

THE SHEPHERD'S CENTER OF KERNERSVILLE



MARCH - APRIL 2025



Your Guide to Services, Programs, and Activities

purpose

compassion

ENRICHMENT

life

Celebrating a Year of Service and Connection!

The Shepherd's Center of Kernersville continues to make a lasting impact in our community! In 2024, we connected 380 individuals with meaningful volunteer opportunities, supported 1,023 adults with essential home-based services, and engaged 3,285 participants through our Senior Center programs.

Our volunteers made an incredible difference providing over 3,300 medical rides, delivering 444 personal shopping trips, making 5,642 friendly calls, and fulfilling 126 handyperson service requests. Through our Blessing Project and Project Joy, we spread kindness to hundreds facing challenges, delivering gifts, meals, floral bouquets, and heartfelt cards.

Additionally, we loaned 444 pieces of medical equipment, prepared over 900 tax returns, and provided vital pastoral counseling and caregiver support. In total, our 380 dedicated volunteers contributed nearly 20,000 hours of service, strengthening our mission to champion and sustain older adults and individuals with disabilities.

Thank you to everyone who makes this work possible! Together, we are creating a community of care, connection, and support.



Honoring Ellie Cheney, Office Volunteer

As an affiliate of Aging Forward, TSCK proudly recognizes volunteers who make a lasting impact on their communities. Each year, we induct a standout volunteer into the **National Gallery of Volunteer Excellence Hall of Fame**.

This year, we are thrilled to honor Ellie Cheney, whose dedication has enriched the lives of adults in our community. Starting as a participant, Ellie quickly became an invaluable volunteer, contributing over 1,100 hours in roles such as program instructor for craft classes, office support, tax assistance, front desk, program registration management, data entry, and program planning. Ellie consistently goes above and beyond to support our team.



2024 Impact Report

The Shepherd's Center of Kernersville connected **380 individuals** with fulfilling volunteer opportunities, delivered vital home-based services to **1,023 adults** who are aging or with disabilities and engaged **3,285 participants** through our Senior Center programs.

TRANSPORTATION

3,318 1-way medical rides were scheduled for service recipients while we added **16** new volunteer drivers.

PERSONAL SHOPPER & ERRANDS

46 volunteers made **444 trips** to pick up and deliver medications, groceries, and food pantry orders.

FRIENDLY CALLER

Center volunteers made **5,642** Friendly Caller calls to check in and chat with **55** homebound service recipients.

HANDY PERSONS

126 handyperson service requests were fulfilled for **93** recipients by **27** individual and group volunteers.

VISITATION

21 isolated older adults were visited **445** times by **19** volunteers.

BLESSING PROJECT

363 Blessing Project gifts, holiday meals, and blessing boxes were delivered to **133** isolated adults in our community.

PROJECT JOY

Over **552** floral bouquets and **390** cards were delivered to **849** individuals suffering illness or loss, celebrating milestones, or just needing a "lift."

PASTORAL COUNSELING

85 hours of mental health counseling provided for **16** individuals by our pastoral counselor.

DURABLE MEDICAL EQUIPMENT

444 pieces of durable medical equipment were loaned to **307** recipients to assist with safety, mobility, dignity, and comfort.

SENIOR CENTER PROGRAMMING

3,285 individuals participated in **3,433** education and enrichment, health and wellness, arts and crafts, and social engagement programs.

INCOME TAX PREPARATION

Over **900** individuals were served with free tax returns prepared in partnership with the AARP Tax-Aide Foundation.

BILL RADISCH COMPUTER LEARNING CENTER

119 individuals learned to use tablets, smartphones, and personal computers or received technical assistance in our computer lab.

CAREGIVER SUPPORT GROUP

Our caregiver support group met **23** times, providing support for **33** family caregivers in our community.

VOLUNTEER ENGAGEMENT

380 volunteers provided **19,787** volunteer service hours for a value of **\$607,297**. Over **60** new volunteers were added in 2024.

The Shepherd's Center of Kernersville is an interfaith ministry of volunteers which champions and sustains adults who are aging or with disabilities.



Save the Date!

The Shepherd's Center of
Kernersville
40th Anniversary
Benefit

Thursday Evening
May 8, 2025
Woodland Hall at
Triad Park



Join us in celebrating 40 years
of making a difference!

