

# THE SHEPHERD'S CENTER OF KERNERSVILLE



## JANUARY - FEBRUARY 2026



### Your Guide to Services, Programs, and Activities

purpose

compassion

ENRICHMENT

life



**Dear Friends of The Shepherd's Center,**

As we begin a new year, we are filled with gratitude and excitement for what lies ahead at The Shepherd's Center. **This is a time to reflect on the meaningful connections, dedicated service, and community support that make our mission possible.** I am honored to be the President of the Board of Directors in 2026.

In the year ahead, the Board of Directors and staff will be focusing on the *why behind the what*—**taking a deeper look at the purpose that drives our programs, services, and outreach.** By grounding our work in our mission and values, we aim to strengthen what we do and ensure the Shepherd's Center continues to meet the evolving needs of our community.

With the guidance of our board, staff, and volunteers, we look forward to strengthening our programs and services, supporting older adults, and continuing to build a caring, connected community.

**We are excited to launch a new dementia respite service; The Rest Stop in collaboration with Sedge Garden United Methodist Church in March of 2026.**

We are deeply thankful for the dedication of our volunteers, the generosity of our supporters, and the leadership of those who give their time and talents to this organization. **Your involvement makes a lasting difference, and we look forward to working together in the coming months.** I would like to extend a special thank you to Sonia Martin, David Jones, Neil Street, Frank Robbins, & Joey Herman for completing their terms as board members. I also extend sincere appreciation to Randall Jenkins for his leadership as Board President throughout 2025.

As we move into this new year, we invite you to stay engaged, join us at upcoming programs and events, and continue being part of the Shepherd's Center family. Together, we look forward to another year of service, connection, and community.

**With warm wishes for a happy and healthy new year,  
Taylor Mabe, Board President 2026**

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

Appointments will be February 4 – April 11, 2026

8:30 - 12:00 pm

Wednesday, Thursday, Friday and Saturday

**Tax Preparation by Appointment Only (No walk-ins)**

### Schedule Your Appointment When You Pickup Tax Preparation Packet

**Monday - Friday from 9:00 am to 3:00 pm, beginning January 12, 2026**

The Shepherd's Center of Kernersville  
636 Gralin Street

#### **Items you will need to provide to have your return prepared:**

- Photo ID for taxpayer (and spouse, if married filing joint, both must attend the appointment): driver's license, passport, etc.
- Social Security card for all persons on the tax return: taxpayer, spouse, and anyone claimed as a dependent
- Tax forms for all sources of income including W-2 forms from employers, 1099 forms for other income: interest or dividends
- Social Security, retirement, or pension accounts, non-employee income, credit card payments, unemployment benefits, cancellation of consumer credit card debt, etc.
- Tax forms for expenses such as childcare, higher education, health insurance purchased on the Marketplace, retirement contributions, Health Savings Accounts, etc.
- Any correspondence you received from the IRS
- If you are self-employed, a summary of expenses related to your self-employment. **You must pick up and complete the Self-employment worksheet** (available when you pick up the tax preparation packet)
- If you think you might be eligible to itemize deductions, a summary of your deductible expenses (this is not common). **You must pick up and complete the itemized deduction worksheet** (available when you pick up the tax preparation packet)
- Last TWO year's federal and state income tax returns you filed
- Power of Attorney documents if spouse is unable to attend. Death certificate if spouse is deceased

#### **For more information visit the AARP Tax-Aide Kernersville website:**

<https://sites.google.com/view/aarp-tax-aide-kernersville/home> or call 336-310-9007 or 336-310-6639 or email: TaxAide.Kernersville@gmail.com

#### **Service Animals Welcome**

Dogs as a service animal are allowed. Service animals are trained to perform a task directly related to a person's disability. Pets are not allowed. **Companion animals are considered pets and are not allowed.**



