

The Center Post

A publication of the Kernersville Senior Enrichment Center

May - June 2010

The Shepherd's Center 2010 Annual Giving Campaign Kicks Off

Twenty-five years ago, The Shepherd's Center of Kernersville started with a simple Transportation ministry. In 2010, through 14 active ministries and with the help of over 500 volunteers, they have served hundreds of older and disabled adults in our community.

This year it is our goal to raise \$55,000 to support these ministries. Francis of Assisi once said, "For it is in giving, that we receive." Some call it "paying it forward." When someone does a good deed for you, instead of paying them back, pay it forward by doing a good deed for someone else. Whether you can give monetarily or give of yourself, this is your opportunity to "pay it forward."

Please carefully consider sending a tax-deductible contribution to The Shepherd's Center or make your donation at www.shepherdscenterkville.com. Check out The Shepherd's Center on Facebook and become a friend of the Center.

In times of economic stress, it is caring people that realize the value of helping others. Donations can be made in honor of or memory of a special individual and can be mailed to:

The Shepherd's Center of Kernersville

P.O. Box 2044

Kernersville, NC 27285-2044

4th Annual **Hot Dog Luncheon and Wii Party** **Friday, June 11** **11:30 a.m. - 1:00 p.m.** **\$5.00 per person**

Join us for our annual Hot Dog Luncheon fundraiser. All proceeds to benefit the Senior Center. \$5.00 will buy 2 hot dogs, chips, cookies and a soft drink. Chili, relish, and condiments will also be available. **You must RSVP and pay for your lunch by 4:00 p.m., Tuesday, June 8.** As part of the annual event we will be playing with the Wii Gaming System. Challenge your friends to a lively game of golf or bowling or try your hand at tennis or baseball. All in the air conditioned comfort of the Center.

Several of you have asked if you could donate something to the Center for the luncheon: Of course, you can! We could always use dessert items, potato salad, macaroni salads, deviled eggs, slaw, or anything else you would like to donate to round out our luncheon. All donations will be gratefully accepted. Call Lisa or Anne to make a donation.. **RSVP Required. Call 992-0591**

The Kernersville Senior Enrichment Center is a ministry of The Shepherd's Center of Kernersville. We provide life enriching activities, services and growth opportunities for senior and disabled adults.

The Shepherd's Center of Kernersville is an interfaith ministry of volunteers who champion and sustain older or disabled adults.

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Kernersville Public Library Film Festival ~ Spring 2010 Series Featuring Outstanding Film Debuts: *All show times are 2:00 p.m.*

- May 6 - To Have and Have Not (1944) Debut of Lauren Bacall
- May 20 - Gaslight (1944) Debut of Angela Lansbury
- May 27 - Romance On the High Seas (1948) Debut of Doris Day
- June 3 - All the Kings Men (1949) Debut of Mercedes McCambridge
- June 17 - Kiss Me Deadly (1955) Debut of Cloris Leachman

**Please note:
The order of
the movies is
subject to
change.**

Celebrating the '50's at High Point Place ~ Wednesday, May 12

Join us for another great event with the folks from High Point Place as we travel back in time for a morning of great food (root beer floats!), fun and fantastic entertainment. We will meet at the Center at 9:45 a.m. to depart by carpool. (Although you are more than welcome to dress in 50's attire, it is not required.) RSVP is required.

Tuesday, May 18 ~ Lunch at Old Salem Tavern and Shopping in Old Salem

Join us as we travel to Old Salem for lunch and shopping. We'll meet at the Senior Center at 9:30 to depart for lunch, shopping and walking around Old Salem. Our lunch reservations are at 11:30 a.m. You will need to bring ample cash and change for lunch as the Tavern will put all the meals on one ticket (they will not provide individual tickets). RSVP required.

Please note: walking on uneven pavement, sidewalks and some steps are involved.

Wear appropriate walking shoes.

NCDOT Presentation ~ Wednesday, May 19 at 2:00 p.m.

Mr. Pat Ivey of the NC Department of Transportation will be here to provide information about road and transportation projects in and around Kernersville, as well as, future roads projects that may affect you. Question and answer session will follow his presentation. RSVP required.

Paul J. Ciener Botanical Garden Lecture Series ~ 7:00 p.m.

- May 20 Trekking for Exotic Plants South of the Border
- June 17 Photographing Plants: Standardized Photographs & Their Use in Plant ID
 Guest speaker: Dr. Bruce Kirchoff, UNC Greensboro, Dept. of Biology

Light refreshments will be served. A short question-and-answer period follows each lecture. RSVP to 336-996-7888 by the Monday prior to the lecture - Seating is limited. Lectures are free to members of the Friends of PJCBG. Non-members may attend for \$10 per lecture.