*Details on sponsorship
opportunities and ticket
information coming soon!*

Valentine Blessings Project Thank You!

A heartfelt shoutout to The Summit Church and their 30+ volunteers for their beautiful act of kindness in delivering hot meals to 50 homebound service recipients. Along with the meals, we joined with Jack and Jill of America-Winston Salem Chapter Youth (Ages 8-12 years old) to make up Valentine themed goodie bags to also be delivered to cheer up our friends. Your compassion and commitment to caring for those in need shines brightly, reminding us of all of the power of community and love. Thank you for spreading warmth through your unwavering generosity. You are truly making a difference in the lives of those who need it most.

Introducing Makers Mart:

Each month, TSCK will spotlight Mature Makers 50+ in our lobby, showcasing their unique talents and creations.

March Artisan Denise Brookie

We are thrilled to feature Denise Brookie as our artist for the month of March! Originally from Shelby, NC, Denise attended UNC Charlotte, where she met her husband, John. They now call Wallburg, NC home. Before becoming a full-time mom, Denise worked with the American Red Cross in Winston-Salem. During her younger years, she was passionate about crafts and often participated in craft shows with friends. However, once children came into the picture, life took a turn, and her crafting took a backseat. After a 39-year career in non-profits, Denise retired in early 2021, and that's when the crafting bug returned with vengeance. Now, under the name "SweetLifex2," Denise showcases her work at Booth #73 – Cooper's Vintage Village in Kernersville and at the Senior Country Store in Welcome, NC. She also shares her creations on her Facebook group, which you can follow at <https://www.facebook.com/groups/sweetlifex2>.

April Artisans

Reba Roseman and Barb Purcell

A mother-daughter duo of talented artisans dedicated to creating one-of-a-kind handcrafted items. They specialize in lovingly hand-sewn stuffed animals and baby items, carefully designed to provide comfort and joy. Each piece is created with attention to detail, using materials to ensure both durability and softness.

In addition to their soft goods, they also craft hand-beaded jewelry. Whether you are looking for a statement piece or something subtle, each piece is crafted with quality and beauty in mind.

Their painted items display a beautiful blend of creativity and artistic expression, offering a unique piece to enhance any space, making them perfect for both home decor and personalized gifts.

OPERATION MEDICINE DROP

DROP OFF YOUR UNUSED OR EXPIRED MEDICATION.

NO NEEDLES PLEASE

March 24th 10am-2pm
The Shepherd's Center
636 Gralin St
Kernersville NC 27284

PILLS
LIQUIDS
INHALERS

PET MEDICATION
OVER THE COUNTER
MEDICATIONS

BROUGHT TO YOU BY THE SHEPHERD'S CENTER, THE TOWN OF KERNERSVILLE PUBLIC SERVICES AND THE KERNERSVILLE POLICE DEPARTMENT. QUESTIONS? PLEASE CALL 336-996-2294.





www.Kernersvillepd.com

You are Invited to the
The Shepherd's Center of Kernersville

Silver Connections

Spring Social

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

Kernersville Parks and Recreation Center
1020 Shields Road

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

Register before March 14 by calling: 336-992-3180
or email: programs@shepctrkville.com




MAKER'S MART SHOWCASE

Artisan for March: Denise Brookie

Denise brings a distinctive viewpoint to her crafts by incorporating found objects and embracing upcycling.



Artisans for April: Reba Roseman and Barb Purcell

Reba and Barb focus on creating hand-sewn stuffed animals, baby products, personalized gifts and beautifully crafted jewelry.



