

THE SHEPHERD'S CENTER OF KERNERSVILLE



MAY - JUNE 2025



Your Guide to Services, Programs, and Activities

purpose

compassion

ENRICHMENT

life



Bill Dreshfield,
AARP Tax-Aide Local
Coordinator

AARP Tax-Aide - 2024 Tax Returns A Record-Breaking Year!

We are thrilled to announce our AARP Tax-Aide program has achieved remarkable success, setting new records in our tax return preparations. Here is a quick snapshot of our impressive numbers:

Total Returns Prepared: 904 - highest number ever completed.

Accepted E-files: 883 - also the highest on record!

Previous Record: 790 returns in 2018

Last Year Comparison: 772 accepted returns

Thank You Bill Dreshfield and Tax-Aide Volunteers!

This outstanding achievement reflects the incredible teamwork and effort put forth by the **Volunteers of the AARP Tax-Aide Preparation Team, Counselors, and Facilitators.**

A huge thank you to each of you for your hard work, which has led to a record-setting year.

We would especially like to shine a light on our "behind the scenes" team, including the **staff of The Shepherd's Center/Senior Enrichment Center and the dedicated volunteers** who tirelessly scheduled and confirmed our client appointments, making over 1,800 phone calls and addressing countless inquiries. Your efforts were crucial in facilitating this record year, and we could not have accomplished it without your incredible support and commitment.

Here's to more successful seasons of providing valuable services to our community and maintaining this momentum as we move forward.

Thank You ~ 2025 AARP Tax-Aide Volunteers!

**Because you gave your time, by the end of tax season we provided over
900 income tax returns!!!**

Angela Atkins
Shannon Barber
James Berry
Sandra Braham
Jenn Bowers
Debbi Butner
Cynthia Braman
Ellie Cheney

Barbara Cannon
Vincent Cimmino
Harweda Coe
Clarke Crews
Bill Dreshfield
Ken Drewry
Michael Entz
Barbara Forsyth

Mary Ann Fuhr
Patricia Gainey
John Gudat
Kathleen Hamann
Randy Hollifield
David Kenward
Lorrie Kenward
Maria Kucirka

Walt Morgan
Bob Spontak
Cheryl Voss
Linda Wakefield
Jeanne Weyant
Daniel Whitney
Bob Wilde
Ellen Wilson

2025 Lifting Lives Campaign

As we begin our 40th year of service to the Kernersville Community, we want to reflect on the progress we made together in 2024 and share a glimpse of what's ahead.

2024 Center Highlights

- ♥ We prioritized improving program quality and increasing engagement - resulting in a **16% increase in participation**, with **over 21,000 visits** to our Senior Center.
- ♥ We launched the **"Cash Buddies"** program with **Cash Elementary School**. Third-grade students visited the Center to participate in intergenerational art and science projects and interviewed older adults to share with their classmates.
- ♥ Through home-based services - such as transportation, grocery pickup, and handyman support - we assisted **over 1,000 seniors**. Additionally, **380 seniors** engaged in volunteer opportunities, collectively contributing more than **19,000 hours** of service.
- ♥ Our programs had a financial impact exceeding **\$1 million** in the community - an incredible milestone we achieved thanks to supporters like you.



Looking Ahead: 2025 and Beyond



♥ We are partnering with **Northington and Associates** to develop a **strategic plan** that will guide our future efforts as we continue to evolve and respond to the needs of older adults and caregivers.

♥ We're thrilled to mark our **40th anniversary** with a special **Benefit Dinner** on **May 8th** at Woodland Hall in Triad Park. If you're in town, we'd be honored to have you join us. **Stay tuned** - this is just the beginning! We'll be hosting a series of events throughout the year to celebrate four decades of serving our community.

♥ In **Spring 2026**, we are launching a **Group Respite Ministry** to support individuals with mild to moderate cognitive impairments. This initiative, in partnership with the **Respite for All Foundation**, will follow a proven, volunteer-driven, faith-based model to better serve our neighbors living with dementia.

Invest in The Shepherd Center of Kernersville today and help enrich the lives of seniors in our community. Your contribution is more than just financial support - it's a commitment to dignity, independence, and connection for those who need it most. Together, we can ensure older adults have access to essential services, social engagement, and compassionate care.

