

THE SHEPHERD'S CENTER OF KERNERSVILLE



SEPTEMBER - OCTOBER 2025



Your Guide to Services, Programs, and Activities

purpose

compassion

ENRICHMENT

life

Thank You!

We are absolutely blown away by the generosity and heart this community has shown. In the final days of our 40th Anniversary Campaign, you didn't just help us reach our \$40,000 goal — you helped us blow right past it.

As of today, we're excited to share that we've raised **more than \$50,000, or over 25% above our goal!** We're still waiting to receive some pledged gifts, and we'll announce the official final total next week, but we couldn't wait to say **THANK YOU.**

THANK YOU for helping us celebrate our 40th anniversary in the biggest way possible. **THANK YOU** for believing in this mission. And **THANK YOU** for supporting the aging adults in our community who rely on The Shepherd's Center every day.

In these uncertain times, when so much feels unstable or out of our control, your support is something we can hold onto. **Because of you, our neighbors feel safe, supported, and cared for.** They know they have somewhere to turn, and that matters more than ever.

We can't wait to share the final total and, more importantly, to share what your generosity is making possible every day.

With gratitude,

Asheley Cooper
Executive Director



Have You Heard the Good News? Renovations Are Coming Soon!

Since moving into our building in November 2021, we've learned how our space supports the many ways we gather, learn, and connect. At that time, we made some big improvements—new flooring, fresh paint, and even enlarging Room D.

Now, as our programs and staff continue to grow, it's time for the building to grow with us. We need more space for classes, staff offices, and storage.

This summer, we put our renovation project out to bid and selected Medford Construction to lead the work. Plans will be submitted to the town by the end of this month, with approval expected in October and construction beginning in November.

The work will take place in stages and should be completed by the end of the year. During this time, some classes may be held in different rooms or off-site.

We appreciate your patience and understanding as we make these exciting improvements—and we look forward to welcoming you into our refreshed and expanded center very soon!

The Shepherd Center of Kernersville 35th Annual Golf Tournament

SWINGIN' "Fore" Seniors

Friday, October 3, 2025

Pine Knolls Golf Club – 1 PM Shotgun Start

Register Your Team Today at

www.shepctrkville.com or call 336-996-6696

New For 2025: Ball Drop Raffle
and Beat the Pro Challenge!

PRESENTED BY THE LAWRENCE
AND ETTA LEE POPE FOUNDATION



Meet the Candidates – Municipal Forum Announcement

Date: Tuesday, October 21

Time: 5:30 PM – 7:00 PM

Location: Fire Station #42 – 1180 NC Hwy 66

Admission: Free and Open to the Public

The Kernersville Chamber of Commerce and The Shepherd's Center of Kernersville invite you to a meet and greet for candidates running for Mayor and the Board of Aldermen in Kernersville.

This community-focused event gives residents the opportunity to meet the candidates, ask questions, and hear directly from those seeking to serve our town.

Event Schedule:

5:30 pm – Meet the Candidates Reception

Enjoy informal conversations with the candidates during a 45-minute meet and greet session.

6:15 pm – Candidate Introductions

Each candidate will speak for 2–3 minutes about their platform and priorities for the community.

Candidates for Mayor: Kevin Hansford and Dawn Morgan

Candidates for Board of Aldermen:

Bill Apple, John Barrow, Michael Enscore, James (J R) Gorham, Randall T. Pegram, Joe Pinnix, Sarah Sabanis, and Chris Thompson

This is your chance to become better informed before the upcoming election. Do not miss this opportunity to meet the people who want to lead Kernersville forward!

AARP Tax-Aide Volunteers are Needed for 2026 Tax Season

Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. This past tax season, we helped over 900 people in the Kernersville area, with those getting refunds averaging just over \$1,100.

We are looking for more volunteers to help us serve more people in the community. Volunteers to fill two types of positions: Client Facilitators (Intake) and Tax Counselors.

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

Requirements: detail-oriented, desire to help others and must attend training in December (on-line) and January (one half-day face to face).

Tax Counselor - volunteer at least four hours per week during tax season Tax Counselors help low to moderate income age 50+ adults to prepare and file their tax returns online. Their assistance helps relieve the burden and stress of clients doing their own taxes. Experience is helpful but not required; we will provide training and IRS certification.

