

THE SHEPHERD'S CENTER OF KERNERSVILLE



MARCH - APRIL 2026



Your Guide to Services, Programs, and Activities

purpose

compassion

ENRICHMENT

life



The Rest Stop: Group Respite Ministry Launching March 17, 2026

The Rest Stop program provides a safe, joyful place for social engagement while giving caregivers meaningful time to rest.

Based on the Respite for All Foundation model, this faith based, volunteer driven program supports caregivers, participants (“friends”), and volunteers through relationship centered care.

The Rest Stop will operate in partnership with Sedge Garden United Methodist Church on **Tuesdays and Thursdays, 10:00 AM–2:00 PM**, at **\$40 per session**. Each day features music, brain fitness, light exercise, crafts, service projects, and a shared family style lunch.

Volunteers receive training in supportive social engagement for those living with dementia. **Next training:** Saturday, March 7, 2026, 10:00 AM–2:00 PM (lunch provided).

For information about participating, volunteering, or sponsoring meals/snacks, contact **Gina Floyd, Director, 336-996-6696**.

Welcome

Gina Floyd
The Rest Stop
Director



Gina brings over seven years of assisted living management experience, along with a strong background in leadership, operations, and client services. **Her passion for helping older adults age with purpose, joy, and dignity is evident in her warm and professional leadership style.**

Gina is married to her husband, Joseph, and is the proud mother of Laura and grandmother to Brynleigh Mae (7) and Mackston Bear (3½). She enjoys spending time with her family, quilting, gardening, and relaxing outdoors.

Please join us in welcoming Gina to the TSCK family, and feel free to stop by and introduce yourself!

MAKER'S MART SHOWCASE

March Featured Artisans: Reba Roseman

Janet's handmade glass designs are exquisite, with each piece showcasing her unique style and craftsmanship.



Join us for an
evening of celebration!

Thursday, April 16, 2026

Save the Date!

Thursday, April 16, 2026

Join The Shepherd's Center of Kernersville for our annual **Legacy Dinner** as we celebrate 41 years of lifting lives in our community.

This special fundraising evening will be held **Thursday, April 16, at Woodland Hall at Triad Park**, with drinks at 6:00 PM and dinner at 6:30 PM.

Tickets go on sale **March 5** at the Front Desk and at www.shepctrkville.com. Sponsorship opportunities will also be available.

Your support has made this legacy possible—we look forward to celebrating with you!

Operation Medicine Drop

NO NEEDLES PLEASE

Brought to you by The Shepherd's Center, the Town of Kernersville Public Services, and the Kernersville Police Department.

The Shepherd's Center
636 Gralin St

March 23rd, 10am-2pm



March 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
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>11:15- Begin Line Dance \$6</p> <p>12:00 - Line Dance \$6</p> <p>12:00 - Pinochle</p> <p>1:00 - Chair Yoga II \$5</p> <p>1:00 - Tapping on Zoom</p> <p>1:00 - Ukulele Troupe \$*</p> <p>1:30 - Advanced Square Dance \$6*</p> <p>1:30 - Rummikub</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</p> <p>Book Club (3rd Tues.)</p> <p>2:00 - Cardio</p> <p>Drumming</p> <p>4:30 - Low Vision Support Group (3rd Tues.)</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</p> <p>\$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 (KPRC)**</p> <p>12:00 - Card Lessons</p> <p>1:00 - Chair Yoga I \$5</p> <p>1:30 - Chess</p> <p>1:30 - Cornhole at KPRC</p> <p>1:00 - Dominoes</p> <p>4:00 - TedderBear Stamping on <i>You Tube Live</i> (2nd & 4th Thurs.)</p>	<p>9:00 - 12:00 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>11:00 - Hand & Foot</p>
SPECIAL PROGRAMS	<p>2</p> <p>9</p> <p>1:00 - Age Friendly Forsyth Focus Group</p> <p>16</p> <p>11:00 - St. Patrick's Day Gnomes Décor</p> <p>2:30 - Beginner Ukulele Lessons\$</p> <p>23</p> <p>9:30 - Beginner Acrylic Painting Lessons\$</p> <p>10:00 - Operation Medicine Drop</p> <p>2:30 - Beginner Ukulele Lessons\$</p> <p>30</p> <p>9:30 - Acrylic Painting Lessons\$</p> <p>2:30 - Beginner Ukulele Lessons\$</p>	<p>3</p> <p>10</p> <p>17</p> <p>1:00 - Beginner Quilt Lessons\$</p> <p>1:00 - Catch a Wave Art\$</p> <p>1:00 - Driving at Night Workshop on Zoom</p> <p>24</p> <p>9:30 - Pickleball Lessons\$*</p> <p>10:00 - Marbleized Eggs\$</p> <p>12:00 - Candy Time</p> <p>1:00 - Beginner Quilt Lessons\$</p> <p>31</p> <p>1:00 - Beginner Quilt Lessons\$</p>	<p>4</p> <p>2:00 - Hop-n-Dot Mandala Basket Class\$</p> <p>11</p> <p>10:00 - Mandala Basket Class\$</p> <p>11:00 - Chair Massage\$ (by appointment)</p> <p>18</p> <p>12:00 - Candy Time</p> <p>25</p> <p>11:00 - Chair Massage\$ (by appointment)</p>	<p>5</p> <p>9:30 - Pickleball Lessons\$*</p> <p>12</p> <p>9:30 - Pickleball Lessons\$*</p> <p>10:00 - Brunch with MORPH Study</p> <p>19</p> <p>9:30 - Pickleball Lessons\$*</p> <p>1:30 - Cornhole at KPRC</p> <p>26</p> <p>11:00 - 5 Keys to Retiring Lunch and Learn\$</p>	<p>6</p> <p>13</p> <p>1:00 - Movie Matinee</p> <p>20</p> <p>12:00 - Balance Workshop Lunch and Learn</p> <p>12:30 - Book Art Creations Easter Egg Edition\$</p> <p>27</p> <p>12:00 - Farewell to Winter Covered Dish Lunch</p> <p><i>Sponsored by Kerner Ridge</i></p>

