



VITAL LIVING PROGRAM NEWS

50 and over ADULT CONTENT

Formerly Senior Center Program News

March, 2017

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.

**Join Us.
Let's Have Some Fun**

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 Seniors 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



Checkout info on page 4 about a **NEW Road Trip** to the North Carolina Museum of Art

Shepherd's Center Activities Protect Aging Brains

Recently an article appeared in the WS Journal entitled "**Protecting Aging Brains.**" It reported several activities that researchers have discovered have "a protecting effect and that are thought to keep the mind sharp."

These activities included computer use, making crafts, playing games such as bridge and chess, and socializing. This study did not include arts-based learning, but other studies which did have reported similar results. You know what we call these findings here at the Vital Living Program? We call it... **Adventures in Learning!**

Spring Adventures in Learning is scheduled for **April 25th, 26th & 27th at Ardmore United Methodist Church, 630 S. Hawthorne Road** for the first time. We wish to thank **Mary Jo Brewer** for connecting us to this new host location!

Course descriptions and registration are available at www.shepherdscenter.org

Protect your brain! Register for Adventures in Learning...or Meaningful Monday...or Travel Tuesday... or Wayback Wednesday...or Thoughtful Thursday...or Fun Friday Concert Series...or the Shepherd's Center Singers...

Try Adult Coloring... beginning bridge... or intermediate bridge...or advanced bridge...or knitting & crochet...or fellowship & games... or Tai Chi...or Yoga...or a day trip... or an overnight trip...or line dancing... or a dulcimer class... or warm water exercise...or Tech Savvy...or Tech Buddies...or Thinking Out of the Box: Coffee House Discussion group... or a Healing Touch Session...or a writers group...or the book club...

Take a short series course such as: *Fix Your Family...*or *Looking Forward; Living Forward...*or *Living Healthy with Chronic Disease...*or *A Matter of Balance...*...or... you tell us. We'll create it!

Ongoing Classes

At The Shepherd's Center...

1700 Ebert Street, Winston-Salem, NC 27103

Shepherd's Center Inclement Weather Policy

When the Forsyth County/W-S Schools close for inclement weather, activities and classes are cancelled. If schools merely delay, activities continue on schedule.

Unless otherwise noted, call 336-748-0217 for more information or to register for the activities listed.

Monday

9:30 - 11:30 am - **Beginners Bridge** - Register for Spring class that begins March 6th.

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

10:30 am - **Chair Yoga** Donation suggested (\$2)

11:15 am - **Mat Yoga** Donation suggested (\$2)

12:30 pm - **Line Dancing For Fun & Fitness** (\$)

Must call Brenda to register **336-816-5544**.

7:00 pm - **Tai Chi for Balance** - Intergenerational (\$)

Call Sandy **336-409-8591** to register. 1st class free.

Tuesday

9:00 am - **Book Center Volunteers - Book Sale May 4-6**

9:15 am - **Tai Chi for Older Adults** Donation suggested (\$2)

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

9:30 am - 11:30 am - **Intermediate Bridge** Come play.

1:00 pm - **Knitting & Crochet**

2:00 pm - **Shepherd Center Singers** Join. No auditions.

6:30 pm - **Community Dharma** - Open group meeting.

Wednesday

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

12:00 pm - **Tai Chi for Body, Mind & Spirit** (\$)

Call Sandy **336-409-8591** to register. 1st class free.

1:30 pm - 3:30 pm - **Adult Coloring**

1:30 pm - **Fellowship & Game Time** - Let's play a game

1st Wednesday **Tai Chi for the Back & Neck** (\$) 5-7 pm

Call/text Alan **336-416-9426** to register.

3rd Wednesday Book Club - 2:00 pm - Join us to

discuss *The Aviator's Wife* by Melanie Benjamin.

Thursday

9:00 am - **Book Center Volunteers**

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

9:15 am - **Tai Chi for Older Adults** - Donation (\$2)

3:30 pm - **Thinking Outside the Box: Anything Goes Discussion Group**

5:30 pm - **Chair Yoga** - Donation suggested (\$2)

Friday

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

3rd Friday - 10:00 am - **Writers Group**. Currently full.

