

THE SHEPHERD'S CENTER OF KERNERSVILLE



JANUARY - FEBRUARY 2025

Your Guide to Services, Programs, and Activities



purpose

compassion

ENRICHMENT

life



Dear Friends of The Shepherd's Center,

I am excited to serve as the President of the Board of Directors in 2025, **especially during the milestone of our 40th Anniversary.** It is an honor to step into this role and collaborate with such a passionate and dedicated board of directors and staff. Together, we have exciting plans for the coming year, including developing a strategic plan to guide the Shepherd's Center for the next 3 to 5 years, ensuring its sustainability for many years to come.

As we embark on this journey, I want to express heartfelt gratitude to two incredible board members transitioning off this year. Lisa Bugg has been a cornerstone of our organization, serving as a volunteer, board member, and board President. Her 6 years on the board and 16 years of involvement in various capacities have left a lasting legacy. Samia Wilson is completing her 3-year term, and we are excited that she plans to stay involved as a volunteer and through future Shepherd Center events. I also extend my sincere appreciation to Frank Robbins for his exceptional leadership as Board President throughout 2024.

As we close out 2024, **I wish you and your family a Merry Christmas and a Happy New Year.** I look forward to seeing you all at the Shepherd's Center in 2025 as we celebrate this remarkable milestone and work together to achieve even greater heights.

Randall Jenkins,

Board President 2025-2026

The Shepherd's Center of Kernersville Board of Directors

AARP Tax-Aide Free Tax Counseling Preparation & E-Filing for In-Scope Taxpayers



Appointments will be February 5- April 12, 8:30 - 12:00 pm
Wednesday, Thursday, Friday and Saturday

You must pick up a tax preparation packet (with instructions) in our lobby.
Monday - Friday from 9:00 am to 3:00 pm, beginning January 6, 2025.
You must print a name and phone number for every packet that is picked up.

Tax Preparation by Appointment Only (No walk-ins)

*After you have picked up your packet, complete the intake forms,
gather all important documents listed below and wait for a phone call.*

We will call you to schedule your appointment.

Items you must provide to have your return prepared:

- Photo ID for taxpayer (and spouse, if married): driver's license, passport, etc.
- Social Security card for all persons on the tax return: taxpayer, spouse, and anyone claimed as a dependent
- Tax forms for all sources of income including W-2 forms from employers, 1099 forms for other income: interest or dividends, Social Security, retirement, or pension accounts, non-employee income, credit card payments, unemployment benefits, cancellation of consumer credit card debt, etc.
- Tax forms for expenses such as childcare, higher education, health insurance purchased on the Marketplace, retirement contributions, Health Savings Accounts, etc.
- Any correspondence you received from the IRS
- If you are self-employed, a summary of expenses related to your self-employment. **You must pick up and complete the Self-employment worksheet** (available when you pick up the tax preparation packet)
- If you think you might be eligible to itemize deductions, a summary of your deductible expenses (this is not common). **You must pick up and complete the itemized deduction worksheet** (available when you pick up the tax preparation packet)
- Last **TWO** year's federal and state income tax returns you filed
- Power of Attorney documents if spouse is unable to attend. Death certificate if spouse is deceased

For more information visit the AARP Tax-Aide Kernersville website.

<https://sites.google.com/view/aarp-tax-aid-kernersville/home> or call 336-310-9007 or 336-310-6639 or email: TaxAide.Kernersville@gmail.com

Only Service Animals Welcome

Dogs as a service animal are allowed. Service animals are trained to perform a task directly related to a person's disability. Pets are not allowed. Companion animals are considered pets and are **not allowed**.

Holiday Angel Tree



We deeply appreciate our community's support,
providing 116 homebound adults
Christmas gifts this year.



