



shepherd's center  
OF LEXINGTON



# Adventures In Learning Fall 2017

*Come Learn With Us!*

Each Thursday starting September 28th  
and continuing until November 2nd

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

# About The Shepherd's Center of Lexington



- Meet new and interesting people
- Find opportunities to volunteer
- Explore new skills and develop new interests
- Discover how to develop strategies to handle change
- Make new connections and enrich established friendships
- Outstanding, experienced instructors
- Only \$25 for six weeks
- Bring a friend for a one-day free trial

A wide variety of interesting classes

- Computer Classes
- Health Classes
- Skills Classes
- Recreation Classes



# News and Updates

We had a great Annual Membership meeting in June. Susan Mitton, Board Member and Media Specialist for Adventures in Learning, was chosen as our Volunteer of the Year. She has volunteered for all fourteen sessions.

The Shepherd's Center of Lexington received a grant from the Harbison Housing Foundation to fund five scholarships for each Adventures in Learning session. This will cover session fee and lunch for a total of \$43. If you know someone who may need a scholarship, please let them know about this opportunity. Apply on the registration page.

Lexington Medical Center will offer flu shots on October 5th from 11:00 am - 12:30 pm. Medicare will cover the cost for the flu shot. You will need your Medicare Card. Medicare Advantage programs will not cover this. If you do not have insurance, the cost is \$32.

Retire Recess and Self-Directed Art Studio will be available all day from 10:00 am until 2:05 pm in Asbury Hall. No sign-up is needed as long as you are registered for the Fall session.

Shepherd's Center of Lexington is a volunteer-based organization. Volunteers are always needed to operate the center. If you can volunteer, please contact Ruth Arant, Volunteer Coordinator, at 803-359-6838 ext 110.

# Lunches and Snacks

**September 28th**

Menu: Spaghetti, Salad, Bread, Dessert



Assisted Living • Dementia Care

A Royal Senior Care Community

**October 5th**

Menu: Quiche, Salad, Dessert

**COLONIAL GARDENS**

ALZHEIMER'S SPECIAL CARE CENTER

**October 12th**

Menu: Taco Soup, Side, Dessert



**October 19th**

Menu: Lasagna, Green Beans, Garlic Bread, Dessert

**MORNINGSIDE  
OF LEXINGTON**

# Lunches and Snacks

**October 26th**

Menu: Chicken Pot Pie, Salad, Dessert



**Lutheran Homes**  
of South Carolina  
*promoting the well-being of older adults*

**November 2nd**

Menu: Lasagna, Garlic Toast, Salad, Dessert



Caughman-Harman Funeral Homes

**Snack Sponsor:**



**PRESBYTERIAN COMMUNITIES  
OF SOUTH CAROLINA**

Asbury Hall - each morning beginning at 9:00am

# Thanks to our Sponsors!

# Lunchtime Presentations

**September 28th – Dr. Rodger Stroup**

History of the South Carolina State Fair

**October 5th – Malinda Rutledge Carlisle**

Aging in Place

**October 12th – Adam DeLoach**

Economic Growth of Lexington County

**October 19th – Jackie Kutz and Line Dancing Class**

Line Dancing Demonstration

**October 26th – Anna Rushton**

Protecting Your Money from Investment Fraud

**November 2nd – Heart of Columbia**

Musical Entertainment



# Class Schedule

## 10:00am Classes

- Advanced Crochet
- Controversial Topics in Modern Medicine
- Coulda, Woulda, Shoulda: Your Life, Your Future
- Getting Started with Genealogy & Then Bringing It Alive
- Growing in Gardening Knowledge
- Keeping Love Alive as Memories Fade
- Learn to Use Your Apple iPad
- Tai Chi for Beginners
- TED Talks

## 11:00am Classes

- Current Events
- Holiday Celebrations & Crafts
- How to Use Your SmartPhone!
- Intermediate Computers
- Intermediate Line Dancing
- Life Below the Seas - The World of Submarines
- Photography - Tips, Terms, and Techniques
- Sharppit Brain
- Tai Chi for Advanced Beginners

