

THE CENTER POST



NOVEMBER - DECEMBER 2025



Your Guide to Services, Programs, and Activities

purpose

compassion

ENRICHMENT

life



The List That Lifts is Back!

Last year you all absolutely *nailed it* — we did not have to buy a single paper towel until last month!

We are bringing the **TSCK Holiday Wish List** back, bigger and better than ever. This year's list includes items we use every day — from the kitchen and office to our senior center and program spaces.

We also heard your feedback and added **Walmart and Amazon** options for easy shopping. Check the links on our website www.shepctrkville.com or [Facebook](#) page.

Thanks for helping lift us up
(and keeping us stocked up)!



ARBOR RIDGE | KERNER RIDGE
AT KERNERSVILLE | ASSISTED LIVING

Holiday Covered Dish Lunch Sponsored by Arbor Ridge Friday, December 12, 12:00 pm

Join us for a festive holiday luncheon filled with food and fellowship! Bring a favorite side, salad, dessert, or drink with enough to share.

Entrée provided by Arbor Ridge of Kernersville. Invite friends and make this our biggest celebration yet! **Call 336-992-3180 to register by December 7.**

Medicare Open Enrollment SHIP Counseling Appointments

Friday, November 7, 9 am – 2 pm;

Thursday, November 13, 12 pm – 3 pm;

Wednesday, November 19, 9 am – 2 pm; and

Thursday, December 4, 9 am – 2 pm (all by appointment only)

Seniors' Health Insurance Information Program (SHIP) counselors will be available to meet and help navigate the Medicare website, compare Medical and Prescription Drug Plans and complete enrollment in a new plan (if necessary). Participants must bring the following items: ORIGINAL Medicare card and Medicare Advantage or Prescription Drug Plan card and a list of current prescriptions, including dosage.

Call 336-992-3180 to schedule your appointment.

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!**

November Makers Mart ~ Jenn Bowers ~



Creativity runs in Jenn's veins! Growing up in a family of crafters, she found her own spark in the late '90s making handmade cards.

Today, her artistry spans embroidery and watercolor—and when Christmas rolls around, her imagination truly shines.

Her one-of-a-kind festive trees, crafted from ribbon, faux fur, yarn, and velvet, are as joyful and unique as she is.



Volunteer Opportunity: Senior Center Program Assistant Volunteer

You will answer phone calls, setup rooms, monitor attendance, enter data in *My Senior Center* and much more.

Commitment: 8-20 hours per week (flexible schedule, but dependability is key!)

♥ Skills that shine in this role:

- Strong organizational and multi-tasking skills
- Ability to move, lift and arrange tables and chairs for program room setups.
- Compassionate & understanding personality
- Clear written & verbal communication
- Computer skills (Email, Excel & Word)

You will work alongside **Debbie Williams, Senior Center Director and other Program Assistant Volunteers** helping keep programs running smoothly and making a real difference in the lives of older adults in our community.

Interested? Contact **Claire Winfrey** at **336-996-6696** or stop by her office to learn more.

