



# Adventures In Learning Winter 2017

*Come Learn With Us!*

Each Thursday starting January 26th  
and continuing until March 2nd

803-359-6838 ext. 110  
[www.sclex.org](http://www.sclex.org)

# About The Shepherd's Center of Lexington



A wide variety of interesting classes

- Skills Classes
- Health Classes
- Recreation Classes
- Computer Classes

- Meet new and interesting people
- Find opportunities to volunteer
- Explore new skills and develop new interests
- Discover how to develop strategies to handle change
- Make new connections and enrich established friendships
- Outstanding, experienced instructors
- Only \$25 for six weeks
- Bring a friend for a one-day free trial

# Class Schedule

## Morning – 10:00am Class Offerings

- Art studio - self-directed
- Beginning Crochet
- General Sherman's Atrocities
- Learn to Play Bridge - part 1
- Learn to Use your Apple iPad
- Line Dancing
- Our State Parks
- TED Talks
- Welcome to Medicare & Social Security

## Morning – 11:00am Class Offerings

- Art studio - self-directed
- Gentle Yoga
- Great Decisions 2017
- Learn to Play Bridge – part 2
- Personal Computers for Beginners
- Quilting for Beginners - part 1
- Read, Think, Talk! Book Discussion
- SharpFit Brain
- Traveling through SC History

## Afternoon – 1:15pm Class Offerings

- A New Government: the 115<sup>th</sup> Congress & 45<sup>th</sup> President
- Crafter-noon: Crafting in the Afternoon
- History of Lexington County
- Life Reimagined
- Overwhelming Mess of Gunk
- Quilting for Beginners - part 2
- The Centennial History of WW I
- Zumba Gold

# Lunches and Snacks

## **January 26 - Oakleaf Village**

Menu: Spaghetti, Salad, Bread, Dessert

## **February 2 - DayBreak Adult Care Services and Senior Express Transportation Services**

Menu: Taco Soup, Salad, Dessert

## **February 9 - Lutheran Homes of South Carolina**

Menu: Grilled Chicken Sandwich, Side, Dessert

## **February 16 - Colonial Gardens**

Menu: Quiche, Salad, Dessert

## **February 23 - Morningside Assisted Living**

Menu: Mini Meatloaf with Gravy, Rice, Vegetables,  
Dinner Roll, Dessert

## **March 2 - Caughman-Harman Funeral Home**

Menu: Lasagna, Garlic Toast, Salad, Dessert

### **Snack Sponsor:**

### **The Columbia Presbyterian Retirement Community**

Asbury Hall – each morning beginning at 9:00am

# Lunchtime Presentations

## **January 26 – Captain Brian Haley**

Fire Safety in the Home

## **February 2 – Allen Mohn, Jr. & John McCullough**

Echoes of the '40s

## **February 9 – Charles M. Black, Jr.**

Legal Documents You Need!

## **February 16 – Pat McNeely**

Eyewitnesses to General Sherman's Atrocities

## **February 23 – Rev. Ken Owens**

Stories from Behind the Pulpit

## **March 2 – Veronica Williams**

Services of the Commission for the Blind



# Winter 2017 Class Descriptions

**Every Thursday – January 26th – March 2nd**

**10:00 am - 10:50 am Classes**

## **Art studio - self-directed**

Participants are invited to bring their own art supplies to work in the medium of their choice and enjoy the company of other artists while practicing their craft. **Limited to 8.**

## **Beginning Crochet**

**Sandra McCravy**

Beginning crochet skills to make a scarf. Each student should bring light color worsted weight yarn and H hook. **Limited to 8 students.**

## **General Sherman's Atrocities...and the Burning of Columbia**

**Pat McNeely, Professor Emerita, USC**

Privately held letters written by General Sherman along with eyewitness accounts provide significant new insight into Sherman's personal life. Documentation of the atrocities committed by his troops during his campaign through Georgia and the Carolinas... and the burning of Columbia will also be covered.

## **Learn to Play Bridge - part 1**

**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 Apple iPad**

**Brenda Maxwell**

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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 device, and a platform for apps. To use your iPad, you need to know about its buttons and controls and how to use the multi-touch display. Participants must bring their own Apple iPads. **Limited to 9 students.**

## **Line Dancing**

**Jackie Kutz**

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This class will cover the basic techniques of line dancing. Enjoy dancing your way to better health while having fun. Participants need to wear shoes that slide and won't stick to the floor surface.