## 1:15pm Classes

- A Walk Through the Book of Revelation
- Beginning Line Dancing
- Bullet Point Journaling
- Fantasy Football
- Let's Play Bunco!
- Look Good - Feel Better
- Tell Me Your Family's Life Story
- The History of Lexington County

# Fall 2017 Class Descriptions

Every Thursday (September 28<sup>th</sup> – November 2<sup>nd</sup> )

10:00am - 10:50am Classes

## **Advanced Crochet**

Sandra McCravy

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This advanced crochet class will emphasize crocheting in the round. Each student should bring H hook and light-color worsted weight 4 yarn. **Limit 10.**

## **Controversial Topics in Modern Medicine**

Dr. Artur Rand

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Topics include: Is US health care better than in other countries? Can the cost of medicine be decreased? Do we over-diagnose and/or over-treat in the US? Can US health care be improved while decreasing its cost? Are there any benefits to preventive medicine? Can one make a self-diagnosis from googling?

## **Coulda, Woulda, Shoulda: Your Life, Your Future**

Sandy Olson

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Yogi Berra said it best, “if you don’t know where you’re going, you’ll end up somewhere else.” Join retirement living specialist Sandy Olson as she guides you through the pitfalls of retirement living planning in later life. Don’t fall for the Yogi Berra school of crisis planning where you “coulda, woulda, shoulda” had a plan in place for life after 75.

## **Getting Started with Genealogy and Then Bringing It Alive**

**Jackie Kutz & Marie Jefferies**

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No matter where you are on the journey to finding your family ~ whether just getting started or further down the road ~ find clues and information that will help locate them and stories about their lives.

## **Growing in Gardening Knowledge Lexington County Master Gardeners**

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This class will explore various topics of gardening interest for the experienced or novice gardener. Topics will be relevant to the gardener who seeks not only knowledge, but the process as well. Topics to be presented are: History and Legends of Herbs, Cooking with Herbs, Care of Houseplants, Bringing Back the Bees, Bulbs, and Simply Succulents.

## **Keeping Love Alive as Memories Fade** **Marsha Ward**

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This class will be based on the book “Keeping Love Alive as Memories Fade: The 5 Love Languages and the Alzheimer’s Journey” by Dr. Gary Chapman and Dr. Edward Shaw. The 5 Love Languages developed will be discussed in relationship to their importance in caring for a loved one who suffers from dementia. Caregivers of this population, especially spouses and other family members, often find communication difficult with their loved ones who suffer from this disease and come away feeling depressed, frustrated and lonely. During this class, caregivers will be able to identify the 5 love languages they may use in communicating with their loved ones and will develop strategies they can use to maintain positive loving relationships.

## **Learn to Use Your Apple iPad**

**Brenda Maxwell**

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Can't wait to use your new iPad? The Apple iPad neatly combines an audio and video iPod, an e-book reader, a powerful internet device, and a platform for apps. To use your iPad, you need to know about its buttons and bells and how to use the multi-touch display. Participants must bring their own Apple iPad. **Limit 9.**

## **Tai Chi for Beginners**

**Bob Maddox**

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Learn and experience the relaxation and health benefits of Tai Chi, a "Moving Meditation" form of whole mind and body exercise. Working in a group environment, you will learn a short set of Tai Chi movements and exercises specifically designed to improve your mobility, flexibility, balance, and mental focus. No prior experience necessary.

## **TED Talks**

**Bob Hardee**

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We will continue to explore a variety of subjects in this coming fall TED Talks class. We will watch the twenty minute TED video which will be followed by an active class discussion. Come to learn. Come to share.

