



purpose

compassion

ENRICHMENT

life

JINGLE & MINGLE HOLIDAY PARTY

Friday, December 11 • 3:00 pm

Come as you are in your Sunday best or your best ugly Christmas sweater!

Let's take a break from the hustle and bustle of the season to enjoy a festive afternoon filled with delicious food, music, laughter, and great company as we celebrate the season together.

Purchase your \$10 ticket at the front desk by December 2: 336-992-3180



The Rest Stop: Connect and Recharge

The Rest Stop offers adults experiencing mild to moderate memory loss or cognitive changes a safe, welcoming place to enjoy the day. Our participants —whom we lovingly call “friends”, share conversation, activities, music, and a delicious meal in a warm, engaging setting.

While friends are with us, caregivers receive four hours of much-needed respite: time to rest, take care for errands, or simply recharge.

We believe every family deserves the opportunity to benefit from respite care. Scholarship assistance may be available to help with participation costs.

To learn more, contact Gina Floyd: 336-996-6696 or gina@shepctrkville.com

Things we are excited about

THE COOLER WEATHER
UPCOMING EVENTS
THE HOLIDAYS
SPENDING TIME WITH FRIENDS

Inside This Issue:

- Makers Mart - Page 3
- Move & Improve - Page 7
- Memory Screening - Page 8
- Evening Mah Jongg Lessons - Page 8
- Cash Buddies - Page 10
- Merry Cookie Swap - Page 10
- Caregiving through the Holidays - Page 11
- Ongoing Activities - Pages 13–14
- Services & Support - Page 15

Holiday Covered Dish Lunch

Sponsored by

Arbor Ridge of Kernersville

Friday, December 18, 12:00 pm



Celebrate the holidays with a luncheon. This is sure to be a great afternoon of food and fellowship.

Encourage all your fellow Senior Center participants to attend. Help us make this our largest Holiday celebration ever! Bring your favorite side dish, salad, dessert, or drink. Entrée will be provided by Arbor Ridge of Kernersville.

Call to register by December 11: 336-992-3180

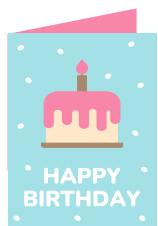
Spread Joy with Project Joy

Project Joy sends cards each week to community members celebrating special occasions or needing encouragement.



We need birthday cards, including feminine, masculine, generic, funny, or serious designs. Please choose cards you would be happy to receive; non-religious cards are preferred.

We also need clear glass vases for fresh bouquets. Medium vases about 8–10 inches tall with openings no wider than 3–4 inches are ideal.



**Please drop off cards and vases at
The Shepherd's Center of Kernersville
636 Gralin Street,
Monday–Friday, 8:30 - 3:30 p.m.**

Art Supplies Needed

2

We are accepting donations of new or gently used art supplies for our painting classes and open watercolor studio. Donated supplies will be used at TSCK and may also be borrowed by participants on the day of class and returned the same day. Please call ahead to arrange to borrow supplies.

Suggested items include, but are not limited to: Dr. Ph. Martin's Bleedproof White, Watercolor tubes or pans, canvas, acrylic paint and brushes, sketchbooks and cover-up paint.



Stay Informed: Important Reminders



Holiday Closure Dates

Thanksgiving: November 26 and 27
Christmas: December 24 and 25
New Years Day: January 1



Mark Your Calendar!

Music Bingo
December 1st, 5:30 - 8:00 PM

**Bill Radisch Computer Lab
Help & Learning Center
Wednesday, 9:00 - 11:00 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 apps associated with email, documents, etc.. We will repair your device, install programs, etc. If you have a "dead" device, bring it to us and we will attempt to revive it.

**Call 336-992-3180 to schedule your appointment.
\$5 fee if we are able to help you.**

SCAN ME!

REGISTER NOW

SCAN ME

Register for Events & Programs

Please register by the stated deadlines. Registration helps sponsors, instructors, and coordinators prepare for each activity.

New to the Center? Fill out a participant profile at the front desk and receive a scan card.

When you attend, scan in at the kiosks. Attendance tracking helps staff and volunteers, prepare accurate records, and helps document attendance for funding.

