



# THE SHEPHERD'S CENTER OF KERNERSVILLE

## MAY - JUNE 2026



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

purpose

compassion

ENRICHMENT

life



2026 Five Outstanding "Star Volunteers" were recognized for their exceptional service: David Kenward, Claudette Thibault, and Kevin Williams. Not pictured: Sandy Weavil and Brian Finnerty,

### Our Volunteers are GROOVY!

In celebration of National Volunteer Appreciation Month, we recently hosted a **Groovy Volunteer Appreciation Disco Dinner**. We had more than 90 guests in attendance for an evening filled with dancing, laughter, mingling, and delicious food. Memories were shared through a special Wall of Fame display of our volunteers from the disco era.

We celebrated the incredible dedication of volunteers who help support our mission throughout the year.

### ~ Thank You ~ 2026 AARP Tax-Aide Volunteers!

The generosity of your time allowed us to serve our community

#### New Records Achieved!

**Total Returns Prepared: 1053**

Accepted E-files: 1019

Previous Record: 904 returns in 2025

Last Year: 883 accepted returns



Angela Atkins  
James Berry Jr.  
Toby Bost  
Sandra Braham  
Cynthia Braman  
Debbi Butner  
Barbara Cannon  
Vincent Cimino  
Harweda Coe

Sharon Cole  
Clark Crews  
LaTonya Davidson  
Bill Dreshfield  
Michael Entz  
Mary Fuhr  
Maribel Garcia  
Sherry Grayson  
John Gudat

Kathleen Hamann  
Katherine Hanko  
Randy Hollifield  
David Kenward  
Maria Kucirka  
Connie Laster  
Regina Smith  
Bob Spontak  
Tricia Gainey

Cheryl Voss  
Linda Wakefield  
Jeanne Weyant  
Dan Whitney  
Bob Wilde  
Ellen Wilson  
Walt Morgan

### May Makers Mart Showcase Artisans

Join us for an encore presentation featuring past artisans along with two exciting newcomers.

#### Returning Artisans:

- Pam Beard: Spoon jewelry
- Sharon Carter: Papercrafts, including junk journals, note cards, and bookmarks
- Ethel Cheney: Papercrafts, featuring treat boxes, note pads, gift sets, and gift bags
- Edith Parker: Wool felt characters and dolls
- Janet Wallace: Glass jewelry and glass art

#### Premiering Artisans:

- Rhonda Costner: Cat toys
- Lynn Fields: Abstract paint pour magnets and art



### June Maker's Mart Showcase - Denise Brookie



Denise Brookie, a Wallburg, North Carolina resident since the 1980s, is a mother of two and grandmother of five.

She offers upcycled and handcrafted items like decorative plaques, florals, wreaths, and unique home décor, reflecting her creativity and commitment to repurposing materials at her booth (#73) SweetLifex2, in Cooper's Vintage Village.

**Four Seasons Watercolor Club  
Wednesdays, 12:00 - 2:00 pm**

If you are interested in watercolor, consider joining us. We are a group of individuals with various levels of expertise in watercolor. This involves learning its many complexities as we paint, enjoy fellowship and share ideas. We meet each Wednesday, 12– 2. Dues are only \$32.00 a year. Lessons are taught by our Vice-president, Bruce Fletcher, several times a year for a fee. (Call the Programs office for more information: 336-992-3180.) Feel free to stop by and visit with us so you can see what we do and ask any questions you might have.



Congratulations to Kevin Williams Senior Games Silver Medalist and good luck in the North Carolina State games. Well, done Senior Center participants Pat Marra and Jim Levers.

**New Time! Open Watercolor Studio  
Wednesdays, 2:00 – 4:00 pm**

Love to paint with watercolor? Want to meet new people and share your creativity? Or are you new to watercolor and looking for a relaxed, friendly group to spend time with?

Join us on Wednesdays for Open Watercolor Studio a casual drop-in opportunity to paint, share ideas, socialize, and enjoy time with others who love—or want to explore—watercolor. Whether you are an experienced artist or just getting started, this open studio offers a supportive environment to create at your own pace and connect with fellow artists. Bring your own supplies and come when you can no registration required. Just drop-in and paint!



