



Adventures in Learning for Adults 50 And Over in Lexington

Spring 2013
Registration
Brochure

The Shepherd's Center of Lexington has the conviction that **life is not over at retirement** but opens a door to a new chapter of life. A life in which we continue to **contribute** to society, a time to **learn new skills**, **make new friends**, a time to find ways to **serve** others, a time to learn how to **take care** of ourselves, and a time to **get connected** in fresh ways within our faith community. Here are some other benefits:

- Meet new people while enlarging our interests and horizons
- Opportunities to volunteer and to help those in need
- Explore new skills and develop new interests.
- Opportunities to develop new strategies on how to handle change
- Make new connections in the community and enrich established friendships
- Hear interesting talks from community leaders
- Stay mentally and physically fit – and have fun!
- For more details about Shepherd's Centers please visit our website:

www.SCLex.org

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



Our Morning Gatherings and Lunches offer great opportunities to meet and get to know a variety of other intriguing adults.
We hope you will join us April 25 through June 13, 2013.

INSIDE THIS ISSUE

What is Shepherd's Center?	1
Class Schedules & Descriptions	2 Thru 6
Opportunities to Volunteer	7
Registration Forms	Insert

Special points of interest:

- Knowledgeable Instructors
- Fellowship with participants and instructors
- Catered lunch
- Wide variety of Subjects to choose from
- Many Opportunities to Volunteer & Serve



**Our Sincere Thanks to
Crescent Financial Group
For Sponsoring the Spring Brochure**

Lexington Office - 803.399.2000
111-B Library Hill, Lexington, SC 29072

SESSION ONE: (10:30 AM - 11:15 AM)

1-Plan Today to Protect Tomorrow- Room MC007 - Help protect your future and the legacy you leave behind. Topics included are Medicare/Medicaid, estate planning, tax planning, Social Security and a market outlook. *Gary Deese, CLTC; President, Owner of Crescent Financial Group.*

2- Caring for the Caregiver - Room MC003 - Topics include: How to recognize when extra help is needed, stress and relief and how to recognize Dementia, How to care for a loved one with dementia. We will also have a class on proper techniques for the caregiver from lifting meal preparation and medication administration. *Ambra McQuinn, Paul Truesdale, and Dawn Waters . Ambra is a Senior Solutions Advisor for Agape Senior, Paul is also a Senior Solutions Advisor for Agape Senior and Dawn is the Executive Director for Agape at Home.*



3-What's Happening Now? Current Events - Room MC004 - Research shows that group decisions

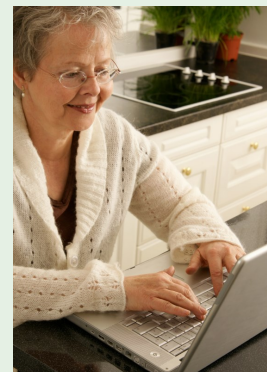


are almost always much more on target than those made by individuals. Come share your perspective with others in a stimulating discussion of current events. Each week, a few days before class, participants will receive, via email, links to three articles published in respected newspapers and journals. The class discussion will endeavor to encourage balanced discussion from various viewpoints. The discussion leader is *Michele M. Osier, M.L.S., former School Media Specialist and news junkie.*

4.- Overview of Lexington County Sheriff's Department Operations - Room MC005 - Learn about and discuss the following operations of the Lexington County Sheriff's Department such as Drugs and Meth Labs, Criminal Domestic Violence, Crime Scene Investigations, K-9 unit, Gangs, Social Media (secure sites, etc) and Personal Safety. *Sergeant Diane Paavel, Crime Prevention Unit, LCSD.*

5 - Community Spanish - Room MC013 - Do you want to learn basic communication skills to be able to interact with Hispanics in your community? This Spanish course has three components: Speaking in Spanish; Listening in Spanish; and Cross-Cultural Issues. We will focus on learning to understand and respond in Spanish rather than memorizing grammatical structures. The required textbook, *Community Spanish*, costs \$25 and can be ordered at the first class meeting. The instructor is *Grace Parks, a graduate of Columbia International University who studied Intercultural Studies and has spent time in Mexico and Honduras.*

6- Computer Skills for the Terrified- Room MC101 - in the Telikin Computer Lab - Learn on Telikin computers that are specially designed for older adults, sight impaired or computer-phobic people. Operating this machine is simple and easy. You'll learn about video chat, photo sharing, email, internet searching and many more popular features that are part of a sleek, touchscreen device. **Limited to only six students per class, however the identical class is offered at all three time periods. Betty Fortin & Terri Swindler, Instructors. To reserve your space call Carol Ryall at 803-359-6838, ext 110, no later than April 17. Please leave a message, if no answer.**



