

# THE SHEPHERD'S CENTER OF KERNERSVILLE POST



## JULY AND AUGUST 2024



### Dear Friends of The Shepherd's Center,

Can you think of an older adult in our community who is lonely? Or one who lacks the necessary family support to age successfully in their home and community? How about a caregiver who feels overwhelmed?

Through your generous financial support in 2023, TSCK served **3,396** aging adults and adults with disabilities in our community. Your contributions allowed us to provide **17** programs and services to address their needs. We are deeply grateful for your past support. TSCK is unique because it's the only nonprofit in Kernersville equipped to handle this vulnerable population.

Odessa enjoys sharing **TSCK's impact** on her life since joining the Senior Enrichment programs in August 2023. **Recently, her primary doctor commented that she has noticed a difference in her health and well-being since attending TSCK. Odessa says, "She feels calmer and less stressed as if she has a new lease on life."**

*Your donations make a difference in the lives of individuals like Odessa.*

As TSCK looks to the future, we know the **needs of our aging, disabled adults and their caregivers are only growing.**

I feel wanted.  
I feel involved.  
I feel like I belong.



We continue to look for ways to create inclusive, supportive environments. To be a beacon of hope and connection. As Odessa always shares about her time at TSCK, **"I feel wanted. I feel involved. I feel like I belong."**

The essential work we do daily in our community cannot continue without your help. No gift is too small. Your gifts are tax-deductible, and every penny stays in Kernersville and our Walkertown, Belews Creek, Colfax, and Oak Ridge service areas.

**Will you help make a difference in the lives of your older neighbors?**

purpose

compassion

ENRICHMENT

life






*Life's persistent and most urgent question is, "What are you doing for others?"*

*Dr. Martin Luther King, Jr.*

Your donation at this critical time will allow our interfaith ministry to continue to champion and sustain adults who are aging or disabled in our community. Please consider making a tax-deductible donation to The Shepherd's Center of Kernersville.

To give, you can:

-  Complete the form below and send it along with your check in the enclosed envelope.
-  Make an on-line electronic donation at [www.shepctrkville.com](http://www.shepctrkville.com).
-  Contact us at (336) 996-6696 to arrange your donation.

**Your Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City/State/Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_ **E-Mail** \_\_\_\_\_

**Suggested Donation Amounts**

- \$50 = 1 Daily Direct Service
- \$80 = 1 Round Trip for Medical Appointment
- \$125 = 1 Daily Enrichment Program
- Other Amount=\_\_\_\_\_
- \$500 = 10 Daily Direct Services
- \$775 = Half Day of Enrichment Programming
- \$1,550 = Full Day of Enrichment Programming

**My donation amount**  \$

**Check enclosed**

**Donation via credit card or PayPal on line through ShepCtrKville.com site**

**Contact me for details at ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_**

I make this donation in honor of \_\_\_\_\_

I make this donation in memory of \_\_\_\_\_

Send an acknowledgement of my gift gift to:

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

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

\_\_\_\_\_

*Financial information about this organization and a copy of it's license are available from the State Solicitation Licensing Branch.*

## Celebrating a Legacy of Support and Community

The Shepherd's Center of Kernersville (TSCK) has been a source of hope and support for older adults in the community for nearly four decades, offering enrichment programs, direct care services, and volunteer opportunities. Many ask, "How can I support TSCK?" There are three key ways: volunteer, donate, and share. Volunteers are the lifeblood of TSCK. Their selfless efforts power every aspect of our operations, from our front desk staff to the drivers for our transportation program. In 2023, over 200 volunteers provided support to 1,116 service recipients.

Since its establishment, TSCK has never charged for the services and programs we've provided for our community's elders. This is largely due to the generosity of individual donors.

Forty-five percent of TSCK's budget is comprised of individual donors. This level of community commitment is a testament to TSCK's enduring impact.

Lastly, caregivers and older adults in our community are still unaware of TSCK. The most significant way to serve is to share our mission, services, and programs with others. Our reach extends past Kernersville and into Walkertown, Belews Creek, Colfax, and Oak Ridge. If you know an older adult or a caregiver who needs support, please call us at 336-996-6696.

With utmost gratitude, thank you for the many years of continued support.