# Wellness & Community Showcase

**Sign up NOW for a Vendor spot!**

**WHY ATTEND?**

Business to Business Light Breakfast  
8:00 am - 9:00 am

**BUSINESS**

- ACCESS TO A DIVERSE TALENT POOL
- INCREASE BRAND EXPOSURE
- NETWORKING OPPORTUNITIES
- EMPHASIZING WORKPLACE WELLNESS
- STAY INFORMED ON INDUSTRY TRENDS

**INDIVIDUAL**

- CONNECT WITH EMPLOYERS
- ACCESS TO DIVERSE EMPLOYERS
- GAIN INSIGHT AND SKILLS
- LEARN ABOUT COMPANY CULTURES
- WELLNESS AND WORK-LIFE BALANCE

**Monday  
February 23, 2026  
9:15AM - 12:00PM**

**KERNERSVILLE  
FAMILY YMCA**

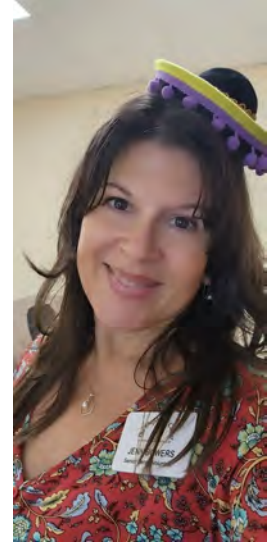
[www.kernersvillenc.com/events/](http://www.kernersvillenc.com/events/)

A SPECIAL THANKS TO OUR SPONSORS



## Senior Center Program Assistant

We are pleased to announce that Jenn Bowers has accepted the part-time position of Senior Center Program Assistant. Jenn has served as a Program Assistant Volunteer since 2024 and first connected with The Shepherd's Center of Kernersville through her Meals on Wheels volunteer service with a mutual client we were supporting.



Since beginning her volunteer service in August 2023, Jenn has contributed in many meaningful ways, including serving as a volunteer visitor, driver, Project Joy flower arranger, outreach support, and general office assistance. Her passion for helping others is evident in the generous way she dedicates her time and talents.

Jenn brings a strong understanding of senior center programming and a genuine commitment to our participants. Her official first day in this role is Monday, January 5, 2026. Please join us in warmly welcoming Jenn to the Senior Center at The Shepherd's Center of Kernersville.

## Project Joy Vases Needed

Clearing out your flower vase cabinet? We need them! Clear glass medium size vases about 8-10" tall and opening about 3-4" wide. With your help we are able to share fresh flower



arrangements to those in the community needing a "lift" or celebrating an occasion.

**Drop off at The Shepherd's Center,  
636 Gralin Street, Monday - Friday,  
8:30 am - 3:30 pm.**



**PIEDMONT PLUS**  
SENIOR GAMES & SILVER ARTS






# 2026

## KICK-OFF PARTY

# FRIDAY JAN. 23, 2026

**10 A.m. - Noon**  
Hanes Hosiery  
Recreation Center  
501 Reynolds Blvd.  
Winston-Salem, NC 27015

**WePLAY.ws**

**Anna Marino:** 336-727-2313  
annam@cityofws.org

**Naila Lyles-Elcock:** 336-727-2325  
nailale@cityofws.org

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# Thank You Volunteer Elves!

Dinesh Shah & Claire Winfrey



350+ Gifts Delivered

Dean Smith



Susan Lapping



Louise Lewis & Linda Wakefield



103 Recipients Served



Dave & Lorrie Kenward



Barbara Cannon



Sara Toney

## Introducing Makers Mart: A Celebration of Creativity and Passion

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

### Kathy Guydis January's Featured Artisan

Kathy Gydis, loves volunteering at the Center. She's been crafting for about six years, starting with acrylic painting and then moving to wreath making—some of you may have attended her classes! She has explored jewelry making and transformed original photos into canvases and picture tiles, leading to the creation of ICS DESIGNS. This month, she is excited to showcase her hand-painted jewelry and photography.

We hope you enjoy her work!