**Triad Park - 9652 W Market St,  
Kernersville, NC - Shelter #6  
Registraon, Vendor Fair & Music starts at 9:00 am  
Opening Ceremony & Walk Kick-Off at 10:30 am**

**Triad Elder Abuse Awareness Walk, Stroll and Roll  
WALK REGISTRATION FORM**

PLEASE PRINT CLEARLY:

Individual Name: \_\_\_\_\_

Team Name (if applicable): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

T-Shirts will be distributed on a first-come, first-served basis at the event.

*for injuries during the event. Photographs taken during the event may be used for promotional purposes.*

Please return completed form to:

The Shepherd's Center  
636 Galin Street  
Kernersville, NC 27284

Phone: (336) 992-3180

Email:  
programs@shepctrkville.com





# Volunteer at The Rest Stop

## A Place to Pause and Be Supported

The Rest Stop offers caregivers a much-needed break, providing peace of mind while their loved ones living with cognitive impairment, such as dementia, are cared for in a safe and engaging environment.

This meaningful service is made possible by our dedicated volunteers, who bring compassion, joy, and connection to every moment—through conversation, games, and simply being present. Our Friends are looking for companionship and connection.

Training is provided, and our volunteer-to-friend ratio is typically 1:2 or even 1:1—creating space for genuine relationships to form. Imagine spending a few hours sharing laughter, stories, and purpose with someone who truly values your presence. Together, caregivers and volunteers create a community rooted in support and dignity. We are so grateful for all who make The Rest Stop possible.

**To learn more or get involved, contact  
Gina Floyd at 336-996-6696 or  
gina@shepctrville.com.**

## Interest & Satisfaction Surveys

We would love to hear from you! Our 2026 Program Interest and Satisfaction Surveys are on the way, and your input helps us make the Center even better for everyone.

Over the next few weeks, you will receive two surveys by email, and you can also find printed copies at the Center for your convenience.

### Why it matters

Your ideas, feedback, and suggestions help us improve programs, add new offerings, and create experiences you genuinely enjoy. We are listening and we will keep you updated on how your feedback shapes what we do next.

### How to participate

Simply complete the surveys online or fill one out while you are at the Center. Every response makes a difference! We appreciate you taking the time to share your thoughts. Together, we can continue building a vibrant and engaging community experience. Keep an eye out and we cannot wait to hear what you think!

**We Will be Closed Monday,  
May 25 in Observance of  
Memorial Day  
Friday, June 19 for the  
Juneteenth Holiday  
and Friday, July 3 for  
the 4<sup>th</sup> of July  
Holiday**



# May 2026 Calendar

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Weekly Programs</b>	9:30 - Bridge 10:00 - Cardio Drumming 10:00 - Stretch & Flex 10:00 - Walk with Williams (4 <sup>th</sup> of July Park)** 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 1:30 - Rummikub 1:00 - Ukulele Troupe \$* 2:30 - Ukulele Lessons \$* 1:30 - Advanced Square Dance \$6*	9:30 - Bee Quilters 10:00 - Music Jam Session 10:00 - Stretch & Flex 10:00 - Walk with Williams at 4 <sup>th</sup> of July Park* 11:00 - 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 - Computer Lab by Appt. Only \$5 Donation 10:00 - American Sewing Guild Fee \$ (3 <sup>rd</sup> Wed.) 10:00 - Games & Conversation 10:00 - Tai Chi \$5 12:00 - Four Seasons Watercolor Club 2:00 - <i>New Time!</i> 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 \$* 10:00 - Euchre 10:00 - Needle Arts 10:00 - Stretch & Flex 10:00 - Walk with Williams (4 <sup>th</sup> of July Park)** 12:00 - Card Lessons* 1:00 - Chair Yoga I \$5 1:00 - Dominoes 1:30 - Chess 1:30 - Cornhole at KPRC	9:00 - 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 w/Patti (2nd Fri.)\$ 10:00 - Bingo (bring 2 & win 2 prizes) 11:00 - Hand & Foot
					<b>1</b>
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	\$ Supply and/or Instructor Fees *Call for more information 336-992-3180		9:30 - Cash Buddies	9:30 - Pickleball Lessons \$* 5:00 - Beginner Line Dance \$ 6:00 - Intermediate Line Dance \$	
	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	12:00 - Mahjong 101: Onsite and Zoom 5:00 - Parkinson's & Tremors Onsite and Zoom 5:30 - Solutions for OAB Onsite and Zoom	10:00 - Florals by the Sea \$	9:30 - Pickleball Lessons \$* 5:00 - Beginner Line Dance \$ 6:00 - Intermediate Line Dance \$  <b>4:00 - Senior Prom</b>	12:00 - Older Americans Month Covered Dish Lunch Sponsored by <i>Haven Lane</i>	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	
	1:00 - Painting Summer Flowers \$	1:00 - Accordion Box Fan Fold Card \$	9:30 - Pickleball Lessons \$* 11:00 - Living Will Lunch and Learn 5:00 - Beginner Line Dance \$ 6:00 - Intermediate Line Dance \$	11:30 - Effective Ways to Write Letters Lunch and Learn Sponsored by <i>Huntington Bank</i>	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
<b>Memorial Day Holiday Closed</b>		11:00 - Chair Massage (by appointment) \$ 12:00 - Watercolor Lessons \$	9:30 - Pickleball Lessons \$* 1:00 - Going to Use that Napkin? Decoupage \$		