*Asheley Cooper , Executive Director*



### Welcome to the Team

#### **Dawn Rowe, Volunteer Services Assistant**

We are very excited to welcome Dawn to this role, Her unique skills and experience will be a valuable addition to our team. We look forward to achieving great things together. Stop by and welcome her to The Shepherd's Center Team.

### Project Joy Vases Needed

Clearing out your flower vase cabinet? We need them! Clear glass medium-large size vases about 8-10" tall and opening about 3-4" wide. With your help we are able to share freshly arranged flowers to those in the community needing a "lift" or celebrating an occasion. Drop off at The Shepherd's Center Monday - Friday, 8:30 am - 3:30 pm.





# July 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>	<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 - Tating on Zoom</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>9:30 - 11:30 Blood Pressure Screening Drop-in (3rd Tues.)</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>1:00 - Books Ignite</p> <p>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>4:00 - TedderBear Stamping on <i>YouTube Live</i> (2nd &amp; 4th Thurs.)</p>	<p>9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation</p> <p>9:00 - Art Studio Drop - in (1st &amp; 3rd Fri.)</p> <p>9:00 - 3:00 pm Sit-n-Stitch (3rd Fri.)</p> <p>10:00 - Rubber Stamping w/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>
<b>SPECIAL PROGRAMS</b>	<p><b>1</b> 10:00 - Stay Strong, Stay Healthy</p> <p><b>8</b> 10:00 - Stay Strong, Stay Healthy</p> <p><b>15</b> 10:00 - Stay Strong, Stay Healthy</p> <p><b>22</b> 10:00 - Stay Strong, Stay Healthy</p> <p><b>29</b> Evaluations Stay Strong, Stay Healthy by Appt.</p>	<p><b>2</b> 1:00 - Quilted Jacket Lessons 4/4 \$</p> <p><b>9</b> National Fashion Day Wear your favorite outfit to the Center or go shopping with a friend!</p> <p><b>16</b> 1:00 - Book Folding: Crafting Beauty</p> <p><b>23</b> 6:00 - Graphic Design Tools on Zoom, <i>Onsite or Phone</i></p> <p><b>30</b> 1:00 - Taxes and Widow's Penalty</p>	<p><b>3</b> 10:00 - Stay Strong, Stay Healthy</p> <p><b>10</b> 10:00 - Stay Strong, Stay Healthy</p> <p>1:30 - Intermediate Crochet Lessons 1/4</p> <p><b>17</b> 10:00 - Stay Strong, Stay Healthy</p> <p>1:30 - Intermediate Crochet Lessons 2/4</p> <p><b>24</b> 10:00 - Stay Strong, Stay Healthy</p> <p>11:00 - Chair Massage</p> <p>1:30 - Intermediate Crochet Lessons 3/4</p> <p><b>31</b> 1:00 - Summer Olympics</p> <p>1:30 - Intermediate Crochet Lessons 4/4</p>	<p><b>4</b> <b>Happy Impedence Day!</b> <b>CLOSED 4th of July Holiday</b></p> <p><b>11</b> National Cheer Up the Lonely Day - Call a friend, share a smile, or bake some cookies to give away!</p> <p><b>18</b> 3:00 - Nutrition Webinar</p> <p><b>25</b> 1:00 - Foot Screening</p>	<p><b>5</b> National Apple Turnover Day! Bake some turnovers.</p> <p>12 1:00 - Movie Matinee</p> <p><b>Saturday, July 13,</b> <b>10:00 - 4:00 pm</b> Christmas in July Stamp Camp</p> <p><b>19</b> National Stick Out Your Tongue Day is a sign for you to try out crazy stuff you've always wanted to do.</p> <p><b>26</b> 11:30 - <i>Cold Cuisine</i> Covered Dish Lunch</p>
			<p><b>\$ = Supply and/or Instructor Fees</b> <b>*Call for lessons dates/information 336-992-3180</b></p>		