Yes! I will fund Lifting Lives with The Shepherd's Center of Kernersville

Name: _____ Phone: _____

Address: _____ City/State/Zip: _____

Email: _____ My employer will provide a match of: \$ _____ or _____ %

One Time Gift: \$2,500 \$1,750 \$1,000 \$750 \$500 \$275 \$100 \$ _____

If you would like to make a Reoccurring Gift, please contact Asheley Cooper at 336-996-6696

I make this donation in honor or memory of: _____

Send recognition of gift to: _____

Address: _____



A Heartfelt Thank You to Our 40th Anniversary Benefit Sponsors

Helping Hand



Nu Tau Zeta Chapter
Kernersville, NC



The Golden Girls

Caring Neighbor



Welcome Ramsey Belanoff, Our New Program Coordinator



Ramsey Belanoff joined The Shepherd's Center in March as our new Program Coordinator. Ramsey studied Gerontology in college, inspired by a close relationship with her grandfather, the late W. Clayton Mays, architect of the High Point Library

and Museum. She is a former National Park Ranger turned professional writer and has written for hardware, apparel and beverage companies, and she really enjoys people and a good laugh. Please let her know how you are enjoying the programs at TSCK and what program interests you for the future.

Coming Soon! Program Interest and Satisfaction Surveys

We are excited to launch our 2025 Surveys at the Center! Watch for two surveys in your email soon, and print copies will be available at the Center. Your feedback is crucial for improving our programs and services.

How It Works:

- Share your thoughts and ideas and submit the surveys online or in designated locations at the Center.
- We welcome your feedback and suggestions.
- We are committed to acting on your ideas and will share how they are implemented.

Thank You for Your Participation

We appreciate your input in shaping the future of our Center. Keep an eye out for the surveys, and let your voice be heard! Together, we can enhance our community experience.

**We Will be Closed
Monday, May 26 in
Observance of Memorial Day
and
Thursday, June 19th for the
Juneteenth Holiday**

Introducing Makers Mart:

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



Month of May

Artisan ~ Christine Harrison

Meet Christine Harrison - a lifelong art lover with a passion for creativity in all its forms! From bold dot art to unique book cakes, she's always exploring new ways to express herself. Her journey began back in high school, and ever since, she's been dedicated to honing her craft and pushing the boundaries of her artistic style. For Christine, art isn't just a hobby it is a way of life.



Month of June

Artisan ~ Erica Mercer

Meet Erica Mercer - a passionate scrapbooking and paper crafter. Lately, she has been creating unique art journals, perfect for showcasing small paintings and mini journals that are great for holding your favorite photos. When not crafting, she loves painting and photography. One of her favorite places to be is The Shepherd's Center. "It's been such a joy to meet so many kind and inspiring people here while doing what I love!"



May 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 \$6 12:00 - Pinochle 1:00 - Chair Yoga II \$5 1:00 - Tattng on <i>Zoom</i> 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 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 4th of July Park) 12:00 - Pinochle 1:00 - Chair Yoga I \$5 1:00 - Dominoes 2:00 - Beginner Crochet Lessons Offsite 4:00 - TedderBear Stamping on <i>YouTube Live</i> (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 - 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 2:00 - Beginner Crochet Lessons <i>Offsite</i>
SPECIAL PROGRAMS	5 9:30 - Acrylic Painting Lessons\$ 12 9:30 - Acrylic Painting Lessons\$ 19 9:30 - Acrylic Painting Lessons\$	6 1:00 - Zumba Gold\$ 13 1:00 - Zumba Gold\$ 4:30 - Low Vision Support Group 20 1:00 - Zumba Gold\$ 4:30 - Low Vision Support Group	7 14 11:00 - Chair Massage\$ (by appointment only) 11:00 - Piece of Cake Papercraft Workshop\$ 21 1:00 - Advocacy Letter Writing Party 1:00 - Shepherd's Center Circle	8 9:30 - Pickleball Lessons\$ 10:00 - Grief Support Series 15 9:30 - Beginning Bridge Lessons\$ 10:00 - Grapevine Floral Wreath Class 10:00 - Grief Support Series 22 9:30 - Beginning Bridge Lessons\$ 9:30 - Pickleball Lessons\$ 10:00 - Grief Support Series 1:00 - Box It Better! Journal Workshop\$	9 1:00 - Movie Matinee 16 23
	26 Closed for Memorial Day	27 1:00 - Zumba Gold\$	28 11:00 - Chair Massage\$ (by appointment only)	29 9:30 - Beginning Bridge Lessons\$ 9:30 - Pickleball Lessons\$ 10:00 - Grief Support Series	30 12:00 - Older Americans Month Covered Dish Lunch with <i>Mayor Dawn Morgan</i>



