



The Shepherd's Center
Connection
staying connected while we are apart



**Our 2024 Annual Used Book
Sale starts this Thursday!! Don't
miss it!!**



MAY 2nd, 3rd, & 4th
Winston Salem Fairgrounds
Gate 5, Deacon Blvd



Thursday 9:00 am-9:00 pm
Friday: 9:00 am - 9:00 pm
Saturday: 8:00 am - 2:00 pm
1/2 price sale on Saturday

**FREE PARKING
AND ADMISSION**

**SCAN HERE
TO VOLUNTEER**



2024 ANNUAL USED BOOK SALE

[DONATE ONLINE NOW](#)

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Virtual Programs

(all programs are free unless noted)

Please note: Shepherd's Center Staff can only provide Zoom assistance for events we are hosting (all Shepherd Center Zooms are marked with an *). If you have trouble with other meetings, you will need to contact the organization hosting the program.

Tuesday

***4:30 PM: Writing Workshop on Zoom:** Have you always wanted to write your story but you don't know how to start? Susan Surman, award winning author and playwright, will inspire attendees to jump start their creative juices related to their personal life and journey. The workshop is open to everyone. Feel free to join at any time. **Join us by [clicking here](#). The meeting ID is 964 9593 4742 and passcode is 348466. You may join by phone by dialing 1-929-205-6099.**

Ongoing & Upcoming Virtual Events

Aging Well Series, 2nd Tuesday of each month, 5:30PM-6:30PM sponsored by the Wake Forest Baptist Health, Sticht Center for Healthy Aging and Alzheimer's Prevention
[JOIN IN HERE](#) Passcode: 554736

Free Virtual Chair Yoga Classes with Anthony Serpiello. [Click here](#) to visit his YouTube channel.

Programs at The Shepherd's Center

Mondays

1:30pm – 3:45pm: Euchre No cost. Meets on lower level.

1:30pm - 4:00pm: Chess and Cards with Paul Sluder No cost. Meets on the upper level.

Tuesdays

9:15am - 10:15am: Tai Chi for Older Adults with Misako Kay \$2 donation suggested. Class meets on the upper level.

9:30am - 11:30am: Intermediate Bridge \$2 donation suggested. Meets on upper level.

12:00pm - 1:00pm: Tai Chi for Arthritis and Balance I and II with Wanda Patterson. No cost. Meets on upper level.

1:00pm - 3:00pm: Knitting & Crochet No cost. Meets on the lower level.

2:00pm - 4:00pm: The Shepherd's Center Singers Meets on the upper level.

Donations Suggested. Please contact Carmina Jenks to join at pegjen2@gmail.com.

6:30pm - 8:00pm: Community Dharma Open group meeting. For more information; please contact wsdharmacommunity@gmail.com.

Wednesdays

9:30am - 11:30am: Advanced Bridge \$2 donation suggested. Meets on lower level.

12:00pm - 1:00pm: Tai Chi for Body, Mind and Spirit with Sandy Seeber. This is an ongoing class which meets at Miller Park Shelter #10 (located beside Shelter #1 and the restrooms). Beginners are welcome! If you are interested in joining, please

contact Sandy at sandyseeber2014@gmail.com, or call at 336-409-8591.

1:30pm - 4:00pm: Adult Coloring No Cost. Meets on upper level.

1:30pm - 4:00pm: Fellowship & Games No cost. Meets on lower level.

4:30pm: Arthritis Workshop No cost. Meets on upper level. ***Meets once a month.** Stay tuned to our e-newsletter and flyers for specific date and topic.

Thursdays

9:30am - 11:30am: Advanced Bridge \$2 donation suggested. Meets on lower level.

10:00am – 11:30am: Alzheimer’s Support Group Meets 2nd and 4th Thursday on the upper level.

11:00am - 11:45am: Tai Chi for Arthritis and Fall Prevention with Wanda Patterson No cost. Meets on the upper level.

12:00pm – 1:00pm: Tai Chi for Energy with Wanda Patterson No cost. Meets on the upper level.

12:00pm - 1:00pm: Adult Children of Alcoholics Support Group Class will meet in person on the upper level. If you are interested in attending please contact Kristin at klarson@shepherdscenter.org.

1:00pm - 3:00pm: Chess and Cards with Paul Sluder No cost. Meets on the lower level.

3:00pm - 4:30pm: Thinking Outside the Box Open discussion group. No Cost. Class will meet in person on lower level.

Fridays

9:30am - 11:30am: Advanced Bridge \$2 donation suggested. Meets on lower level.

10:00am - 12:00pm: Writing Stories for Your Life No cost. Meets on upper level. Meets every third Friday. ****GROUP IS FULL**

Drop-in Activities at the Center - Tablet and laptop access offered by appointment. Activities include: social corner; puzzle exchange; card & board games; piano; book exchange; Wi-Fi; tablet games; chess and adult coloring books. Check out our new meditation area located at the old walking trail!