# August 2024 Calendar

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<b>SPECIAL PROGRAMS</b>	5 9:30 - Coffee with a Cop 2:30 - Adaptive Beginner Ukulele Lessons 1/8 \$	6 12:00 - Laughter Yoga	The Shepherd's Center will be Closed Labor Day Monday, September 2nd	1 2:00 - NCDOT Update	2 2:00 - 4:00 pm Hearing Screening by Appointment Only
	12 2:30 - Adaptive Beginner Ukulele Lessons 2/8 \$	13 1:00 - Treat Wrappers and Boxes 2:00 - POA, Wills & Estate Planning	14 1:30 - Advanced Crochet Lessons 2/4	15 9:30 - Pickleball Lessons 2/4	16 Tell a Joke Day
	19 2:30 - Adaptive Beginner Ukulele Lessons 3/8 \$	20 11:30 Anti-inflammatory Food Webinar	21 11:00 - Chair Massage by Appointment \$ 1:00 - Ice Cream Social 1:30 - Advanced Crochet Lessons 3/4	22 9:30 - Pickleball Lessons 3/4 10:00 - Watercolor Skies 2:00 - Got Plans?	23 Internaut Day celebrates the invention of the World Wide Web
	26 2:30 - Adaptive Beginner Ukulele Lessons 4/8 \$	27 1:00 - Aging Loved Ones: How to Have the "Heart to Heart"	28 1:00 - Painting with Friends 1:30 - Advanced Crochet Lessons 4/4	29 9:30 - Pickleball Lessons 4/4	30 11:30 - National Beach Day Covered Dish Lunch

## July and August Programs

**Monday, 10:00 am - Stretch and Flex**  
Will return to normal routines instead of cardio drumming.

### **Christmas In July and Patriotic Bingo Fridays in July, 10:00 am**

Add a little Holiday Glitz, Christmas bling or patriotic/Red, White & Blue to your bingo prizes during the month of July. Bring 2 prizes, win 2 prizes with a holiday or patriotic theme!

### *Free Intermediate Crochet*

#### **Mosaic, Corner to Corner and Rose Granny Square(s)**

**Wednesdays, July 10, 17, 24 and 31,  
from 1:30 - 3:30 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 by calling 336-992-3180 two business days in advance.**

### *Free Advanced Crochet*

#### **Amigurumi Technique - Round Ball Key Chain, Jelly Fish, Mini Minion, Mini Baby Yoda & Baby Groot August 7, 14, 21, 28 and September 4, 1:30 - 3:30 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 "craft safety eyes" for each project. **Register by calling 336-992-3180 two business days in advance.**

### **Christmas in July Stamp Camp Cardmaking Class**

**Saturday, July 13, 10:00 am – 4:00 pm**

It is never too soon to get started on your Christmas cards. This annual event is an opportunity to make a total of 16 cards: 3 each of 5 card designs, and 1 card that is over the top for that special person. Bring your own adhesive and a potluck dish with enough to share. Fee including supplies: \$45.00. **Call Lisa Tedder at 336-408-8957 to register and for more information.**

### **Book Folding: Crafting Beauty**

**Tuesday, July 16, 1:00 pm**

Books have more uses than might be obvious. Have you tried turning a book into a three-dimensional sculpture? The process can be quite simple, the result is a beautiful conversational piece. Join us as we create a beautiful tree, simple yet useful. We will use assorted items to decorate. Oh, what fun we will have!

**Bring a new or old hardcover book at least 300 pages (a hardcover Reader's Digest Condensed Books is the perfect size or a minimum of 7" tall x 5" wide). Register by calling 336-992-3180 two business days in advance.**

### **It's Tomato Season! Healthy Properties of Summer Produce Webinar *Onsite and View from Home* Thursday, July 18, 3:00 pm**

Summer is a season that abounds with an array of vibrant and nutritious fruits and vegetables, offering numerous health-promoting properties. Tomatoes are rich in lycopene, an antioxidant that has been linked to reduce the risk of certain cancers and heart disease. Join Julie Lanford, Cancer Dietitian for a Nutrition Webinar to understand how summer produce promotes good health. This webinar is available to anyone, not just cancer survivors. We will view the webinar at The Shepherd's Center or call ahead for registration to view from home. **Register by calling 336-992-3180 two business days in advance.**

