



THE SHEPHERD'S CENTER OF KERNERSVILLE

July - August 2026



Your Guide to Services, Programs, and Activities

purpose

compassion

ENRICHMENT

life

Thank You for Being Here

One of my favorite responsibilities as Executive Director is opening the mail each morning. Most days it's filled with bills and advertisements, but every so often there's something special—a handwritten note from someone whose life has been touched by The Shepherd's Center.

We call them our Love Notes.

We read every one. We share them with our volunteers, and Board of Directors because they remind us why we're here.

Recently, one card contained just four simple words:

"Thank you for being here."

I've read those words many times over the past few weeks.

They're simple, but they say everything.



For more than 41 years, The Shepherd's Center of Kernersville has been here —creating opportunities for connection, purpose, support, and joy for older adults throughout our community. Last year alone, our Senior Center welcomed more than 24,000 visits, a 17% increase over the previous year. That growth happened because you made this place your home away from home. You invited your friends, welcomed newcomers, and helped create a community where everyone belongs.

As we launch our Annual Giving Campaign with a goal of raising \$60,000, we invite you to help ensure we'll continue to be here for years to come. Whether you make a one-time gift or join Shepherd's Circle, our monthly giving program, your generosity provides the sustainable support that keeps our doors open and our mission thriving every day

The truth is simple:

We wouldn't be here without you.

On behalf of our staff, volunteers, and Board of Directors, thank you for believing in our mission, for investing in your community, and most of all—

Thank you for being here,

Asheley Cooper, Executive Director



Maker's Mart Showcase

Visit the Mart in the Lobby at The Shepherd's Center

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July Maker's Mart Showcase

Lynn Fields: A Passionate Artist from Kernersville

Lynn Fields is a lifelong resident of Kernersville and is known for her active involvement in community activities, including leading acrylic pour painting classes at The Shepherd Center of Kernersville. During a visit to a friend, Lynn discovered acrylic pour painting and instantly fell in love with this abstract technique that utilizes the flow of acrylic paints and other mediums to creatively cover surfaces. She delights in crafting pour paintings on both canvas and magnets, in addition to traditional landscape paintings with acrylics.



August Makers Mart Showcase: Dream Looper Pottery



Ed and Julie Kimsey discovered their passion for pottery after an eight-week course at Stokes County Arts Place in 2026. Their shared learning has quickly turned into a rewarding retirement dream, crafting unique, handmade creations together.

Their studio, **Dream Looper Pottery**, is inspired by a remarkable 6,000-mile boating journey. Their boat, *Dream Looper*, symbolizes both that adventure and their creativity.

Ed and Julie now channel that spirit into every piece, hoping to inspire others to chase their dreams.



THURSDAY, AUGUST 20TH
DOORS OPEN AT: 5:00PM
GAME STARTS AT: 6:00PM

636 Gralin St, Kernersville, NC 27284

\$20 entry fee; includes one Bingo Card per round
Secure your spot today!

Call for more information 336-996-6696

TSCK Fundraisers

pampered^{chef} Fundraiser benefiting The Shepherd's Center of Kernersville

Scan the QR Code
to view the catalog
and place your
order!



Orders close on
August 15th.
All orders will be direct
shipped to your home!

Questions? Contact Jennifer Smith, 336-971-7898, jenniferscooking@hotmail.com
Or Dawn at The Shepherd's Center 336-996-6696



CALLING ALL VENDORS!

Craft & Vendor Fair Fundraiser
Saturday, October 17th 9am-3pm

Space sizes available:

\$25- 6 foot table or outdoor parking space

\$15 - 4 foot table

Contact Asheley Cooper for an application or more information:
asheley@shepctrkville.com

Open Mah Jongg Tournament

Save the Date!

**Tuesday, October 27th
6pm-8pm**

More Details to Come!





