



# VITAL LIVING PROGRAM NEWS

## 50 and over ADULT CONTENT

Formerly Senior Center Program News

September 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



### Misako Kay Tells her Story

**After returning from visiting family in Tokyo, Japan, Misako Kay shared her story with the city council. It went like this:**

After a lifetime of working as a teacher, Richard Kay, Misako's husband, chose to retire in Winston in 2007 to be near his sister and his mother. The couple enjoyed eight years of retirement here before, unfortunately, Richard was diagnosed with an aneurism.

In 2015, it took his life. Misako's world changed overnight. First she focused on paperwork. There was plenty of it to focus on.

Then, a friend from Hospice and participant at the Shepherd's Center, Marilyn Stowers, encouraged Misako to join her at Tai Chi class on Tuesday mornings at the center. Misako was not at all familiar with Tai Chi. She had heard about it, but it was totally new to her. She quickly became enamored and a regular participant was born.

During her visit with the Winston-Salem city council, she let them know that

it was very important she had these programs.

According to Misako the budget cuts that the center is facing was horrifying to her because, "without these programs, people like me would not

receive the help we need to have the kind of life we deserve."

Since discovering the Shepherd's Center, you may see Misako at Healing Touch, Sound Journeys, the Shepherd's

Center Chorus, Thought-Provoking Thursdays, Fun Friday Concert series, Adventures in Learning and anywhere someone says "I need a volunteer!"

Misako also volunteers at Sunnyside Ministry on Wednesdays and Hospice on Sundays.

*Thank you Misako for speaking up and letting the world know what you support. You make the world a better place everyday.*



**Save the date!!! Fall Adventures in Learning**  
**October 3rd, 4th, & 5th, 2017**

**Click here [www.shepherdscenter.org](http://www.shepherdscenter.org) for the brochure and registration form.**

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

## 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) 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** No auditions. Donation

recommended per session \$2



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

For more information - annmccarty@gmail.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

recommended per game. \$2

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

recommended per game \$2

## 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 the *On The Same Page* book **Take Out**

by Margaret Maron. No cost



**2nd & 4th Thursdays**

**September 14 & 28, 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 - September 21st - 7:00 pm**

**Sound Journeys**

Alexander Tuttle creates sound to support the major energy centers

\$15 suggested donation

\$10 for Shepherd's Center members



**Experience Healing Touch at no cost**

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

Healing Touch is a relaxing, energy therapy to assist in creating a feeling of well-being

Make an appointment\* for a free session

**September 14** appointments at 1, 2, & 3 pm

**September 21** appointments 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

**Appalachian (Lap) Dulcimer Workshop (\$)**

**Classes begin Friday, September 15, 2017 (6 weeks)**

Dulcimer I - Beginners 10:00 am

*No experience necessary.*

Dulcimer III - Continuing Ed 11:00 am

Judy House & Carol Crocker

Plan to attend all classes since class work builds on previous classes. (**last class October 20th**)

**\$55 paid to Judy House** Information - 336-765-8114

Register - 336-748-0217



## 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 Shepherd's Center members donation recommended \$2 per class. Call Eric 828-773-6531

#### Goodwill Industries

2701 University Parkway, W-S

No Tech Savvy Computer Classes here in September

See you in the fall. 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

336-659-4305 to register for this location!

Monday, September 18 - 2 - 4 pm - Organize Your Pictures with Elaine Williams. No cost

### RETIREMENT COMMUNITIES HOSTING:

#### WARM WATER EXERCISE (\$)

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

September 18, Kernersville Senior Enrichment Center  
130 E. Mountain Street, Kernersville, NC 27284

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

September 7 - 1:00 - 3:00 pm (\$5 for supplies)

Be a Fashionista this fall

with trendy DIY button

necklaces and earrings.

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: Wi-Fi access;  
piano; social/reading corner; puzzles, card and board games;  
book & puzzle exchange; refreshments and friends.

Computer & Skype access are available by appointment. **336-748-0217**

**Meaningful Monday** - Health & Education Series No cost

**The Shepherd's Center offers Nutrition Survival 101:  
How to Manage the Holidays!!!**

With Stefanie Draper, Health Coach, Integrative Solutions  
at the Shepherd's Center of Greater Winston-Salem.

**Monday, September 18th, 1:00 - 3:00 pm**



**Travel Tuesday** - Local Tours No cost

Meet friends at 1:45 pm (tour at 2pm) on September 12th

**The Winston-Salem Convention & Visitors Bureau  
& the Winston-Salem Visitor Center**

Visit Winston-Salem is in the Historic Brookstown Mill  
at 200 Brookstown Ave., W-S 27101 (Map available)

**Tour the historic building.** Pick up information about  
restaurants, special events, and attractions.



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

September 17th is the anniversary of The Constitution

Join the discussion of "**Our Constitution:**

**What kind of government did it give us?"**

**Wednesday, September 13th, 2:30 - 4:00 pm**

with Paul McCraw discussing this 230 year old topic.



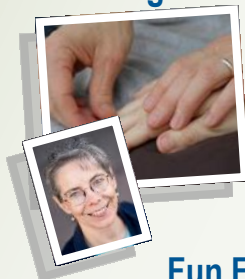
**Thought-Provoking Thursday** - Lifelong Learning No cost

Join Nancy Crooks to learn about

**Mechanical Link, (ML)**

**Thursday, September 14th, 2:00 - 3:30 pm**

This drug-free, manual therapy is a very gentle but  
powerful approach that treats the body as a whole  
and addresses many problems simultaneously.



**Fun Friday Concert Series**

**September 29th, 6:00 - 8:00 pm**

Experience the "joy of jamming"

and enjoy a little bluegrass, country & gospel

with **Train Wreck**

*"Buskin' Out" will open for the band.*

**Space is limited. Donation recommended \$5**



Please register for Special Events and Concert offerings.

If you are not registered, there may not be enough seats!

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