### Sharon Carter February's Featured Artisan

Sharon Carter, a retired teacher, grandmother of six, and lifelong crafter. Sharon's stunning handmade journals, notebooks, bookmarks, and vintage-style cards are a testament to her creativity and resilience. Her passion for paper crafting blossomed during the COVID lockdown, turning extra time into timeless treasures. A great opportunity to see—and shop—her beautiful work this February!



# January 2026 Calendar

The Shepherd's Center of Kernersville - Senior Center  
636 Gralin St. Kernersville, NC 27284 Call: 336-992-3180



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEKLY PROGRAMS</b>	9:30 - Bridge 10:00 - Cardio Drumming 10:00 - Stretch & Flex 11:00 - Caregiver Support Group (2nd & 4th Mon.) 12:00 - Line Dance \$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* 1:30 - Chess	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 \$ 1:30 - 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 (KPRC)* 12:00 - Card Lessons 1:00 - Chair Yoga I \$5 1:00 - Dominoes 4:00 - TedderBear Stamping on <i>You Tube 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
<b>SPECIAL PROGRAMS</b>	5 12:00 - Pinochle 1:30 - New! Rummikub  12 12:00 - Pinochle  1:30 - New! Rummikub  19 <b>Shepherd's Center and Offices Closed in Observance of Martin Luther King Day</b>  26 9:30 - Acrylic Painting Lessons \$  1:30 - New! Rummikub	6  13  20 1:00 - Positive Approach to Care 4:30 - Low Vision Support Group, Fire Safety	7  14 11:00 - Chair Massage\$ (by appointment) 11:30 - Card Games Lessons 12:00 - ASL Lessons  21 11:30 - Card Games Lessons 12:00 - ASL Lessons 1:00 - Forever Felt Flowers	1 1 <b>Closed News Years Day</b>  8 9:30 - Pickleball Lessons \$* 11:30 - Card Games Lessons  15 9:30 - Pickleball Lessons \$*  11:30 - Card Games Lessons  22 9:30 - Pickleball Lessons \$* 10:00 - Parkinson's Support Group Interest 11:30 - Card Games Lessons	2  9  16 1:00 - January Forecast: Blizzard\$  23 10:00 - 2026 Kick-Off Piedmont Plus Senior Games & Silver Arts  30 12:00 - Slow Cooker Meal & Sandwich Covered Dish 1:00 - Power Up Your Knowledge of Hybrid Vehicles/EV's Onsite & Zoom

# February 2026 Calendar

The Shepherd's Center of Kernersville - Senior Center  
636 Gralin St. Kernersville, NC 27284 Call: 336-992-3180