July 2026 Calendar

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Programs	9:30 - Bridge 9:30 - Hand & Foot 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 1:30 - Rummikub 1:00 - Ukulele Troupe \$* 2:30 - Ukulele Lessons \$* 1:30 - Advanced Square Dance \$6*	9:00 - Walk with Williams (4 th of July Park)* 9:30 - Bee Quilters 10:00 - Music Jam Session 10:00 - Stretch & Flex 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 \$ (No July) 10:00 - Games & Conversation 10:00 - Tai Chi \$5 12:00 - Four Seasons Watercolor Club 2:00 - Open Watercolor Studio 12:30 - Mah Jongg 1:00 - Basket Weaving \$ 1:30 - Bowling at Countryside \$9.50 shoe rental/3 games	9:00 - Walk with Williams (4 th of July Park)* 10:00 - Euchre 10:00 - Needle Arts 10:00 - Stretch & Flex 12:00 - Card Lessons* 1:00 - Chair Yoga I \$5 1:00 - Dominoes 1:30 - Chess 1:30 - Cornhole at KPRC 5:00 - Beginner Line Dance\$ 6:00 - Intermediate Line Dance\$	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
Special Programs	\$ Supply and/or Instructor Fees *Call for more information: 336-992-3180 KPRC - Kernersville Parks and Recreation 1020 Shields Road		1 1:00 - Happy Birthday America Celebration	2	3 Closed 4th of July Holiday
	6 11:00 - Online Travelsites on Zoom and at TSCK	7	8 11:00 - Chair Massage (by appointment)	9 12:00 - Mah Jongg 1st Lesson\$	10
	13 10:00 - Cityscape Watercolor	14 9:30 - Morning Blend	15	16 10:00 - Deco Mesh Wreath\$ 12:00 - Mah Jongg 2nd Lesson 1:00 - Let Your Voice Be Heard	17
	20 10:00 - Seashell Art: Design Your Way	21 2:00 - Scoops and Scores	22 10:00 - TRS Volunteer Training 1:00 - Pampered Chef Cooking Demo Healthy Eating	23 12:00 - Mah Jongg 1st Lesson\$	24 9:30 - Drop-in BP Screening 12:00 - Cool Cuisine Covered Dish Lunch
	27	28 9:30 - BP Screening 9:30 - Morning Blend 10:00 - Jewel Box Beaded Bracelet 1 st class\$ 1:00 - Floral Painting with Acrylics\$	29 10:00 - Dementia Risk Reduction Building Better Brain Health 1:00 - Halfway to the Holidays	30 12:00 - Mah Jongg 2nd Lesson 1:00 - Move and Improve 5:00 - Evening Euchre	31
					25 Saturday 10:00 - Christmas in July Stamp Camp\$



August 2026 Calendar

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Programs	9:30 - Bridge 9:30 - Hand & Foot 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 - Tatting on Zoom 1:30 - Rummikub 1:00 - Ukulele Troupe \$* 2:30 - Ukulele Lessons \$* 1:30 - Advanced Square Dance \$6*	9:00 - Walk with Williams (4 th of July Park)* 9:30 - Bee Quilters 10:00 - Music Jam Session 10:00 - Stretch & Flex 11:00 - Hand & Foot 12:30 - Advanced Bridge 1:00 - Books Ignite Book Club (3rd Tues) 2:00 - Cardio Drumming 4:30 -Low Vison Support Group (3rd Tues.)	9:00 - Computer Lab by Appointment Only \$5 Donation 10:00 - American Sewing Guild Fee \$ (3 rd Wed.) 10:00 - Games & Conversation 10:00 - Tai Chi \$5 12:00 - Four Seasons Watercolor Club 2:00 - Open Watercolor Studio Drop - in 12:30 - Mah Jongg 1:00 - Basket Weaving \$ 1:30 - Bowling at Countryside \$9.50 shoe rental/3 games	9:00 - Walk with Williams (4 th of July Park)* 10:00 - Euchre 10:00 - Needle Arts 10:00 - Stretch & Flex 12:00 - Card Lessons* 1:00 - Chair Yoga I \$5 1:00 - Dominoes 1:30 - Chess 1:30 - Cornhole at KPRC 5:00 - Beginner Line Dance\$ 6:00 - Intermediate Line Dance\$	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
Special Programs	3 	4 10:00 - Jewel Box Beaded Bracelet 2 nd class\$	5 10:30 - Personal Safety and Self Defense Class 1:00 - Navigating the Truth in the Digital Age Webinar and at TSCK	6 9:30 - Pickleball Lessons \$* 10:00 - Pampered Chef Cooking Demo Sweet Treats 1:00 - Blooming Book\$	7 1:00 - Paint Pour\$
	10 10:00 - Cityscape Watercolor Lesson	11 9:30 - Morning Blend 10:00 - Jewel Box Beaded Bracelet 3 rd class\$	12 11:00 - Chair Massage\$	13 9:30 - Pickleball Lessons \$* 1:00 - Financial Wellness and Sweet Treats	14
	17	18	19 10:00 - TRS Volunteer Training	20 9:30 - Pickleball Lessons \$ 5:00 - Line Dance CANCELLED 6:00 - Music and Bingo Fundraiser\$	21 12:00 - Lunch and Learn The Difference Between Palative Care and Hospice
	24	25 9:30 - Morning Blend	26 1:00 - Reverse Stenciling\$	27 9:30 - Pickleball Lessons \$* 1:00 - Floral Painting with Acrylics\$ 5:00 - Evening Euchre	28 12:00 - Summer Garden Covered Dish Lunch
	31			\$ Supply and/or Instructor Fees *Call for more information: 336-992-3180 KPRC - Kernersville Parks and Recreation 1020 Shields Road	

