



c/o Lexington United Methodist Church
309 East Main Street
Lexington, SC 29072

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Adventures In Learning Winter 2015

Come Learn With Us

See the details of classes and
their scheduled times inside.

Office Phone: 803-359-6838 Ext. 110

About The Shepherd's Center of Lexington



Meet new and interesting people

Opportunities to volunteer and help

Explore new skills and develop new interests

Opportunities to develop strategies on how to handle change

Make new connections and enrich established friendships



➤ Skills Classes

➤ Health Classes

➤ Recreation Classes

➤ Computer Classes

➤ Only \$25 for 6 weeks

➤ Bring a friend for a one day free trial

➤ More subjects than ever before

➤ Outstanding, experienced instructors

Board of Directors

Kay Mitchell, Chair

Mike Ward, Vice Chair

Kristin Horzen, Treasurer

Vicky Caldwell, Secretary

Ruth Arant

Gary Deese

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Special thanks to



**Lexington
Printing, LLC**

LEXINGTON UNITED METHODIST CHURCH
generously provides the classroom and other spaces necessary for
the Shepherd's Center of Lexington's programs, for which we are
extremely grateful.

Mar. 5 – Spring Planning of Vegetables

Megan Hutto

Megan will provide information on planting your vegetables and perennials. She will discuss types, rotation and amount of sun/shade.

Tai Chi

Licia Wu

Learn about and experience tai chi for relaxation and enhanced health. You will learn a short set of tai chi movements along with exercises that improve mobility, flexibility, and balance.

The Creation, Purposeful Design

Jay Schabacker

The “Creation” class details the amazing parts of God’s miraculous six days creation of the Heavens, the Earth, and everything in it. You will be challenged by the explanation of truths not generally known, or reported by the mainstream media. In the end, you will have obtained the incentive and information to pass the good news on to your kids, grandkids, and other loved ones.

The Fall of the Romanovs: Leading to the Communist Revolution

Robert Ackerman, Ph.D.

Lectures around the movie Nicholas and Alexandra with events leading to the fall of the Tsarist Russia.

The People of Lexington

Claudette Holliday

A biographical and genealogical study of early Lexington settlers, pastors, statesmen, and families who made Lexington what it is today.

News and Updates

We're Growing! Recently, the board of directors completed the strategic plan for the Shepherd's Center of Lexington. The plan details the future of the Center. This information will be available online and at our first meeting on January 29, 2015.

2014 SCA National Conference Success!

During October, four of our Center's board members attended the 2014 Shepherd Centers of America's national conference in Lake Junaluska, NC. The conference highlighted keynote speakers that are helping to change the lives of older adults across the nation. There were also many workshops that the board members attended to broaden their knowledge to help grow the Center.



Grant Awarded! We applied for a grant from the Harbison Housing Foundation to replace our membership management database software. We're happy to announce that the foundation awarded us a \$1,500 grant to complete this project for our Center. We are grateful for the foundation's decision.

2015 Belgian Waffle Breakfast Fundraiser

You're invited to join us for our 2015
Belgian Waffle Breakfast Fundraiser!

When? January 29, 2015

Where? The Shepherd's Center of
Lexington

What? Plain Belgian Waffles
Black Walnut Belgian Waffles
Coffee, Tea & Juice
Other assorted breakfast items

Tickets may be
purchased in
advance or at the
door for
\$7.00



Potpourri of Classes

Multiple Instructors

Enjoy a medley of classes through this potpourri offering. These one-day-only offerings allow you to experience even more than ever before. This allows you to experience these classes:

Jan. 29 – Winter Sowing

Helen Rivers

Join Helen as she explains how to prepare and sow your lawn for the spring.