Requirements: Detail oriented, must attend 50+ hours of provided training on-line and face-to-face (held November through January), be comfortable with technology, and must pass IRS Advanced Certification (after training).

If you are interested in volunteering for the Tax-Aide program, or if you want more information, please contact Bill Dreshfield (Phone 336-310-9007) or Email TaxAide.Kernersville@gmail.com

Volunteer Opportunity: Transportation & Errands Office Volunteer

We are looking for a **Transportation & Errands Office Volunteer!**

You will help schedule rides, coordinate grocery and pharmacy pickups, and make sure older adults get the support they need. *No two days will be the same!*

Commitment: 8-10 hours per week (flexible schedule, but dependability is key!)

◆ Skills that shine in this role:

- Strong organizational skills
- Compassionate & understanding personality
- Clear written & verbal communication

Computer skills (Email, Excel & Word)

You will work alongside **Dawn Rowe (Volunteer Services Assistant)**, helping keep things running smoothly and making a real difference in the lives of older adults in our community.

Interested? Contact **Dawn Rowe** or **Claire Winfrey** at **336-996-6696** or stop by their offices to learn more.



Blessings in a Box

We are excited to share that our Heat Relief Blessing Project successfully served 20 homebound adults this summer! Thanks to the generous donation of box fans from Crisis Control Ministry, and the dedication of our amazing volunteers, these individuals received much-needed relief from the heat. **If you or someone you know (aged 60+) needs a box fan, please contact our front desk so that we can bless them! 336-996-6696.**



Project Joy- Greeting Card Donations

Each week The Shepherd's Center of Kernersville sends cards to our community through our Project Joy service. We need various greeting cards! We need cards for: birthday, sympathy, congratulations, and thinking of you – both feminine and masculine. Donations of cards can be dropped off at our front desk. Thank you for your support.

Introducing Makers Mart: Celebrating Creativity at 50+

Each month, TSCK will spotlight local Makers in our lobby, showcasing their unique talents and creations. Transforming it into a vibrant mini-market featuring handmade goods, artwork, crafts, and more. It is a unique opportunity to discover one-of-a-kind items. **Stop by, explore their work, and support lifelong creativity!**

September *Sally's Southern Style*

Sally Smith making pumpkins in 1974 in her hometown of Danville, Illinois. She moved to Kernersville in 2018 from Ocala, Florida to live near her daughter and family.



Sally shared:
Her pumpkin designs have changed a little bit over the years and she has tried different fabrics as well.

She started out making them from felt and moved on to using cotton fabric as well as canvas for the hand painted ones. She also, designs baseball and football pumpkins!

She uses real pumpkin stems for the pumpkins, which gives them a more realistic creative look.

Sally loves the Fall and pumpkin season. Her pumpkins are unique and one of a kind!



October ~ *Ann's Sewing Corner*



Ann Jones began sewing at three, creating her first handkerchief for her father. As she grew, she hemmed her sisters' hand-me-downs and made her own clothes, including her wedding dress.

This led to making wedding gowns and suits for others. Her skills evolved into tailoring, and eventually teaching tailoring at Forsyth Technical Community College.

To Ann, "Sewing is like breathing." She wakes up in the mornings and asks, "What can I sew today?"

Ann's Sewing Corner features, hand made lap quilts, bowl cozies, pillows, hand towels and more!



