



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



When Is Earth Day?

Earth Day is always celebrated on **April 22**. It's followed closely by [Arbor Day](#), which falls on the last Friday in April.

When Is Earth Day?

Year **Earth Day**

2024 Monday, April 22

2025 Tuesday, April 22

2026 Wednesday, April 22

2027 Thursday, April 22

10 Earth Day Activities and Ideas

Celebrate Earth Day by appreciating and respecting the natural world. Here are some ideas to inspire you this year.

1. Support Our Pollinators!

Bring native bees and other pollinating creatures to your garden. One way to do this is by selecting the right plants this season with pollinator-friendly plants.

Need ideas?

- Find a beauty or two from our list of [plants that attract butterflies](#) and [plants that attract hummingbirds](#), as well as [flowers that attract pollinating bees](#).
- Learn more about [native bees](#) (the super-pollinators!) and [make a native bee house](#) (much like a birdhouse!).
- [Here are more ways you can help pollinators in your backyard](#).



2. Clean Up Plastic in Your Neighborhood or Local Park

One of the best ways to connect with the Earth is through cleanups. Go on a walk with a trash bag and help to clean up any plastic that you find. Perhaps you know

of a nearby ditch or drainage area around the corner that is polluted with trash! You'll start to realize that plastic permeates every aspect of our lives. But as the world wakes up to its addiction, just how easy is it to ditch plastic while growing and storing more of our own food? Don't forget to recycle what plastic you can. [See a Plastics Recycling Chart.](#)



3. Swap Out Your Kitchen and Household Products!

Let's talk about the cooking and cleaning products that touch the food we eat as well as our skin. One popular line of kitchen and household products at Walmart, Amazon, and other stores is called "[If You Care](#)." Have you seen this product? Everything's biodegradable and does not use chemicals or plastic. Think 100% recycled aluminum foil, toxic-free parchment paper for baking, compostable bags made with potato starch, and even vegetable-based inks for their packaging. We love the company's motto: "We care simply because it's the right thing to do!" Look for **If You Care** products next time you're grocery shopping. See [the store locator](#).



4. Plant a Tree!

We love our trees! They capture carbon, cool overheated places, benefit agriculture, support pollinators, reduce the risk of disease transmission, and boost local economies. Did you know that planting one oak tree brings in more insect and bird species than an entire yard of plants? Talk to your local government about planting more trees and native garden beds in public spaces, or consider planting your own on your property! [See advice on how to plant a new tree.](#)

Another way to make a difference is to ditch printed seed or plant catalogs. When you receive an unwanted catalog in the mail (especially those huge ones!), contact the company and ask to be removed from their print list.



5. Use Wildflowers and Native Plants

Wildflowers and indigenous species are not only beautiful but also attract native and beneficial insects that improve both pest control and pollination—meaning bigger flowers and better harvests. Try to simply add a couple of native plants to your garden each year, and you'll be amazed at the difference—they'll bring in pollinators as well as birds!



6. Reduce, Reuse, and Recycle in the Garden

Caring about yourself and nature means being less wasteful and saving money, too. Who could argue with this? If you are a gardener, here are just a few ideas:

- Buy in bulk when you know that you'll need a lot of topsoil, mulch, compost, or other materials. This cuts down on plastic bags. Many garden centers will even deliver right to your yard. Also, check with your city recycling center or Department of Transportation—they might offer free compost, soil, sand, or other materials.

- Reuse, recycle, or return old plastic pots and trays. [See six ways to reuse pots and containers](#) and how to [repurpose common household items to use in the garden](#)—and save money!
- Plant pots right into the ground! [Here are 10 types of biodegradable pots.](#)



7. Stop Pesticide and Chemical Use in the Garden

Most of the beginner gardeners who we meet want to start growing without chemicals or pesticides—in a way that works and even saves money. Much of this is simply about focusing less on the plant and more on the health of the soil that supports the plant. If it's nutrient-rich with organic matter, plants thrive.

- See [how to use organic soil amendments](#) to turn your poor garden soil into a nutrient-rich paradise in which plants will thrive.
- You don't need chemicals to get rid of pesky garden pests: Companion planting, natural remedies, and attracting predators to your garden can save

you money and also save your plants. See [how to control pests in the organic garden](#).

- Some bugs are good for the garden! Here's a [list of some of the best beneficial insects](#) to have in your gardening space, with pictures and tips for attracting them.
- It's easy to use an organic plant fertilizer—made from just weeds and water. Does it sound strange to make plant fertilizer by using other plants? This is how nature works! Here's a simple [recipe for DIY organic fertilizer](#)—without using chemicals or animal waste—right from your garden!
- Gardening and farming methods such as not tilling the soil, growing cover crops during the off-season, and rotating crops (and grazing) help to retain organic materials in the soil.
- Here are [tips on organic seed-starting](#) and our [Beginner's Guide to Vegetable Gardening](#) to get you started.