Feb. 5 – “5 Secrets of Dog Training”

Geoff Ellinwood

This “Hands Off” Approach Will Teach You How To: Stop The Jumping and Play Biting!, Get the Dog to Listen & Pay Attention!, Curb The Aggressive, Anxious, Possessive and Crazy Behavior! Keep Your Dog Calm! Stop the Bolting Out Of the Door! Figure Out & Fix Problems With a Proven Formula! Become The Leader Your Dog Wants and Needs, And More!

Feb. 12 – Questions and Answers About Your Computer

Mike Ward

Join Mike Ward as he answers questions about your computer – operations, purchasing and security. Bring questions to the class.

Feb. 19 – Preparing for Spring Planting

Megan Hutto

Megan will provide information on planting your vegetables and perennials. She will discuss types, rotation and amount of sun/shade.

Feb. 26 – A Basic Primer for Fly Fishing

Wayne Freeman

This class is for anyone who is interested in learning how to fly fish. The topics will include casting, tying flies, basic equipment, and several other facets of getting started.

Not Your Grandmother's Way to quilt

Audrey Liddle

This class will cover two sessions. This will be a refresher class for those who have taken previous quilting classes. Participants will make a quilt that will be easy for those who have made a beginner quilt and a good starter quilt. You will learn to use a rotary cutter and acrylic ruler instead of using scissors and paper templates to make a lap quilt. This class requires use of your own sewing machine at home. **Limited to six students.**
The cost for materials will be extra.

Open Gym

No Instructor

Enjoy time in the gym to exercise or simply walk on your own. This is a great time to use to get in a simple exercise routine while at the Shepherd's Center.

Painting Class - Crayon Batiks

Hank Kuhlmann

Join Hank for an adventure into painting melted crayons onto muslin. Each student will complete a 8x10 Crayon Batik painting that is mounted on a stretched canvas and ready to hang on the wall. Absolutely no painting experience or drawing ability is needed. Crayon Batik painting is easy-going and lends itself to conversation. **A materials cost of approximately \$10 will be paid to instructor at first class.** **Limited to 6 students.**

2015 Winter
Snack Sponsor:



In The Community

The Shepherd's Center of Lexington had the opportunity on December 16, 2014 to take part in a donation presentation from Preservation Specialists, LLC. Mr. Patrick Strubbe holds a gala each year and uses the event to raise funds for non-profits. This year, the Shepherd's Centers in the Midlands were chosen to receive this amazing benefit. Check out the pictures below of the event. We would like to extend a HUGE thank you to all that have contributed to this and every donation.



Leading the Way

The Shepherd's Center of Lexington is part of a much larger network of centers called Shepherds Centers of America. SCA works hard to help each center grow, as well as, helping to grow awareness of aging across the nation.

This year, SCA started a nation-wide fundraising campaign to raise \$2,000,000. They have three key goals that they are working to accomplish with this funding:

- *Build and Broaden the Knowledge Base of Shepherd's Centers
- *Expand and Enhance the National Network into New Communities
- *Elevate and Advance a National Aging Agenda

As a local center that has received and continues to receive support from our national organization, we ask that you consider contributing a donation to SCA. If you're interested in helping out the greater good, please visit their website for more information at www.shepherdcenters.org.



Learn to Play Bridge

Chris Nelson

Have you wanted to play bridge, but never had a chance to learn? Join Chris Nelson for an introductory class for students who want to learn the basics of bridge. **Limited to 10 students.**

Learning to Use Your IPAD

Pat Smith, MLS

In this class we will get comfortable using an iPad. You will need to **bring your own iPad** with you. We will go over iPad features, choosing fun and useful apps, taking pictures, using email and social media, browsing the internet, using the map, and changing your settings. **Limited to 9 students.**

“Let’s Go Fishing!” Understanding and Sharing Your Faith

David J. Stallard, Jr., M.D.

This class is a practical class for all levels of Faith designed to teach Followers of Jesus Christ the basics of What We Believe and How to Share the Gospel with others without Fear of Anxiety. The class will feature the Who, What, Where and Why of Sharing the Good News and help us answer those difficult questions about our Faith to others. Role Play will not be used.