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

April 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
WEEKLY PROGRAMS	9:30 - Bridge 10:00 - Cardio Drumming 10:00 - Stretch & Flex 11:00 - Caregiver Support Group (2nd & 4th Mon.) 11:15 - Begin Line Dance \$6 12:00 - Line Dance \$6 12:00 - Pinochle 1:00 - Chair Yoga II \$5 1:00 - Tattling on Zoom 1:00 - Ukulele Troupe \$* 1:30 - Advanced Square Dance \$6* 1:30 - Rummikub 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 10:00 - Walk w/Williams 11:30 - Hand & Foot 12:30 - Advanced Bridge 1:00 - Books Ignite Book Club (3rd Tues.) 2:00 - Cardio Drumming 4:30 - Low Vision Support Group (3rd Tues)	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 1:30 - Chess 1:00 - Dominoes 1:30 - Cornhole at KPRC** 4:00 - TedderBearStamping YouTube Live (2nd & 4th Thurs.)*	09:00 - 12:00 - 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 11:00 - Hand & Foot
SPECIAL PROGRAMS	6 9:30 - Acrylic Painting Lessons\$ 11:00 - Butter Bean Auction 2:30 - Beginner Ukulele Lessons\$ 13 9:30 - Veterans Coffee 9:30 - Acrylic Painting Lessons\$ 12:00 - Tomato Tips on Zoom 2:30 - Beginner Ukulele Lessons\$ 20 9:30 - Acrylic Painting Lessons\$ 2:30 - Beginner Ukulele Lessons\$ 27 9:30 - Acrylic Painting Lessons\$ 2:30 - Beginner Ukulele\$	7 10:00 - Walk w/Williams** 1:00 - Beginner Quilt Lessons\$ 12:00 - Candy Time 14 10:00 - Walk w/Williams** 1:00 - Beginner Quilt Lessons\$ 1:00 - Handmade Paper\$ 21 10:00 - Walk w/Williams 12:00 - Candy Time 1:00 - Pen Pals Meeting 28 10:00 - Walk w/Williams **	8 11:00 - Chair Massage\$ (by appointment) 15 10:00 - Oui Mandala Lids\$ 1:00 - NCDOT Update 22 11:00 - Chair Massage\$ (by appointment) 1:00 - Coastal Angel Art\$ 29 10:00 - Memoir Writing Workshop\$	2 9:30 - Pickleball Lessons\$* 11:00 - How Aging Changes the Way Our Bodies Process Medicine 9 9:30 - Pickleball Lessons\$* 16 9:30 - Cash Buddies 9:30 - Pickleball Lessons\$* 5:30 - Legacy Dinner Fund Raiser at Woodland Halls 23 9:30 - Pickleball Lessons\$* 10:00 & 1:00 pm - Dew Drops Watercolor Lesson 30	3 10 12:00 - Bee Happy Covered Dish Lunch Sponsored by Meaningful Moments 1:00 - Movie Matinee 17 24 11:00 - Busted Canvas Workshop\$