Waiting list only. Call Diana **336-768-6168**

Special Events & Activities

At the Shepherd's Center...

Do Drop In - Activities available on most days include: piano, computer, Skype & Wi-Fi access; puzzles; cards, games; social/reading corner; book & puzzle exchange, card and board games, refreshments and friends.

Meaningful - Health & Education Series

Register today for **A Matter of Balance** beginning Friday, March 24, 10:00 - noon for 8 weeks. Cap at 12.

Travel Tuesday - Tours or Travelogues

Meet us at 3900 Westpoint Blvd., Suite F, W-S, 27103 on Tuesday, March 7 at 1:45 pm for a tour at 2:00 pm

Miracles in Sight

The second largest eye bank in the US.

Must call to register 336-748-0217. Tour capped at 15.

Way Back Wednesday

Local, World, Ancient & Current History

"Irish-Catholic Issues in American History"

with Paul McCraw on Wednesday

March 8 - 2:30 - 4:00 pm

Thought-Provoking Thursday - Lifelong Learning

Fix Your Family with Dr. Mike Simpson

Thursday, March 2 at 6:00 pm

An interactive lecture about how older adults can address family patterns to bring about successful and lasting change.



Are you Prepared for Storm, Fire or Flood?

Join Susan Steed from the

American Red Cross

on Thursday, March 9 - 1:00 - 3:00 pm



Learn what you need to have in your disaster preparedness kit!

Fun Friday Concert Series - That's Entertainment

Bark Point Ramblers - March 24 - 2:30 - 4:00 pm



Enjoy bluegrass, blues, & traditional country !

Call 336-748-0217 to reserve a seat at these events.



Experience Healing Touch at No Cost
 Healing Touch is a relaxing, energy therapy to assist in creating a feeling of well-being.

Make an appointment for a free session.
 Sessions are on the **2nd or 3rd Thursday of the month.**
March 9th appointments are scheduled at 1, 2 & 3 pm.
March 16th appointments begin at 12:00 pm and continue at 1, 2 & 3 pm.
 Must register at **336-748-0217**
 One appointment per person per month.



Sound Journeys
with Alexander Tuttle
3rd Wednesdays - 3/15, 4/19, 5/17 & 6/21
 6:30 pm at the Shepherd's Center
\$10 suggested donation

Center without Walls Ongoing Classes...

Unless otherwise noted, call 336-748-0217 for more information or to register for the activities listed.

BUSINESS & COMMUNITY LOCATIONS

Blue Ridge Arnis Kung Fu Academy

1310 South Hawthorne Road, W-S
Tai Chi for Older Adults - Thursday - 3:00 pm &
 Saturday 9:00 am Donation suggested. (\$2 per class.)
 Call Eric **828-773-6531**.



Goodwill Industries

2701 University Parkway, W-S
Tech Savvy Computer -
Beginner & Advanced ABCs See page 4.

Galloway Center

131 Lucy Lane, Lewisville
Fitness Center - Monday - Friday - Lewisville residents

Lewisville Public Library

6490 Shallowford Rd, Lewisville
Lewisville Writers Group - 2nd & 4th Monday - 10:00 am
 Currently full. Waiting list only. Call Diana **336-768-6168**

Polo Park Community Center

1850 Polo Road, W-S **Art Studio** - Friday - 9:30 am

South Fork Community Center

4403 Country Club Road, W-S
Tech Savvy Workshop -
 2nd Monday - 2:00 pm
 See page 4



Center Without Walls More Ongoing Classes...