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEKLY PROGRAMS</b>	<p>9:30 - Bridge</p> <p>10:00 - Cardio Drumming</p> <p>10:00 - Stretch &amp; Flex</p> <p>11:00 - Caregiver Support Group (2nd &amp; 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 - Tattng on Zoom</p> <p>1:00 - Ukulele Troupe\$ *</p> <p>1:30 - New! Chess</p> <p>2:30 - Ukulele Lessons\$*</p> <p>1:30 - Advanced Square</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 &amp; Flex</p> <p>11:30 - Hand &amp; Foot</p> <p>12:30 - Advanced Bridge</p> <p>1:00 - Books Ignite</p> <p>Book Club (3rd Tues.)</p> <p>1:30 - Cornhole at KPRC**</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 &amp; 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</p>	<p>9:30 - Pickleball Lessons \$</p> <p>10:00 - Euchre</p> <p>10:00 - Needle Arts</p> <p>10:00 - Stretch &amp; Flex</p> <p>10:00 - Walk with Williams (4th of July Park)**</p> <p>12:00 - Pinochle</p> <p>1:00 - Chair Yoga I \$5</p> <p>1:00 - Dominoes</p> <p>4:00 - TedderBearStamping</p> <p>YouTube Live (2nd &amp; 4th Thurs.)*</p>	<p>10:00 - 2:00 Computer Lab by Appt. Only \$5 Donation</p> <p>9:00 - Art Studio Drop -in (1st &amp; 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 &amp; win 2 prizes</p> <p>11:30 - Hand &amp; Foot</p>
<b>SPECIAL PROGRAMS</b>	<p><b>2</b> 9:30 - Acrylic Painting Lessons\$</p> <p>1:30 - New! Rummikub</p> <p><b>9</b> 9:30 - Acrylic Painting Lessons\$</p> <p>1:30 - New! Rummikub</p> <p><b>16</b> 9:30 - Acrylic Painting Lessons\$</p> <p>1:00 - Parkinson's Support Group</p> <p>1:30 - New! Rummikub</p> <p><b>23</b> 9:30 - Acrylic Painting Lessons\$</p> <p>9:30 - Wellness &amp; Community Showcase at YMCA</p> <p>1:30 - New! Rummikub</p>	<p><b>3</b> 1:00 - Focus Group</p> <p>1:30 - New Day! Cornhole at **KPRC</p> <p><b>10</b> 1:30 - New Day! Cornhole at **KPRC</p> <p><b>17</b> 1:30 - New Day! Cornhole at **KPRC</p> <p>4:30 - Low Vision Support Group</p> <p><b>24</b> 1:00 -Wreath Class\$</p> <p>1:30 - New Day! Cornhole at **KPRC</p>	<p><b>4</b> 11:30 - Card Games Lessons</p> <p>12:00 - ASL Lessons</p> <p><b>11</b> 11:00 - Chair Massage\$ (by appointment)</p> <p>11:30 - Card Games Lessons</p> <p>12:00 - ASL Lessons</p> <p><b>18</b> 10:00 - Civil Rights Center &amp; Museum Tour\$</p> <p>11:30 - Card Games Lessons</p> <p>12:00 - ASL Lessons</p> <p><b>25</b> 11:00 - Chair Massage\$ (by appointment)</p> <p>11:30 - Card Games Lessons</p> <p>12:00 - ASL Lessons</p>	<p><b>5</b> 9:30 - Cash Buddies</p> <p>9:30 - Pickleball Lessons\$*</p> <p>11:30 - Card Games Lessons</p> <p><b>12</b> 9:30 - Pickleball Lessons\$*</p> <p>10:00 am &amp; 1:00 pm - All About the Eyes Watercolor</p> <p>11:00 - Living Smart for a Healthy Heart</p> <p>11:30 - Card Games Lessons</p> <p><b>19</b> 9:30 - Pickleball Lessons\$*</p> <p>11:30 - Card Games Lessons</p> <p><b>26</b> 9:30 - Pickleball Lessons\$*</p> <p>11:30 - Card Games Lessons</p> <p>1:00 - Pen Pals</p>	<p><b>6</b> 12:00 - Butter Bean Auction</p> <p>National Wear Red Day</p> <p>American Heart Month</p> <p><b>13</b> 11:00 - My Chart Onsite and Zoom</p> <p>1:00 - Movie Matinee</p> <p><b>20</b> 1:00 - Acrylic Paint Pouring Class\$</p> <p><b>27</b> 12:00 - Covered Dish Wear Red Day</p>


