

Your Guide to Services, Programs, and Activities

THE SHEPHERD'S CENTER OF KERNERSVILLE POST



SEPTEMBER - OCTOBER 2024



purpose

compassion

ENRICHMENT

life

Annual Giving ~ Thank You

On behalf of The Shepherd's Center of Kernersville's Board of Directors and staff we extend our deepest gratitude to the many generous donors who made this year's annual campaign a resounding success. Your unwavering support ensures that our vital services and programs can continue to thrive and make a meaningful impact in the lives of older adults in our community.

Our success this year is a direct result of the kindness and commitment of our donors. Each contribution, whether big or small, plays a crucial role in helping us achieve our mission. We are deeply grateful for the support we have received and are excited about the positive changes we can make together.

As we move forward, we remain committed to transparency and accountability. Our donors can look forward to receiving detailed reports on how their contributions are being utilized and the tangible benefits they are creating in our community.

The success of this campaign reaffirms our belief in the power of collective action and the profound difference we can make when we come together. Thank you for your steadfast support and for being an integral part of our journey.

Sincerely,

Asheley Cooper, Executive Director

National Senior Center Month Covered Dish Lunch and Senior Center Annual Planning Meeting *Lunch Sponsored by Arbor Ridge at Kernersville and Kerner Ridge* Friday, September 20, 12 noon

Help us in celebrate National Senior Center Month with a lively covered dish lunch! Under the theme "Powering Connections," we invite you to share how our Center energizes and inspires you. Enjoy a delicious entrée provided by Arbor Ridge of Kernersville and Kerner Ridge, and enhance our feast by bringing a favorite vegetable, side dish, dessert, or drink to share. Let us come together to connect, celebrate, and enjoy each other's company.

During the covered dish lunch, everyone is encouraged to share ideas and feedback on programs, trips, fundraising, volunteering, and services. Whether you are a regular participant or new to the center, your voice and contributions are vital in ensuring the center continues to serve as a valuable resource and gathering place for all.

Register by calling 336-992-3180 two business days in advance.

Campaign to Update Participant Profiles

As you may know, we receive grant funding allowing us to offer many of the programs and services you enjoy at little to no cost. Part of the requirement for this funding is that we maintain up-to-date information on all of our participants, service recipients, and volunteers. To ensure we meet these requirements, we will be reaching out to you over the next couple of months to update your participant profile.

We understand your time is valuable, and we will do our best to make this process as quick and easy as possible. Rest assured all information you provide will be kept confidential and used only to fulfill grant requirements and improve the services we offer. **If you have any questions or would like to update your profile sooner, please do not hesitate to contact us at 336-996-6696. We truly appreciate your cooperation and understanding.**

**Swinging “Fore” Seniors: TSCK 34th Annual Golf Tournament
Friday, September 27th 1:00 PM at Pine Knolls!**

"Swinging ‘Fore’ Seniors" is not just a day on the greens—it is an opportunity to make a difference in the lives of seniors in our community.

Whether you are driving the ball down the fairway, sponsoring a hole, or helping behind the scenes, you are *playing* an important role in this effort.

Your contributions ensure that our seniors enjoy a variety of engaging programs, services, and activities that enrich their lives and our community.

**Let us come together for a fantastic day of golf, camaraderie, and community spirit.
Together, we are "Swinging ‘Fore’ Seniors" and making a lasting impact!**

.....★★★.....

SWINGIN’

“Fore” Seniors

.....★★★.....

The Shepherd’s Center
OF KERNERSVILLE

Presented By
LAWRENCE AND
ETTA LEE POPE FOUNDATION
&
LARRY AND JEANIE MARTIN
CHARITABLE FUND



Register Your Team Today!
www.shepctrkville.com
336-996-6696

**FRIDAY,
SEPTEMBER
27TH
Pine Knolls
1:00PM**

For more information about sponsorship opportunities contact, Asheley Cooper
by phone: 336-996-6696 or email: asheley@shepctrkville.com

MEDICAID AND EXTRA DRUG HELP LIMITS

MEDICAID: Apply in person at your local Department of Social Services OR online

<https://medicaid.ncdhhs.gov/apply>

- Resources that do not count are your home, car, clothes, furniture, and jewelry.
- Resources that do count are cash, bank accounts, retirement accounts, stocks and bonds, cash value of life insurance policies

FULL MEDICAID Income limits:

Single-\$1,215/month or less

Married-\$1,644/month or less

**If you receive Full Medicaid, then your Part B Premium of \$174.90/month will be at no cost. You are eligible to enroll in Medicare Full Dual SNP Plans that includes a \$250-\$326 range food/utility card per month and you will have zero copays(coinsurance), transportation, plus other benefits.

