

 **shepherd'scenter**  
OF LEXINGTON  
**ADVENTURES IN LEARNING**  
c/o Lexington United Methodist Church  
309 East Main Street  
Lexington, SC 29072

Non - Profit  
U.S. Postage  
PAID  
Lexington, SC  
Permit #49

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# Adventures In Learning Winter 2016

*Come Learn With Us*

Each Thursday Starting January 28, 2016  
And Continuing Until March 3, 2016

803-359-6838 Ext. 110  
[www.sclex.org](http://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 6 weeks

Bring a friend for a one day free trial

More subjects than ever before

Outstanding, experienced instructors

## Board of Directors

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Teresa Player

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.

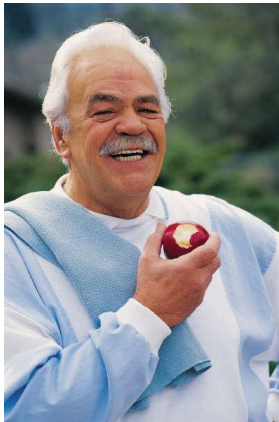
## Leading the Way

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.

SCA is operating 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](http://www.shepherdcenters.org).



## News and Updates

What an AMAZING turnout! We would like to thank all of the volunteers and participants that made the 2015 Fall AIL Session the largest we've had since we started in Winter 2013. This last session was the 9th and the largest with over 140 in attendance. Way to go Shepherd's Center of Lexington!

In March we're hosting breakfast for pastors of local congregations who minister to senior adults. We're focused on growing our relationships with local churches to help us reach more in the community.

We would like to put out a special call for anyone that's interested in volunteering in our office. We would like to have more volunteers trained to help us with the day-to-day operations. Please see Kay Mitchell or Mike Ward, if interested.

## 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](mailto:chair@sclex.org) or 803-359-6838 ext 110) if you're interested in serving.

office help (most needed)  
helping people find their classes  
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

### **Feb. 18 – Fall Prevention**

*Ben McCarter*

Join Ben as he discusses falls in the senior population by highlighting the risks associated with the long-lie times (lying on the floor after a fall). He will also discuss some of the different factors that can lead to falls and how to reduce those factors. Risks associated with medications and falls will be used to generate an open discussion.

### **Feb. 25 - Aging in Place**

*Steve Parrott*

This class will discuss the 6 common stages of the aging process and some of the challenges many seniors are not fully prepared to meet. Aging in Place is a practical, individual approach to solving these common challenges to enjoy a fuller, more rewarding life through the various stages of growing older. There will be several tips that can help create a successful formula to make this journey less of a burden for you and your support team. We will laugh and learn together.

### **Mar. 3 – Life of General of the Armies**

**John J. “Black Jack” Pershing**

*Dane Coffman*

The life of General Pershing will be described, including how he came into the military during the Indian Wars and came to leadership before the Great War (WWI) - the war to end all wars. Some WWI artifacts will be displayed.



**Zumba Gold**

*Janice Shull, Authorized Zumba Gold Instructor*

Want the fun of Zumba but at a slower pace and lower intensity? Enjoy the same Latin music and styles of dance: salsa, cha-cha, rock & roll, meringue, etc. Classes geared toward senior adults but open to all ages. **Students should wear tennis shoes.**

### **Potpourri of Classes**

*Multiple Instructors*

Enjoy a medley of classes through this offering. These one-day-only offerings allow you to experience even more:

#### **Jan. 28 – Back Care Basics – The Super Senior Edition!**

*Sarah Parks*

Join Ms. Parks as she reviews the structure of your back, and how to keep your back safe during everyday activities - safe and pain free.

#### **Feb. 4 – Things You Might Not Know about Sherlock Holmes**

*Phil Dematteis, Ph.D.*

Everybody knows Mr. Holmes, the world's most famous fictional character. But a lot of what most people think they know about him comes from stage plays, movies, and radio and television shows and is not to be found in the original four novels and fifty-six short stories written by his creator, Sir Arthur Conan Doyle. We'll look at a few of those things, as well as at some of the enormous amount of mock-scholarly research that has grown up around the stories.