November 2025 Calendar

The Shepherd's Center of Kernersville - Senior Center
636 Grahn 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</p> <p>Book Club (3rd Tues.)</p> <p>2:00 - Cardio Drumming</p>	<p>9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation</p> <p>10:00 - American Sewing Guild Fee \$ (3rd 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 at KPRC**</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>3</p> <p>9:30 - Acrylic Painting Lessons \$</p> <p>12:00 - Pinochle</p> <p>1:30 - Chess</p>	<p>4</p> <p>Municipal Elections VOTING DAY</p>	<p>5</p> <p>11:00 - Tour - National Mall and D.C. Monuments on Zoom</p> <p>12:00 - Watercolor Lessons \$</p>	<p>6</p> <p>11:00 - Danish Star Ornaments \$</p>	<p>7</p> <p>9:00 pm Medicare SHIP Counseling Appointments</p> <p>12:00 - AI Fraud (AARP)</p> <p>1:30 - Cornhole at KPRC**</p>
	<p>10</p> <p>10:00 - You Go Girl!</p> <p>2:00 - Pinochle</p> <p>1:30 - Chess</p>	<p>11</p>	<p>12</p> <p>11:00 - Chair Massage \$ (by Appointment)</p> <p>12:00 - Watercolor Lessons \$</p> <p>1:00 - Memory Screening (by appointment)</p>	<p>13</p> <p>9:30 - Candy Time</p> <p>10:00 - Holiday Grapevine Wreath Making Class \$</p> <p>12:00 - Medicare SHIP Counseling Appointments</p>	<p>14</p> <p>11:30 - Walk'tober Celebration</p> <p>12:00 - Friendsgiving Covered Dish Lunch</p> <p>1:00 - Movie Matinee</p> <p>1:30 - Cornhole at KPRC**</p>
	<p>17</p> <p>10:00 - You Go Girl!</p> <p>2:00 - Pinochle</p> <p>1:30 - Chess</p>	<p>18</p> <p>12:30 - One-Sheet Wonders Make & Take</p> <p>4:30 - Low Vision Support Group</p>	<p>19</p> <p>9:00 - 3:00 pm - Medicare SHIP Counseling Appointments</p> <p>12:00 - Watercolor Lessons \$</p>	<p>20</p> <p>1:00 - Pen Pals with Caleb's Creek Elementary</p>	<p>21</p> <p>1:30 - Cornhole at KPRC**</p>
	<p>24</p> <p>10:00 - You Go Girl!</p> <p>2:00 - Pinochle</p> <p>1:30 - Chess</p>	<p>25</p>	<p>26</p> <p>12:00 - Watercolor Lessons \$</p>	<p>27</p> <p>Closed Thanksgiving Holiday</p>	<p>28</p> <p>Closed Thanksgiving Holiday</p>

December 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 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 - Advanced Square Dance \$6</p>	<p>9:30 - Bee Quilters</p> <p>9:30 - 11:30 - Blood Pressure Screening</p> <p>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>1:00 - Bowling at Countryside \$9.50 shoe rental/3 games</p>	<p>9:30 - Pickleball Lessons \$</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 KPRC**</p> <p>12:00 - Pinochle</p> <p>1:00 - Chair Yoga I \$5</p> <p>1:00 - Dominoes</p> <p>4:00 - TedderBearStamping 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>
SPECIAL PROGRAMS	<p>1</p> <p>9:30 - Coffee with a Cop</p> <p>10:00 - You Go Girl</p> <p>12:00 - Pinochle</p> <p>1:30 - Chess</p>	<p>2</p> <p>10:00 - Winter Holiday Watercolor Lesson</p>	<p>3</p> <p>12:00 - Watercolor Lessons\$</p> <p>1:30 - Busted Canvas Papercrafts\$</p>	<p>4</p> <p>9:00 - 2:00 pm Medicare SHIP Counseling Appointments</p> <p>9:30 - Cash School Buddies</p> <p>10:30 - Candy Time</p> <p>11:30 - Easy Social Security Online Account Setup</p>	<p>5</p> <p>12:00 - Avoiding Holiday Scams</p> <p>1:30 - Cornhole at KPRC**</p>
	<p>8</p> <p>10:00 - Christmas Stamping with Patti</p> <p>12:00 - Pinochle</p> <p>1:30 - Chess</p>	<p>9</p>	<p>10</p> <p>10:30 - Poinsettia Wool Applique Make & Take Class\$</p> <p>11:00 - Chair Massage\$ (by appointment)</p>	<p>11</p> <p>11:30 - Get an ID.me Account</p>	<p>12</p> <p>12:00 - Holiday Covered Dish Lunch</p> <p>1:00 - Movie Matinee</p> <p>1:30 - Cornhole at KPRC**</p>
	<p>15</p> <p>12:00 - Pinochle</p> <p>1:30 - Chess</p>	<p>16</p> <p>4:30 - Low Vision Support Group</p>	<p>17</p> <p>1:00 - Winter Fest Social</p>	<p>18</p> <p>11:30 - Lunch & Learn Accessing Social Security Online</p>	<p>19</p> <p>1:30 - Cornhole at KPRC**</p>
	<p>22</p> <p>12:00 - Pinochle</p>	<p>23</p>	<p>24</p>	<p>25</p> <p>Closed Christmas Holiday</p>	<p>26</p> <p>Closed Christmas Holiday</p>
	<p>29</p> <p>12:00 - Pinochle</p> <p>1:30 - Chess</p>	<p>30</p>	<p>30</p>	<p>January 1, 2026</p> <p>Closed New's Year Day</p>	<p>2</p>