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



March 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>11:15 - Beginner Line Dance \$6</p> <p>12:00 - Line Dance \$6</p> <p>12:00 - Pinochle</p> <p>1:00 - Chair Yoga II \$5</p> <p>1:00 - Tapping on <i>Zoom</i></p> <p>1:00 - Ukulele Troupe \$*</p> <p>2:30 - Ukulele Lessons \$*</p> <p>1:30 - Advance Square Dance \$6</p>	<p>9:30 - Bee Quilters</p> <p>9:30 - 11:30 - Blood Pressure Screening</p> <p>Drop-in (2nd/4th Tues)</p> <p>10:00 - Music Jam Session</p> <p>10:00 - Stretch & Flex</p> <p>11:30 - Hand & Foot</p> <p>12:30 - Advance Bridge</p> <p>1:00 - Books Ignite</p> <p>Book Club (3rd Tues)</p> <p>2:00 - Cardio Drumming</p>	<p>9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation</p> <p>10:00 - American Sewing Guild Fee \$ (3rd Wednesday)</p> <p>10:00 - Games & Conversation</p> <p>10:00 - Tai Chi \$5</p> <p>12:00 - American Sign Language Practice</p> <p>12:00 - Open Watercolor Studio</p> <p>12:30 - Mah Jongg</p> <p>1:00 - Basket Weaving \$</p> <p>1:30 - Bowling at Countryside \$9.50 shoe rental/3 games</p>	<p>9:30 - Pickleball Lessons \$20*</p> <p>10:00 - Euchre</p> <p>10:00 - Needle Arts</p> <p>10:00 - Stretch & Flex</p> <p>10:00 - Walk with Williams at Community Recreation Center</p> <p>12:00 - Pinochle</p> <p>1:00 - Chair Yoga I \$5</p> <p>1:00 - Dominoes</p> <p>4:00 - TedderBear Stamping on <i>YouTube Live</i> (2nd & 4th Thurs.)</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 - 3:00 pm Sit-n-Stitch (3rd Fri.)</p> <p>10:00 - Rubber Stamping w/Patti (2nd Fri.)\$</p> <p>10:00 - Bingo (bring 2 & win 2 prizes)</p> <p>11:30 - Hand & Foot</p>
SPECIAL PROGRAMS	<p>3</p> <p>10 11:15 - Begin Line Dance \$6</p> <p>17 11:00 - St. Patrick's Day and Diabetes Month Event</p> <p>11:15 - Begin Line Dance \$6</p> <p>24 10:00 - 2:00 pm - Medicine Drop Off at <i>Shepherd's Center</i></p> <p>11:15 - Begin Line Dance \$6</p> <p>1:00 - Community Recipe Taste and Share</p> <p>31 11:00 - Houseplant Care Workshop\$</p> <p>11:30 - Begin Line Dance \$6</p>	<p>4</p> <p>11 9:30 - 11:30 - Blood Pressure Screening</p> <p>1:00 - Zumba Gold\$</p> <p>18 4:30 - Low Vision Support Group</p> <p>1:00 - Zumba Gold\$</p> <p>25 9:30 - 11:30 - Blood Pressure Screening</p> <p>1:00 - Zumba Gold\$</p>	<p>5 8:30 - Tax Appointments</p> <p>12 8:30 - Tax Appointments 11:00 - Chair Massage\$ (by appointment only)</p> <p>19 8:30 - Tax Appointments 1:00 - Shepherd's Center Circle</p> <p>26 8:30 - Tax Appointments 11:00 - Chair Massage\$ (by appointment only)</p>	<p>6 8:30 - Tax Appointments</p> <p>13 8:30 - Tax Appointments 10:00 - Mini Gift Bags\$</p> <p>20 8:30 - Tax Appointments 10:00 - Healthy Smiles, Healthy Lives Onsite and <i>Zoom</i></p> <p>27 8:30 - Tax Appointments 11:30 - Beginner Line Dance \$6</p>	<p>7 8:30 - Tax Appointments</p> <p>14 8:30 - Tax Appointments 1:00 - Movie Matinee</p> <p>11:30 - Balance Workshop</p> <p>21 8:30 - Tax Appointments 2:00 - Silver Connections at <i>Community Recreation Center</i></p> <p>28 8:30 - Tax Appointments 12:00 - Covered Dish Lunch Sponsored by <i>Arbor Ridge</i></p>
					<p>\$ Supply and/or Instructor Fees</p> <p>*Call for more information 336-992-3180</p>