PARTIAL MEDICAID income limits:

Single-\$1,641/month or less

Married-\$2,219/month or less

**If you receive Partial Medicaid, then your Part B Premium of \$174.90/month will be at no cost. You are eligible to enroll in Medicare Dual SNP Plans that includes a \$75-\$175 range food/utility card per month, transportation, plus other benefits. You will still have copays.

Note:

Single- Must have less than \$2,000 in the bank also

Married-Must have less than \$3,000 in the bank also

DRUGS EXTRA HELP – LOW INCOME SUBSIDY(LIS): Apply online at

<https://www.ssa.gov/medicare/part-d-extra-help>

-Your combined savings, investments, and real estate are not worth more than \$34,360 for a married couple, and \$17,2200 if you are single or not living with your spouse. Simply put: Single: less than 1,903/mo. Married: \$2,575/month together

-Resources not counted are your home, vehicles, personal possessions, life insurance, or burial plots.

**If receive Extra Drug Help LIS, then you are eligible for Medications to be at a low cost, the plan you choose premiums (cost per month) will always be zero, and certain plans offer up to a \$180/quarter food card.



September 2024 Calendar

The Shepherd's Center of Kernersville - Senior Center
636 Gralin St. Kernersville, NC 27284 Call: 336-992-3180

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKLY PROGRAMS	9:30 - Bridge 10:00 - Stretch & Flex 11:00 - Caregiver Support Group (2nd & 4th Mon.) 12:00 - Line Dance Class \$6 12:00 - Pinochle 1:00 - Chair Yoga II \$5 1:00 - Tattng on Zoom 1:00 - Ukulele Troupe \$* 2:30 - Ukulele Lessons \$* 1:30 - Advance Square Dance \$6	9:30 - Bee Quilters 9:30 - 11:30 Blood Pressure Screening Drop-in (3rd Tues.) 10:00 - Music Jam Session 10:00 - Stretch & Flex 11:30 - Hand & Foot 12:30 - Bridge 1:00 - Books Ignite Book Club (3rd Tues) 2:00 - Cardio Drumming	9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation 10:00 - American Sewing Guild \$ (3rd Wed.) 10:00 - Games & Conversation 10:00 - Tai Chi \$5 12:00 - American Sign Language Practice 12:00 - Open Watercolor Studio 12:30 - Mah Jongg 1:00 - Basket Weaving \$ 1:30 - Bowling at Countryside \$9.50 shoe rental/3 games	9:30 - Pickleball Lessons \$20 10:00 - Euchre 10:00 - Needle Arts 10:00 - Stretch & Flex 12:00 - Pinochle 12:00 - Beginner Line Dance \$6 1:00 - Chair Yoga I \$5 1:00 - Dominoes 1:30 - Beginner Square Dance \$6 4:00 - TedderBear Stamping on <i>YouTube Live</i> (2nd & 4th Thurs.)	9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation 9:00 - Art Studio Drop - in (1st & 3rd Fri.) 9:00 - 3:00 pm Sit-n-Stitch (3rd Fri.) 10:00 - Rubber Stamping w/Patti (2nd Fri.) \$ 10:00 - Bingo (bring 2 & win 2 prizes) 11:30 - Hand & Foot
SPECIAL PROGRAMS	1 Offices closed in observance of Labor Day 9 4:00 - Feldenkrais Exercise on Zoom 16 1:00 - Ukulele Troupe \$ Begins for 8 weeks 2:30 - Ukulele Lessons \$ Begins for 8 weeks 23 10:00 - Stay Strong Stay Healthy Test 4:00 - Feldenkrais Exercise on Zoom 30 10:00 - Stay Strong Stay Healthy Week 1 5:30 - Welcome to Medicare	3 4 11 11:00 - Chair Massage \$ 18 1:00 - Why We Eat. Emotional Eating and Illness Webinar 25 11:00 - Chair Massage \$	5 National Be Late for Something Day 12 9:30 - Pickleball Lessons \$ Session 1 9:30 - Beginner Bridge 1/6 10:00 - Walk with Williams 19 9:30 - Pickleball Lessons \$ 9:30 - Beginner Bridge 2/6 10:00 - Walk with Williams 1:00 - Pen Pals with Student Friends 26 9:30 - Pickleball Lessons \$ 9:30 - Beginner Bridge 3/6 10:00 - Walk with Williams	6 13 1:00 - Movie Matinee Call 336-992-3180 for movie title 20 12:00 - National Senior Center Covered Dish Lunch and Annual Planning Meeting 27 Shepherd's Center Closed 1:00 PM ANNUAL GOLF TOURNAMENT Pine Knolls Golf Course	
					\$ = Supply and/or Instructor Fees *Call for lessons dates/information 336-992-3180