SESSION TWO: (11:30 AM—12:15 PM)

7- Revelation Revealed - Room MC007- Come join the Apostle John as he takes us on Jesus Christ's directed journey through the often controversial and mysterious final book of the Holy Bible. Learn how to read and interpret Apocalyptic Literature, understand ancient picture and numeric symbols, recognize the fulfillment of Old Testament prophecy, and discover what Christ expects from us as His followers as well as outline His promises to us for Eternal Life. *David Jonathan Stallard, Jr., M.D., has presented the **Revelation Revealed** series four times over the past 2 years.*



8 -Basics of Taoist Tai Chi- Gymnasium - -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. *Bob Brookshire, Ph. D. is certified by the Taoist Tai Chi Society of the United States.*

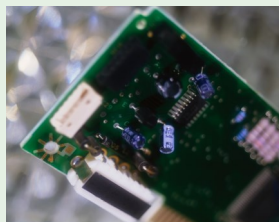
9 - Quilting a Disappearing Nine Patch - Room MC004 - This Class will cover **two sessions** - both at **11:30 AND 1:30**. Have you ever wondered how to make a quilt from start to finish like the ones your grandmother made?

Well, this is the right class for you! When you finish the class you will have made a lap sized quilt top. This will require your owning a sewing machine, knowing how to use it, and doing work at home.

The cost for materials will be extra. Limited to six students. To reserve your space call Carol Ryall at 803-359-6838, ext.110, or email programming@sclex.org no later than April 17. Please leave a message, if no answer. *Audrey Liddle is the owner of Pieces and Patches, located behind McAlister's at 5175-J Hope Ferry Center.*



10 -Essentials of Gardening - Room MC005 - This class will enhance, refine and refresh your gardening skills and knowledge. Designed for all gardeners – veterans, beginners, and those new to the area. Areas to be covered are planning a garden, ferns, shade gardening, vegetable gardening, drought tolerant plants, pond construction, organic gardening and Disease and Pest Control. *Susan C. Johnston, Master Gardener and others.*



11- Technology in Our Lives: Current Issues and Future Trends - Room MC003 - Technology impacts all of us on a daily basis -- communication, social interaction, productivity, personal safety, learning, health, etc. Hear from technology experts about the latest developments in devices (e.g., computers, tablets, smartphones) and the internet (e.g., social media, apps, software). Use this class to find out how these technologies can be used to make your life easier, not more complicated. *Mike Ward, Co-Owner of SC Tech Company*

and others.

12 - Computer Skills for the Terrified- Room MC101 - in the Telikin Computer Lab - Learn on Telikin computers that are specially designed for older adults, sight impaired or computer-phobic people. Operating this machine is simple and easy. You'll learn about video chat, photo sharing, email, internet searching and many more popular features that are part of a sleek, touchscreen device. Limited to **only six students** per class, however the identical class is offered at all three time periods. *Michele Osier and Kathleen Lloyd, Instructors.* **To reserve your space call Carol Ryall at 803-359-6838, ext. 110, no later than April 17. Please leave a message, if no answer.**

April 25 - June 13, 2013

LUNCH - LEARN AND FUN**(12:30 PM - 1:30 PM)**

Lunch Procedures: A delicious lunch will be provided each week by a variety of Corporate Sponsors. Lunch reservations (cost \$16.00 for the entire session) must be placed and paid for with your registration. Limited to the first 60 to register. Members are also welcome to bring their own lunch and enjoy the fellowship and luncheon speaker. A refrigerator and microwave are available for member use. Lunch will begin at 12:30 pm. Classes resume at 1:30 pm. The afternoon will be open for fellowship with your fellow Shepherd's Center participants and activities such as games, cards and exercising in the LUMC gym.