The Shepherd's Center of Kernersville 636 Gralin Street
~ March - April Programs 2026 ~



Program Title	Date/Time	Description	Registration and Fees
<i>New!</i> Rummikub	Mondays, 1:30 pm	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.	Call 336-992-3180 to register and be part of the fun!
Chair Massage	Chair Massage 2 nd and 4 th Wednesdays, 11:00 am - 1:00 pm <i>by appointment only</i>	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.	Schedule your 10-minute chair massage appointment by calling 336-992-3180.
Chess	<i>New Day!</i> Thursday, 1:30 pm	Calling all chess lovers! Whether you're experienced or brand new, join us for friendly matches that sharpen your strategy and let you learn new tactics while enjoying this timeless game in a supportive setting.	Register at least two business days in advance: 336-992-3180.
Walk with Williams	<u>Additional Day Added Tuesday!</u> Thursday, 10:00 am Where to Meet: March 2- 31 Indoor at Kernersville Parks and Recreation Center, 1020 Shields Road	<u>New Additional Day</u> Tuesday beginning April 7, (Weather Permitting): 4th of July Park, <i>Bodenhamer Street Entrance</i> Join our walking group for those aged 50 and over, meeting every Tuesday and Thursday for exercise and community. It's a great chance to socialize, enjoy nature, and stay active. Everyone is welcome—grab your walking shoes and join us for a fun and healthy experience!	Register at least two business days in advance: 336-992-3180.

The Shepherd's Center of Kernersville 636 Gralin Street
~ March - April Programs 2026 ~

Program Title	Date/Time	Description	Registration and Fees
<p style="text-align: center;">Hop-n- Dot Easter Mandala Basket (2-day workshop)</p>	<p style="text-align: center;">Wednesday, March 4, 2:00 – 4:00 pm and Wednesday, March 11, 10:00 - 12:30 pm</p>	<p>Wednesday, March 4 Create a colorful Hop N' Dot Mandala basket in this fun two-session workshop! On March 4, you will learn dot mandala painting techniques to design your Easter basket base. Bring a snack to share. Basket and base supply fee: \$50.00.</p> <p>Wednesday, March 11</p> <ul style="list-style-type: none"> • 10:00–11:00 am - Create a mandala lid for an Oui jar (supply fee: \$7). • 11:00–12:30 pm - Weave your basket onto the Easter base made the week before. Bring a snack to share. 	<p style="text-align: center;">To register, email Diane at dfrankenfield@live .com</p>
<p style="text-align: center;">Beginner Pickleball Lessons with Linda Meadows</p> <p style="text-align: center;">Kernersville Recreation Center, 1020 Shields Road</p>	<p style="text-align: center;">1st Session: Thursday, March 5, 12, Tuesday, March 24 & Thursday, April 2, 9:30 - 11:30 am</p> <p style="text-align: center;">2nd Session: Thursday, April 9, 16, 23 and 30, 9:30 – 11:30 am</p>	<p>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 style="text-align: center;">Call 336-992-3180 to register two days in advance.</p>
<p style="text-align: center;">Age-Friendly Forsyth Focus Group</p>	<p style="text-align: center;">Monday, March 9, 1:00 pm</p>	<p>Join us for a small group conversation informed by the findings of the 2025 Age Friendly Forsyth Community Survey. 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. Light snacks will be served.</p>	<p style="text-align: center;">Register by calling 336-992-3180.</p>

