



Adventures In Learning Winter 2020

Come Learn With Us!

Each Thursday starting January 23rd
and continuing until February 27th

803-359-6838 ext. 110
www.sclex.org

Our Lunch Sponsors



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Lutheran Homes
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promoting the well-being of older adults



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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Winter 2020 Class Schedule

10:00am Classes

- Acrylic Abstract Painting – continues at 11:00
- Apple iPhone Basics
- Bridge for Beginners
- Chair Yoga
- Knit & Crochet Studio
- Managing the Medication Maze
- Our State and National Parks
- Spanish Conversation
- What's New in the World

11:00am Classes

- Acrylic Abstract Painting – continued from 10:00
- Innovative Free Apps for Seniors
- Intermediate Line Dancing
- It's Your Health. Take Charge!
- James: A Work in Faith
- Knit & Crochet Studio
- Major Battles of the American Civil War
- Read, Think, Talk! Book Discussion
- SharpFit Brains

1:15pm Classes

- Beginner Line Dancing
- Beginning Acrylic Abstract Painting
- Beginning Chess
- Making Creative Greeting Cards & 3D Paper Crafting
- Mr. Sullivan's Really Big Show-part 2
- Physics is Fun
- Presidential Party Primaries & Caucuses 2020
- Reinventing Yourself
- Roots and Branches: Building your Family Tree

Lunches and Programs

January 23rd

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

January 30th

Meal Sponsor: Lutheran Services
Menu: Chicken Pot Pie, Salad, Dessert
Program: Yesterday's Dream Car - Mark Radin

February 6th

Meal Sponsor: Wellmore
Menu: Wraps, Pasta Salad, Fruit
Program: News from the Sierra Club - Pamela Greenlaw

February 13th

Meal Sponsors: DayBreak Adult Care Services and
Senior Express of the Midlands
Menu: Taco Soup, Chips, Brownies
Program: The Men's Cooking Club - Arnold Breman

February 20th

Meal Sponsor: Thompson Funeral Home
Menu: Chili, Salad, Bread/Crackers, Dessert
Program: Paw Pals - Jennifer Van Cleave

February 27th

Meal Sponsor: Caughman-Harman Funeral Home
Menu: Lasagna, Garlic Toast, Salad
Program: Shepherd's Center Now and Tomorrow

Winter 2020 Class Descriptions

Every Thursday (January 23rd – February 27th)

10:00am - 10:50am Classes

Acrylic Abstract Painting (cont. at 11:00)

Julie Larkin

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.**

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.**

Bridge for Beginners

Yvonne Isola

This class is for those who have never played bridge or haven't played in a long time and want a refresher and to learn the changes from the past 10-15 years. **Limit 10.**

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. **Limit 65.**

Knit & Crochet Studio

Sandy McCravy & Geri Nilsestuen

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.

Managing the Medication Maze

University of South Carolina College of Pharmacy & SC Department on Aging

In this class, you will learn about medications and lifestyle changes to help manage diabetes and high blood pressure. You will learn about medication safety including problems with polypharmacy and how changes related to aging can affect medication. You will also be given information about the Senior PREP and insurance counseling programs offered by the SC Department on Aging.

Our State and National Parks

Rangers from SC Department of Parks, Recreation, & Tourism and Congaree National Park

South Carolina Department of Parks, Recreation, & Tourism and Congaree National Park 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.

Spanish Conversation

Cindy Hall

The goal of this class is to offer the opportunity to speak extemporaneously in Spanish. It is for advanced beginner, 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.

What's New in the World

Robert Hardee

The class will utilize TED Talks and other pertinent videos to review and discuss changing technology that impacts our lives. We will examine changes in healthcare, transportation, technology, energy, home improvements, and other things that impact our daily lives. Come join the discussion. We need your input.

Acrylic Abstract Painting (cont. from 10:00)

Julie Larkin

See Acrylic class description from 10am.

Innovative Free Apps for Seniors

Brenda Maxwell

Each week we will explore in depth one or two free innovative apps for seniors that work on both Android phones and/or tablets and iPhones/iPads. Participants must come to the first class with an Apple ID username and password that works or a Google Play username and password. Participants need to bring their device to each class with a full charge. **Limit 10.**

Intermediate Line Dancing

Mandy Radin & 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.

It's Your Health. Take Charge!

