



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

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shepherd's center
OF LEXINGTON



Adventures In Learning Spring 2016

Come Learn With Us

Each Thursday, Starting April 14, 2016
Continuing Until May 19, 2016

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 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

Tom Paige

Dave Smith

Nancy Lipski

Daisy Harman

Sammie Brown

Joyce Romero

Jay Martin

Teresa Player

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.

Spring 2016 Sponsors



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.

- distribution of brochures
- 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

Lunches

April 14 - Oakleaf Village

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

April 21 - Morningside Assisted Living

Menu: Fettuccini Alfredo, Garlic Bread,
House Salad w/Ranch, Dessert

**April 28 - DayBreak Adult Care Service and
Compassionate Care Hospice**

Menu: Soup, Salad, Dessert

May 5 - Village at South Lake

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

**May 12 - RetireEase and Senior Express
Transportation Services**

Menu: Taco Soup, Salad, Cake

May 19 - Caughman-Harman Funeral Home

Menu: Lasagna, Garlic Toast, Salad

Spring 2016 Sponsors



T H O M P S O N

COMMUNITY CARE

"Providing healing experiences for our community."



Compassionate Care

Hospice

Committed to Quality of Life



MORNINGSIDE
OF LEXINGTON

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.**

Spring 2016 Sponsors



CRESCENT
FINANCIAL GROUP

The logo for "Caring Man In A Van" features a red heart outline with a red ribbon tied around it. To the right of the heart, the words "Caring Man" are written in a large, red, serif font, and "In A Van" is written below it in a smaller, red, serif font. A registered trademark symbol (®) is located to the upper right of "Man".
Caring Man[®]
In A Van



Caughman-Harmon Funeral Homes

Lexington

Chapin

West Columbia

803-359-6118

803-345-8818

803-755-3527

www.caughmanharmonfuneralhome.net

Lunchtime Presentations

April 14 - **Bob Swanson and The Last Chance**
“Bluegrass Musical Presentation”

April 21 - **Kay Mitchell**
“Fall 2016 Adventures in Learning”

April 28 - **Robert Healy**
“Human Sexual Trafficking in the Midlands”
Lighthouse for Life

May 5 - **William DiMaggio**
“Historical Character Re-enactment - Civil War”

May 12 - **Dr. Ed Beardsley**
“FDR Historical Drama”

May 19 - **Beverly Brandt**
“Retired Senior Volunteer Program, Senior Resources”

Class Schedule

Morning - 10:00am Class Offerings

- *Basic Line Dancing
- *Great Decisions 2016
- *Intermediate “How to Use Your iPad”
- *Learn to Play Bridge - Part 1
- *Mindfulness Meditations for Stress Reduction
- *Overwhelming Mess of Gunk
- *Painting Class - Crayon Batiks

Morning - 11:00am Class Offerings

- *Knitting for Beginners
- *Learn to Play Bridge - Part 2
- *Life Steps
- *Read, Think, Talk! Book Discussion
- *The Citadel and South Carolina in the Civil War
- *Tai Chi
- *What’s Happening Now? Current Events

Afternoon - 1:15pm Class Offerings

- *An Introduction to Astronomy
- *Beginning Online Genealogy
- *Intermediate Computers
- *Mars vs Venus - Contrasting Health/Life Issues and Topics
- *The History of Lexington County
- *Zumba Gold

****Small groups will be held in the gym from 2:30-4:30 for:**
-Bridge -Scrapbooking -Knitting

You will learn a short set of tai chi movements along with exercises that improve mobility, flexibility, and balance.

The Citadel and South Carolina in the Civil War

Gary R. Baker

This class will focus on the role of the South Carolina Military Academy (The Citadel), military actions and sites in Lexington and South Carolina, and State personalities during the Civil War.

The History of Lexington County

J.R. Fennell

This class will focus on the history of Lexington County including how it relates to the history of SC and the nation. Students will learn about the county's part in the Civil War, the fascinating role superstition and the belief in ghosts and witches played in 18th and 19th century Lexington County, and about the historic homes and sites in Lexington.

What's Happening Now? Current Events

Dr. Albert Jabs

Come share your perspective with others in a stimulating discussion of current events. Each week, participants will be asked to read several articles in the Lexington County Chronicle and The State Newspaper. The class discussion will endeavor to encourage balanced discussion from various viewpoints. Dr. Jabs will be able to give local and global perspective to the discussion.