Maker's Mart Showcase

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

Featured Artisans November & December



November Artisan: Doug Britt

Doug Britt and his wife, Judy, have called Kernersville home for 34 years. His interest in woodworking and woodturning began during a to

trip to Pigeon Forge, where he saw beautiful handmade wooden items and was inspired to try creating some himself. What started as an interest soon grew into a passion for working with wood and turning ordinary pieces into something special.

December Artisan:

Kathy (also known as Kat) Gydus

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

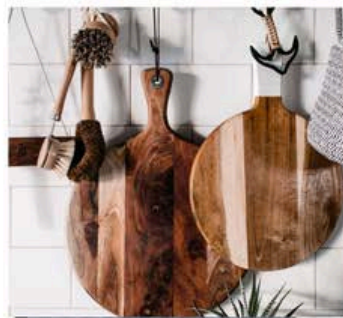


Makers Mart Call for Handcraft Artisans

Join the Makers Market: A Platform for
Talented Artisans Aged 55 and Above

Each month, The Shepherd's Center of Kernersville (TSCK) will highlight a selected artisan, offering dedicated exhibition space within our facility.

An excellent opportunity to display and sell your handcrafted items. We are eager to welcome artisans specializing in:
Pottery, Jewelry, Textiles, Woodworking and other art forms.



**CELEBRATING
CREATIVITY.
SUPPORTING
COMMUNITY.**



Pick up an application at TSCK, email programs@shepctrkville.com
or call 336-992-3180 for more details.





November 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.) 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 1:30 - Advanced Square Dance \$6*	9:00 - Walk with Williams (call for location)* 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 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 (call for location)* 10:00 - Mah Jongg 10:00 - Euchre 10:00 - Needle Arts 10:00 - Stretch & Flex 1:00 - Chair Yoga I \$5 1:00 - Dominoes 1:30 - Chess 5:00 - Beginner Line Dance \$7 6:00 - Intermediate Line Dance \$7 5:00 - Euchre (3 rd Thursday)	9:00 - Art Studio Drop - in (1st & 3rd Fri.) 9:00 - Sit-n-Stitch (3rd Fri.) 10:00 - Bingo bring 2 prizes/win 2 prizes 11:00 - Hand & Foot
	2 9:00 - For the Love of Paper	3 9:30 - Blood Pressure Screening	4 1:00 - "Supporting Families in End-of-Life Planning" Webinar and Onsite	5	6
	9 9:00 - For the Love of Paper 1:00 - Painted Lace \$10	10 9:30 - Blood Pressure Screening 10:00 - Beaded Earrings \$5 2:00 - Watercolor Christmas Cards \$1	11	12 10:00 - Candy Time 11:00 - Monogram Card Set \$ 1:00 - Move and Improve 2:30 - Get the Right Fit: Walkers, Rollators & Canes	13 12:00 - Thanks-Living Covered Dish Lunch
	16 9:00 - For the Love of Paper 6:00 - Mah Jongg Beginner Lesson\$ *	17 9:30 - Blood Pressure Screening 9:30 - 12:30 pm - Memory Screening Drop-in/Appoint. 10:00 - Necklace Pendant \$5 1:00 - NCDOT 2:00 - "Smart Tools" for Aging in Place Webinar/Onsite	18 11:00 - Chair Massage by Appointment \$10 10:00 - Merry & Bright Wreath \$15	19 10:00 - Candy Time 11:30 - Mega Merry Ornament \$4 1:00 - Pen Pals 2:00 - Hot Chocolate Bar Social 5:00 - Evening Euchre	20 10:00 - Bingo Sponsored by <i>Pace of the Triad</i> 12:00 - Holiday Cards \$10
	23 9:00 - For the Love of Paper 6:00 - Mah Jongg Intermediate Lessons \$*	24 9:30 - Blood Pressure Screening		26 CLOSED THANKSGIVING HOLIDAY	27 CLOSED THANKSGIVING HOLIDAY
	30 9:00 - For the Love of Paper 6:00 - Mah Jongg Intermediate Lessons \$ *			\$ Supply and/or Instructor Fees *Call for more information: 336-992-3180	