## July and August Programs

### **Graphic Design Tools on Zoom/Onsite or by Phone Partnership Senior Planet and AARP Tuesday, July 23, 6:00 pm**

Looking for a creative outlet? Try your hand at one or more free, user-friendly, web-based graphic design tools! In this presentation, we will explore the popular design platform, *Canva*, and demonstrate how you can get very creative with basic tools like *Google Slides*. Also, take a look at Photoshop Express, the web-based, free version of *Photoshop*. **Register two business days in advance by calling 336-992-3180, to obtain printed handouts and zoom link if viewing from home.**

### **Feel Better, Move Better! Ten Minute Chair Massage Wednesdays, July 24, August 7 & 21, 11:00 am – 1:00 pm**

Relieve stress, relax, and experience a happier you! Sandra Vicente is a Licensed Movement Therapist specializing in relief from migraines, headaches, back pain, muscle/joint pain, whiplash, sciatica, scoliosis, carpal tunnel and plantar fasciitis. **To schedule your 10 minute chair massage appointment call 336-992-3180. \$10.00 cash only, payable day of appointment.**

### **Foot Screening Taking Care of Your Feet Premier Foot & Ankle Thursday, July 25, 1:00 – 4:00 pm by Appointment Only**

Proper foot health means that you can have a more active lifestyle and you will not be bogged down by pain. Healthy foot health leads to good circulation, which is paramount for overall health. Neglecting foot health can lead to painful feet, decreased mobility, and even affect daily activities. By scheduling an appointment with Dr. Newkirk board-certified podiatrist, you can receive an evaluation and discussion about your foot concerns **without any treatment or procedure involved. Register for an appointment by calling 336-992-3180 two business days in advance.**

### ***Cold Cuisine Covered Dish Lunch* Friday, July 26, 11:30 am**

It is no secret that summers are H-O-T. Cold food on a hot summer day sounds amazing! Pasta salads, chicken salad, tuna salad, cold sandwiches – all great options! Toss some fresh vegetables with a little dressing and Feta cheese. Don't forget ice cream! Bring your favorite summer *cool* inspired main dish, side, or drink with enough to share. This is sure to be a great afternoon of food and fellowship. **Register two business days in advance by calling 336-992-3180.**

### **Taxes and the “Widow’s Penalty” Tuesday, July 30, 1:00 pm**

The phrase “widow’s penalty” describes the circumstance when someone pays more in taxes after their spouse dies. It happens when a widow or widower making the same or slightly less income is required to pay more income taxes. The so-called penalty is surprisingly common and can also affect Social Security benefits and Medicare premiums. This workshop offers practical planning tools to help minimize or eliminate the penalty. **Register by calling 336-992-3180 two business days in advance.**

### **Senior Summer Olympic Games *Sponsored by Always Best Care* Wednesday, July 31, 1:00 pm**

You are invited to join us to compete on a team or enjoy being a spectator – All are welcome! Dress in comfortable clothes (athletic). Fun, laughter and prizes will be awarded. **Register by calling 336-992-3180 two business days in advance.**

### **NCDOT Update Thursday, August 1, 2:00 pm**

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

## Hearing Screening

**Friday, August 2 by Appointment only,  
2:00 – 4:00 pm**

***Provided by High Point Audiological***

Concerned about your hearing? Make an appointment for a free hearing screening to discover if you may be the one in three adults who may have hearing loss. *Limited appointments on the mobile testing bus.* **Call 336-992-3180 no later than July 31<sup>st</sup> to schedule your appointment.**

## Coffee with a Cop Drop-in Event

**August 5, 9:30 – 11:30 am**

Invite your friends and neighbors and join the Kernersville police officers for coffee, doughnuts, and conversation. No agenda or speeches, just a chance to drop-in and ask questions, voice concerns and get to know the officers in our community. **Let us know you are attending by calling 336-992-3180.**

## Ukulele Troupe

**Mondays, August 5 – September 30  
(8 weeks), 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.**

## Adaptive Beginner Ukulele Lessons

**Mondays, August 5 – September 30  
(8 weeks), 2:30 pm**

Instructor, Allen Alston will provide beginner lessons for those who want to learn how to play the ukulele. *\* This class will be modified to accommodate participants who experience challenges with hand mobility.\** **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.**

