



c/o Lexington United Methodist Church
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Lexington, SC 29072

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Adventures In Learning Spring 2015

Come Learn With Us

Each Thursday Starting April 16, 2015
And Continuing Until May 14, 2015

803-359-6838 Ext. 110
www.sclex.org

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 5 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
Tom Paige	Gina McCuen
Nancy Lipski	Dave Smith
Sammie Brown	Daisy Harman
Jay Martin	

Special thanks to



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.

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:

April 16 – Safety Tips for Senior Adults

Sergeant Jeff Flanders

Sergeant Flanders will discuss personal safety for senior adults as it relates to the following topics: When You Are “Out and About;” Making Your Home Safe and Secure; Watching Out for Con Artists; Involvement in Your Community; and Protecting Yourself from Identity Theft.

April 23 – Floral Demonstration

Debbie Robertson - Floral Designer

Visual Merchandiser Carolina Pottery

Designer will demonstrate putting together a Spring Floral Arrangement. The Designer will make two small arrangements to be given away after the demonstration.

May 7 - How to Make a Ruffled Scarf!

Audrey Liddle

Join Audrey to learn how to make one of the popular ruffle scarves. Students will need to bring to class one set of #10 circular knitting needles that are 12-16 inches in length and 1 skein of Sashay yarn.

May 14 – Good Stewardship of our Waterways

Scott Martin, Environmental Coordinator

You will learn about non-point source water pollution, and the damage it causes. The difference between a sewer system and storm drainage system. And, learn what Lexington County does to reduce storm water runoff pollution and ways they can reduce pollution of our waterways.

News and Updates

New Service Project...as our Shepherd's Center is growing, we've been looking out for our next project. We're currently working on a visitation program that will use volunteers to visit the homes of those having trouble doing light maintenance in their houses. Sometimes what we may see as simple, filling out a form or even changing a lightbulb, is more difficult as we age. This program will help work towards improving a growing concern.

Our annual meeting is being held in June. Once we confirm a final date, we'll send out a notice to all members. We'd love to have you attend. Lunch will be provided.

Volunteers

As a reminder, The Shepherd's Center of Lexington is a volunteer based organization. We would not exist if it were not for the hard work of volunteers. We're always interested in talking to anyone that has a heart to serve. See some opportunities below. Please contact Kay Mitchell (chair@sclex.org or 803-359-6838 ext 110) if you're interested in serving.

writing press releases

helping people find their class

setup of the registration table

setting up snacks

serving lunch

cleaning up after the day is over

marketing the center

helping with health fair booths

setting up classes

finding speakers and entertainers for lunches

many, many more opportunities

Not Your Grandmother's Way to Quilt

Audrey Liddle

This class will cover two sessions at 10:00 am and continued at 11:00 am. 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. The first class will cover basics and a supply list will be provided. This will require you owning a sewing machine, knowing how to use it, and doing work at home. *The cost for materials will be extra.* **Limited to 6 students.**

Overview of Legal Issues

Teresa S. Player, J.D.

Classes will include discussions on a new topic each week related to the legal system of South Carolina and various statutory sections of the South Carolina Code of Laws. Topics will include: An Overview of the Judicial System of South Carolina; An Overview of the Sources of South Carolina's Laws; South Carolina's Law on Abuse, Neglect, and Financial Exploitation of Vulnerable Adults; South Carolina's Laws Governing Charitable Organizations and Professional Fundraisers – Including Tips on Researching Charitable Organizations Before you Donate; and an Overview of Advance Directives. Each class will focus on providing practical information about these topics to class participants.

Learn the Basics of Chess

Erik Murrah

Have you wanted to learn to play chess but never did? This is your opportunity. Join Erik Murrah as he presents the basics of chess. Beginners learn basic game rules and opening tactic moves. **Limited to 10 students.**

Learn to Crochet

Dottie Wall

Students will learn needling, yarn size, how to read patterns, and practice all stitches. Participants will need to have a number H needle and one skein of worsted weight yarn. **Limited to 4 students.**

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.**

Learn to Use Your iPad

Jack Ellison

Can't wait to use your new iPad? The Apple iPad neatly combines an audio and video iPod, an e-book reader, a powerful internet communications device, a hand held gaming device and platform for apps. To use your iPad, you need to know about its buttons and controls and how to use the multitouch display. Students will bring their own iPad. **Limited to 9 students.**

2015 Winter
Snack Sponsor:



In The Community

Trade shows and health fairs - Do you attend the trade shows and health fairs in the community? If so, always look for our booth/table. We're becoming more and more involved with spreading the knowledge of what the Shepherd's Center is all about. If you hear of upcoming events, please email us at (info@sclex.org) and let us know.



Leading the Way

The Shepherd's Center of Lexington is part of a much larger network of centers called Shepherd's 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 nationwide 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.



Fruit of The Spirit, Accessing The Tools God Has Given Us

Brenda Davis

This study will take a close look, through Scripture, at how to tap into our fruit of the spirit and how to access all that God has provided for us in our daily lives. Students should bring their Bible.

Intermediate Computers

Patricia Smith, MLS, Librarian

Instructor will guide the class through Facebook basics and Pinterest. Students will learn how to search for information on the library website and explore library services available on the web. An introduction to Genealogy will be covered. **Limited to 9 students.**

Introduction to Your Android

Jack Ellison

This will be a beginner's guide to developing Android applications. Android application development experience is not needed. Students will need to bring own Android. **Limited to 9 students.**

Investment Matters

Gary L Deese, CLTC

We're going to review five smart investing strategies and show how they can help guide your approach to the financial markets. We will also go through five smart investing principles. These are key concepts that could help you understand what it takes to create an investment portfolio that's designed to pursue your investment goals. Lastly, no matter what our occupations, most of us share a common goal of a comfortable retirement. Investment decisions we make in preparation for retirement are crucial. We will take a closer look at investing for retirement.

