Different Tai Chi Forms

Tai Chi is a style of exercise that originated approximately 700 years ago in China. When it was first developed, only the Chinese nobles were allowed to practice it, because it was believed that these exercises would lead to a long life filled with good health and serenity. Eventually Tai Chi began to be practiced by ordinary citizens and it spread all around the world. Today about half a billion people engage in some form of Tai Chi. Here at the Shepherd’s Center we are fortunate to offer four distinct forms of Tai Chi.

Tai Chi for Older Adults (TCOA) is a beautiful, engaging form that features gentle, flowing movements intended to limber and relax the participant.

Tai Chi for Arthritis and Fall Prevention (TCA) is an elaborate, beautiful form comprised primarily of Sun (pronounced “soon”) Tai Chi movements that are slow, deliberate and intended to gently loosen joints, strengthen muscles and relax players (Tai Chi participants are often called “players”). TCA is an evidence-based form, meaning it has been scientifically proven to be helpful for arthritis, balance, breathing, depression and other numerous other health concerns.

Tai Chi for Rehabilitation (TCR) is also called Introduction to Tai Chi. It is a simple, gentle form that uses movements from several Tai Chi styles. This form has been demonstrated to be extremely helpful to first time Tai Chi players as well as those who are recovering from injury or illness. Like many other Tai Chi forms taught at the Shepherd’s Center, TCR can be practiced standing, seated or lying down.

Tai Chi for Diabetes (TCD) is a form developed with a specific group of folks in mind: diabetics, pre-diabetics, potential diabetics, their families and caregivers. The gentle, simple movements of TCD stimulate those specific organs and nerves within the body that enhance the participant’s endocrine system and general physical wellness. It’s been determined that practicing this form with family members and loved ones not only improves the well-being of person dealing with diabetes, but also the general health of others who are practicing TCD.

Tai Chi for Memory (TCM) is the most recent addition to major Tai Chi forms, having been introduced in the United States less than eighteen months ago. TCM is intended for memory care patients, their loved ones and caregivers, as well as those who would just like to sharpen their memory abilities. This simple form works by stimulating the basil ganglia of the brain to release dopamine, creating new neural pathways and allowing the brain to develop newly remembered skills. This enhances that part of the brain that is the most resilient and the last to be affected by memory loss.

*Please see page 4 for our Tai Chi Schedule!
Weekly Activities

at the Shepherd’s Center…

Drop-in Activities at the Center - Computer access offered by appointment. Activities include: social corner; refreshments; card & board games; piano; book & puzzle exchange; Wi-Fi and fellowship.

Monday
All bridge except instruction $2 donation suggested
9:30 - 11:30 am - Beginners Bridge  6 weeks instruction at $10 per session. Practice continues at $2.
9:30 - 11:30 am - Advanced Bridge
10:30 - 11:15 am - Chair Yoga Donation suggested $2
11:15 - 12:00 - Mat Yoga Donation suggested $2
12:30 - 1:30 pm - Line Dancing For Fun & Fitness ($)

Tuesday
9:00 am - 12:00 pm - Book Center Volunteers
9:15 - 10:15 am - Tai Chi for Older Adults
   Donation suggested $2
9:30 - 11:30 am - Advanced Bridge
9:30 - 11:30 am - Intermediate Bridge
10:30 - 11:30 am Tai Chi for Arthritis & Fall Prevention
   Donation suggested $2
1:00 - 3:00 pm - Knitting & Crochet No cost
2:00 - 4:00 pm - Shepherd Center Singers
   No auditions; donation suggested
6:30 pm - Community Dharma Open group meeting
   For more information contact annmccarty@gmail.com

Wednesday
9:30 - 11:30 am - Advanced Bridge
12:00 - 1:00 pm - Tai Chi for Body, Mind & Spirit
   Call Sandy 336-409-8591 to register ($)
1:30 - 4:00 pm - Adult Coloring - No cost
1:30 - 4:00 pm - Fellowship, cards, games, snacks
   Just for fun. No cost

Thursday
9:00 am - Book Center Volunteers
9:15 - 10:15 am - Tai Chi for Older Adults
   Donation suggested $2.
9:30 - 11:30 am - Advanced Bridge
10:30 - 11:30 am Tai Chi for Arthritis & Fall Prevention
   Donation suggested $2
3:15 - 4:45 pm - Thinking Outside the Box: Open discussion group.  No cost
   Donation suggested $2
5:00 – 5:45 pm - Intergenerational Community Drumming Just for fun. No cost

Friday
9:30 - 11:30 am - Advanced Bridge
1:00-3:00 pm - Shepherd Center Singers
   No auditions; donation suggested $2
   *No rehearsal Friday March 13 & 20

On Tuesday, March 3rd there will be NO lower level activities due to Super Tuesday voting. Upper level activities will proceed as normal.