September 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 - Cardio Drumming</p> <p>10:00 - Stretch & Flex</p> <p>11:00 - Caregiver Support Group (2nd & 4th Mon.)</p> <p>12:00 - Line Dance \$6</p> <p>12:00 - Pinochle</p> <p>1:00 - Chair Yoga II \$5</p> <p>1:00 - Tattng on Zoom</p> <p>1:00 - Ukulele Troupe \$*</p> <p>2:30 - Ukulele Lessons \$*</p> <p>1:30 - Advanced Square Dance \$6*</p>	<p>9:30 - Bee Quilters</p> <p>9:30 - 11:30 - Blood Pressure Screening Drop-in (3rd Tues)</p> <p>10:00 - Music Jam Session</p> <p>10:00 - Stretch & Flex</p> <p>11:30 - Hand & Foot</p> <p>12:30 - Advanced 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 Wed.)</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 (4th of July Park)*</p> <p>12:00 - Card Lessons</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>1 Closed for Labor Day Holiday</p> <p>8 9:00 - <i>New!</i> Chess</p> <p>12:00 - Pinochle</p> <p>15 9:00 - <i>New!</i> Chess</p> <p>12:00 - Pinochle</p> <p>22 9:00 - <i>New!</i> Chess</p> <p>10:00 - Tea and Coffee Paper Dying Class\$</p> <p>12:00 - Pinochle</p> <p>29 9:00 - <i>New!</i> Chess</p> <p>12:00 - Pinochle</p>	<p>2</p> <p>3</p> <p>9 11:00 - 12:30 pm Balance Screening By appointment or drop-in</p> <p>10 11:00 - Chair Massage\$ (by appointment)</p> <p>1:00 - Fall Container Make-n-Take</p> <p>16 4:30 - Low Vision Support Group</p> <p>23 10:00 - Lend an Ear Hearing Loss Seminar</p> <p>30</p>	<p>3</p> <p>4</p> <p>11 9:30 - Bridge Lessons\$*</p> <p>9:30 - Pickleball Lessons\$*</p> <p>10:00 - Walk with Williams</p> <p>4:30 - Is It a Scam? <i>On Zoom</i></p> <p>17 9:00 - Veterans Coffee to Honor All Veterans</p> <p>12:30 - Gift Carder Holder and Bows Papercraft\$</p> <p>24 9:00 - Dot Mandala</p> <p>Oui Jar Lids\$</p> <p>11:00 - Chair Massage\$ (by appointment)</p>	<p>4</p> <p>5</p> <p>11 9:30 - Bridge Lessons\$*</p> <p>9:30 - Pickleball Lessons\$*</p> <p>10:00 - Walk with Williams</p> <p>4:30 - Is It a Scam? <i>On Zoom</i></p> <p>18 9:30 - Bridge Lessons\$*</p> <p>9:30 - Pickleball Lessons\$*</p> <p>10:00 - Walk with Williams</p> <p>11:00 - Charitable Planning Lunch and Learn</p> <p>1:00 - <i>Kick-Off!</i> Pen Pals</p> <p>25 9:30 - Bridge Lessons\$*</p> <p>9:30 - Pickleball Lessons\$*</p> <p>10:00 - Walk with Williams</p>	<p>5</p> <p>12 No Programs</p> <p>19 1:30 - Cornhole at KPRC**</p> <p>26 12:00 - Covered Dish Lunch Sponsored by <i>Kerner Ridge</i></p> <p>1:30 - Cornhole at KPRC**</p>

\$ Supply and/or Instructor Fees
*Call for more information 336-992-3180
*** Kernersville Parks and Recreation Center
1020 Shields Road

October 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) 12:00 - Line Dance Class \$6 12:00 - Pinochle 1:00 - Chair Yoga II \$5 1:00 - Tattng on Zoom 1:00 - Ukulele Troupe\$ * 2:30 - Ukulele Lessons** 1:30 - Advanced 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 - Advanced 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 Wed.) 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 \$ 1:00 - Bowling at Countryside \$9.50 shoe rental/3 games	9:30 - Pickleball Lessons \$ 10:00 - Euchre 10:00 - Needle Arts 10:00 - Stretch & Flex 10:00 - Walk with Williams (4th of July Park)** 12:00 - Pinochle 1:00 - Chair Yoga I \$5 1:00 - Dominoes 4:00 - TedderBearStamping 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	6 9:00 - New! Chess Lessons\$ 9:30 - Acrylic Painting Lessons\$ 13 9:00 - New! Chess Lessons\$ 9:30 - Acrylic Painting Lessons\$ 5:30 - Welcome to Medicare 20 9:00 - New! Chess Lessons\$ 9:30 - Acrylic Painting Lessons\$ 27 9:00 - New! Chess Lessons\$ 9:30 - Acrylic Painting Lessons\$	7 11:00 - Holiday Gnome DIY\$ 14 12:30 - Envelope Journal Make - n - Take\$ 21 4:30 - Low Vision Support Group 5:30 - Candidates' Forum 28	1 Begin Walk'tober Walk to the Mountains Challenge\$ 8 11:00 - Chair Massage\$ (by appointment) 15 9:30 - Beaded Jewelry Class\$ 12:30 - Witch's Hat & Shoe Papercraft\$ 22 11:00 - Chair Massage\$ 11:00 - Ghostly Tour at St. Paul's Cemetery 711 S. Main 29	2 9:30 - Bridge Lessons\$* 9:30 - Pickleball Lessons\$* 10:00 - Walk with Williams 11:15 - Utilizing Long -Term Care Insurance 9 9:30 - Bridge Lessons\$* 9:30 - Pickleball Lessons\$* 10:00 - Walk with Williams 16 9:00 - Cash Buddies 9:30 - Bridge Lessons\$* 9:30 - Pickleball Lessons\$* 10:00 - Watercolor Lesson 7:00 - Drum Circle on Zoom 23 9:30 - Bridge Lessons\$* 9:30 - Pickleball Lessons\$* 11:00 - Dementia Behavior 30 9:30 - Pickleball Lessons\$* 10:00 - Walk with Williams	3 Golf Tournament at Pine Knolls Golf Course\$ <i>Shepherd's Center Closed</i> <i>No Activities</i> 10 1:00 - Movie Matinee 1:30 - Cornhole at KPRC** 17 1:30 - Cornhole at KPRC** 24 9:00 - SHIP Counseling 1:30 - Cornhole at 31 12:00 - Halloween Covered Dish Lunch 1:30 - Cornhole at KPRC** End of Walk'tober

