



# Adventures In Learning Fall 2018

*Come Learn With Us!*

Each Thursday starting September 27<sup>th</sup>  
and continuing until November 1<sup>st</sup>

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 the entire session \*\***

# Fall 2018 Class Schedule

## 10:00am Classes

- Beginning Bridge (continued at 11:00am)
- Chair Yoga
- Continuing Genealogy
- Current Events
- Gardening Potpourri
- Juan Pardo's Expeditions in the Wateree River Valley
- Knit and Crochet Studio (continued at 11:00am)
- Learn to Use Your Apple iPad
- TED Talks

## 11:00am Classes

- A Walk through Scripture with the Shepherd
- Beginning Bridge (continued from 10:00am)
- Civil War Battle Sites in South Carolina
- Intermediate Line Dancing
- Just Google It!
- Knit and Crochet Studio (continued from 10:00am)
- Life below the Seas - The World of Submarines
- Read, Think, Talk! Book Discussion
- Walk with Ease

## 1:15pm Classes

- American Politics 2018
- Another Opening - Another Show - Part 1
- Beginner Line Dancing
- Crafting with Marie
- Mind, Body, Spirit
- Personalized Medicine
- Write your Life Story

# Lunches and Snacks

## **September 27<sup>th</sup> - Oakleaf Village**

Menu: Spaghetti, Salad, Bread, Dessert

## **October 4<sup>th</sup> - Colonial Gardens**

Menu: Quiche, Salad, Dessert

## **October 11<sup>th</sup> - Wellmore of Lexington**

Menu: Wraps, Pasta Salad, Fruit

## **October 18<sup>th</sup> - Lutheran Homes of SC**

Menu: Chicken Pot Pie, Salad, Dessert

## **October 25<sup>th</sup> - DayBreak Adult Care Services and Senior Express of the Midlands**

Menu: Taco Soup, Chips, Dessert

## **November 1<sup>st</sup> - Caughman-Harman Funeral Home**

Menu: Lasagna, Garlic Toast, Salad

### **Every Week**

Join us in Asbury Hall for coffee and snacks  
each morning beginning at 9:00am.

# Lunchtime Presentations



**September 27<sup>th</sup> - Bill Stangler**  
River Keepers

**October 4<sup>th</sup> - Marian Atria**  
Lake Murray Country

**October 11<sup>th</sup> - Jonathan Manchester**  
Congaree National Park

**October 18<sup>th</sup> - William DiMaggio**  
Historical Character Re-enactment: Civil War

**October 25<sup>th</sup> - Mazen Cotran**  
Musical Presentation

**November 1<sup>st</sup> - Peter Buttress**  
My Experiences in London during World War II

# Fall 2018 Class Descriptions

Every Thursday (September 27<sup>th</sup> – November 1<sup>st</sup>)

10:00am - 10:50am Classes

## **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.**

## **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 meditation.

## **Continuing Genealogy**

Linda Mabry and Jackie Kutz

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We will explore DNA and other topics to help build your family tree. **Limit 24.**

## **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 part of the discussion. Participants must have an email account. *(continued on page 7)*

Please bring your internet accessible devices (SmartPhones, iPads, Kindle Fires or laptops) to each class. **Limit 15.**

## **Gardening Potpourri**

### **Lexington County Master Gardeners**

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Master Gardeners of Lexington will present a potpourri of classes with a different topic each week. Subjects to be explored are: Heat and Drought Resistant Plants, Shade Gardening, Deer Resistant Gardening, Color in the Winter Garden, Winter Vegetable Gardening, and Holiday Plants.

## **Juan Pardo's Expeditions in the Wateree River Valley**

### **Dean Hunt**

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Juan Pardo was a Spanish explorer and conquistador. In 1567, he led a Spanish expedition in the Carolinas. He explored the Wateree River Valley and established forts in both North and South Carolina. He built the village of Santa Elena in present day Parris Island. He founded Fort San Juan at Joara, the first European settlement in NC.