Monthly Activities
at the Shepherd’s Center…

2nd Wednesdays - March 11 - 2:30 pm - 4:00 pm
   “Way Back Wednesday” with Paul McCraw
   Local, World , Ancient History, and Current Events
   No cost; donations accepted

3rd Wednesday Book Club
March 18 - 2:00-4:00pm
   Book Club: Paris in the Present Tense, by Mark Helprin
   No cost  Call 336-765-9258 for more information

“Sound Journeys” with Alexander Tuttle
   Thursday, March 12 - 6:30 pm - 8:00 pm
   Experience sound in a bold new way
   $20 donation suggested
   $15 for Shepherd’s Center members

2nd, 3rd & 4th Thursdays
March 12, 19 & 26 - 6:00 pm - 7:30 pm
   Circle of Healing Group
   No cost  Call 336-765-9258 for more information

3rd Friday - March 20 - 10:00 am - 12:00 pm
   “Writing Stories from Your Life”
   CURRENTLY FULL. Waiting list only. No cost

SPECIAL UPCOMING EVENTS

Introduction to Tai Chi
   8 week session Tues & Thurs
beginning March 3rd 11:30 am - 12:15 pm
   Intro to Tai Chi is a simple, gentle form that uses movements from several Tai Chi styles.
   For more information, call 336-748-0217

Wednesday Creative Writers’ Club
   Wednesday, March 4th 6pm-7:30pm
   The group will discuss various types of creative literature. Please bring what you are currently working on to the first meeting.
   For more information, call Dr. Mike Simpson at 336-257-9276

“Healing Touch” Returns
   Thursday, March 12th 12pm, 1:30pm & 3pm
   Enjoy a relaxing, energy therapy to assist in creating a feeling of well-being
   By appointment only
   Please register by calling 336-748-0217

Diabetes Talk
   Friday, March 20th 1pm-2:30pm
   Join us in our discussion on diabetes with nurse Debbie Swist!
   For more information or to register, call 336-748-0217
Shepherd’s Center without Walls… Activities out of the center

BUSINESS & COMMUNITY LOCATIONS:

Galloway Center
131 Lucy Lane, Lewisville
Fitness Center - Mon - Fri - Lewisville residents. No cost

Goodwill
2701 University Parkway, W-S
Tech Savvy Series: Computer ABC’s
   Begins in April! April 8, 15 & 22- 2pm-4pm
   Call 336-748-0217 for info. Registration required. No cost

Lewisville Public Library
6490 Shallowford Road, Lewisville
Lewisville Writers Group -
   2nd Monday March 9- 10:00 am - 12 pm
   CURRENTLY FULL. Waiting list only. No cost

Reynolda Manor Branch Library
2839 Fairlawn Dr., Winston-Salem
Tuesday, Feb 25 - 5:30pm - Welcome to Medicare
   Call 336-748-0217 to register. No cost

Sawtooth School of Visual Arts
251 Spruce Street North, W-S
Open Doors Art
   Mondays March 9, 16, 23 & 30 - 9:30am-12pm
   “Portrait Art” with Margaret Miller
   $25 for three weeks; supplies included. Must register; pay at door

South Fork Community Center
4403 Country Club Road, W-S
2nd Monday, March 2 - 2:00-4:00 pm PINTEREST -
   Learn about holiday decorations, party themes, recipes, and more! Call 336-659-4305 for this location. No cost

RETIREMENT COMMUNITIES HOSTING:

Arbor Acres Retirement Community
1240 Arbor Road, W-S in Piner Hall
   Warm Water Exercise ($) Fees on page 4; all water classes are for one hour. Check with your physician.
   Mondays, Wednesdays & Fridays - 3:00 pm
   Mondays & Wednesdays - 4:00 pm

