



# VITAL LIVING PROGRAM NEWS

## 50 and over ADULT CONTENT

Formerly Senior Center Program News

August, 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.



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](http://www.shepherdscenter.org)

1700 Ebert Street  
Winston-Salem, NC 27103



### The Vital Living Program Needs You!

We need 2 hours of your time on a Saturday. Can you help us?  
Choose your day: Saturday 8/5, 8/12, 9/16, 9/23 or 9/30.



Together in Education provides funding for lifelong learning programs. Remember after August 1, 2017 to ask the cashier at any Harris Teeter to re-Link your VIC Card to #4958.

In addition to this event, the Vital Living Program needs volunteers for Adventures in Learning and our other lifelong learning programs. See Keets or Susan for more information.

### Triad Playwrights Theater



Presents



## THE 5th of JULY



by Jonathan S. Crow

When President Trump's psychiatrist comes to give his first live TV interview, everything goes wrong. Enjoy a comedy about mistaken sexual advances, a corporate feminist, a good ole country boy, a confused teenager, and the President's pet turtle.

An original play written by local talent; a must see for all who love theater. More information at [triadplaywrights@gmail.com](mailto:triadplaywrights@gmail.com)

**August 10, 11, 12, 2017 at 8:00 pm**

**Trinity Presbyterian Church**

**1416 Bolton Street, Winston-Salem**

**Tickets are free at the Shepherd's Center; \$8 at the door**  
A Collaboration of Shepherd's Center of Greater Winston-Salem, Triad Playwrights Theater and Trinity Presbyterian Church

## Weekly Activities & Classes

At The Shepherd's Center...

1700 Ebert Street, Winston-Salem, NC 27103

The Shepherd's Center will be CLOSED on Monday, September 4th to celebrate Labor 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

Donation recommended per game \$2



10:30 am - **Chair Yoga** Donation recommended \$2

11:15 am - **Mat Yoga** Donation recommended \$2

12:30 pm - **Line Dancing For Fun & Fitness** (\$ See page 4) 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 recommended \$2. No cost for 1st class. No pre-registration

9:30 am - 11:30 am - **Advanced Bridge** Donation \$2

9:30 am - 11:30 am - **Intermediate Bridge** - Donation \$2 recommended per game. Come play!

1:00 pm - **Knitting & Crochet** - No cost

2:00 pm - **Shepherd Center Singers** Director returns in August.. No auditions. Donation recommended \$2 per session

6:30 pm - **Community Dharma** - Open group meeting  
For more information - michellenicolle4@aol.com

### Wednesday

9:30 am - 11:30 am - **Advanced Bridge** Donation \$2

12:00 pm - **Tai Chi for Body, Mind & Spirit** (\$ See page 4) Call Sandy 336-409-8591 to register.

1:30 pm - 4:00 pm - **Adult Coloring** - No cost. Enjoy anxiety and pain relief in good company

1:30 pm - **Fellowship & Games** Cards & board games. No cost.



### Thursday

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

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

**Bridge** Donation \$2 recommended per game.

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

3:15 pm - **Thinking Outside the Box: Anything Goes Discussion Group.** No cost.

### Friday

9:30 am - 11:30 am - **Advanced Bridge** - Donation \$2 recommended per game.

## 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 donation per game)

**3rd Wednesday Book Club** - 2:00 pm - Join us to discuss *Kid Carolina, RJ Reynolds, Jr.* by Heidi Schnakenberg. No cost.



**2nd & 4th Thursdays**  
**August 10 & 24, 7:00 pm**  
**Ask the Doctor**  
with **Dr. Mike Simpson**,  
author of *Fix your family*

Join us to participate in interactive sessions that deal with various aspects of family conflict, communication, growth and health. No Cost. Donations are appreciated.

**3rd Thursday - August 17 - 6:30 pm**  
**Sound Journeys**

Alexander Tuttle creates sound 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  
**August 10** appointments are scheduled at 1, 2 & 3 pm  
**August 17** 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. No cost.

**Save the date!!!**

**Fall Adventures in Learning**  
**October 3rd, 4th, & 5th, 2017**

**Mount Tabor United Methodist Church**  
**3543 Robinhood Road, W-S, NC 27106**

## 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 recommended \$2 per class.  
Call Eric 828-773-6531.

#### Goodwill Industries

2701 University Parkway, W-S

Computer Basic ABCs August 9, 16 & 23 - 2 - 4 pm  
No Tech Savvy Computer Classes here in September  
Registration required - 336-748-0217. No cost

#### Galloway Center

131 Lucy Lane, Lewisville

Fitness Center - Mon - Fri - Lewisville residents. No cost.

