



VITAL LIVING PROGRAM NEWS

50 and over ADULT CONTENT

Formerly Senior Center Program News

March 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.

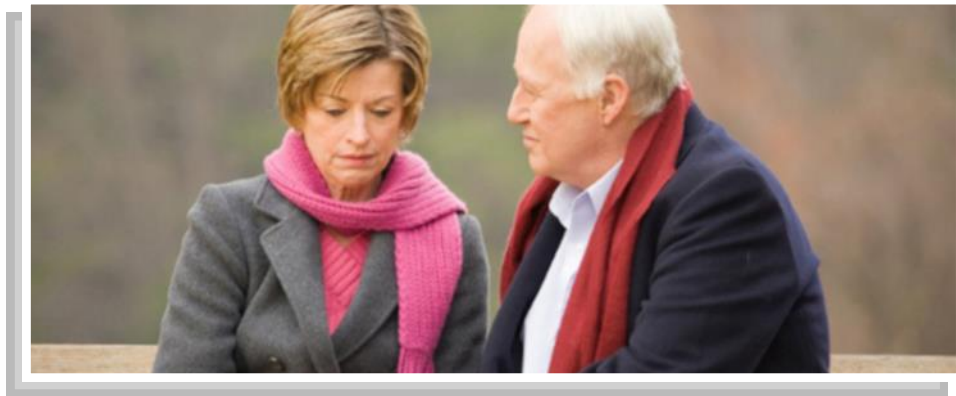
Hours of Operation
9 am - 5 pm Monday - Friday
Some evenings & weekends

Phone: 336-748-0217
FAX: 336-724-6545
www.shepherdscenter.org

1700 Ebert Street
Winston-Salem, NC 27103



“Wellness in the Face of Estrangement”



Betty set her cell phone down and immediately burst into tears. When he heard her sobs, her husband Calvin rushed into the kitchen.

“Is something wrong with Rachel or one of the grandkids?” he asked anxiously.

Betty shook her head and wiped her eyes and nose. “Nope. She says they won’t be able to come next month to celebrate my birthday.”

“Oh. I’m so sorry.”

She shook her head. “They weren’t able to be here for Christmas, and now they aren’t coming for my birthday.”

Calvin shrugged. “Well, hon, I understand why you’re so upset.” “You want to know why I’m really upset, dear? It occurred to me while I was talking to Rachel that I struggled to get my mother’s love and attention while she was alive, and now I’m struggling just to get my daughter to communicate with me.” She sighed.

What am I doing wrong? What’s wrong with me?”

Estrangement is a bitter reality that touches virtually every family, but what can we do about it?

Here at the Vital Living Program, we are aware of the havoc that the pain and loneliness of estrangement can have on the health and wellness of an older adult. Dr. Simpson has volunteered his time with “Ask the Doctor” nights for several months here at the center to provide insight and hope. In his practice as a Family Wellness Coach, he has encountered and dealt with estrangement in dozens of different forms. “Cut-offs,” strained relationships and fractured family ties express themselves in a multitude of painful ways.

In England, the problem has been addressed by appointing a Minister of Loneliness. Here at the Shepherd’s Center of Greater Winston-Salem, we plan to address the subject with a very special evening.

On Thursday, March 29th, from 5:30 until 8:30 pm, the Shepherd’s Center of Winston-Salem will host a unique seminar in which Dr. Simpson will offer insight into the underlying emotional realities of estrangement and offer useful coping tools.

We invite you to join us for this very important event. See page 2 for details.

Weekly Activities & Classes

at the Shepherd's Center...

Call 336-748-0217 for more information

Monday

9:30 - 11:30 am - **Beginners Bridge** (\$10 per session)

Begins Monday, March 5 and meets for 6 weeks
followed by practice sessions @ \$2 ea until May 21

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 (\$)**

Call Brenda to register 336-816-5544.

Tuesday

9:00 am - **Book Center**

9:15 am - **Tai Chi for Older Adults**

Donation suggested \$2. No cost for 1st class.

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

Donation suggested per session \$2

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

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

2:00 pm - **Shepherd Center Singers** No auditions

Donation suggested per session \$2

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

For more information; contact annmccarty@gmail.com.