December 2026 Calendar

5

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) 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 1:30 - Advanced Square Dance \$6*	9:00 - Walk with Williams (Call for location)* 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 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 (call for location)* 10:00 - Euchre 10:00 - Needle Arts 10:00 - Stretch & Flex 1:00 - Chair Yoga I \$5 1:00 - Dominoes 1:30 - Chess 5:00 - Beginner Line Dance\$ 6:00 - Intermediate Line Dance\$ 5:00 - Euchre (3 rd Thursday)	9:00 - Art Studio Drop - in (1st & 3rd Fri.) 9:00 - Sit-n-Stitch (3rd Fri.) 10:00 - Bingo (bring 2 prizes and win 2 prizes) 11:00 - Hand & Foot
Special Programs		1 9:30 - Blood Pressure Screening	2 9:30 - Cash Buddies 12:00 - Meal Kit Services	3 11:00 - Card Buffet \$15	4 10:00 & 1: 00 pm- Holiday Watercolor Lesson 12:00 - Merry Cookie Swap 1:00 - Paint Pour Art
	7 9:00 - For the Love of Paper 6:00 - Mah Jongg Intermediate Lessons \$	8 9:30 - Blood Pressure Screening 12:00 - Caregiving thru the Holidays	9 11:00 - Chair Massage by Appointment \$10 1:00 - Move and Improve	10 12:00 - Gingerbread House Decorating Contest \$2 entry fee	11 3:00-5:00 pm Jingle & Mingle Holiday Party
	14 9:00 - For the Love of Paper 2:00 - Laughter Yoga	15 9:30 - Blood Pressure screening 4:00 - Retirement: Making Your Money Last Dine/Learn	16	17 1:00 - Festive Holiday Tealights \$10 5:00 - Evening Euchre	18 12:00 - Holiday Covered Dish Lunch
	21 9:00 - For the Love of Paper	22	23	24 CLOSED CHRISTMAS HOLIDAY	25 CLOSED CHRISTMAS HOLIDAY
	28 9:00 - For the Love of Paper	29	30 2:00 - Cheers to 2027: Year-End New Year's Party!	31 CLOSED NEW YEARS EVE	\$ Supply and or Instructor Fees *Call for more information: 336-992-3180

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

6

Program Title	Date/Time	Description	Registration and Fees
NEW! For the Love of Paper!	Mondays in November and December 9:00 – 12:00 pm	Calling all paper crafters! From handmade cards and junk journals to scrapbooking, paper quilling, mixed media, and everything in between, this gathering is for anyone who loves creating with paper! Bring your current projects to TSCK and spend the morning swapping ideas and supplies, techniques, and find encouragement among fellow paper-crafting enthusiasts. Let's share our love of crafting and enjoy creating together!	Call to register: 336-992-3180
"Supporting Families in End-of-Life Planning" Webinar and Onsite	Wednesday, November 4, 1:00 pm	This endorsed webinar offers practical strategies for discussing advance directives, goals of care, and emotional support while honoring each family's wishes. Watch from home or at TSCK.	Call to register by November 3: 336-992-3180
Painted Lace	Monday, November 9, 1:00 pm	Join Sharon to create a beautiful lace display piece or centerpiece using paint. This easy, enjoyable project can be displayed on a wall, added to a holiday table, or given as a gift. Supply fee is \$10 (cash only) due day of class.	Call to register by November 6: 336-992-3180
Beaded Earrings	Tuesday, November 10, 10:00 am	Make beautiful, beaded earrings while exploring your creativity! Learn techniques for creating stylish earrings and leave with a handmade accessory you'll love to wear. Some jewelry-making experience is helpful, but all skill levels are welcome to join the fun. Supply fee is \$5 (cash only) on the due day of class.	Call to register by November 6: 336-992-3180
Watercolor Christmas Cards	Tuesday, November 10, 2:00 – 5:00 pm	Join Dan for a beginner-friendly holiday class and create two Christmas cards to take home. Bring your watercolor paints, round brushes (sizes 2, 4, and 6), and basic supplies; cardstock and envelopes are provided. The supply fee is \$1 (cash only) due day of class. Seating is limited. Call 336-992-3180 for a complete list of supplies.	Call to register by November 9: 336-992-3180

