



VITAL LIVING PROGRAM NEWS

50 and over ADULT CONTENT

Formerly Senior Center Program News

January 2018

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 older adults 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



Don't miss the Shepherd's Center's Vital Living Program's exciting new activities, programs and events for 2018!

**A Matter of Balance:
Fall Prevention**
Do this... for you!
Wednesdays
begins January 10, 1pm
runs thru February 28
Shepherd's Center

Outward Adventures... every Thursday
at Mt. Tabor United Methodist Church
3543 Robinhood Road, W-S, NC 27106
beginning January 18

**Community Drumming
It's Therapeutic!!**



**Movement Reimagined:
Therapy for the Body/Mind**
When is that? Oh, it's Mondays at 2:30 pm
Shepherd's Center starting January 22nd!
It's like improv, but better!

**Let's learn about Critical
Decisions Leading up to
and Influencing the
Outcome of World War II**
Where is that? Oh, it's at
Mt. Tabor UMC

**Mediterranean-Style
Learning & Lunch**
Tre Nonne Italian Restaurant
Saturday, January 27
12-2 pm
See page four

Let's talk alternatives to your health care
**Integrative and Complimentary Health
talks by local professionals**
Something to think about!!!
Where is that? Mt. Tabor UMC
for the new **Outward Adventures!!!**

Coming in February...Intergenerational jam sessions, dulcimer classes, community drumming, Valentine's celebration, and...
In March... take a daytrip to the **Wohlfahrt Haus Dinner Theater!!!**

Weekly Activities & Classes at the Shepherd's Center...

Shepherd's Center offices and activities will be
**CLOSED on: January 1, 2018 New Year's Day
and January 15, Martin Luther King Day**

Monday

- 9:30 - 11:30 am - **Advanced Bridge** Donation suggested per session \$2
10:30 am - **Chair Yoga** Donation suggested \$2
11:15 am - **Mat Yoga** Donation suggested \$2
12:30 pm - **Line Dancing For Fun & Fitness (\$)**
(See page 4) Call Brenda to register 336-816-5544
Begins **January 22 - 2:30 pm - Movement Reimagined**
\$10 per class. No cost for 1st class

Tuesday

- 9:00 am - **Book Center** Volunteers
9:15 am - **Tai Chi for Older Adults** Begins January 16
Donation suggested \$2. No cost for 1st class.
No pre-registration
9:30 - 11:30 am - **Advanced Bridge** - Donation \$2
9:30 - 11:30 am - **Intermediate Bridge** - Donation suggested per session \$2. Come play!
1:00 pm - **Knitting & Crochet** No cost
2:00 pm - **Shepherd Center Singers** Let's sing!
No auditions. Donation suggested per session \$2
6:30 pm - **Community Dharma** Open group meeting
For more information - annmccarty@gmail.com

Wednesday

- 9:30 - 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 - 11:30 am - **Advanced Bridge** Donation suggested per session \$2
9:15 am - **Tai Chi for Older Adults** Begins January 18
Donation suggested \$2. No pre-registration
3:15 pm - **Thinking Outside the Box: "Anything Goes"** discussion group. No cost
5:00 pm - **Intergenerational Drum Circle Begins**
January 4 Please register 336-748-0217. Drums available or byo. Donation suggested per session \$2

Friday

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

Inclement Weather Policy

The Shepherd's Center follows the 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.

Series Short Course @ the Shepherd's Center *You should do this... for you.*

A Matter of Balance: Fall Prevention No cost
Wednesday, January 10, 2018 - 1:00 - 3:00 pm
and every Wednesday thru February 28, 2018.

Sign up early! Call Shepherd's Center 336-748-0217
Participation capped at 16. Information builds on each class
For more information contact:

Ariel Everett 336-542-5936 or Goldie Irving

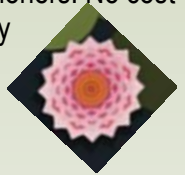
Ariel Everett abeveret@uncg.edu

Goldie Irving goldieirving@handsonnwn.org

This class is co-sponsored with Piedmont Triad Regional Council Area Agency on Aging

Monthly Activities & Events at the Shepherd's Center...

NO Healing Touch offered in January. Next offering
2nd & 3rd Thursday, February 8 & 15 - 1, 2 & 3 pm
"Healing Touch" with Healing Touch practitioners. No cost
Healing Touch is a relaxing, energy therapy to assist in creating a feeling of well-being.
By appointment only - 336-748-0217.
One appointment per person per month.



2nd & 4th Thursday - January 11 & 25 - 5:30 pm

"Ask the Doctor" with Dr. Mike Simpson, **Fix Your Family** author. Interactive sessions that deal with various aspects of family conflict, communication, and health. \$10 donation suggested



3rd Wednesday Book Club - January 17 - 2:00 pm

Discussing The Light Keepers by Abby Geni
Check the website for the NEW 2018 book list. No cost

No January 3rd Thursday, "Sound Journeys"
with Alexander Tuttle. Next offering **February 15, 2018**

Sounds are generated in a releasing and calming manner to support the major energy centers of the body.
\$15 donation suggested
\$10 for Shepherd's Center members



3rd Friday, January 19 - 10:00 am

"Writing Stories from Your Life"

Waiting list only. Call Diana 336-768-6168. No cost

Shepherd's Center without Walls... Activities & Classes out of the center

BUSINESS & COMMUNITY LOCATIONS

Blue Ridge Arnis Kung Fu Academy

1310 South Hawthorne Road, W-S

Tai Chi for Older Adults - Saturday 9:00 am Shepherd's Center members \$2 per class. Call Eric 828-773-6531

Goodwill Industries

2701 University Parkway, W-S

No Class offerings in January. Call 336-748-0217 and join us for Computer ABC's February 7, 14 & 21, 2018

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
January 8 & 22 - 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! No cost
2nd Monday, January 8 - 2:00 - 4:00 pm - PINTEREST
Introduction to a wonderful internet social media site of shared ideas! Set up an account and start pinning with Elaine Williams.

