



VITAL LIVING PROGRAM NEWS

50 and over ADULT CONTENT

Formerly Senior Center Program News

December, 2016

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.

Join Us. Let's Have Some Fun

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



Good News for 2017 Creativity is Good For Your Health!

The number of older adults is rapidly increasing throughout the world. The U.S. Census Bureau estimates that the number of adults over age 65 in the US will almost double by 2030.

There is a pressing need to develop novel, sustainable, and cost-effective approaches for promoting health and well-being among elders residing in our communities. Although not yet widely recognized, **community arts programs** may be a unique approach to achieving those ends. The creative arts, aka "creative aging" - **whether it is dance, music, art, poetry, playwriting, or acting** - is shared by an ever-growing cast of baby boomers and senior housing residents.

Research shows that **creative expression offers big benefits** for older adults, regardless of whether you are cognitively sharp or have dementia. These include boosting concentration, cognition, and mood; reducing depression, loneliness, pain, medication, and falls; and offering a sense of purpose and belonging.

No prior experience needed, either.

These findings, from a variety of aging experts and resource journals, underline the mission of the **Vital Living Program** at the Shepherd's Center of Greater Winston-Salem.

In 2017 expect more opportunities to create, connect and thrive. The new year boasts of many arts options for your creative brain:

- New Horizons Band** - Mondays
- Shepherd's Center Singers** - Tuesdays
- Knitting & Crochet** - Tuesdays
- Adult Coloring** - Wednesdays
- Book Club** - 3rd Wednesdays
- Arts & Crafts Club** - 1st Thursdays
- Healing Touch** - 2nd & 3rd Thursdays
- Friday Social Club: Local Entertainers** - Last Fridays
- Art Studio** - Fridays
- Writer's Groups** - Mondays & Fridays

Other opportunities for fun will occur through **Adventures in Learning** in the spring and fall, while other art offerings occur throughout the year such as **Therapeutic Art!**

Stay tuned! Watch pages 2-3

Ongoing Classes

At The Shepherd's Center...

1700 Ebert Street, Winston-Salem, NC 27103

For more information and to register for activities listed, unless otherwise noted, call 336-748-0217

Monday

- 9:30 - 11:30 am - **Beginners Bridge** - Class is full.
- 10:30 am - **Chair Yoga** Donation suggested (\$2)
- 11:15 am - **Mat Yoga** Donation suggested (\$2)
- 10:00 am - 12:00 - **Advanced Bridge**
- 12:30 pm - **Line Dancing For Fun & Fitness** (\$) Must call Brenda to register. 336-816-5544.
- 7:00 pm - **Tai Chi for Balance** - Intergenerational (\$) Call Sandy 336-409-8591 to register. 1st class free.

Tuesday

- 9:00 am - **Book Center** Volunteers - accepting & sorting books for the next **BIG Book Sale** on **May 6th, 2017**.
- 9:15 am - **Tai Chi for Older Adults** Donation suggested (\$2)
- 9:30 am - 11:30 am - **Advanced Bridge**
- 9:30 am - 11:30 am - **Intermediate Bridge**. Play with us.
- 1:00 pm - **Knitting & Crochet**
- 2:00 pm - **Shepherd Center Singers**
- 6:30 pm - **Community Dharma** - Open Group Meeting

Wednesday

- 9:30 am - 11:30 am - **Advanced Bridge**
- 12:00 pm - **Tai Chi for Body, Mind & Spirit** (\$) Call Sandy 336-409-8591 to register. 1st Class free.
- 1:30 pm - 3:30 pm - **Adult Coloring**
- 1:30 pm - **Fellowship & Game Time** - Let's play a game.
- 5:00 - 7:00 pm - **Tai Chi for the Back & Neck**. (\$) Call/text Alan 336-416-9426.
- 3rd Wednesday Book Club** - 2:00 pm - **NOT** in December In January, *The Odessa File* by Fredrick Forsyth.