October 2024 Calendar

The Shepherd's Center of Kernersville - Senior Center
 636 Gralin St. Kernersville, NC 27284 Call: 336-992-3180

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKLY PROGRAMS	9:30 - Bridge 10:00 - Stretch & Flex 11:00 - Caregiver Support Group (2nd & 4th Mon.) 12:00 - Line Dance Class \$6 12:00 - Pinochle 1:00 - Chair Yoga II \$5 1:00 - Tating on Zoom 1:00 - Ukulele Troupe \$* 2:30 - Ukulele Lessons \$* 1:30 - Advance Square Dance \$6	9:30 - Bee Quilters 9:30 - Blood Pressure Screening (3rd Tues) 10:00 - Music Jam Session 10:00 - Stretch & Flex 11:30 - Hand & Foot 12:30 - Bridge 12:30 - Bridge Day (3rd Tues) 1:00 - Books Ignite Book Club (3rd Tues) 2:00 - Cardio Drumming	9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation 10:00 - American Sewing Guild \$ (3rd Wednesday) 10:00 - Games & Conversation 10:00 - Tai Chi \$5 12:00 - American Sign Language Practice 12:00 - Open Watercolor Studio 12:30 - Mah Jongg 1:00 - Basket Weaving \$ 1:30 - Bowling at Countryside \$9.50 shoe rental/3 games	9:30 - Pickleball Lessons \$20 10:00 - Euchre 10:00 - Needle Arts 10:00 - Stretch & Flex 12:00 - Pinochle 12:00 - Beginner Line Dance \$6 1:00 - Chair Yoga I \$5 1:00 - Dominoes 1:30 - Beginner Square Dance \$6 4:00 - TedderBear Stamping YouTube Live (2nd & 4th Thurs.)	9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation 9:00 - Art Studio Drop - in (1st & 3rd Fri.) 9:00 - 3:00 pm Sit-n-Stitch (3rd Fri.) 10:00 - Rubber Stamping with Patti (2nd Fri.)\$ 10:00 - Bingo Bring 2 prizes & win 2 prizes 11:30 - Hand & Foot
SPECIAL PROGRAMS	7 9:30 - Acrylic Painting \$ 10:00 - Stay Strong Stay Healthy	8 1:00 - Building a Healthy Snack Webinar <i>Onsite or View from Home</i>	9 10:00 - Fellowship with a Fire Fighter 10:00 - Stay Strong Stay Healthy 11:00 - Chair Massage \$ 12:30 - Watercolor Lessons \$ 1:00 - Angel Book Folding	3 9:30 - Beginner Bridge 4/6 9:30 - Pickleball Lessons \$ 10:00 - Walk with Williams 10 9:30 - Beginner Bridge 5/6 9:30 - Pickleball Lessons \$ Session 1 10:00 - Walk with Williams	4 11 10:00 - Christmas Card Stamp Camp 1:00 - Movie Matinee Call 336-992-3180 for movie title 18 9:00 - SHIP Medicare Counseling by Appointment only 25 12:00 - Halloween Covered Dish Lunch 31 9:30 - Pickleball Lessons \$ 10:00 - Walk with Williams 1:00 - Oh, My Ghoul! It's a Halloween Party

September and October Programs

Feldenkrais Method® Exercise on Zoom Team Senior Planet Program



Monday, September 9 & 23 and October 14 & 28, 4:00 pm

The Feldenkrais Method® uses gentle movement to help increase your ease and range of motion and improve your flexibility and coordination. Join us to learn more and practice this technique. Register by calling **336-992-3180 two business days in advance to receive the Zoom link.**

Feel Better, Move Better! Ten Minute Chair Massage By Appointment Only Wednesdays, September 11 & 25, and October 9 & 23 , 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 to Sandra Vicente.**



Free Beginner Bridge Lessons Thursdays, September 12 – October 17 9:30 am – 11:30 am

