



# Adventures In Learning Fall 2019

## Come Learn With Us!

Each Thursday starting September 26<sup>th</sup>  
and continuing until October 31<sup>st</sup>

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

# About The Shepherd's Center of Lexington

The Shepherd's Center of Lexington believes that retirement opens a door to a new chapter of life - a life in which we contribute to society, learn new skills, make friends, find ways to serve others and take care of ourselves, and get connected in fresh ways within our community.

Like other Shepherd's Centers around the country, we are nonprofit and non-denominational, and we partner with all faiths representing the diversity of our community. We share a common mission to empower older adults to participate in lifelong learning opportunities and to use their wisdom and skills to benefit others.

The Shepherd's Center of Lexington is located in the heart of Lexington at the Lexington United Methodist Church, 309 East Main Street, Lexington, SC. The church generously provides the space necessary for our programs and we are extremely grateful.

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# Fall 2019 Class Schedule

## 10:00am Classes

- Acrylic Abstract Painting – continues at 11:00
- Card Making 101
- Chair Yoga
- Enjoying the Garden
- Filling in the Blanks in the Bible: The Book of Jasher
- Getting a Round Tuit
- Just Google It!
- Knit and Crochet Studio
- TED talks

## 11:00am Classes

- Acrylic Abstract Painting – continued from 10:00
- Apple iPhone Basics
- Classic Cars
- Intermediate Line Dancing
- Knit and Crochet Studio
- Mastering the Art of Aging Well
- Read, Think, Talk! Book Discussion
- SC Confederate Officers
- Spanish Conversation

## 1:15pm Classes

- Altered Photo Book
- Astronomical Adventures
- Beginner Line Dancing
- Beginning Acrylic Abstract Painting
- Historic Structures of Lexington County
- It's Your Health. Take Charge!
- Modern Medical Topics
- Mr. Sullivan's Really Big Show - part 1
- Technology Potpourri

# Lunches and Programs

## **September 26<sup>th</sup>**

Meal Sponsor: Oakleaf Village  
Menu: Spaghetti, Salad, Bread, Dessert  
Program: "Welcome Back to Shepherd's Center"

## **October 3<sup>rd</sup>**

Meal Sponsor: Colonial Gardens  
Menu: Quiche, Salad, Dessert  
Program: "Looking Ahead!"

## **October 10<sup>th</sup>**

Meal Sponsor: Wellmore  
Menu: Wraps, Pasta Salad, Fruit  
Program: "What's New at Woodley's Garden Center"

## **October 17<sup>th</sup>**

Meal Sponsor: Lutheran Services  
Menu: Chicken Pot Pie, Salad, Dessert  
Program: "Village Square Theatre: Broadway in your own Backyard"

## **October 24<sup>th</sup>**

Meal Sponsors: DayBreak Adult Care Services and Senior Express of the Midlands  
Menu: Taco Soup, Chips, Dessert  
Program: "Recycling in Lexington County"

## **October 31<sup>st</sup>**

Meal Sponsor: Caughman-Harman Funeral Home  
Menu: Lasagna, Garlic Toast, Salad  
Program: "Halloween Party"

# Fall 2019 Class Descriptions

Every Thursday (September 26<sup>th</sup> – October 31<sup>st</sup>)

10:00am - 10:50am Classes

## Acrylic Abstract Painting (cont. at 11:00)

Julie Larkin

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Learn the varied uses of acrylics and the methods of abstract painting. We will focus on color and pouring. Materials list: Color wheel, artist quality acrylics (Liquitex) in a variety of colors, brushes: flats 2", 1", and ½", rounds ½" and ¼", synthetic watercolor brushes, Gesso, acrylic gel medium, acrylic gloss medium, 2 water containers, fine spray bottle, paper towels, palette knife, palette (can be paper plate.) You may use canvases, canvas boards, or watercolor paper pads. There are also acrylic paper pads available. If you are unable to get these items, please just bring what you have. **Limit 12.**

## Card Making 101

Judie Eaves

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Aspects of working with design, inks, stamps, layering, and die-cutting are some of the techniques that will be explored. This is an interactive, creative, hands-on class. Note this class begins October 3rd. A supply list will be provided at that time. Please bring scissors, pencil and glue. **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  
*(continued on page 6)*

## **Chair Yoga**

**Cindy Smith**

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*(continued from page 5)*

strength that will deepen flexibility and increase personal body awareness. Each class will finish with deep breathing techniques and meditation.

