00 pm - Chair Yoga - time change

#### Thursdays

12:00 Beginner Line Dance - time change

1:30 Beginner Square Dance - time change

### Line and Square Dance Lessons Cancelled

May 7 – 17 instructor is on vacation

### Art Studio at The Shepherd's Center Casual Creativity for Everyone

1st and 3rd Fridays, May 3 and 17  
9:00 am – 1:00 pm

The Art Studio offers artists a space to come together, connect with fellow artists to create and work on projects in a relaxed setting.

Whether you are looking for inspiration, feedback, or simply a place to focus on your art, this bi-weekly gathering provides the perfect opportunity to engage in casual creativity alongside like-minded individuals.

**Space is limited. Register two business days in advance by calling 336-992-3180.**

### “Mastering Bridge” for Beginner and Intermediate Players Thursdays, May 16 – June 20 (6 weeks), 9:30 – 11:30 am

*Prerequisite: You must have taken bridge lessons or want to refresh your skills in actual game play but need more practice.* You will be playing bridge with beginner and intermediate players exploring advanced strategies, insights and techniques to help elevate your skills, outsmart opponents, and tactics for improving your bridge game with Judy Hedin and other instructors. **Space is limited. Register two business days in advance by calling 336-992-3180.**

### Functional Strength Training

*Onsite and Zoom with Team Senior Planet*

Wednesdays, May 8 – June 26 at 1:00 pm

After the age of 30, the typical person loses muscle at the rate of 1-2 percent a year. It is never too late to stop that loss and even rebuild muscle. Using bodyweight, bands, and dumbbells, we will build strength to make all of your daily activities easier and have some fun too! This class is offered as part of the Team Senior Planet program.

Participate at The Shepherd's Center on *Zoom* or in the comfort of your home. **Register two business days in advance by calling 336-992-3180 and for Zoom or phone number link.**

### Mindful Meditation & Breathing

*Onsite, Zoom & By Phone*

Thursdays, May 9 – June 27 at 2:00 pm

Join Team Senior Planet for this weekly meditation class. During each session, you will learn about the benefits of mindful meditation and breathing and then spend time deepening your meditation practice.

This class is offered as part of the Team Senior Planet program. Participate at The Shepherd's Center on *Zoom* or in the comfort of your home. **Register two business days in advance by calling 336-992-3180 and for Zoom or phone number link.**

### Windows, Android, Computers and Internet Group

*Onsite and Zoom with Team Senior Planet*

Mondays, May 13 – June 24 at 5:00 pm

Got a Windows or Android device? This group is for you! Share your knowledge and ask questions about your computer, smartphone, and the internet. Volunteers Michael and Judy Yublosky will assist participants with all things *not* Apple. Participate at The Shepherd's Center on *Zoom* or in the comfort of your home. **Register two business days in advance by calling 336-992-3180 and for Zoom or phone number link.**

### Painting with Friends

*Sponsored by Always Best Care*

Wednesday, May 15 at 1:00 pm

Relax and have fun painting with friends. Learn how to create a beautiful acrylic painting with personal instruction and mix and mingle to make new friends. No fee, *Always Best Care* will provide all the supplies. **Space is limited. Register two business days in advance by calling 336-992-3180.**

## May and June Programs

### Finding Purpose, Wellness, & Community After 60

Onsite, *Zoom or by Phone*

**Fridays, May 17 – June 28 at 3:00 pm**

Join this ongoing conversation every Friday about the challenges of life transitions, aging, culture, health and more. Make new friends and share stories about your experiences in life. This gathering introduces concepts that may help to broaden your perspective in life. Participate at The Shepherd's Center on *Zoom* or in the comfort of your home. **Register two business days in advance by calling 336-992-3180 and for Zoom or phone number link.**

### Blood Pressure Screening Drop-in Event Tuesday, May 21, 9:30 – 11:30 am

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

### Nesting Birdhouse Papercraft Tuesday, May 21 at 1:00 pm

Join Ellie and learn how to make a beautiful birdhouse-shaped (9 ½ x 6") gift box out of paper. It's a great opportunity to try out new crafting techniques and create a unique gift for someone special. **\$5.00 (cash only) supply fee due first day of class. Register two business days in advance by calling: 336-992-3180.**

### Beginner – Refresher Crochet Lessons Projects: Coaster, Hot Pad, Small Scarf, Cup Cozy

**Wednesdays, June 5 - 26 at 1:30 pm**

Get started with crochet! Crochet is one of the simplest of fiber arts, and yet perhaps the most versatile. Whether you used to crochet years ago and need a refresher, or are just learning, this is the class for you! **Call ahead for a supply list, free instruction. Register two business days in advance by calling 336-992-3180.**

### Art Studio:

#### Casual Creativity for Everyone 1st and 3rd Fridays,

**June 7 & 21 at 9:00 am – 1:00 pm**

The Art Studio offers artists a space to come together, connect with fellow artists to create and work on projects in a relaxed setting. Whether you are looking for inspiration, feedback, or simply a place to focus on your art, this bi-weekly gathering provides the perfect opportunity to engage in casual creativity alongside like-minded individuals. **Space is limited. Register two business days in advance by calling 336-992-3180.**

