

# THE SHEPHERD'S CENTER OF KERNERSVILLE POST



## NOVEMBER - DECEMBER 2024

Your Guide to Services, Programs, and Activities



### Veterans Day Coffee Honoring All Veterans Sponsored by Arosa



**Monday, November 11, 9:30 am**

In honor of Veterans Day, we cordially invite all veterans to join us for a special gathering where we will share coffee and doughnuts together. This event is a sincere expression of our heartfelt gratitude for the service and sacrifices you have made for our country. Your dedication and commitment have not gone unnoticed, and we want to take this opportunity to honor and celebrate you. Thank you for your unwavering dedication and for the countless ways in which you have contributed to our nation's freedom and safety! We look forward to having you with us.

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



### Makers Market – Handcrafted Items

**Call for Artisans:** talented artists, designers and crafters to apply for the Makers Market and join a new venture at The Shepherd's Center of Kernersville (TSCK).

Are you age 55+ looking for a unique opportunity to showcase and sell your handcrafted items? We are currently seeking skilled craftspeople—whether you create pottery, jewelry, textiles, woodworking, or other art forms.

Our objective is to offer a warm and inviting environment for you to showcase your products, engage with potential customers, and enhance the visibility of your creations. The TSCK initiative involves featuring monthly artisans, providing promotional support and dedicated exhibition space within our facility. **Call or email Debbie Williams for an application or for more details: [debbie@shepctrkville.com](mailto:debbie@shepctrkville.com), 336-992-3180.**

## GIVING TUESDAY

### Participate In GivingTuesday

GivingTuesday is a global day dedicated to generosity and community impact, celebrated each year on the Tuesday after Thanksgiving. It is a great opportunity to give back to an organization through donations, volunteering, and acts of kindness.

### A Life Transformed by The Shepherd's Center of Kernersville (TSCK)

After experiencing a devastating fall, a long rehabilitation, and the loss of her husband, one local woman sought help from her doctor for the overwhelming sadness she felt. Following a thorough examination, her doctor assured her she was healthy enough to resume normal activities. But when she asked, "Doctor, where's my medicine?" he surprised her by handing her a copy of The Shepherd's Center of Kernersville's (TSCK) newsletter, saying, "Visit here three times a week. Come back in three months, and we'll see how you're doing." Intrigued, she visited TSCK and immediately felt uplifted by the community, exercise classes, and music programs, which soon became essential to her healing.

### Support TSCK on GivingTuesday

On GivingTuesday, consider giving an in-kind donation instead of a monetary contribution to TSCK. In-kind donations are non-cash gifts that can include volunteering or physical goods. The staff has made a list of tangible items. If you are interested in donating on GivingTuesday or anytime during the holiday season, pick up a list in the lobby at TSCK, or we can email it to you. **For more information, call 336-996-6696.**



# November 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 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 Fee \$ (3rd Wednesday) 10:00 - Games & Conversation 10:00 - Tai Chi \$5 12:00 - American Sign Language Practice 12:00 - Open Watercolor Studio 12:30 - Mah Jongg 1:00 - Basket Weaving \$ 1:30 - Bowling at Countryside \$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 YouTube Live (2nd & 4th Thurs.)	9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation 9:00 - Art Studio Drop - in 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	9:00 - SHIP Counseling by appointment only
<b>SPECIAL PROGRAMS</b>	<b>4</b> 9:30 - Acrylic Painting Lessons  <b>11</b> 9:30 - Veterans Day Coffee  9:30 - Acrylic Painting Lessons  <b>18</b> 9:30 - Acrylic Painting Lessons 10:00 - Build a Birdhouse	<b>5</b>  <b>12</b> 1:00 - Carbs: Yes, No or Maybe 1:00 - DIY Table Décor	<b>6</b> 10:00 - Walk with Williams** 12:30 - Watercolor Lessons  <b>13</b> 10:00 - Walk with Williams** 12:30 - Watercolor Lessons 1:00 - It's Off to the Races!	<b>7</b> 11:00 - 1:00 Drop in Blood Pressure Screening  <b>14</b> 11:00 - Pen Pal Letter Exchange 1:00 - Social Security Workshop	<b>8</b> 9:00 - Art Studio  <b>15</b> 9:00 - Art Studio 9:00 - SHIP Counseling by Appointment only 1:00 - Movie Matinee	<b>1</b> 9:00 - SHIP Counseling by appointment only  <b>8</b> 9:00 - Art Studio
	<b>25</b>  <b>26</b> Some days I amaze myself. Other days I put my keys in the fridge.	<b>19</b> 9:30 - 11:30 Drop - in Blood Pressure Screening	<b>20</b> 9:30 - Memory Screening by appointment only 10:00 - Walk with Williams** 12:30 - Watercolor Lessons	<b>21</b> 9:00 - SHIP Counseling by appointment only 1:00 - Winter White Wreath	<b>22</b> 12:00 - Thanks - Living Covered Dish Lunch	
	<b>29</b> Closed due to Thanksgiving Holiday	<b>27</b> 10:00 - Walk with Williams**	<b>28</b> Closed due to Thanksgiving Holiday	<b>29</b> Closed due to Thanksgiving Holiday	<b>29</b> Closed due to Thanksgiving Holiday	