RETIREMENT COMMUNITIES

Arbor Acres Retirement Community

1240 Arbor Road, W-S
Warm Water Exercise (\$) Monday,
 Wednesday & Friday - 3:00 pm



Homestead Hills

3250 Homestead Club Drive, W-S
Warm Water Exercise (\$) Monday & Wednesday - 3:30 pm,
 Saturday - 1:30 pm

Salemtowne

1000 Salemtowne Drive, W-S
Warm Water Exercise - (\$) Tuesday & Thursday - 2:00 pm,
 Friday - 11:00 am

FAITH COMMUNITIES

Maple Springs United Methodist

2569 Reynolda Road, W-S
New Horizons Band - Monday 10:00 am - 12:00 pm
 Director - Lonnie Wymer. Call **336-724-1801**

Peace Haven Baptist Church

3384 York Road, W-S
Writing Stories from Your Life
 1st Monday - 10:00 am - 12:00 pm. Currently full.
 Waiting list only. Call Diana **336-768-6168**

Mat Yoga - Monday - 4:00 pm - Debbie Morris

Arts & Craft Club - 1st Thursday with Joyce Treadway
 (\$5) **March 2** - 1:00 - 3:00 pm Jazz up your style with
 NEW earrings for Spring fashion.



Pfafftown Baptist Church

4336 Transou Rd, Pfafftown
Tai Chi for Older Adults - Monday 2:00 pm - Eric Marks.
 Donation suggested. (\$2)

***NEW Yoga for Older Adults -**

Beginning March 13th
 Thursday, 1:00 pm -
 Julie Dunton
 Donation suggested (\$2)



Vital Living Program



Contact: Susan Meny,
Vital Living Program Director
smeny@shepherdscenter.org
336-748-0217



Keets Taylor, Program Assistant
ktaylor@shepherdscenter.org
336-748-0217

Fee Structure

Line Dancing For Fun & Fitness (\$)

\$20 per 4 week session
Must call Brenda Holcomb
to register at 336-816-5544.

Tai Chi (\$) Monday & Wednesday

Call Sandy Seeber 336-409-8591
\$4 per one hour class for members
\$5 per one hour class for non members

Tai Chi for Neck & Back (\$) Wednesday 5-7 pm

\$8 for members; \$10 for non-members

Warm Water Exercise (\$)

Unlimited Classes
\$25 per month for members
\$30 per month for non members
1 Class per week
\$12 per month for members
\$15 per month for non members

Shepherd's Center Membership \$25 annually

Classes are at no cost to you
unless marked by a (\$).
Donations are always accepted
for ongoing program support.

Fix Your Family



Beginning Thursday, March 9th 5:00 - 7:00 pm

Dr. Mike Simpson will continue with a series of four presentations
to help you successfully address painful repetitive family problems.

March 9, "Meet Your Family—and Yourself—for the First Time"

March 16, "How Did Things Get So Stuck?"

March 23, "The New Super You"

March 30, "Highly Explosive Love"

\$60 for 4 sessions or \$20 per session.

More information can be found on fixyourfamily.org, or 336-257-9276.

Please register at 336-748-0217

IN COLLABORATION WITH THE SHEPHERDS CENTER'S VITAL LIVING PROGRAM

ARDMORE JOURNEYS PRESENTS - A Day Trip & Tour



**North Carolina Museum of Art
& The Carolina Field of Honor**
Departing Thursday May 4, 2017

8:30 am from Ardmore Baptist Church
501 Miller Street, W-S on a deluxe motor
coach. Returning about 5:30 pm.

Cost of the trip is \$45. April 1st is payment deadline.

You may bring your lunch or buy sandwiches, eat
inside or eat outside and enjoy the contemporary
art sculptures in the Museum Park. You may also
purchase lunch in the art inspired Iris restaurant.

We will visit the "Carolina Field of Honor at
Triad Park." For more information contact
Beverly Whitfield at 336-765-8312. Make checks
payable to Ardmore Baptist Church and mail to
Beverly Whitfield 2128 Leeds Lane, W-S 27103.



Registration Required for Tech Savvy Classes

Goodwill Industries - 2701 University Parkway, W-S

Weds., March 8, 15 & 22, 2 - 4 pm Beginning Computer ABC's
Must pre-register. Call 336-748-0217. Limited to 16.

South Fork Community Center - 4403 Country Club Road, W-S

Call: 336-659-4305 to register at this location!

Mon., March 13, 2 - 4 pm - Basics – Microsoft Word
with Elaine Williams