



# Adventures In Learning Winter 2018

*Come Learn With Us!*

Each Thursday starting January 25th  
and continuing until March 1st

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

# About The Shepherd's Center of Lexington



- Meet interesting people.
- Find opportunities to volunteer.
- Explore new skills and develop new interests.

- Enrich established friendships.
- Meet outstanding instructors.
- Bring a friend for a one-day free trial.



- Choose from a wide variety of interesting classes including:
  - Computer Skills
  - Health and Fitness
  - History
  - Crafts and Recreation

**\*\* Only \$25 for six weeks \*\***

# Winter 2018 Class Schedule

## 10:00am Classes

- Basic CPR/AED - Non-Certified Class
- Beginning Bridge - continued at 11:00 am
- Books Everyone Should Enjoy
- Chair Yoga
- Knit and Crochet Studio
- Learn to Use Your Apple iPad
- Meandering Through South Carolina History
- Our State Parks
- The Story Begins-Getting Started with Genealogy

## 11:00am Classes

- A Walk Through the Book of Revelation
- Advanced Beginner Line Dancing
- Beginning Bridge - continued from 10:00 am
- Current Events
- Getting Around Tuit
- Great Decisions 2018
- Personal Computers for Beginners
- Sharppfit Brain
- WWII Main Events

## 1:15pm Classes

- Beginner Line Dancing
- Civil War Battle Sites in South Carolina
- Coulda, Woulda, Shoulda: Your Life, Your Future
- Crafting with Marie
- Creative Writing
- Life Re-Imagined
- Read, Think, Talk! Book Discussion
- The Challenges Facing American Democracy

# Lunches and Snacks

## January 25th

Menu: Spaghetti, Salad, Bread, Dessert



Assisted Living • Dementia Care

A Royal Senior Care Community

## February 1st

Menu: Taco Soup, Chips, Dessert



## February 8th

Menu: Chicken Pot Pie, Salad, Dessert



## February 15th

Menu: Quiche, Salad, Dessert

**COLONIAL GARDENS**  
ALZHEIMER'S SPECIAL CARE CENTER

# Lunches and Snacks

**February 22nd**

Menu: To Be Announced

**MORNINGSIDE  
OF LEXINGTON**

**March 1st**

Menu: Lasagna, Garlic Toast, Salad, Dessert

**Dignity®**  
MEMORIAL

Caughman-Harman Funeral Homes

**Snack Sponsor:**



Asbury Hall – each morning beginning at 9:00am

# Thanks to our Sponsors!

# Lunchtime Presentations

**January 25th – Gib Rogers**

Musical Performance

**February 1st – Grace Fields**

Riverbanks Zoo Then and Now

**February 8th – Karen Patterson**

Driver Safety for Seniors

**February 15th – Becky Starnes**

Minnie Pearl

**February 22nd – Tammy Wolfe, Jimmy O’Cain,  
and Ed McCravy**

The Rockabillies

**March 1st– Rebecca Smith**

South Carolina Silver Haired Legislature



# Winter 2018 Class Descriptions

Every Thursday (January 25<sup>th</sup> – March 1<sup>st</sup> )

10:00am - 10:50am Classes

## **Basic CPR/AED - Non-Certified Class**

Robert W. Crewdson

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This is a non-certification class. Participants will become familiar with the process and proper techniques to be effective in applying CPR, using an AED, and assisting a conscious choking person. Class will consist of lecture, discussion, DVD, and hands on practical application sessions. In the practical application sessions, participants should be able to kneel on the floor for short periods of time. **Limit 20.**

## **Beginning Bridge (continued at 11:00am)**

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. **Limit 10.**

## **Books Everyone Should Enjoy**

Jerry Bellune and Rachel Haynie

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Author and Lexington County Chronicle Editor Emeritus Jerry Bellune believes reading opens the path to a fulfilling life. Life-long learners will be interested in books that he will recommend. Those attending will be encouraged to read the book before each class and join the discussion. The first book will be The New Testament. Read this before the first class.



## **Chair Yoga**

Cindy Smith

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Chair Yoga, a gentle form of yoga, is practiced sitting or standing using a chair for support. This class will emphasize basic movements for total body stretching, improving balance and core strength that will deepen flexibility and increase personal body awareness. Each class will finish with deep breathing techniques and mediation.

## **Knit and Crochet Studio**

Geri Nilsestuen and Sandy McCravy

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Knitting and crochet will be assisted and taught to all levels from beginner to advanced. Students will bring their projects and patterns to work on and get help from the teachers and other students. Emphasis will be on sharing skills and experience among students. Teachers will demonstrate new patterns and stitches weekly. Equipment: pattern for project, crochet hook or knitting needles as needed for project, light colored worsted weight yarn (preferably) as needed for project.

## **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 bells and how to use the multi-touch display. Participants must bring their own Apple iPad. **Limit 9.**



## **Meandering Through South Carolina History**

**Rodger Stroup**

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Dr. Rodger Stroup returns to teach another fascinating South Carolina History Class on topics ranging from Main Themes in South Carolina History to the History of Columbia, Funeral and Mourning Customs, Lost Letters from Civil War Governors and Marrying into a Southern Family. Dr. Stroup never fails to amaze class members with his extensive and riveting knowledge of South Carolina history.