Wednesday

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

Donation suggested per session \$2

12:00 pm - **Tai Chi for Body, Mind & Spirit (\$)**

Call Sandy 336-409-8591 to register

1:30 pm - 4:00 pm - **Adult Coloring** - No cost

1:30 pm - **Fellowship**; cards & board games No cost

5:30 - 6:30 pm **Intergenerational Restorative Yoga (\$)**

Donation suggested per session \$2

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**

Donation suggested \$2. No cost for 1st class.

3:15 pm - **Thinking Outside the Box:**

Anything Goes discussion group No cost

5:00 pm - **Intergenerational Drum Circle**

Please register 336-748-0217. Drums available or you may byo. Donation suggested per session \$2



Friday

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

Donation suggested per session \$2

Monthly Short Courses

at the Shepherd's Center...

You should do this... for you.

Retirement Reimagined (\$45)

Mondays, March 5, 12, 19 & 26 - 6:30 -8:30 pm

A 4-week workshop that will focus on non-financial issues
This workshop will cover the many psycho-social aspects
of generating a plan for life without the built-in structure
of work. Join this workshop to examine your plans for the
rest of your life. This workshop includes the workbook.
Must register at 336-748-0217.

Monthly Activities & Events

at the Shepherd's Center...

2nd Thursday, March 8 - 1:00, 2:00 & 3:00 pm

"Healing Touch" with Healing Touch practitioners.

Enjoy a relaxing, energy therapy to assist
in creating a feeling of well-being.

By appointment only - 336-748-0217 No cost



2nd & 4th Thursday - March 8 & 22 - 5:30 pm

"Ask the Doctor" with Dr. Mike Simpson,

Fix Your Family author.

Experience interactive sessions to help
resolve family conflict and promote
emotional wellness.

\$10 donation suggested



3rd Friday, March 16 - 10:00 am

"Writing Stories from Your Life"

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

3rd Wednesday Book Club - March 21 - 2:00 pm

Discussing The Bookshop on the Corner,

by Jenny Colgan No cost. Check the Shepherd's Center
website for the 2018 book list. shepherdscenter.org

Special Event: Fifth Thursday

March 29 - 5:30 - 8:30 pm

***Overcoming Estrangement: A Workshop with
Tools You Can Use* with Dr. Mike Simpson \$25**

The impact of estrangement on health and wellness is
exacting a huge toll on all of us; our systems and our
community. Please join us for a fascinating and instructive
evening filled with tools you can use to reconnect and heal
ancient family wounds.

You may pay the day of the event, but space could be
limited. To guarantee your seat, make check payable to
Dr. Mike Simpson and mail to the Shepherd's Center at
1700 Ebert Street, W-S, NC 27103. Please indicate the
payment is for the *Overcoming Estrangement* workshop.

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

RETIREMENT COMMUNITIES HOSTING:

WARM WATER EXERCISE (\$) Fees on page 4

Arbor Acres UMC Retirement Community

1240 Arbor Road, W-S

Warm Water Exercise (\$)

Level 2:

Mondays, Wednesdays & Fridays 3:00 pm

Level 1:

Mondays & Wednesdays 4:00 pm

Homestead Hills

3250 Homestead Club Drive, W-S

Warm Water Exercise (\$)

Mondays & Wednesdays -3:30 pm; Saturdays - 9:30 am

Level 2

Salemtowne

1000 Salemtowne Drive, W-S

Warm Water Exercise(\$)

Level 1:

Tuesdays & Thursdays - 2:00 pm

Level 2:

Tuesdays, Thursdays & Fridays 11:00 am

BUSINESS & COMMUNITY LOCATIONS

Blue Ridge Arnis Kung Fu Academy

1310 South Hawthorne Road, W-S

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

Goodwill Industries

2701 University Parkway, W-S

No Computer ABC's in March;

Computer ABC's resume April 11, 18, & 25.

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

March 12 & 26 - 10:00 am Waiting list only.

Call Diana at 336-768-6168 for information. 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

2nd Monday, March 12 - 2:00 - 4:00 pm

Microsoft Word Basics

Explore basic menus for font, point sizes, margins

Explore the awesome "FIND/REPLACE"!

Call 336-659-4305 to register for this location. No cost



RETIREMENT COMMUNITIES HOSTING:

Welcome... all ages and experience levels!