\$ = Supply and/or Instructor Fees  
\*Call for lessons dates/information 336-992-3180  
\*\* Call for location



# December 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 10:00 - Stretch & Flex 11:00 - Caregiver Support Group (2nd & 4th Mon.) 12:00 - Pinochle 1:00 - Chair Yoga II \$5 1:00 - Tattng on Zoom 1:00 - Ukulele Troupe \$ * 2:30 - Ukulele Lessons \$ *	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 1:00 - Books Ignite Book Club (3rd Tues) 2:00 - Cardio Drumming	9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation 10:00 - American Sewing Guild Fee \$ (3rd Wednesday) 10:00 - Games & Conversation 10:00 - Tai Chi \$5 12:00 - American Sign Language Practice 12:00 - Open Watercolor Studio 12:30 - Mah Jongg 1:00 - Basket Weaving \$ 1:30 - Bowling at Countryside \$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 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
<b>SPECIAL PROGRAMS</b>	<b>2</b> 12:00 - Line Dance Class \$6 1:30 - Advance Square Dance \$6	<b>3</b> <b>Giving Tuesdays</b> Everyone has something to give, and every act of generosity counts.	<b>4</b> 10:00 - Walk with Williams** 1:00 - Star Boxes	<b>5</b> 1:00 - DIY Santa Boot	<b>6</b> 9:00 - Art Studio
	<b>9</b> 12:00 - Line Dance Class \$6 1:30 - Advance Square Dance \$6	<b>10</b> Everyone has something to give, and every act of generosity counts.	<b>11</b> 10:00 - Walk with Williams** 1:00 - Winterfest with <i>Always Best Care</i>	<b>12</b> 9:30 - Cash School Buddies 2:00 - Nutrition Webinar: Is My Food Safe?	<b>13</b> 9:00 - Art Studio 12:00 - Holiday Covered Dish Lunch 2:00 - Movie Matinee
	<b>16</b> 12:00 - Line Dance Class \$6 1:30 - Advance Square Dance \$6	<b>17</b> 9:30 - 11:30 Blood Pressure Screening	<b>18</b> 10:00 - Walk with Williams**	<b>19</b> Generosity is a fundamental human value anyone can act on.	<b>20</b> 9:00 - 3:00 pm Sit-n-Stitch (3rd Fri.)
	<b>23</b> 12:00 - Line Dance Class \$6 1:30 - Advance Square Dance \$6	<b>24</b> <b>Closed Christmas Eve</b>	<b>25</b> <b>Closed Christmas Day</b>	<b>26</b> Each seemingly small act turns a ripple into a wave of good, transforming...the world we all want to live in.	<b>27</b> I am not hard of hearing, I have just heard enough.
	<b>30</b> 12:00 - Line Dance Class \$6 1:30 - Advance Square Dance \$6	<b>31</b> 2:00 - End of Year Party	<b>January 1</b> <b>Closed New Year's Day</b>	\$ = Supply and/or Instructor Fees *Call for lessons dates/information 336-992-3180 ** Call for location	