# June 2026 Calendar

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Weekly Programs</b>	9:30 - Bridge 10:00 - Cardio Drumming 10:00 - Stretch & Flex 10:00 - Walk with Williams (4 <sup>th</sup> of July Park)** 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 - Tatting on Zoom 1:30 - Rummikub 1:00 - Ukulele Troupe \$* 2:30 - Ukulele Lessons \$* 1:30 - Advanced Square Dance \$6*	9:30 - Bee Quilters 10:00 - Music Jam Session 10:00 - Stretch & Flex 10:00 - Walk with Williams (4 <sup>th</sup> of July Park)** 11:00 - 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 - Computer Lab by Appointment Only \$5 Donation 10:00 - American Sewing Guild Fee \$ (3 <sup>rd</sup> Wed.) 10:00 - Games & Conversation 10:00 - Tai Chi \$5 12:00 - Four Seasons Watercolor Club 2:00 - <i>New Time!</i> Open Watercolor Studio Drop - in 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 (4 <sup>th</sup> of July Park)* 12:00 - Card Lessons* 1:00 - Chair Yoga I \$5 1:00 - Dominoes 1:30 - Chess 1:30 - Cornhole at KPRC	9:00 - 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 w/Patti (2nd Fri.)\$ 10:00 - Bingo (bring 2 & win 2 prizes) 11:00 - Hand & Foot
<b>Special Programs</b>	<b>1</b> \$ Supply or Instructor Fees *Call for more information 336-992-3180	<b>2</b>	<b>3</b> 12:00 - Watercolor Lessons\$	<b>4</b> 11:00 - Spot a Scam - Stop a Scam Lunch & Learn 5:00 - Beginner Line Dance\$ 6:00 - Intermediate Line Dance\$	<b>5</b> 1:00 Paint Pour\$
	<b>8</b> 2:30 - Ukulele Lessons\$	<b>9</b> 9:30 - 11:00 - Drop-in Free Fall Risk Screening	<b>10</b> 12:00 - Watercolor Lessons\$ 11:00 - Chair Massage (by appointment)\$	<b>11</b> 1:00 - 4th of July Decor\$ 5:00 - Beginner Line Dance\$ 6:00 - Intermediate Line Dance\$	<b>12</b> 12:00 - Luau Covered Dish Lunch with Mayor Dawn Morgan
	<b>15</b> 2:30 - Ukulele Lessons\$*	<b>16</b> 1:00 - Heart/Brain Diet 4:30 - Credit Report Lunch/Learn\$	<b>17</b> 12:00 - Watercolor Lessons\$	<b>18</b> 10:00 - Watercolor Collage 1:00 - Watercolor Collage 5:00 - Beginner Line Dance\$ 6:00 - Intermediate Line Dance\$	<b>19</b> <b>Closed Juneteenth Holiday</b>
	<b>22</b> 9:30 - Tanger Outlet 1:00 - Annual Planning Meeting with Ice Cream Bar <i>Sponsored by Hearing Life</i> 2:30 - Ukulele Lessons\$*	<b>23</b> 1:00 - Chicken Wire Sun Catcher	<b>24</b> 11:00 - Chair Massage (by appointment)\$ 12:00 - Watercolor Lessons\$	<b>25</b> 1:00 - Patriotic Decor\$ 5:00 - Beginner Line Dance\$ 6:00 - Intermediate Line Dance\$	<b>26</b>
	<b>29</b> 2:30 - Ukulele Lessons\$	<b>30</b>	<b>July 1</b> 12:00 - Watercolor Lessons\$ 1:00 - 250 <sup>th</sup> Birthday Party		<b>Saturday, June 13</b> <b>9:00 am</b> Elder Abuse Awareness Walk at Triad Park