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

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Program Title	Date/Time	Description	Registration and Fees
Christmas in July and Patriotic Bingo	Fridays in July, 10:00 am	Add a little holiday glitz, Christmas bling, or patriotic red, white, and blue to your bingo prizes during the month of July. Bring 2 prizes, win 2 prizes with a holiday or patriotic theme!	No Registration Required
Beginner Mah Jongg Classes	Thursdays, July 9 & 16 (1st Session), 12:00 – 3:00 pm July 23 & 30 (2nd Session), 12:00 – 3:00 pm	Interested in learning America's popular tile game? Join our beginner Mah Jongg lessons to learn the basics of setup and how to read the National Mah Jongg League card. Get started with effective strategies right from the beginning! Each session includes two lessons. A one-time fee of \$15 cash only covers your Mah Jongg card payable day of class.	Please register at least two days before a session starts by calling 336-992-3180
Welcome to the Morning Blend Café	July, 14 and 28 August 11 and 25 9:30-11:30am	Drop-in and enjoy a fresh blend of coffee and conversation in a warm, welcoming setting. If you're looking to catch up with friends or meet someone new, this casual meet-up offers the perfect place for connection.	No Registration Required
Online Travel Sites Webinar and Onsite	Monday, July 6, 11:00 am	Learn the basics of using online travel sites to find the best fares and rates for just about any destination. View some of the most common online travel sites and their most popular features. Also, cover tips for booking your travels online, from flights to rental cars and more! If viewing from home: https://seniorplanet.org/classes/online-travel-sites/232720 or join us at TSCK.	Register by calling: 336-992-3180
Chair Massage	2nd Wednesday of the month 11:00 - 1:00 pm (By appointment only)	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. \$10.00 cash only, payable day of appointment.	Call 336-992-3180 to schedule an appointment
Deco Mesh Wreath Workshop	Thursday, July 16, 10:00 am	Join us for a fun workshop! Create a bright 20-inch wreath with yellow, lime green, and white deco mesh, topped with a lemon-themed bow. No experience needed—supplies and step-by-step instructions included. Leave with a cheerful summer decor or gift. Supply fee: \$20 (cash only), payable on the day.	Register by July 13: 336-992-3180

