



VITAL LIVING PROGRAM NEWS

50 and over ADULT CONTENT

Formerly Senior Center Program News

July, 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.

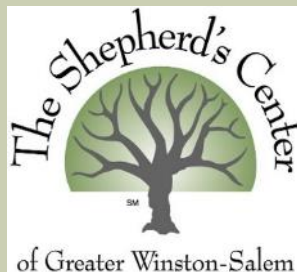
Assistance and Information about a variety of services for Seniors are provided for you and your family.

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



The beach party rocked... And a good time was had by all!



Dancing to some good ol' rock and roll. Do you recognize these teenyboppers?



Many thanks to the Invaders: Len, Jim & Bryant.



Can you hula-hoop?



Beachy attire took the prize.

Let's rock it again with The Invaders at the
Shepherd's Center Friday, August 25th 6-8 pm Tickets \$10

Weekly Activities & Classes

At The Shepherd's Center...

1700 Ebert Street, Winston-Salem, NC 27103

The Shepherd's Center will be **CLOSED** on **Tuesday, July 4th** to celebrate **Independence Day**.

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

Monday

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.



Tuesday

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



9:15 - 10:00 am -

Tai Chi for Older Adults

Donation suggested (\$2)

No cost for 1st class.

No pre-registration required

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** Director returns in August. Join. No auditions. Donation suggested. (\$2)

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

For more information - michellenicolle4@aol.com

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 - 4:00 pm - **Adult Coloring** - Enjoy good company

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

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)

3:15 pm - **Thinking Outside the Box: Anything Goes Discussion Group**

Friday

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

Monthly Activities & Events

At the Shepherd's Center...

Call for information about SHIIP, the Seniors' Health Insurance Information Program counseling at the Shepherd's Center. 336-748-0217

Register for **Beginners Bridge** beginning **October 2 Mondays - 9:30 - 11:30 am** for 6 weeks (\$10 per class)
Practice sessions will follow classes (\$2 per session)

Monday July 17, 2:00 - 5:00 pm - See page 4

* **NEW Computer One-on-One** with Don Ilko and Scott Gillentine. Call for your 30 minute appointment.

3rd Wednesday Book Club - 2:00 pm - Join us to discuss *The Invention of Wings* by Sue Monk Kidd

2nd & 4th Thursdays July 13 & 27, 7:00 pm
Ask the Doctor with Dr. Mike Simpson,
author of *Fix your family*

No Cost. Donations are appreciated.



3rd Thursday - July 20 - 6:30 pm

Sound Journeys

Alexander Tuttle creates sound in a releasing and calming manner to support the major energy centers. \$15 suggested



donation. \$10 for Shepherd's Center members

Sessions on the 2nd & 3rd Thursdays of the month.

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.

July 13 appointments are scheduled at 1, 2 & 3 pm.

July 20 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.

3rd Friday Writers Group - 10:00 am - Currently full.
Waiting list only. Call Diana 336-768-6168

CANCELLED

3rd Thursday - July 20 3:00 - 5:00 pm
Human Design and Destiny
with Alexander Tuttle

CANCELLED

Yoga **Sound Journeys**
4th Friday - July 28 at 6:30 pm
with Julie Dunton & Alexander Tuttle

Shepherd's Center without Walls Ongoing Activities & 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

No Tech Savvy Computer Classes July or September

Computer Basic ABCs August 9, 16 & 23 - 2 - 4pm
Registration required - 336-748-0217

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. Enjoy space to work.

South Fork Community Center

4403 Country Club Road, W-S

Tech Savvy Computer Class

336-659-4305 to register for this location!

Monday, July 10 - 2 - 4 pm - ORGANIZE -

Files Organizing your work so you can find it again with Elaine Williams

RETIREMENT COMMUNITIES HOSTING: WARM WATER EXERCISES

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 - 9:30 am

Salemtowne

1000 Salemtowne Drive, W-S

Warm Water Exercise - (\$) Tuesday & Thursday - 2:00 pm,
Friday - 11:00 am

The Shepherd's Center needs you.

Call Keets 336-748-0217 to schedule **TWO** hours of your time to remind folks to re-Link their VIC card.



Together in Education provides funding for Adventures in Learning & other Life-Long Learning programs.

Remember to re-Link Your VIC Card after August 1, 2017 to #4958

Shepherd's Center Without Walls More Ongoing Activities & Classes

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

Donation suggested. (\$2)

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

Donation suggested. (\$2)

Arts & Craft Club - 1st Thursday with Joyce Treadway

(\$5) July 6 - 1:00 - 3:00 pm

Add a thoughtful touch to your personal contacts with handmade note cards.

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.

Monday, Tuesday and Thursday

Tai Chi & Yoga. First class free.

Suggested donation \$2 per class.

3 Treasures Tai Chi (\$) Wednesday

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

Special Events & Activities

At the Shepherd's Center 1700 Ebert Street, W-S, 27103

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.

Tech Savvy One-on-One

Let the experts help you with your computer issues.

July 17th, 2017 2:00 pm to 5:00 pm. Last appointments at 4:30 pm.

Must call 336-748-0217 to book your 30 minute appointment
with Don Ilko or Scott Gillentine. Ask for Emma.

Meaningful Monday - Health & Education Series

Grief and Aging:

What's Growing Older Got to Do with It?

Monday, July 24 - 1:00 - 2:30 pm

Join S. Kelley Ryan, LCSW, Counselor
Hospice & Palliative CareCenter



Travel with Us on Tuesday - Local Tours

Intergenerational Day Trip & Tour
Well behaved children & grands invited!

**All-A-Flutter Butterfly Farms &
the Piedmont Triad Farmers Market**

Depart 10:00 am Tuesday, July 18th
from Ardmore Baptist Church

501 Miller Street, W-S, NC 27103 returning 3:00 pm

Cost \$10 per person. Call 336-765-8312 for information and to register

Deadline for payment is July 10. Payable to Ardmore Baptist Church
Mail to: Beverly Whitfield, 2128 Leeds Lane, Winston-Salem, NC 27103



Way Back Wednesday - Local, World, Ancient & Current History

Join us for a discussion about what led up to:

"The Declaration of Independence"

Wednesday, July 12th, 2017 - 2:30 - 4:00 pm

with Paul McCraw. This is going to be interesting.



Thought-Provoking Thursday - Lifelong Learning

Using Essential Oils to Trigger Your Body's

Natural Response to Relieve Chronic Symptoms

with Jenna Edwards Thursday, July 27 - 2:00 - 3:30 pm

This presentation contains information only
and does not offer medical advice.



Fun Friday Concert - July 21, 6:30 - 8:00 pm

Join us for a little "bluegrass" with **Train Wreck**
NEW group "Busking Out" will open the show



You MUST register for Special Events and Concert offerings.

Space may be limited at the NO Cost offerings and on the Day Trip.

If you are not registered how do we know to save a seat for you?

Call 336-748-0217. Donations are always appreciated.