April 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	9:30 - Bridge 10:00 - Stretch & Flex 11:00 - Caregiver Support Group (2nd & 4th Mon.) 11:15 - Beginner Line Dance \$6 12:00 - Line Dance Class \$6 12:00 - Pinochle 1:00 - Chair Yoga II \$5 1:00 - Tapping 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 (2nd/4th Tues) 10:00 - Music Jam Session 10:00 - Stretch & Flex 11:30 - Hand & Foot 12:30 - Advance 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 10:00 - Walk with Williams at Community Recreation Center 12:00 - Pinochle 1:00 - Chair Yoga I \$5 1:00 - Dominoes 4:00 - TedderBear Stamping YouTube Live (2nd & 4th Thurs.)	10:00 - 2:00 Computer Lab by Appt. Only \$5 Donation 9:00 - Art Studio Drop -in (1st & 3rd Fri.) 9:00 - 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\$ 11:30 - Begin Line Dance \$6 1:00 - Understanding Finances Onsite & Zoom 14 9:30 - Acrylic Painting\$ 11:30 - Begin Line Dance \$6 1:00 - Houseplant Swap 21 9:30 - Acrylic Painting\$ 11:30 - Begin Line Dance \$6 28 9:30 - Acrylic Painting\$ 11:30 - Begin Line Dance \$6 1:00 - Community Recipe Taste and Share	1 12:00 - You Go Girl\$ 1:00 - Zumba Gold\$ 8 9:30 - 11:30 - Blood Pressure Screening 12:00 - You Go Girl\$ 1:00 - Zumba Gold\$ 15 12:00 - You Go Girl\$ 1:00 - Zumba Gold\$ 4:30 - Low Vision Support Group 22 9:30 - 11:30 - Blood Pressure Screening 12:00 - You Go Girl\$ 1:00 - Zumba Gold\$ 29 1:00 - Zumba Gold\$	2 8:30 - Tax Appointments 9 8:30 - Tax Appointments 9:30 - Cash School Buddies 11:00 - Chair Massage\$ (by appointment only) 16 11:00 - Five Wishes Workshop Advance Directives 1:00 - Shepherd's Center Circle 23 11:00 - Chair Massage\$ (by appointment only) 30	3 8:30 - Tax Appointments 9:30 - Pickleball Lessons\$* at Community Recreation Center 11:00 - Chocolate & Tea\$ 10 8:30 - Tax Appointments 9:30 - Pickleball Lessons\$* at Community Recreation Center 10:00 - Vase Cover and Easter Treat Box\$ 17 9:30 - Pickleball Lessons\$* at Community Recreation Center 10:00 - Truth Talk with Your Doctor 24 9:30 - Pickleball Lessons\$* at Community Recreation Center 10:00 - Watercolor Lesson Spring Bouquet	4 8:30 - Tax Appointments 11 8:30 - Tax Appointments 1:00 - Movie Matinee 18 Closed in Observance of Good Friday 25 12:00 - Arbor Day Covered Dish Lunch \$ Supply and/or Instructor Fees *Call for more information 336-992-3180

New Day and Time! Beginner Line Dance Lessons on Monday, 11:15 am

Thursday - Beginner Line Dance and Square Dance Lessons are cancelled

Zumba® Gold

Tuesdays beginning

March 11 - April 29, 1:00 pm

Come on out and dance! Zumba Gold is a low-intensity, whole-body workout for older adults. We will dance to Latin beats, working on balance, coordination, flexibility, and range of motion while grooving to salsa, merengue, cumbia, and cha-cha. *Taught by Shannon Barber, licensed Zumba® and Zumba® Gold Instructor.* **\$2.00 fee (cash only) per session. Register two business days in advance by calling: 336-992-3180.**

Feel Better, Move Better!

Ten Minute Chair Massage

Wednesday, March 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. **\$10.00 cash only, payable day of appointment to Sandra Vicente. Schedule your 10-minute chair massage appointment by calling 336-992-3180.**

Mini Gift Bag

Perfect for Easter or Any Occasion

Thursday, March 13, 10:00 - 12:30 pm

As Spring approaches, it is time to get creative with gift bags. With just a few simple steps and some imagination, you can turn an ordinary gift bag into a beautiful, one-of-a-kind keepsake. Whether it is a birthday, Easter, St. Patrick's Day, or any special occasion, we have got you covered. **Supply fee of \$3.00 (cash only) is due on the day of class. Register two business days in advance: 336-992-3180.**