The Shepherd's Center of Kernersville 636 Gralin Street
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Program Title	Date/Time	Description	Registration and Fees
Let Your Voice Be Heard and Ice Cream Social	Thursday, July 16, 1:00 pm	Write to Our U.S. Senators: Thom Tillis and Ted Budd. Ask our Senators to support funding for programs that help older adults live with dignity. With rising costs and budget cuts, increased support for grants, meals, and services like the Ombudsman and Caregiver Support is essential. Without action, fewer people will be served. Letter forms and envelopes will be provided.	Register by July 14: 336-992-3180 Let your voice heard!
Seashell Art: Design Your Own Way	Monday, July 20, 10:00 am	Design a coastal scene or something uniquely yours using seashells and a backer board. If you have a personal memento or special item you'd like to include, feel free to bring it with you. Supply fee \$15 cash only payable day of class.	Register by July 17: 336-992-3180
Scoops and Scores <i>Sponsored by Trellis and Right at Home</i>	 Tuesday, July 21, 1:00 pm 	B-I-N-G-O! and ice cream. Yes, we want more. Can you say it louder? We want more! Join us for an afternoon of bingo and ice cream. Fun and games with prizes!	Register by July 17: 336-992-3180
Healthy & Delicious <i>Pampered Chef Cooking Demo</i>	Wednesday, July 22, 1:00 – 3:00 pm	Join us for a “Healthy & Delicious” event featuring a live cooking demonstration with Pampered Chef products that are designed to make cooking faster and easier. Discover practical tips and techniques for everyday cooking.	Register by July 14: 336-992-3180
Free Blood Pressure Screening	Friday, July 24 and 28, 9:30 – 11:30 am	Walk in for a complimentary blood pressure screening. Our dedicated volunteer, Ms. Linda, will be on hand to conduct your screening.	No registration required

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Program Title	Date/Time	Description	Registration and Fees
Cool Cuisine Covered Dish Lunch <i>Sponsored by Alignment Health</i>	Friday, July 24, 12 noon	As the summer heat intensifies, there's nothing more refreshing than a cool dish to beat the heat. Join us and bring your favorite summer cool dishes, sides, or drinks with enough to share. From pasta salads and chicken salads to tuna salads, cold sandwiches, and ice cream. This lunch promises to be a fantastic blend of food and fellowship. Main entrée provided by Alignment Health.	Register by July 17: 336-992-3180
Christmas in July Stamp Camp Cardmaking Class	Saturday, July 25, 10:00 - 4:00 pm	It is never too soon to get started on your Christmas cards. This annual event is an opportunity to make a total of 16 cards: 3 each of 5 card designs, and 1 card that is over the top for that special person. Bring your own adhesive and a potluck dish with enough to share. Fee includes supplies: \$50.00.	Call Lisa Tedder at 336-662-3080 to register or for more information
Jewel Box Beaded Bracelet	Thursday, July 28, August 4 & 11, 10:00 – 12pm	Create a stunning beaded bracelet. Leave with a stylish accessory you'll cherish. The building process is sequential, allowing you to participate in one class or continue through all three sessions. You can complete a beautiful bracelet at each level, gradually building up to a stunning final piece of jewelry. While some jewelry-making experience is beneficial, everyone is welcome! Supply fee \$10.00 cash only is per day is payable day of class.	Register two business days before each lesson: 336-992-3180
Floral Painting with Acrylics Peony	Tuesday, July 28, 1:00 pm	Learn to paint a peony with acrylic paints in this beginner-friendly class. You'll be guided through the basics of painting and leave with a lovely piece to take home. The supply fee includes a 12" x 12" canvas, paint, and use of paint brushes. Supply fee \$10.00 cash only is payable day of class.	Register by July 21: 336-992-3180
Dementia Risk Reduction - Building a Healthy Brain	Wednesday, July 29, 10:00 am	Learn practical ways to reduce dementia risk through everyday habits, based on findings from the U.S. POINTER study. Healthy eating, regular exercise, mental and social activity, and heart-health monitoring may help protect cognitive function and support healthy aging overall.	Register by July 27: 336-992-3180