Kernersville Women's Club
Kernersville Lion's Club
The Summit Church
Kernersville Wesleyan Church
Main Street UMC-Seekers Class
Grace Presbyterian-Carla's Group
Morris Chapel UMC-Faith & Friendship Class
First Baptist Church-Adult Sunday School Groups
Glenn View Baptist Church-Sunday School Groups

The Crossing Church Main Campus-Karen's Group
Grace Presbyterian-Carla's Group
Cynthia & Steve Hatch
Bob & Vicki Johnson
Tina Schofield
Claudette Thibault
Grace Waldon
Erin Valentine

Thank you to everyone who participated!



Debbie & Jon Walker

Thank You Volunteer Elves!



Charleen Fischer



*Dave & Lorrie
Kenward*

340+ Gifts Delivered



Cindy Webster

MAKER'S MART SHOWCASE

Every Month the Maker's Mart will feature local artisans.
Their designs will be on display and for sale in our lobby. Great gifts for any occasion!

January's Featured Artisan: Sharon Carter!

Sharon creates unique journals and notepads using various mediums for her beautiful journals.



February's Featured Artisan: Janet Wallace

Sharon's handmade glass designs are exquisite, with each piece showcasing her unique style/craftsmanship.



The Shepherd's Center of Kernersville
636 Galin Street
336-996-6696



YOU ARE INVITED

Silver Connections

Kernersville Parks and Recreation Center
1020 Shields Road

Friday, February 21, 2:00 to 4:00 pm

GAMES, MUSIC, FOOD AND DANCING
(add to the fun, wear a fancy outfit)

Register before February 10 by calling: 336-992-3180
or email: programs@shepctrkville.com





February 2025 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	<p>9:30 - Bridge</p> <p>10:00 - Stretch & Flex</p> <p>11:00 - Caregiver Support Group (2nd & 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 - Tattling 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 - Blood Pressure Screening (3rd Tues)</p> <p>10:00 - Music Jam Session</p> <p>10:00 - Stretch & Flex</p> <p>11:30 - Hand & Foot</p> <p>12:30 - Bridge</p> <p>12:30 - Bridge Day (3rd Tues)</p> <p>1:00 - Books Ignite Book Club (3rd Tues)</p> <p>2:00 - Cardio Drumming</p>	<p>9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation</p> <p>10:00 - American Sewing Guild Fee \$ (3rd Wednesday)</p> <p>10:00 - Games & 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>8:30 - 12:00 Tax Appointments</p>	<p>9:30 - Pickleball Lessons \$20</p> <p>10:00 - Euchre</p> <p>10:00 - Needle Arts</p> <p>10:00 - Stretch & 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 - Teddier Bear Stamping YouTube Live (2nd & 4th Thurs.)</p> <p>8:30 - 12:00 Tax Appointments</p>	<p>10:00 - 2:00 Computer Lab by Appt. Only \$5 Donation</p> <p>9:00 - Art Studio Drop -in (1st & 3rd Fri.)</p> <p>9:00 - Sit-n-Stitch (3rd Fri.)</p> <p>10:00 - Rubber Stamping with Patti (2nd Fri.) \$</p> <p>10:00 - Bingo Bring 2 prizes & win 2 prizes</p> <p>11:30 - Hand & Foot</p> <p>8:30 - 12:00 Tax Appointments</p>
SPECIAL PROGRAMS	<p>3</p> <p>9:30 - Acrylic Painting Lessons\$</p>	<p>4</p> <p>1:00 - Tea and Chocolate Pairing\$</p>	<p>5</p> <p>9:30 - Cash School Buddies</p>	<p>6</p> <p>9:30 - Pickleball Lessons\$*</p> <p>10:00 - Walk with Williams at Community Recreation Center</p> <p>11:00 - Book Page Flowers\$</p> <p>1:00 - Card Games Lessons</p>	<p>7</p> <p>National Heart Month Wear Red Day</p> <p>2:00 - Healthy Eating for Diabetes</p>
	<p>10</p> <p>9:30 - Acrylic Painting Lessons\$</p>	<p>11</p> <p>11:00 - Early Heart Attack Care</p> <p>1:00 - Balance Workshop</p>	<p>12</p> <p>10:00 - Make-n-Take Handmade Journal\$</p> <p>11:00 - Chair Massage\$ (by appointment only)</p>	<p>13</p> <p>14</p> <p>9:30 - Pickleball Lessons\$*</p> <p>10:00 - Walk with Williams at Community Recreation Center</p> <p>1:00 - Card Games Lessons</p>	<p>14</p> <p>Happy Valentine's Day!</p> <p>"All you need is love. But a little chocolate now and then doesn't hurt." —Charles M. Schulz</p>
	<p>17</p> <p>9:30 - Acrylic Painting Lessons\$</p>	<p>18</p> <p>9:30 - 11:30 - Blood Pressure Screening</p>	<p>19</p> <p>National Heart Month Wear Red Day</p> <p>1:00 - Shepherd's Center Circle</p>	<p>20</p> <p>21</p> <p>9:30 - Pickleball Lessons\$*</p> <p>10:00 - Walk with Williams at Community Recreation Center</p> <p>1:00 - Card Games Lessons</p>	<p>21</p> <p>2:00 - Silver Connections at Community Recreation Center <i>1120 Shields Road</i></p>
	<p>24</p> <p>9:30 - Wellness and Community Showcase at Kernersville YMCA</p> <p>9:30 - Acrylic Painting Lessons\$</p>	<p>25</p> <p>9:30 - 11:30 Blood Pressure Screening</p>	<p>26</p> <p>11:00 - Chair Massage\$ (by appointment only)</p>	<p>27</p> <p>9:30 - Pickleball Lessons\$* and</p> <p>10:00 - Walk with Williams at Community Recreation Center</p> <p>1:00 - Card Games Lessons</p>	<p>28</p> <p>\$ Supply and/or Instructor Fees</p> <p>*Call for more info 336-992-3180</p>