#### **Feb. 11 – Advance Directives – What You Need to Know!**

*Teresa S. Player*

What happens if you are no longer able to make your own healthcare decisions? Please join us as we learn about advance directives and why they are so important to have in place. We will discuss both the Healthcare Power of Attorney and Living Will and see how these documents differ from a will and durable power of attorney.

## Lunches

### **January 28 - Oakleaf Village**

Menu: Spaghetti & Meat Sauce, Garlic Bread,  
House Salad w/ Ranch, Dessert

Presentation by Peter Buttress

"Chase gets a Pen Pal"

### **February 4 - DayBreak / Senior Express Transportation**

Menu: Soup & Salad, Dessert

Presentation by James Oliver

"Protecting Families, Finances and Your Future from  
Identity Theft"

### **February 11- Village at South Lake**

Menu: Chicken Salad Croissant, Fruit Salad,  
Pasta Salad, Brownie

Presentation by Steve and Edie McFaddin

"A Musical Presentation"

### **February 18 - Caughman-Harman Funeral Home**

Menu: Lasagna, Salad, Bread, Dessert

Presentation by Jordyn Brown

"Adapted Telephones"

### **February 25 - Morningside Assisted Living**

Menu: Spaghetti & Meat Sauce, Garlic Bread,  
House Salad w/ Ranch, Dessert

Presentation by Xian Wu

"Robots Helping Seniors"

### **March 3 - Compassionate Care Hospice**

Menu: Baked Potato, Salad, Dessert

Presentation by Pat McNeely

"Lincoln, Sherman, Davis and Lost Confederate Gold"



# Class Schedule

## Morning - 10:00am Class Offerings

- \*A Consideration of Franklin Delano Roosevelt
- \*Beginning Painting: Watercolor
- \*Beginning Scrapbooking
- \*Electronics - What You Need to Know!
- \*Exploring the World of Antiques and Collectibles
- \*Learn to Play Bridge
- \*Let's Make an Easter Runner - Intermediate Quilting
- \*Let's Talk About Arthritis!

## Morning - 11:00am Class Offerings

- \*Brain Fitness II
- \*Great Decisions 2016
- \*Knitting for Beginners
- \*Learn to Play Bridge (continued)
- \*Lincoln, Sherman, Davis & Lost Confederate Gold
- \*Personal Computers for Beginners
- \*Tai Chi

## Afternoon - 1:15pm Class Offerings

- \*Introduction to Genealogy
- \*Learn to Use Your iPad
- \*Let's Get Real: A Genuine Relationship with Jesus
- \*Life Reimagined
- \*The Winston Churchill You May Not Know
- \*Zumba Gold
- \*Potpourri Offerings
  - Advance Directives: What You Need to Know!
  - Aging in Place
  - Fall Prevention
  - Life of General of the Armies John J. "Black Jack" Pershing
  - The Back Care Basics: The Super Senior Edition!
  - Things You May Not Know About Sherlock Holmes

## Lincoln, Sherman, Davis and the Lost Confederate Gold

*Pat McNeely*

This class will cover the assassination of President Lincoln, the flight of Jefferson Davis and accusations that General Sherman accepted bribes that are forever ensnarled with the Lost Confederate Gold in the last days of the Civil War.

## Personal 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 6 students.**

## Tai Chi

*Robin Anderson*

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 Winston Churchill You May Not Know

*John D. Mackintosh*

Best known as leader of wartime Britain against Hitler, Winston Churchill had a very full life that stretched from the Boer War, World War I, numerous cabinet posts, his time in Parliament and his immense output as an author. We will explore these lesser-known aspects of his life and times.

### **Let's Get Real: A Genuine Relationship with Jesus**

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

Have you found your relationship with God to be routine, mundane, or distant? Are you seeking more happiness, purpose, & direction in your life? You are cordially invited to this non-denominational class that seeks to reveal God's Biblical Truths and provide practical ways to help transform you into a genuine & joyful Follower of Jesus Christ.

### **Let's Make an Easter Runner – Intermediate Beginner Quilting**

*Audrey Liddle*

Learn to use triangle cutting tools and make a pretty spring table runner. You will need a rotary cutter and mat, portable sewing machine, fabric, thread, scissors and straight pins. Fabric requirements will be discussed during the first class.