Overwhelming Mess of Gunk! (De-Cluttering and Organization)

Ben Welch

This session is based on delving into some of the things that hold us back from being able to enjoy the living space around us - namely, all of the things that we've collected over the years. Please arrive with an open mind and be prepared to answer some tough questions from within! Whether simple organization, decluttering, downsizing, clean up or clean out; there will be something to learn for everyone. Bring your thinking cap and a sense of humor.

Painting Class - Crayon Batiks

Hank Kuhlmann

Join Hank for an adventure into painting melted crayons onto muslin. Each student will complete an 8x10 Crayon Batik painting which will be mounted on a canvas and ready to hang. No painting or drawing experience is needed. Students can choose from about 10-15 different stained glass pattern guides. A materials cost of \$10 will be due to the instructor at first class.

Limited to 6 students.

Read, Think, Talk! Book Discussion

Barbara Kasper

The first book title (to be determined) will be selected by the Librarian. A total of 2 to 3 titles will be discussed over the course of 6 weeks. The last class may consist of some genre information that may be of help in personal book selection.

Limited to 8 students.

Tai Chi

Licia Wu

Learn about and experience tai chi for relaxation and enhanced health.

Spring 2016 Class Descriptions

Every Thursday ~ April 14 - May 19

An Introduction to Astronomy

Dr. Dan Overcash

In this class you will discover the stars that make the night sky shine and will learn how to identify neighboring planets and primary constellations, as well as gain a better understanding of space exploration. Dr. Overcash encourages participants to get out and enjoy the night sky, and weather permitting, will invite participants to join him looking through telescopes. The final class may include a trip to the observatory room at the State Museum.

Basic Line Dancing

Jackie Kutz & Linda Mabry

This class will cover the basic techniques of line dancing. Enjoy dancing your way to better health while having fun.

Beginning Online Genealogy

Boone Chambers

This is a beginning class - no prior knowledge required. You will learn to plan and research in person and in online settings. You are encouraged to bring laptops or iPads, but these are not required. Participants are also encouraged to bring a 3-ring binder organizing their family history. **Limited to 24 students.**

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.

Intermediate Computers

Patricia Smith, MLS

Participants will be instructed on how to set up an email account. Additional topics covered will include: Facebook basics; services available on the Library's website including downloadable books; Health and Travel Resources. **Limited to 9 students.**

Intermediate "How to Use Your iPad"

Brenda Maxwell

The Intermediate iPad class is for those who know the basics of using their iPad. We will explore in depth how to personalize settings and use the best apps for communication, organizing appointments, tracking health, and sharpening our minds. Students should bring their own Apple iPads and earphones. Each student must be comfortable with using their Apple ID username and password. **Limited to 9 students.**

Knitting for Beginners

Mo Reese

Beginning knitters will learn how to knit a dishcloth, after which the knitter will be able to knit lots of items. A list of supplies will be given during the first session and will cost approximately \$10 to \$15. **Limited to 10 students.**

Spring 2016 Class Descriptions (cont.)

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.**

Life Steps

Mary Beth Lamey, LISW-CP

Life Steps workshops provide information and practical tips on a range of topics that affect men and women who have experienced a recent loss. Topics include physical and emotional wellness, home and personal safety, financial transition and budgeting, healthy cooking and nutrition, legal considerations for the future and re-engaging socially after a loss.

Mars vs Venus – Contrasting Health/Life Issues and Topics

Erin Clark, CNA, CCT, Community Liaison, Brook Healthcare

In Mars vs. Venus, we will be discussing different health related topics and how they compare and contrast between the sexes. There will be humor mixed in and a lot of valuable health information.

Mindfulness Meditations for Stress Reduction

David Killman

This class will cover mindfulness meditation, including mindfulness of mind, body and feeling tones.

2016 Spring
Snack Sponsor:



AGAPÉ SENIOR

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 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
Basic Line Dancing	Tai Chi	Zumba Gold
Learn to Play Bridge (limit 10)		The History of Lexington County
Great Decisions 2016	The Citadel and South Carolina in the Civil War	Mars vs Venus - Contrasting Health/Life Issues and Topics
Overwhelming Mess of Gunk!		
Mindfulness Meditations for Stress Reduction	Life Steps	An Introduction to Astronomy
Painting Class - Crayon Batiks (limit 6)	Read, Think, Talk! Book Discussion (limit 8)	Beginning Online Genealogy (limit 24)
Intermediate “How to Use Your iPad” (limit 9)	Knitting for Beginners (limit 10)	Intermediate Computers (limit 9)
	What’s Happening Now?	

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