**The Shepherd's Center of Kernersville 636 Gralin Street
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Program Title	Date/Time	Description	Registration and Fees
Halfway to the Holidays	Wednesday, July 29, 1:00 pm	Get ready to craft with Sharon! Make a full-size, no-sew holiday stocking and small gifts perfect for stocking stuffers for adults and children. This easy, creative class is fun and unique. \$10.00 (cash only) supply fee due the day of class.	Register by July 24: 336-992-3180
Move and Improve 	Thursday, July 30, 1:00 pm	Join this interactive class designed by Joanna Koudele, PT, DPT, Cert. MDT to boost balance, mobility, and confidence. Through guided exercises, you'll build strength, flexibility, and coordination to move more safely and comfortably. Great for anyone wanting to stay active and reduce fall risk.	Register by July 28: 336-992-3180
Evening Euchre	Thursday, July 30 and August 27 5:00 – 7:00 pm	Join us for a fun evening of Euchre and friendly competition! Bring a partner, friend, or family member—or come solo and we'll help pair you up. New players are always welcome. Bring your own food and drinks, and enjoy a relaxed, social night out!	Call to register: 336-992-3180
Personal Safety and Self-Defense 	Wednesday, August 5, 10:30 am	Join with Master Molin for a practical, low-impact self-defense class designed specifically for older adults. Learn easy-to-use techniques to improve your balance, awareness, and personal safety. No experience is necessary—just wear comfortable clothing. Instructor Fee: \$5.00 cash only, payable day of class. If there is enough interest, sequential classes will be held on August 12, 19, and 26.	Register by August 3: 336-992-3180
Navigating Truth in the Digital Age Webinar and Onsite	Wednesday, August 5, 1:00 pm	Learn how AI and social media can spread disinformation through deepfakes, voice cloning, and other convincing tools. Discover tips and tech tools to help evaluate information and spot AI-created content. View from the comfort of home with AARP or onsite at TSCK.	Register by August 3: 336-992-3180
Sweet Treats - Pampered Chef Demo	Thursday, August 6, 10:00 -12 pm	Indulge your sweet tooth at our fun and festive “Sweet Treats” demonstration! Join our Pampered Chef consultant, Jennifer Smith, for this lively demonstration showcasing a delicious dessert made easy with Pampered Chef products, featuring creative ideas and irresistible recipes.	Register by July 28: 336-992-3180

**The Shepherd's Center of Kernersville 636 Gralin Street
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Program Title	Date/Time	Description	Registration and Fees
Beginner Pickleball Lessons at Kernersville Recreation Center, 1020 Shields Road	Thursdays, August 6, 13, 20 and 27, 9:30 - 11:30	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. Instructor fee \$20.00 cash only payable first day of class.	Register by August 4: 336-992-3180
Bloom Between the Pages!	Thursday, August 6, 1:00 pm	Join us for a fun and creative experience as we make a floral arrangement within the pages of a hardcover book. We will use the book page folding technique. Enjoy conversation and the chance to create a centerpiece perfect for gifts or home décor. Please bring a used book of at least 200 pages. Supply fee \$4.00 cash only payable on the day of class.	Register by August 4: 336-992-3180
Paint Pour	Friday, August 7, 1:00 pm	Discover the fun of acrylic paint pouring. Learn basic color mixing. You will leave with two beautiful 8" x 10" canvases using popular pouring techniques. Be ready to get a little messy! \$10.00 supply fee cash only payable day of class.	Call by August 5: 336-992-3180
Cityscape Watercolor Lesson	Monday, August 10, 10:00 am	Tall buildings, short buildings, bridges, parks, many of these make up cityscapes. Join us to create a city scape of diverse colors or a monotone in various sizes. No experience needed. You will leave with a finished matted piece of artwork ready for display. Donations accepted.	Register by August 7: 336-992-3180
Financial Wellness and Sweet Treats Presented by Huntington Bank 	Thursday, August 13, 1:00 pm	Join Huntington Bank for an engaging session on building financial wellness. Discover how everyday choices impact your financial future, learn to set effective goals using the SMART framework, and find strategies to manage spending. This practical workshop will help you make informed decisions to improve your long-term financial health. Enjoy snacks and door prizes!	Register by August 11: 336-992-3180

The Shepherd's Center of Kernersville 636 Gralin Street
~ July and August ~ 2026 Special Events and Programs ~