SESSION THREE: (1:30 PM - 2:15 PM)

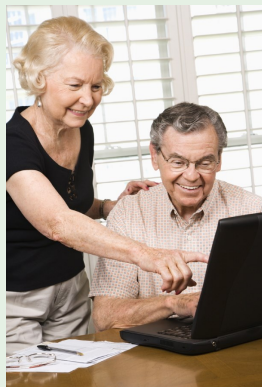
13 -Your Life's Great Purpose! - Room MC007 -Explore the spiritual side of life, concentrating on everyone's search for meaning and the achievement of their life's great purpose, in the areas of faith, family, fun, community service, life-long learning, health and fitness, and building a legacy. Based on the book *Your Life's Great Purpose*. Personally autographed copies are available for a \$20 donation to Turning Pages, an adult literacy tutoring program. *Jerry Bellune is an author, award-winning reporter and editor, co-owner of Lexington Publishing Co, Inc., publishers of the Lexington County Chronicle & The Dispatch News and The Lake Murray Fish Wrapper, and Board Vice Chairman of the Turning Pages adult literacy tutoring program.*

14. Doodle Art - Room MC0013 - This is a class to excite the hidden artist in all of us! Come and explore the many ways to create amazing designs with just a few varied lines. See how to break apart complex designs into simplified steps. Use your new found drawing skills to decorate fabric, paper (think personalized cards/ bookmarks) with ink or fibers. Each week we will concentrate on one family of designs then finish with putting them all together. There will be a \$5.00 charge for supplies. *Leslie Mullins, Artist and Quilter, Instructor.*



9- Quilting A Disappearing Nine Patch Lap Quilt- Room MC004 -Continued from 11:30 am

15-Wired: Computers for the Boomers and Beyond --During this class you will learn about Genealogy, using and checking out books on tablets and E-readers, using the online Library catalog, General Database Resources, Investment Resources – online and print and Reader's Advisory (books and authors). Information will also be provided on the Adult Summer Reading Initiative called GROUNDBREAKING READS –books—programs—prizes --fun! ****Please note: This class is limited to six (6) participants.*** To reserve your space call **Pat Smith at the Lexington County Library at 785-2614** and indicate that you are a *Shepherd Center member*. Special Note: This class will begin at 1:30 pm and will take place at the Lexington County Main Library on Highway #1.



16 -Computer Skills for the Terrified- Room MC101 in the Telikin Computer Lab - Learn on Telikin computers that are specially designed for older adults, sight impaired or computer-phobic people. Operating this machine is simple and easy. You'll learn about video chat, photo sharing, email, internet searching and many more popular features that are part of a sleek, touchscreen device. **Limited to only six** students per class, however the identical class is offered at all three time periods. *David Marshall, Instructor.* **To reserve your space call Carol Ryall at 803-359-6838, ext. 110, no later than April 17.**

Please leave a message, if no answer.

April 25 - June 13, 2013

Ways to Volunteer or Sponsor

In order to develop and implement our focused programs of lifelong learning, service outreach and other special programs we need the involvement of a wide array of talented volunteers and generous donors who understand and value the significant benefits offered by The Shepherd's Center of Lexington. Contributions to The Shepherd's Center of Lexington are tax-deductible. All contributing sponsors will be listed in perpetuity on the "Donors/Sponsors" page of our website, www.SCLex.org unless otherwise requested or revised by The Shepherd's Center of Lexington Board of Directors.

Share Your Love of Learning! We are looking for volunteers interested in teaching lifelong learning courses. If you have special expertise and skills you want to share with others, please let us know. Our Fall Session will run **September 26, 2013 through October 31, 2013**. The Winter Session after that will run **January 23 through February 27, 2014**. Please contact the Lifelong Learning Chair: **Kay Mitchell, 803.359.2888** (email: classes@sclex.org) We would love to have you!

Looking for Volunteers to Help With Service Outreach: Our plan is to recruit, vet and train dedicated volunteers who are willing to offer services, especially for home bound elderly. Our Service Outreach Component will include:

1. Transportation to medical appointments; stops for prescriptions to be purchased will be included when possible. When we have enough volunteer drivers, we will offer transportation for grocery shopping.
2. Companionship visits and contacts, e.g., personal visits to the client's home, reassurance calls just to check on client, phone calls or cards for special occasions, hospital visits if client is hospitalized, etc.
3. Minor home repairs and maintenance, e.g., replacement of batteries in smoke alarms, replacement of filters or light bulbs, minor plumbing repairs, etc. We don't plan to offer yard services unless we eventually have cross-generational projects with high school students who need community service experience.

In addition to Service Outreach volunteers, we also need volunteers to help with the Adventures In Learning Operations. We are in need of volunteers to set-up and clean-up the Morning Goodies, to bake or donate Morning Goodies, to assist with Morning Class Registration, to assist with set-up and clean-up of Lunch. Since this is predominately a volunteer organization, we do truly need and appreciate *all* of our volunteers! If you wish to participate in our service outreach program, please contact Carol Ryall, at 803-359-6838, ext. 110 (email: programming@sclex.org.)