#### Lewisville Public Library

6490 Shallowford Road, Lewisville

Lewisville Writers Group - 2nd & 4th Monday - 10:00 am  
Waiting list only Call Diana 336-768-6168. No cost.

#### Polo Park Community Center

1850 Polo Road, W-S

Art Studio - Fri - 9:30 am. Enjoy space to work. No cost.

#### South Fork Community Center

4403 Country Club Road, W-S

Tech Savvy is on vacation in August

336-659-4305 to register for this location!

Monday, September 11 - 2 - 4 pm - Organize Your  
Pictures with Elaine Williams. No cost.

### RETIREMENT COMMUNITIES HOSTING:

#### WARM WATER EXERCISES

See page 4 for information about cost.

#### 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 of Greater Winston-Salem is the Forsyth County coordinating site for SHIIP - **Seniors Health Insurance Information Program** a program of the N.C. Department of Insurance, that offers guidance to Medicare beneficiaries and those about to be Medicare beneficiaries about insurance coverage, how Medicare works, what is covered and what to do next.

### Welcome to Medicare Information Workshop August 21 - Southside Branch Library

3185 Buchanan St, Winston-Salem, NC 27127

Sessions are held from 5:30 - 7:30 pm. No cost.  
You may register at [info@shepherdscenter.org](mailto:info@shepherdscenter.org)

## 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 am - 12 pm No cost.  
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. No cost.

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

Donation recommended per class \$2

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

Donation recommended per class \$2

Arts & Craft Club

1st Thursday with Joyce Treadway

August 3 - 1:00 - 3:00 pm (\$5 for supplies)

Cool off with this charming



No-Sew Sock Snowman and  
two puzzle piece wreaths.

Must register at 336-748-0127  
to ensure enough supplies.



#### Pfafftown Baptist Church

4336 Transou Rd, Pfafftown

Tai Chi for Older Adults -

Monday 2:00 pm -

Donation recommended \$2

Yoga for Older Adults -

Thursday, 1:00 pm -

Donation recommended \$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

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 minimum annual donation

Classes are at no cost to you  
unless marked by a (\$). First class is  
free. Donations are always accepted  
to support ongoing programming.

## Special Events & Activities

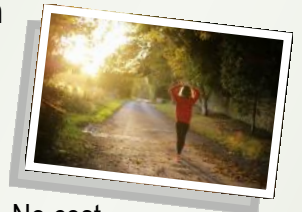
### at the Shepherd's Center, 1700 Ebert Street

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 No cost

#### **Learn When & Why to Use a Health Coach**

with Health Coach, Stefanie Draper  
**Monday, August 21st - 1:00 - 3:00 pm**  
How can a health coach  
help you achieve your wellness goals?



**Travel Tuesday** - Local Tours No cost

Meet friends at 1:45 pm on August 15th at  
1151 Canal Dr #106, W-S 27101 (Map available)

#### **Visit Brasstown Craft Chocolates**

& taste fine *artisan chocolate* made from  
organic, fair trade ingredients. Yum!

#### **Tour & shop at the Olio,**

a very hot glassblowing studio,  
and see what things can be made with fused glass.

**840 Mill Works St. #150 W-S 27101**

(The hot shop is closed until after Labor day)



**Way Back Wednesday** - Local, World, Ancient & Current History No cost

**"Articles of Confederation"** and the decision for a stronger national  
government based on **"The Constitution"**

**Wednesday, August 9th - 2:30 - 4:00 pm**

with Paul McCraw. This is going to be interesting.

**Thought-Provoking Thursday** - Lifelong Learning No cost

**Thursday, August 24th - 2:00 - 3:30 pm**

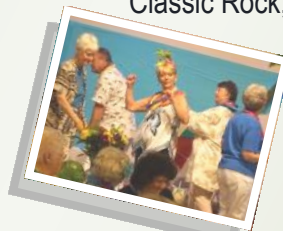
A conversation with Edmund C. Tiryakian, Executive Director &  
Founder of **Dying Right NC**, an advocacy group in favor of  
proposed medical aid in dying legislation in NC.

Learn about expanding end of life options.

**Fun Friday Concert Series - August 25th - 6:00 - 8:00 pm**

#### **The Invaders are BACK!**

We'll be boogie'n' the night away to your favorite Rock & Roll,  
Classic Rock, Southern Rock, Beach, Blues, Soul & Country.



**Tickets are \$10. Space is limited.**

Getting your ticket in advance  
**guarantees your seat!**

Please register for Special Events and Concert offerings.  
Space is limited. If you are not registered, there may not be a seat for you.

**Call 336-748-0217 to register.** Donations are always appreciated.