**The Shepherd's Center of Kernersville 636 Gralin Street  
~ May and June ~ 2026 Special Events and Programs ~**

Program Title	Date/Time	Description	Registration and Fees
<p align="center"><b>Walk with Williams at 4th of July Park Bodenhamer Street Entrance</b></p>	<p align="center"><b>Tuesdays and Thursdays 10:00 am</b></p>	<p>Join our walking group for exercise and friendship. It is 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!</p>	<p align="center"><b>Register by calling: 336-992-3180.</b></p>
<p align="center"><b>Cash Buddies</b></p>	<p align="center"><b>Wednesday, May 6, 9:30 am</b></p>	<p>TSCK is seeking seniors to partner with third graders from Cash Elementary. Enjoy fun crafts, science projects and connections. Join us and make a lasting impact!</p>	<p align="center"><b>Register by May 4: 336-992-3180.</b></p>
<p align="center"><b>Beginner Pickleball Lessons Kernersville Recreation Center 1020 Shields Road</b></p>	<p align="center"><b>Thursday, May 7 - 28, 9:30 - 11:30 am</b></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. <b>Instructor fee \$20.00 cash only, is payable first day of class.</b></p>	<p align="center"><b>Register by May 5: 336-992-3180.</b></p>
<p align="center"><b>New! Beginner and Intermediate Line Dance Classes</b></p>	<p align="center"><b>Thursday May 7, 14 and 21 June 4, 11, 18 &amp; 25</b></p> <p align="center"><b>Beginner 5:00 pm - 6:00 pm</b></p> <p align="center"><b>Intermediate 6:00 pm-7:30 pm</b></p>	<p>Get ready to line dance with Maggie Shipley! Join Maggie's welcoming and energetic class designed especially for beginners. You will learn easy-to-follow steps, build confidence on the dance floor, and have fun moving to great music.</p> <p>This intermediate-level class is ideal for dancers who are comfortable with basic steps and eager to expand their line-dancing skills.</p> <p><b>Instructor fee \$7.00 cash only per class, payable the day you attend.</b></p>	<p align="center"><b>For More Information Call: 336-992-3180.</b></p>



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**~ May and June ~ 2026 Special Events and Programs ~**

Program Title	Date/Time	Description	Registration and Fees
<b>Mahjong 101: Learn the Basics Onsite and Zoom</b>	<b>Tuesday, May 12 12:00 pm</b>	Join this beginner online program and learn the basics of Mah Jongg with AARP volunteer, Jeanne Wun. Learn how to play, score, win and enjoy the game. Let's shuffle the tiles and begin! The program is offered thru the AARP website. <b>Pre-register by creating a free account with AARP and/or sign-in here: <a href="#">Mahjong 101 Learn the Basics</a></b>	<b>Register by May 9: 336-992-3180.</b>
<b>Ukulele Lessons</b>	<b>Monday, June 8 - July 27 (8 weeks), 2:30 – 3:30 pm</b>	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. <b>Instructor fee \$40.00 cash only is payable first day of class.</b>	<b>Register by May 8: 336-992-3180.</b>
<b>Parkinson's and Tremor Treatment Options On-site &amp; Webinar</b>	<b>Tuesday, May 12, 5:00 - 6:00 pm</b>	Join Dr. Charles N. Munyon of Novant Health for an educational online seminar designed to provide information on treatment options for essential tremor and Parkinson's disease. This is an opportunity to gain insights, learn about advancements in care, and get your questions answered during a live Q&A.	<b>Register and call for Webinar Link by May 10: 336-992-3180.</b>
<b>Real Solutions for Overactive Bladder On-site &amp; Zoom</b>	<b>Tuesday, May 12, 5:30 - 6:30 pm</b>	Learn about the latest treatment options and how small changes can have a big impact on overactive bladder (OAB). Join Dr. Dina Bastawros for a discussion about OAB and how to get back into control. Live Q&A session.	<b>Register and call for Zoom link by May 10: 336-992-3180.</b>
<b>Chair Massage</b>	<b>May 27, June 10 and 24 11:00 - 1:00 pm by appointment only</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 and joint pain. <b>\$10.00 cash only, payable day of appointment.</b>	<b>Schedule your 10-minute massage: 336-992-3180.</b>