Balance Workshop

Friday March 14, 11:30 am

Join Angie Coley (Sun Crest Home Health & Brookdale Senior Living) to discover the power of physical activity for your well-being! Learn strength and mobility exercises, and fall prevention techniques. A balance clinic will also be available to discuss mobility devices and the best fit for you. Empower yourself for a healthier, more mobile future. **Register two business days in advance: 336-992-3180.**

St. Patrick's Day and

Diabetes Month Celebration

Monday, March 17, 11:00 am

Hosted by Oak Street Health

What do Diabetes and St. Patrick's Day have in common? This class will cover essential information on diabetes and underscore the importance of taking proactive steps to care for your health. Hint: "people with diabetes are in a position to find a pot of gold." Celebrate without thinking of yourself as a person with diabetes, but a healthy person who enjoys life! A diabetic friendly snack will be served. **Register two business days in advance: 336-992-3180.**

***New!* Low Vision Support Group**

**3rd Tuesday, March 18 and April 15,
4:30 – 6:30 pm**

The Triad Low Vision Support Group, led by Occupational Therapist Sheila Kirkman, offers a supportive environment for individuals experiencing vision impairment and their families to connect and share experiences. With in-person meetings and a Google Meet option available, participants can engage in discussions about adaptive strategies, daily routines, and available resources, as well as gain insights from guest speakers on relevant topics. The group fosters social engagement and understanding among those facing similar challenges, creating a community for sharing knowledge and support. **Register two business days in advance and get a google meet link (if necessary) by calling: 336-992-3180.**

Shepherd's Center Circle **Wednesday, March 19 and April 16,** **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.**

Healthy Smiles, Healthy Lives **Onsite and Zoom**

Thursday, March 20, 10:00 am
Join us for a discussion on the relationship between oral health and overall well-being. Joy Varner, RDH will share tips for maintaining a healthy mouth, improve daily hygiene practices, and tackle common dental issues. Together, we can foster a supportive environment where we learn to keep our smiles bright and our health in check. **Register two business days in advance to register and for Zoom link if needed: 336-992-3180.**

Spring - Silver Connections **Friday, March 21, 2:00 pm – 4:00 pm** **Community Recreation Center** **1200 Shields Road**

Join us for an afternoon of socializing and 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 games, food, music, and dancing, and a variety of fun activities. **Register before March 14 by calling 336-992-3180.**

Community Recipe Taste and Share **Monday, March 24, 1:00 pm**

Bring your favorite homemade dish with enough to share, and a copy of your recipe. This is a chance to share your most-requested recipes, showcase your culinary skills, and enjoy a scrumptious taste and share with fellow foodie friends. **Register two business days in advance: 336-992-3180.**

Spring Covered Dish Lunch **Sponsor: Arbor Ridge and Kerner Ridge** **Memory Care of Kernersville**

Friday, March 28, 12 noon
Say farewell to the dark winter evenings as we welcome longer, warmer days! Join us for a bright and cheerful lunch by bringing your favorite colorful side dish, salad, dessert, or drink with enough to share. Let us celebrate the arrival of spring together! Entrée will be provided by Arbor Ridge and Ridge Care of Kernersville. **Register by calling 336-992-3180 before March 21.**

Houseplant Care Workshop **Monday, March 31, 11:00 am**

Join us for a hands-on workshop dedicated to the art of houseplant care. We will equip you with the knowledge and skills you need to grow healthy, plants and bring the beauty of nature indoors. Get ready to get your hands dirty! During the workshop, you will have the opportunity to plant your very own young plant to take home, allowing you to immediately apply what you have learned. **Supply fee \$7.00 (cash only) due day of class. Register two business days in advance: 336-992-3180.**

You Go Girl: **But Only When You Want To!** **Tues., April 1, 8, 15 & 22, 12:00 – 1:15 pm**

The four-week sessions will provide you with instructions on how to actively correct and strengthen the muscles of the pelvic floor. You will learn simple educational tips and lifestyle suggestions for better pelvic and bladder health. You will receive an e-book packed full of information that will help keep you on track long after the class is over. Wear sturdy shoes, comfortable clothing (you can move easily in) and a bottle of water. You **MUST** attend the first class of the series as it lays the groundwork for the rest of the sessions. *The class fee of \$5.00 (cash only), is due on the first day of class and includes your instructions and e-book.* **Register two business days in advance: 336-992-3180.**

Announcements

Pickleball Lessons

**Thursdays, April 3 - 24, 9:30 – 11:00 am
at Kernersville Recreation and Events
Center, 1120 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. **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: 336-992-3180.**

Just in Time for Easter!