## **Our State Parks**

**Paul J. McCormack**

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South Carolina Department of Parks Recreation & Tourism share what is best about South Carolina, from managing properties that protect the natural and cultural diversity that makes our state great, to highlighting unique tourist destinations. Come and learn about all of the resources available for you to explore our state and meet some of the people who will share some of the wonders of South Carolina. Use the classroom experience to decide what your next adventure will be!!!

## **The Story Begins - Getting Started with Genealogy and Then Bringing It Alive**

**Jackie Kutz and Linda Mabry**

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No matter where you are on the journey to finding your family ~ whether just getting started or further down the road ~ find clues and information that will help locate them and stories about their lives.

## **A Walk Through the Book of Revelation**

David Huffstetler

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We will review each chapter of the Revelation, considering different views of how its contents can be interpreted. Participants are encouraged to bring their Bibles and insights, while discussing this book and its possible connection to the book of Daniel.

## **Advanced Beginner Line Dancing**

Jackie Kutz

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Enjoy dancing your way to better health while having fun. Continue some of the dances you've already learned and learn some new ones. Participants should have some experience and know basic line dancing steps.

## **Beginning Bridge (continued from 10:00am)**

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. **Limit 10.**

## **Current Events**

Michele Osier

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Join fellow Shepherd's Center Members for an informal discussion of current events. Evaluating various media sources will be included. Participants must have an email account. Please bring your internet accessible devices (SmartPhone, Kindle Fire, or laptop) to the first class. **Limit 25.**

## **Getting Around Tuit**

**Ben Welch**

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Getting Around Tuit will explore options and help provide motivation and direction for downsizing and decluttering. Come with your thinking cap, an open mind, a sense of humor and a desire to learn!

## **Great Decisions 2018**

**Thomas E. Paige**

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Discussion on a new topic each week will be based on the Great Decisions 2018 Series by the Foreign Policy Association. The topics are: Russia's Foreign Policy; China and America: The New Geopolitical Equation; Media and Foreign Policy; Turkey: A Partner in Crisis; and U.S. Global Engagement and the Military.

## **Personal Computers for Beginners**

**Patricia Smith**

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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. **Limit 6.**

## **Sharpsfit Brain**

**Marsha Clayman**

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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 Sharp Brains Guide shows you exactly how to "use it or lose it." **Limit 20.**

## **World War II - Main Events**

**Dr. Robert Ackerman**

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This class will provide a review of World War II, its causes, main events and consequences.

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

## **Beginner Line Dancing**

**Jackie Kutz**

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This class will cover the basic techniques of line dancing. Anyone is welcome to join, but this class will be slower and easier and geared towards people who have never line danced before or for whom it has been a long time. Easy and fun. **Limit 25.**

## **Civil War Battle Sites in South Carolina**

**Chuck McCurry and Doug Patterson**

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Chuck McCurry and Doug Patterson will teach a history class on six of the most important battles of the Civil War in South Carolina. They will begin with the Battle of Fort Sumter and end with The Battle of Congaree Creek which was near the present day location of Cayce, SC.

## **Coulda, Woulda, Shoulda: Your Life, Your Future**

**Sandy Olson**

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Back by popular demand, Coulda, Woulda, Shoulda: Your Life, Your Future is an all new class with a variety of topics and speakers designed to help older adults plan for their lives after age 75. Because, if you are 75 and live to be 95, that's 20 years and you need a plan in place to ensure quality of life. Yogi Berra said it best, "If you don't know where you're going, you'll end up somewhere else." Join Sandy Olson as she adds humor while leading us through the steps for planning quality of life after 75.

## **Crafting with Marie**

Marie Jefferies

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Learn crafting with decorative papers. Students will make beads, necklaces, bracelets, baskets and more. Supplies will be provided for a \$5.00 supply fee at the first class. **Limit 15.**

## **Creative Writing**

Joy Strange

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This course will provide an introductory approach to creative writing, including time, manner, and place in fiction. To that end, students will explore real life situations for creative purposes. Instruction will begin on the first day with Kate Chopin's *The Story of an Hour*, followed by a poem by Robert Frost, and culminating with a hymn. Students should bring paper and an implement for writing (pen, pencil, crayon, etc.). The instructor will provide all other materials necessary during class time.

**Limit 16.**

## **Life Re-Imagined**

Aylsia Kehoe

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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 rediscovers gifts, consider options, get specific about the possibilities that lie ahead and discover hidden talents and skills. **Limit 12.**

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

Katrina Koprowicz

The first book title (to be determined) will be selected by the librarian. A total of two to three titles will be discussed over the course of six weeks. The last class will consist of some genre information that may be of help in personal book selection.  
**Limit 12.**

**The Challenges Facing American Democracy**

Donald King

This class will include a presentation and discussion of obstacles and features of the political system that threaten to undermine American democracy (role of money, media, electoral system, balance of powers, PACs, etc.)

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**Retiree Recess and Self-Directed Art Studio**  
will be available all day in Asbury Hall.



## Board of Directors

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### Special thanks to




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



 **shepherd's center**  
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**ADVENTURES IN LEARNING**  
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