Our Shepherd's Center Singers are proudly sponsored by Carruthers & Roth, P.A. Carruthers & Roth, P.A. has a team of wills, trusts and estate planning attorneys who focus on strategies that can help you preserve and safeguard wealth. We offer a complete range of solutions involving estates, trusts, business succession, asset protection, wealth transfer, tax planning and estate administration – all focused on

helping you achieve your personal and financial goals. **Please contact Pat Haywood at jph@crlaw.com or (336) 404-6368 for more information.**

Classes/activities that are located out of the Center

Salemtowne Retirement Community 1000 Salemtowne Dr, W-S

-Warm Water Exercise: Pricing: Unlimited sessions: \$25/month for Shepherd's Center members and \$30/month for nonmembers. One Session per week: \$12/week for Shepherd's Center members and \$15/week for nonmembers. Please mail or drop off payments at the Shepherd's Center of Greater Winston-Salem 1700 Ebert St. Winston-Salem, NC 27103.

Tuesdays, Thursdays & Fridays at 11:00am

Tuesdays & Thursdays at 1:00pm

Pfafftown Baptist Church 4336 Transou Rd, Pfafftown

-Tai Chi for Older Adults with Misako Kay - Mondays 2:00pm \$2 Donation suggested

-Yoga with Susan Hunsinger - Thursdays 1:00pm \$2 donation suggested. ***NO**

CLASS UNTIL MAY 9TH

Mary Alice Warren Community Center 7632 Warren Park Dr, Lewisville

-Write Place, Write Time - Every 1st & 3rd Monday 10am-11:30am

-Writing Stories from your Life - Every Second Monday 10am-12pm.

St. Clement's Episcopal Church 3600 Harper Rd, Clemmons

-Drawing 101 with Margaret Miller - Tuesdays 9:30am-12pm. No cost

The Unitarian Universalist Fellowship of Winston Salem 4055 Robinhood Rd,
Winston Salem

-Flexibility and Mobility for Living Your Best Life - Wednesdays 1:30pm-2:30pm.

No cost

Break Time Billiards 420 N Jonestown Rd, Winston-Salem

-Free session of pool and free instruction with Robin Kelly - M-Th 4:00pm-6:00pm & F 12:00pm-6:00pm. Must have a ticket to play. Tickets can be picked up at Break Time or the Shepherd's Center.

Parkway United Church of Christ 1465 Irving St. Winston Salem

-Community Drumming Circle - Every 2nd & 4th Thursday 5:00pm-5:45pm. No cost
-Tai Chi with Misako Kay - Fridays 9:00am-10am. No cost

Brown & Douglas Neighborhood Center 4725 Indiana Ave, Winston-Salem

-Zumba Gold - Mondays and Fridays 12:00pm. No cost.

For more information please contact Kristin Larson at
klarson@shepherdscenter.org



The Shepherd's Center of Winston-Salem &
St. Clement's Episcopal Church
present...



Drawing 101 Plus



**Tuesdays,
9:30am-12:00pm**

**Classes will be held at St. Clement's
3600 Harper Rd, Clemmons**

Lets jazz up our art classes and have fun creating.
Your choice from portraits to landscapes. Yes, you Can
do it, bring your imagination along and you will be
amazed!

No cost to attend.



The Shepherd's Center of Winston-Salem &
St. Clement's Episcopal Church
Present...



Beginning Wet Felting Class



**Five Wednesdays, beginning May 1, 2024
10:00am-12:00pm**

**Classes will be held at St. Clement's
3600 Harper Rd, Clemmons**

Learn to wet wool by making a piece of handmade felt fabric. This is a simple step by step tutorial to learn the basics of wet felting. Once you master the basics, you can then apply them to any felting project. To keep it even more simple, you can leave out the embellishment fibers and multiple colors and just felt wool of a single color. The Wool colors for the class that are available: Earth (Neutral/Brown/ Green); Wind (Greys/ Black/ Greens); Fire (Red Orange Yellow); Water (Blues).

What to bring: a spray bottle, old towel, apron and your imagination. Other Supplies are included.

As per Karen's journey how she got hooked into this art of felting: "Felting – both Wet & Nuno just fascinated me – it was like a fantasy with Wool. It was magical! You laid down layers of wool & wet it then rolled it and rubbed it with the fingers. Then it became a felt!"

No cost. You must be registered to attend. Class is limited.

TEXT Karen at 860-593-2424 to register.



The Shepherd's Center of Winston-Salem
& New Hope Oriental Medicine
present...