Community Spanish

Deborah Deaton, MAT

In this class students will learn basic communication skills to be able to interact with Hispanics in their communities. The course has three components: Speaking in Spanish, Listening in Spanish, and Cross-Cultural Issues. Focus is centered on learning to understand and respond in Spanish rather than memorizing grammatical structures. *The required textbook costs approximately \$25 and can be purchased in first class. **Limited to 10 students.***

Computer Updates and Upgrades

Mike Ward, S.A.T.E.S., LLC

Wondering what you should and should not update on your computer? Join us as Mike teaches you how to pick out the updates that you should do on your computer and which ones to ignore. You'll also learn when to tell if it's time to upgrade your PC and how to choose a new one.

Cooking with Fresh Fruits and Vegetables

Susan Johnston, RN, MSN

Whether you grow your own or haunt the farmer's markets, a bounty of fresh fruits and vegetables can be turned into tasty, healthy dishes everyone will love. Learn cooking techniques to bring out the flavor and take home recipes to try on your family. Topics include tomatoes, fresh fruits, roasting vegetables, grilling fruits and vegetables, encouraging kids to eat vegetables and using herbs to flavor waters and vinegars. Samples will be provided.

Lunches

April 16 - **Oakleaf Village**

Menu: Spaghetti, Salad, French Bread, Dessert

April 23 - **Caughman-Harman Funeral Home**

Menu: Assorted Sandwiches, Chips, Dessert



April 30 - **Village at South Lake**

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

May 7 - **Morningside Assisted Living**

Menu: Quiche, Salad, Fruit Salad, Dessert

May 14 - **DayBreak Adult Care Service / Senior Express
Hospice Advantage**

Menu: Soup, Salad, Dessert

Class Schedule

Morning - 10:00am Class Offerings

- *Arm Knitting (April 16th Only)
- *Community Spanish
- *Computer Updates and Upgrades
- *Learn to Play Bridge
- *Learn to Use Your iPad
- *Not Your Grandmother's Way to Quilt
- *Overview of Legal Issues

Morning - 11:00am Class Offerings

- *Arm Knitting (April 16th Only) (continued)
- *CenterFit Lite
- *Fruit of The Spirit, Accessing The Tools God Has Given Us
- *Introduction to Your Android
- *Investment Matters
- *Learn to Play Bridge (continued)
- *Not Your Grandmother's Way to Quilt (continued)

Afternoon - 1:15pm Class Offerings

- *Basic Line Dancing
 - *Cooking with Fresh Fruits and Vegetables
 - *Intermediate Computers
 - *Learn the Basics of Chess
 - *Learn to Crochet
 - *Potpourri Offerings
- | | |
|--------------------------|------------------------------------|
| -Safety Tips for Seniors | -Good Stewardship of Our Waterways |
| -Floral Demonstration | -How to Make a Ruffled Scarf |
- **At 2:00pm, Leann Angel will lead a group to do Mexican Train Dominos. This is located in Ashbury Hall.

Spring 2015 Class Descriptions

Every Thursday ~ April 16 - May 14

Arm Knitting

Kathy Silva

Using their arms as knitting needles, participants will learn the basics of arm knitting. Everyone will learn how to cast on, knit, and bind off for arm knitting. A basic cowl scarf project will be completed during the class. Participants need to bring two skeins of super bulky yarn such as Lion Brand Homespun Thick & Quick or Wool-Ease; Loops & Threads Chunky or Cozy Wool; or Red Heart Grande. Any other super bulky yarn can be used; HOWEVER, if the skein has less than 35 yards on it, an extra two (2) skeins will need to be purchased. (Each skein has to have a minimum of 35 yards on it.). **Limited to 10 students.**

Basic Line Dancing

Connie Brock and Catherine Wright

This class will cover the basic techniques of line dancing. Enjoy a mind-body workout while dancing your way to better health.

CenterFit Lite

Rachel Maxwell

CenterFit Lite is designed to be a starting point for individuals who wish to transition from a sedentary to a more active style of living. This class offers a gradual introduction to flexibility, cardio respiratory, core, balance, agility and resistance training. Exercise modifications and progressions are provided to appropriately challenge individual students. Participants will need to bring a set of dumbbells that are 2 – 5 pounds.

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:

☐ \$3.00

☐ \$53.00

Donation Amount ☐ \$28.00 ☐ Other: \$ _____

Donation Note _____

Total Enclosed: \$ _____

Spring 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
	Community Spanish (limit 10)	Investment Matters	Learn the Basics of Chess (limit 10)
	Overview of Legal Issues	CenterFit Lite	
	Learn to Use Your iPad (limit 9)	Introduction to Your Android (limit 9)	Cooking with Fresh Fruits and Vegetables
	Learn to Play Bridge (limit 10)		Learn to Crochet (limit 4)
	Computer Updates and Upgrades	Fruit of The Spirit, Accessing The Tools God Has Given Us	Basic Line Dancing
			Potpourri of Classes
	Arm Knitting (April 16th Only) (limit 10)		Intermediate Computers (limit 9)
	Not Your Grandmother's Way to Quilt (limit 6)		

All limited classes are filled on a first come, first served basis when the completed registration form and payment are received in our office.