

THE SHEPHERD'S CENTER OF KERNERSVILLE



JULY AUGUST 2025



Your Guide to Services, Programs, and Activities

purpose

compassion

ENRICHMENT

life

Dear Friends of The Shepherd's Center,

At The Shepherd's Center of Kernersville, we are lucky to witness moments every day that remind us why our work matters so deeply.

Like the member who recently shared, "Prior to joining the senior center, my days were spent alone and isolated, truly in despair. I was immediately told I am not alone anymore. And they were right."

This is the heart of our mission and the kind of impact you make possible.

For over 40 years, your generosity has helped create a place where older adults and caregivers feel seen, valued, and connected. Whether through a painting class, a support group, or simply a safe place to belong, you help create joy, connection, and purpose for those who need it most.

We hear it again and again:

- "I live alone and have no family nearby. The chance to socialize has been pivotal to my well-being."
- "I was welcomed and now have joy back in my life."
- "They give me purpose. I no longer dread waking up to empty lonely days."

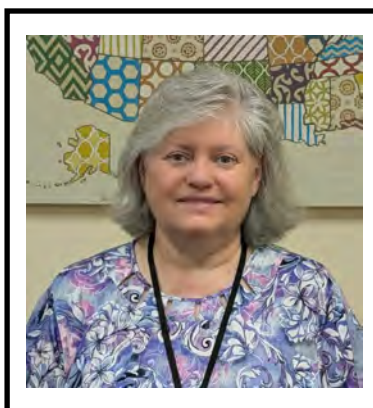
These are your gifts in action.

And as we kick off our 2025 Annual Giving Campaign, I hope you will consider making a gift to help keep our programs going, many of which are free or low-cost. Your support ensures we can continue to serve those who, as one caregiver said, "depend on the senior center programs – they give my grandmother a reason to leave the house."

Every gift — no matter the size — helps us ensure that no senior or caregiver in our community feels forgotten or alone.

Thank you for being such an important part of this work.

With Heartfelt Gratitude,
TSCK Board and Staff



Welcome Sandy Weavil

Join us in welcoming Sandy Weavil as *Lead Volunteer* for our Durable Medical Equipment Loan Closet!

DME Loan Closet Protocol Update

Effective July 1, 2025

- All equipment requests must be submitted with the Front Desk Receptionist.
- Requests will now be processed on Tuesday & Thursday mornings.
- Emergency requests will be handled as needed, based on staff availability.

We only accept donations of wheelchairs, rollators, knee scooters, walkers, and canes.

- Equipment must be clean, sanitized and in good working condition.
- We do not accept bedside rails, commodes, toilet lift seats, bath and shower chairs, or benches.
- We cannot accept battery powered or motorized equipment.
- 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 336-996-6696 in advance before dropping off medical equipment donations, or for more information.

Introducing Makers Mart:

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



Month of July ~ Sandy Norris ~ *Misfit Windchimes*

Sandy began beading in 2016 as a way to strengthen her hand-eye coordination during recovery from a brain aneurysm. As her collection of beadwork grew, she turned to God for guidance on what to do with it all?

The answer came simply: “Put it on a stick.” And with that, *Misfits Windchimes* was born.

Each chime is crafted with Care-using parts from repurposed jewelry and unique toppers discovered on walks with her beloved pup, Sarge, or gifted by friends who know to keep an eye out for special finds.



Month of August ~ Edith Parker ~ *Glamour Birds*

Edith has been crafting almost all her life, her mother was a seamstress and made home decor as well. She has many talents in doll making, fabric painting and sewing as a creative hobby that she shares with others at craft shows.

***Glamour Birds*, embellished with sequins and fine stitching are just one of the many treasures she creates.**

Handmade from dyed wool felt. Each bird is colored coordinated to match our local wildlife, 5 inches in length and width.