## **Our State Parks**

**Paul McCormack, SCPPRT, Sandhills Regional Chief**

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State Parks represent what is best about South Carolina, with properties protecting the natural and cultural diversity that makes our state great. Come and learn about all of the resources available for you to explore and meet some of the people who will share some of the wonders they get to see every day. Use the classroom experience to decide what your next adventure will be!!!

## **TED Talks**

**Bob Hardee**

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Winter with TED (Technology, Entertainment, Design) will feature an exploration into six new areas that have not been presented before. TED Talks are thought-provoking video presentations provided by experts from around the world. We will watch a 20-minute video and then have a class discussion. *(continued on the next page)*

Areas of interest and investigation currently on tap will include: Transportation, Health, World Hunger, Artificial Intelligence, Water and Space Exploration. Come join the discussion.

## **Welcome to Medicare & Social Security**

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.

11:00 am - 11:50 am Classes

## **Art studio - self-directed**

Participants are invited to bring their own art supplies to work in the medium of their choice and enjoy the company of other artists while practicing their craft. **Limited to 8.**

## **Gentle Yoga - Chair Yoga with Standing Balance Poses**

Melissa Crook, RTY-200

Guided gentle seated yoga with some standing balance work, beside a chair. Wear loose comfortable clothing and be prepared to remove socks and shoes. Optional equipment - a yoga mat may be preferred to stand on during standing exercises but is not required.

## **Great Decisions 2017**

CW04 (SS/W) Thomas E. Paige, USN

Discussion on a new topic each week will be based on the Great Decisions 2017 Series by the Foreign Policy Association. The topics are: The Future of Europe; Conflict in the South China Sea; Saudi Arabia in Transition; U.S. Foreign Policy and Petroleum; Prospects for Afghanistan and Pakistan; and Nuclear Security.

## 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 \*\*\*

\*\*\* Lunches cannot be taken out of the Shepherd's Center \*\*\*

## Donations:

Donation Amount:    ☐ \$3.00    ☐ \$53.00  
                                 ☐ \$28.00    ☐ Other: \$ \_\_\_\_\_

Donation Note: \_\_\_\_\_

Total Enclosed: \_\_\_\_\_

☐ I wish to apply for a scholarship.  
Amount: \$ \_\_\_\_\_

# Winter 2017 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.**

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? \_\_\_\_\_

**Please mark your first and second choices in each time session by “1” and “2”.**

	<b>10am Classes</b>		<b>11:00am Classes</b>		<b>1:15pm Classes</b>
	Art studio – self-directed (limit 8)		Art Studio – self-directed (limit 8)		A New Government: the 115 <sup>th</sup> Congress and 45 <sup>th</sup> President
	Beginning Crochet (limit 8)		Gentle Yoga		Crafter-noon: Crafting in the Afternoon (limit 10)
	General Sherman's Atrocities		Great Decisions 2017		History of Lexington County
	Learn to Play Bridge (limit 10)				Life Reimagined (limit 12)
	Learn to Use Your Apple iPad (limit 9)		Personal Computers for Beginners (limit 6)		Overwhelming Mess of Gunk
	Line Dancing		Quilting for Beginners (limit 8)		
	Our State Parks		Read, Think, Talk! Book Discussion (limit 12)		The Centennial History of WWI
	TED Talks		SharpFit Brain (limit 20)		Zumba Gold
	Welcome to Medicare & Social Security		Traveling through SC History		

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

Make checks payable to Shepherd's Center of Lexington.

