



Adventures in Learning Spring 2020

Come Learn With Us!

Each Thursday starting April 16th
and continuing through May 14th

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

Our Lunch Sponsors



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By Discovery Senior Living



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.

Board of Directors

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Spring 2020 Class Schedule

10:00am Classes

- Bridge for Beginners
- Chair Yoga
- Collage for the Beginner
- Coulda Woulda Shoulda
- Finding your Roots
- Knit and Crochet Studio
- Save Money, Health, & Community
- The Soap Opera Life of King David
- Useful Free Apps for Seniors

11:00am Classes

- Apple iPhone Basics
- Bridge for Beginners - con't from 10
- Collage for the Beginner - con't from 10
- General Sherman & the Burning of Columbia
- Getting a Round Tuit
- Intermediate Line Dancing
- Knit and Crochet Studio
- Maintain the Brain
- Read, Think, Talk! Book Discussion

1:10pm Classes

- Astrophysics for CavePeople
- Beginner Line Dancing
- Greeting Cards & 3D Paper Projects
- History of Lexington County
- Let's Play Bunco!
- Presidential Election 2020
- Technology Potpourri
- The Stories We Can Tell
- Walk with Ease

Lunches and Programs

April 16th

Meal Sponsor: Oakleaf Village
Menu: Baked Spaghetti, Salad, Bread, Dessert
Program: Lexington County Update
Joe Mergo and Chris Folsom

April 23rd

Meal Sponsor: Well-More
Menu: Wraps, Pasta Salad, Fruit
Program: Somerset Maugham's Three Rules of Writing
Bonnie Stanard

April 30th

Meal Sponsors: DayBreak Adult Care Services and
Senior Express of the Midlands
Menu: Taco Soup, Chips, Brownies
Program: Sons of the American Revolution
Godfrey Dreher Chapter & Uniformed Militia

May 7th

Meal Sponsor: Thompson Funeral Home
Menu: Chili, Salad, Crackers, Dessert
Program: Prisma Health SeniorCare-PACE
Allison Ashley

May 14th

Meal Sponsor: Caughman-Harman Funeral Home
Menu: Lasagna, Garlic Toast, Salad
Program: Shepherd's Center Show & Tell

Spring 2020 Class Descriptions

Every Thursday (April 16th – May 14th)

10:00am - 10:50am Classes

Bridge for Beginners (continues at 11:00)

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.

Collage for the Beginner (continues at 11:00)

Julie Larkin

Paint your own papers. Work with tissue, Masa, Japanese papers, various prints and acrylic paint to make creative artworks. Examples and demos provided. Supply list: Spectra Art bleeding tissue, Masa paper, art tissue paper, gloss medium, inexpensive glue brush, mat board cut to size, heavy foam core board to tape support to, masking tape, two containers for water, acrylic paints and brushes, paper towels, spritzer bottle. These supplies can be found at City Art, Michael's, Hobby Lobby, jerrysartarama.com, dickblick.com, or cheapjoes.com. Call local stores to make sure they have supplies before making the trip. **Limit 12.**

Coulda, Woulda, Shoulda: Your Life Your Future

Sandy Olson

Do you have a plan in place for living into your 90s or 100s? For many of us that is 20 to 30 encore years that could be the best of our years. Join Sandy Olson and guest speakers as they explore topics from making sure you have the right legal documents in place to making your home more senior friendly and what to do with your stuff. Don't fall for Yogi Berra's style of planning where "if you don't know where you're going, you could end up somewhere else." Having a plan in place for life after 70 can be the best gift we give our loved ones and can help avoid becoming a burden to them. Don't let life catch you saying, "I coulda, woulda, shoulda had a plan in place."

Finding your Roots

Marie Jefferies and Kira Mikutaitis

Lexington County Library

In this class we will be going over a combination of genealogy and home archiving to help you with your foray into your family's history and preserving that history for future generations.