## **Enjoying the Garden**

**Jackie Corley & Lexington Co. Master Gardener Volunteers**

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Enjoying the garden and having fun will be the emphasis of this class. There will be informative presentations with varying topics including Native ferns, Hellebores (Lenten Roses), Herbs, Gardening for the Birds and Fun in the Garden.

## **Filling in the Blanks in the Bible - The Book of Jasher**

**David Huffstetler**

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Why did King Nimrod try to kill Abraham as a baby? How did Cain die? Did Adam's clothes have magic powers? The Book of Jasher, also called The Book of the Upright, is not part of the Bible canon, but it is mentioned twice in the Bible as a reference source. Solomon tells stories that add to, and bring new light to, those told in the Old Testament. Attendees are encouraged to bring their Bibles and an open mind.

## **Getting a Round Tuit**

**Ben Welch**

**Angel Transition Services**

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

## **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 & Crochet Studio**

**Sandy McCravy & Geri Nilsestuen**

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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, other students, and guest speakers. Emphasis will be on sharing skills and experience. New patterns and stitches will be shown weekly. Equipment: pattern for project, crochet hook or knitting needles as needed for project, light colored worsted weight yarn (preferably) as needed for project.

## **TED Talks**

**Robert 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: Astronomy, Our Changing Climate, Health, Transportation, Demand and Need for Water, and one yet to be determined. Come join the discussion.

## **Acrylic Abstract Painting (cont. from 10:00)**

Julie Larkin

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See Acrylic class description from 10am.

## **Apple iPhone Basics**

Brenda Maxwell

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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.**

## **Classic Cars**

David Howard

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We will be discussing antique cars, hot rods, muscle cars, rat rods, restomods, and other classic cars. Each week different car enthusiasts will talk about their experiences.

## **Intermediate Line Dancing**

Mary Radin & Barbara Harpe

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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.

## **Knit & Crochet Studio**

Sandy McCravy & Geri Nilsestuen

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See Knit & Crochet Studio class description from 10am.

## **Mastering the Art of Aging Well**

Sandy Olson

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There is an art to aging well and it is all about celebrating encore years with verve and vitality - breaking barriers, breaking the mold, and changing attitudes! In this class we will pursue a variety of topics about staying active, engaged, and productive. We will challenge negative perceptions of aging by changing hearts and minds to see it as a natural process rather than a contagious disease. We will discuss ways to change the face of aging so that older adults are seen as vibrant, dynamic, and resilient. Class members will be challenged to have the imagination to see the possibilities and the energy to seize the opportunities. It is all about making the rest of our years the best of our years.

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

Katrina Koprowicz

Lexington County Library

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A total of two to three titles will be discussed over the course of six weeks. The last class will include genre information that may be of help in personal book selection. **Limit 12.**

## **SC Confederate Officers**

Chuck McCurry & Doug Patterson

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This class will focus on SC Confederate officers, their lives and Civil War exploits. We will be discussing Wade Hampton, DH Hill, Arthur Manigault, Nathan Evans, and Micah Jenkins.

## **Spanish Conversation**

Cindy Hall

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The goal of this class is to offer the opportunity to speak extemporaneously in Spanish. It is for advanced beginner, *(continued on page 14)*

## Spanish Conversation

Cindy Hall

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*(continued from page 13)*

intermediate, and advanced Spanish students. The class will be conversational and conducted entirely in Spanish. Discussions will center on various topics of interest, current articles in Spanish, vocabulary and phrases and other suggestions of the participants. The class will be geared toward those who enjoy conversing (or at least attempting to converse!) entirely in Spanish, including questions, explanations, definitions, etc.