Chocolate and Tea Pairing

Thursday, April 3, 11:00 am

Join us for a Chocolate and Tea Pairing event with Martha Isenberg, *Tealightful Brand* Ambassador, just in time for Easter! Enjoy an interactive taste test where you will learn brewing techniques for loose leaf tea, explore health benefits, and discover how to enhance flavors by pairing different teas with chocolates. Do not miss the opportunity to sample chocolate and tea and find the best flavor combinations in this fun and educational experience. Bring a teacup and saucer if you have them. **There is a class minimum of 10 paid participants. RSVP required and chocolate fee of \$6.00 must be made no later than Tuesday, April 1st. Register by calling 336-992-3180.**

Acrylic Painting

**Mondays, April 7 - May 19, (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.**

Understanding Finances Onsite & Zoom Monday, April 7, 1:00 pm

Join us in celebration of Financial Literacy Month with Deborah, a seasoned financial counselor and 18 years of experience in budget and credit counseling. Learn how to assess your financial situation, manage your income, expenses, savings, and debts, and prepare for unexpected costs. **Register two business days in advance to register and for Zoom link if needed: 336-992-3180.**

Cash School Buddies

Wednesday, April 9, 9:30 am

Join the Shepherd's Center of Kernersville in a morning of activities with third-grade students from Cash Elementary School. Participants will engage in icebreakers, science project and a craft project to help bridge the generational gap. Seniors interested in being a buddy for this impactful program are encouraged to join in this intergenerational bonding experience. **Register two business days in advance: 336-992-3180.**

Feel Better, Move Better! Ten Minute Chair Massage

**Wednesday, April 9 & 23, 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. **Schedule your 10-minute chair massage appointment by calling 336-992-3180. \$10.00 cash only, payable day of appointment to Sandra Vicente.**

Cardstock Vase and Easter Treat Box Thursday, April 10, 10:00 am

Imagine a beautiful vase cover made from cardstock that can hold fresh flowers, branches, or any other decorative item you love. With simple folds and assembly, you will create a stunning centerpiece for your table or shelf. Also, transform a plain box into a delightful Easter-themed decoration or gift. **Supply fee of \$3.00 (cash only) is due on the day of class. Register two business days in advance: 336-992-3180.**

March and April Programs

Houseplant Swap

Monday, April 14, 1:00 pm

Join us for a fun and enriching plant swap event! Bring your house plant babies—whether they are cuttings, seedlings, or seeds—and share them with fellow plant enthusiasts. This gathering is a fantastic opportunity to diversify your plant collection and discover new species, all the while connecting with other plant lovers and saving some cash. Do not forget to share your best growing tips on light, water, and care to help everyone improve their green thumbs! **Register two business days in advance: 336-992-3180.**

***New!* Low Vision Support Group**

3rd Tuesday, April 15, 4:30 – 6:30 pm

The Triad Low Vision Support Group, led by Occupational Therapist Sheila Kirkman, offers a supportive environment for individuals experiencing vision impairment and their families to connect and share experiences. With in-person meetings and a Google Meet option available, participants can engage in discussions about adaptive strategies, daily routines, and available resources, as well as gain insights from guest speakers on relevant topics. The group fosters social engagement and understanding among those facing similar challenges, creating a community for sharing knowledge and support.

Register two business days in advance and get a google meet link (if necessary) by calling: 336-992-3180.

National Healthcare Decisions Day

Five Wishes Workshop:

(Advance Care Directives)

Wednesday, April 16, 11:00 am

Have you considered how you would like to be cared for in the future? *Five Wishes* is a comprehensive advance directive that ensures your medical, personal, emotional, and spiritual preferences are honored. This user-friendly document helps you communicate your wishes to loved ones and healthcare providers for peace of mind. Join Jeanne Slayton, a Certified End of Life Doula, as she guides you through the *Five Wishes* document and answers your questions about advance care directives and support for serious illnesses. Take charge of your future today! **Register two business days in advance: 336-992-3180.**

Truth Talk with Your Doctor

Host: Oak Street Health

Thursday, April 17, 10 AM

Ever felt tongue-tied or uncertain about what to share with your doctor? You are not alone. Join us for our upcoming class, where we will learn how to ask those essential questions, what NOT to keep under wraps, and why being open about your symptoms is crucial for your health.