The Shepherd's Center of Kernersville 636 Gralin Street

~ **March - April Programs 2026** ~

Program Title	Date/Time	Description	Registration and Fees
 <p>Brunch with the MORPH III Study Team</p>	<p>Thursday, March 12, 10:00 AM</p>	<p>Learn about the MORPH III Study, an at home program designed to reduce knee and hip osteoarthritis pain through gentle daily movement. Participants may receive virtual coaching, study provided technology, and a free Fitbit.</p> <p>You may qualify if you:</p> <ul style="list-style-type: none"> • Are 65+ with knee or hip osteoarthritis • Can attend virtual visits and use a smartphone app, Fitbit, and scale • Are not taking weight loss medications • Have had little physical activity in the past six months 	<p><i>This is a brunch and learn event.</i></p> <p>To reserve your seat, please register before March 10 by calling 336-992-3180.</p>
<p>St. Patrick's Day Gnomes Décor With Oak Street Health</p>	 <p>Monday, March 16, 11:00 am</p>	<p>Create a festive wall décor featuring cheerful St. Patrick's Day gnomes—including a classic gnome with a shamrock and an upside-down gnome in a pot of gold. Personalize your piece with felt, glitter and vibrant paint for a one-of-a-kind holiday decoration. No fee.</p>	<p>Register by March 12: 336-992-3180.</p>
<p>Beginner Ukulele Lessons</p>	<p>March 16 - May 4 (8 weeks), 2:30 - 3:30 pm</p>	<p>Instructor Allen Alston will provide beginner lessons for those who want to learn how to play the ukulele. You will need to bring a ukulele. \$40.00 (cash) instruction fee due first day of class.</p>	<p>Register by March 13: 336-992-3180.</p>
<p>Beginner Quilting Class</p>	<p>Tuesday, March 17, 24, 31 and April 7 and 14, 1:00 - 4:00 pm</p>	<p>This five week beginner class introduces essential quilting skills. Learn rotary cutting, chain piecing, fabric selection, pattern reading, and how to assemble quilt blocks while completing a simple table runner. By the end, you will have the confidence to begin your own projects—and have fun along the way! Must have a working sewing machine. The class size is limited. \$35.00 instruction fee (cash only) is due on the first day of class.</p>	<p>Register by March 13: 336-992-3180.</p>




The Shepherd's Center of Kernersville 636 Gralin Street
~ March - April Programs 2026 ~

Program Title	Date/Time	Description	Registration and Fees
Catch a Wave Therapeutic Art	Tuesday, March 17, 1:00 - 3:00 pm	Sharon Carter will lead a therapeutic art session focused on doodling and coloring for stress relief. Lisa A. Rainwater, PhD, MA (couns.), will discuss the benefits of art for managing stress, improving memory, and engaging the mind. The supply fee is \$10 (cash only) and is due on the day of the class.	Register by March 13: 336-992-3180.
Join Driving At Night Workshop on Zoom	Tuesday, March 17, 4:00 pm	Explore the challenges of night driving and learn practical tips for safer, more confident travel after dark. This AARP workshop covers vision changes, headlight technology, and helpful driving tools, along with real life advice and testimonials. To let us know you're attending, call 336-992-3180.	You must pre-register here: AARP.ORG log in - Register Free Online
Candy Time with the Kernersville Police Department	March 18, 24 and April 7, and April 21, 12:00 - 2:00 pm	Join the Kernersville Police Department Spread joy this spring by filling small bags with candy! We kick off on March 18th and will continue until all the bags are filled. Your participation on March 18th and 24th is especially encouraged. Let's brighten our community together!	To sign up, call 336-992-3180.
Oui Mandala Lids	Wednesday, April 15, 10:00 am	Students will have the opportunity to learn mandala dotting patterns on up to 4 Oui jar lids. Theme choices include snow, winter, sun and holiday themes. Supply fee is \$5.00 - 7.00 per lid .	To register, email Diane at dfrankenfield@live.com
Balance Workshop Lunch and Learn Lunch Sponsored by Brookdale Senior Living	Friday, March 20, 12:00 - 2:00 pm	Enjoy a lunch and learn with Angie Coley (Sun Crest Home Health) to learn simple strength and mobility exercises, fall prevention and visit a balance clinic to discuss mobility devices. Empower yourself for a healthier, more mobile future.	Register by March 17: 336-992-3180.


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Program Title	Date/Time	Description	Registration and Fees
Book Art Creation: Easter Egg Edition	Friday, March 20, 12:30 - 3:00 pm	Create a unique Easter egg centerpiece using a folded paperback book. Add decorative touches to transform it into a sculptural holiday piece. Please bring a used paperback with at least 300 pages. Supply fee is \$3.00 (cash only), due the day of class.	Register by March 18: 336-992-3180.
Acrylic Painting Lessons	Monday, March 23, 30, April 6, 13, 20, 27 (6-week session), 9:30 - 11:30 am	Interested in acrylic painting but not sure where to start? Join John Mitchell for a six week beginner friendly course. Learn essential techniques, explore basic supplies, and build your skills through weekly guided lessons. The first class is an introduction and includes a discussion of an essential supply list. Instructor's Fee is \$35 (cash only), due on the first day of class.	Register by March 20: 336-992-3180.
Marbleized Eggs	Tuesday, March 24, 10:00 - 12:00 pm	Create beautiful eggs with instructor Janice Lutz-Vanhoy using plastic or wooden eggs—perfect for spring décor. Beginners welcome, and all supplies are provided. Bring an empty egg carton for transport. A mask is recommended for sensitivity to slight odors. Supply fee is \$10 (cash only) per dozen, due the day of class.	Register by March 17: 336-992-3180.
5 Keys to Retiring Fearlessly Lunch and Learn	Thursday, March 26, 11:00 - 1:00 pm	Wondering if you're on track for retirement? Join this workshop with Emily Farrell from Thrivent to learn practical strategies for building financial security—including creating reliable income, protecting savings from market ups and downs, improving tax efficiency, and preparing for life's "what ifs." Lunch is \$3 (cash only), due the day of class.	Register by March 24: 336-992-3180.