June 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 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 - 11:30 - Blood Pressure Screening Drop-in (2nd 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 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>2:00 - Beginner Crochet Lessons Offsite</p> <p>4:00 - TedderBear Stamping YouTube Live (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 - 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>1:00 - Movie Matinee (2nd Friday)</p>
SPECIAL PROGRAMS	<p>2 2:30 - Beginner Ukulele Lessons\$</p> <p>9 2:30 - Beginner Ukulele Lessons\$</p> <p>16 2:30 - Beginner Ukulele Lessons\$</p> <p>23 2:30 - Beginner Ukulele Lessons\$</p> <p>30 2:30 - Beginner Ukulele Lessons\$</p>	<p>3 10:00 - Candy Time</p> <p>1:00 - Quilted Jacket Lesson\$</p> <p>1:00 - Zumba Gold\$</p> <p>10 10:00 - Candy Time</p> <p>1:00 - Folio Gift Makers Workshop\$</p> <p>1:00 - Quilted Jacket Lesson\$</p> <p>1:00 - Zumba Gold\$</p> <p>17 1:00 - Quilted Jacket Lesson\$</p> <p>1:00 - Zumba Gold\$</p> <p>4:30 - Low Vision Support Group</p> <p>24 10:00 - Candy Time</p> <p>1:00 - Quilted Jacket Lesson\$</p> <p>1:00 - Zumba Gold\$</p>	<p>4 1:00 - GUIDE to Dementia Care</p> <p>11 11:00 - S'mores Crafting\$</p> <p>18 1:00 - Shepherd's Center Circle</p> <p>25 11:00 - Chair Massage\$ (appointment only)</p>	<p>5 9:30 - Beginning Bridge Lessons\$</p> <p>10:00 - Grief Support Series</p> <p>12 9:30 - Beginning Bridge Lesson\$</p> <p>10:00 - Grapevine Floral Wreath Class</p> <p>10:00 - Grief Support Series</p> <p>19 Closed for Juneteenth Holiday</p> <p>26 10:00 - Candy Time</p> <p>10:00 - Grief Support Series</p> <p>10:00 - Lake Watercolor class</p> <p>2:00 - 6 Pillars of Brain Health</p>	<p>6 2:00 - Beginner Crochet Lessons Offsite</p> <p>13 2:00 - Beginner Crochet Lessons Offsite</p> <p>Saturday, June 14</p> <p>Elder Abuse Awareness Walk, Stroll & Roll</p> <p>20 2:00 - Beginner Crochet Lessons Offsite</p> <p>27 12:00 - Luau Covered Dish Lunch</p> <p>2:00 - Beginner Crochet Lessons Offsite</p>
<p>\$ Supply and/or Instructor Fees *Call for more information 336-992-3180</p>					

May and June Programs

Join Us! Pinochle Card Players

Monday & Thursday, 12:00 - 3:00 pm

Calling All Pinochle Players! Do you enjoy strategy, teamwork, and friendly competition? We are seeking Pinochle card players to join our community at the Center! Whether you are a pro or a beginner eager to learn, come join the fun!

Why Play Pinochle? Meet fellow enthusiasts and make friends. Engage your mind and enhance your strategy skills. Enjoy a relaxed atmosphere filled with laughter. **For questions and to register, please call two business days in advance: 336-992-3180.**

Join Needle Arts Group

Thursdays, 10 - 11:30 am

Are you interested in needle arts or looking to explore a new hobby? Join our Needle Arts Group for a chance to connect with fellow enthusiasts and enjoy crafting together. All skill levels welcome—beginners and experienced crafters alike!

Bring your project(s), materials. Whether you love knitting, crocheting, sewing, embroidery, or any other needlecraft, come join the fun and creativity!

Do not miss out on this chance to make new friends. We look forward to seeing you there!

For more information or to register, call 336-992-3180.

Beginner Crochet Lessons Offsite

***On-going* Thursdays and Fridays, 2:00 pm - 4:00 pm**

To get started with crochet, it is important to learn the basic stitches and how to understand written patterns. Acquiring these skills will provide a strong foundation for tackling various crochet projects. Ensure you have a G or H hook or contact the Center to inquire about the availability of crafting supplies. Scrap yarn will be available but feel free to bring your own. Lessons are taught off-site at Marcia Byerly's home. **For more information or to register, call 336-992-3180.**

Pickleball Lessons

Thursdays, May 1, 8, 22 and 29

9:30 - 11:00 am

Kernersville Recreation and Events Center, 1120 Shields Road

Pickleball returns for its summer series! 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. *Can't make it this time? Catch us again in September!* **Register for the 4-week session by calling two business days in advance: 336-992-3180.**

Acrylic Painting Lessons

Monday, May 5, 12 and 19

9:30 - 11:30 am

Are you ready to try acrylic painting but are 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 three-week session. Lesson fee of \$17.50 (cash only) is due on the first day of class.