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Program Title	Date/Time	Description	Registration and Fees
<b>Florals by the Sea</b>	<b>Thursday, May 14, 10:00 am</b>	Create charming seaside-inspired art using seashells and mixed materials. Supplies provided; feel free to bring an item to personalize your project. Bring basic craft tools if you have them. <b>Supply fee \$15 cash only, payable the day of class.</b>	<b>Register by May 12: 336-992-3180.</b>
<b>Senior Prom: Because the Fun Never Gets Old</b>  Location: The Crossing 1130 N. Main Street	<b>Thursday, May 14, 4:00 - 6:00 pm</b>	Dust off your dancing shoes and get ready to party—Senior Prom style! Put on your prom best (sparkly, snazzy, or comfy-cool), and grab your friends. Join us for music, games, tasty food, and lots of laughs. Dance, chat, or just soak up the fun, this afternoon is all about good vibes and making memories—because prom fun never gets old!	<b>Register by May 11: 336-992-3180.</b>
<b>Celebrating Older Americans Month: Champion Your Health</b>  <i>Lunch Sponsor: Haven Lane Senior Solutions</i>	<b>Friday, May 15, 12 noon</b>	Celebrate Older Americans Month this May by joining us for a covered dish lunch. This year's theme, "Champion Your Health," highlights prevention, wellness, and personal responsibility as essential parts of healthy aging. Entrée provided by Haven Lane Senior Solutions. <b>Please bring your favorite side dish, dessert, or drink with enough to share.</b>	<b>Register by May 8: 336-992-3180.</b>
<b>Paint Summer Flowers</b>	<b>Tuesday, May 19, 1:00 pm</b>	Celebrate summer by painting bright, cheerful flowers on canvas with acrylics. This class is fun for all skill levels. All materials are provided. <b>Supply fee: \$10 cash only, payable the day of class.</b>	<b>Register by May 15: 336-992-3180.</b>
<b>Accordion Fan Fold Box Card</b>	<b>Wednesday, May 20, 1:00–4:00 pm</b>	Learn to create a fun-fold 3-D accordion fan box card with instructor Janice Lutz-Vanhoy. Bring a 4" x 6" piece of cardboard and basic craft tools if you have them ( glue, scissors, paper trimmer, bone folder, scoreboard, and ruler). <b>Supply fee: \$10 cash, only payable day of class.</b>	<b>Register by May 18: 336-992-3180.</b>