Please Be Patient! The Shepherd's Center of Lexington has only been organized for a few months, so we might still experience a few glitches here and there. If you have suggestions and constructive feedback to share, please contact Peter Balsamo at 803-520-6605 (email: chair@sclex.org) or Carol Ryall, at 803-359-6838, ext. 110 (email: programming@sclex.org)

Walk In Participants are **WELCOME to register at any time, as long as there is space** in a class. However, *several* classes are limited in size, so *we encourage you to register early*, to ensure getting in the classes you want. Lunch will probably not be available for walk-ins, but you are welcome to bring your own lunch and enjoy our luncheon programs. A microwave and refrigerator are available for your use.



Brochure Design & Desktop Publishing Provided Compliments of:
Earth Available Realty, Inc., Exclusively Buyers' Agents
www.EarthAvailable.com

J. Hugh Ryall, BIC 803 513 5642 or 5643 Carol A Ryall, Broker

9:00AM - Registration, Coffee & Breakfast Goodies, 9:30 AM Morning Session for Everyone - Different Interesting	10:30 AM Classes	11:30 AM Classes	12:30 PM Lunch Lunch Sponsored By:	1:30 PM Classes
<p> April 25, Victor Hirth, M.D. - “The Future of Geriatric Care” ***** </p> <p> May 2, Scott Adams, J.D. - “How Lexington Connects the World - The Prysmian Story” ***** </p> <p> May 9, Daniela B. Friedman, Ph.D. - “I Just Want to be Sharp for the Rest of my Life; What’s Good for our Hearts, Good for Our Brains” ***** </p> <p> May 16, The Honorable Randy Halfacre, Mayor, Lexington, S.C. - “The Vision Plan for the Town of Lexington” ***** </p> <p> May 23 - Scott Middleton - “Parent Talk: The Nine Conversations to Have with Your Aging Loved Ones.” ***** </p> <p> May 30, David Stallard, MD - “Science and the Bible” ***** </p> <p> June 6, Debra E. Krotish, Ph.D. - “SeniorSMART” ***** </p> <p> June 13, The Honorable Glenn McConnell, Lt. Governor, State of South Carolina - “The Many Faces of Aging in SC” </p>	Room MC007 1. Plan Today to Protect Tomorrow Crescent Financial Group, Gary Deese	Room MC007 7. Revelation Revealed- David Stallard, M.D.	April 25, Villages at South Lake Turkey, Bacon & Avocado Wrap Pasta Salad Fruit Brownie	Room MC007 13. Your Life's Great Purpose Jerry Bellune
	Room MC003 2. Caring for the Caregiver – Ambra McQuinn, Paul Truesdale, & Dawn Waters	Gymnasium 8. Tai Chi, Bob Brookshire, Ph.D.	May 2, Synergy Adult Care Spaghetti Salad Bread Dessert	Room MC013 14. Doodle Art Leslie Mullins
	Room MC004 3. What’s Happening Now? Current Events Michele Osier, MLS	Room MC004 9. Quilting a Disappearing Nine Patch Lap Quilt Continues at 1:30 Audrey Liddle	May 9, Morningside Assisted Living Chicken Salad wraps Pasta Salad Fruit Cookies	Room MC004 9. Continued from 11:30 Quilting a Disappear- ing Nine Patch Lap Quilt Audrey Liddle
	Room MC005 4. Overview of Lexington County Sheriff’s Department Operations – Sgt. Diane Paavel, Lexing- ton County Sheriff’s Dept.	Room MC005 10. Essentials of Gardening Susan Johnston, Master Gardener	May 16, DayBreak/ HeartStrings Hospice Deli Sandwiches Fruit Salad Chips Dessert	Room MC004 9. Continued from 11:30 Quilting a Disappear- ing Nine Patch Lap Quilt Audrey Liddle
	Room MC005 4. Overview of Lexington County Sheriff’s Department Operations – Sgt. Diane Paavel, Lexing- ton County Sheriff’s Dept.	Room MC005 10. Essentials of Gardening Susan Johnston, Master Gardener	May 23, DeepWood Estates Ham and Cheese Sandwiches Chips Dessert	15. Wired:Computers for Boomers and Be- yond - Lexington County Library 5440 Augusta Road
	Room MC013 5. Community Spanish Grace Parks	Room MC003 11.Technology In Our Lives: Current Issues & Future Trends Mike Ward	May 30, BeWell/ Lutheran Hospice To be Announced	
	Room MC013 5. Community Spanish Grace Parks	Room MC003 11.Technology In Our Lives: Current Issues & Future Trends Mike Ward	June 6, Oakleaf Village Assisted Living Spaghetti Salad Bread Dessert	
	Room MC101 6. Computer Skills for the Terrified, using Telikin Computers, Computer Lab at LUMC - Betty Fortin & Terri Swindler	Room MC101 12. Computer Skills for the Terrified, using Telikin Computers, Computer Lab at LUMC Michele Osier, MLS & Kathleen LLOYd	May 23, DeepWood Estates Ham and Cheese Sandwiches Chips Dessert	
	Room MC101 6. Computer Skills for the Terrified, using Telikin Computers, Computer Lab at LUMC - Betty Fortin & Terri Swindler	Room MC101 12. Computer Skills for the Terrified, using Telikin Computers, Computer Lab at LUMC Michele Osier, MLS & Kathleen LLOYd	May 30, BeWell/ Lutheran Hospice To be Announced	
	Room MC101 6. Computer Skills for the Terrified, using Telikin Computers, Computer Lab at LUMC - Betty Fortin & Terri Swindler	Room MC101 12. Computer Skills for the Terrified, using Telikin Computers, Computer Lab at LUMC Michele Osier, MLS & Kathleen LLOYd	June 6, Oakleaf Village Assisted Living Spaghetti Salad Bread Dessert	
	Room MC101 6. Computer Skills for the Terrified, using Telikin Computers, Computer Lab at LUMC - Betty Fortin & Terri Swindler	Room MC101 12. Computer Skills for the Terrified, using Telikin Computers, Computer Lab at LUMC Michele Osier, MLS & Kathleen LLOYd	June 13, Tri-County Hospice, Home Health, HELP Chic-Fil-A Sandwich Chips Fruit Cup Brownie	Room MC101 16. Computer Skills for the Terrified, using Telikin Computers, Computer Lab at LUMC David Marshall