Mental Health Classes presented by Therapeutic Alternatives, Inc.

Therapeutic Alternatives, Inc.'s Geriatric Adult Specialty Team will offer 11 mental health education workshops this year. Each event will be held at the Senior Center. Advanced RSVP is required no later than the Thursday prior to each event date. These workshops are open to any Senior Center participant as well as the general public. Professional development CEUs will be awarded. Our schedule for March and April is as follows:

- May 24 11:30 am – 12:30 pm Anti-Anxiety and Anti-Depression Medications
- June 28 11:30 am – 12:30 pm Stress Management

Spring Fling 2010 ~ May 25 & 26

You are cordially invited to attend the Northwest Piedmont Area Agency on Aging's Spring Fling & Aging Conference: Celebrating Health & Wellness event, which will take place at the Lawrence Joel Veterans Memorial Coliseum (LJVM) in Winston-Salem, NC. The event will kick off on May 25th with Spring Fling, which incorporates health screenings, information booths and entertainment for older adults and family caregivers. This event takes place from 9:00 a.m. until 12:00 noon. Free tickets to this portion of the event are available at the Center Office. Spring Fling will be followed by the start of our day and a half aging conference, which is open to anyone interested in issues, practices and current trends that impact the giving and receiving of care for older adults. There is something for everyone at this event. We look forward to seeing you there! For more information call Susan at 336-761-2111, ext. 4118.

Forsyth Co. Commissioner and Chairman Dave Plyler ~ Friday, June 4 at 10:30 a.m.

Chairman Plyler will be discussing issues affecting you as a Forsyth County resident including: current and future concerns for the County, how you can get involved with county government, and ways that you can voice your concerns to your County Commissioners. There will be time for questions and answers following his presentation. RSVP requested.

Lunch and Movie ~ Wednesday, June 9

We'll meet at the Senior Center at 10:45 a.m., make our lunch choice, and review our movie options. RSVP required. Additional drivers may be needed.

Friday, June 18 ~ Downtown-Walk-About

Meet at the Senior Center at 9:30 a.m. We'll walk one block up Main Street to the Kernersville Downtown Preservation and Development Council offices to meet the new director Larissa Hess and learn more about KDPDC. Then we'll spend the morning and early afternoon exploring the shops and dining here in downtown Kernersville. RSVP requested. Please wear appropriate walking shoes.

Forsyth County Historical Association Presentation ~ "Kernersville Before the Kerners" Thursday, June 24 at 9:30 a.m.

Michael Marshall will discuss the history of the Kernersville area before the land here was acquired by Joseph Kerner in 1817. Topics will include the Native Americans that lived in the area before the coming of white settlers, David Morrow who was the first man to own land in what is now Kernersville, William Dobson and his tavern at the Cross Roads, and Nathaniel Schober, the Moravian who purchased the land from Dobson and sold to Kerner. Marshall, a Kernersville native, is co-author of the book "Wicked Kernersville: Rogues, Robbers, Ruffians and Rumrunners" and an avid researcher of local history. RSVP requested.

New meeting day for Yoga

Our yoga class now meets on Thursday mornings at 9:00 a.m. Join us and learn first hand the benefits of yoga. \$6 per person per class.

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Senior Golf Clinic

Our Senior Golf Clinic, led by Bart Whicker, meets every Thursday morning at 9:00 a.m. at Kernersville Golf Center. Call the Golf Center at 336-993-4653 for more information regarding this activity and any fees that may be involved. Kernersville Golf Center is located at 220 Berry Garden Road in Kernersville.

11th Annual Book Sale ~ September 23 - 25

We need your books! Please donate books to our sale. We accept book donations all year long for our annual sale. We especially need children's books, cookbooks and best sellers. We do not accept encyclopedias, Readers Digest Condensed books more than five years old, magazines or books that are falling apart or have mold/water damage. (Please dust off the books before bringing them to the Center. We have several volunteers who suffer from allergies and asthma.). *Volunteers will be needed* now through September 25 to help in many capacities from pricing and sorting books to set-up, clean up and conducting the sale.

Then Sings My Soul ~ Coming this fall to Kernersville

Celebrating the 25th Anniversary of The Shepherd's Center of Kernersville

Choirs and special music groups will join Kernersville's Community of Faith in an evening of inspirational song with combined voices and orchestra under the direction of Dr. Rick Hendricks. Call Deb Mitchell at The Shepherd's Center (996-6696) to sponsor this event or register your group to perform.