Welcome Pinochle Players

Monday and Thursday, 12:00 pm

Join us for a fun gathering of pinochle players of all levels! Welcome both seasoned pros and beginners to a friendly atmosphere. You will have the chance to improve your skills, meet new friends, and enjoy competitive gameplay. Bring your best game and get ready for an exciting experience **Register two business days in advance: 336-992-3180.**

Beginner Line Dance Lessons

Thursdays, 12:00 pm

Kick off the new year by learning fresh dance steps, twirls, or foot stomps! Discover new ways to move to the rhythm of music while exercising and socializing with new friends. It is an opportunity to embrace the beat and groove together!

Plus, Get ready for Silver Connections' party on February 21st by learning new steps and/or practicing your line dance skills.

Ongoing class fee is \$6.00 per day. Register two business days in advance: 336-992-3180.

Beginner Square Dance Lessons

Thursdays, 1:30 pm

Join this square dance class to learn fundamental steps like Swing Your Partner, Do Si Do, Promenade, and Circle Left. The class focuses on fun and variety, fostering quick thinking, and is ideal for singles or those without partners, facilitating interaction with multiple couples.

Register two business days in advance: 336-992-3180.

Feel Better, Move Better!

Ten Minute Chair Massage

**Wednesdays, January 8 and 22,
and February 12 and 26**

11:00 am – 1:00 pm (by appointment)

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.**

***New Location!* Walk with Williams
Thursdays, Beginning January 9,
10:00 am**

Kernersville Recreation and Events
Center, *1020 Shields Road,*

Join our weekly walking group on the indoor upper-level track. Enjoy a comfortable, weather-free environment to start your fitness journey while engaging in laughter and conversation. Everyone (age 50+) is welcome, come join the fun! **Register two business days in advance: 336-992-3180.**

Pen Pal Letter Exchange

Thursday, January 16, 10:00 am

Join us for a fun morning reading letters from Mrs. Badgett's 4th-grade class at Caleb's Creek Elementary. We look forward to the heartwarming messages from the students. Everyone is welcome to connect with younger generations! **Register two business days in advance: 336-992-3180.**

