Having trouble receiving our weekly newsletter (or are you thinking WHAT weekly newsletter?)

Here’s what you should do:

Everyone should add our email addresses to their contacts. This should solve most problems.

They are:

vpoore@shepherdsccenter.org (Vicki)
klarson@shepherdsccenter.org (Kristin)

- Confirm that you received the newsletter by checking other sections of your email account. First place to look in Gmail is the “Promotions Tab”.

- If it is in the promotions folder and you want it to come in your regular inbox, you can either click on and drag the email to the “primary” tab near the top of the page OR check the box next to it, and choose “move” at the top of the page.

- Check your SPAM folder in your email. If you find the newsletter in there, mark it as “not spam”. In some email programs you right click on the email and a pop-up menu will come up.

If you have Gmail, follow these instructions:

- Go to your spam folder, found in the left column of the page. If you do not see the spam folder, click “more” and the list will expand.

- Check the box next to the newsletter (email that is NOT spam)

- At the top of the column of emails there will be two choices (buttons) “delete forever” and “not spam” choose “not spam” and it will move that email into your Inbox.

If you have never seen a newsletter from us, please drop us an email so that we can make sure that your email address is entered correctly in our databases. Over the years there have been some data entry errors!
Exercises
Click on link for video

- Tai Chi for Body, Mind and Spirit with Sandy Seeber
  - Video One
  - Video Five
  - Video Nine
  - Video Two
  - Video Six
  - Video Ten
  - Video Three
  - Video Seven
  - Video Eleven
  - Video Four
  - Video Eight
  - Video Twelve

- Tai Chi for Arthritis and Fall Prevention with Mike Simpson and Students
  - Video One
  - Video Two

- Tai Chi for Older Adults with Misako Kay
  - Video One
  - Video Two

Zoom Classes and Presentations

- Line Dancing with Brenda Holcomb – Join Brenda Tuesday’s at 10am on Zoom (check our weekly newsletter for more information).

- Way Back Wednesday is back! - Join Paul McCraw via Zoom Wednesday, July 8 at 2:30pm to catch up with each other. Come prepared with topics you would like to discuss for future discussions (check our weekly newsletter for more information).

- Scattergories on Zoom – Thursday, July 9 at 1pm. Join Vicki Poore and Kristin Larson and have some fun playing Scattergories on Zoom! (check our weekly newsletter for more information).

- Thinking Outside the Box Zoom Discussion Group – Thursday’s at 3pm (check our weekly newsletter for more information).

- The Space Diet Zoom Presentation – Wednesday, July 15 at 10:30am. Is your home too F.A.T.? (Full of Acquired Things?). This 30-minute presentation covers the basic process of Organizing; how to sort, arrange, allocate and purge excess possessions. With a step-by-step “diet” plan for the home, anyone can tackle even the most difficult home organization projects with confidence (check the weekly newsletter to join).

- “Welcome to Medicare” Zoom Seminar – Thursday, July 23 from 3pm-4:30pm. If you will be eligible for Medicare soon, join us for this free seminar and learn about the many option available so you can make the choices that are right for you! Call 336-748-0217 for more information or to register.

Check out these Zoom Tips and Tutorial from the Shepherd’s Center Webster-Kirkwood.

If you have questions about Zoom contact Kristin at 336-748-0217.
Fun Stuff

- National Independence Day Parade
- A Capitol Fourth on PBS
- Watch Fireworks Online
- Marketplace Drive-In
- The Drive at Winston-Salem Fairgrounds
- Shepherd’s Center Webster/Kirkwood Online Classes
- Videos from the weekly newsletter

Information

- ACL’s COVID-19 Resources
- COVID19 NC Dashboard
- NCDHHS Wellness Resources

*Click on pictures for more information or to make bigger
Are you interested in teaching a Zoom class or discussion group?

We need folks willing to teach a class or lead a discussion group on Zoom and Facebook Live platforms. Don't worry about not being a tech guru, we will help you every step of the way with the technology. Get your creative juices flowing and come up with topic that will inspire and engage our community! Some ideas include: history discussions, "I remember when"--events from the 1960s & 70s; arm-chair travel, where you share photos and tell about your journey(s); cooking--favorite recipes, tips & tricks...the possibilities are endless! Email Vicki or Kristin if you are interested.

Harris Teeter’s Together in Education program begins again on August 1st!

The Shepherd’s Center of Greater Winston-Salem proudly joins Harris Teeter’s Together In Education program helping to raise funds to support life-long learning program offerings for older adults. Simply give the cashier the Shepherd’s Center code #4958 and your VIC card when you check out. Your card will be linked for the year. It doesn’t cost you anything. It is that easy!