The Importance of the Breathe and Self Massage



**Wednesday, May 1, 2024
10:00am**

On the upper level of the Shepherd's Center
1700 Ebert Street, W-S, NC 27103

Join Steven "Lee" Figel Jr. with New Hope Oriental Medicine as he discusses the importance of the breathe and self massage. The workshop will begin with warm up stretches, breathing and mindfulness.

No cost. You must be registered to attend.
To register call 336-748-0217.



The Shepherd's Center of Winston-Salem
& Parkway United Church of Christ present



Beginning Jewelry-Making



**Wednesday, May 15, 2024
9am-11am or 11am-1:00pm**

**Classes will be held at
Parkway United Church of Christ
1465 Irving St. Winston Salem**

Learn how to choose your jewelry-making materials and put them together into a simple, pretty necklace or bracelet set. Experienced designers will be present to guide you through the process from beginning to end.

No cost. Supplies and instruction included.

You must register for either the 9:00am or 11:00am session to attend. To register call 336-748-0217.



Yoga for the Pelvic Floor Workshop

Karen S. Hoglund
Certified Yoga Therapist (C-IAYT)
&
Yoga Teacher (815-hour RYT)

1:00 – 3:00 pm
May 23, 2024
Pfafftown Baptist Church



This workshop will introduce ...

- * Information about stress incontinence & urge incontinence & why Kegels are not always the answer.
- * Learn yoga poses that strengthen & stabilize too loose (hypotonic) pelvic floor muscles & other poses/breathing techniques that relax & stretch too tight (hypertonic) pelvic floor muscles.
- * Beginners are welcome! If you cannot transition down to the floor, please notify Karen.
- * Handouts will be provided after the workshop.

You MUST be registered to attend!

Call The Shepherd's Center (336) 748-0217 to sign up.



SPRING YOUTH DIALOGUE SERIES



EXAMPLE TOPICS:

What is the value of kindness?
What is challenging about being your age?
What is strength through struggle?
What is great leadership?
What does it mean to be alive?

WHAT PARTICIPANTS ARE SAYING:

"This dialogue really helped us to expand
what we think on everyday topics"
"by putting aside judgments...it feels joyful and serene"
"I liked that it was more of a discussion and not a debate"
"really trusting each other feels good"
"more freeing - your armor is shedding"
"I am learning so much" "I really needed this"

7:30 - 8:30PM ET

APR 11, 18, 25 | MAY 2, 9

JOIN ONE OR MORE OF OUR FREE SESSIONS

CALLING ALL STUDENTS, TEACHERS, PARENTS, YOUTH
PROGRAM LEADERS & ANYONE INTERESTED IN
ENGAGING ACROSS GENERATIONS

Come be a part of a youth dialogue experience, an ongoing project affiliated with the Leadership Forum Community. We are building off of our success from last year and are excited to keep the momentum strong. We recommend coming to several sessions to gain the full experience, but even come to one first and give it a try.

The dialogues are a moderated space where small groups of students and adults are immersed in a different kind of dialogue - one that creates an open space to think together and share without judgement - one that inspires creativity, leadership and seeing today's challenges in a new light.

For more information or to sign up, please contact:
suerose13@gmail.com



****If this is your first time coming, please plan to join the Zoom call 15 minutes early (7:15pm) for a short introduction to this method of**

Dialogue. Thanks!

[Click here to join.](#) Meeting ID: 895 2559 1323 Passcode: 194979

The Beatles / Yesterday ♪ Neil Diamond / Sweet Caroline ♪ Aquarius/Let The Sunshine In

Back to Backarach—A Medley ♪ Comedy Tonight—Stephen Sondheim ♪ The Story of Love / Jaquelin Fontaine

the foundations / Build Me Up Buttercup ♪ The Rascals / People Got to Be Free ♪ Nina Simone / Feeling Good

WS Pops CHORUS

SWINGIN'

the 60s

Friday, May 17 @ 6:30 PM
Ardmore Baptist Church in Brown Auditorium
401 Miller Street **NO ADMISSION CHARGE** Entrance on Irving Street

The W-S Pops celebrates songs from the "Swingin' 60s"
The decade that twisted in with Chubby Checker and rocked out with Woodstock saw the music scene explode with the British Invasion, MoTown Sound, Protest Songs, Surf Music and more. These songs became the soundtrack for a generation that experienced the Vietnam War the Civil Rights movement, Yippies, Hippies, the Summer of Love, Flower Power and the first moon walk.

DONATIONS
Are greatly appreciated

Marvin Gaye / I Heard It Through the Grapevine ♪ Sixties Rewind / Various "Girl Groups"

Our programs and services are of no cost to those we serve, but we are only able to provide them through the financial support of folks like YOU. Please consider making a donation today. [Click HERE for more information and ways to donate](#), or click the button below to donate online.

[Forward this email to a friend!](#)