**The Shepherd's Center of Kernersville 636 Gralin Street**  
**~ January - February Programs 2026 ~**

Program Title	Date/Time	Description	Registration and Fees
<i>New!</i> <b>Rummikub</b>	<b>Mondays, 1:30 pm</b>	Join us every Monday for Rummikub, a classic tile game of strategy and luck for 2-4 players. Arrange numbered tiles into runs and groups, clear your rack first, and outsmart your opponents. Whether you're a beginner or want to refine your skills, it's a great opportunity for friendly competition.	<b>Call 336-992-3180 to register and be part of the fun!</b>
<b>Chair Massage</b>	<b>Chair Massage 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 11:00 am - 1:00 pm <i>by appointment only</i></b>	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.	<b>Schedule your 10-minute chair massage appointment by calling 336-992-3180.</b>
<b>Beginner Pickleball Lessons with Linda Meadows Kernersville Recreation Center, 1020 Shields Road</b>	<b>1st Session: Thursdays, January 8 - 29, 9:30 am - 11:00 am</b>  <b>2nd Session: Thursdays, February 5 - 26, 9:30 am - 11:00 am</b>	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.	<b>Call 336-992-3180 to register two days in advance.</b>
<b>Card Games Lessons</b>	<b>Thursdays, January 8 thru February 26, 11:30 - 3:00 pm</b>	Learn Hand, Knee and Foot and Samba card games with Louise. Two fun versions of Canasta that can be easy to learn and play if you understand the rules. Join this group to learn the basics and make new friends.	<b>Call 336-992-3180 to register by January 12.</b>
<i>New!</i> <b>Learn American Sign Language (ASL) with Self-Guided Lessons</b>	<b>Wednesdays, January 14 thru February 25, 12:00 - 1:00 pm</b>	Discover how quickly you can start real conversations in American Sign Language (ASL). Using Dr. Bill Vicars' innovative, interactive approach from <i>ASL University</i> , you will learn ASL in a fun, group setting. <b>Highlights:</b> beginner-friendly and great for those with some ASL experience access to an online directory with signs, videos, and written lessons with video support.	<b>Call 336-992-3180 to register and start your ASL journey today!</b>



**The Shepherd's Center of Kernersville 636 Gralin Street**  
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Program Title	Date/Time	Description	Registration and Fees
<b>January Forecast: Blizzard</b>	<b>Friday, January 16, 1:00 - 3:00 pm</b>	Bring a touch of winter magic to January with a fun, hands-on craft project that creates a “blizzard” of snowflakes using simple paper and paper bags. Participants can cut and fold white paper and brown paper bags to design unique snowflake shapes, exploring patterns while using creativity. Once finished, the snowflakes can hang from the ceiling or on walls and windows to transform the space into a cozy winter wonderland.	<b>\$3.00 (cash only) supply fee is due day of class. Call 336-992-3180 to register by January 13.</b>
 <b>Positive Approach to Care - Dementia Training</b> <i>Led by Mountain Valley Hospice</i>	<b>Tuesday, January 20, 1:00 pm</b>	We invite you to attend Teepa Snow's Positive Approach to Care (PAC) training. It helps caregivers develop the skills and understanding needed to support individuals with dementia. Focusing on building relationships, the training aims to reduce stigma and enhance the quality of dementia care.	<b>Call 336-992-3180 to register by January 16.</b>
<b>Low Vision Support Group Special Guest!</b>	<b>Tuesday, January 20, 4:30 pm</b>	Firefighter Chris Kauffman will speak on fire safety, including home fire prevention, smoke detectors, and the Forsyth Cares program. The sessions are for low vision participants and accessible onsite or via <i>Google Meet link</i> , an easy way to participate remotely.	<b>Call 336-992-3180 to register by January 19 and get <i>Google Meet link if necessary.</i></b>
 <b>Forever Felt Flowers (Oak Street Health)</b>	<b>Wednesday, January 21, 1:00 - 3:00 pm</b>	Come create stunning felt flowers that look freshly picked! Choose from Cala Lilly, Sweet Pea and Dusty Miller, or Cosmos and Eucalyptus. Space is limited, so please specify your choice when you register.	<b>Call 336-992-3180 to register by January 19.</b>
<b>Parkinson's Support Group Interest Meetings</b>	<b>Thursday, January 22 10:00 am and February, February 16, 1:00 pm</b>	We invite individuals with Parkinson's, care partners, family members, and friends—to join our Parkinson's support group <i>interest meetings</i> . Our goal is to help you be proactive about your mental, physical, and emotional wellbeing. If there is enough interest, we will hold bimonthly meetings. <i>Snacks and drinks provided.</i>	<b>Call 336-992-3180 to register at least two days in advance. We look forward to supporting one another!</b>


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**~ January - February Programs 2026 ~**