### Blood Pressure Screening Drop-in Event June 11, 9:30 – 11:30 am

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

### Summer Scam Jam

**Tuesday, June 11 at 1:00 pm**

As we prepare for World Elder Abuse Awareness Day on June 15<sup>th</sup>, you are invited to attend a 30-minute virtual program to help protect you from fraud and scams. Not a convenient day or time? Call and let us know and we will schedule a special show time just for you! Dr. Althea Taylor Jones will be available to answer questions. Lemonade and cookies will be served. **Register two business days in advance by calling 336-992-3180.**



### Steps to Safety Prevention Fire and Falls at Home Tuesday, June 4 at 1:00 pm

**June is National Safety Month**

Join Chris Kaufman, Fire & Life Safety Educator, from the Kernersville Fire Department as he provides eight steps to help reduce your risk of a fall and *Escape Plan Ahead!* If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire. **Register two business days in advance by calling 336-992-3180.**



## May and June Programs

### Quilted Jacket Lessons (4 weeks)

**Tuesdays, June 11 – July 2 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! Class size is limited. **Class fee \$35.00 (cash) first day of lessons. Registration required by June 4 call 336-992-3180.**

### Free Watercolor Bookmark Class

**Thursday, June 13 at 10:00 – 12:00 pm**

This watercolor workshop is a great opportunity for beginners to try their hand at watercolor painting. With supplies provided and no skills necessary, participants can create their own personalized bookmark with a watercolor design of their choice, adding a creative touch to their reading materials. **Register two business days in advance by calling 336-992-3180.**

### Birds: Flight to Freedom Papercraft

**Wednesday, June 19 at 1:00 pm**

Join Ellie and learn how to make paper birds, create a felt bird with simple stitching, and craft a freedom star. A fun and creative way to spend some time trying out these new DIY projects. **\$5.00 (cash only) supply fee due first day of class. Register two business days in advance: 336-992-3180.**

### Luau Covered Dish Lunch

**Friday, June 28 at 11:30 am**

Dress up in your favorite Luau inspired shirt, outfit or beach t-shirt. Encourage all of your fellow Senior Center participants and friends to attend. Bring a delicious summer main dish, side dish, dessert, or drink with enough to share. **Register two business days in advance: 336-992-3180.**

### Kiosk Sign-in Required by All

When entering the building, please sign in at the kiosks with your keycard or manually with your first name and phone number. Touch the activities you are participating in for the day. These statistics are very important for future programming and funding. Volunteers please log your volunteer hours in the kiosk, not sure how? Ask at the front desk for assistance.

### Coming Soon!

#### Program Interest

#### Satisfaction and Outcomes Surveys

Watch your email for two surveys in the coming weeks. Your input is vital to the success of our programs and services. Print copies will also be available at the Center.

### Closed for Holidays

Memorial Day: Monday, May 27

Independence Day: Thursday, July 4



# Medicine Bottle Drive



To support **Matthew 25: Ministries pill bottle program** that fulfills the needs of improving medical care in developing countries while caring for the environment

**Collection Running:**  
**May & June**

**Drop-off Location:**  
The Shepherd's Center of  
Kernersville - Front Desk  
636 Gralin St, Kernersville  
336-996-6696

- Orange pill bottles ONLY
- Large and small sizes
- Pill bottles MUST have matching lids
- Remove any labels
- Wash/clean bottles



# Overview of Services and Programs

purpose

compassion

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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.**



# Senior Enrichment Center

## On-Going Programs and Drop-in Activities

### ARTS & CRAFTS

**American Sewing Guild** ~ 10:00 am, 3rd Wednesday (*fees apply*)

**Basket Weaving** ~ 12:00 noon, Wednesday (*kit fees apply*)

**Bee Quilters** ~ 9:30 am, Tuesday

**Art Studio – Casual Creativity for Everyone** ~ 1st and 3rd Fridays, 9:00 – 1:00 pm

**Needle Arts** ~ 10:00 am, Thursday

**Rubber Stamping with Patti** ~ 2nd Fri. 10:00 am, (*kit fees apply*)

**Sit-n-Stitch** ~ 9:00 am - 3:00 pm, 3rd Friday

**Tatting** ~ 1:00 pm, Monday (*via ZOOM*)

**Tedderbear Stamping** ~ 4:00 pm, 2nd & 4th Thursday, *YouTube Live*

**Four Seasons Watercolor Club & Open Paint Studio** ~ 12:00 pm, Wednesday

(*Fees apply for Watercolor Club, Open Paint Studio is free*)