Thursday

- 9:00 am - **Book Center** Volunteers
- 9:30 am - 11:30 am - **Advanced Bridge**
- * **NEW** 9:15 am - **Tai Chi for Older Adults** - Donation (\$2)
- Thursday - Dec 8 & 15 - **Experience Healing Touch** at NO COST. Must register at 336-748-0217 for an appointment at 1 pm, 2 pm or 3 pm
- 3:30 pm - **Thinking Outside the Box: Anything Goes Discussion Group**
- 6:00 pm - **Chair Yoga** - Donation suggested (\$2)

Friday

- 9:30 am - 11:30 am - **Advanced Bridge**
- 3rd Friday - 10:00 am - **Writers Group** (by appointment) Must be Pre-registered. Call Diana 336-768-6168

Inclement Weather Policy

The Shepherd's Center of Greater Winston-Salem follows the Forsyth County/W-S Schools inclement weather policy. **If the schools close for the day, the Shepherd's Center's activities are cancelled.** If the schools merely delay, activities will continue as scheduled. The Shepherd's Center will be **CLOSED** December 25 & 26, 2016

Special Events & Activities At the Shepherd's Center...

Do Drop In - Activities available on most days include: piano, computer, Skype & Wi-Fi access; puzzles; cards, games; social/reading corner; book & puzzle exchange, card and board games, refreshments and friends.

Medicare Annual Enrollment clinics - No Cost

December 2, 1:00 - 5:00 pm

Welcome to Medicare workshops - No Cost

December 13 - Shepherd's Center

You must call 336-748-0217 for an appointment.

Friday Social Club!

Glad Tidings We Bring!

Friday, December 16th, 2016 1:00 pm - 2:30 pm

Concert and Sing-along with ***The Kosslers***



Offered at No COST. Donations appreciated.

Space is limited. Register early.

You must call 336-748-0217 for reservations.



Sound Journeys

with Alexander Tuttle

Wednesdays - 12/14, 12/28, 1/18, 2/15

6:30 pm at the Shepherd's Center

Alexander Tuttle creates sound

in a releasing and calming manner to support nine major energy centers. Reverberating through your body, these opening, clearing, and re-balancing sounds bring energy centers in alignment.

\$10 suggested donation

Center without Walls Ongoing Classes...

For more information and to register for activities listed, unless otherwise noted, call 336-748-0217

BUSINESS & COMMUNITY LOCATIONS

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 Donation suggested. (\$2 per class.)
Call Eric 828-773-6531.

Goodwill Industries

2701 University Parkway, W-S

Tech Savvy Computer - Beginner and Advanced ABCs See page 4.

Galloway Center

131 Lucy Lane, Lewisville

Fitness Center - Monday - Friday - Lewisville residents

Lewisville Public Library

6490 Shallowford Rd, Lewisville

Lewisville Writers Group - 2nd & 4th Monday - 10:00 am
Must be pre-registered. Call Diana 336-768-6168

Polo Park Community Center

1850 Polo Road, W-S Art Studio - Friday - 9:30 am

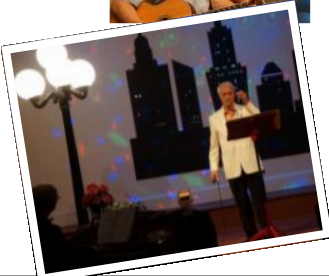
South Fork Community Center

4403 Country Club Road, W-S

Tech Savvy Workshop -
2nd Monday - 2:00 pm
See pg 4



**Thank You, Thank You,
Thank You to the Musicians**
who generously offered their time and talent to perform for the Last Friday Social Club



*The Kosslers
Belles On Strings
Sound Council
Tim Binkley
& Sean Nulligan
Morris Family Trio
Robert Bailey
& Bruce Moss
Creekside
Bark Point Ramblers*

**Stay Tuned
For More in 2017**

Center Without Walls More Ongoing Classes...