July 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
9:30 - Bridge 10:00 - Cardio Drumming 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 - Tattning on Zoom 1:00 - Ukulele Troupe \$* 2:30 - Ukulele Lessons \$* 1:30 - Advance Square Dance \$6	9:30 - Bee Quilters 9:30 - 11:30 - Blood Pressure Screening Drop-in (3rd Tues) 10:00 - Music Jam Session 10:00 - Stretch & Flex 11:30 - Hand & Foot 12:30 - 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 (Location TBD)* 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>
\$ Supply and/or Instructor Fees *Call for more information 336-992-3180 1				
7 12:00 - Pinochle	8 1:30 - Meet David Brown, Local Author 4:30 - Low Vision Support Group	9 11:00 - Time for Tea Craft\$ (teacup)	10 1:00 - Samba Card Lessons 1:00 - Butter Bean Auction	11 1:00 - Movie Matinee
14 11:00 - Body Butter Make-n-Take 12:00 - Pinochle	15 1:30 - Meet David Brown, Local Author 4:30 - Low Vision Support Group	16 10:00 - 3:30 pm Mandala Basket Class\$ 12:00 - Learn About Video Chat Apps <i>Onsite and Zoom</i>	17 11:00 - Lunch and Learn Market Volatility 11:00 - Time for Tea Craft\$ (flowers) 1:00 - Samba Card Lessons	18
21 12:00 - Pinochle	22	23 10:00 - 3:30 pm Mandala Basket Class\$ 10:30 - Sunflower Wool Applique	24 10:00 - Advance Care Planning 10:00 - Monster Card Stamping 1:00 - Samba Card Lessons	25 12:00 - Summer Picnic Covered Dish Lunch
28 12:00 - Pinochle	29 11:00 - Understanding Alzheimer's	30 10:00 - NCDOT Update	31 1:00 - Samba Card Lessons	

WEEKLY PROGRAMS


SPECIAL PROGRAMS






August 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 - Cardio Drumming 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 - Tating 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 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 (Location TBD)* 12:00 - Pinochle 1:00 - Chair Yoga I \$5 1:00 - Dominoes 2:00 - Beginner Crochet Lessons Offsite 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 1:00 - Movie Matinee (2nd Friday) *
SPECIAL PROGRAMS	4 \$ Supply and/or Instructor Fees *Call for more information 336-992-3180	5 12 10:00 - Free Hearing Screening by Appointment Only 19 4:30 - Low Vision Support Group	6 13 10:00 - Whimsical Watercolor Lesson 20	7 11:00 - Fall Paper Lanterns \$ 1:00 - Samba Card Lessons 14 10:00 - Shadowbox Stamping 1:00 - Painting with Friends 1:00 - Samba Card Lessons 21 1:00 - Samba Card Lessons	8 15 6:00 - Senior Planet Drumming Circle on Zoom 22 12:00 - Be an Angel Covered Dish Lunch SATURDAY August 23 10:00 - Holiday Cards\$
	11 12:00 - Pinochle 18 10:00 - Paint a Birdhouse with <i>Byrdhouse Books</i> 12:00 - Pinochle	12 11:00 - Chair Massage\$ (appointment only) 1:00 - Ice Cream Social 2:00 - Hiring in Home Care	13 11:00 - Lunch and Learn Women, Wealth and Wisdom 1:00 - Samba Card Lessons	25 12:00 - Pinochle	26 27 28 29



July and August Programs		The Shepherd's Center of Kernersville Register by Calling: 336-992-3180	
Program Title	Date/Time	Description	Registration and Fees
Time for Tea ~ Papercrafts	Teacup and Saucer: Wednesday, July 9 11:00 - 12:30 pm and Flowers: Thursday, July 17 11:00 - 12:30 pm	Create & Craft: Papercraft Teacups and Flowers Join us for creative papercraft sessions where you will design an elegant teacup and saucer and flowers from pastel cardstock. This two-part series includes: Part 1: Teacup & Saucer Craft– July 9 Part 2: Paper Flower Craft – July 17 Attend one or both sessions—each class stands alone and is suitable for all skill levels, from beginners to seasoned crafters. Come for the crafting, and stay for the creativity and Community.	Register two business days in advance prior to each class. \$5.00 supply fee.
Samba Card Lessons	Thursdays, July 10 - August 28 1:00 - 3:00 pm	Looking for a fun, social card game with a mix of strategy and luck? Join us for Samba, a lively, easy-to-learn rummy-style game for 2 to 6 players. All experience levels welcome.	Register by July 8.
 Butter Bean Auction Hosted by Oak Street Health	Thursday, July 10, 1:00 - 3:00 pm	Back by popular demand! Come join the fun at this thrilling event, where everyone gets to place bids on a variety of items using butter beans as money.	Register by July 7.
Homemade Body Butter Make-n-Take	Monday, July 14, 11:00 - 12:00 pm	Enjoy a relaxing self-care workshop retreat at this workshop where you will create homemade body butter lotion. Jenn Bowers and Pat Crofts will guide you—no experience necessary, all materials provided.	Register by July 11.
Meet David Brown, Local Author	Tuesday, July 15, 1:30 - 2:30 pm	Meet retired Kernersville Police officer and local author David Brown. David will discuss his journey from law enforcement to writing historical fiction. He has published <i>An Interview with Lincoln</i> and is currently writing articles for <i>Kernersville Magazine</i> .	Register by July 13.
Low Vision Support Group	Tuesday, July 15 and August 19 5:30 - 6:30 pm	The Triad Low Vision Support Group, led by OT Sheila Kirkman, offers a supportive space for those with vision impairment and their families to connect, share, and learn. Meetings (in person or via Google Meet) include tips, strategies, and guest speakers.	Register two business days in advance and get a Google Meet link (if needed).

