VITAL LIVING PROGRAM NEWS

50 and over ADULT CONTENT

Formerly Senior Center Program News **June 2019**

Hat's off to the *Shepherd's Center Singers*

Winners of the 2019 Governor's Volunteer Service Award

- **June 3, 10, 17 & 24, 9:30am - 12:00pm, *Open Doors Arts with Talia Scott* (Sawtooth School of Visual Arts) (p3)**
- **June 6, 6:30pm - 8:30pm, *Potluck Jam* (here) (p2)**
- **June 11, 2:00pm - 3:30pm, Shepherd's Center Singers Men's Rehearsal**
- **June 11, 13, 18, 20, 25 & 27, 10:30am - 11:30am, *Tai Chi for Arthritis & Fall Prevention* (here) (p2)**
  ATTN: No classes the first week in June ONLY
- **June 10, Daytrip with Travel on Tours to *Mt. Airy Blooms* (p4)**
- **June 12, 2:30 - 4:00pm - *Wayback Wednesday* with Paul McCraw (here) (p2)**
- **June 18, *Day Trip with Ardmore Baptist Church and Ardmore Journeys* to Kernersville and Mebane (p4)**
- **June 19, 2:00 - 3:00pm - Third Wednesday Book Club (here) (p2)**
- **June 26, 5:30pm - 7:30pm - *"Welcome to Medicare" (*Rural Hall, 7125 Broad Street) (p3)**
- **June 21-23 - *Overnight Trip w/Travel on Tours* to Blennerhassett Island (p4)**
- **June 26, 4:00pm - 5:00pm - *Circadian Rhythms* w/Thrive Integrative (here) (p2)**
- **June 27, Thursday - 1pm - Meet Jan McCanless, author of Who Killed the Weatherman and her publisher, Mike Simpson of Empower Publishing (Covenant Presbyterian Church) (p3)**

The Shepherd's Center of Greater Winston Salem is an interfaith ministry that promotes and supports successful aging by providing direct services, volunteer opportunities and enrichment programs for older adults.

Many Vital Living programs for health and wellness are provided at no charge for anyone age 50 and over.

Assistance and Information about a variety of services for older adults are provided for you and your family.

Membership in the Shepherd's Center is not required but may earn certain discounts. See reverse for fee schedule.

Hours of Operation
9 am - 5 pm Monday - Friday
Some evenings & weekends

Phone: 336-748-0217
FAX: 336-724-6545
www.shepherdscenter.org

1700 Ebert Street
Winston-Salem, NC 27103

The Shepherd's Center of Greater Winston-Salem

Weekly Activities
at the Shepherd's Center…
Call 336-748-0217 to register unless otherwise noted

There will be no holiday closings in June

Drop-in Activities at the Center - Computer access offered by appointment. Activities include: social corner; refreshments; puzzles; card & board games; piano; book & puzzle exchange; Wi-Fi and friends.

Monday
All bridge except instruction $2 donation suggested
9:30 -11:30 am - Beginners Bridge 6 weeks instruction at $10 per session. Practice continues at $2 per session.
9:30 - 11:30 am - Advanced Bridge
10:30 - 11:15 am - Chair Yoga Donation suggested $2
11:15 am - 12:00 - Mat Yoga Donation suggested $2
12:30 pm - 1:30pm - Line Dancing For Fun & Fitness
Call Brenda to register 336-816-5544 ($)

Tuesday
9:00 am - 12:00 pm - Book Center Volunteers
9:15 - 10:00 am - Tai Chi for Older Adults
Donation suggested $2
9:30 -11:30 am - Advanced Bridge
9:30 -11:30 am - Intermediate Bridge
10:30 -11:30am Tai Chi for Arthritis & Fall Prevention
Donation suggested $2
1:00 - 3:00 pm - Knitting & Crochet No cost
2:00 - 3:30pm - Shepherd Center Singers
No auditions; donation suggested $2
6:30 pm - Community Dharma Open group meeting
For more information contact annmccarty@gmail.com

Wednesday
9:30 -11:30 am - Advanced Bridge
12:00pm -1:00pm - Tai Chi for Body, Mind & Spirit
Call Sandy 336-409-8591 to register ($)
1:30 pm - 4:00 pm - Adult Coloring - No cost
1:30 pm - 4:00 pm - Fellowship, cards, games, snacks
Just for fun. No cost

Thursday
9:00 am - Book Center Volunteers
9:15 - 10:00 am - Tai Chi for Older Adults
Donation suggested $2.
9:30 -11:30 am - Advanced Bridge
10:30 -11:30am Tai Chi for Arthritis & Fall Prevention
Donation suggested $2
3:15 – 4:45 pm - Thinking Outside the Box:
Open discussion group. No cost
5:00– 5:45pm - Intergenerational Community Drumming
Just for fun. No cost