“Life Reimagined”

Alysia Kehoe & Peter Balsamo, Ph.D. – “Life Reimagined” Guides

Life Reimagined is a new initiative from AARP that aims to help people get to know themselves better while planning their “what’s next” in later life. Life Reimagined is a simple and smart approach that helps us rediscovers gifts, consider options, get specific about the possibilities that lie ahead and discover hidden talents and skills. It involves six practices that serve as a personalized guidance system. Start with where you are in your life, and see where the possibilities lead you!

Computers for Beginners

Patricia Smith, MLS

Instructor will guide the class through the basic terms and functions required for first time computer users: turning on the computer, using the mouse, surfing the web, searching for information on the web and exploring Library services available on the web. Individual concerns and questions will be addressed depending on the time and expertise required.

Limited to 9 students.

Great Biographies

Frances Broom

Great Biographies of individuals who are not so well-known, but have in some way achieved recognition at some point in their lives will be discussed. All the biographies are of people now deceased. In past classes I have discussed Belva Lockwood, John Wesley Powell, L. Frank Baum, Johnny Mercer, Frances Perkins and many others. Some of these and others will be discussed.

Great Decisions 2015

Thomas E. Paige

Discussion on a new topic each week based on the Great Decisions 2015 Series by the Foreign Policy Association. The 6 topics are: Russia and the Near Abroad; Privacy in the Digital Age; Sectarianism in the Middle East; India Changes Course; U.S. Policy Toward Africa; Syria's Refugee Crisis.

Introduction to Excel

Tony Scribellito

Need an introduction to Excel? Tony allows participants to experience various applications of the program. Students will gain the necessary skills to create, edit, format and print basic spreadsheets. **Limited to 6. Students must bring their laptop.**

Lunches

Jan. 29 - **DayBreak / Hospice Advantage**

Menu: Vegetable Soup, Corn Bread, Dessert

Speaker: Shepherd's Center Presentation

Feb. 5 - **Oakleaf Village**

Menu: Spaghetti, Salad, French Bread

Entertainment: Michael Shull, Musician

Feb. 12 - **Village at South Lake**

Menu: Chicken Salad Croissants, Fruit and Pasta Salad, Dessert

Speaker: Helen Pridgen, AFSP - "AFSP 101"



Feb. 19 - **Caughman-Harman Funeral Home**

Menu: Assorted Sandwiches, Chips, Dessert

Activity: Mystery activity led by Shepherd's Center

Feb. 26 - **RetireEase / Senior Express**

Menu: Spaghetti, Salad, French Bread

Speaker: Kelly McCook, HPRC Physical Therapy
"Balance and Fall Prevention"

Mar. 5 - **Morningside Assisted Living**

Menu: Chicken Alfredo, Caesar Salad, French Bread

Activity: Adventures In Learning Review

Class Schedule

Morning - 10:00am Class Offerings

- * Not Your grandmother's Way to Quilt
- *The Creation, Purposeful Design
- *Open Gym
- *The Fall of the Romanovs: Leading to the Communist Revolution
- *Brain Fitness: Part II
- *Painting Class - Crayon Batiks
- *Learn to Play Bridge
- *Learning to Use Your iPad

Morning - 11:00am Class Offerings

- *Not Your Grandmother's Way to Quilt (continued)
- *Great Biographies
- *Tai Chi
- *Britain, 1815-1914
- *The People of Lexington County
- *Painting Class - Crayon Batiks (continued)
- *Learn to Play Bridge (continued)
- *Computers for Beginners
- *Caregiving 101: What This Generation Needs to Know

Afternoon - 1:15pm Class Offerings

- *"Let's Go Fishing!" Understanding and Sharing Your Faith
- *Great Decisions 2015
- *Open Gym
- *"Life Reimagined"
- *Introduction to Excel
- *Potpourri of Classes (see class description for details)

Winter 2015 Class Descriptions

Every Thursday ~ Jan 29 - March 5

Brain Fitness – Part II

Marsha Clayman

Brain Fitness – Part II will go more in-depth of understanding the way our Memory works (differentiating styles to help us remember) and enhance the reasoning behind the cognitive abilities to help our brains remain strong and agile by building more cognitive brain reserves. The last 15 minutes of each class will be introducing computer games designed to enhance brain fitness. Each class member will be provided their own workbook to collect important hand-outs and practice this training in their spare time.