July and August Programs		The Shepherd's Center of Kernersville Register by Calling: 336-992-3180	
Program Title	Date/Time	Description	Registration and Fees
Mandala Basket Classes (two-part lessons)	Wednesday, July 16 and 23, 10 am – 3:30 pm	Learn to make two beautiful dot mandala baskets. Students will be taught the dotting technique on July 16 and finish their baskets on July 23rd. Bring a snack to share. To Register, email Diane: dfrankenfield@live.com	Email Diane to Register by July 9. Supply fee July 16 ~ \$55.00 and/or \$45.00.
Learn About Video Chat Apps <i>Onsite and Zoom</i>	Wednesday, July 16, 12:00 pm	Learn about commonly used, no or low-cost video chat apps, including their features, and get tips on how to use them. <i>Presented by Senior Planet and AARP.</i> 	Register by July 14 for Onsite viewing or get Zoom link.
Lunch & Learn Market Volatility	Thursday, July 17, 11 am - 1:00 pm	Discover more about Market Volatility and enjoy lunch, provided by financial advisor Emily Farrell, as she explains how seniors can effectively navigate the current economic landscape.	Register by July 14.
 Sunflower Applique Coaster	Wednesday, July 23, 10:30 am - 12 pm	Express your creativity while learning different stitches making a beautiful sunflower coaster. Kit includes 100% felted wool, floss, needles, and pins. Please let us know if you'll be sewing or fusing.	Register by June 21. Kit Fee \$10.00
Monster Card Stamping with Patti	Thursday, July 24, 10:00 am	Create handmade, stamped monster-themed cards for friends and family, step-by-step from a kit in this fun class led by Patti Fegley.	Call Patti to Register: 412-480-8007 by July 18. Supply fee \$15.
 Advanced Care Planning Hosted by Trellis	Thursday, July 24, 10:00 am - 11:00 am	Join Trellis Supportive Care for a workshop on advance care planning —a legal way to document your healthcare wishes if you are unable to speak for yourself. Attendees can complete and notarize a <i>Living Will</i> during the session. Take this important step and share your plans with loved ones.	Register by July 22.
Summer Picnic July Covered Dish Lunch	Friday, July 25, 12:00 pm	It's time for our summer picnic-themed covered dish luncheon! Join us for a sunny afternoon filled with fun, food, and good company. Bring a friend and your favorite summer dish, entrée, dessert, or drink—enough to share with the group!	Register by July 23.

July and August Programs

The Shepherd's Center of Kernersville
Register by Calling: 336-992-3180

Program Title	Date/Time	Description	Registration and Fees
Understanding Alzheimer's	Tuesday, July 29, 11:00 pm	Join Ben Yeager, Program Manager for Alzheimer's Association of Western NC, for an informative session on Alzheimer's, for patients and caretakers. This class will review signs and symptoms, risk factors and how best to assist your loved one(s). A question-and-answer session will follow the presentation.	Register by July 23.
NCDOT	Wednesday, July 30, 10:00 am	John Rhyne, NCDOT Division 9 Engineer, will provide updates and new details about current construction, future road and transportation projects in and around Kernersville. A question-and-answer session will follow his presentation.	Register by July 28.
Fall Paper Lantern Craft	Thursday, August 7, 11:00 - 12:30 pm	Join us for a relaxing papercraft session to create a pumpkin lantern and fall centerpiece from cardstock. With step-by-step guidance, you'll assemble your lantern using glue and a tea light—no experience needed!	Register by August 5. Supply fee \$5.
 Free Hearing Screening	Tuesday, August 12, 10:00 - 12:00 pm	Concerned about your hearing? Make an appointment for a free screening on <i>High Point Audiological's</i> hearing screening bus. Discover if you may be one in every three adults with hearing loss.	Call before August 7 to make an appointment.
Whimsical Watercolor Lesson	Wednesday, August 13, 10:00 - 11:30 pm	Join us for a fun morning of watercolor painting as you learn techniques to create a whimsical piece. No experience needed! Leave with a finished, matted artwork ready to display.	Donations accepted for supplies. Register by August 11.
Shadowbox Stamping with Patti	Thursday, August 14, 10:00 - 12:00 pm	Make a customized Shadow Box to showcase your stamping projects! Patti will guide you step-by-step in this fun project. Call Patti to register: 412-480-8007.	Call Patti to Register by July 28. Supply fee \$45.00.
Painting with Friends	Thursday, August 14, 1:00 pm	Back by popular demand! Relax and have fun painting with friends. Learn how to create a beautiful acrylic painting with personal instruction and mix and mingle to make new friends. Arosa will provide all the supplies free of cost.	Register by August 7 Space is limited.