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

7

Program Title	Date/Time	Description	Registration and Fees
Candy Time with KPD	November 12 and 19, 10:00 – noon	Join the Kernersville Police Department (KPD) in spreading holiday cheer! Volunteers will help fill candy bags for distribution at community holiday events. We'll kick off on November 12 and continue until all bags are filled. Help make the season sweeter while socializing, meeting new friends and serving the community.	Call to register two business days in advance: 336-992-3180
Monogram Card Set	Thursday, November 12, 11:00 am	Join Lynn and create six personalized cards using stamping, embossing, and die-cutting, then take them home in an acetate gift box. Bring scissors, adhesives, a paper trimmer, and your favorite paper-crafting tools. \$15 supply fee (cash only) is due the day of class.	Call to register by November 9: 336-992-3180
Move and Improve 	Thursday, November 12 and December 9, 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.	Call to register by two business days in advance: 336-992-3180
Get the Right Fit: Walkers, Rollators & Canes	Thursday, November 12, 2:30 pm	Is your walker, rollator, or cane adjusted correctly? Learn tips for proper fit and use during this brief presentation and demonstration. Bring your mobility equipment for adjustments and questions.	Call to register by November 10: 336-992-3180
Thanks-Living Covered Dish Lunch 	Friday, November 13, 12:00 pm	Celebrate friendship, gratitude, and community at The Shepherd's Center. Bring a favorite side dish, drink, or dessert to share as we enjoy a meal together and give thanks for the programs, services, and friendships that enrich our lives. Please bring enough to share. Entrée provided by Health Team Advantage.	Call to register by November 9: 336-992-3180

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

8

Program Title	Date/Time	Description	Registration and Fees
Evening Mah Jongg Lessons	Beginner Monday, November 16 6:00 - 9:00 pm Intermediate Mondays, November 23,30 & 12/7 6:00 - 9:00 pm	Ready to learn Mah Jongg? Come and learn the basics, build confidence, and discover winning strategies. Lessons led by Shelby Rhyne, an American Mah Jongg teacher for nearly 20 years. An official Mah Jongg card is available for purchase at TSCK for \$15.00. Beginner Lesson - \$15 Intermediate Lessons (3) - \$45 Instructor fee (cash only) due first day of class.	Call to register by November 11: 336-992-3180
Free Memory Screening  Provided by Sheila Kirby of Home Loving Care	Tuesday, November 17 9:30 –12:30 pm By Appointment or Walk-ins Welcome	November is National Alzheimer's Disease Awareness Month. If you've ever asked, "Where are my keys?" or "What was I looking for?" it may be time to check in on your memory health with a free, confidential memory screening that can help identify potential concerns early. Disclaimer: This is a screening, not a diagnostic tool, check with your doctor for a dementia evaluation.	Call 336-992-3180 to schedule your appointment for a screening by November 16.
Necklace Pendant DIY	Tuesday, November 17, 10:00 am	Create a beaded necklace with a pendant while learning jewelry-making techniques with Sandra. All skill levels are welcome; no experience is required. Supply fee is \$5 due on the day of class.	Call to register by November 6: 336-992-3180
NCDOT Update	Tuesday, November 17, 1:00 pm	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.	Call to register by November 16: 336-992-3180
"Smart" Home Tools for Aging in Place Webinar	Tuesday, November 17, 2:00 pm	Learn how smart home devices, appliances, and wearables can save time, support health and wellness, and bring peace of mind. We'll also share privacy and security best practices. Onsite or sign up for a free AARP account here to view at home.	Call to register with TSCK by November 16: 336-992-3180
Chair Massage	Wednesday November 18 & December 9, 11:00 – 1:00 pm	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 to schedule an appointment: 336-992-3180