Britain, 1815-1914

John D. Mackintosh

Join us as we travel in time across Britain from the end of the Napoleonic Wars in 1815 to the start of World War I nearly 100 years later. Along the way, meet fascinating people including Queen Victoria, Edward VII, Prime Ministers Disraeli and Gladstone as well as the young Winston Churchill. Handouts and portions of a documentary will make it an easy trip.

Caregiving 101 – What this Generation Needs to Know

Linda Shanabrook

Your generation, everything you need to know about caregiving. In this class, you'll learn about what caregiving really means, what resources you have to help you out, how to provide the care, making sure you care for yourself and answers to questions that you may have about caregiving.

Make checks payable to Shepherd's Center of Lexington.

Mail Registration Form To: Shepherd's Center of Lexington,
c/o Lexington United Methodist Church,
309 East Main Street, Lexington, SC 29072

Photo Release:

Please note that we take many pictures during classes, morning snack and lunch. We would like to be able to use these pictures to help advertise the center. These pictures may be used on Facebook, Website, and Print Media.

I grant to Shepherd's Center of Lexington, its representatives and employees the right to take photographs of me and my property in connection with the classes and events. I authorize Shepherd's Center of Lexington, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that Shepherd's Center of Lexington may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

Signature

Date

For Office Use Only:

Date Received: _____

Cash Amount Paid: \$ _____ Check Amount Paid: \$ _____ Check # _____ Total Paid: \$ _____

Session Fees:

Session Registration Fee \$25.00 _____

Lunch Fee \$12.00 _____

Lunches must be reserved for the entire session and paid for with your registration.

Lunches are limited to the first 100 to register.

Donations:

☐ \$5.00

☐ \$50.00

Donation Amount ☐ \$25.00 ☐ Other: \$ _____

Donation Note _____

Fundraiser:

Fundraiser Ticket _____
(\$7.00 per person)

Total Enclosed: \$ _____

Winter 2015 Registration Form



How to Register:

- This entitles you to the full day's schedule.
 - The registration fee is only \$25 per person for the entire session.
 - Please register and pay as soon as possible to get class of choice.
 - Lunch must be reserved for the entire session and paid for with registration.
- Limited to first 100 to register.

Please Print

Name: _____
Last First Middle Initial

Mailing Address: _____
Number Street

_____ City State Zip Code

Home Phone: _____ Cell Phone: _____

Email: _____

Emergency Contact Name: _____ Phone: _____

Do you need special assistance during the program? _____

Religion: _____ Denomination _____ Your Faith Congregation / Church _____

Please mark your first and second choice for each session by indicating with a “1” or “2”.

	10:00am Session	11:00am Session	1:15pm Session
	Open Gym	Great Biographies	Introduction to Excel
	Brain Fitness - Part II	Britain 1815 - 1914	Open Gym
	The Creation, Purposeful Design	The People of Lexington County	“Let’s Go Fishing” Understanding and Sharing Your Faith
	Learn to Play Bridge		Great Decisions 2015
	The Fall of the Romanovs: Leading To the Communist Revolution	Caregiving 101: What This Generation Needs to Know	“Life Reimagined”
	Painting Class - Crayon Batiks		Potpourri of Classes
	Not Your Grandmother’s Way to Quilt		
	Learning to Use Your iPad	Computers for Beginners	
		Tai Chi	