Program Title	Date/Time	Description	Registration and Fees
<p>Drumming Circle Therapy On Zoom</p>	<p>Friday, August 15, 6:00 pm</p>	<p>Join this virtual drum circle therapy session and find temporary relief from stress, anxiety, depression, and pain. No skill necessary and anything, from buckets to pots, can be used as a drum. View from the comfort of your home on <i>Zoom</i>. Presented by <i>Senior Planet and AARP</i>.</p>	<p>Register by August 13 to get Zoom link.</p>
<p>SENIOR PLANET FROM AARP</p>			
 <p>Paint a Birdhouse</p>	<p>Monday, August 18, 10:00 - 12:00 pm</p>	<p>Paint a birdhouse with Jordan of Byrdhouse Books. Paint and decorate pre-assembled 6 x 5 wooden birdhouses.</p>	<p>Register by August 16. \$5 supply fee.</p>
<p>Be an Angel Covered Dish Lunch</p>	<p>Friday, August 22, 12:00 pm</p>	<p>Celebrate kindness, compassion and community on <i>National Be an Angel Day</i> at our covered dish luncheon. Encourage all your fellow Senior Center participants and friends to attend. Bring a delicious summer entrée, side dish, dessert or drink with enough to share.</p>	<p>Register by August 20.</p>
<p>Tedderbear Holiday Stamp Camp</p>	<p>Saturday, August 23, 10:00 am - 4:00 pm</p>	<p>This annual event is an opportunity to make a total of 16 Holiday cards: 3 each of 5 card designs, and 1 card that is over the top for that special person. Bring your own adhesive and a potluck dish with enough to share.</p>	<p>Register by August 2. TEXT Lisa, 336-408-8957. Supply fee \$45.00.</p>
<p>Feel Better, Move Better! Ten Minute Chair Massage</p>	<p>Wednesday, August 27, 11:00 am - 1:00 pm (by appointment)</p>	<p>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.</p>	<p>Schedule an Appointment. Call 336-992-3180. \$10.00 massage fee</p>
<p>Ice Cream Social Sponsored by Home Loving Care</p>	<p>Wednesday, August 27, 1:00 - 2:00 pm</p>	<p>Get out of the heat for a cool ice cream treat at a full ice cream bar. Ice cream cones sweet toppings, and sugar-free options will be available.</p>	<p>Register by August 25.</p>
 <p>Hiring in Home Care</p>	<p>Wednesday, August 27, 2:00 pm - 3:30 pm</p>	<p>Following the ice cream social: enjoy your ice cream as Beth Fowler, RN from <i>Home Loving Care</i> leads a discussion about the ins and outs of in-home care.</p>	<p>Register by August 25.</p>
<p>Lunch and Learn Wealth, Women & Wisdom</p>	<p>Thursday, August 28, 11:00 am</p>	<p>Learn how women have figured out real-world money management— and enriched their lives in ways beyond their bank accounts. Join Emily Farrell, Financial Advisor for this free lunch and learn class.</p>	<p>Register by August 25.</p>

Overview of Services and Programs

purpose

compassion

ENRICHMENT

life

Transportation: Provide rides to and from medical appointments.

Friendly Caller: Weekday calls to homebound recipients for a "friendly hello".

Visitation: Provide short visits for socialization and/or longer visits for relieving family caregivers.

Personal Shopper: Pickup, fulfill, & deliver groceries, food pantry requests, and prescriptions.