Join us for Judy Hedin's 6-week beginner bridge lessons. Must be a beginner player with little knowledge or no knowledge of how to play bridge. Challenge your brain power and have fun while learning. Limited number of seats. **Register by calling 336-992-3180 two business days in advance.**

Pickleball Lessons (4 week sessions) Thursday, September 12, 19, 26 & Oct. 3 Thursday, October 10, 17, 24 and 31 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.**



Walk with Williams Thursdays, September 12 – October 31, 10:00 am

Join Kevin Williams for a refreshing walk.* Outdoor sessions at the Center or 4th of July Park weather permitting, and indoor alternatives for cooler temperatures (call ahead for location). This activity is perfect for all, including those who require adaptive walking equipment like canes or walkers. Strengthen your muscles, enjoy fresh air, and make new friends while being active. *Check with your doctor before starting any exercise program. **Register by calling 336-992-3180 at least two business days in advance to secure your spot!**

Ukulele Troupe Mondays, September 16 - November 4 (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.**

September and October Programs

Adaptive Ukulele Lessons

**Mondays, September 16 - November 4
(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.**

Books Ignite, Book Club ~ Guest Speaker

Tuesday, September 17, 1:00 pm

Winston-Salem native Mick Scott will share highlights from his book *Stardust and Scar Tissue: Ramblings, Ruminations, and the Search for an Authentic Culture of Life*.

Mick worked at the *Winston-Salem Journal* for 20 years, the final five years as editorial page editor. During that time, he churned out thousands of editorials and opinion columns on a tight deadline and received numerous first and second place awards from the North Carolina Press Association. Attend this one of kind event and learn more about his book.

Register by calling 336-992-3180 two business days in advance.

Will Your Taxes Affect Your Retirement?

Tuesday, September 17 at 1:00 pm

When you retire, you leave behind many things: the daily grind, the commute to work, and maybe your previous home. However, one thing that will always remain is a tax bill. In fact, income taxes may very well be your single largest expense in retirement.

Additionally, income taxes are different for various retirement investments. When you understand how investments are taxed and set strategies accordingly, it may help you keep income taxes in check. At this workshop *Emily Farrell, Financial Advisor with Thrivent* will teach you about:

- How to be tax-efficient in your current bracket
- How Social Security is taxed.
- Ways to create tax-free retirement income.

Register by calling 336-992-3180 two business days in advance.

Why We Eat.

**Emotional Eating and Illness Webinar
*Onsite or View from Home***

Wednesday, September 18, 1:00 pm

Julie Lanford, Cancer Dietitian covers the basics regarding emotional eating: why we eat, and how the food patterns we typically follow can either enhance our health and wellness or promote risk for disease. It includes the following:

- Definition of emotional eating
- When emotional eating is a problem, and when it is only normal eating
- Three things to do about emotional eating
- How eating patterns can contribute to health or disease

The webinar can be viewed at the Center or from home. **Call 336-992-3180 two business days in advance to register for webinar, obtain *webinar link* if viewing from home and handout information.**

Kick-off Event!!

Pen Pals with Student Friends

Thursday, September 19, 1:00 pm

Join us for pen pals with Mrs. Badgett's 4th-grade class from Caleb's Creek Elementary School. This is a wonderful opportunity to correspond with young learners, foster meaningful connections, and make a positive impact in their lives through letter writing. Meet at the Center to pick up your first letter from a Pen Pal and be paired with the same student throughout the 2024-25 academic school year. We will read our letters and share their content. Do not miss out on this enriching experience! **Register by calling 336-992-3180 at least two business days in advance.**



**Fall Risk Screening
with *Always Best Care*
Tuesday, September 24,
9:30 – 11:30 am**

Do you know? Falls are the number one cause of injury and fatal injury among older adults. Take the complimentary fall risk screening and learn if you are at risk for a fall. **This is a drop in event. However, to ensure you get your free fall risk screening register by calling 336-992-3180 two business days in advance.**

September and October Programs



Strong, Stay Healthy
Sponsored by Second Harvest of NWNC
Monday & Wednesday,
(bi-weekly for 8 weeks)

Pre-assessment Monday,
September 23 by appointment
Classes: September 30 – Nov. 20,
10:00 am – 11:00 am

Post-assessment Friday,
November 22 by appointment

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. This class is available for first-time participants only. Participants from the previous session are not eligible to attend. **Call to register and make your appointments 336-992-3180 by September 18.**

Welcome to Medicare Workshop
Presented by: The Shepherd's Center of Greater Winston Salem and The Shepherd's Center of Kernersville
Monday, September 30, 5:30 – 7:30 pm