Volunteer Opportunities ~ Give back to your Shepherd's Center/Senior Center

Training Provided for the following opportunities.

Computer Learning Center Coaches: Coaches are needed for our Computer Learning Center. Please contact Linda Collins at 336-833-2480 or ksnet.collins@gmail.com and leave a message for her regarding volunteering. Most computer classes are taught M/W or T/Th mornings from 9:00 until 11:30 a.m.

Transportation Office Volunteers: Volunteers are needed Monday through Friday, morning and afternoon shifts, to help answer the transportation phones. Volunteers help schedule drivers for those in need of transportation to and from doctors appointments and local errands. Call Penne at 996-6696 to volunteer.

Shepherd's Center Office Volunteers: We are in desperate need of office volunteers to answer our phones and greet visitors Monday through Friday, morning and afternoon shifts available. Call Penne at 996-6696 to volunteer.

Are you interested in the following ???

Attention all Current Volunteers and Those Who Want to Volunteer

ALL Senior Center volunteers **MUST** complete a new Volunteer Form/Application by June 30, 2010. Please stop by the Center office May 15 - June 15 to pick up your new volunteer packet to complete. Thank you.

Several individuals have expressed interest in the following programs and classes. If you are interested in these activities as well, please contact the Center office at 992-0591.

Playing Rook - meeting day and time to be determined.

Latin (Samba, Mambo, Cha-cha, etc.) ***Dance*** lessons - this will be an afternoon class

Beginner Line Dance - this class will be taught one hour before our regular line dance lessons.

Beginner Bridge Group - this group will begin meeting soon on Thursday afternoons at 1:00 p.m. Call the office today to be added to the group roster. We will call everyone once play begins.

Acrylic Painting Classes Interest for June - If you are interested in taking a liquid acrylics class in June, call the Senior Center office no later than May 24.

Photo Contest

Our local Area Agency on Aging will be producing a Health Promotion Disease Prevention 2011 Calendar. They need your help. Each Senior Center has been asked to find “senior” photographers to participate in a photo contest to help select photos for the calendar. You must be 50 or older to submit photographs. Each Center has been asked to submit up to 13 photographs; one for each month, two for December. Photos can be of local scenery, people being active at the senior center, or objects/impressions that exemplify healthy behavior (e.g., the tennis shoes, fitness equipment, healthy food, etc.) Photos must all be submitted digitally (scanned photos must be high quality). The winners will have both a credit to the photographer and to the Senior Center from which it came. They will list the Senior Centers who participate in total somewhere on the calendar. If you would like to submit photos for the calendar, please call Lisa Miller at 992-0591 for contest rules and submission guidelines. Entries must be submitted no later than August 10, 2010.

We are missing the following items: Black neoprene 1,2, & 3 pound hand weights and several of our white table cloths. Please check and see if you inadvertently took any of these home with you. If so, please return them as soon as possible.

Special Thanks to all our AARP Tax Prep Volunteers

Our tax volunteers prepared over 500 tax returns this season. A great BIG thank you to...

Ken Drewry (our coordinator), Phillip Berrier, Nancy Bodycomb, Randy Burks, Paul Crossland, Bill Dreshfield, Emily Dreshfield, Martha Fare, Dave Kenward, Ron Mauch, Gary Spring, Joyce Spontak, Tom Trussler, Max Vibbert, and Jeanne Weyant,

Please take a moment to thank the

Town of Kernersville for installing new lights in our parking lot. It makes such a HUGE difference to leave from one of our night programs and enter a well lit parking area.

Contact us:
Senior Enrichment Center
130 E. Mountain Street
PO Box 2044
Kernersville, NC 27285-2044
336-992-0591 or 336-992-3180
seniorcenter@triad.rr.com

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May - June 2010

On-Going Activities

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8:00 - Walking Club 9:00 - Quilting 9:30 - Rubber Stamp (1 st & 3 rd Monday) 10:00 - Sittercize ^s 1:00 - Line Dance ^s 1:00 - Rubber Stamp (1 st Monday) 1:00 - Tatting II 1:00 - Bowling ^s at Countryside Lanes 7:00 - Advanced Square Dancing ^s	9:00 - Zumba Gold ^s 9:00 - ♥ of Triad Bee Quilters 10:00 - Sittercize ^s 11:00 - Chair Volleyball 11:00 to 1:00 - Blood Pressure Checks 12:00 - Canasta 1:00 - Adv. Bridge 7:00 - Line Dance ^s 7:00 - Ladies of the Evening Quilt Bee (4 th Tuesday)	8:00 - Walking Club 10:00 - Tai Chi ^s 10:00 - Games 1:00 - Bereavement Support Group 1:00 - Mah Jong	9:00 - Golf Clinic at Kville Golf Center ^s 9:00 - Yoga ^s 10:00 - Sittercize ^s 10:00 - Needlework 11:00 - Euchre 1:00 - Art Group 1:00 - Int. Bridge 1:00 - Tatting I: Beg. 7:00 - Beg. Shag ^s 8:00 - Int. Shag ^s	8:00 - Walking Club 10:00 - Bingo 12:00 - Canasta 2:00 - ♥'s W/Hugs 6:00 - Rubber Stamp (1st Friday: KC) 6:30 - Rubber Stamp (1 st & 3 rd Friday: TB)
				Saturdays
				1:00 - Bridge Fun Day (2 nd Sat.) ^s