Image Credit:

TravnikovStudio/Shutterstock

8. Conserve Water!

We waste a lot of water. Avoid overwatering your plants and improve their health by knowing [how much your garden really needs](#). Avoid watering your garden vegetables and plants from overhead, which invites fungal disease. Water at the soil level.

- See our top tips for [watering wisely in the garden](#) or our video demonstrating [10 smart watering tips](#). For gardens, flower beds, trees, and other non-lawn areas, consider installing a [drip irrigation system](#) or hose with irrigation holes that puts the water right into the soil, where you want it. If you must use sprinklers, put them on timers.
- Harvest your rainwater from a roof, gutters, and sky with a rain barrel. If you have a low-lying area, consider planting a rain garden, which captures runoff, filters out pollutants, and provides food and shelter for butterflies, songbirds, and other wildlife. [See plot plans for “sun” and “shade” rain gardens](#).



9. Think About Your Diet!

About one-third of the food that we produce every year goes to waste annually! Usually, this happens after we buy the food. How do we avoid waste in our own lives (and save money)? Also, how can we improve our diet so that it's healthier for ourselves (and the planet)? One way is to care about your "foodprint," which is the result of everything that it takes to get your food from the farm to your plate. [Take this fun 3-minute Foodprint Quiz to find out your foodprint.](#)



10. Get Kids Involved!

Pass down a love of nature and plants to kids. There are lots of opportunities for hands-on learning experiences outside. Here are some [ideas for how to garden with kids](#), including fun activities like [planting a sunflower house](#)! Find [6 more garden projects for kids from the *Old Farmer's Almanac for Kids*!](#)



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[Source](#)

DONATE ONLINE NOW

NEWSLETTER CONTENTS

April 22 - April 26

[Virtual Program Schedule](#)

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[Shepherd's Center Announcements & Program Flyers](#)

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:** No workshop this week.

Ongoing & Upcoming Virtual Events

Ageing 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.

Senior Services Generations Center 114 W. 30th St., Winston-Salem

- Tai Chi for Arthritis & Fall Prevention with Wanda Patterson- Eight Tuesdays
10:00am. No cost.

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



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



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 Forsyth County Public Library and the
Shepherd's Center of Greater Winston-Salem

Present a public seminar:

"Welcome to Medicare"

If you will be eligible for Medicare soon, learn about the many options available so you can make the choices that are right for you!

Monday, April 22, 2024
5:30 - 7:30 p.m.

Central Branch Library
660 W. Fifth Street
Winston-Salem, N.C. 27101

Space is limited.

Reservations are required!

If you have questions or would like to reserve a seat, call or email:

The Shepherd's Center
(336) 748-0217

Info@Shepherdscenter.org



Seniors' Health Insurance Information Program





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.





Bird Songs

Michael Kuehn, Composer
Hazel Kuehn, Photographer

Monday, April 22 at 6 p.m.



Celebrate Earth Day with the music and photography of Michael and Hazel Kuehn. *Bird Songs* is a presentation of Michael's piano pieces that evoke specific traits of the birds which Hazel has photographed, as well as a sharing of the composition process.

This concert is for music and nature lovers alike.

Registration optional. Register by calling 336-703-2940.

Lewisville Branch Library
6490 Shallowford Road
Lewisville, NC 27023
336-703-2940



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

OPEN HOUSE

Planning For Your Future



ARBOR RIDGE
AT STANLEYVILLE

The Details

Please join us for this thoughtfully planned event that will help guide you through planning for your future. Several of our partner agencies will be in attendance to assist you in navigating resources to meet your needs and answering your important questions. We will serve Hors' D'oeuvres and be offering tours of the community. Please invite your friends and join us for an informative evening.

Arbor Ridge at Stanleyville

350 Arbor View Lane
Winston-Salem, NC 27105
336-377-2195

The Specifics

- **When:** Thursday, April 25
- **Where:** Arbor Ridge at Stanleyville
- **Time:** 4:30pm - 6:30pm

Who Will Be There?

- Navion Home Care
- Bayada Home Health Care
- Fortified Futures - Wealth & Retirement Advisors
- Embrace - Medical Supply & Durable Medical Equipment Repair
- Well Care Hospice
- Organize Senior Moves
- Keller Williams - Senior Real Estate Specialist

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

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

W S 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

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

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

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!