RETIREMENT COMMUNITIES HOSTING:

WARM WATER EXERCISE (\$) Fees on page 4

Arbor Acres UMC 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

Reach out in 2018, make a connection. If you have an special interest or a talent that you would like to share with others contact Susan 336-748-0217.

FAITH COMMUNITIES

Maple Springs United Methodist

2569 Reynolda Road, W-S

New Horizons Band - Monday 11 am - 1 pm No cost
Director - Lonnie Wymer. Call 336-225-2184 for information about how to get involved.

Peace Haven Baptist Church

3384 York Road, W-S

Writing Stories from Your Life

January Only 2nd Monday - January 8 - 10:00 am - 12:00
Waiting list only. Call Diana 336-768-6168. No cost

Mat Yoga - Mondays & Thursdays - 4:00 pm - Donation suggested \$2 per class

Arts & Craft Club - 1st Thursday with Joyce Treadway
Workshop will meet again in the spring. Look for new craft projects in March.

Mount Tabor United Methodist Church

3543 Robinhood Road, W-S, NC 27106

Outward Adventures - a new adventure in lifelong learning begins Thursday January 18 and continues on Thursdays until February 22 12 noon lunch (\$9 pre-ordered or bring your own)

Classes begin 1:00 pm - Choose from 2 offerings:

- A. Complimentary & Integrative Health Alternative Talks
- B. Critical Decisions Leading Up to and Influencing the Outcome of World War II

Cost: \$10 per day or \$50 for the six-week session;
Must register 336-748-0217. May take either offering each day. 1st day free. Scholarships are available.
Ask staff for information regarding \$ assistance.

Pfafftown Baptist Church

4336 Transou Rd, Pfafftown

Tai Chi for Older Adults - Beginning January 15

Monday 2:00 pm - Donation suggested \$2 per session

Yoga for Older Adults -

Thursday 1:00 pm - Donation suggested \$2

Trinity Presbyterian Church

1416 Bolton Street, W-S

Fridays, February 2 - March 9

Learn to Play the Dulcimer



Continuing classes - Series of 6

Dulcimer II (\$55) - 10:00 am - 11:00 am

Dulcimer III (\$55) - 11:00 am - 12:00 pm

Call Judy - 336-765-8114 for more information about this offering. Register your interest in Dulcimer I classes for beginners 336-748-0217

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

Recommended 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

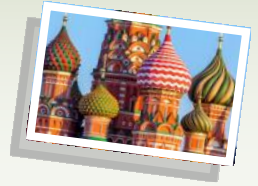
Classes are at no cost to you unless marked by a (\$). First class is free. Donations are appreciated and help ensure continued programs.

Special Events & Activities at the Center

Drop in activities include: social corner; puzzles; card and board games; piano; book & puzzle exchange; refreshments; friends; and Wi-Fi. Computer access by appointment. Call 336-748-0217.

Way Back Wednesday with a **NEW** Time in January

Local, World, Ancient & Current History No Cost
"Russian history and culture from founding through the Romanov era (to 1917)"
Wednesday, January 10 - 3:00 - 4:30 pm
with Paul McCraw



You've heard of lunch n learns...how about a Mediterranean-Style Learning & Lunch Event

The Fun & Flavor Begin Here!



Join us for
an unforgettable experience
in one of Winston-Salem's
premier Italian Restaurants!

Tre Nonne Italian Restaurant
177 Jonestown Road, WS, 27104

Saturday, January 27, 12-2 pm

Cost: \$35 per person

Please bring cash for gratuity

Enjoy a Mediterranean-style 3 course lunch at Tre Nonne restaurant. Learn about Mediterranean-style nutrition from Registered Dietitian, Cindy Silver. Enjoy good food while learning about good nutrition.

Make check payable to Cindy Silver, Registered Dietitian, LLC, and mail to Cindy Silver, RDN, 1834 Wake Forest Road, PO Box 28214, Winston-Salem, NC 27109. **Deadline for payment January 17**, first-come, first-served. For information, contact Cindy Silver at 336-712-5239.

Let's take a day trip, get some lunch & catch the show...

"Smoky Joe's Cafe"

Enjoy the longest-running Broadway musical review in history featuring rhythm & blues and rock & roll hits from the 50's and 60's

Wohlfahrt Haus Dinner Theater, Wytheville, Virginia Thursday, March 22, 2018

This trip includes a stop at Mill Creek General Store in Mt. Airy

The cost is \$70 and includes a four course lunch.

Reserve your seat and pay early. This trip will sell out.

Deadline for payment is Thursday, February 22nd

Flyers at the Shepherd's Center and www.shepherdscenter.org

Make check payable to: Ardmore Baptist Church

Mail to Beverly Whitfield, 2128 Leeds Lane, W-S, NC 27103.

Call 336-765-8312 for questions about this trip.