## Laughter Yoga

**Tuesday, August 6, 12:00 pm**

Our own Certified Laughter Yoga Leader, Claire Winfrey will lead a Laughter Yoga session. Laughter Yoga is not a comedy but is an exercise program for health and wellbeing. You will experience the combination of laughter exercises with yoga breathing techniques. For more info, you can visit <https://laughteryoga.org/> **Register two business days in advance by calling 336-992-3180.**

## Pickleball Lessons

**Thursdays, August 8, 15, 22 and 29,  
9:30 - 11:00 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.**

## Hearing Loss

**Friday, August 9, 1:00 pm**

Meet John Sherwood, Hard of Hearing Services Specialist with The Division of Services for the Deaf and Hard of Hearing (DSDHH). Learn about some of the Community Resource Programs:

1. Hearing aids, telephones, speech devices, and other devices.
  2. Weather Alert Radio: special radios that alert individuals who are deaf or hard of hearing to severe weather conditions.
  3. Driver Communication Card: a card that allows drivers who are deaf or hard of hearing to communicate with law enforcement officers during traffic stops.
  4. Medicaid Communication Access Services
- Register two business days in advance by calling 336-992-3180.**

## July and August Programs

### **Crafting Treat Wrappers and Boxes Tuesday, August 13, 1:00 pm**

Creating candy wrappers and boxes is like weaving magic from paper and imagination. Whether it is a special occasion or just a delightful treat, these personalized creations add a touch of joy for anyone. Fee \$2.00 for supplies due day of class. **Register by calling 336-992-3180 two business days in advance.**

### **Power of Attorney, Wills, Living Wills & Estate Planning Tuesday, August 13, 2:00 pm**

Two powerful pieces of any Estate Plan include a Living Will and a Power of Attorney (POA). A Living Will is a legal document that clearly and explicitly states your wishes in regard to medical treatments and decisions. A Power of Attorney grants authority to someone you trust to act on your behalf. Join Attorney Julie Whatley to learn more about these important documents one should have, their function, and purpose as well as the basics of preparing an estate plan.

*It will give you peace of mind that your wishes will be followed, and your best interests protected in times of crisis [and death].” Amanda Singleton, AARP.* **Register two business days in advance by calling 336-992-3180.**

### **Anti-inflammatory Foods Webinar Onsite or View from Home Tuesday, August 20, 11:30 am**

Do you know there are foods that can help manage inflammation in the body? In this webinar Julie Lanford MPH, RD, CSO, LDN, will discuss what anti-inflammatory foods are, and how to make changes to your regular eating habits that help decrease chronic inflammation and improve your health and well-being. This webinar will be viewed at the Center or call ahead to receive the link and view from home. **Register by calling 336-992-3180 two business days in advance.**

### **“Here’s the Scoop” Ice Cream Social Hosted by Home Loving Care Wednesday, August 21, 2:00 pm**

Get out of the heat and join us for a cool ice cream treat. Sweet toppings, ice cream cones and sugar-free options will be available. **Register by calling 336-992-3180 two business days in advance.**

### **Watercolor Skies**

#### **Thursday, August 22, 10:00 – 12:00 pm**

Join us for a fun and creative morning of painting various types of skies! Learn watercolor painting techniques to capture sunrises, sunsets, happy, and angry skies, and incorporate clouds into your painting. Take home a finished piece, matted and ready to display. No experience needed; donations welcome for supplies. **Register by calling 336-992-3180 two business days in advance.**

### **Got Plans? Advance Directives Thursday, August 22, 2:00 pm**

This presentation by Trellis Supportive Care will cover the importance of completing advance directives.

Advance directives - care planning is a written legal plan for the care you would want if you were unable to make decisions for yourself. You can share this information with loved ones and put your wishes in writing. **Register by calling 336-992-3180 two business days in advance.**

### **Ageing Loved Ones:**

#### **How to Have the “Heart to Heart” Tuesday, August 27, 1:00 pm**

Now is the time for an honest discussion with your loved ones about their goals, wishes and potential needs as they age. Learn practical ways to have challenging conversations. Get a list of essential legal documents. Explore the financial

## July and August Programs

aspects of providing care. **Register by calling 336-992-3180 two business days in advance.**