Beginner/Intermediate Acrylic Painting

Mondays, January 20 – February 24

(6 weeks), 9:30 - 11:30 am

Are you ready to try acrylic painting but not sure where to start? Or you have already started painting and 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) is due on the first day of class. Register two business days in advance: 336-992-3180.**

Blood Pressure Screening Drop-in

**Tuesdays, January 21 and 28, February
18 & 25, 9:30 – 11:30 am**

Drop-in and meet Michelle Comp with Novant Health's Stroke Program and Nancy Bourne for a free blood pressure check. **This is a drop-in event. Registration not required.**

**Shepherd's Center Circle
Wednesday, January 22 and
February 19, 1:00 pm**

Whether you are new to the center, community or just looking to socialize, come into *a new circle of friends* and connect with a warm social group. This will be a time to get to know each other and chat. Feel free to bring a snack or drink to share. **Register two business days in advance: 336-992-3180.**

**Winter Covered Dish Lunch
Friday, January 24, 12:00 pm**

Join us at the Senior Center for a cozy winter covered dish lunch. *Brookdale Senior Living* will provide the entrée, Bring your favorite side dishes, salads, desserts, or drinks with plenty to share. Let us make this event our largest yet—invite fellow Senior Center participants and friends to join the fun! **Register by calling 336-992-3180 before January 16.**

**Butter Bean Auction
Tuesday, January 28, 1:00 pm**

It's a battle with butter beans!. Join us for this fun and exciting activity. An innovative event where participants bid on items using butter beans instead of cash. The event is similar to bingo, but some say it is even more fun. *Sponsored by Oak Street Health.* **Register two business days in advance: 336-992-3180.**

**2025 New Year Treasure Box
Wednesday, Jan. 29, 1:00 pm**

Join us for a DIY workshop to transform a wooden box into a vibrant treasure chest! With your favorite colors and embellishments provided by Kelly from *Always Best Care*. Craft a design that will hold your dreams and intentions for 2025. This event is free. **Register two business days in advance: 336-992-3180.**

**Card Games Lessons
Thursdays, January 30 - February 27**

Learn Hand, Knee and Foot and Samba card games with Louise. Two fun versions of Canasta that can be easy to learn and play if you understand the rules. Join this group to learn the basics and make new friends. **Register two business days in advance: 336-992-3180.**

**Decluttering for Health:
A Fresh Start for a Healthier You
Wednesday, January 29, 11:00 am**

Join us for a helpful session and learn how to make your home safer and healthier by decluttering. Discover easy ways to reduce stress and improve safety. This session will inspire you to start organizing, whether it is a closet or a medication drawer, to boost your well-being. Led by Katina Boyd, a professional organizer and Clinical Pharmacist from Kernersville, NC. Attend this one time event to improve your space! **Register two business days in advance: 336-992-3180.**

**Crafting Love:
Sweetheart Canvas for
Valentine's Day Thursday,
January 30, 1:00 pm**

This Valentine's Day, embrace your creativity by crafting a heart design on canvas using *Sweethearts*, or conversation hearts. These nostalgic candies serve as both vibrant decorations and tasty snacks during the project. The finished piece adds a personal touch to your decor and makes a meaningful gift for friends and loved ones. Join in the fun of spreading love this season! **Supply fee \$4.00 due day of class. Register before January 27 by calling: 336-992-3180.**



**Chocolate and Tea Pairing
Tuesday, February 4, 1:00 pm**

You have heard of wine and cheese, but what about tea and chocolate? Martha Isenberg, *Tealightful Brand Ambassador*, will lead a taste test of this unusual combination. She will demonstrate brewing techniques for loose leaf tea and share health benefits of tea. We will learn how pairing different types of tea with various kinds of chocolate can provide a double whammy when it comes to the amount of antioxidants consumed and how moderate chocolate consumption can be good for us. Have fun learning which flavors combine best together and sample some chocolate tea. Bring a teacup and saucer if you have them. **There is a class minimum of 10 paid participants. RSVP required and chocolate supply fee of \$6.00 must be paid no later than January 30th. Call 336-992-3180 to reserve your seat.**