The Shepherd's Center of Kernersville 636 Gralin Street
~ July and August Programs 2025 ~

Program Title	Date/Time	Description	Registration and Fees
<p>Beginner Pickleball Lessons <i>with Linda Meadows</i></p> <p>Kernersville Recreation Center, 1020 Shields Road</p>	<p>1st Beginner Session: Thursdays, September 4, 11, 18 and 25, 9:30 am</p> <p>2nd Beginner Session: Thursdays, October, 9,16, and 23 and 30.</p>	<p>Back by popular demand! This beginner 4-week course will cover the basics of Pickleball rules: safety, dinking, serving, etiquette on the court and more. Practice will be on a full-size indoor court. Bring a bottle of water and wear comfortable clothing and sneakers. Pickleball balls will be provided for class use and a paddle is helpful but not required. A \$20.00 (cash only) instructor fee is due on the first day of class.</p>	<p>Call 336-992-3180 to register by September 2 (1st session) or October 7 (2nd session).</p>
<p><i>New!</i> Chess</p>	<p>Mondays Beginning September 8, 1:30 pm</p>	<p>Calling all Chess enthusiasts! Sharpen your mind and engage in friendly competition with players of various skill levels every Monday.</p>	<p>Call 336-992-3180 to register.</p>
<p><i>Fall Prevention Awareness Month Kick-off Event!</i></p> <p>Fall Risk Screening</p>	<p>Tuesday, September 9, 11 – 12:30 pm By appointment or drop-in</p>	<p>Did you know? Falls are the number one cause of injury and fatal injury among older adults. Take the complimentary fall risk screening and learn if you are at risk for a fall and how to be proactive to reduce that risk. This is a drop in event. However, to ensure you get your free fall risk screening call to make an appointment.</p>	<p>Call to make an appointment 336-992-3180 by September 4.</p>
<p>Chair Massage</p>	<p>Wednesdays, September 10 & 24, October 8 & 22, 11:00 – 1:00 pm <i>by appointment</i></p>	<p>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.</p>	<p>Schedule your 10-minute chair massage appointment by calling 336-992-3180.</p>
<p>Fall Container Make - n - Take</p>	<p>Wednesday, September 10, 1:00 pm</p>	<p>You will plant a medium container garden with three types of plants. All materials provided. Classes will take place on the back patio, weather permitting or in Room A for inclement weather.</p>	<p>Call 336-992-3180 to register by September 4th.</p>
<p>Bridge Lessons</p>	<p>Thursdays, September 11 thru October 23, 9:30 am</p>	<p>Strengthen your brain power and have fun while learning! Judy Hedin's 6-week bridge lessons are perfect for those who have little to no knowledge about Bridge. There must be 4 or 8 players. \$30.00 instructor fee due first day of lessons.</p>	<p>Call 336-992-3180 to register by September 9th.</p>