**Watercolor Lessons** ~ Offered periodically, call to express interest (*fees apply*)

### EDUCATION, ENRICHMENT, SOCIALIZATION

**American Sign Language Practice** ~ 12:00 noon, Wednesday

**Music Jam Sessions** ~ 10:00 am, Tuesday

**Caregiver Support Group** ~ 11:00 am, 2nd and 4th Monday

**Books Ignite! Book Club** ~ 1:00 pm, 3rd Tuesday

**Movie Matinee** ~ 1:00 pm, 2nd Friday, *Call for Movie Title*

**Ukulele Lessons** ~ 2:30 pm, Monday (*\$40.00 for 8 weeks*)

**Ukelele Troupe** ~ 1:00 pm, Monday (*\$40.00 for 8 weeks*)

**Covered Dish Luncheons** ~ 11:30 am, once a month on a Friday

**Lectures** on a variety of topics are offered monthly. Check Center calendar each month for current schedule.

**Bill Radisch Computer Learning Center** ~ 9:00 -11:00 am, Wednesday & Friday.

By Appointment Only, One-on-one teaching and technical assistance. (Windows/Androids only). *\$5.00 if we can help*

### HEALTH & WELLNESS

**Line Dancing** 12:00 pm, Monday (*\$6.00 per session*)

**Line Dancing (Beginner)** ~ 12:30 pm, Thursday (*\$6.00 per session*)

**Square Dancing (Advanced)** ~ 1:30 pm, Monday (*Not a teaching Class, \$6.00 per session*)

**Square Dance Lessons (Beginner)** ~ 1:30, Thursday (*\$6.00 per session*)

**Stretch & Flex Exercise** ~ 10:00 am, Tuesday & Thursday

**Cardio Drumming** ~ 10:00 am, Monday & 2:00 pm, Tuesday

**Tai Chi** ~ 10:00 am, Wednesday (*\$5.00 per session*)

**Chair Yoga I** ~ 1:00 pm, Thursday (*\$5.00 per session*)

**Chair Yoga II** ~ 1:00 pm, Monday (*\$5.00 pe session*)

**Pickleball Lessons** ~ Offered periodically, call to express interest

(*\$20.00 for 4 weeks*)

## **FUN & GAMES**

**Bingo** ~ 10:00 am, Friday. (*Bring two prizes and win two prizes.*)

**Bowling** ~ 1:30 pm, Wednesday, Countryside Bowling Lanes, 1005 Masten Dr.,  
(*\$9.50 inc. shoe rental and 3 games*)

**Senior Bridge** ~ 9:30 am, Monday

**Advance Bridge** ~ 12:30 pm, Tuesday

**Bridge Lessons** ~ offered periodically, call for schedule (*fees apply*)

**Bridge Day** ~ 12:30 pm, 3rd Tuesday

**Euchre** ~ 10:00 am, Thursday

**Dominoes** ~ 1:00 pm, Thursday

**Games & Conversation** ~ 10:00 am, Wednesday

**Hand & Foot** ~ 11:30 am, Tuesday & Friday

**Mah Jongg** ~ 12:30 pm, Wednesday

**Pinochle** ~ 12:00 noon, Monday and Thursday

**Board Games** ~ Drop-in 8:00 am-4:00 pm, Monday – Friday

**Jigsaw Puzzle Library and Puzzle Table** ~ Drop-in, 8:00 am - 4:00 pm, Monday - Friday

## **SERVICES**

**Income Tax Preparation** ~ Offered annually (*February through mid-April*) in partnership with AARP Foundation Tax Aide Income Tax Preparation Service

**Insurance Counseling (NC Senior Health Insurance Information Program)** ~ SHIIP Insurance Counseling (Medicare) available by appointment through the Center. Call our office for more information.

**Information, Referral, and Assistance** ~ We can provide information, referral, and assistance on a variety of aging related services and programs (housing information, in-home care, meals-on-wheels, legal assistance, Medicare, support groups, Social Security, and many more). If you need help, we will do our best to connect you with an agency or program to meet your needs.

**Our current newsletter, calendar, and program guide can be found on our web-site: [www.shepctrkville.com](http://www.shepctrkville.com)**

**For more information regarding regular programs, services, or fee information, call 336-996-6696 or 336-992-3180.**

**You can also e-mail us at:**  
[lisa@shepctrkville.com](mailto:lisa@shepctrkville.com)  
[debbie@shepctrkville.com](mailto:debbie@shepctrkville.com)  
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**The Shepherd's Center of Kernersville  
636 Gralin Street  
Kernersville, NC 27284**



## The Shepherd's Center Of Kernersville Staff

### *Executive Director*

Asheley Cooper  
asheley@shepctrkville.com

### *Senior Center Director*

Lisa Miller  
lisa@shepctrkville.com

### *Program Coordinator*

Debbie Cornatzer  
debbie@shepctrkville.com

### *Volunteer Services Manager*

Claire Winfrey  
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### Contact Us:

### The Shepherd's Center of Kernersville

636 Gralin Street  
PO Box 2044

Kernersville, NC 27285-2044

<https://www.shepctrkville.com>

**Information, Services and  
Volunteer Opportunities**  
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.**