### Painting with Friends

*Sponsored by Always Best Care*

**Wednesday, August 28, 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.**

### National Beach Day Covered Dish Lunch

**Friday, August 30 at 11:30 am**

What to do at a National Beach Day Lunch? A Picnic! Bring your favorite picnic food, including hotdogs, sandwiches, chips and dips, veggie trays, lemonade or a soda with enough to share. No worry, no fuss foods, easy to prepare and easy to clean up! Get in the mood by wearing a favorite shirt with bright colors and/or flowers, or beach outfit (sorry no swimsuits). **Register two business**

**The Shepherd Center and  
Senior Enrichment Center  
will be Closed  
Thursday, July 4th  
and Monday, September 2nd**

### Blood Pressure Screenings

**Drop-in Events (3<sup>rd</sup> Tuesdays)**

**July 16 & August 20, 9:30 - 11:30 am**

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

### Be Careful in the Summer Heat!

While outside, make sure to stay hydrated and take breaks often. If you begin to not feel well, find a place to get cool down.

## Voting at a Glance



### Important Dates and Election Information

- **Last day of regular (not same-day) registration:** Friday, October 11, 5:00 pm
- **Early in-person voting:** Thursday, October 17 through Saturday, November 2, 3:00 pm
- **Last day to request an absentee ballot:** Tuesday, October 29, 5:00 pm
- **Election Day:** Tuesday, November 5
- **Last day to return absentee ballot:** Tuesday, November 5, 7:30 pm.

**Voter registration:** Use the state's [voter search tool](https://vt.ncsbe.gov/RegLkup/) ( <https://vt.ncsbe.gov/RegLkup/> ) to check your registration status.

- **Absentee voting:** Any registered voter who is eligible to vote in an election may request to vote absentee by mail.
- **Early in-person voting:** Available Thursday, October 17, through Saturday, November 2, until 3 pm
- **Go to Board of Elections Website for locations.**
- **Voting at the polls:** Polls will open from 6:30 am to 7:30 pm Bring a [photo ID](#), such as your driver's license or state ID card.

### Recent voting changes in North Carolina

- Court rulings and laws passed in 2023 introduced changes to voting procedures, some of which are being challenged in court.
- Voters will be asked to show an [acceptable photo ID](#) when voting.
- Absentee ballots must be received by the county elections board by 7:30 p.m. on Election Day; a three-day grace period has been eliminated.
- Redistricting in 2023 changed the boundaries of state legislative and U.S. congressional districts and may affect which candidates appear on your ballot. Use the state's [Find Your Legislators](http://www.ncLge.gov) ([www.ncLge.gov](http://www.ncLge.gov)) tool to look up your district. Litigation is ongoing. Check back for updates.

# 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 Aid 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

## ARTS & CRAFTS

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

**Basket Weaving** ~ 1:00pm, 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*)

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

**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** ~ 9:00-12:00 pm, Wednesday & Friday.

By Appointment Only, One-on-one teaching and technical assistance. *\$5.00 donation if we can help.*

## HEALTH & WELLNESS

**Blood Pressure Checks** ~ 9:30-11:30 am, 3rd Tuesday

**Cardio Drumming** ~ 2:00 pm, Tuesday

**Chair Yoga I** ~ 1:00 pm, Thursday, Onsite and *Zoom* (*\$5.00/week*)

**Chair Yoga II** ~ 1:00 pm, Monday, Onsite and *Zoom* (*\$5.00/week*)

**Line Dance** 12:00 pm, Monday (*\$6.00/week*)

**Line Dance (Beginner)** ~ 12:00 pm, Thursday (*\$6.00/week*)

**Pickleball Lessons** ~ Offered periodically, call to express interest (*\$20.00 for 4 weeks*)

**Square Dance (Advanced)** ~ 1:30 pm, Monday (*Not a teaching Class, \$6.00/week*)

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

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

**Tai Chi** ~ 10:00 am, Wednesday (*\$5.00/week*)

*Flip me over  
to see more!*

## 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)

[info@shepctrkville.com](mailto:info@shepctrkville.com)

**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 Williams  
debbie@shepctrkville.com

### *Volunteer Services Manager*

Claire Winfrey  
claire@shepctrkville.com

### *Volunteer Services Assistant*

Dawn Rowe  
volunteer@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, 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. \$5.00 donation fee accepted.

## 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 rails, 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 as 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**



## 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.**