Program Title	Date/Time	Description	Registration and Fees
<b>2026 Kick-Off Party!</b> <b>Piedmont Plus Senior Games &amp; Silver Arts</b>	<b>Friday,</b> <b>January 23,</b> <b>10:00 - 12:00 pm</b>	You're Invited! Enjoy games, vendors, and register for the 2026 Piedmont Plus Senior Games <i>at Hanes Hosiery Recreation Center 501 Reynolds Blvd., Winston-Salem</i>	<b>No Need to register. Just show up and have fun!</b>
<b>Acrylic Painting Lessons</b>	<b>Mondays,</b> <b>January 26 thru</b> <b>March 2,</b> <b>9:30 - 11:30 am</b>	Are you interested in trying acrylic painting but not sure where to begin? Or you have already started and would like helpful tips to improve your skills. Join instructor John Mitchell for a six-week acrylic painting course designed for beginners and emerging artists alike. The first class will introduce basic techniques and include a discussion of essential supplies, followed by five weekly instructional lessons.	<b>The lesson fee is \$35.00 (cash only), due on the first day of class. Call 336-992-3180 to register by January 22.</b>
<b>New Day! Cornhole</b>	<b>Tuesdays,</b> <b>beginning</b> <b>January 27,</b> <b>1:30 - 3:00 pm</b>	Cornhole has moved to Tuesdays beginning January 27th. Join us at the Kernersville Parks & Recreation Center (1020 Shield Road )and learn the basic rules, scoring, proper tossing techniques, game strategy and more! No fee, equipment or experience needed.	<b>Call 336-992-3180 to register.</b>
<b>NCDOT Update</b>	<b>Wednesday,</b> <b>January 28,</b> <b>10:00 am</b>	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.	<b>Call 336-992-3180 to register by January 26.</b>
<b>Slow Cooker Meal and Sandwich Covered Dish Lunch</b> <b>Dessert Provided by Hearing Life</b>	 <b>Friday,</b> <b>January 30,</b> <b>12:00 pm</b>	Join us this January for a warm and hearty meal! Bring a crockpot dish (like chili or soup) or sandwiches with enough to share. If crockpot cooking is not for you, any delicious dish with enough to share is welcome! Or a 2-liter soda or gallon of tea. <i>Janet from Hearing Life will provide dessert.</i> Let us enjoy good food and friends!	<b>Call 336-992-3180 to register by January 26.</b>
<b>AARP Presents!</b> <b>Power Up Your Knowledge of Hybrid Vehicles and EVs Onsite &amp; Zoom</b>	<b>Friday,</b> <b>January 30,</b> <b>1:00 pm</b>	Join us for a 60-minute session to learn about hybrid and electric vehicles, including tips on driving, charging, and road trips. Followed by a 15-minute Q&A with vehicle owners sharing their experiences. Do not miss this opportunity to gain experience more about sustainable driving options and get your questions answered!	<b>Register by January 26 by calling 336-992-3180 for onsite or link to Zoom.</b>