The Shepherd's Center of Kernersville 636 Gralin Street
 ~ July and August Programs 2025 ~


Program Title	Date/Time	Description	Registration and Fees
<p style="text-align: center;">Walk with Williams at Fourth of July Park, Bodenhamer Street Entrance</p>	<p style="text-align: center;">Thursdays beginning September 11, 10:00 am</p>	<p>Get out there and walk with us! Enjoy a brisk walk and talk with friends and make new friends. Inclement weather location: indoor Kernersville Recreation Center walking track at 1020 Shields Road.</p>	<p style="text-align: center;">Call 336-992-3180 to register.</p>
<p style="text-align: center;">Is It a Scam? On Zoom</p> 	<p style="text-align: center;">Thursday, September 11, 4:30 pm</p>	<p>Scams are getting more sophisticated – and more abundant – every day. In this 30-minute program, Senior Planet will take a fun look at a serious topic. They will showcase recent examples of new scams, help you learn how to identify them, and share best practices for what to do when you receive them.</p>	<p style="text-align: center;">Call 336-992-3180 to register by September 9. Zoom Link: <u>Is It a Scam? - Senior Planet from AARP</u></p>
<p style="text-align: center;">Low Vision Support Group Onsite and Google Meet</p>	<p style="text-align: center;">Tuesday, September 16 and October 21, 4:30 pm</p>	<p>The Triad Low Vision Support Group, led by <i>Occupational Therapist Sheila Kirkman</i>, offers a supportive environment for individuals experiencing vision impairment and their families to connect and share experiences. With on-site and a Google Meet option, participants can engage in discussions about adaptive strategies, daily routines, and resources, as well as gain insights from guest speakers on relevant topics.</p>	<p style="text-align: center;">Call 336-992-3180 to register and get a Google Meet link (if necessary).</p>
<p style="text-align: center;">Veterans Coffee to Honor All Veterans Sponsored by Health Team Advantage</p> 	<p style="text-align: center;">Wednesday, September 17, 9:00 am</p>	<p>We invite all veterans and their families to join us for a gathering honoring veterans. We will share fellowship over coffee and doughnuts. Your dedication and commitment have not gone unnoticed, and we want to take this opportunity to honor and celebrate you. We look forward to having you with us.</p>	<p style="text-align: center;">Call 336-992-3180 to register by September 15.</p>
<p style="text-align: center;">Gift Card Holder & Bows Papercraft</p>	<p style="text-align: center;">Wednesday, September 17, 12:30 pm</p>	<p>A delightful project! Make attractive gift card holders and bows from paper stock and add stylish embellishments to make them uniquely yours! \$5.00 supply fee (cash only) due day of class for supplies.</p>	<p style="text-align: center;">Call 336-992-3180 to register by September 15.</p>
<p style="text-align: center;">Charitable Planning Lunch & Learn</p>	<p style="text-align: center;">Thursday, September 18, 11:00 - 1:00 pm</p>	<p>Give now or give later. Learn the benefits of incorporating charitable planning into an overall financial strategy, how giving solutions can be created based on your financial circumstances and/or charitable interests to help you amplify your giving.</p>	<p style="text-align: center;">Call 336-992-3180 to register by September 11.</p>

The Shepherd's Center of Kernersville 636 Gralin Street
~ July and August Programs 2025 ~

