



of Greater Winston-Salem

THE SHEPHERD'S CENTER SENIOR CENTER NEWS

Volume 2, Issue 3

1700 Ebert Street ♦ Winston-Salem, NC 27103

May / June 2009

Free Inquiry Discussion Group

The Free Inquiry Discussion Group, formerly the Spirituality Coffee House, meets every Thursday from 4:00 pm to 5:30 pm. They welcome newcomers with coffee, snacks and conversation on a wide variety of topics including contemporary issues.

Some recent topics of conversation have been: The American Constitution, Old Time Country Dancing and Economics. This group often has guest speakers who offer a more insight to the topic of conversation. Future topics will include CHANGE, Community Outreach and disability treatments.

On May 7th special guest speakers Joan Noell, ESL teacher at Forsyth Technical Community College, will recount some of her students' stories, and Pedro Martinez will speak about living and working here for 7 years as well as the conditions in Mexico.

Everyone is welcome...please join us! For more information please call Teresa at 748-0217.

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*Insert: May/June 2009
Activities Calendar*

www.shepherdscenter.org

748-0217



Have you heard the latest buzz...

The Shepherd's Center will be undergoing some renovations during this year...we hope. The senior center committee is working on plans to make the upper level of our building into more usable space.



This is an excellent time for you to express your opinion of what direction this senior center needs to go. What programming would you like to see offered? What amenities would be nice to have? This is your opportunity to put your fingerprint on the blueprint. Realistically, we won't be able to meet all requests...but we'd like to try.

For anyone who is interested in taking on an active role in the development of this growing senior center, you may want to consider becoming a senior center volunteer, or joining one of our committees where your thoughts, ideas and actions can be utilized for the betterment of our facility and programs. Please contact Teresa Edwards for more information about these opportunities.



"Many hands make light work." – John Heywood

Come and bee-active, bee-creative, bee-productive, and bee-part of the new senior center.

The Shepherd's Center Annual Used Book Sale



April 30th 9 am – 9 pm
May 1st 9 am – 9 pm
May 2nd 8 am – 1 pm



Education Building, Dixie Classic Fairground
Parking at Gate 5

Current Events

When: The First Thursday of the Month

What Time: 2:00 pm

Where: The Shepherd's Center

Who's Invited: YOU ARE!

Join this group for refreshments and topical conversation.

HEALTH AND WELLNESS

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Pilates

**Wednesday from 9:45 – 10:45 am
At the Shepherd's Center
8 classes (1 session) cost \$32 for members
and \$40 for nonmembers**

Interested in increasing your strength without frenetic gym workouts and lifting heavy weights? Then consider Pilates. Gentle but focused Pilates is a series of controlled movements that work on the deep abdominals, back and shoulder girdle muscles that support the spine. This results in a decrease in the incidence of lower back pain and improves posture. Emphasis is placed on quality of movement rather than quantity. Additionally, extra attention is paid to ensure that participants utilize proper breathing, thereby placing no undue stress on the cardiovascular system. As a result, participants often find that they feel refreshed as opposed to exhausted after a workout. This form of exercise has many more effective benefits; improved muscle control, muscular endurance, coordination, balance, and muscle tone. It is an important strength and flexibility component to an effective weight loss program.

The instructor for this class is Janine B. Cutchin who graduated with a minor in recreation for UNC-Chapel Hill. Since then she has gone on to receive certifications in many different areas of physical conditioning. She has worked in the fitness industry for 25 years as a group fitness instructor, a traditional personal trainer, a fully certified **Stott Pilates** instructor, a water exercise instructor, and is a past director of the Active Older Adults Program at the central YMCA. Most recently she had a pilates studio in the Comprehensive Rehabilitation Center at Baptist Hospital.

Warm Water Exercise

Monday and Thursday from 11 – Noon held at Arbor Acres.

Tuesdays and Thursdays from 2-3 pm held at Salemtowne Retirement Community

8 classes (1 session) \$22 members and \$30 nonmembers.

The Shepherd's Center is looking for volunteers to lead and/or coordinate health and wellness activities. This could be an on-going class or a one time workshop.

Coming soon...Free instructor training classes!

No prior experience needed...just a positive attitude and the willingness to help others by promoting health and wellness.

Please contact Teresa at 748-0217 or e-mail at tedwards@shepherdscenter.org if you are interested.

Try any class for the first time FREE.

Join any class at any time!

All classes are for adults 50 and over.

Want the member rate? – Volunteer with the Shepherd's Center or make an annual donation of \$25 or more.

Call Teresa at the Shepherd's Center for more information about these classes or to register call 748-0217.

Attention Blue Medicare HMOSM and Blue Medicare PPOSM members:

The Be Active NowSM physical activity and fitness program is available to help you get moving and stay active. **This program is available at the Shepherd's Center of Greater Winston-Salem** at little or no additional cost. Also available to Blue Medicare HMO and Blue Medicare PPO members, is an Active Steps pedometer (one per member at no additional cost) and access to a pedometer-based walking program (order your pedometer by calling [1-888-6 FIT NOW (1-888-634-8669)]).

Want to know more?