Cash School Buddies

Wednesday, February 5, 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 a buddy for this impactful initiative are encouraged to join in this intergenerational bonding experience. **Register two business days in advance: 336-992-3180.**



Book Page Flowers Workshop

Thursday, February 6, 11:00 am

Learn to craft vintage roses and flowers from book pages and colored papers.

Step-by-step guidance ensures a unique, heartfelt bouquet for someone special. Join us and add handmade charm to your Valentine's celebration! Supply fee \$3.00 (cash only) due day of class.

Register two business days in advance: 336-992-3180.

***New Location!* Pickleball Lessons
Thursdays, February 6, 13, 20, and 27,
9:30 - 11:00 am**

***at Kernersville Recreation and Events
Center 1020 Shields Road***

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 on a full-size indoor court. Bring a bottle of water and wear comfortable clothing and tennis shoes. A pickleball paddle is helpful but not required. **\$20.00 (cash only) instruction fee is due on the first day of class. Register two business days in advance: 336-992-3180.**

Healthy Eating for Diabetes Wellness

Friday, February 7, 2:00 pm

Join Emily Martin for a presentation from *Second Harvest Food Bank of NUNC*. She will share tips on diabetic friendly food and provide a food sample. All are welcome. **Register before January 31 by calling 336-992-3180.**

Early Heart Attack Care Seminar

Tuesday, February 11, 11:00 am

Join us this February for **Heart Health Month** with Michelle Comp from *Novant Health*, where we will focus on Early Heart Attack Care (EHAC). Participants will engage in a self-assessment of risk factors, discover early signs and symptoms of heart issues, understand the reasons behind chest pain, and learn effective strategies to reduce risk. This session will provide you experience chest pain. You will not want to miss this opportunity to prioritize your heart health! **Register two business days in advance: 336-992-3180.**

Balance Workshop

Tuesday, February 11, 1:00 pm

Join Heather and Angie from *Brookdale Senior Living*. They will discuss the importance of moving your body. You will learn about strength and mobility exercises and how to prevent falls. Also, there will be a balance clinic to discuss mobility devices and the best fit for you. **Register two business days in advance: 336-992-3180.**

Make & Take Handmade Journal

Wednesday, February 12, 10:00 – 2:30 pm

Join Maker's Mart Artisan Sharon Carter at this workshop to make your own personalized journal. Using basic materials like paper, glue, and scissors, this hands-on class will help you craft a unique journal with scrapbook paper and embellishments. It is a fun opportunity to unleash your creativity and take home a beautiful keepsake that showcases your personal style! \$2.00 supply fee (cash only) due day of class for supplies. **Register two business days in advance: 336-992-3180.**

Silver Connections at Kernersville

Recreation & Events Center 1120 Shields Rd

Friday, February 21, 2:00 to 4:00 pm

Join us for an afternoon of socializing, games, at our upcoming community event! Whether you are reconnecting with old friends or making new ones, you will enjoy a lively atmosphere filled with music, dancing, and a variety of fun activities. Plus, Sandy from *Always Best Care* will be leading line dances.

Register before February 14 by calling 336-992-3180 .

Announcements

Introducing Makers Mart: A Celebration of Creativity and Passion

We are thrilled to announce the grand opening of Makers Mart on January 1, 2025! Each month, TSCK will spotlight Mature Makers 50+ in our lobby, showcasing their unique talents and creations.