## Walk with Williams\* New Day! Wednesdays, 10:00 am

Join Kevin Williams for a refreshing walk at the 4th of

July Park weather permitting or Kernersville Parks and Recreation Center 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 two business days in advance by calling 336-992-3180.**



## It's Off to the Horse Races! Wednesday, November 13, 1:00 pm

Get ready for an exhilarating afternoon of indoor horse races with *Always Best Care!* Experience the thrill as your horse races neck and neck down the straightaway, all competing for victory. Join us for exciting races with winners announced for each event, culminating in a grand prize winner. Enjoy delicious finger food while you cheer for your favorite competitors. Don't miss out on this fun-filled day where the excitement of the races awaits you! **Register two business days in advance by calling 336-992-3180.**

## CARBS: NECESSARY OR NOT?

Julie LG Lanford, MPH, RD, CSO, LDN



## Carbs: Yes, No or Maybe Webinar Tuesday, November 12, 1:00 pm

The webinar will cover the essential role of carbohydrates in the body, including their digestion and absorption, the types of foods that contain them, and the significance of whole grains and dietary fiber. Attendees will gain a comprehensive understanding of carbohydrates and their importance in maintaining a balanced diet. **Call 336-992-3180 two business days in advance to register for webinar, obtain webinar link if viewing from home and handout information.**

## DIY Turkey Table Décor Tuesday, November 12, 1:00 – 4:00 pm

Thanksgiving is all about gathering with loved ones and sharing a meal, but let's not forget about the table decor! If you want to add a personal touch, craft a turkey for giving to friends and guests. Another fun idea is to create a centerpiece that also brings a warm inviting atmosphere to your Thanksgiving event. Join us, we will have fun! \$3.00 fee (cash only) for craft supplies. **Register two business days in advance by calling 336-992-3180.**



## Pen Pals with Student Friends Thursday, Nov. 14 at 11:00 am

Join us for a morning of fun as we listen to the latest letters from our pen pals from Mrs. Badgett's 4th-grade class at Caleb's Creek Elementary

School. We will learn about the students and their experiences through their letters. It is a great way to stay connected with younger generations.

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



## Social Security Workshop Presented by Dr. Althea Taylor Jones Thursday, November 14, 1:00 pm

Do you understand how Social Security works? Have you wondered what the difference between full, early, and delayed benefits are? Join AARP's free Social Security workshop. The workshop focuses on building an understanding of the implications of Social Security claiming decisions. You will discover what Social Security is and you will also learn how to secure your benefits, as well as the future of Social Security. Build confidence in making a decision that is right for you! **Register by calling 336-992-3180 two business days in advance.**

**Medicare Open Enrollment SHIP Counseling November 1, 15 and 21 9:00 am – 2:00 pm (by appointment only)**



A Seniors' Health Insurance Information Program (SHIP) 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.

**White Winter Wreath Thursday, November 21, 1:00 pm**

Join us to learn the basics of wreath-making and create stunning poinsettias from ribbon, perfect for brightening up your winter decor. This winter snow wreath with hand made ribboned poinsettias nestled on a frame of glistening faux snow and pinecones, brings a touch of nature indoors. \$10.00 fee (cash only) for craft supplies paid day of class. **Register two business days in advance by calling 336-992-3180.**

**Thanks - Living Covered Dish Lunch Friday, November 22, 12:00 pm**

Join us, as we express thanks for each day, and time spent with friends, enriching programs and services at The Shepherd's Center. Bring entrees, side dishes, drinks, and yummy desserts with enough to share as we celebrate our blessings and strengthen our community bonds over a meal. **Register before November 19th by calling 336-992-3180.**



**Build a Birdhouse With Byrdhouse Books Monday, November 18, 10:00 am**

Join Jordan Byrd from Byrdhouse Books for a free event where you can paint

preassembled wooden birdhouses, measuring 6 x 5 inches, made from wood and ready for decoration! All materials, including the birdhouse and paint, will be provided. **Register two business days in advance by calling 336-992-3180.**