11:00am - 11:50am Classes

## **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 included. Participants must have an email account. Please bring your internet accessible devices (SmartPhone, Kindle Fire, or laptop) to the first class. **Limit 12.**

## **Holiday Celebrations and Crafts**

**Kathy Hawks & Becky Kitchens**

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During the first three classes, participants will make a crocheted plarn bag that can be used for personal use or for a Christmas gift. Supplies needed are size M plastic crochet hook, scissors or rotary cutter, cutting mat if using a rotary cutter, and a supply of plastic bags in one color. The fourth class will concentrate on cultural holiday traditions, the fifth class on Christmas, and crafts-making in the last class. For the last class, participants need to bring a wine glass and a charger if desired. **Limit 15.**

## **How to Use Your SmartPhone!**

**Ashley Steele**

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Learn how to use your smartphone. It doesn't matter if it is an Android or an Apple, you'll learn how to use it and various applications. Please bring your smartphone with you to each class. Also, please bring a list of questions you'd like answered to the first class. We will work through as many as we can during the sessions. **Limit 20.**

## **Intermediate Computers**

**Lexington Library Staff**

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For those who have mastered the basics of using a computer, this class will go to the next level, exploring applications such as Google, e-books and social media. **Limit 6.**

## **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.

## **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.

## **Photography - Tips, Terms, and Techniques**

Mike Martucci

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The class will show examples and guidelines for taking “good” pictures. Some sessions will cover aperture and shutter speed and how they affect a photo; but most classes will just talk about techniques of taking pleasing photos by showing examples of “good” pictures and not-so-good photos.

## **Sharpsfit Brain**

Marsha Clayman

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This class offers a new approach for self-assessing current brain fitness and identifies the most relevant methods to preserve and enhance brain function. Whether your goal is to enhance memory, ward off Alzheimer's disease, or simply improve mental focus, the SharpBrains Guide shows you exactly how to “use it or lose it.” **Limit 20.**

## **Tai Chi for Advanced Beginners**

Bob Maddox

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Build upon the basics of the Beginners class Tai Chi by learning additional movements and techniques. Refinements and additions to the basic set of movements along with more focus on connecting the movements into a smooth flow will take your Tai Chi experience to a new level. Previous participation in the Tai Chi Beginners class is required. **Limit 10**

## **A Walk Through the Book of Revelation**

David Huffstetler

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We will review each chapter of the 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.

## **Beginning Line Dancing**

Linda Robb & 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 a slower and easier and geared towards people who have never line danced before or where it has been a long time. Easy and fun. **Limit 25.**

## **Bullet Point Journaling**

Lori Skinner & Katrina Koprowicz

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Curious about bullet point journaling? Discover how this customizable and forgiving organization system can be your to-do list, sketchbook, notebook and diary, but most likely, it will be all of the above. Supply list will be given in first session. **Limit 10.**

## **Fantasy Football**

Rev. Ken Owens

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A basic introduction to playing fantasy football for fun. We will build our own league, draft rosters, set starting line ups, drop and add players, trade players, and learn about the different kinds of leagues. Each student will need an email address and must bring a laptop or tablet with internet capability to class. Before the first class, students should sign in with a free account to NFL Fantasy Football, and send the teacher an email at [kdowens@umcsc.org](mailto:kdowens@umcsc.org) to be invited to create a team in the league. **Limit 14.**

## **Let's Play Bunco!**

Phillis Gonzales

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After a good lunch, come join us for fun and fellowship. Let's play Bunco!

## **Look Good - Feel Better**

Cindy Johnson

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This class will provide information concerning health and grooming. The exercise portion will focus on balance and strength and ways to incorporate movement in daily activities. Nutrition for overall health and easy ways to eat better will be covered by a registered dietician. Vitamins - their value and limitations and how to take for best results will also be a topic. Hair, make-up, color assessment, and wardrobe will round out the class for the students to feel better and look good as well.

## **Tell Me Your Family's Life Story**

Tim Rogers

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Each participant will have an opportunity to share their families' journey through life in an informal setting, and we will probably be surprised at what interesting stories we all have to tell. **Limit 8.**

## **The History of Lexington County**

JR Fennell

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This class will focus on the history of Lexington County including how it relates to the history of SC and the nation. Students will learn about the county's part in the Civil War, the fascinating role superstition and the belief in ghosts and witches played in 18th and 19th century Lexington County, and about the historic homes and sites in Lexington.

## Board of Directors

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### Special thanks to



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generously provides the classrooms and other space necessary for the Shepherd's Center of Lexington's programs, for which we are extremely grateful.



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OF LEXINGTON

ADVENTURES IN LEARNING

c/o Lexington United Methodist Church  
309 East Main Street  
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