The Shepherd's Center of Kernersville 636 Gralin Street
~ March - April Programs 2026 ~

Program Title	Date/Time	Description	Registration and Fees
<p>Farewell to Winter Covered Dish Lunch</p>  <p>Sponsor: Kerner Ridge</p>	<p>Friday, March 27, 12 noon</p>	<p>Say farewell to winter as we welcome the longer, brighter days ahead! Join us for a bright and cheerful lunch by bringing your favorite colorful side dish, salad, dessert, or drink <i>with enough to share</i>. Let us celebrate the arrival of spring together! Entrée will be provided by Kerner Ridge.</p>	<p>Register by March 20: 336-992-3180.</p>
<p>How Aging Changes, the Way Our Bodies Process Medicines</p>	<p>Thursday, April 2, 11:00 am</p>	<p>Join clinical pharmacist Katina Boyd for an informative session on how natural age-related changes affect the way medications work in the body. Learn practical tips to use medicines safely, recognize possible side effects, and partner confidently with your healthcare team for better health outcomes.</p>	<p>Register by March 30: 336-992-3180.</p>
 <p>Butter Bean Auction Sponsored by Oak Street Health</p>	<p>Monday, April 6, 11:00 am</p>	<p><i>Back by popular demand!!</i> Bid on fabulous items using butter beans as currency! Enjoy a one-of-a-kind auction filled with laughter, and fun. Mark your calendar and bring friends—you won't want to miss this!</p>	<p>Register by April 6: 336-992-3180.</p>
<p>Covered Dish Lunch Bee Active Bee Healthy Bee Happy Week Sponsored by Meaningful Moments</p>	<p>Friday, April 10, 12:00 PM</p>	<p>Join us for a joyful covered dish lunch as we celebrate Bee Active, Bee Healthy, and Bee Happy Week! Enjoy great food, friendly conversation, and simple tips for healthier living. Bring a favorite dish, dessert or drink with enough to share. The main dish will be provided by <i>Meaningful Moments Home Care</i>.</p>	<p>Register by April 2: 336-992-3180.</p>
 <p>Veterans Coffee Sponsored by Health Team Advantage</p>	<p>Monday, April 13, 9:30 am</p>	<p>We invite all veterans and their families to join us for 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>Register by April 8: 336-992-3180.</p>

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Program Title	Date/Time	Description	Registration and Fees
 Tomato Tips for Every Gardener on Zoom	<p style="text-align: center;">Tuesday, April 13, 12:00 noon</p>	<p>Learn how to choose the right tomato varieties—hybrid vs. heirloom and determinate vs. indeterminate. We will cover basic transplanting, pruning, fertilizing, trellis options, and common pest and disease tips to help your tomatoes thrive. No materials needed—just bring your questions! Call 336-992-3180 to let us know you are attending.</p>	<p style="text-align: center;">You must pre-register here: AARP.ORG log in - Register Free Online</p>
<p style="text-align: center;">Handmade Marble Paper</p>	<p style="text-align: center;">Tuesday, April 14, 1:00 - 3:00 pm</p>	<p>Create your own beautiful multicolored marbled paper using fun and simple techniques. These swirled designs are perfect for journals, cards, envelopes, and spring gifts. This hands on class is a little messy—but lots of fun—and all materials are provided. Supply Fee: \$10 (cash only, due day of class).</p>	<p style="text-align: center;">Register by April 10: 336-992-3180.</p>
<p style="text-align: center;">Oui Mandala Lids</p>	<p style="text-align: center;">Wednesday, April 15, 10:00 am -12:30 pm</p>	<p>Students will have the opportunity to learn mandala dotting patterns on up to 4 Oui jar lids. Theme choices include snow, winter, sun, and holiday themes. \$5.00 - \$7.00 per lid (all supplies included).</p>	<p style="text-align: center;">To Register, email Diane: dfrankenfield@live.com</p>
<p style="text-align: center;">NCDOT Update</p>	<p style="text-align: center;">Wednesday, April 15, 1:00 pm</p>	<p>John Rhyne, NCDOT Division 9 Engineer, will provide updates and new details about current construction, future roads, and transportation projects in and around Kernersville. A question-and-answer session will follow his presentation.</p>	<p style="text-align: center;">Register by April 13: 336-992-3180.</p>
<p style="text-align: center;">Cash Buddies</p>	<p style="text-align: center;">Thursday, April 16, 9:30 am</p>	<p>TSCK 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!</p>	<p style="text-align: center;">Register by April 14: 336-992-3180.</p>

