



# Adventures In Learning Winter 2019

*Come Learn With Us!*

Each Thursday starting January 24<sup>th</sup>  
and continuing until February 28<sup>th</sup>

803-359-6838 ext. 110  
[www.sclex.org](http://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 24<sup>th</sup> - Oakleaf Village**

Menu: Spaghetti, Salad, Bread, Dessert

## **January 31<sup>st</sup> - Colonial Gardens**

Menu: Quiche, Salad, Dessert

## **February 7<sup>th</sup> - Wellmore of Lexington**

Menu: Wraps, Pasta Salad, Fruit

## **February 14<sup>th</sup> - DayBreak Adult Care Services and Senior Express of the Midlands**

Menu: Taco Soup, Chips, Dessert

## **February 21<sup>st</sup> - Lutheran Homes of SC**

Menu: Chicken Pot Pie, Salad, Dessert

## **February 28<sup>th</sup> - 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 24<sup>th</sup> - An Overview of Shepherd's Center of Lexington**

Kay Mitchell

## **January 31<sup>st</sup> - Congaree National Park**

Jonathan Manchester

## **February 7<sup>th</sup> - AARP Agenda for Seniors in 2019**

Teresa Arnold

## **February 14<sup>th</sup> - Laughter in the Wings**

Arnold Brehman

## **February 21<sup>st</sup> - Native Americans in the War Between the States**

DC Locke

## **February 28<sup>th</sup> - Gold Star Fathers**

Hamp Caughman



# Winter 2019 Class Descriptions

Every Thursday (January 24<sup>th</sup> – February 28<sup>th</sup> )

10:00am - 10:50am Classes

## **Art Studio - Self-Directed**

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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**

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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 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**

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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 and Crochet Studio (continued at 11:00am)**

**Sandy McCravy**

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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 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**

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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**

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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

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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. 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

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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

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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**

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See Art Studio 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.

## **Getting A Round Tuit**

**Ben Welch**

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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**

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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**

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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. **Limit 40.**

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

**Sandy McCravy**

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See Knit and Crochet Studio class description from 10am.

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

**Katrina Koprowicz**

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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**

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

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

**David Huffstetler**

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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**

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See Art Studio class description from 10am.

## **American Politics 2019**

Donald King

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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

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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

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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

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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**

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

## **Reinventing Yourself**

**Alysia Kehoe**

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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**

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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.**

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 **shepherd's center**  
OF LEXINGTON  
**ADVENTURES IN LEARNING**  
c/o Lexington United Methodist Church  
309 East Main Street  
Lexington, SC 29072

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