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

Watercolor Spring Bouquet Lesson

Thursday, April 24, 10:00 – 12:00 pm

Join us for a morning of painting where you will explore watercolor techniques to create a stunning spring bouquet of flowers. This fun and creative workshop is perfect for all skill levels, as no prior experience is necessary. At the end of the session, you will take home a finished piece that is matted and ready to display, allowing you to showcase your newfound artistic skills.

Donations accepted for supplies. **Register two business days in advance: 336-992-3180.**

Arbor Day Covered Dish Lunch

Friday, April 25, 12 noon

Join us for our monthly covered dish lunch to celebrate Arbor Day by participating in tree themed puzzles, word search and enjoying good food and conversations with friends. Bring along your favorite dish—be it a main course, vegetable, side, dessert, or drink—with enough to share as we honor the beauty of nature together.

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

Community Recipe Taste and Share

Monday, April 28, 1:00 pm

Bring your favorite homemade dish with enough to share, and a copy of your recipe. This is a chance to share your most-requested recipes, showcase your culinary skills, and enjoy a scrumptious taste and share with fellow foodie friends. **Register two business days in advance: 336-992-3180.**

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 flower arrangements 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 aging related issues, legislative changes, elder abuse 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, lessons offered by request (*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*) offered periodically
Ukelele Troupe ~ 1:00 pm, Monday (*\$40.00 for 8 weeks*)
Covered Dish Luncheons ~ 12:00 pm, 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 ~ Wednesday, 9:00-12:00 pm, & Friday, 10 - 1 pm
 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, 2nd and 4th Tuesday
Cardio Drumming ~ 10:00 am, Monday and 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 (Beginner) ~ 11:15 am, Monday (*\$6.00/week*)
Line Dance 12:00 pm, Monday (*\$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*)
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*)

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.**

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



The Shepherd's Center Of Kernersville Staff

Executive Director

Asheley Cooper
asheley@shepctrkville.com

Operations Manager

Lisa Miller
lisa@shepctrkville.com

Senior Center Director

Debbie Williams
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Volunteer Services Manager

Claire Winfrey
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Volunteer Services Assistant

Dawn Rowe
volunteer@shepctrkville.com

Contact Us:

The Shepherd's Center of Kernersville

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

<https://www.shepctrkville.com>

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

Activities and Programs
336-992-3180
Office Hours

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

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

Appointments are February 5- April 12,
8:30 - 12:00 pm

Wednesday, Thursday, Friday and Saturday

You must pick up a tax preparation packet in our lobby.

Monday - Friday from 9:00 am to 3:00 pm,

**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 your tax documents and wait for a phone call.*

We will call you to schedule your appointment.

**For more information visit the AARP Tax-Aide Kernersville
website. [https://sites.google.com/view/aarp-tax-aid-kernersville/
home](https://sites.google.com/view/aarp-tax-aid-kernersville/home) or call 336-310-9007 or 336-310-6639 or email: Tax-
Aide.Kernersville@gmail.com**

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 bed rails, bedside commodes, toilet lift seats or bath and shower chairs or benches.
- We cannot accept equipment that is broken or needs repair, unclean, 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 loan out.**



Easy Ways to Give to The Shepherd's Center with the Harris Teeter VIC Card

Link your **Harris Teeter VIC card** to The Shepherd's Center of Kernersville account (#5447) by going to the customer service desk at Harris Teeter grocery store. We will receive a gift for our Bill Radisch Computer Learning Center when individuals purchase Harris Teeter brands.



Financial information about The Shepherd's Center of Kernersville and a copy of its license are available from the State Solicitation Licensing Branch at 1-888-830-4989 (within North Carolina) or (919) 807-2214 (outside of North Carolina). The license is not an endorsement by the State.