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Program Title	Date/Time	Description	Registration and Fees
<b>Your Living Will Advance Care Planning</b> Lunch and Learn 	<b>Thursday, May 21, 11:00 am</b>	Join Trellis Supportive Care for a workshop on advance care planning. Learn how to legally document your healthcare wishes and complete a Living Will during the session, with notarization provided. An important step to share your plans with loved ones. Lunch will be provided.	<b>Register by May 19: 336-992-3180.</b>
<b>Effective Ways to Write Letters to Our Legislators</b> Lunch and Learn	<b>Friday, May 22, 11:30 – 1:00 pm</b>	Join Dr. Althea Taylor Jones for a lunch and learn on ways to write letters to elected officials. Learn practical tips for sharing concerns, telling your story, and strengthening advocacy for aging issues and senior centers. <b>Enjoy Lunch provided by Huntington Bank</b> while composing letters advocating for funding on aging concerns and senior centers.	<b>Register by May 19: 336-992-3180.</b>
<b>Watercolor Lessons</b>	<b>Wednesday, May 27 – July 8 12:00 - 2:00 pm (7 - weeks)</b>	Watercolor lessons consist of a seven-week program including an orientation class followed by six lessons. Space is limited and we must have six students to conduct these lessons. <b>Lessons fee \$35.00 cash only payable on orientation day.</b>	<b>Register by May 20: 336-992-3180.</b>
<b>Going to Use That Napkin? Decoupage</b>	<b>Thursday, May 28, 1:00 pm</b>	Create a one-of-a-kind project using decorative napkins and everyday items to turn ordinary objects into unique keepsakes or décor. <b>Supply fee: \$5 (cash only), payable the day of class.</b>	<b>Register by May 26: 336-992-3180.</b>
<b>Spot a Scam, Stop a Scam</b> Lunch and Learn 	<b>Thursday, June 4, 11:00 – 1:00 pm</b>	Join TSCK and three expert speakers: Ashley Locklear (First Citizens Bank), Chris Malloy Retired Fraud Detective, Guilford Co. Sheriff's Department and AARP, Volunteer and Detective Chris Inman (Kernersville Police Department)—for a discussion on today's most common scams. <b>Enjoy lunch provided by AARP while gaining practical tips to protect yourself.</b>	<b>Register early to save your seat by June 1: 336-992-3180.</b>
<b>Paint Pour</b>	<b>Friday, June 5, 1:00 – 3:00 pm</b>	Discover the fun of acrylic paint pouring. Learn basic color mixing while creating an 8" x 10" canvas using popular pouring techniques. Be ready to get a little messy! <b>\$5.00 supply fee.</b>	<b>Call by June 3: 336-992-3180.</b>

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Program Title	Date/Time	Description	Registration and Fees
<p><b>Free Fall Risk Balance Screening</b> <i>Provided by Gathered and Haven Lane Senior Solutions</i></p>	<p><b>Tuesday, June 9, 9:30 – 11:00 am Drop-in</b></p>	<p>Feeling unsteady or concerned about falls? Join us for a free balance screening using a quick and non-invasive screening assessment. Drop-in no appointment.</p>	<p><b>Call 336-992-3180 for more information.</b></p>
<p><b>4th of July Decorations</b></p>	<p><b>Thursday, June 11, 1:00 pm</b></p>	<p>Get ready for America's 250<sup>th</sup> Birthday and Fourth of July celebration by creating patriotic decorations using simple paper materials. We will design colorful handmade décor. <b>Supply fee \$5.00 (cash only), payable the day of class.</b></p>	<p><b>Register by June 9: 336-992-3180.</b></p>
<p><b>Annual Luau Covered Dish Lunch with Mayor Dawn Morgan</b> <i>Sponsored by Arbor Ridge of Kernersville</i></p>	<p><b>June 12, 12:00 pm</b></p>	<p>Join us for a festive luau-themed covered dish lunch with Mayor Dawn Morgan. Enjoy town updates, conversation, and time to ask questions or share ideas. Wear your favorite Hawaiian-inspired attire! Entrée provided by <i>Arbor Ridge of Kernersville</i> — <b>bring a summer side dish, dessert, or drink with enough to share.</b></p>	<p><b>Register by June 5: 336-992-3180.</b></p>
<p><b>Heart Healthy Diet = Brain Healthy Diet</b>  <i>National Alzheimer's Awareness Month</i></p>	<p><b>Tuesday, June 16, 1:00 pm</b></p>	<p>Did you know what's good for your heart is also good for your brain? Join us for a tasty and informative presentation on how healthy nutrition can support memory and brain health. Learn which foods to include in your daily meals and enjoy a heart-healthy food tasting prepared by Emily Martin, Nutrition Educator, Second Harvest of NWCN.</p>	<p><b>Register by June 11: 336-992-3180.</b></p>
<p><b>Let's Talk Credit Reports and Scores: Dinner and Learn</b></p>	<p><b>Tuesday, June 16, 4:30 pm</b></p>	<p>Building credit can improve your financial health. Join us for dinner and discussion to learn how to access your credit report, understand how it's used, and discover ways to boost your credit score. <b>\$3.00 Dinner Fee. No products will be sold.</b></p>	<p><b>Register by June 12: 336-992-3180.</b></p>