**DIY Star Boxes**

**Wednesday, December 4, 1:00 – 4:00 pm**

We will craft two-star boxes: one Santa and one natural. These creations from cardstock can be used as a centerpiece or fill with packets of cocoa and your special recipe cookies for gifts for friends or others. \$5 fee (cash only) for craft supplies paid day of class. **RSVP required two business days in advance by calling 336-992-3180.**



**Memory Screening Wednesday, November 20, 9:30 – 12:00 pm by appointment only Sponsored by Home Loving Care**

Are you concerned about memory problems? Please join us for this annual November initiative of the Alzheimer's Foundation of America. Take advantage of this free, confidential memory screening. **Schedule a screening two business days in advance by calling 336-992-3180.**



**DIY Santa Boot, Too Cute!**

**Thursday, December 5, 1:00 pm**

'Tis the season to get crafty. Easy to make and ooh so cute Santa's boot. Use as an adorable decoration or for holding candy and last-minute wrapping of a small gift. **Supply Fee \$8.00 due day of class \$8.00 (cash only) supply fee due day of class. Register two business days in advance by calling 336-992-3180.**



**Winter Fest with  
Always Best Care  
Wednesday,  
December 11, 1:00 pm**

You are invited to a Winter Wonderland Party! Join us as we embrace the holiday spirit with games, delicious treats, and festive fun. Don your most cheerful attire and get ready for an unforgettable afternoon filled with joy and laughter. Don't miss out on this one-time event of the season – we are excited to celebrate with you! **Register two business days in advance by calling 336-992-3180.**

**Cash School Buddies  
December 12,  
9:30 – 11:15 am**

The Shepherd's Center of Kernersville is seeking volunteers for an event that connects third-grade students from Cash Elementary School with seniors. Participants will engage in icebreakers and a craft project to help bridge the generational gap. Seniors interested in being Buddies for this impactful initiative are encouraged to join in this intergenerational bonding experience. **Register two business days in advance by calling 336-992-3180.**



**Nutrition Webinar: Is my food safe?  
Thursday, December 12, 2:00 pm**

In this webinar, Julie Lanford, The Cancer Dietitian, will address food ingredient issues and provide guidance on understanding ingredient labels. The discussion will cover topics such as microplastics in seafood, food additives, preservatives, hormones and antibiotics in animal products, genetically modified organisms, heavy metals in fish, and artificial sweeteners. Participants will gain practical tips for making better grocery choices, helping to reduce their food-related anxiety and enhance their confidence in nourishing themselves and their families. **Call 336-992-3180 two business days in advance to register for webinar, obtain webinar link if viewing from home.**



**KERNER RIDGE | ARBOR RIDGE**  
ASSISTED LIVING | OF KERNERSVILLE

**Covered Dish Lunch – Sponsored by  
Arbor Ridge of Kernersville and  
Kerner Ridge Memory Care  
Friday, December 13, 12:00 pm**

Celebrate the holidays with a luncheon. This is sure to be a great afternoon of food and fellowship. Encourage all of your fellow Senior Center participants to attend. Help us make this our largest Holiday celebration ever! Bring your favorite side dish, salad, dessert, or drink. Entrée will be provided by Arbor Ridge and Ridge Care of Kernersville. **Register by calling 336-992-3180 before December 9.**

**End of Year Party  
Tuesday, December 31, 2:00 pm**

We invite you to celebrate the end of the year with us at a lively party filled with fun and games! It is a perfect opportunity to unwind, connect with one another, and reflect on the memories we have made throughout the year. We encourage you to bring a snack or drink to share, so there will be plenty of delicious options for everyone to enjoy. Whether you want to participate in friendly competitions or simply mingle, there is something for everyone. Don't miss out on this joyous occasion! **Register two business days in advance by calling 336-992-3180.**

**Art Studio  
Schedule Adjusted Due to the Holidays**

Will meet November 8 & 15 and  
December 6 & 13, 9:00 am - 1:00 pm

**Blood Pressure Screenings Drop-in:  
Thursday, November 7,  
11:00 am - 1:00 pm  
November 19 and December 17,  
9:30 - 11:30 am**

Drop-in and meet Michelle Comp with Novant Health's Stroke Program and our Interns for free blood pressure screenings.