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

The Shepherd's Center of Kernersville 636 Gralin Street
 ~ November - December 2025 Special Events and Programs ~

Program Title	Date/Time	Description	Registration and Fees
Let's Play Chess	Mondays 1:30 pm	Calling all Chess enthusiasts! Sharpen your mind and engage in friendly competition with players of various skill levels every Monday.	Call 336-992-3180 to register.
Walk with Williams at Kernersville Recreation Center <i>1020 Shields Road</i>	Thursdays, 10:00 am	Walk With Us This Winter! Stay active and social this season by joining our indoor walking group. It is a great way to keep up your steps, enjoy warm conversations, and make new friends—all while staying out of the cold. Come walk with us and make winter wellness fun!	Call 336-992-3180 to register.
Pinochle	Thursdays, 12:00 pm	Let us play Pinochle together. Whether you are a beginner or skilled play, we welcome everyone.	Call 336-992-3180 to register.
Master Cornhole at the Kernersville Recreation Center, <i>1020 Shields Road</i>	Fridays, 1:30 pm	We are taking Cornhole practice to the <i>Kernersville Recreation Center</i> for extra space and better training opportunities! Whether you are starting out or looking to level up, practice with us in a casual atmosphere. Let us learn from each other, invite your friends or make new ones.	Call 336-992-3180 to register.
 Tour of National Mall and D.C. Monuments <i>Senior Planet on Zoom</i>	Wednesday, November 5, 11:00 - 12:15 pm	Join this one-hour live, interactive, virtual tour of our capital! Tour begins at the Vietnam War Memorial, where a guide will share how the wall is coded and tell a story or two. From there, stroll south to the Korean War Memorial and experience its highlights. Finally, tour the Lincoln Memorial and enjoy a wonderful vantage point of the Reflecting Pool. This is a tour that no American should miss! Zoom link	Call 336-992-3180 to register.
Danish Star Ornament	Thursday, November 6, 11:00 - 1:00 pm	Create your own Danish Star using a kit, with guidance from Sarah Hoffman of the American Sewing Guild. This hands-on workshop is a wonderful way to celebrate the holiday season while crafting a keepsake to treasure for years to come. \$3.00 (cash only) supply fee due day of class.	Call 336-992-3180 to register by November 4.



The Shepherd's Center of Kernersville 636 Gralin Street
 ~ **November - December 2025 Special Events and Programs** ~

Program Title	Date/Time	Description	Registration and Fees
 Artificial Intelligence (AI) Fraud <i>Onsite and Facebook Live</i>	Friday, November 7, 12:00 pm	Join us at The Shepherd's Center to watch <i>Live on Facebook</i> . Doug Shadel from <i>AARP</i> will share information about AI fraud and scams. Get tips and advice from fraud-fighters in North Carolina. Learn more about spotting, preventing and reporting scams.	Call 336-992-3180 to register by November 5.
You Go Girl: But Only When You Want To!	Monday, November 10, 17, 24 and December 1 10:00 am	This four-week course teaches how to strengthen your pelvic floor through practical exercises, tips, and lifestyle changes for better bladder health. You'll get an info-packed e-book to support you beyond the sessions. Wear sturdy shoes, comfy clothes, and bring water. Attending the first class is essential—it sets the foundation for the rest.	Call 336-992-3180 to register by November 6.
Feel Better, Move Better! Chair Massage	Wednesday, November 12 and December 10, 11:00 – 1:30 pm	Relax, de-stress, and feel better! Sandra Vicente, Licensed Movement Therapist, helps relieve pain from migraines, back issues, joint pain, sciatica, and more. \$10.00 cash only, payable day of appointment to Sandra Vicente. Schedule your 10-minute chair massage appointment by calling 336-992-3180.	Schedule your 10-minute chair massage appointment by calling 336-992-3180.
 Memory Screening <i>Provided by Home Loving Care</i>	Wednesday, November 12, 1:00 – 4:00 pm by appointment	Now what was I looking for? If that sounds familiar, it might be time to check in on your memory health! Take part in the Alzheimer's Foundation of America's Annual Memory Screening Initiative. This free, confidential memory screening is an important step in maintaining your brain health and early detection of potential issues.	Call 336-992-3180 to schedule a screening by November 10.
Candy Time with the Kernersville PD	Thursday, November 13, 9:30 – 11:30 am and Thursday, December 4, 10:30 – 12:30 pm	Help spread holiday cheer by joining the Kernersville Police Department in stuffing candy bags for upcoming holiday parades and community events! This is a fun and easy way to give back, meet new people, and make a positive impact in our community.	Call 336-992-3180 to register by November 11.