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

9

Program Title	Date/Time	Description	Registration and Fees
Merry & Bright Wreath	Wednesday, November 18, 10:00 am	Get into the holiday spirit! Create your own beautiful, festive wreath while enjoying good company and seasonal cheer. All materials are provided. If you have a wreath or special item you'd like to use in your decoration, feel free to bring it along and make it part of your design! Supply/Instructor fee \$15.00 cash only due day of class.	Register by November 16: 336-992-3180
Mega Merry Ornament	Thursday, November 19, 11:30 am	Join instructor Ellie while creating an oversized Christmas ornament using lights and paint. This fun, festive project will make a cheerful seasonal decoration. Supply Fee \$4.00 cash only due day of class.	Register by November 16: 336-992-3180
Pen Pals, Join the Fun!	Thursday, November 19, 1:00 pm	Join us for an afternoon of fun as we read the latest letters from our pen pals. Mrs. Badgett's 4th-grade class at <i>Caleb's Creek Elementary School</i> . We will learn about the students and their experiences through their letters. It is a great way to stay connected with younger generations. Everyone welcome.	Call to register by November 17: 336-992-3180
Hot Chocolate Bar Social Sponsored by Trellis Supportive Care	 Thursday, November 19, 2:00 pm	Warm up with friends at TSCK and celebrate the holidays with hot chocolate, festive toppings, cookies, conversation, and holiday cheer.	Register by November 17: 336-992-3180
Evening Euchre	Thursdays, November 19 and December 17, 5:00 – 7:00 pm	Enjoy an evening of Euchre, friendly competition, and conversation. Bring a partner, friend, or family member, or come solo and we will help match you with a partner. New players are welcome. Bring your own food and drinks for a relaxed social night.	Call to register two business days in advance: 336-992-3180
Bingo Sponsored by PACE of the Triad	Friday, November 20, 10:00 am	Join us for Bingo sponsored by <i>PACE of the Triad</i> , with prizes for the winners. Please call to register so we can have enough prizes for everyone.	Register by November 18: 336-992-3180

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

10

Program Title	Date/Time	Description	Registration and Fees
Holiday Cards (Acrylic Paint)	Friday, November 20, 12:00 pm	Design with Donna, cards with acrylic paint for the holidays. Enjoy socializing and creating designs for sharing with family and friends. Take home 4 different designs. Instructor/Supply fee \$10.00 cash only due on day of class.	Call to register by November 18: 336-992-3180
Cash Buddies - Bridging Generations 	December 2, 9:30 am	Build friendships across generations through an intergenerational program connecting older adults with third-grade students from Cash Elementary. Participants will enjoy activity with Legos, crafts, and conversations that encourage understanding, respect, and appreciation. Sign up to share your experiences, make a meaningful connection, and brighten a child's day.	Call to register by December 1: 336-992-3180
Meal Kit Services Webinar or View Onsite	Wednesday, December 2, 12:00 pm	Explore meal kit services offered at TSCK or by webinar. Learn how they work, compare features, nutrition information, and diet options, and weigh the pros and cons. From home or onsite at TSCK, ask for the handout.	Call to register by December 1: 336-992-3180
Card Buffet with Lynn Guilyard	Thursday, December 3, 11:00 am	Create eight occasion cards using prepared pieces and finished models—perfect for beginners. Bring a tape runner or purchase one in class. \$15 supply fee, cash only is due the day of class.	Call to register by December 1: 336-992-3180
Merry Cookie Swap	Friday, December 4, 12:00 pm	Get ready for a sweet and festive holiday tradition! Bring your favorite homemade (or store bought) cookies. Bring three dozen cookies of one variety on a platter or in a reusable container. We'll swap sweet treats, share our favorites, and enjoy a little festive cheer. The more cookies, the merrier!	Register by December 2: 336-992-3180
Holiday Watercolor Lesson	Friday, December 4, 10:00-12:30 and 1:00-3:30	Let's celebrate the season! Chris will guide you by teaching various ways to create a watercolor painting, incorporating different techniques using white, greens and reds, and rub on lettering in your artwork. No experience needed. You will leave with a finished matted piece of artwork ready for display or as a gift. Donations accepted.	Call to register by December 2: 336-992-3180