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Program Title	Date/Time	Description	Registration and Fees
<p style="text-align: center;"><b>Creative Watercolor Collage</b></p>	<p style="text-align: center;"><b>Thursday, June 18, 10:00 am and 1:00 pm</b></p>	<p>Try a fresh take on collage by painting with watercolors or transforming past paintings into a creative new piece. No experience needed—just come ready to have fun and leave with a finished, matted artwork ready to display.</p>	<p style="text-align: center;"><b>Register by June 16: 336-992-3180.</b></p>
<p style="text-align: center;"><b>Shopping and Lunch at Tanger Outlet</b></p>	<p style="text-align: center;"><b>Monday, June 22, 9:30 am</b></p>	<p>Let's hit the road for a shopping adventure to the Tanger Outlets in Mebane! Enjoy a day of browsing, bargains, and lunch together before diving back in for more shopping. <b>Be sure to wear your comfiest shoes—there will be lots of walking! Transit fee: \$5.</b></p>	<p style="text-align: center;"><b>Register by 17: 336-992-3180.</b></p>
<p style="text-align: center;"><b>Annual Planning Meeting and Ice Cream Bar</b> <i>Sponsored by Hearing Life</i></p>	<p style="text-align: center;"><b>Monday, June 22, 11:00 am</b></p>	<p>Join us for ice cream and conversation as we gather ideas for future programs, trips, fundraising, and volunteering. Your feedback helps shape the Center's future. Sugar free options will be available.</p>	<p style="text-align: center;"><b>Register by June 18: 336-992-3180.</b></p>
<p style="text-align: center;"><b>Chicken Wire Suncatcher</b>  <i>Provided by Alignment Health</i></p>	<p style="text-align: center;"><b>Tuesday, June 23, 1:00 pm</b></p>	<p>Add sparkle to your space by creating a <b>chicken wire suncatcher</b> with colorful bead accents—perfect for windows, porches, or gardens. Enjoy a relaxed, social afternoon and leave with a finished piece ready to display or gift. <b>Bring jewelry pliers if you have them.</b></p>	<p style="text-align: center;"><b>Register by June 18: 336-992-3180.</b></p>
<p style="text-align: center;"><b>Patriotic Home Décor</b></p>	<p style="text-align: center;"><b>Thursday, June 25, 1:00 pm</b></p>	<p>Create sparkling red, white, and blue patriotic décor and citronella candles. Glitter included—expect a little sparkle! Please bring one or two clean glass jars with lids (any size). <b>Supply fee \$10.00 cash only payable day of class.</b></p>	<p style="text-align: center;"><b>Register by June 22: 336-992-3180.</b></p>
<p style="text-align: center;"><b>America's 250th Birthday &amp; 4th of July Celebration</b> <i>Sponsored by Arosa</i></p>	<p style="text-align: center;"><b>Wednesday, July 1, 1:00 pm</b></p>	<p>Enjoy patriotic games, a hands-on craft, festive snacks, and time to socialize. Wear your favorite patriotic colors and come ready for fun, laughter, and community connection.</p>	<p style="text-align: center;"><b>Register by June 26: 336-992-3180.</b></p>

purpose

compassion

ENRICHMENT

life

**Blessing Project:** Procure, arrange, and deliver seasonal meals, gifts, goody bags and other necessities to our homebound service recipients.

**Caregiver Support Group:** Twice a month meetings held for caregivers needing support.

**Computer Lab 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.

**Friendly Caller:** Weekday calls to homebound recipients for a “friendly hello”.

**Handy Person:** Assist with minor home repairs inside or outside the home.

**Income Tax Preparation:** Free annual income tax return preparation appointments February through mid-April in partnership with AARP Foundation Tax-Aide Program.

**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.

**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.

**Medicare & Financial Care Counseling:** In partnership with other organizations, provide financial & insurance support via phone and in-person appointments with a Certified Financial Counselor or a Certified SHIP Counselor.

**Pastoral Counseling:** Counseling sessions offered by appointment only with a certified volunteer counselor.

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

**Project Joy:** Procure, arrange, and deliver donated flowers to those suffering illness or loss, celebrating milestones, or just needing a "lift".