The Shepherd's Center of Kernersville 636 Gralin Street
 ~ November - December 2025 Special Events and Programs ~

Program Title	Date/Time	Description	Registration and Fees
Holiday Grapevine Wreath Class	Thursday, November 13, 10:00 - 11:30 am	Join Kathy Gydus to learn the basics of wreath-making and create stunning winter grapevine wreaths, perfect for brightening up your winter décor or as a gift. \$12.00 fee (cash only) for craft supplies is due on the day of class.	Call 336-992-3180 to register by November 6.
Walk'tober Thanksgiving Celebration	Friday, November 14, 11:30 am	Join us for a time of giving thanks before our covered dish lunch! We will recognize participants, reward the top 5 steppers, and celebrate your health milestones. Everyone is welcome—whether or not you took part—so come enjoy camaraderie, meet the winners, and celebrate your progress with TSCK!	Call 336-992-3180 to register by November 10.
Friendsgiving Covered Dish Lunch	Friday, November 14, 12:00 pm	Harvest laughs and full bellies at a special Friendsgiving luncheon. We will give thanks for friends, fellowship and tremendous growth that we have experienced at TSCK this year. Bring entrees, side dishes, drinks and desserts with enough to share.	Call 336-992-3180 to register by November 10.
One-Sheet-Wonder Paper Crafter, Make & Take	Tuesday, November 18, 12:30 - 2:00 pm	Sharon Carter will teach you how to create giftable projects and doo dads made from single sheets of scrapbook paper. All supplies included. \$5.00 supply fee (cash only) is due on the day of class.	Call 336-992-3180 to register by November 13.
Low Vision Support Group Onsite and Google Meet	Tuesday, November 18 and December 16, 4:30 - 6:30 pm	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. On-site and a Google Meet option, participants will discuss adaptive strategies, daily routines, and resources..	Call 336-992-3180 to register and get a Google Meet link (if necessary).
Pen Pals with Caleb's Creek Elementary School Students	Thursday, November 20, 1:00 pm	This Meet and Share is the <u>second</u> pen pal letter <i>pickup</i> from Mrs. Badgett's 4th-grade Caleb's Creek Elementary School students. We will read and share our pen pal letters, as we continue fostering meaningful connections and making a positive impact upon their lives through writing. <i>Return letter due by December 4</i>	Call 336-992-3180 to register by November 18.

The Shepherd's Center of Kernersville 636 Gralin Street
 ~ **November - December 2025 Special Events and Programs** ~