Program Title	Date/Time	Description	Registration and Fees
<p><i>Kick-off Event!</i></p> <p>Pen Pals with Caleb's Creek Friends</p>	<p>Thursday, September 18, 11:00 am</p>	<p>The 2025/2026 school year kick-off for pen pals with Mrs. Badgett's 4th-grade class from Caleb's Creek Elementary School is here! This program is a wonderful opportunity to correspond with young learners, foster meaningful connections and make a positive impact in their lives through letter writing.</p> <p>Receive your 1st letter from a Pen Pal and be paired with the same student throughout the school year.</p> <p>Our events are meet and shares, where we will read and share our pen pal letters.</p>	<p>Call 336-992-3180 to register by September 11.</p>
<p><i>New! Cornhole Kernersville Recreation Center, 1020 Shields Road</i></p>	<p>Fridays beginning September 19, 1:30 pm</p>	<p>We are taking Cornhole practice to the Kernersville Recreation Center for more room! Join Kevin Williams to play this classic game.</p>	<p>Call 336-992-3180 to register.</p>
<p>Tea & Coffee Paper Dyeing and Brown Bag Lunch</p>	<p>Monday, September 22, 10:00 – 2:00 pm</p>	<p>Sharon Carter will teach you how to create beautiful, dyed paper, using materials like tea, coffee, and paint. The unique paper can be used for scrapbooks, stationery and more.</p> <p>\$10.00 supply fee (cash only) due day of class for supplies.</p>	<p>Call 336-992-3180 to register by September 18.</p>
<p>Dot Mandala Oui Jar Lids Class</p>	<p>Wednesday, September 24, 9:00 am</p>	<p>Learn to paint beautiful oui jar lids using dot mandala techniques. Students will be taught the dotting technique for three designs in a single class. Bring a snack to share.</p> <p>\$5 fee for supplies.</p>	<p>Call 336-992-3180 to register by September 10.</p>
<p>Celebrate National Senior Center Month Breakfast-theme Covered Dish Lunch</p> <p><i>Sponsored by Kerner Ridge</i></p>	<p>Friday, September 26, 12:00 pm</p>	<p>We are flipping the script on aging by celebrating our seniors' talents, growth and community with activities during our breakfast for lunch. Encourage your fellow Senior Center participants and friends to attend. Entrée will be provided by Kerner Ridge.</p> <p>Bring a favorite breakfast side dish, danish or fruit juice with enough to share.</p>	<p>Call 336-992-3180 to register by September 19.</p>
<p>Lend an Ear Hearing Loss Seminar with High Point Audiological</p>	<p>Tuesday, September 30, 10:00 am</p>	<p>Join Dr. Michelle Novakovich from High Point Audiological. She will review causes of hearing loss, impacts of hearing loss, and treatment options, including assistive listening devices and hearing aids.</p>	<p>Call 336-992-3180 to register by September 25.</p>



The Shepherd's Center of Kernersville 636 Gralin Street
~ July and August Programs 2025 ~

Program Title	Date/Time	Description	Registration and Fees
<p style="text-align: center;">Walk'tober Walk to the Mountains Challenge*</p> <p style="text-align: center;"><i>Sponsored by Chick-fil-A</i></p>	<p style="text-align: center;">Beginning October 1 – 31st</p>	<p>Join us for a walking challenge, by counting steps everywhere you go, as we aim to cover the distance of 400 miles to the mountains and back. This activity is suitable for everyone, including those who need adaptive walking aids such as canes or walkers.</p> <p>Use your smartphone/smartwatch or purchase a pedometer* by September 19. Check-in weekly to report the steps you have walked in the Programs Volunteer Office. The top five participants with the most accumulated steps will receive a prize.</p> <p>*Please consult your doctor before beginning any exercise program.</p> 	<p style="text-align: center;">*Order your \$2.75 Pedometer by September 19 in the Programs Volunteer Office.</p> <p style="text-align: center;">Call 336-992-3180 to register September 25.</p>
<p style="text-align: center;">Utilizing Long-Term Health Insurance Lunch & Learn</p> <p style="text-align: center;"><i>Sponsored by Amada Senior Living</i></p>	<p style="text-align: center;">Thursday, October 2, 11:15 – 12:30 pm</p>	<p>Join Heather Sweeney of Amada for this special lunch and learn program. You will learn what you need to know to be your own advocate, making the most of long-term health insurance for nursing care, assisted living, rehabilitation and hospice.</p>	<p style="text-align: center;">Call 336-992-3180 to register by September 25.</p>
<p style="text-align: center;">Acrylic Painting Lessons</p>	<p style="text-align: center;">Monday, October 6, 13, 20, 27 and November 3, 9:30 am</p>	<p>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 five-week session. Lesson fee of \$25 (cash only) is due on the first day of class.</p>	<p style="text-align: center;">Call 336-992-3180 to register by October 1.</p>
<p style="text-align: center;">Holiday Gnome DIY</p>	<p style="text-align: center;">Tuesday, October 7, 11:00 am</p>	<p>Join us for a whimsical holiday crafting session and create adorable gnome decorations to add cheer to your home this season! Bring your creativity and holiday spirit. Gnome matter your skill level — everyone is welcome! \$2 donation appreciated.</p>	<p style="text-align: center;">Call 336-992-3180 to register by October 1.</p>

Friendly Reminder ~ Clean up after your events

Wipe down the tables, sweep up any debris, and tidy your space before you head out.
 It really helps keep the Center nice for everyone who comes in after you.
Thanks for doing your part to keep things clean and welcoming!