RETIREMENT COMMUNITIES

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 - 1:30 pm

Salemtowne

1000 Salemtowne Drive, W-S

Warm Water Exercise - (\$) Tuesday & Thursday - 2:00 pm Friday - 11:00 am

FAITH COMMUNITIES

Fairview Moravian Church

6550 Silas Creek Pkwy, W-S

Tai Chi for Wellness - Tuesday 3:00 pm - Call to register.
Donation suggested.(\$2)

Konnoak Hills Moravian Church

3401 Konnoak Drive, W-S

Tai Chi for Wellness - Thursday 3:00 pm and 5:30 pm
Call to register. Donation suggested. (\$2)

Maple Springs United Methodist

2569 Reynolda Road, W-S

New Horizons Band - Monday 10:00 am - 12:00 pm
Director - Lonnie Wymer. Call 336-724-1801

Peace Haven Baptist Church

3384 York Road, W-S

Writing Stories from Your Life

1st Monday - 10:00 am - 12:00 pm
Must be Pre-registered.
Call Diana 336-768-6168



Mat Yoga - Monday - 4:00 pm - Debbie Morris

Mat Yoga - Thursday - 4:00 pm - Debbie Morris

Craft Club - 1st Thursday with Joyce Treadway (\$5)

No Craft Club in Dec, Jan, & Feb. See you again in March - 1:00 - 3:00 pm

Pfafftown Baptist Church

4336 Transou Rd, Pfafftown

Tai Chi for Older Adults - Monday 1:00 pm - Eric Marks. Donation suggested. (\$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

Fee Structure

Line Dancing For Fun & Fitness (\$)

\$20 per 4 week session
 Must call Brenda Holcomb
 to register at 336-816-5544.

Tai Chi (\$) Monday & Wednesday

Call Sandy Seeber 336-409-8591
 \$4 per one hour class for members
 \$5 per one hour class for non members

Tai Chi (\$) Wednesday 5-7 pm

\$10 for non-members \$8 for members

Warm Water Exercise (\$)

Unlimited Classes
 \$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 annually

Classes are at no cost to you
 unless marked by a (\$).
 Donations are always accepted
 for ongoing program support.



Susan Meny &
 Shirley Nystrom
 2016 Volunteer
 of the Year

Barbara Antwerp
 Herman Benezet
 Beth Blair
 Mary Jo Brewer
 Diana Callaway
 Callie Carter
 Ann Charles
 Joan Cox

Thank You, Thank You, Thank You to the Volunteers
 who generously offered their time and talent to encourage
 attendance, organize, and present Vital Living Programs.

Karen Divine	Marty Levin	Ann Ryder
Julie Dunton	Tommy Jenkins	Jane Sellers
Emma Edsall	Deanna Jones	Mike Simpson
Terri Everhart	Eric Marks	Irene Shandilyn
Naomi Foote	Peggy Matthews	Lester Smith
Faye Gardner	Ann McCarty	Sally Southard- Kelp
Scott Gillentine	Debbie Morris	Marilyn Stowers
Dorothy Heneley	Bud Munneley	Mary Tinga
Penny Humphrey	Michelle Nicole	Joyce Treadway
Don Ilko	Shirley Nystrom	Beverly & Jerry Whitfield
Carmina Jenks	Sue Palas	Ron Zambor
Misako Kay	Albert Reeves	
Barbara Kunkle	Susan Riley	



Living Healthy with Chronic Disease

January 9th - February 13th, 2017

For 6 weeks join us at the Shepherd's Center
 every Monday from 1:00 - 3:30 pm
 with Shereen Abdel Fattah & Goldie Irving

Living Healthy is a workshop that will help you take control
 of your ongoing health condition rather than letting it control you!
 If you have diabetes, arthritis, heart disease, COPD, fibromyalgia,
 or any other chronic disease, **Living Healthy** is for you.

By attending this **FREE** workshop **one time per week**
for 6 weeks, you will learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Lessen your frustration
- Fight fatigue
- Build your confidence
- Make daily tasks easier AND...Get more out of life!
- **Pre-registration is Required. Call 336-748-0217**



Registration Required for Tech Savvy Classes

Goodwill Industries - 2701 University Parkway, W-S

There will be no Tech Savvy in December due to the holidays.
 Beginning and Advanced Computer ABCs will be offered again next
 year.

Shepherd's Center - 1700 Ebert Street, W-S

There will be no Tech Savvy in December due to the holidays.

South Fork Community Center - 4403 Country Club Rd.

Call: 336-659-4305 to register at this location!

Monday, December 12, 2 - 4 pm - Pinterest – Merry Christmas: Font
 and Format Fun... with Elaine Williams