Hayden Cramer, Highlife Coordinator, Arbor Acres UMC Retirement Community, will facilitate the

Shepherd's Center's Intergenerational Community Drumming Circle at

Arbor Acres UMC Retirement Community

1240 Arbor Road, W-S in Piner Hall

Wednesday, March 21 at 3:00 pm

Must register. Drums provided for first 30 who register.

You may bring your own. When you register indicate whether you need a drum to be provided. No cost

Call 336-748-0217 to register

FAITH COMMUNITIES HOSTING:

Maple Springs United Methodist Church

2569 Reynolda Road, W-S

New Horizons Band - Mondays 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 - 1st Monday

March 5 - 10:00 am - 12:00 Waiting list only.

Note: 1st Monday in April moves to March 26 -10:30 - 12pm
Call Diana 336-768-6168. No cost

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

Arts & Craft Club - 1st Thursday

March 1 -1:00 - 3:00 pm with Amelia (\$5)

Capped at 10 Learn to make

Oriental Good Fortune Kitties

out of socks and other oddments.



Pfafftown Baptist Church

4336 Transou Rd, Pfafftown

Tai Chi for Older Adults - Mondays 2:00 pm

Donation suggested \$2 per session

Yoga for Older Adults - Thursdays 1:00 pm

Donation suggested \$2 per session

Trinity Presbyterian Church

1416 Bolton Street, W-S

Learn to Play the Dulcimer - New series of 6 continuing education classes beginning in April

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

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

Call Judy at 336-765-8114 for more about continuing or new classes

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.

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.

Outward Adventures - An Adventure in Lifelong Learning Thursdays at 1:00 pm at Mt Tabor United Methodist Church

3543 Robinhood Road, W-S, NC 27106

March 8, 15, 22, & 29 - 12 noon lunch for \$9 pre-ordered or bring your own

Classes begin at 1:00 pm. Choose from 2 offerings:

A. Making Your Own Jewelry 1-3 pm

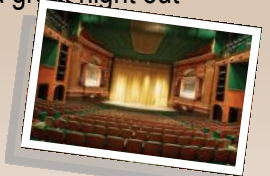
B. The History of Winston-Salem & UNC School of the Arts 1-2:30 pm

Cost: \$40 for the four-week series or \$10 for each daily session

May take either offering each day. Registration available online at www.shepherdscenter.org. Scholarships are available. Must register.

The Shepherd's Center of Winston-Salem
and Travel on Tours, LLC collaborate to offer a great night out

A CONCERT FOR PEACE MUSIC OF BERNSTEIN AND JENKINS **Tuesday, March 13, 2018**



We will pick you up at your door and transport you to a dinner and concert at the Stevens Center. The cost is \$75

5 pm - Dinner at Jeffrey Adams on 4th

7:30 pm - The Stevens Center for the Winston-Salem Symphony,
Stephanie Foley Davis and the Winston-Salem Chorale

Maximum number is 10. Payment by March 10.

For more info or to register, call 336-650-5745

Payment (credit cards/check) to Travel on Tours, LLC.

Jeane Wooten, 2778 Asbury Lane, W-S, NC 27103

Jeffrey Adams
at Fourth

WINSTON-SALEM
SYMPHONY
Robert Moody, Music Director

Local, World, & Ancient History & Current Events No Cost

Way Back Wednesday: March 14 - NEW Time 3:00 - 4:30 pm

Local, World, Ancient & Current History No Cost

The Fourth Russian Revolution Gorbachev/Yeltsin and Beyond

at the Shepherd's Center with Paul McCraw



Veteran's Resilience Training for Optimum Performance

March 15th-19th Shepherd's Center, 1700 Ebert St. WS, NC 27103

Thurs. Fri. & Mon. 6:30-9:30pm; Sat. 9:30-1pm; Sun. 1:30-5pm

Free to veterans and their spouses

Attending all 5 classes is necessary. The workshop is to improve the quality of life for veterans and their families by providing effective tools that decrease stress, anxiety, and sleep problems; restoring well-being, mental focus, and a renewed sense of connection and purpose.

Register: call, text or email: Jim.Larsen@pwht.org; 828-414-1992

Website: Learn more at www.pwht.org