This program is aimed at individuals turning 65 (as well as those who already have Medicare) to learn about the different insurance options available, including "Original Medicare," Medicare prescription drug programs, Medicare supplements and Medicare Advantage plans. It is also designed to explain and clarify the Medicare sign-up process and educate how to make smart choices. Sam Matthews, from the Shepherd's Center of Greater Winston Salem will lead this workshop. Trained Seniors' Health Insurance Information Program (SHIIP) counselors will be available to answer general questions. This is free of charge. **Contact the Shepherd's Center of Winston Salem at 336-748-0217 or Info@shepherdscenter.org for more information or to reserve a seat.**

Beginner/Intermediate Acrylic Painting
Mondays, October 7 – November 11
9:30 - 11:30 am

Ready to try acrylic painting but not sure where to start? Or 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 weekly lessons will follow. **Lesson fee of \$35.00 (cash only) due first day of class. Register two business days in advance: 336-992-3180.**

Building a Healthy Snack Webinar
Onsite or View from Home

Tuesday, October 8, 1:00 pm

Watch this free webinar with Julie Lanford, The Cancer Dietitian, as she discusses snacks. She covers a variety of topics around "snacking," including:

- Is it healthy to snack?
- What should be included as a snack?
- Should I measure portions?
- Examples of nutritious snacks
- How to turn a "snack" into a "meal"

Call 336-992-3180 two business days in advance to register and webinar link if viewing from home.

Fellowship with a Firefighter
Wednesday, October 9,
10:00 am – 11:00 am

In honor of Fire Prevention Week, we invite you to meet Kernersville's own Assistant Fire Marshal and Fire Life Safety Educator, Chris Kauffman. This is an opportunity to connect with one of our local heroes and ensure that you and your home are well-prepared in case of a fire. This is your chance to ask questions such as:

- How often should I change my smoke alarm batteries?
- Do I really need a fire escape plan for my home?
- What should I do if a fire starts in my kitchen?
- How can I reduce my risk of falls in the home?

Enjoy light snacks and drinks as you gain life-saving knowledge in a relaxed and friendly environment. **Register by calling 336-992-3180 two business days in advance.**

September and October Programs

Watercolor Lessons

**Wednesdays, October 9 – November 20
(7 weeks), 12:30 – 1:30 pm**

Watercolor classes consist of a seven-week program including an orientation class followed by six lessons, all for \$35.00 per person. Space is limited and we must have six students to conduct these lessons. **Register by October 4 by calling 336-992-3180 to reserve your seat.**

Angel Book Folding Class Wednesday, October 9, 1:00 pm

Have you tried turning a book into a three-dimensional sculpture? Join us as we create a beautiful angel design. We will use assorted items to decorate. Oh, what fun we will have! Bring a new or used paperback or hardcover book of at least three hundred 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.**



Hearing Loss Resources

Tuesday, October 15, 1:00 pm

Meet Jennifer L. Cook, Regional Center Manager, Division of Services for the Deaf and Hard of Hearing and learn about community resource programs for deaf and hard of hearing such as:

- Hearing aids, telephones, speech devices, and other devices.
- Weather Alert Radio: special radios that alert individuals who are deaf or hard of hearing to severe weather conditions.
- Medicaid Communication Access Services

Register two business days in advance by calling 336-992-3180.

Jewelry Swap Bling Party Prepare for the Holidays!

Wednesday, October 16, 1:00 pm

Revamp your wardrobe with a little trade-off magic! Swap three of your own fabulous (*like new*), sparkly pieces of costume jewelry for three pieces of bling. Visit with friends and make new ones. One person's trash is another person's treasure! Keep it classy - no broken bits allowed at this glittery swap party! *Your name will be chosen by a drawing to take your turn three times to choose one piece of jewelry each time.* **Register by calling 336-992-3180 two business days in advance.**



Christmas Card Stamp Camp Friday, October 11, 10:00 – 3:30 pm

Welcome to Lisa Tedder's annual card making camp. Craft, create, and go home with 16 Christmas cards that will wow your family and friends! 3 each of 5 designs, and 1 specialty card! Bring a favorite dish of food to share (optional). \$45 for supplies paid by September 16th. Bring your own adhesive or it can be purchased for an additional cost. **RSVP via email and prepay to tedderbearstamping@gmail.com**

Medicare Open Enrollment SHIIP Counseling Appointments

Friday, October 18

Friday, November 1

9:00 am – 2:00 pm (by appointment only)