Program Title	Date/Time	Description	Registration and Fees
 Coffee with a Cop <i>Sponsored by Health Team Advantage</i>	Monday, December 1, 9:30 – 11:30 am	Invite your friends and neighbors to join the Kernersville police officers for coffee, doughnuts and conversation. No agenda or speeches, just a chance to drop in and ask questions, voice concerns and get to know the officers in our community.	Call 336-992-3180 by November 24 to register.
Winter Holiday Watercolor Lesson	Tuesday, December 2, 10:00 – 11:30 am	Enjoy a fun, creative morning of watercolor painting while learning techniques to create a festive winter holiday piece. Perfect for all skill levels—no experience needed. Leave with a matted artwork ready to display! Donations accepted for supplies.	Call 336-992-3180 to register by November 24.
Busted Canvas Craft	Wednesday, December 3, 11:00 – 1:00 pm	Create a work of art by intentionally destroying a canvas and using a card or picture as the focal point beneath. Learn different media techniques and embellishments to add dimension and meaning to your one-of-a-kind papercraft creation. \$5 supply fee.	Call 336-992-3180 to register by November 26.
Cash School Buddies	Thursday, December 4, 9:30 – 11:30 am	Come volunteer for an intergenerational event connecting third-grade students from Cash Elementary School with seniors. Participants will engage in icebreakers, a science project led by our very own Dinesh Shaw, and a craft project to help bridge the generations. If you love sharing stories, smiles, and experiences, we'd love for you to be a buddy in this special program.	Call 336-992-3180 to register by December 1.
 Avoiding Holiday Scams <i>Onsite and Facebook Live</i>	Friday, December 5, 12:00 pm	Join us at The Shepherd's Center to watch <i>Live on Facebook</i> . The holidays bring joy but also scams. Learn the best ways to stay safe with Amy Nofziger. Falling for a scam can mean losing money or even your identity. Shop smart this season!	Call 336-992-3180 to register by December 1.
Winter Fest <i>Sponsored by Mountain Valley Hospice</i>	Thursday, December 17, 1:00 pm	Join us as we embrace the holiday spirit with games, delicious treats, and festive fun. Don your most cheerful attire and get ready for an unforgettable afternoon filled with joy and laughter. Don't miss out on this one-time event of the season – we are excited to celebrate with you!	Call 336-992-3180 to register by December 8.

The Shepherd's Center of Kernersville 636 Gralin Street
 ~ November - December 2025 Special Events and Programs ~

Program Title	Date/Time	Description	Registration and Fees
Poinsettia Wool Applique Make & Take Class	Wednesday, December 10, 10:30 – 12:00 pm	Express your creativity while using stitches to make a set of beautiful poinsettia coasters. Kit includes 100% felted wool, floss, needles, and pins. Please let us know if you'll be sewing or fusing. \$5 supply fee.	Call 336-992-3180 to register by December 2.
Solo Aging Discussion Group Senior Planet on Zoom	Thursday, December 11, 3:00 pm	Did you know 13.4 million U.S. seniors are “aging solo”—navigating life without a partner or adult children? Join fellow solo agers for an open discussion on the unique joys and challenges of this journey. Zoom link	Call 336-992-3180 to register by December 10.

Get Ready for Tax Season ~ Lunch & Learn Workshops

Tax Updates + Easy Social Security Online Account Setup

Lunch Provided by Thrivent Financial

Thursday, December 4, 11:30 – 1:30 pm

“Enjoy lunch and learn! Bill will share key tax law updates and answer your questions. Afterward, join us for a hands-on session to securing an online *LOGIN.GOV* account. It gives you secure, convenient access to your social security statements and much more.

What to Bring: smartphone, tablet, or laptop computer. **Call 336-992-3180 to register by December 1st.**

Tax Law Updates and Get an ID.me Account

Lunch Provided by Oak Street Health

Thursday, December 11, 11:30 – 1:30 pm

“Enjoy lunch and learn! Bill will share key tax law updates and answer your questions. Afterward, join us for a hands-on session to set up your secure ID.me account—your easy key to accessing government services, healthcare portals, your IRS information and even exclusive discounts.

Why Use ID.me? Enhanced Security, one Login for many services and US Government websites.

What to Bring: smartphone, tablet, or laptop computer. **Call 336-992-3180 to register by December 8.**

Tax Law Updates, and How to Navigate the Social Security Website

Lunch Provided by Brookdale Senior Living

Thursday, December 18, 11:30 – 1:30 pm

Managing your Social Security information online can save time and give you secure access to important services. Join us for an interactive session where we will walk you through the *Social Security Administration (SSA) website* and show you how to make the most of its features.

Must Have Login.Gov or ID.me Account. What to Bring: smartphone, tablet, or laptop computer. **Call 336-992-3180 to register by December 15.**

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
- Papercraft Lessons** ~ Offered periodically, call for information (*fees apply*)
- 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 (*fees apply*)
- 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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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 336-992-3180 to schedule your appointment. \$5 fee if we are able to help you.**

Inclement Weather Policy

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

If no announcement is listed, please call our front desk (336-996-9969) prior to leaving home to make sure your program, event or trip will be held. **Be sure you speak to a staff person or volunteer directly before leaving home for an activity.**



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.