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

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 cookbooks, recipe cards, tip sheets, nutrition manuals, farmers' market guides, measuring spoons, etc.

James: A Work in Faith

Rev. Ken Timmerman

We will study the Book of James and consider the truth he provides the Christian community for thought and implementation. Bring your Bible.

Knit & Crochet Studio

Sandy McCravy & Geri Nilsestuen

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.

Major Battles of the American Civil War

Chuck McCurry & Doug Patterson

We will discuss some of the major battles of the American Civil War, including the events leading up to each battle, the commanders of each battle as well as the impact each one had on future war operations. We have selected these battles: Second Manassas, VA; Chancellorsville, VA; Antietam, MD; and Gettysburg, PA. The Battle of Gettysburg will be divided into three sessions corresponding to the three days of the battle.

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 include genre information that may be of help in personal book selection. **Limit 12.**

SharpFit Brains: Optimizing your Brain's Health & Performance

Marsha Clayman

The new and enhanced 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, this how-to guide shows you exactly how to "use it or lose it." **Limit 20.**

1:15pm - 2:05pm Classes

Beginner Line Dancing

Mandy Radin & Barbara Harpe

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

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.**

Beginning Chess

Jerry Rothstein

Researchers have collected strong evidence that chess has a measurable benefit in improving mental health.* These chess lessons will try to fulfill that benefit. (*Karel van Delft, London Chess Conference 2015) **Limit 6.**

Making Creative Greeting Cards and 3D Paper Crafting

Sandy Paavel

In this class, we will create greeting cards and other paper crafts utilizing inks, stamps, die cuts, and paper. We will use the same techniques to make three-dimensional projects such as bags, pillow boxes, or other unique objects. This is an interactive, creative, and fun hands-on class. There is a \$10 supply fee payable to the instructor on the first day of class. **Limit 10.**

Mr. Sullivan's Really Big Show – part 2

Arnold Breman

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 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 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, and Topo Gigio for starters. You don't need to have taken part 1 to enjoy this class of all new material.

Physics is Phun

Bob Carroll

“Doctor Carroll, I was told that there was no math in this class!?” Yes, that is correct! So, no calculators, or abaci for that matter, needed, just an inquiring curiosity. We will go back in history and take a look at Sir Isaac Newton and his paradigm changing Laws of Motion, his “get thee behind me, Satan” insights into gravity (field trip to Pisa, Italy, not included), and his studies of Roy G. Biv using prisms, amongst other things. Maybe a journey into the craziness of quantum physics, if we dare? Hands-on activities guaranteed to leave you speechless. As with my Astronomy course, inquiry and weird questions are welcomed!

Presidential Party Primaries and Caucuses 2020

Don King

This class will include presentation and active engagement in class discussion to look at how major political parties enlist citizens in helping choose 1) Presidential candidate to represent political party, 2) items to be included in party platform and 3) delegates to represent party members at county, state, national party conventions/sessions.

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, part time work, and how you pass your ‘wisdom’ on to the other generations around you.

Roots and Branches--Building Your Family Tree

Judy Martin

Discover your family history. Explore the world's largest collection of free family trees, genealogy records and resources. Learn how to build your family tree and find your ancestors through the centuries using the Record Collections, Digitized microfilm, Books and much more in FamilySearch.org.

Notes

Cost is only \$25 for the entire six-week class session! This entitles you to take a class in each time slot.

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Enjoy delicious lunches for an additional \$18 for the session. Or, bring your own lunch and join us in the dining area for interesting lunchtime programs.

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Before classes, you are invited to meet in Asbury Hall for coffee, snacks, and fellowship each morning starting at 9:15am.

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Parking is allowed in any non-reserved space in the lot between Lexington United Methodist Church and the County of Lexington offices. If you have to park a distance away, you can get a ride on the church bus from the parking lot to the church from about 9:15am until 10:10am.

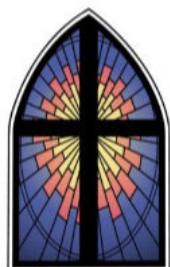
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Register early to get your first choice of classes. You may mail or hand deliver your registration/payment to the Shepherd's Center box beside the church office. Note that the church office is closed on Fridays and weekends. Please do not leave registration form or payment in the outside prayer request box as this is not a secure location.

Our Snack Sponsors



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