The Shepherd's Center of Kernersville 636 Gralin Street
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Program Title	Date/Time	Description	Registration and Fees
Meet – N- Share Pen Pals	Tuesday, April 21, 1:00 pm	This meet and share 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.	Register by April 17: 336-992-3180
Coastal Angel Art: Create Beauty from Beach Treasures	Wednesday, April 22, 1:00 pm	Join Barbara to create a charming angel using natural seashells. Design a lovely angel silhouette perfect for gifting or displaying at home. This beginner friendly class is enjoyable, easy to follow, and a wonderful way to explore your creativity.	Supply fee \$8.00 (cash only) payable day of class. Register by April 17: 336-992-3180
Dew Drops Watercolor Lesson	Thursday, April 23, 10:00 am and 1:00 pm	This class will focus on painting dewdrops with watercolor paint. No experience is needed. You will leave with a finished matted piece of artwork ready for display. Donations are accepted.	Register by April 21: 336-992-3180
Busted Canvas Art Workshop	Friday, April 24, 11:00 am - 1:00pm	Join us as we intentionally destroy a canvas to celebrate imperfections and create stunning artwork! This session includes an exciting twist—lights to enhance your design.	Register by April 24: 336-992-3180
Memoir Writing Workshop	Wednesday, April 29, 10:00 - 12:00 pm	Discover the joy of telling your story! Learn the basics of memoir writing, try simple prompts to spark ideas, and enjoy guided writing time. Journals and pens are provided, and laptops/tablets are welcome. Led by Judie Holcomb-Pack, president of Winston Salem Writers and associate editor of <i>The Winston Salem Source</i> .	\$3.00 supply fee (cash only) due day of class. Register by April 27: 336-992-3180
Cash Buddies	Wednesday, May 6, 9:30 am - 12:00 pm	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!	Register by May 4: 336-992-3180

Overview of Services and Programs

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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*

Ukulele Lessons - Offered periodically, call to express interest (*fees apply*)

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*)

Beginner Line Dance ~ 11:15 am, Monday (*\$6.00 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, Tuesday & 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*)

Card Game Lessons ~ offered periodically, call for schedule

Chess ~ 1:30, Thursdays

Cornhole ~ 1:30, Thursday at Kernersville Parks and Recreation Center 1020 Shields Rd.

Dominoes ~ 1:00 pm, Thursday

Euchre ~ 10:00 am, Thursday

Games & Conversation ~ 10:00 am, Wednesday

Hand & Foot ~ 11:30 am, Tuesday & 11:00 am, 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

Rummikub ~ 1:30 pm, Monday

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:
Debbie@shepctrkville.com
Jenn@shepctrkville.com
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The Shepherd's Center of Kernersville Staff

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<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

Computer Lab and Learning Center Wednesday and Friday, 9:00 am to 12:00 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.**

Spread Joy in Our Community

Be a part of something uplifting! Project Joy at The Shepherd's Center of Kernersville spreads smiles each week by delivering heartfelt cards and beautiful bouquets. For those who are celebrating special moments or simply need a little encouragement



Help keep this kindness flowing by donating **birthday cards**—*feminine, masculine, or generic, funny or serious, preferably non-religious*—and **clear glass vases** (8–10 inches tall with a 3–4-inch opening). See picture. Your contributions directly brighten someone's day!

Cards and vases may be dropped off at the front desk of The Shepherd's Center of Kernersville, 636 Gralin Street, Monday–Friday, 8:30 am–3:30 pm.

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.