To learn more about the Be Active Now program, please contact your Customer Service Department (Blue Medicare HMOSM at 1-888-310-4110/ Blue Medicare PPOSM at 1-877-494-7647) from 8:00 a.m. - 8:00 p.m., daily (TTY/TDD users call 1-888-451-9957). You can also visit the Be Active Now web site at www.beactivenc.org.

Shepherd's Center Health and Wellness Classes

Chinese Meridian Tai Chi Form for Wellness and Self Defense Mondays at 7 pm

Regular practice of this form gives the whole body a "tune up" and includes movements to strengthen and improve all of the body's basic systems. The movements are coordinated with the 12 meridian channels of the body which are listed below:

Lung & Large Intestines
Stomach and Spleen
Heart and Small Intestines
Kidney and Bladder
Pericardium and Triple Warner
Liver and Gall Bladder

The format of the class will include instruction on how to release tension in the body, form instruction, standing meditation, information about how the meridians affect us physically, mentally and emotionally, as well as martial applications for self defense.

Beginners are welcome and no prior experience is required.

The Westview Senior Center will offer this class at 1700 Ebert Street at 7pm on Monday Nights. Call 748-0217 for more information and to register. \$32 for members and volunteers and \$40 for nonmembers – 8 classes (1 session)

Fit Fridays – 1 pm

Join us for this FREE and exciting new group activity. We will explore a wide variety of exercise activities, learn nutrition and health information and have FUN.

Call Teresa at 748-0217 for more information.

Tai Chi to Improve Balance and Reduce Falls

Wednesday 12 Noon at the Shepherd's Center

Research indicates that falls are a significant cause of injuries in seniors. Scientific research indicates Tai Chi may help reduce falls in seniors. Tai Chi is a fun, gentle and weight bearing exercise that may help improve endurance, strength and flexibility.

Classes are one hour in length and appropriate for most fitness levels.

What to wear: Loose comfortable clothes and shoes appropriate for walking.

Chair Tai Chi on Thursdays 12 noon at 331 High Street

Learn Tai Chi breathing and health practices as well as Energy Medicine techniques that increase energy, reduce stress, and strengthen the immune system. This class is appropriate for those who have limited mobility or are recuperating from illness or surgery, as well as those whose jobs require a lot of sitting and want to stay healthy.

Registration required: To register, call the Shepherd's Center at 748-0217. Classes are \$32 for members or volunteers and \$40 for non-members.

Qigong (Chi-Kung)

**Tuesdays from 12 – 1 pm
At the Shepherd's Center**

8 classes (1 session) and cost \$32 for members or volunteers and \$40 for non-members

Regular Chi Kung practice helps:

- ❖ Reduce stress
- ❖ Improve balance & stamina
- ❖ Increase flexibility
- ❖ Improve digestion
- ❖ Improve overall sense of wellbeing
- ❖ Increase immune function

AH HA MOMENTS... (HAPPINESS AND LAUGHTER)

Happiness is what happens to us when we try to make someone else happy. – Unknown

Life itself cannot give you joy unless you really will it. Life just gives you time and space – it's up to you to fill it. – Unknown

I understand life isn't fair, but why couldn't it just once be unfair in my favor? – Christy Murphy

Laugh Often. Laughter is good for your Health. It releases tension and stress. It has physical and mental benefits. – Bruce Bickle and Stan Jantz

He who laughs – lasts. – Wilferd A. Peterson

It is bad to suppress laughter. It goes back down and spreads to your hips. – Fred Allen

Laugh at yourself. You will always be your greatest source of humor. Don't ever take yourself so seriously that you can't find humor in the things you say and do. – Bruce Bickle and Stan Jantz

This newsletter will be available at the center, on our website at www.shepherdscenter.org, and can be e-mailed to anyone that wishes to furnish their e-mail address to me at tedwards@shepherdscenter.org. We can also mail out copies upon request.

Ongoing Activities at the Shepherd's Center - Check calendar for dates and time.

Book Club – Third Thursday of the month at 2:00 pm. Please call ahead to get information.

Veteran's Fellowship – Second Thursday of the month at 2:00 pm.

Current Events Discussion Group – First Thursday of the month at 2:00 pm.

Free Inquiry Discussion – Every Thursday from 4:00 – 5:30 pm. Call for topics or check the flyer posted at the center.

Knitting and Crocheting – Every Tuesday from 1:00 – 3:00 pm.

Art Studio – Every Friday 10:00 am -12:00 pm at *Polo Park Recreation Center*. Please pre-register.

Scrapbooking – Monthly schedule varies, please call for meeting times. Friday (6:00 pm – 10:00 pm) and Saturday (12:00 pm – 10:00 pm). Pre-registration is required.

Bridge – We have numerous opportunities for bridge; please call Teresa for more information about joining one or more of these groups. Substitutes always needed.

Fellowship Group – Every Wednesday from 2:00 pm – 4:00 pm. Come join the fun and meet new friends.

Computer Classes – ABC (Basic), Intermediate, E-mail and Getting Friendly with Your Computer. Call for dates and times and to register.

Drop-In Activities: Piano, Computer Access, Puzzles and Games, and Social Area/ Reading Corner.

Trips – "The Wandering Flock," the Shepherd's Center Traveling Group. Call Teresa for more information.

Fit Fridays – Fridays at 1:00 pm. Free group exercise.

Volunteers Needed – Call Teresa if you have an interest in volunteering.