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Program Title	Date/Time	Description	Registration and Fees
Music Bingo Night	Thursday, August 20, 6:00 – 8:00 pm Doors open at 5:00 pm	Join The Shepherd's Center of Kernersville for a fun-filled fundraiser of music, laughter, and friendly competition, made possible in part by our Title Sponsor, Arosa Home Care. Music Bingo is easy: listen to song clips, mark your card, and shout "Bingo!" when you complete the winning pattern. Admission is \$20 and includes one bingo card for each round. Additional cards are available for \$5 each per round. Bring friends, family, or come on your own and support programs and services helping older adults age with independence, dignity, and connection.	Call to register: 336-992-3180
Lunch and Learn Hospice and Palliative Care	Friday, August 21, 12 noon	Join Natalie from Cardinal Hospice Care for a compassionate lunch and learn about hospice and palliative care options for yourself or a loved one. Learn the key differences between these types of care, when each may be appropriate, and how they can provide comfort, support, and quality of life. A question-and-answer session will follow.	Register by August 10: 336-992-3180
Reverse Stenciling	Wednesday, August 26, 1:00 – 3:00 pm	Sharon Carter is back with more crafting! Make a framed design to decorate a door or table with beautiful fall colors and unique designs. This fun method guarantees artistic success and compliments. Supply fee \$10.00 cash only payable day of class.	Register by August 24: 336-992-3180
Floral Painting with Acrylics Sunflower	Thursday, August 27, 1:00 pm	Learn to paint a sunflower with acrylic paints in this beginner-friendly class. You'll be guided through the basics of painting and leave with a lovely piece to take home. The supply fee includes a 12" x 12" canvas, paint, and use of paint brushes. Supply fee \$10.00 cash only due the first day of class.	Register by August 25: 336-992-3180
Summer Garden Harvest Covered Dish Lunch	Friday, August 28, 12 noon 	Celebrate summer's bounty by bringing a favorite dish made with seasonal fruits, vegetables, or herbs from your garden or local market, such as fresh salads, grilled vegetables, or homemade preserves. Bring enough to share. Main entrée provided by Health Team Advantage.	Register by August 21: 336-992-3180

Neighbors Helping Neighbors: Our Community is Waiting for YOU!

Join our dedicated volunteer team and make a meaningful difference in the lives of older adults right here in our community.

We're **seeking volunteers** to assist with a variety of rewarding opportunities, including:

- Assisting our friends at The Rest Stop (group respite ministry)
- Providing rides to medical appointments
- Serving as a personal shopper
- Making our homes safer and more livable, one repair at a time
- Welcoming visitors and supporting staff at the front desk
- Supporting staff in the programs office



Every ride given, friendly smile shared, and helping hand extended makes a real impact. Whether you can volunteer a few hours each month or each week, your time can help a neighbor remain independent, connected, and supported. To learn more, stop by or call us today!

Together, we can strengthen our community—one neighbor at a time.

Your community needs YOU. Join us today!

Thank you to our generous sponsors who provided lunches, desserts, and birthday celebrations throughout the year. Your kindness and support make a real difference in the lives of our participants!



*Sedge Garden United Methodist Church
Monday School Class*

*Sedge Garden United Methodist Church
Fellowship*

*Sedge Garden United Methodist Church
CAYA class*

Ashley Locklear and family

Jan and Stan Ruhland

Anne and Bob White

Nancy Copeland

Rob & Debby Alexander

Brandi Waggoner

Larry Redfern

The Crossing Church

Bill Dreshfield

Sharon Hennis

Bethany Cafe

Main Street United Methodist Church

Bunker Hill Church

Holy Cross Catholic Church

Kernersville Moravian Church

Options Home Care

Amada Senior Care

If you're interested in sponsoring lunch or birthday celebrations for The Rest Stop, please contact Gina Floyd at 336-996-6696.

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 - 2:00 pm, Wednesday. Membership fees apply.

Needle Arts ~ 10:00 am, Thursday

Open Watercolor Studio Drop-in ~ 2:00 pm- 4:00 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

Morning Blend Cafe ~ 9:30am - 11:30am 2nd & 4th 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 and 4th Thursday, 5:00pm

Games & Conversation ~ 10:00 am, Wednesday

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



FUN & GAMES (continued)

Hand & Foot ~ 11:30 am, Monday, Tuesday & Friday, 9:30am, Monday

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

Rummikub - 1:30 pm, 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

For more information regarding regular programs, services, or fee information, call:

336-992-3180.

You can also e-mail us at:

Debbie@shepctrkville.com

Jenn@shepctrkville.com

The Shepherd's Center of Kernersville

636 Galin Street Kernersville, NC 27284



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.

**The Shepherd's Center
of Kernersville Staff**

Executive Director

Asheley Cooper
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Volunteer Services Assistant

Dawn Rowe
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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.