Registration Form for Shepherd's Center of Lexington Winter Session: April 25, through June 13, 2013

How to Register: The registration fee is only \$25 per person for the entire Spring Session. This entitles you to the full day's schedule. If possible, we ask that you register and pay in advance of **Thursday, April 18, 2013**. Please make your check payable to: **Shepherd's Center of Lexington**, mail to return address on this brochure or you can drop it off at Lexington United Methodist Church .

Cell Phone: _____

Please Print:

Name :_____ **Home Phone:**_____

LAST

FIRST

Middle Initial

Mailing Address_____

Religion_____

Denomination

City

State

Zip

E-Mail: _____

Your Faith Congregation

Emergency Contact: _____

Name

Local Phone #

Suggestions for Life Long Learning Courses and/or Instructors:_____

ALL CLASSES ARE HELD AT LEXINGTON UNITED METHODIST CHURCH, 309 EAST MAIN STREET, LEXINGTON, SC

Your Registration Fee entitles you to participate in the Morning General Session and any of the classes offered. **If you wish to partake of the provided lunches, they must be reserved for the entire session and paid for with your registration.** *(You are welcome to bring your own lunch and enjoy the lunch program as well.) The provided lunch is **limited to the first 60** to register.*

Spring Registration Fee **\$ 25.00**_____

Lunch Fees \$ 16.00_____

Total Enclosed \$ 41.00 per person for the entire 8 weeks including lunch

OR \$ 25.00 per person for the entire 8 weeks without lunch

Please make checks payable to Shepherd's Center of Lexington.

Please Mail Registration Form To:

*Shepherd's Center of Lexington,
c/o Lexington United Methodist Church,
309 East Main Street, Lexington, SC 29072*



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

Visit our WEBSITE -
www.SCLex.org

Page 8

WHO IS THE SHEPHERD'S CENTER LEADERSHIP?



We have programs to
exercise your mind,
body and spirit...to help
you keep growing
better as well as older.

BOARD OF DIRECTORS

Peter P. Balsamo, Ph.D., Chair
Retired Higher Education Administrator

Darlene Schlichte, Vice Chair
Real Estate Professional

Vacant, Treasurer

Meredith Scott, Secretary
BeWell Home Services and Lutheran Hospice

Robert Ackerman, Ph. D.
Martin James Mullaney, R. Ph.
Joyce Romero
Terri Swindler

Rev. Ruth Arant
Kay Mitchell
Gina McCuen
Janet Haladay

Daniel Lehman
Dave Smith
Jay Martin
Sammie Brown

Our programs are interesting, challenging and fun!
Don't Miss Out! *Register Today!!*



Printed material furnished compliments of
Simplified Office Systems,
Dave Gordon, 917-5489
Thank You !!