Special Activities for May & June

Thur/May/6 Film Festival: Lauren Bacall 2:00 p.m. To Have and Have Not (1944)	Fri/Jun/4 Dave Plyler, Chairman Forsyth County 10:30 a.m. Board of Commissioners
Wed/May/12 50's Celebration at High Point Place 9:45 a.m. Entertainment, Food, Fun (RSVP)	Wed/Jun/9 Lunch & Movie \$ 10:45 a.m.
Sat/May/15 Bridge Fun Day 1:00 p.m.	Fri/Jun/11 Hot Dog Luncheon \$ (RSVP) 11:30 a.m.
Tues/May/18 Lunch & Shop in Old Salem \$ 9:30 a.m.	Thur/Jun/17 Film Festival: Cloris Leachman 2:00 p.m. Kiss Me Deadly (1955) 7:00 p.m. Trekking for Exotic Plants \$
Wed/May/19 Pat Ivey: NC Department of 2:00 p.m. Transportation Presentation	Fri/Jun/18 Downtown Walk-About \$ 9:30 a.m.
Thur/May/20 Film Festival: Angela Lansbury 2:00 p.m. Gaslight (1944) 7:00 p.m. Trekking for Exotic Plants \$	Thur/Jun/24 Kernersville before the Korners 9:30 a.m. (RSVP)
Mon//May/24 Mental Health Series: Anti-Anxiety 11:30 a.m. and Anti-Depression Medications	Mon/June/28 Mental Health Series: 11:30 a.m. Stress Management
Tue/May/25 Spring Fling \$	
Thur/May/27 Film Festival: Doris Day 2:00 p.m. Romance on the High Seas (1948)	Call 992-0591 to RSVP for activities or before you visit for the first time.
Mon/May/31 Memorial Day: Center Closed	\$ indicates fees are charged or spending money is needed.
Thur/Jun/3 Film Festival: Mercedes McCambridge 2:00 p.m. All The King's Men (1949)	

On-Going Programs & Services and Drop-in Activities

ARTS & CRAFTS

The Art Group ~ 1:00 p.m., Thursdays

Acrylics/Oils ~ call for information

Hearts with Hugs ~ 2:00 p.m.,
Fridays

Needlework ~ 10:00 a.m., Thursdays.

Quilting ~ 9:00 a.m., Mondays or

Ladies of the Evening Quilting Bee
7:00 p.m., 4th Tuesday

Rubber Stamping:

K. Culler ~ 6:00 p.m., 1st Friday

T. Borugian ~ 6:30 p.m., 1st/3rd Friday

L. Tedder ~ 9:30 a.m., 1st Monday

Scrappers ~ 6:30 p.m. 3rd Friday (\$5)

Tatting I (Beginners) ~ 1:00 p.m.

Thursdays

Tatting II (Intermediate) ~ 1:00 p.m.,

Mondays

FUN & GAMES

Billiards Table ~ Monday – Friday
from 8:00 a.m. - 4:00 p.m.

Bingo ~ 10:00 a.m., Fridays.

Bring two prizes.

Bowling ~ 1:00 p.m., Mondays at

Countryside Bowling Lanes
(1005 Masten Drive). \$1.00 per game,
free shoe rental

Bridge - Advanced ~ 1:00 p.m.,

Tuesdays

Bridge - Beginner/Intermediate ~

1:00 p.m., Thursdays

Canasta ~ 12:00 noon,

Tuesdays & Fridays

Cards, Games & Conversation ~

10:00 a.m., Wednesdays

Chair Volleyball ~

Tuesdays 11:00 a.m.

Euchre ~ 11:00 a.m., Thursdays

Senior Golf Clinic ~ 9:00 a.m.,

Thursdays at Kernersville Golf Center.