The Shepherd's Center of Kernersville 636 Gralin Street
~ July and August Programs 2025 ~

Program Title	Date/Time	Description	Registration and Fees
<p style="text-align: center;">Welcome to Medicare Workshop <i>Presented by The Shepherd's Center of Greater Winston-Salem & The Shepherd's Center of Kernersville</i></p>	<p style="text-align: center;">Monday, October 13, 5:30 – 7:30 pm</p> <p style="text-align: center;"><i>At The Shepherd's Center of Kernersville</i></p>	<p>This free program is aimed at individuals turning 65 (as well as those who already have Medicare) to learn about the different insurance options available, including “Original Medicare,” Medicare prescription drug programs, Medicare supplements and Medicare Advantage plans. It is also designed to explain and clarify the Medicare sign-up process and educate how to make smart choices. Melissa Smith, from the Shepherd's Center of Greater Winston- Salem, will lead this workshop. Trained Seniors' Health Insurance Information Program (SHIIP) counselors will be available to answer general questions. Email: info@shepherdscenter.org for more information.</p>	<p style="text-align: center;">Register with the Shepherd's Center of Winston-Salem at 336-748-0217 by October 6.</p>
<p style="text-align: center;">Envelope Journal Make-n-Take</p>	<p style="text-align: center;">Tuesday, October 14, 12:30 pm</p>	<p>Maker's Mart Artisan Sharon Carter will guide you to create your own journal by repurposing a manila folder. This hands-on class will teach the techniques of construction, binding and decorating. It is a fun opportunity to unleash your creativity! \$10.00 supply fee (cash only) due day of class for supplies.</p>	<p style="text-align: center;">Call 336-992-3180 to register by October 7.</p>
<p style="text-align: center;">Beaded Jewelry Make-n-Take</p>	<p style="text-align: center;">Wednesday, October 15, 9:30 am</p>	<p>Join us for a relaxing morning of beaded jewelry making with Judy Coggins. We will create beautiful jewelry, necklaces and more, using a box frame. \$5.00 (cash only) for supplies.</p>	<p style="text-align: center;">Call 336-992-3180 to register by October 8.</p>
<p style="text-align: center;">Witches Hat & Shoes Papercraft</p>	<p style="text-align: center;">Wednesday, October 15, 12:30 pm</p>	<p>A delightful project! Make a witch's hat and shoes from cardstock, adding whimsical embellishments to make them an enchanting decoration or gift. \$5.00 (cash only) supplies.</p>	<p style="text-align: center;">Call 336-992-3180 to register by October 8.</p>
<p style="text-align: center;">Cash School Buddies</p>	<p style="text-align: center;">Thursday, October 16, 9:00 – 12:00 pm</p>	<p>The Shepherd's Center of Kernersville is seeking volunteers for an event that connects third-grade students from Cash Elementary School with seniors. Participants will engage in icebreakers, science project and a craft project to help bridge the generational gap. Seniors interested in being a buddy for this impactful initiative are encouraged to join this intergenerational bonding experience.</p>	<p style="text-align: center;">Call 336-992-3180 to register by October 9.</p>

The Shepherd's Center of Kernersville 636 Gralin Street
~ July and August Programs 2025 ~