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

Zumba® Gold

Tuesdays, May 6 - June 24, 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) instructor fee per session.

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

**Good Grief Support Series
Onsite and Zoom**

**Thursdays, May 8 through July 3,
10:00 - 12:00 pm**

Please join us for a special 8-part series on Grief Support, led by *Family Support Counselor Holly Sluder*. Offering a supportive environment for individuals experiencing grief to learn, connect and share experiences. With on-site talks and a *Zoom* remote option available, participants can learn about living with grief, connect in discussions about coping strategies, day-to-day support, and available resources, as well as gain insights on relevant topics. The series will provide understanding among those facing similar challenges, creating a community of support. *It is not required to attend every part but recommended to receive the best benefit from the series.* **Register two business days in advance and get a Zoom link (if needed) by calling: 336-992-3180.**

**A Piece of Cake Papercraft Workshop
Wednesday, May 14, 11:00 am - 1:00 pm**

Crafting is a piece of cake! Join our class and learn how to make a slice or a whole birthday cake from cardstock! Expert paper crafter, Ellie will guide you through the fun and creative process. Your cake slices can be used as unique gift boxes, decorations, or keepsakes. Bring your creativity! **All supplies are provided. \$3 instructor's fee (cash only) due on the day of class. Register two business days in advance: 336-992-3180.**

**Feel Better, Move Better!
Ten Minute Chair Massage**

**Wednesday, May 14, 28 and June 25,
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.**

**New! Beginning Bridge Lessons
Thursdays, May 15 - June 12,
9:30 am – 11:30 am**

Join Judy Hedin's 5-week beginning bridge lessons. Perfect for those who have little to no knowledge, about Bridge. Get a chance to strengthen your brain power and have fun while learning. There must be 4 or 8 players. \$30.00 instructor fee due first day of lessons. **RSVP two business days in advance by calling 336-992-3180.**

**Advocacy Letter Writing Party
with Ice Cream
With Speaker, Dr. Althea Taylor Jones
Wednesday, May 21, 1:00 pm**

Dr. Althea Taylor Jones, North Carolina State Tarheel Legislator Volunteer (NCSTHL), will be sharing the importance of letting your voice be heard. Join us in writing letters to our state legislators to advocate for your Center, affordable housing for the elderly, and healthcare. We will enjoy ice cream provided by *Trellis* and fellowship while crafting these important letters. Your voice matters! Tell our legislators we need their help by voting for more funding towards senior centers, affordable housing, and healthcare. **Register two business days in advance: 336-992-3180.**

**Low Vision Support Group
3rd Tuesday, May 20 and June 17,
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, May 21 & June 18, 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.

New! Box It Better!

Makers Journal Workshop

Thursday, May 22, 1:00 pm - 2:30 pm

Come relax and craft! Join our class and make a beautiful journal/notebook from recycled boxes. Anything from a cereal box to a Jell-O box will work. **Bring your own box(s); all other supplies are provided. \$5 (cash only) instructor fee due on the day of class. Register two business days in advance: 336-992-3180.**

Older Americans Month Covered Dish Luncheon with Mayor Morgan



Friday, May 30, 12:00 pm

The theme for 2025 is "Flip the Script on Aging." There are many things we all can do to celebrate and honor the wonderful qualities and accomplishments of older Americans, beginning with our community. Join us for a covered dish luncheon, as Mayor Dawn Morgan discusses transforming how society perceives, talks about and approaches aging. with a question & answer session to follow. Bring your favorite dish, entrée, dessert, or drink—with enough to share. **RSVP required 2 business days in advance by calling 336-992-3180.**

Beginner Ukelele Lessons

Mondays, June 2 thru July 28 (8 weeks) 2:30 pm to 3:30 pm

Instructor and musician Allen Alston will provide beginner lessons for those who want to learn how to play the ukulele. You will need to bring a ukulele. \$40.00 (cash) instruction fee due on the first day of class. **Register two business days in advance: 336-992-3180.**

New! Quilted Jacket Lessons

Tuesdays, June 3 – 24, 1:00 pm – 4 pm

Linda Whicker will show you how to make a "one-of-a-kind original" quilted jacket. This class combines patchwork, quilting and sewing. It is for the intermediate sewer/quilter. You will enjoy your finished jacket and will want to make more! Class size is limited. Class fee \$35.00 (cash) first day of lessons. **Registration required by May 31 by calling 336-992-3180.**

Volunteer Opportunity! Candy Time with the Kernersville Police Department

June 3, 10, 23, 26, 10:00 am – 1 pm

Sign me Up! ~ Add My Name to the List!