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Program Title	Date/Time	Description	Registration and Fees
<b>Age-Friendly Forsyth Focus Group</b>	<b>Tuesday, February 3, 1:00 pm</b>	Join us for a small group conversation informed by the findings of the <i>2025 Age-Friendly Forsyth Community Survey</i> . Adults aged 60+ and people caring for adults 60+ are invited to share their stories, insights, needs and experiences around navigating essential resources and aging in Forsyth County.	<b>Registration or Questions: Contact Lisa Terry, Connections and Arts Coordinator 336-721-6954</b>
<b>Cash School Buddies</b>	<b>Thursday, February 5, 9:30 - 12:00 pm</b>	The Shepherd's Center of Kernersville is seeking seniors to partner with third graders from Cash Elementary. Enjoy fun icebreakers, crafts, and story-sharing while building meaningful connections. Join us and make a lasting impact!	<b>Call 336-992-3180 to register by February 2.</b>
<b>All About the Eyes Watercolor Lesson</b>	<b>Thursday, February 12, 10:00 am and 1:00 pm</b>	Enjoy a fun, creative morning of watercolor painting while learning techniques to paint with watercolor eyes. Perfect for all skill levels—no experience needed. Leave with a matted artwork ready to display! Donations accepted for supplies.	<b>Call 336-992-3180 to register by February 10.</b>
 <b>Butter Bean Auction Hosted by Oak Street Health</b>	<b>Friday, February 6, 12:00 pm</b>	Bid on fabulous items using butter beans as currency! Enjoy a one-of-a-kind auction filled with laughter, community, and heart-healthy snacks. Mark your calendar and bring friends—you won't want to miss this!	<b>Call 336-992-3180 to register by February 4.</b>
<b>"Living Smart for A Healthy Heart" Workshop Presented by Second Harvest NWNC – Emily Martin</b>	 <b>Thursday, February 12, 11:00 am</b>	Join us for an engaging workshop on heart health for older adults. Learn about common heart problems, warning signs, safe ways to stay active, and stress management. Enjoy heart-healthy recipes, including a taste test of Swiss Chard and White Bean Soup. Don't miss this chance to improve your heart health!	<b>Call 336-992-3180 to register by February 9</b>
<b>MyChart App Onsite or Zoom Presented by AARP-NC</b>	<b>Friday, February 13, 11:00 am</b>	Learn how this health portal helps you manage records, message providers, and schedule virtual visits—all in one place. Join us at TSCK or via Zoom. Register for the Zoom link through AARP NC.	<b>Call 336-992-3180 to register for onsite or zoom class by February 11.</b>

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Program Title	Date/Time	Description	Registration and Fees
 <b>Valentine's Social</b> <i>Sponsored by Arosa</i>	<p style="text-align: center;"><b>Friday, February 13, 1:00 pm</b></p>	<p>Join us as we celebrate love and friendship! Bring a partner or a friend or come on your own and make new ones. Enjoy fun crafting activities, snacks and plenty of TLC. We look forward to celebrating with you!</p>	<p style="text-align: center;"><b>Call 336-992-3180 to register by February 12.</b></p>
<p style="text-align: center;"><b>Parkinson's Support Group Interest Meeting</b></p>	<p style="text-align: center;"><b>Monday, February 16, 1:00 pm</b></p>	<p>We invite individuals with Parkinson's, care partners, family members, and friends—to join our Parkinson's support group <i>interest meetings</i>. Our goal is to help you be proactive about your mental, physical, and emotional wellbeing. If there is enough interest, we will hold bimonthly meetings. <i>Snacks and drinks provided</i>. We look forward to supporting one another!</p>	<p style="text-align: center;"><b>Call 336-992-3180 to register by February 12.</b></p>
<p style="text-align: center;"><b>Civil Rights Center &amp; Museum Tour</b> 34 S. Elm Street Greensboro</p>	<p style="text-align: center;"><b>Wednesday, February 18, 10:00 am</b></p>	<p>Join us as we explore America's story through the lens of justice and equality. Visit the restored lunch counter and thirteen galleries featuring photography, artifacts, video re-enactments, and interactive exhibits. Transportation will be provided. <b>Tickets for the Signature Staff Guided Tour are \$20 per person and must be prepaid by February 11.</b></p>	<p style="text-align: center;"><b>Call 336-992-3180 to reserve your ticket by February 11.</b></p>
<p style="text-align: center;"><b>Acrylic Paint Pouring Class</b></p>	<p style="text-align: center;"><b>Friday, February 20, 1:00 pm - 3:00 pm</b></p>	<p>Discover the fun of acrylic paint pouring! In this hands-on workshop you will learn about the color scale and how to mix paints. Create an 8" x 10" canvas of painting while learning the techniques of pouring a tree, flowers with a balloon, or abstract painting - each offering it's own beautiful and surprising effects. Bring your curiosity and willingness to get a little messy and \$5 (cash only) for supplies!</p>	<p style="text-align: center;"><b>Call 336-992-3180 to register by February 18.</b></p>
<p style="text-align: center;"><b>Wellness &amp; Community Showcase</b> YMCA 1113 West Mountain Street</p>	<p style="text-align: center;"><b>Monday, February 23, 9:30 am - 12 pm</b></p>	<p style="text-align: center;">Everyone Welcome!</p> <ul style="list-style-type: none"> <li>• Health Screenings and Information</li> <li>• Business Networking</li> <li>• Vendors and food trucks(\$)</li> <li>• Free Admission and Parking</li> </ul>	<p style="text-align: center;"><b>No need to register!</b></p>