**Limited to 8 students.**

### **Let's Talk About Arthritis!**

*Artur Rand, M.D.*

This class will provide an introduction to various types of arthritis such as rheumatoid, osteoarthritis, osteoporosis, and lupus. Time will be spent on how to prepare for a doctor's office visit and management of arthritis.

### **"Life Reimagined"**

*Alysia Kehoe, M.S.*

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 rediscover gifts, consider options, get specific about the possibilities that lie ahead and discover hidden talents and skills.

Life Reimagined 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!

## **Winter 2016 Class Descriptions**

**Every Thursday ~ January 28 - March 3**

### **A Consideration of Franklin Delano Roosevelt**

*Robert Ackerman, Ph.D.*

This class will provide a survey of the life and significance of President Franklin Roosevelt.

### **Beginning Painting: Watercolor**

*Barbara Bush*

Students will learn the use of brushes, paint, and paper to create a work of art. We will plan to complete one painting by the end of the six-week session. Students will be given a supply list at the first class. The cost for supplies will be approximately \$20. **Limited to 10 students.**

### **Beginning Scrapbooking**

*Judie Eaves*

In this class, you will learn the common design elements for creating a layout, buying supplies, finding inspiration, and "how to" do basic techniques, including stamping/embossing, die-cutting, and journaling. By the end of six weeks, you will have a good start on your scrapbook! A supply list will be given at the first session. There will be a small charge for some supplies that will be due at the first session. (8x8 scrapbook, papers, etc.). **Limited to 10 students.**

### **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. **Class Requirement: Students must have taken Brain Fitness I.**

### **Electronics: What You Need to Know!**

*Mike Ward*

Electronics have you "befuzzled"? This class will cover the lingo you need to know when it comes to electronics. Learn what you need to know about buying and using phones, tablets and even computers. This class will be part lecture and part open discussion to help answer those questions that you have lingering. You'll walk away from this class with a better understanding of today's electronics and how they can be used in your life.

### **Exploring the World of Antiques and Collectibles**

*Judy C. Anderson and Joann B. Morton*

Following a general overview of the nature of antiques and collectibles, each subsequent class will focus on a specific category of antiques and collectibles. These will include, but are not limited to, furniture, linens, quilts, art, silver, metals, glass, ceramics and pottery. Other categories may be added based upon the interests of the participants.

### **Great Decisions 2016**

*CWO4 (SS/SW) Thomas E. Paige, USN Ret*

Discussion on a new topic each week will be based on the Great Decisions 2016 Series by the Foreign Policy Association. The 6 topics are: Middle East, The Rise of ISIS, The Future of Kurdistan, Migration, The Koreas and Cuba and the U.S.

## Winter 2016 Class Descriptions (cont.)

### **Introduction to Genealogy**

*Boone Chambers*

This is a beginning class - no prior knowledge required. You will learn to plan and research your search in person and in online settings. You are encouraged to bring laptops or iPads, but these are not required.

### **Knitting for Beginners**

*Mo Reese*

Beginning knitters will learn how to knit a pair of slippers. A list of supplies needed will be given during the first session and will cost less than \$10. **Limited to 12 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 handheld 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 need to bring their own iPad. **Limited to 9 students.**

2016 Winter  
Snack Sponsor:





## 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:    \$ \_\_\_\_\_

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: \$ \_\_\_\_\_

## Winter 2016 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.

**Lunch 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? \_\_\_\_\_

### Optional:

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
	Beginning Scrapbooking**		Tai Chi		Zumba Gold
	Learn to Play Bridge**				
	Exploring the World of Antiques and Collectibles		Personal Computers for Beginners**		The Winston Churchill You May Not Know
	Beg. Painting: Watercolor**		Brain Fitness II		Learn to Use Your iPad**
	Let's Make an Easter Runner ** Intermediate Beginner Quilting		Lincoln, Sherman, Davis & Lost Confederate Gold		Life Reimagined
	Let's Talk About Arthritis		Knitting for Beginners**		Potpourri of Classes
	Electronics - Need to Know!		Great Decisions 2016		Let's Get Real: A Genuine Relationship with Jesus
	A Consideration of Franklin Delano Roosevelt				

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

Fee Information and Donation form on back