Program Title	Date/Time	Description	Registration and Fees
<p style="text-align: center;">Pumpkin Delight Watercolor Lesson</p>	<p style="text-align: center;">Thursday, October 16, 10:00 am</p>	<p>Join us for a morning watercolor workshop to create a fall pumpkin painting—fun and suitable for all skill levels, with no experience needed. You'll learn techniques, and leave with a finished, matted piece ready to display, showcasing your new artistic skills. Donations accepted for supplies.</p>	<p style="text-align: center;">Call 336-992-3180 to register by October 14.</p>
<p style="text-align: center;">Drum Circle Therapy on Zoom</p>	<p style="text-align: center;">Thursday, October 16, 7:00 pm</p>	<p>Do you know? Community drumming boosts mood & connection in seniors? Drumming is a fun way to work through loneliness, loss and even dementia. Join Remo's East Coast Drum Circle.</p>	<p style="text-align: center;">Call 336-992-3180 to register by October 14.</p> <p style="text-align: center;"><u>OnlineDrumCircle Link</u></p>
<p style="text-align: center;">Ghostly Tour of St. Paul's Cemetery 711 S. Main Street</p>	<p style="text-align: center;">Wednesday, October 22, 11:00 am</p>	<p>Join us at Kernersville's historic St. Paul's Cemetery for a spooky tombstone tour with Chris Gaugler, highlighting its history as the burial site for nearly all Black residents of Kernersville before the Civil War. Parking: meet in the Aldi parking lot and walk to the entrance of the cemetery beside Cagney's Restaurant. Do not park at Cagney's Restaurant.</p>	<p style="text-align: center;">Call 336-992-3180 to register by October 20.</p>
<p style="text-align: center;">Responding to Dementia Behavior <i>Sponsored by the Alzheimer's Assoc. of Greensboro</i></p>	<p style="text-align: center;">Thursday, October 23, 11:00 am</p>	<p>Join Ben Yeager to learn effective strategies for responding to dementia-like behaviors, addressing communication challenges faced when caring for loved ones with dementia or mental illness, and understanding why proper responses matter.</p>	<p style="text-align: center;">Call 336-992-3180 to register by October 20.</p>
<p style="text-align: center;">SHIP Counseling Medicare Open Enrollment</p>	<p style="text-align: center;">Friday, October 24, 9:00 am - 3:00 pm <i>(by appointment only)</i></p>	<p>A Seniors' Health Insurance Information Program (SHIP) counselor will meet with you to help navigate the Medicare website, compare Medical and Prescription Drug Plans and complete enrollment in a new plan if necessary. You must have the following items with you: ORIGINAL Medicare card and Medicare Advantage or Prescription drug plan card and a list of current prescriptions including dosage.</p>	<p style="text-align: center;">Call 336-992-3180 to schedule your appointment by October 21.</p>
<p style="text-align: center;">Halloween Covered Dish Lunch</p>	<p style="text-align: center;">Friday, October 31, 12:00 pm</p>	<p>Tricks or Treats may be in store for this one special luncheon. Turn the heat up on your cauldron and get cooking. Invite a friend or two and wear your favorite costume (optional). Everyone must bring a dish or drink with enough to share.</p>	<p style="text-align: center;">Call 336-992-3180 to register by October 29.</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 taking care of loved ones with dementia.

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

Acrylic Painting Lessons ~ Offered periodically, call to express interest (*fees apply*)

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 pm, Wednesday ~ *Everyone is welcome to visit, socialize, or showcase work. Lessons available upon request. \$5 per day plus basket kit fee.*

Bee Quilters ~ 9:30 am, Tuesday

Open Paint Studio and Four Seasons Watercolor Club ~ 12:00 pm, Wednesday
(*Fees apply for Watercolor Club, Open Paint Studio is free*)

Needle Arts ~ 10:00 am, Thursday

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

Low Vision Support Group ~ 4:30 pm, 3rd Tuesday

HEALTH & WELLNESS

Blood Pressure Screening ~ 3rd Tuesday 9:30 - 11:30 am

Cardio Drumming ~ 10:00 am, Monday & 2:00 pm, Tuesday

Chair Massage ~ 10:00 - 1:30 pm, 2nd & 4th Wed. by appointment (*\$10.00 for 10 minutes*)

Chair Yoga I ~ 1:00 pm, Thursday 1st class complimentary (*\$5.00 per session*)

Chair Yoga II ~ 1:00 pm, Monday 1st class complimentary (*\$5.00 per session*)

Line Dancing 12:00 pm, Monday (*\$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*)

Advanced Bridge ~ 12:30 pm, Tuesday

Senior Bridge ~ 9:30 am, Monday

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

Chess ~ 1:30, Monday

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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**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 336-992-3180 to schedule your appointment. \$5 fee if we are able to help you.**

Music at Twilight

at Paul J. Ciener Botanical Garden

Thursday, 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.