**The Shepherd's Center of Kernersville 636 Gralin Street  
~ January - February Programs 2026 ~**

Program Title	Date/Time	Description	Registration and Fees
<b>Wreath Class</b>	<b>Tuesday, February 24, 1:00 pm</b>	Join Kathy Gydus to learn the basics of making a wreath. Create a stunning grapevine/styrofoam wreath, perfect for brightening up your décor or as a gift. <b>\$12.00 (cash only) instructor and supply fee is due on the day of class.</b>	<b>Call 336-992-3180 to register by February 10.</b>
<b>Pen Pals with Caleb's Creek Elementary School Students</b>	<b>Thursday, February 26, 1:00 pm</b>	This Meet and Share is the third pen pal letter pickup 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.	<b>Call 336-992-3180 to register by February 24</b>
<b>Covered Dish Lunch Wear Red Day!</b>	<b>Friday, February 27, 12:00 pm</b>	Sport your most vibrant red outfit to raise awareness for heart health! Let us shine a light on this important cause and show our support. Make this day truly memorable by bringing along a heart-healthy dish to share—do not forget to whip up enough for everyone!	<b>Call 336-992-3180 to register by February 25.</b>

**2026 Calendar TSCK will be Closed**

- New Year's Day Thursday, January 1, 2026
- Martin Luther King Jr. Day, Monday, January 19,
- Good Friday, April 3
- Memorial Day Monday, May 25 (Last Monday in May)
- Juneteenth, June 19th
- Independence Day (Saturday, July 4) Closed Monday, July 6
- Labor Day Monday, September 7
- Veterans Day, Wednesday, November 11
- Thanksgiving Day Thursday and Friday, November 26 & 27
- Christmas Eve, Thursday, December 24
- Christmas Day, Friday, December 25

**Interested in learning how to play the Ukulele?**

Call and let us know!  
336-992-3180

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**Friendly Reminder  
Clean up after your events**

Wipe down the tables, sweep up any debris, and tidy your space before you head out. It helps keep the Center nice for everyone who comes in after you.

**Thanks for doing your part to keep things clean and welcoming!**

# 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.

**Low Vision Support Group:** Monthly meetings held for individuals and their families experiencing vision impairment to connect and share experiences. In-person meetings and a *Google Meet* option.

**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](http://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](mailto:Lisa@shepctrkville.com)

[Debbie@shepctrkville.com](mailto:Debbie@shepctrkville.com)

[info@shepctrkville.com](mailto:info@shepctrkville.com)

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



## The Shepherd's Center of Kernersville Staff

### *Executive Director*

Asheley Cooper  
Asheley@shepctrkville.com

### *Operations Manager*

Lisa Miller  
Lisa@shepctrkville.com

### *Senior Center Director*

Debbie Williams  
Debbie@shepctrkville.com

### *Senior Center Program Assistant* Jennifer Bowers

### *Volunteer Services Manager*

Claire Winfrey  
Claire@shepctrkville.com

### *Volunteer Services Assistant*

Dawn Rowe  
Services@shepctrkville.com

### Contact Us:

The Shepherd's Center  
of Kernersville  
636 Gralin Street  
PO Box 2044  
Kernersville, NC 27285-2044

<https://www.shepctrkville.com>

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

**Activities and Programs**  
336-992-3180

**Office Hours**  
Monday - Friday 8:00 am - 4:00 pm




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](http://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.**

## 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.**