Friday
9:30 -11:30 am - Advanced Bridge

Monthly Activities
at the Shepherd's Center…
2nd Wed - June 12 - 2:30 - 4:00 pm No cost
"Way Back Wednesday" with Paul McCraw
Local, World , Ancient History, and Current Events
Donations accepted

"Healing Intention Sending" **group 7:00 - 8:30pm**
Postponed for the summer months
w/ Dr. Mike Simpson and Susan Meny
Learn about sending healing intention as presented in Lynne McTaggart's book, The Power of Eight
Donations accepted

2nd Thursday - "*Sound Journeys"* with Alexander Tuttle
TBD 6:30 - 8:00pm
Experience sound in a bold new way
$20 donation suggested
$15 for Shepherd's Center members

3rd Wednesday Book Club - June 19 - 2:00 - 4:00pm
June read: Panchinko by Min Jin Lee
No cost Call 336-765-9258 for more information

3rd Friday - *"Writing Stories from Your Life"* -
June 21 -10:00 am - 12:00 pm
CURRENTLY FULL. Waiting list only. No cost

SPECIAL JUNE EVENTS

Potluck Jam
First Thursday evenings starting June 6th
6:30pm - 8:30pm
Join us first Thursdays of every month for some fun, some food and the chance to make music together!
Bring a dish to share.
No cost, but please register

The Shepherd's Center Singers
Tuesday, June 11th 2:00pm - 3:30pm
Men's rehearsal starts June 11th on the Upper Level
Email Carmina Jenks at pegjen2@gmail.com For more information

Circadian Rhythms
Wednesday June 26th 4:00pm - 5:00pm
Get back to some of the basic rhythms of life in this chat on circadian rhythms (natural sleep/wake cycles)
No cost, but please register

Shepherd's Center without Walls… Activities out of the center

BUSINESS & COMMUNITY LOCATIONS

Galloway Center
131 Lucy Lane, Lewisville
Fitness Center - Mon - Fri - Lewisville residents. No cost

Goodwill
2701 University Parkway, W-S
Tech Savvy Series: Computer ABC's
TBA

Lewisville Public Library
6490 Shallowford Road, Lewisville
Lewisville Writers Group -
2nd Monday June 10 - 10:00 am - 12 pm
CURRENTLY FULL. Waiting list only. No cost

Sawtooth School of Visual Arts
251 Spruce Street North, W-S
Mondays June 3, 10, 17 & 24 - 9:30am-12pm
Open Doors Arts presents *"Giving Your Art a Voice: Pen & Ink with Watercolor"*
$25 for three weeks; supplies included. Must register; pay at door

South Fork Community Center
4403 Country Club Road, W-S
2nd Monday, June 10 - 2:00 - 4:00 pm PINTEREST - Learn about holiday decorations, party themes, recipes, and more! **Call 336-659-4305** for this location. No cost

Rural Hall Library
7125 Broad Street, Rural Hall
Wednesday, June 26 - 5:30pm - Welcome to Medicare
Call 336-748-0217 to register. No cost

RETIREMENT COMMUNITIES HOSTING:

Arbor Acres UMC Retirement Community
1240 Arbor Road, W-S in Piner Hall
Intergenerational Community Drumming Circle - 3rd Wednesdays **(postponed until spring)**
Must register 336-748-0217. Drums available for the first 30 to register. You may bring your own drum. No cost
Warm Water Exercise ($) Fees on page 4; all water classes are for one hour. Check with your physician.
Level 2: Mondays, Wednesdays & Fridays - 3:00 pm
Level I: Mondays & Wednesdays - 4:00 pm

Homestead Hills Retirement Community
3250 Homestead Club Dr., W-S
Warm Water Exercise ($) Fees on page 4
Level 2: Mondays & Wednesdays - 3:30 pm
Level 2: Saturdays - 9:30 am

Salemtowne Retirement Community
1000 Salemtowne Drive, W-S
Warm Water Exercise ($) Fees on page 4
Level I: Tuesdays & Thursdays - 2:00 pm
Level 2: Tuesdays, Thursdays & Fridays - 11:00 am

"Welcome to Medicare"
June 26, 2019
5:30pm - 7:30pm
Rural Hall Branch Library
7125 Broad Street
Rural Hall, NC 27045
Call 336-748-0217 to register

FAITH COMMUNITIES HOSTING:

Covenant Presbyterian Church
3627 Konnoak Drive, W-S
Thursdays 10:30 am - Tai Chi for Your Health with Dennis Rouse suggested $2 per class
Thursdays 12:00 pm - 3:00 pm - Senior Drop In Day
Adult coloring, cards, games, knitting/crochet & snacks
No cost
Thursday June 27 -1:00 pm - Senior Drop In Day
Meet Jan McCanless, author of Who Killed the Weatherman for both a *book signing and a book discussion* with Jan and her publisher, Dr. Mike Simpson
No cost

Maple Springs United Methodist Church
2569 Reynolda Road, W-S
New Horizons Band - Mondays 11:00 am - 1:00 pm
$15 monthly. Contact Don Earnhardt at 336-887- 0657; don@donearnhardt.com for information

Peace Haven Baptist Church
3384 York Road, W-S
NOTE: Writing Stories from Your Life
1st Monday: 10:00 am-12:00 pm
CURRENTLY FULL. Waiting list only

Mat Yoga - Mondays & Thursdays - 4:00 pm
Donation suggested $2 per class

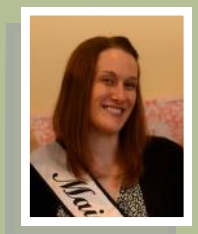
Pfafftown Baptist Church
4336 Transou Rd, Pfafftown
Tai Chi for Older Adults - Mondays 2:00 pm
Donation suggested $2 per session

Yoga for Older Adults - Thursdays 1:00 pm
Donation suggested $2 per session

Trinity Presbyterian Church
1416 Bolton Street, W-S
Learn to Play the Dulcimer ($) - $55 for six-week session
Call Judy at 336-765-8114 to register and for more information.

Vital Living Program

Contact: Susan Meny
Vital Living Program Director
smeny@shepherdscenter.org



Kristin Larson,
Vital Living Program Assistant
klarson@shepherdscenter.org

Fees for Activities

Line Dancing For Fun & Fitness ($)
$20 per 4 week session
Call Brenda Holcomb
to register: 336-816-5544

Monday, Tuesday and Thursday Tai Chi & Yoga
Recommended donation $2 per class

3 Treasures Tai Chi ($) Wednesday
Tai Chi for Memory ($) T & Th
$4 per one hour class for members
$5 per one hour class for non members
Call Sandy Seeber to register at
336-409-8591

Warm Water Exercise ($)
Unlimited Classes: any # per week
$25 per month for members
$30 per month for non members
One Class Per Week
$12 per month for members
$15 per month for non members

Shepherd's Center Membership
$25 minimum annual donation
Classes are no cost
unless marked by a ($)
First class is free
Donations ensure continued programs

Day Trips, Night Outs & Overnights

Mount Airy Blooms

Join us as we stroll 12 private gardens, dine under an outdoor pavilion and experience the magic of Mayberry,
Monday, June 10, 2019 with Travel on Tours, LLC
Cost $72 Maximum number is 14
Includes: transportation, garden tour and lunch
Departs the Shepherd's Center's upper level at 9:30am
Deadline for payment is June 3rd, 2019
Call Travel on Tours, LLC. at 336-650-5745
for more information or to register

Kernersville and Mebane

Tour Salem Lake Park, Korner's Folly, visit the beautiful Paul L. Ciener Botanical Gardens in Kernersville and then spend the afternoon shopping at Tanger Outlets in Mebane.
Tuesday June 18th, 2019 with Ardmore Baptist Church
Cost $30 (includes lunch)
This trip is open to everyone from ages 6 to 96+
Depart from Ardmore Baptist Church at 7:45am-6:00pm
Deadline for payment is June 4th, 2019
Call Jerry or Beverly at 336-765-8312 for more information or to register

Blennerhassett Island

Join us at The Blennerhassett Hotel which opened its doors in 1889 and is on the National Register of Historic Places. We will enjoy live music in the evenings and a horse drawn wagon tour of the island. If possible, we will attend a show at Smoot Playhouse.
June 21-23, 2019 with Travel on Tours, LLC
Cost $950 double Maximum number is 14
Includes: Door to door pick up and return from your home, all transportation and meals, two nights stay at luxury hotel, Island tour, evening music and Smoot Playhouse.
Deadline for payment is June 17th, 2019.
Call Travel on Tours, LLC. at 336-650-5745
for more information or to register

Safari

No passport required! On this safari you will see a lion stand on his hind legs, and the experienced guide will introduce you to smaller species which include: binturongs, New Guinea singing dogs, ring-tailed lemurs, servals and jungle cats.
Thursday, July 18, 2019 with Travel on Tours, LLC
Cost $99 Maximum number is 14
Includes: transportation, admission to the safari and lunch at Mayflower.
Deadline for payment is July 11th, 2019.
Call Travel on Tours, LLC. at 336-650-5745
for more information or to register