Project Joy: Procure, arrange, and deliver donated 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

On-Going Programs and Drop-in Activities

ARTS & CRAFTS

- American Sewing Guild** ~ 10:00 am, 3rd Wednesday (*fees apply*)
Art Studio – Casual Creativity for Everyone ~ 1st and 3rd Fridays, 9:00 – 1:00 pm
Basket Weaving ~ 1:00 noon, Wednesday (*kit fees apply*)
Bee Quilters ~ 9:30 am, Tuesday
Four Seasons Watercolor Club & Open Paint Studio ~ 12:00 pm, Wednesday
(Fees apply for Watercolor Club, Open Paint Studio is free)
Needle Arts ~ 10:00 am, Thursday
Open Watercolor Studio ~ 12:00, Wednesday
Rubber Stamping with Patti ~ 10:00 am, 2nd Friday, (*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*
Watercolor Lessons ~ Offered periodically, call to express interest (*fees apply*)

EDUCATION, ENRICHMENT, SOCIALIZATION

- Computer Lab/Learning Center** ~ 9:00 -11:00 am, Wednesday & 10:00 - 1:00 pm, Friday
 By Appointment Only, One-on-one teaching and technical assistance. (*\$5.00 if we can help*)
American Sign Language Practice ~ 12:00 noon, Wednesday
Books Ignite! Book Club ~ 1:00 pm, 3rd Tuesday
Caregiver Support Group ~ 11:00 am, 2nd and 4th Monday
Covered Dish Luncheons ~ 11:30 am, once a month on a Friday
Movie Matinee ~ 1:00 pm, 2nd Friday, *Call for Movie Title*
Music Jam Session ~ 10:00 am, Tuesday
Ukulele Lessons ~ 2:30 pm, Monday offered periodically, call for schedule (*fees apply*)
Ukelele Troupe ~ 1:00 pm, Monday (*\$40.00 for 8 weeks*)
Lectures on a variety of topics are offered monthly. Check Center calendar for schedule

HEALTH & WELLNESS

- Blood Pressure Screening** ~ 3rd Tuesday 9:30 - 11:30 am
Cardio Drumming ~ 10:00 am, Monday & 2:00 pm, Tuesday
Chair Yoga I ~ 1:00 pm, Thursday (*\$5.00 per session*)
Chair Yoga II ~ 1:00 pm, Monday (*\$5.00 pe session*)
Line Dancing 12:00 pm, Monday (*\$6.00 per session*)
Line Dancing (Beginner) ~ 12:30 pm, Thursday (*\$6.00 per session*)
Pickleball Lessons ~ Offered periodically, call to express interest (*\$20.00 for 4 weeks*)
Square Dancing (Advanced) ~ 1:30 pm, Monday (*Not a teaching Class, \$6.00 per session*)
Stretch & Flex Exercise ~ 10:00 am, Monday, Tuesday & Thursday
Tai Chi ~ 10:00 am, Wednesday (*\$5.00 per session*)
Walk with Williams ~ 10:00, Thursday (4th of July Park or Parks & Recreation Center)

FUN & GAMES

Board Games ~ Drop-in 8:00 am-4:00 pm, Monday – Friday

Bingo ~ 10:00 am, Friday. (*Bring two prizes and win two prizes.*)

Bowling ~ 1:30 pm, Wednesday, Countryside Bowling Lanes, 1005 Masten Dr.,
(*\$9.50 inc. shoe rental and 3 games*)

Advance Bridge ~ 12:30 pm, Tuesday

Senior Bridge ~ 9:30 am, Monday

Bridge Lessons ~ offered periodically, call for schedule (*fees apply*)

Dominoes ~ 1:00 pm, Thursday

Euchre ~ 10:00 am, Thursday

Games & Conversation ~ 10:00 am, Wednesday

Hand & Foot ~ 11:30 am, Tuesday & Friday

Jigsaw Puzzle Library and Puzzle Table ~ Drop-in, 8:00 am - 4:00 pm, Monday - Friday

Mah Jongg ~ 12:30 pm, Wednesday

Pinochle ~ 12:00 noon, Monday and Thursday

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

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Contact Us:

The Shepherd's Center of Kernersville

636 Gralin Street
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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.

Christmas In July and Patriotic Bingo

Fridays in July, 10:00 am

Add a little Holiday Glitz, Christmas bling or patriotic/Red, White & Blue to your bingo prizes during the month of July. Bring 2 prizes, win 2 prizes with a holiday or patriotic theme!

Music at Twilight

at Paul J. Ciener Botanical Garden

Thursday, August 28 and September 25, 6:00-8:00 pm

Celebrate local talent in a magical twilight setting, enjoy live music, stroll through beautiful gardens, and savor food and drinks from local vendors. Bring friends, family, and a blanket or chair for relaxing community evening under the stars.

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.