Knit & Crochet Studio

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

Save Money, Health & Community by Reducing Plastic in Your Life

Pamela Greenlaw

In this 5-week series engage in learning and discussion about the good and bad of plastics. We are all eating and drinking micro-plastics and toxins which leach (leak out) from plastics. This wastes our health, our money, resiliency of our community, and the earth. Have fun busting some myths about the plastics industry and recycling. We will dig into everyday solutions through discussion and hands-on activities to protect our money, our health, and our community by reducing our consumption of plastic – pun intended! For the first session on April 16, please bring a clean, used t-shirt (primarily of cotton), size range from child’s size 8 through very small adult and a sharp pair of scissors. If you do not have a t-shirt within this range, there will be some extras on hand. Handouts will be provided. **Limit 20.**

The Soap Opera Life of King David

David Huffstetler

He continues to be the most loved king of Israel and was called a man after God’s own heart, but his life was complicated by murder, adultery, and intrigue. Why did he take five stones when he went to face Goliath? He played beautiful music to calm King Saul’s fits of paranoia, and yet Saul wanted to kill him. His wife laughed at him for dancing when the Ark of the Covenant came back to Jerusalem. He was angered at the God he loved for striking Uzza dead when he touched the ark to keep it from falling off a cart. Some people deny he ever lived, and yet his name still echoes over the land he once ruled. We will try to better understand this complex and sometimes tortured life.

Useful Free Apps for Seniors

Brenda Maxwell

Each week we will explore in depth one or two free 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.**

11:00am - 11:50am Classes

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 (continued from 10:00)

Yvonne Isola

See Bridge class description from 10am.

Collage for the Beginner (continued from 10:00)

Julie Larkin

See Collage class description from 10am.

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.

General Sherman's South Carolina Campaign and the Burning of Columbia

Pat McNeely

General Sherman waged "total warfare" against civilians and private property in South Carolina and during the burning of Columbia. As Sherman swept into North Carolina, he learned that President Lincoln had been assassinated.

Getting a Round Tuit

Ben Welch, Angel Transition Services

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!

Knit & Crochet Studio

Geri Nilsestuen

See Knit & Crochet Studio class description from 10am.

Maintain the Brain

Marsha Clayman

Maintain the Brain is a sequel to SharpFit Brains. If you don't use it - you'll lose it! This class will be more interactive with brain activities and challenges to stimulate your neurons into neuroplasticity! Two guest speakers will be visiting the class to add more helpful information. **Limit 30.**

Read Think Talk! Book Discussion

Katrina Koprowicz, Lexington County Library

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

1:10pm - 2:00pm Classes

Astrophysics for Cavepeople

Bob Carroll

We learned Astronomy. We learned Physics. Now we put the two together! This class will elevate you from caveperson to Einsteinian-like intelligence as we learn the concepts of relativity (nothing to do with kinfolk), light, cosmology (nothing to do with improving our looks), and the universe. As with my previous classes, don't be intimidated, rather be curious and amazed about the wonders of creation! (Note: Participation in the Time Travel module is not required.)

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.**

Greeting Cards and 3D Paper Projects

Cindy Oswald

In this class, we will create greeting cards and 3D paper crafts using inks, stamps, markers, die cuts, and paper. Three-dimensional
(continued on page 16)

Greeting Cards and 3D Paper Projects

Cindy Oswald

(continued from page 15)

projects such as bags, boxes, or unique objects will be included. This is a creative and fun hands-on class. There is a \$10 supply fee payable to the instructor on the first day of class. **Limit 10.**

History of Lexington County

J.R. Fennell, Director of Lexington County Museum

This class will focus on the history of Lexington County from the colonial period until the 20th 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.

Let's Play Bunco!

Jo Masterson

Bunco is a parlour game generally played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice. A Bunco is achieved when a person rolls three-of-a-kind and all three numbers match the round number. This class is for newbies as well as experienced players, but is a teaching class so we will start off slowly.

Presidential Election 2020

Don King

We will look at the process of the 2020 presidential election from the primaries to the national conventions. Be prepared for a lively discussion!

Technology Potpourri

Lauren Ignat, Lexington County Library

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.**

The Stories We Can Tell

Kenneth Siegfried

This will be an interactive class that will not depend upon outside professional media or outside presenters. Instead, we will use the many talents and experiences of Shepherd’s Center members who wish to tell us about and discuss their personal experiences. Topics will range widely - e.g. our ancestors, childhoods, professional experiences, travel, dealing with physical and mental illness, hobbies etc. Join us and let the story winds blow our ship wherever it takes us.

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.**

Notes

Cost is only \$25 for the entire class session, which entitles you to take a class in each time slot.



Enjoy delicious lunches for an additional \$15 for the session. Or, bring your own lunch and join us in the dining area for interesting lunchtime programs.



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



Parking is allowed in any non-reserved space in the lot between the 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.



Register early to get your first choice of classes. You may mail or hand deliver your registration/payment form to the Shepherd's Center box inside the church next to 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 box as this is not a secure location.

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