



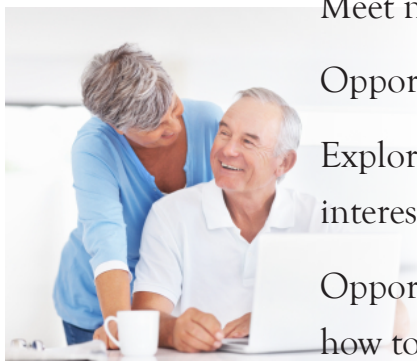
Adventures In Learning Winter 2014

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 in the community 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

Booklet sponsored by:

SAFEMONEY
RETIREMENT

Rob Mendenall
1345 Garner Lane
Suite 101-B
Columbia, SC 29210
803-386-1365
Fax: 803-251-9008

Providing real life solutions for your retirement

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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.

Volunteers

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

- Contributions to The Shepherd's Center of Lexington are tax deductible.
- All contributing sponsors will be listed on the "Donors / Sponsors" page of our website, www.SCLex.org.

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 Spring Session will run April 10 through May 15, 2014. Please contact the Lifelong Learning Chair: Kay Mitchell, 803.359.6838 ext 110 (email: classes@sclex.org) We would love to have you!

Looking for Place to Connect with Others!

- Volunteers are needed in all areas of operation to help The Shepherd's Center of Lexington run efficiently.
- Since this is a volunteer organization, we do truly need and appreciate all of our volunteers!
- If you wish to volunteer with the Adventures in Learning program, please contact Ruth Arant, at 803-447-0494 (email: volunteer@sclex.org.)

Winter 2014 Class Descriptions

Every Thursday ~ January 23 - February 27

American Civil War, The

Robert K. Ackerman, Ph.D., retired college president and professor

The American Civil War will be a concise treatment of the causes of the war, the significant events leading to the Union victory, Southern defect and the enduring results.

Arthritis Foundation Exercise Program

Instructor to be Determined

A gentle exercise designed to reduce pain and stiffness, improve mobility, and increase muscle strength. It will meet on Thursday at 10:30 am and on Tuesday at 1:30 pm at the Shepherd Center.

A United Kingdom?

John Mackintosh

You will gain an understanding of how England, Scotland, Wales and Ireland forged the United Kingdom. Also the creation of the Republic of Ireland and vote on Scottish independence in 2014.

Computers for Beginners

Patricia Smith, MLS, Librarian with the Lexington County Public Library System

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. Limited to 9 students.

Community Spanish

Grace Parks, Columbia International University Graduate

Focus on learning to understand and respond in Spanish. This course includes: Speaking; Listening; and Cross-Cultural Issues. The required textbook, costs \$25. Limited to 10 students.

Basic Line Dancing

Christy Fins

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

Declutter Your Home

Roni Klemick, Owner of AAA Movers

Discuss ways to de-clutter after we learn why we “collect things” and can’t seem to part with them. De-cluttering made easy and why it’s so important especially in our later years. TV personality Paul Brown, of Auction King, will be a guest presenter.

End of Life Issues

Susan Johnston RN,MSN, coordinator

This class will help provide answers surrounding death. (Health Care Power of Attorney, Dual Power of Attorney, Role of Executor; Probate; Hospice /respite care; Burial/Cremation; and Surviving Spouse Skills)

Exploring the World of Antiques and Collectibles

Judy Anderson and Joann Morton - The Carolina Sampler

Following a general overview of the nature of antiques and collectibles. Class topics to include furniture, linens, quilts, art, silver, metals, glass, ceramics and pottery.

Heart Health Education

Cheryl Stevenson, Community Outreach Providence Hospitals

This class will focus on risk factors, treatment, and symptoms of heart disease, relationship of diabetes and heart disease, high-blood pressure warning signs, diet and heart disease, exercise and heart disease.

Learn to Play Bridge

Chris Nelson

Have you always wanted to play bridge, but never has a chance to learn? Join Chris Nelson for an introductory class for students who want to learn basics of bridge. Limited to 16 students.

Learn to Crochet

Susan James, Manager of The Needler

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 scan of worsted weight yarn. Limited to 6.

Music Appreciation

Charles Gatch, Ed, D.

A brief study of music including the elements of music, music history, styles, musical instruments, listening skills, and applied opportunities. Please include notes on your music background with registration form.