## Announcements

### Volunteers Needed for Tax Preparation Season January - April 2025

#### Information Session

**November 20, 9:00 am – 12:00 pm**

AARP Tax AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. This past tax season, we helped over 800 people in the Kernersville area, with those getting refunds averaging just over \$1,250.

We need volunteers to serve as **Client Facilitators (Intake)**: Volunteer at least four hours per week during tax season (Wednesday - Saturday, 8:30 - 12:30 pm).

Client Facilitators help older taxpayers feel welcome and at ease by greeting them, gathering and organizing their paperwork, and describing the tax prep process. They help ease the stress of tax season for low to moderate income people who are age 50+. Experience is not necessary; we will provide training and IRS certification.

**Requirements:** Detail-oriented, desire to help others and must attend training in December (on-line) and January (one half-day face to face). **If you are interested in volunteering for the Tax-Aide program, or if you want more information, please contact Bill Dreshfield (Phone 336-310-9007) or Email TaxAide.Kernersville@gmail.com**

### Staff Changes

We are excited to announce the following staff changes at TSCK effective November 2024:

**Lisa Miller** will transition into the role of Operations Manager, where she will use her extensive experience to oversee the operational aspects of our programs, services, grants and donor management.

**Debbie Williams** will step into the role of Senior Center Director, where she will continue to foster a vibrant and welcoming environment for all our members.

*Please join us in congratulating both on their new roles as we continue to grow and enhance our services at TSCK.*



### Blessing Project: Holiday Angel Tree

Local churches and civic groups (adopting group) can support our homebound service recipients by providing them with several Christmas presents. We are compiling a list of individuals, aged 60+ homebound or disabled, who receive services like Friendly Calls and Transportation. We ask these recipients what items they need for Christmas, which we then share with the adopting groups. Each adopted person will cost about \$50 for their requested items. Groups can choose how to approach shopping and are encouraged to nicely wrap the presents. Groups can use our location for a wrapping event and materials.

Gifts are needed back **by December 16th** or the adopting group may deliver the gifts by Christmas Day to the recipients. Help us to reach 110 recipients this year; adopting at least 5 people will help us reach our goal.

**Contact Claire Winfrey, 336-996-6696 or email: [claire@shepctrkville.com](mailto:claire@shepctrkville.com).**

### Thank You for Supporting Us!

A heartfelt shout out to the amazing groups who dedicated their time and energy to support our organization during their community service projects for Fall 2024! Your hard work and commitment made a tremendous impact in our community and to us. **Shout out to The Summit Church – Kernersville, The Crossing Church – Main Campus, Main Street UMC, and AARP – Triad Region for your kindness, passion, and service!**

### Project Joy Ministry

We are in need of general birthday cards for us to mail when we fresh flowers are not available. Drop off birthday cards at our front desk. Thank you for your contribution!



# 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** ~ 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*)

## **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**

**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** ~ 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.

**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, & 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

**For more information regarding programs, services, or fee information, email or call:**

Services: [Claire@shepctrkville.com](mailto:Claire@shepctrkville.com) or 336-996-6696  
Programs: [debbie@shepctrkville.com](mailto:debbie@shepctrkville.com) or 336-992-3180

## The Shepherd's Center Of Kernersville Staff

### *Executive Director*

Asheley Cooper  
asheley@shepctrkville.com

### *Operations Manager*

Lisa Miller  
lisa@shepctrkville.com

### *Senior Center Director*

Debbie Williams  
debbie@shepctrkville.com

### *Volunteer Services Manager*

Claire Winfrey  
claire@shepctrkville.com

### *Volunteer Services Assistant*

Dawn Rowe  
services@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

## The Shepherd's Center of Kernersville will be Closed for the Holidays:

November 28 and 29,  
December 24 and 25 and  
New Year's Day, January 1, 2025

### **Program Registration Request**

We often get the question "Do I need to register?" The simple rule is; if food is involved, the answer is yes. We can simplify this further by saying "yes, please register for all programs and events." This helps us know how many people to expect, so we can set up the room appropriately. It is also helpful in the event a program is unexpectedly canceled and participants need to be notified.

### **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.**