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

11

Program Title	Date/Time	Description	Registration and Fees
Paint Pour Art	Friday, December 4, 1:00 pm	Discover the fun of pouring paint. Create a one of a kind design while learning the basics of color mixing. You will leave with two beautiful 8" x 10" canvases. Be ready to get a little messy! \$10.00 supply fee cash only due of class.	Call to register by December 2: 336-992-3180
Caregiving Through the Holidays	Tuesday, December 8, 12:00 pm	Ben Yeager of the NC Alzheimer's Association will discuss the challenges caregivers face during the holiday season, how to support them, and practical ways to adjust expectations and holiday plans.	Call to register by December 4: 336-992-3180
Gingerbread House Decorating Contest	Thursday, December 10, 12:00 – 3 pm	Join us for a gingerbread house decorating contest filled with candy, icing, and plenty of holiday spirit. Enter individually or with a team of two to four. Let's see who takes home bragging rights for the sweetest house of the season or who may need to reapply for a building permit! \$2 Entry Fee (cash only) is due day of contest.	Call to register by December 8: 336-992-3180
Laughter Yoga	Monday, December 14, 2:00 pm	Our own Certified Laughter Yoga Leader, Claire Winfrey and Pat Marra will lead a Laughter Yoga group session. Laughter Yoga is not a comedy but is an exercise program for health and wellbeing. You will experience the combination of laughter exercises with yoga breathing techniques and leave feeling better than when you arrived.	Call to register by December 12: 336-992-3180
Retirement: Making Your Money Last	Tuesday, December 15, 4:00 – 5:30 pm	Prepare for retirement with investment strategies to help your money last. Explore inflation, health care costs, market volatility, and unexpected expenses. Dinner provided.	Call to register by December 11: 336-992-3180
Festive Holiday Tealights	Thursday, December 17, 1:00 pm	Create two festive tealight holders from <i>Oui</i> yogurt jars using acrylic paint, glassware, and other materials. Keep your finished tealights for holiday décor or give them housewarming gifts. All supplies are included. \$10 cash instructor and supply fee due on the day of class.	Call to register by December 15: 336-992-3180
Cheers to 2027: New Year's Party!	Wednesday, December 30, 2:00–3:30 pm	Celebrate the end of 2026 and welcome 2027 at TSCK with snacks, drinks, lively games, laughter, and festive company. Bring a friend and raise a cheer for the year ahead! <i>Sponsored by Arosa.</i>	Call to register by December 28: 336-992-3180



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 ~ This is for socializing or to 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. This is for socializing or to showcase 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

The Bill Radisch Computer Lab/Learning Center ~ Wednesday 9:00 -12:00 pm, By Appointment Only, Teaching and technical assistance. (\$5.00 donation 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 to express interest (\$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 Drive
(*\$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 ~ Offered periodically, call to express interest

Chess ~ 1:30, Thursday

Dominoes ~ 1:00 pm, Thursday

Euchre ~ 10:00 am, Thursday and 4th Thursday, 5:00pm

Games & Conversation ~ 10:00 am, Wednesday

FUN & GAMES (continued)

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

Jigsaw Puzzle Exchange Library and Puzzle Table ~ Drop-in, 8:00 am - 4:00 pm, Monday - Friday

Mah Jongg ~ 12:30 pm, Wednesday & Beginner Group 10:00am, Thursday

Pinochle ~ 12:00 noon, Monday

Rummikub ~ 1:30 pm, Monday

HEALTH & WELLNESS

Blood Pressure Screening ~ Check calendar for scheduled events. Walk-in available upon request

Cardio Drumming ~ 10:00 am, Monday & 2:00 pm, Tuesday

Chair Massage ~ 10:00 - 1:30 pm, 2nd 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 ~ 5:00 pm, Thursday (\$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 am, 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.

Resource Navigator: Speak one-on-one with a resource navigator who responds to referrals and inquiries involving older adults, caregivers, and community members seeking individualized resource information and guidance.

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 Gralin 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: Meets twice a month for caregivers who have loved ones living with dementia and who need support.

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.

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.

Resource Navigator: Speak one-on-one with a resource navigator who responds to referrals and inquiries involving older adults, caregivers, and community members seeking individualized resource information and guidance.

The Bill Radisch Computer Lab for Seniors: Offer one on one computer and other electronic device operational education and assistance.

Medicare - SHIP Counseling: In partnership with the Seniors' Health Insurance Information Program (SHIP, a state program under the North Carolina Department of Insurance that offers personalized, one-on-one guidance for seniors and Medicare beneficiaries. SHIP counselors are trained to provide unbiased information about Medicare, Medicare Advantage, Medicare Part D, Medicare supplements, and long-term care insurance, but they do not sell or endorse any insurance products with other organizations.

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
Asheley@shepctrkville.com

Operations Manager

Lisa Miller
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Senior Center Director

Debbie Williams
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Volunteer Services Manager

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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

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.

Inclement Weather Policy

In the event of inclement weather, we will in most cases follow Winston Salem Forsyth County Schools. Watch WXII (NBC) Channel 12 and check our Facebook page for "The Shepherd's Center of Kernersville" closing or delayed opening announcements. If no announcement is listed, please call our front desk (336-996-9969) prior to leaving home to make sure your program, event or trip will be held. Be sure you speak to a staff person or volunteer directly before leaving home for an activity.



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.