## **Knit and Crochet Studio (continued at 11:00am)**

### **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? To use your iPad, you need to know about its buttons and bells and how to use the multi-touch display. You will learn how to change settings, how to check out and read public library books using a free app, and how to use Siri. If you have an Apple ID, bring your username and password. If not, we will create one for you. Participants must bring their own Apple iPad. **Limit 10.**

## **TED Talks**

**Bob Hardee**

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TED (Technology, Entertainment, Design) Talks are thought-provoking presentations provided by some of the best experts from around the world. We will watch a short video and then have a class discussion. Areas of interest and investigation currently on tap will include: Transportation, Health, World Hunger, Artificial Intelligence, Water, and Space Exploration. Come join the discussion.

**11:00am - 11:50am Classes**

## **A Walk through Scripture with the Shepherd as He looks at His Sheep**

**Dr. James E. Quick**

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We will be looking at the bible at what it has to say about the Shepherd and Sheep. The class will need their bibles and something to take notes.



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

Chris Nelson

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See Beginning Bridge class description from 10:00am.

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

Chuck McCurry and Doug Patterson

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This history class will focus on six of the most important battles of the Civil War in South Carolina, beginning with the Battle of Fort Sumter and ending with The Battle of Congaree Creek, near the present day location of Cayce.

## **Intermediate 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.

## **Just Google It!**

Brenda Maxwell

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Everyone has heard the phrase, "Just Google it," but do you know how to do an effective Google search, use Google Chrome, Gmail, Google Drive, Google Earth, or Google Maps? Participants will need to bring a laptop, iPad/tablet, or smart phone that connects to wi-fi. Google products work on Microsoft and Apple electronic devices. **Limit 10.**

## **Knit and Crochet Studio (continued from 10:00am)**

Geri Nilsestuen and Sandy McCravy

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See Knit and Crochet Studio class description from 10:00am.

## Life below the Seas - The World of Submarines

Tom Paige

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What's life like below the seven seas? Explore the history and technology of submarines, purpose of missions, how they operate and what daily life is like for those who serve on submarines.

## Read Think Talk! Book Discussion

Katrina Koprowicz

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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.**

## Walk with Ease

Brooke Brittain

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The Arthritis Foundation Walk with Ease Program is a physical activity and self-management education program led by Registered Dietitians. This is a multi-component program that includes walking, health education, stretching and strengthening exercises, and motivational strategies. Participants receive a Walk with Ease book, water bottle, pedometer, Healthy Heart and Soul recipe book, nutrition manual, MyPlate placemat, measuring spoon, recipe cards, tip sheets, etc. **Limit 16.**



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

### **American Politics 2018: MidTerm Elections, Money, Media, Mueller**

Donald King

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This class will examine major current events in Fall 2018 – Congressional elections, role of Media/Money, Mueller investigation, etc. (civic education, video clips, and discussion.)

### **Another Opening - Another Show - Part 1**

Arnold Breman

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Retired Impresario and author of “Laughter in the Wings,” Arnold Breman takes his class on an entertaining and historical 100-year tour of American Musical Theater. From Cole Porter to Rogers and Hammerstein, Florenz Ziegfeld to George M. Cohan, Fanny Brice to Ethel Merman, and “Showboat to Guys and Dolls.” We travel up through the century to Andrew Lloyd Weber. Musical Theater is the greatest distinctly American contribution to the world of theater. Through narrative, pictures and videos of some the great musicals of the 20th century the class is brought to appreciate Irving Berlin’s famous show tune, “There’s No Business like Show Business.”

### **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 20.**

**Crafting with Marie**

Marie Jefferies

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Learn a new craft using a variety of mediums. Students will use fabric, buttons, paper and other materials to make decorative objects. Supplies will be provided for a \$5.00 supply fee at the first class. **Limit 15.**

**Mind, Body, Spirit**

Kay MacInnis, Registered Dietician

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This class will help you to learn more about how to balance mind, body and spirit for a healthier lifestyle.

**Personalized Medicine**

Dr. Artur Rand

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This class will cover Personalized Medicine (medicine customized to individual) and will include the following topics: what is it; how is it applied; what are the challenges; and medical ethics (informal consent, conflict of interest, futility, right to health.)

**Write your Life Story**

Lauren Anderson

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Write Your Life Story is the opportunity to share meaningful moments of your life. During the course of our meetings, students will learn the basics of memoir writing and storytelling while engaging in reflective writing activities. Students will need a writing utensil and paper or notebook.



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

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### Special thanks to



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

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