1:15pm - 2:05pm Classes

## Altered Photo Book

Lee Ann Alexander

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An altered book is a form of mixed media artwork that changes a book from its original form into a different form altering its appearance and/or meaning. The artist takes a book (the older the better) and cuts, tears, glues, folds, paints, collages, stamps, etc. the pages. Pockets may be added to hold tags, additional photos, and ephemera. We will create an altered photo book. You may choose to bring a collection of photos from a recent vacation, special occasion, or just misc. photos of family. This mixed media format is very simple and is a perfect way to recycle old books and turn them into treasures! Bring a collection of photos, a pair of scissors, and additional ephemera (example: if you bring photos of a recent vacation, you could also bring your airline tickets, baggage tag, brochure from a museum, napkin from a restaurant, etc.) \$5 fee payable to instructor at first class. **Limit 10.**

## **Astronomical Adventures**

**Bob Carroll**

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We will have six adventures in astronomy, beginning with discovering a “sense of scale” and continuing with some historical astronomy, the modern solar system model (poor Pluto), beyond the solar system, stars, and finally becoming a star gazer. Computer software and smart-phone apps will be introduced. Inquiry and weird questions are welcome!

## **Beginner Line Dancing**

**Mandy Radin & Barbara Harpe**

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This class will cover the basic techniques of line dancing. This class will be slower, easier and geared towards people who have never line danced before or for whom it has been a long time. Easy and fun. **Limit 40.**

## **Beginning Acrylic Abstract Painting**

**Julie Larkin**

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Learn the varied uses of acrylics and the methods of abstract painting. Materials: 2 water containers, fine spray bottle, paper towels, student grade paint such as Liquitex Basics, brushes: 2”, 1”, and ½” flats, ½” and ¼” rounds, Gesso, canvas, canvas board or watercolor paper. (If using paper, please bring something to mount it on with tape. Watercolor and acrylic pads are also available.) If you are unable to acquire these items, bring what you have and we will work with it. **Limit 12.**

## **Historic Structures of Lexington County**

J.R. Fennell

Director, Lexington County Museum

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This class will examine some of the historic structures of Lexington County. By examining these structures, students will also learn about the history of the county, architecture, and historic preservation.

## **It's Your Health. Take Charge!**

Brooke A. Brittain, MS, RD, LD, CHES, CLC

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This is a nutrition class that will focus on ways to lower salt, sugar and fat in the diet. You will learn about portion sizes and how to balance your plate. The class will cover topics such as whole grains and fiber, shopping on a budget, meal planning, how to season without salt and how to eat out “healthier.” Participants will receive goodies such as cook books, recipe cards, tip sheets, nutrition manuals, farmers’ market guides, measuring spoons, etc.

## **Modern Medical Topics**

Artur Rand, MD

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Topics will include: Vitamins - are they safe and do we really need them? Diseases you didn't know you can catch from your dog. Ten doctors who changed the world. And much more...

## **Mr. Sullivan's Really Big Show - part 1**

Arnold Breman

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It was The Golden Age of Television. People said that television would kill vaudeville. But it wasn't a fast kill. For 23 glorious years on Sunday nights vaudeville lived on - cleverly disguised as a TV show: The Ed Sullivan Show. The Ed Sullivan Show  
*(continued on page 17)*

## **Mr. Sullivan's Really Big Show - part 1**

Arnold Breman

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*(continued from page 16)*

aired on Sunday nights from 1948-1971 and logged 1100 episodes and showcased more than 10,000 performers. Retired Impresario Arnold Breman will present an animated and entertaining class including personal stories, photos, and videos about Ed Sullivan and of many of the great performers that made entertainment history including: The Beatles, Elvis Presley, Alan King, Louis Armstrong, Sid Caesar, Joan Rivers, Irving Berlin, Sammy Davis Jr., Judy Garland, Jackie Mason, Topo Gigio just to name a few.

## **Technology Potpourri**

Lauren Iagnet

Lexington County Library

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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. **Limit 10.**

Cost is only \$25 for the entire six-week class session!

Enjoy delicious lunches and interesting  
lunchtime programs for an additional \$18.

Before classes, join us in Asbury Hall for coffee  
and snacks each morning beginning at 9:15am.

**\*\*\*Bring a friend for a one-day free trial.\*\*\***

# Our Lunch Sponsors

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