A Seniors' Health Insurance Information Program (SHIIP) counselor will meet with you to help navigate the Medicare website, compare Medical and Prescription Drug Plans, and complete enrollment in a new plan if necessary. You must have the following items with you: *ORIGINAL Medicare card and Medicare Advantage or Prescription drug plan card and a list of current prescriptions including dosage.* **Call 336-992-3180 to schedule your appointment.**

September and October Programs

Prepare Wisely: Estate Strategy Essentials

Tuesday, October 22 at 1:00 pm

No matter your wealth or status, you have an estate. And all estates have something in common—you cannot take it with you when you die. Having a strategy in place can make things easier for your family after you are gone. At this workshop *Emily Farrell, Financial Advisor with Thrivent* will teach you about:

- Explore assets—whether they be financial or physical.
- Understand beneficiaries—family or organizations you care about.
- Gain tools to help put your plans into action.

Register by calling 336-992-3180 two business days in advance.

Don't Click That Link! Protect Yourself from Elder Scams

Thursday, October 24, 1:00 pm
Are you or a loved one worried about falling victim to online scams? Stay one step ahead with our essential new class!

Join Officer Chris Martin from the Kernersville Police Department a comprehensive for a free workshop designed to safeguard you against the latest scams targeting seniors. Learn how to recognize red flags, secure your personal information, and protect yourself from fraudulent schemes. In this class you will learn:

- Identify the most common scams currently targeting seniors.
- Understand how scammers manipulate and deceive.
- Discover practical tips to keep your online activity secure.
- Receive resources and support for reporting suspicious activity.

Do not let scammers take advantage of your trust. Empower yourself with knowledge and stay safe online!

Register by calling 336-992-3180 two business days in advance.

Halloween Covered Dish Lunch Friday, October 25, 12 noon

Tricks or Treats may be in store for this one special luncheon. So, turn the heat up on your cauldron and get cooking. Bring a dish or drink with enough to share, invite a friend or two and wear your favorite costume (optional). **Register by calling 336-992-3180 two business days in advance.**



Oh, My Ghoul! It's a Halloween Party Sponsored by Oak Street Health Thursday, October 31, 1:00 pm

Join *Oak Street Health* for a Spooky Celebration. There will be an edible craft station, games, and light refreshments. Choose to participate in the costume contest to win prizes, snap a photo at the fall photo booth, and meet the team at Oak Street Health of Winston Salem. **Register by calling 336-992-3180 two business days in advance.**



Cash Elementary Friends Dates to Be Determined

Visit with 3rd grade students from Cash Elementary School. This will be a quarterly event with 4 different 3rd grade classes. You will have an opportunity to meet one-on-one with a student, learn about their life and share interesting facts about your life. There will also be a craft project. **If you are interested in participating in this program call 336-992-3180.**



Sign me Up! ~ Add My Name to the List! Interested in Volunteering for Candy Bag stuffing?

Stuffing candy bags for holiday parades and other events is a great way to spread cheer and connect with others. If you want to join in the fun and meet new people, volunteer for the Kernersville Police Department's events. Call 336-992-3180 to be added to our email and/or phone call list for the *community volunteer list*. Enjoy volunteering and happy candy stuffing!

Blood Pressure Screenings Drop-in Events (3rd Tuesdays) September 17 and October 15 9:30 - 11:30 am

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

Senior Tar Heel Athletic Cards

Senior Tar Heel Athletic Cards are an opportunity for older adults to support their high school-aged community and/or family members in their athletic pursuits. The sole purpose and use of the cards is strictly for high school athletic events. Bearers of the card will be given discounted admission for all authorized playoff contests throughout the year. The card may also entitle adults age 60+ to discounted admission during the regular season of high school athletic events. The acceptance of the cards is at the discretion of each school district or school. Seniors may be asked to provide proof of age and residency to gain admission to events. If you are interested in obtaining a **Senior Tar Heel Athletic Card** contact Lisa at 336-996-6696. Cards are distributed by appointment.

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) tool to look up your district. Litigation is ongoing. Check back for updates.

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

ARTS & CRAFTS

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

Basket Weaving ~ 1:00 pm, 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 ~ 12 noon, 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 am -12 noon, 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*)

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*)

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 website: 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

debbie@shepctrkville.com

info@shepctrkville.com

The Shepherd's Center of Kernersville
636 Galin Street
Kernersville, NC 27284



The Shepherd's Center Of Kernersville Staff

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**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.