January Maker - Artisan

Kicking off this exciting new initiative is Sharon Carter, a retired teacher, grandmother of six, and lifelong crafter. Sharon's stunning handmade journals, notebooks, bookmarks, and vintage style cards are a testament to her creativity and resilience. Her passion for paper crafting blossomed during the COVID lockdown, turning extra time into timeless treasures. Do not miss the chance to see—and shop—her beautiful work this January!

February Maker - Artisan

We are excited to introduce Janet Wallace as our February Makers Mart Artisan! A retired project manager from the financial services industry, Janet has embraced her retirement with a passion for creating stunning art in warm glass. Her skills were honed through classes at William Holland in Harris, GA, and Warm Glass in Clemmons, NC. Additionally, Janet is a certified teacher in Precious Metal Clay.

When she is not working with warm glass, Janet enjoys knitting, crocheting, felting, and Zentangle. She lives in High Point, NC, with her husband of 49 years, Kyles, and their two cats, Izzy and Ollie, who—like true royalty—rule the house. Stop by in February to admire Janet's beautiful creations and support her artistry!

The Cold and Flu Season is Upon Us!

If you are not feeling well, please be considerate of others and stay home until you are feeling better. Please practice safe hygiene and prevent the spread of illness: cover your mouth with a tissue, your sleeve, or the inside of your jacket if you cough or sneeze, wash your hands, don't share personal items, clean/disinfect surfaces in your home, and avoid close contact with others if you are unwell or if they are unwell.

You're Invited: 2025 Kick-Off Party!
**Piedmont Plus Senior Games &
 Silver Arts at
 Hanes Hosiery Recreation Center
 501 Reynolds Blvd., Winston-Salem, NC
 Friday, January 24, 10:00 – 12:00 pm**
 Enjoy games, vendors, and register for the 2025 Piedmont Plus Senior Games. **For more information about this event or to register for Senior Games and Silver Arts, contact: Naila Lyles-Elcock: 336-727-2325 (nailale@cityofws.org) or Anna Marino: 336-727-2313 (annam@cityofws.org).**

Save the Date!

**Wellness & Community Showcase at
 Kernersville Family YMCA
 1113 W Mountain Street
 Monday, February 24, 9:30 am - 12 pm**

- Health Screenings and Information
- Business Networking
- Vendors and food trucks(\$)
- Free Admission and Parking

Call Debbie to volunteer at the Expo Welcome Desk: 336-992-3180.

Call the Kernersville Chamber of Commerce for vendor information: 336-993-4521 and Kernersvilleeventsnc.com

***New Time: Computer Lab on Fridays
 (by appointment only)
 10:00 am - 2:00 pm***

**No Programs or Activities
 Thursday, January 23,
 Due to Board of Directors and Staff
 Strategic Planning Retreat**

purpose

compassion

ENRICHMENT

life

Overview of Services and Programs

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 SHIP 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.

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 ~ 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

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

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 Gralin Street
Kernersville, NC 27284**



The Shepherd's Center Of Kernersville Staff

Executive Director

Asheley Cooper
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Operations Manager

Lisa Miller
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Senior Center Director

Debbie Williams
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Volunteer Services Manager

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Dawn Rowe
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Contact Us:

The Shepherd's Center of Kernersville

636 Gralin Street
PO Box 2044
Kernersville, NC 27285-2044

<https://www.shepctrkville.com>

**Information, Services and
Volunteer Opportunities**
336-996-6696

Activities and Programs
336-992-3180

Office Hours

Monday - Friday 8:00 am - 4:00 pm

Inclement Weather Policy

In the event of inclement weather, we will in most cases follow Winston Salem Forsyth County Schools. Watch WXII (NBC) Channel 12 and check our Facebook page for "The Shepherd's Center of Kernersville" closing or delayed opening announcements.

If no announcement is listed, please call the Senior Center (336-992-3180) prior to leaving home to make sure your program, event or trip will be held. **Be sure you speak to a staff person or volunteer directly before leaving home for an activity.**

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 equipment we accept and



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

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.