Homestead Hills Retirement Community
3250 Homestead Club Dr., W-S
   Warm Water Exercise ($) Fees on page 4
   Mondays & Wednesdays - 3:30pm
   Saturdays - 9:30am

Salemtowne Retirement Community
1000 Salemtowne Drive, W-S
   Warm Water Exercise ($) Fees on page 4
   Tues & Thurs - 1:00 pm
   Tuesdays, Thursdays & Fridays - 11:00 am

Don’t miss the
Shepherd’s Center Annual Volunteer Appreciation Luncheon
Ardmore Baptist Church
March 24, 2020

“Retirement Reimagined”
On the upper level of the Shepherd’s Center
Weds, March 11, 18, 25 & April 1 6:30pm-9pm
The Retired Reimagined workshop will focus on the non-financial issues faced in retirement
Please register by called 336-748-0217

FAITH COMMUNITIES HOSTING:

Covenant Presbyterian Church
3627 Konnoak Drive, W-S
   Thursdays 10:30 am - 11:30 am Tai Chi for Your Health
   with Dennis Rouse suggested $2 per class
   Thursdays 12:00 pm - 3:00 pm - Senior Drop In Day
   Adult coloring, cards, games, knitting/crochet & snacks
   No cost

Maple Springs United Methodist Church
2569 Reynolda Road, W-S
New Horizons Band - Mondays 11:00 am - 1:00 pm
   $15 monthly. Contact Don Earnhardt at 336-887-0657; don@donearnhardt.com for information

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

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

Are you interested in Scrabble or chess?
Contact Kristin Larson at 336-748-0217 for more information.
Day Trips, Night Outs & Overnights

Costa Rica-Coast to Coast
From paradise beaches, scenic narrow waterways and magical rainforests, Costa Rica has much to offer. Fly from Charlotte to Costa Rica. Join us for a Tortuguero canoe tour, hanging bridges tour, chocolate tour, Buena Vista tour and much more!

March 16-24, 2020 with Travel on Tours, LLC
Cost $4850
Includes: pick up at your door, airfare, 7 nights hotel stay, all meals & tours
Deadline for payment is March 2, 2020.
Call Travel on Tours, LLC. at 336-650-5745
for more information or to register.

It’s spring...let’s celebrate with a Mad Hatter tea party
We are doing another high tea, this time at the famous O’Henry Hotel in Greensboro! The story of Alice in Wonderland comes alive in the lobby. Alice, the Queen of Hearts and the Mad Hatter will visit us at our table decorated with flowers and giant mushrooms (PS you will receive a surprise!).

March 20, 2020 with Travel on Tours, LLC
Cost $99
Includes: transportation & tea
Deadline for payment is March 13, 2020.
Call Travel on Tours, LLC. at 336-650-5745

Tai Chi Schedule

Shepherd’s Center - 1700 Ebert Street, Winston-Salem
$2 Tuesday 9:15 am - Tai Chi for the Older Adult with Misako Kay
$2 Tuesday 10:30am - Tai Chi for Arthritis & Fall Prevention with Mike Simpson
$5 Tuesday 11:15am - Introduction to Tai Chi with Mike Simpson
$2 Thursday 9:15 am - Tai Chi for the Older Adult with Misako Kay
$2 Thursday 10:30am - Tai Chi for Arthritis & Fall Prevention with Mike Simpson
$5 Thursday 11:15am - Introduction to Tai Chi with Mike Simpson
Wednesday 12 noon - Tai Chi for Body Mind & Spirit with Sandy Seeber Must register: Call Sandy 336-409-8591.
$4 per class for members of the Shepherd’s Center. 1st class free
$5 per class for non members. 1st class free

Pfafftown Baptist Church - 4336 Transou Road, Pfafftown
$2 Monday 2:00 pm - Tai Chi for the Older Adult with Misako Kay

Covenant Presbyterian Church - 3627 Konnoak Drive, W-S
$2 Thursdays 10:30 am - Tai Chi for Your Health with Dennis Rouse

*Beginning in April we will begin an 8 week session of Tai Chi for Diabetes with Mike Simpson