



VITAL LIVING PROGRAM NEWS

50 and over ADULT CONTENT

Formerly Senior Center Program News

October 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

1700 Ebert Street
Winston-Salem, NC 27103



Register NOW for fall Adventures in Learning
 Mount Tabor United Methodist Church, 3543 Robinhood Road, W-S, NC 27106
October 3rd, 4th, & 5th, 2017 8:30 am - 3:00 pm
 Go to www.shepherdscenter.org for more information.
 Register online, at the center or at the door.



Get up, get ready and go...try drumming, gain strategies about money management, listen to local authors, practice arts & crafts, take a tour, enjoy lunch and friends!

Salemtowne hosts luncheon & 2017 Bridge Tournament to support Shepherd's Center programs



You are invited to lunch and play bridge on **October 25th**
 Lunch - 11:30 am - 12:30 pm Bridge - 12:30 pm - 3:00 pm
 New Location at Salemtowne Retirement Community:

The Amos Multi-Purpose Room in the new Babcock Health Care Center, 1000 Salemtowne Drive, W-S

Gather your foursome. Players will progress with their group. Enjoy prizes and fun!

Complete and return registration form by Monday, October 16th.

\$30 per person, checks payable to: The Shepherd's Center

Mail to Salemtowne, c/o Dale Melton, 1000 Salemtowne Drive, W-S, NC 27106

Registration form and questions dmelton@salemtowne.org 336-714-2196

Weekly Activities & Classes

At the Shepherd's Center...

1700 Ebert Street, Winston-Salem, NC 27103

Inclement Weather Policy

The Shepherd's Center follows Forsyth County Schools inclement weather policy. If the schools are closed, activities will not be held at the Shepherd's Center.

If schools are delayed, the Shepherd's Center will operate on the regular schedule.

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**

Let's sing! 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 relief from anxiety and pain 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 and counseling about SHIIP, Seniors' Health Insurance Information Program at the Shepherd's Center. Call 336-748-0217 for an appointment.

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 *Take Me With You*, Catherine R. Hyde. No cost



2nd & 4th Thursdays

October 12 & 26 5:30 - 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 - October 19 - 6:30 - 7:45 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 are 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.

Must register at 336-748-0217.

October 12 appointments at 1, 2 & 3 pm

NO appointments 3rd Thursday in October

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

November 30, 2017 10-4 pm

**Shepherd's Center's Holiday Bash
Fun, Food & Fitness**

Let's say thank you with Novant Health, local vendors & fun

Must register for FREE health screening - 10 am - 1 pm

336-277-1880 or CommunityWellness@novanthealth.org

Wellness checks and vendors 10 - 1pm

Shepherd's Center Singers &

Jam Session and Singalong 2 - 4pm

Open House with lite refreshments - all day

Shepherd's Center without Walls Ongoing Activities & Classes...

BUSINESS & COMMUNITY LOCATIONS

Welcome to Medicare Information Workshop

October 23 - Walkertown Branch Library 5:30 – 7:30 pm.
2969 Main St, Walkertown, NC 27051 No cost.

You may register at info@shepherdscenter.org

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

Computer ABC's - 4 week class on Wednesdays
October 4,11,18 & 25 2 - 4 pm 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, October 9 - 2:00 - 4:00 pm - PINTEREST -
Learn about the social media shared interests site 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

Day and Overnight Trips & Tours

Flyers with more information about these tours
available at www.shepherdscenter.org

Fall Trip: Lake Lure & Hendersonville

Overnight at 1927 Lake Lure Inn

October 17 & 18, 2017 Cost is \$150 a person dbl occupancy
Info about this tour - Paul McCraw 336-768-2308

Visit the National D-day Memorial Park

Friday, November 10, 2017 Cost is \$30 per person
Info about this tour - Beverly Whitfield 336-765-8312

Pigeon Forge & Smoky Mountains Show Trip

Tuesday - Thursday, November 14 -16, 2017
\$329 a person dbl occupancy - 3 days, 2 nights, 4 meals
Info about this tour - Becky Bailey 336-686-6917

Enjoy Brock Theater Christmas Show

Saturday, December 2, 2017 No cost.
Info about this tour - Beverly Whitfield 336-765-8312

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
information about how to get involved.

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 - Mondays & Thursdays - 4 pm - Debbie Morris

Donation recommended per class \$2

Arts & Craft Club - 1st Thursday with Joyce Treadway

October 5 - 1:00 - 3:00 pm (\$2.50 for supplies) Cap 10.

Learn how to make a sparkly 3D
geodesic paper ball ornament.
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

Fees for Activities

Line Dancing For Fun & Fitness (\$)

\$20 per 4 week session

Call Brenda Holcomb

to register: 336-816-5544

Monday, Tuesday and Thursday

Tai Chi & Yoga

Suggested donation \$2 per class.

3 Treasures Tai Chi (\$) Wednesday

\$4 per one hour class for members

\$5 per one hour class for non members

Call Sandy Seeber to register:

336-409-8591

Warm Water Exercise (\$)

Unlimited Classes: any # per week

\$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 appreciated and help ensure continued programs.

Did you know? To access a network of services in your community Dial 2-1-1

Services provided: food, housing & utility assistance, health care services, counseling, mental health & substance abuse services, senior services, education & employment assistance, financial education, credit counseling and disaster services.

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 access confirmed by appointment. Call 336-748-0217.

Meaningful Monday - Health & Education Series Cost of supplies

Celebrating Our Stories

Monday, October 23rd 1:00 - 3:30 pm

Norma Jean Wilkes offers a powerful workshop

to celebrate each individual's unique life story.

Create your own story beads offered in the workshop.

\$5 paid to Norma Jean Wilkes for supplies.

Participation capped at 15. **Call 336-748-0217 to guarantee a seat.**



Travel Tuesday - Local Tours No cost

Meet friends at 1:45 pm & tour at 2pm on October 17th

The Winston-Salem Visitor Center

Visit Winston-Salem is in the Historic Brookstown Mill

200 Brookstown Ave., W-S 27101 Map available.

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

Tour includes a visit to WFU's Lifelong Learning Program.



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

Major Constitutional Issues as noted

in the Federalist Papers #10 & #51

Wednesday, October 11th, 2:30 - 4:00 pm

with Paul McCraw discussing this timely topic.



Fun Friday Concert Series - Local Entertainment

Country, Oldies & Gospel

Sing-a-long with Tim Wilson

Friday October 27th, 3:00 - 4:30 pm

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

Computer ABC's is back with a 4 week class on Wednesdays

Goodwill Industries - 2701 University Parkway, W-S

October 4, 11, 18 & 25 2 - 4 pm Must register 336-748-0217 No cost