**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.

**The Rest Stop:** Group respite designed to provide meaningful relief for caregivers of individuals living with dementia and related conditions. (March 2026)

**Transportation:** Provide rides to and from medical appointments.

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

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

**Four Seasons Watercolor Club** ~ 12:00 pm, Wednesday. Membership fees apply.

**Needle Arts** ~ 10:00 am, Thursday

**Open Watercolor Studio Drop-in** ~ 12:00 pm Wednesday. Everyone is welcome to visit, socialize, or showcase their work. Not a teaching class

**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)

**Ukulele Lessons** - Monday, 2:30 pm. Offered periodically, call to express interest (fees apply)

**Ukulele Troupe** - Practice for performance group. Monday, 1:00 pm

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

### EDUCATION, ENRICHMENT, SOCIALIZATION

**Computer Lab/Learning Center** ~ Wednesday and Friday, 9:00 -12:00 pm, By Appointment Only, Teaching and technical assistance. (\$5.00 if we can help)

**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

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

**Music Jam** ~ 10:00 am, Tuesday

**Ukulele Lessons** ~ 2:30 pm, Monday offered periodically, call for schedule (\$40.00 for 8 weeks)

**Ukulele Troupe** ~ 1:00 pm, Monday

**Lectures** on a variety of topics are offered monthly. Check Center calendar for schedule

### 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 includes 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 Lessons** ~ 12:00 pm, Thursday

**Chess** ~ 1:30, Monday

**Dominoes** ~ 1:00 pm, Thursday

**Euchre** ~ 10:00 am, Thursday

**Games & Conversation** ~ 10:00 am, Wednesday

## Senior Enrichment Center - On-Going Programs and Drop-in Activities



### FUN & GAMES (continued)

**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

### HEALTH & WELLNESS

**Blood Pressure Screening** ~ Walk-in available upon request

**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)

**Cornhole** ~ 1:30, Thursday (September - May) at Kernersville Parks and Recreation Center

**Beginner Line Dance** ~ 11:15 am, Monday (\$6.00 per session) and Thursday, 5:00 pm (\$7.00 per class)

**Line Dancing** ~ 12:00 pm, Monday (\$6.00 per session) and Thursday 6:00 pm, (\$ 7.00 per class)

**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)

### SERVICES

**Durable Medical Equipment Loan** ~ Mobility equipment such as wheelchairs, knee scooters, walkers and canes. Available by appointment. No fee. Call to request.

**Income Tax Preparation** ~ Offered annually (*February through mid-April*) in partnership with AARP Foundation Tax Aide Income Tax Preparation Service

**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:**

336-992-3180.

**You can also e-mail us at:**

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

[Jenn@shepctrkville.com](mailto:Jenn@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

**Program Assistant**

Jenn Bowers  
Jenn@shepctrkville.com

**Volunteer Services Manager**

Claire Winfrey  
Claire@shepctrkville.com

**Volunteer Services Assistant**

Dawn Rowe  
Services@shepctrkville.com

**The Rest Stop Director**

Gina Floyd  
Gina@shepctrkville.com

**Contact Us:**

**The Shepherd's Center  
of Kernersville**

Office Hours 8:00 am - 4:00 pm  
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

**Computer Lab and Learning Center**

**Wednesday, 9:00 and 10:30 am**

**Friday, 9:00 and 10:30 am**

**By Appointment Only**

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.**

**Durable Medical Equipment Donation Guidelines**

We accept donations of mobility medical equipment: wheelchairs, rollators, walkers, and canes.

- Equipment must be clean, sanitized and in good working condition.
- We do not accept bed rails, bedside commodes, toilet lift seats or bath and shower chairs or benches.
- We cannot accept equipment that is broken or needs repair, is unclean, smells musty, or smells heavily of cigarette smoke as some of our clients have respiratory conditions and allergies.
- Please call us at 336-996-6696 to notify us ahead of time, before you drop off medical equipment donations or for more information regarding the equipment we accept and loan out.

**Loan of Equipment**

Available by appointment. No fee. Call to request. Loans only available to those who live in our service area.

**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.**