Mah Jong ~ 1:00 p.m., Wednesdays

Board Games ~ Monday – Friday

from 8:00 a.m. - 4:00 p.m.

Puzzle Table - Monday – Friday from

8:00 a.m. - 4:00 p.m.

Mad Hatters ~ 2nd Monday, location

& time vary

EDUCATION & ENRICHMENT

Books on CD /Tape ~ Available for
check-out: 8:00 a.m. - 4:00 p.m.,

Monday - Friday

Lectures on a variety of topics are
offered monthly. Check Center calen-
dar each month for current schedule.

Computer Learning Center ~
taught by and for adults aged 50 and
older. Classes meet twice a week,
either in the morning or afternoon for
a month. Fees apply.

HEALTH & WELLNESS

Advanced Square Dancing ~ 7:00

pm Mondays. (Not a teaching class.)

Fees apply. Call for more information.

Monitored Blood Pressure Checks

11:00 a.m. - 1:00 p.m., Tuesdays;

(Self-checks available 8:00 a.m. -

4:00 p.m., Monday - Friday)

Line Dancing ~

M. Summers ~ Mondays, 1:00 p.m.

M. Crater ~ Tuesdays, 7:00 p.m.

\$6 per week. Call for next session
date.

Fancy Feet Performing Group ~

Call for more information

Scales (Self-Check Body Weight) ~

Monday – Friday: 8:00 a.m. - 4:00 p.m.

located in each restroom

Shag Lessons - Thursdays

Beginner - 7:00 p.m., Intermediate -

8:00 p.m.; \$25 for four (50 minute)

lessons

Sittercize/Aerobics ~ 10:00 a.m.,

Mondays, Tuesdays & Thursdays

\$5.00/month.

Tai Chi ~ 10:00 a.m., Wednesdays

\$15 per month or \$5 a class

Walking Club ~ 8:30 a.m., every

Monday, Wednesday, Friday. Call to

pre-register so we can assign a buddy

to meet you.

Yoga ~ 9:00 a.m., Thursdays. \$6.00

per class

Zumba Gold ~ 9:00 a.m. Tuesdays;

\$20/month

SERVICES

**Financial Planning & Counseling and
Insurance Counseling through Senior
Financial Services:**

Writing checks for bill paying, personal
budgeting, reconciling bank statements,
credit and debt counseling, filing of medi-
cal insurance claims, creditor negotiation,
health insurance counseling, monthly
expense management, reverse mortgage
counseling, counseling in avoiding fraud,
and predatory lending counseling. Call
992-0591 or 896-1328 for an appoint-
ment or more information.

Information, Referral, and Assistance

on a variety of local, county, state, and
federal aging related services and pro-
grams (i.e. 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.

Additional Services

**Bereavement Support Group,
Counseling, Durable Medical
Equipment Loan, Faith In Action
Weekend Respite Care, Handyperson
Ministry, Person-to-Person Visitation,
Project Joy, Respite Care/Companion
Sitting, Telephone Reassurance,
The Marilyn Shafrath Ministry for the
Visually Impaired, Transportation
(medical & general), Vial of Life**

**For more information or a
detailed listing of all services
available through**

**The Shepherd's Center of
Kernersville and
The Senior Enrichment
Center,**

call 992-0591 or 992-3180.

**You can also e-mail us at
seniorcenter@triad.rr.com**

The Senior Enrichment Center
130 E. Mountain Street
P.O. Box 2044
Kernersville, NC 27285

Non Profit
Organization
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Senior Legal Help Line 1-877-579-7562

On January 4, 2010 Legal Aid of North Carolina introduced a Senior Legal Help Line for seniors aged 60 and older and who qualify (based on income). The program is now being promoted statewide for those eligible seniors needing help with Housing Law, Consumer Law, Employment Law, Public Benefits and Civil Law (wills, guardianship, powers of attorney.) Intake hours for new callers are Monday through Friday, 9:00 to 11:00 a.m. and 1:00 to 3:00 p.m.

Check us out on Facebook

The Shepherd's Center of Kernersville is now on Facebook. Become a Friend of the Center. (Coming soon - a Facebook page for the Senior Center.)

**The Senior Center will be
closed Monday, May 31st
in observance of Memorial Day**

**Most activities and all trips require an RSVP at least 2-3 days in advance.
To RSVP, call 992-0591 or 992-3180 or e-mail us at: seniorcenter@triad.rr.com**

The Senior Enrichment Center is a volunteer based ministry of The Shepherd's Center of Kernersville and is a North Carolina Senior Center of Excellence. Our mission is to provide life enriching, activities, services and growth opportunities for senior and disabled adults.