Interested in Volunteering for Candy Bag stuffing with the Kernersville PD? Stuffing candy bags for the Fourth of July parade is a great way to spread cheer and connect with others. **If you want to join in the fun, call 336-992-3180 to be added to our community volunteer list. Register soon, seats will fill up quickly!**

AuthoraCare COLLECTIVE GUIDE to Dementia Care Presented by AuthoraCare

Wednesday, June 4, 1:00 pm – 2:00

What is GUIDE? Guiding an Improved Dementia Experience (GUIDE) is a new program from the Centers for Medicare and Medicaid Services (CMS) to help care for people with dementia. The goals of the GUIDE program are to improve quality of life for people living with dementia, reduce strain on their caregivers and to help people living with dementia remain in their homes. Learn more about this program, who can benefit, services and limitations, at this informative meeting. Light snacks and drinks provided.

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

New! Folio Gift Makers Workshop

Tuesday, June 10, 1:00 pm - 2:30 pm

Come relax and craft! Join our class and make a folio. Just a few supplies and new ideas will help you make a beautiful folio to keep or give. **All supplies are provided, with a fee of \$5 (cash only) due on the day of class. Register two business days in advance: 336-992-3180.**

May and June Programs

New! S'more Crafting

Wednesday, June 11, 11:00 am - 1:00 pm

Summer's nearly here! Join our class and make a customized box to pack your own s'mores kit. We'll guide you through the fun and creative process. Use them as cookout gifts and barbecue fun. Bring your creativity! **All supplies are provided. Instructor's fee of \$3 (cash only) due on the day of class. Register two business days in advance: 336-992-3180.**

The Six Pillars of Brain Health *Onsite and Zoom*

Thursday, June 26, 2:00 pm

In honor Alzheimer's Awareness Month, join us for a workshop on brain health. When it comes to your overall health, your brain is as important as your heart and lungs. Learn about Staying Sharp, the Six Pillars of Brain Health and maintaining mind, body, and soul. This is a Hybrid Class: available for viewing at the Senior Center *and* in the comfort of your home with a *Zoom link*. **Register 2 business days in advance and/or if you need a Zoom link call 336-992-3180.**



Watercolor Lake Landscape Lesson

Thursday, June 26, 10:00 am – 11:30 pm

Join us for a morning of painting where you will explore watercolor techniques to create a stunning lake landscape. 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.**



Luau Covered Dish Lunch *Sponsored by Kerner Ridge*

Friday, June 27, 12:00 pm

Let's hula-fy our spirits at the luau! Dress up in your favorite Hawaiian-inspired outfit and encourage all your fellow Senior Center participants and friends to attend. Entrée will be provided by Arbor Ridge and Ridge Care of Kernersville. Bring a delicious summer side dish, dessert or drink with enough to share. **RSVP required 2 business days in advance by calling 336-992-3180.**



Elder Abuse Awareness Walk, Stroll and Roll June 14, 2025

Registration & Vendor Fair: 9:00 am
Opening Ceremony & Walk Kick-Off: 10:30 am

Join the Shepherd's Center Team before June 6 by calling 336-992-3180 or fill out the form below and drop off at the Center.

WALK REGISTRATION FORM

PLEASE PRINT CLEARLY:

Individual Name: _____

Team Name (if applicable): The Shepherd's Center of Kernersville

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Email: _____

T-Shirts will be distributed on a first-come, first-served basis at the event.

Please return completed form to The Shepherd's of Kernersville 636 Galin Street



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.

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
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Operations Manager

Lisa Miller
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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



Over the past few months, No Time For Grime Cleaning Services has done a fantastic job cleaning TSCK. If you are need of cleaning services reach out to Rebecca & Jason Dupuis at 336-778-6524 or www.notimeforgrimecleaning.com

Computer Lab and Learning Center Wednesday, 8:30 am to 11:30 am

Friday, 10:00 am - 1:00 pm

Our Computer Learning Center invites anyone needing help with Windows computers, Android phones and tablets, and Chromebooks to stop by the computer lab in the Kernersville Senior Center. We will be glad to help you learn (one-on-one) how to use those devices and programs associated with them (email, documents, etc.). We will repair your device, install programs, etc. If you have a "dead" device, bring it for us to attempt to revive it. Call 336-992-31810 to schedule your appointment. \$5 fee if we are able to help you.

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, is 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 your 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.