Plenary Session Speakers

January 23 - Renee Dooley, Major Gifts Development Officer
LMC Foundation

“The Three Components of Exercise”

January 30 - Janet Haladay, Clinical Liaison
Still Hopes Retirement Community

“What Does a Hospital “Observation” Mean to You?”

February 6 - James Metts, Ed.D., Sheriff
Lexington County Sheriff’s Department

“About the Lexington County Sheriff’s Department”

February 13 - Steve Parrott, CSA, Owner
Retire Ease Senior Services

“Seniors and Drivers”

February 20 - Mary Louise Resch, Director of Development
South Carolina Lions Foundation

“Work of SC Lions Foundation”

February 27 - Jimmy Richardson, Funeral Director
Thompson Funeral Home

“Advanced Planning for End of Life”

2014 Winter Session Snack Sponsor:



Lunch Speakers and Menus

January 23 - **Oakleaf Village**

Menu: Spaghetti, Salad, Garlic Bread, Dessert

January 30 - **DayBreak & HeartStrings Hospice**

Menu: Baked Potato Bar, Salad, Dessert

February 6 - **Village at South Lake**

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

February 13 - **RetireEase & Senior Express**

Menu: Spaghetti, Salad, French Bread

February 20 - **Morningside Assisted Living**

Menu: Hoagie Sandwich, Cream of Broccoli Soup, Grapes, Crackers, Cookies

February 27 - **Agape Senior**

Menu: Chicken Salad & Club Wraps and Croissants, Pasta Salad, Fruit Salad, Cookies, & (Un)Sweet Tea



Read, Think, Talk!

Barbara Kasper, Lexington Main Library Reference Staff

During classes 2-5 the moderator will monitor the discussion of two or three books. The last class will include a wrap up and plan for next session.

Redefining Yourself After 50+

Alysia Kehoe

We'll give you answers on how to Re-Define Yourself, Refresh Your Life, Redirect your discovered passions you so you can use your Skills/Passions/Interests in volunteering or PT or FT work.

Safety in a Digital World

Mike Ward, Co-Owner of Vivnium, LLC

It's important to be safe while using technology and how to stay safe when it is not being used. We will cover the threats, how to identify and verify them, and how to protect yourself from these threats.

Springtime in the Garden

Robin Cassady, Coordinator and Master Gardener Contact

This class will enhance, refine, refresh gardening skills and knowledge. Covered are bulbs, propagation, pruning, antique roses, care of the southern lawn and gardening for the birds.

Tai Chi

Licia Wu, accredited by the Taoist Tai Chi Society of the USA.

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.

Welcome to Medicare

Shelia Bell-Ford, I-Care/SMP Coordinator, Central Midlands COG

This class will provide basic information on Medicare, changes to Medicare under the Affordable Care Act, advice on purchasing Medicare Supplemental Plans and Medicare Part D Drug Plans.

Witness of The Rock, The

Dr. David Stallard

Peter will illustrate what it means to be an authentic and effective Disciple for Christ as revealed in John Mark's Gospel. Members of the class will be challenged to be "Fishers of People" for Christ.

Winter 2014 Schedule



9:00 AM - Registration, Coffee & Breakfast Goodies

9:30 AM Morning Session	10:30 AM Classes	11:30 AM Classes	12:30 Lunch	1:30 PM Classes
<p>Many speakers planned during the winter session.</p> <p>Please see page 9 for a detailed list.</p>	The American Civil War Robert Ackerman, Ph. D	The Witness of the Rock Dr. David Stallard	<p>Many speakers planned during the winter session.</p> <p>Please see page 8 for a detailed list.</p>	Basic Line Dancing Christy Fins
	Welcome to Medicare Sheila Bell-Ford	Learn to Play Bridge Chris Nelson (limit 10)		Heart Health Education Cheryl Stevenson
	Springtime in the Garden Robin Cassady	Computers for Beginners Patricia Smith, MLS (limit 9)		Declutter Your Home Roni Klemick
	Safety in a Digital World Mike Ward	Learn to Crochet Susan James (limit 6)		The United Kingdom John Mackintosh
	Arthritis Foundation Exercise Program	Tai Chi Licia Wu		Redefining Yourself after 50+ Alysia Kehoe
	Exploring the World of Antiques and Collectibles Judy Anderson & Joann Morton	End of Life Issues Susan Johnston, RN, MSN		Read, Think, Talk! Book Discussion Barbara Kasper
	Community Spanish Grace Parks (limit 10)			Music Appreciation Charles Gatch Ed, D.