



VITAL LIVING PROGRAM NEWS

50 and over ADULT CONTENT

Formerly Senior Center Program News

May, 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



May is Older Americans Month...

The Administration on Aging, part of the Administration for Community Living, is pleased to announce the theme for Older American's Month May 2017.



The theme, **Age Out Loud**, is intended to give aging a new voice - one that reflects what today's older adults have to say about aging.

In recognition of Older Americans Month
**The Vital Living Program of the Shepherd's Center
has decided to throw a loud rockin' beach party featuring
The Invaders**

**Named the Best Band in the Winston Salem Readers Choice Awards Twice.
The Invaders** rock all over Piedmont NC winning new fans at every new event.



Friday, May 19 - 7:00 - 9:00 pm at the Shepherd's Center
**Waaaa hoooy... get out your sunglasses,
flip-flops, baby oil and iodine...**

And join us for an evening of your favorite Rock & Roll,
Classic Rock, Southern Rock, Beach, Blues, Boogie, Soul & Country
Best Beach T-shirt Contest
(Bikinis and surfer jams are not required)

Tickets are \$10. Space is limited.
You must call **336-748-0217** for reservations.
Advance payment guarantees your seat/s...



Proceeds benefit the Vital Living Program of the Shepherd's Center

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** - Class closed.

Beginners Bridge will be offered again in the fall.

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 Alan **336-416-9426** 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 - **Art of Standing Meditation** (\$) 5-6 pm

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

3rd Wednesday Book Club - 2:00 pm - Join us to discuss ***Identical***, by Scott Turow

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 Monday - Health & Education Series

Join Health Coach, Stefanie Draper

Monday **May 15 - 1:00 - 3:00 pm**

Learn a new approach to improving your health.

What is "health coaching?" When and how can a "health coach" help you achieve your wellness goals?

Travel Tuesday - Tours or Travelogues

(Saturday this month for this special event.)

17th Bethabara Highland Games

2147 Bethabara Road, W-S 27106

Saturday May 13 - 10:00 am - 4:00 pm

No cost for admission. **Meet at**

1:00 pm at the battle-axe competition

Come early to enjoy Scottish heavy athletics, Celtic music, Border collie demos, and find your Clan family society.

Scottish & festival food available.



Way Back Wednesday

Local, World, Ancient & Current History

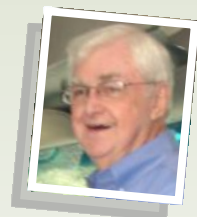
"U.S. - Mexican Relations Then & Now"

Learn more with Paul McCraw

Wednesday, **May 3 - 2:30 - 4:00 pm**

Learn about the sociological and economic upheaval that followed the U.S.- Mexican War, (1846-1848) and continues to shape relations and

immigration issues between the two countries even to this day. Happy Cinco de Mayo!



Thought-Provoking Thursday - Lifelong Learning

"Essential Oils & Toxins You May Avoid with Their Use" with Vicki Carpenter

Thursday, **May 25 - 2:00 - 3:30 pm - Lower level**



Fun Friday Concert Series - Beach Party!!!

See page 1. **Call 336-748-0217** to reserve a seat at any of these great offerings.

Special Events & Activities

At the Shepherd's Center...



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.**

May 11 appointments are scheduled at 1, 2 & 3 pm.

May **20th** 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, please.



Sound Journeys

with Alexander Tuttle

3rd Wednesdays - 5/17 & 6/21

6:30 pm at the Shepherd's Center

\$10 suggested donation



Yoga Sound Journeys

With Julie Dunton & Alexander Tuttle

4th Fridays - 5/26, 6/23 and 7/28 at 6:30 pm

at the Shepherd's center \$30 suggested donation.

\$25 suggested donation Shepherd's Center members

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

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 Road, Lewisville

Lewisville Writers Group - 2nd & 4th Monday - 10:00 am

Waiting list only Call Diana **336-768-6168** for more info.

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 pg 4



Center Without Walls

More Ongoing Classes...

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.**



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** for info

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

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

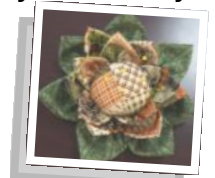
Arts & Craft Club - 1st Thursday with Joyce Treadway

(\$5) May 4 - 1:00 - 3:00 pm

Learn how easy it is to make a fabric

origami Lotus Flower pin cushion

Call **336-748-0127** to register



Pfafftown Baptist Church

4336 Transou Rd, Pfafftown

Tai Chi for Older Adults - Monday 2:00 pm - Eric Marks.

Donation suggested. (\$2)

Yoga for Older Adults -

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

"Art of Standing Meditation"

(\$) 1st Wednesday 5-6 pm

\$4 for members; \$5 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.

Book Room volunteer, Susan Riley, honored as Vital Living Program 2017 Volunteer of the Year



Sam Mathews & Susan Riley

2017 Annual Shepherd's Center Used Books Books Books Books Sale

Thursday, May 4, 9 am - 9 pm

Friday, May 5, 9 am - 9 pm

Saturday, May 6, 8 am - 2 pm

FREE Parking & Admission

Join Us at the Education Building, Winston-Salem Fairgrounds

400 Deacon Blvd, Winston-Salem, NC 27105

Entrance for parking is through **Gate 5** from Deacon Blvd.

Thousands of used books and other items at exceptional prices.

Donate your used books to support the Shepherd's Center

Yes... volunteers are still needed. Call 336-748-0217



Find Out if Water Color is for You

with professional artist, Dave Brewer

Six week class Fridays, May 5th - June 9th
1:00 pm - 4:00 pm at the Shepherd's Center

**\$120 per person for painting supplies
and instruction.** Pre-paid at registration.
You must pre-register to receive the supplies.
Space is limited to the first 10. Deadline April 21
Call 336-748-0217 to register.



Fix Your Family with Dr. Mike Simpson

On the **2nd & 4th Thursdays** of the month
beginning **May 11th & May 25th 7:00 - 8:30 pm**

The goal of each session is to empower
participants to see family relationship issues in
new ways and make lasting changes that lead to
new awareness, reconnection, healing and joy.

No cost for this life changing offering.

Registration Required for Tech Savvy Classes

Having problems with your computer/tablet/cell phone?

Inmar's Technology Gurus, joined by Allegacy,

will be available to help you with technology problems or questions.

There is **NO COST!** - **Next TECH NIGHT will be May 18th 6:00 - 8:00 pm**

at the 14th Street Community Center &

at the Martin Luther King Community Center

Goodwill Industries - 2701 University Parkway, W-S

On hiatus. Classes resume in June.

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

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

Monday, May 8 - 2 - 4 pm - Basics - Powerpoint with Elaine Williams