



Adventures In Learning Winter 2019

Come Learn With Us!

Each Thursday starting January 24th
and continuing until February 28th

803-359-6838 ext. 110
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 ****

Winter 2019 Class Schedule

10:00am Classes

- Art Studio - Self-Directed
- Chair Yoga
- Just Google It!
- Knit and Crochet Studio
- Scotland and Some Great Scots
- SharpFit Brains
- Technology Potpourri
- Travel: Know Before You Go
- Walking through the Bible as we Move From Worry to Worship - **CANCELLED**

11:00am Classes

- Art Studio - Self-Directed
- Apple iPhone Basics
- Getting A Round Tuit
- Great Decisions 2019
- Intermediate Line Dancing
- Knit and Crochet Studio (con't from 10:00)
- Read Think Talk! Book Discussion
- A Study of Abraham Lincoln
- A Walk through the Book of Revelation

1:15pm Classes

- Art Studio - Self-Directed
- American Politics 2019
- Beginner Line Dancing
- Crafting with Marie
- The History of Lexington County
- Mind, Body, Spirit
- Reinventing Yourself
- Walk with Ease

Lunches and Snacks

January 24th - Oakleaf Village

Menu: Spaghetti, Salad, Bread, Dessert

January 31st - Colonial Gardens

Menu: Quiche, Salad, Dessert

February 7th - Wellmore of Lexington

Menu: Wraps, Pasta Salad, Fruit

February 14th - DayBreak Adult Care Services and Senior Express of the Midlands

Menu: Taco Soup, Chips, Dessert

February 21st - Lutheran Homes of SC

Menu: Chicken Pot Pie, Salad, Dessert

February 28th - 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

**January 24th - An Overview of Shepherd's Center
of Lexington**

Kay Mitchell

January 31st - Congaree National Park

Jonathan Manchester

February 7th - AARP Agenda for Seniors in 2019

Teresa Arnold

February 14th - Laughter in the Wings

Arnold Breman

**February 21st - Native Americans in the War
Between the States**

DC Locke

February 28th - Gold Star Fathers

Hamp Caughman



Winter 2019 Class Descriptions

Every Thursday (January 24th – February 28th)

10:00am - 10:50am 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.

Chair Yoga

Cindy Smith

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.

Just Google It!

Brenda Maxwell

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 at 11:00am)

Sandy McCravy

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 teacher and other students. Emphasis will be on sharing skills and experience among students. Teacher 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.

Scotland and Some Great Scots

John Mackintosh

Join John Mackintosh as he visits Scotland and some of its history, using the lives of Great Scots to illustrate themes and eras of the nation's past. Get to know the real William Wallace of the movie Braveheart, Robert the Bruce, Mary Queen of Scots and John Knox. If time permits we will also take a brief look at the lives of two famous Scottish writers—the poet Robert Burns and Sir Walter Scott.

SharpFit Brains: Optimizing your Brain's Health & Performance

Marsha Clayman

The SharpBrains Guide offers a groundbreaking new approach for self-assessing current brain fitness needs and identifying the most relevant and evidence-based methods to preserve and enhance brain function throughout life. Whether your goal is to become more resilient, enhance memory, ward off Alzheimer's disease, or simply improve mental focus to perform better at work, this how-to guide shows you exactly how to “use it or lose it.” **Limit 20.**

Technology Potpourri

Lauren Anderson

Grab your smart phone, tablet or laptop and join us for an overview and demonstration of some of the most popular social media platforms: “FaceBook,” “Instagram,” “Pinterest,” and others. Please download these three apps to your device before the first class. We regret we cannot offer individual instruction. **Limit 15.**

Travel: Know Before You Go

Judy and Dick Hitt

This class will provide an introduction to traveling, vacationing by train in the U.S., ocean and river cruising, RV/camping travel, Air B&Bs, world travel and Italy.

Walking through the Bible as we Move from Worry to Worship - *CANCELLED*

Dr. James E. Quick

For this class please bring your Bible to look how it teaches us about Worry and how we can move from Worry to Worship.



Art Studio - Self-Directed

See Art Studio class description from 10am.

Apple iPhone Basics

Brenda Maxwell

Is your smart phone outsmarting you? Learn the basics of using your iPhone. If you have an Apple ID, make sure you know your username and password before the first class. If you do not have an Apple ID we will create one for you in class. Participants must have and bring their Apple iPhone to participate in this class.

Limit 10.

Getting A Round Tuit

Ben Welch

It's that time of year again - time to start thinking about getting ready to formulate a desire to declutter and move forward!! Come with an open mind, a sense of humor and a willingness to learn!

Great Decisions 2019

Tom Paige

Discussion on a new topic each week will be based on the Great Decisions 2019 Series by the Foreign Policy Association. The topics are: Refugees and Global Migration, The Middle East: Regional Disorder, Nuclear Negotiations, The Rise of Populism in Europe, Decoding U.S.-China Trade, and Cyber Conflict and Geopolitics.

Intermediate Line Dancing **Mandy Radin and Barbara Harpe**

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. **Limit 40.**

Knit and Crochet Studio (continued from 11:00am) **Sandy McCravy**

See Knit and Crochet Studio class description from 10am.

Read Think Talk! Book Discussion **Katrina Koprowicz**

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.**

A Study of Abraham Lincoln **Dr. Bob Ackerman**

This class will provide a review of the life of Abraham Lincoln.

A Walk through the Book of Revelation **David Huffstetler**

We will review each chapter of 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.

Art Studio - Self-Directed

See Art Studio class description from 10am.

American Politics 2019

Donald King

This class will examine major current events in American politics: a new congress, special prosecutor's report, and exploratory presidential campaign committees.

Beginner Line Dancing

Mandy Radin and Barbara Harpe

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 30.**

Crafting with Marie

Marie Jefferies

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.**

The History of Lexington County

JR Fennell

This class will focus on the history of Lexington County from the colonial period until the twentieth century. Attendees will learn about the Germanic heritage of the county and the artifacts made and used by Lexington County residents in the 18th and 19th centuries.

Mind, Body, Spirit

Kay MacInnis

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

Reinventing Yourself

Alysia Kehoe

Have you ever wondered how to ‘reinvent’ yourself and be ready for your future? We’ll give you answers on how to ‘reinvent’ your Skills, Values, Personality Traits and Interests and how to look at your Passion, Health, and Finances by developing a Life Plan for your future: perhaps it includes volunteering, PT work, and how you pass your ‘wisdom’ on to the other generations around you.

Walk with Ease

Brooke Brittain

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 30.**

Our Sponsors

COLONIAL GARDENS
ALZHEIMER'S SPECIAL CARE CENTER



Dignity®
MEMORIAL

CAUGHMAN-HARMAN FUNERAL HOME

LAKESIDE
PLACE
Assisted Living and Memory Care



MCLEOD HOME CARE
ENHANCED SENIOR CARE



Oakleaf Village

of Lexington



Assisted Living • Dementia Care

A Royal Senior Care Community



Quality Care in Your Home

making a difference every day



Board of Directors

Kay Mitchell, Chair
Vicky Caldwell, Secretary
Susan Mitton
Ruth Arant
Nancy Lipski
Jay Martin

Tom Paige, Vice Chair
Joyce Romero, Secretary
Dave Smith
Daisy Harman
Michelle Brown-Richardson
Marsha Clayman

Special thanks to



**Lexington
Printing, LLC**

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.

Photography courtesy of Tom Paige.



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

Current Resident Or

Place label here