Mail Registration Form to: **Shepherd's Center of Lexington**  
309 East Main Street, Lexington, SC 29072

**Optional:**

Religion: \_\_\_\_\_ Denomination \_\_\_\_\_ Your Faith Congregation / Church \_\_\_\_\_

**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 2017 Class Descriptions (cont.)

## **Learn to Play Bridge - part 2 (continued from 10:00)**

**Chris Nelson**

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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.**

## **Personal Computers for Beginners**

**Pat Smith, MLS, Assistant Branch Librarian,  
Lexington County**

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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.**

## **Quilting for Beginners - part 1**

**Audrey Liddle, Former Owner of Pieces and Patches**

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If you have ever wondered how to make a quilt from start to finish, this is the right class for you. We will make a lap-sized quilt top. You must own a sewing machine and know how to operate it. Supplies and materials needed will be discussed in the first class. Sewing machines will not be needed in first class. The cost for materials will be extra. **Limited to 8 students.**

## **Read, Think, Talk! Book Discussion**

**Barbara Kasper, Lexington County Library Reference Staff**

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The first book title (to be determined) will be selected by the instructor. A total of two to three titles will be discussed over  
*(continued on the next page)*

the course of six weeks. The last class will consist of some genre information that may help in personal book selection. **Limited to 12 students.**

## **SharpFit Brain**

**Marsha Clayman, Marketing Director, Colonial Gardens**

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This class offers a new approach for self-assessing current brain fitness and identifies the most relevant methods to preserve and enhance brain function. Whether your goal is to enhance memory, ward off Alzheimer's disease, or simply improve mental focus, the **SharpBrains Guide** shows you exactly how to "use it or lose it." **Limited to 20 students.**

## **Traveling through SC History**

**Jerry Bellune, Founding Lexington County Chronicle Editor**

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Lexington County Chronicle Editor Emeritus Jerry Bellune and his family have spent a lot of time in Charleston, Camden, Kings Mountain, Ninety six and other historic sites of the American Revolution and the War for Southern Independence. In this class, you will discover the historic moments that happened there and details about visiting the sites.

**1:15 pm - 2:05 pm Classes**

## **A New Government: the 115<sup>th</sup> Congress and 45<sup>th</sup> President**

**Donald King, Former Professor of Political Science and Sociology**

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2016 demonstrated a sharply divided country: politically, economically, socially, and culturally. In 2017, the U.S. has both a new Congress and new President. Together they must move beyond the paralyzing partisanship of the past to build a governing consensus to address pressing unresolved issues: what, when, and how?

## **Crafter-noon: Crafting in the Afternoon**

Marie Jefferies, Reference Coordinator,  
Lexington County Library

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Participants will get an introduction to decoupage, stenciling and paper craft. All supplies provided. \$15.00 supply fee due to instructor at first class. **Limited to 10 students.**

## **History of Lexington County**

JR Fennell, Director of the Lexington County Museum

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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 the 18<sup>th</sup> and 19<sup>th</sup> century Lexington County, and about the historic homes and sites in Lexington.

## **Life Reimagined**

Alysia Kehoe, Certified Life Coach

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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. **Limited to 12 students.**

## **Overwhelming Mess of Gunk**

Ben Welch, IV, Owner, Angel Transition Services, LLC

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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 willing to answer some tough questions from within! Whether simple organization,  
*(continued on next page)*

decluttering, downsizing, clean up or clean out; there will be something to learn for everyone.

## **Quilting for Beginners - part 2**

**(continued from 11:00)**

**Audrey Liddle, Former Owner of Pieces and Patches**

---

If you have ever wondered how to make a quilt from start to finish, this is the right class for you. We will make a lap-sized quilt top. You must own a sewing machine and know how to operate it. Supplies and materials needed will be discussed in the first class. Sewing machines will not be needed in first class. The cost for materials will be extra. **Limited to 8 students.**

## **The Centennial History of WW I**

**Bob Ackerman, Ph.D.,**

**Retired Professor and College President**

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This class will provide a survey of the causes, main events and consequences of World War I.

## **Zumba Gold**

**Janice Shull,**

**Authorized Zumba Gold & Zumba Basic Instructor**

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**ZUMBA®**  
**gold**

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 and roll, meringue, etc. Classes are geared toward senior adults but open to all ages. **Students should wear tennis shoes.**

# Winter 2017 Sponsors

COLONIAL GARDENS  
ALZHEIMER'S SPECIAL CARE CENTER



Caughman-Harman Funeral Homes



**Lutheran Homes**  
of South Carolina

*promoting the well-being of older adults*

# Winter 2017 Sponsors



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### Special thanks to



**Lexington  
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### **LEXINGTON UNITED METHODIST CHURCH**

generously provides the classrooms and other space necessary for the Shepherd's Center of Lexington's programs, for which we are extremely grateful.

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

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