



# Adventures In Learning Spring 2017

*Come Learn With Us!*

Each Thursday starting April 20th  
and continuing until May 18th

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

# Class Schedule

## 10:00am Classes

- Art Studio: Self-directed
- Christians' Views of Policy Issues
- Coulda, Woulda, Shoulda: Your Life, Your Future
- Crime Prevention for Seniors
- Essential Oils 101
- Intermediate Crochet
- Learn to Play Bridge - part 1
- Learn to Use your iPad
- Line Dancing

## 11:00am Classes

- Art Studio: Self-directed
- Beginning Knitting
- Creative Writing
- History of the South Carolina Railroads
- Intermediate Computers
- Learn to Play Bridge - part 2
- Retiree Recess
- Scrapbooking
- SharpFit Brain
- Tai Chi

## 1:15pm Classes

- Art Studio: Self-directed
- Great Decisions 2017-Update
- Home Repairs
- How to Use your Smart Phone
- Let's Play Bunco!
- Making Life Easier with Assistive Technology
- Read! Think! Talk! Book Club
- The Creation, Purposeful Design

# Lunches and Snacks

## **April 20 - Oakleaf Village**

Menu: Spaghetti, Salad, Bread, Dessert

## **April 27 - Lutheran Homes of South Carolina**

Menu: Chicken Casserole, Salad, Dessert

## **May 4 - Colonial Gardens and Three Rivers Behavioral Health**

Menu: Chicken and Tuna Salad, Croissants,  
Pasta Salad, Strawberry Delight

## **May 11 - DayBreak Adult Care Services and Senior Express Transportation Services**

Menu: Cinco de Mayo Meal, Dessert

## **May 18 - Caughman-Harman Funeral Home**

Menu: Lasagna, Garlic Toast, Salad, Dessert

### **Snack Sponsor:**

**The Columbia Presbyterian Retirement Community**

Asbury Hall - each morning beginning at 9:00am

# Lunchtime Presentations

## **April 20 – Karen Sundstrom**

Facing Reality, Making Change: Abuse in Later Life

## **April 27 – Adam DeLoach**

Economic Growth of Lexington County

## **May 4 – Bob Michalski**

Entertainment by Bob the Sax Player

## **May 11 – Richard Durlach & Breedlove**

Big Apple & Swing Dance 1930s & 40s

## **May 18 – Mikki Kaminer**

The Spring Garden



# Spring 2017 Class Descriptions

Every Thursday – April 20<sup>th</sup> – May 18<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. **Limit 8.**

## **Christians' Views of Policy Issues**

Donald King

Former Professor of Political Science and Sociology

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This class will use a few examples of important government policies (immigration, the environment, poverty, war/terrorism, education) to explore both the diversity and commonality of Evangelicals, Mainstream Protestants and Roman Catholic responses to contemporary issues.

## **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.” He could easily have been talking about retirement living planning for you or a loved one. Let retirement living guru Sandy Olson guide you through the process of getting a plan in place. Are you a planner or procrastinator? What is the best gift you could give to your children? Many older adults say having a plan for the future relieves worry and stress as well as helps to avoid becoming a burden to those they love. Don’t fall for the school of “coulda, woulda, shoulda” planning. After all, it’s your life and your future.

## **Crime Prevention for Seniors**

### **Lexington County Sheriff's Department**

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Various officers from the Lexington County Sheriff's Department will discuss such topics as cons and scams, financial crimes, social media and internet safety, abuse and personal safety. You will learn how to detect such crimes, what to do if you are the victim, and prevention.

## **Essential Oils 101**

### **Anne Borowiec**

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Have you ever wondered if essential oils are for you? Join us as we explore the many ways that the use of essential oils can enhance our physical, emotional, and spiritual health and wellbeing.

## **Intermediate Crochet**

### **Sandra McCravy**

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This class will include a review of different stitches and concentrate on reading patterns. Each student should bring light color worsted weight yarn and H hook. **Limit 8.**

## **Learn to Play Bridge - part 1 (continues at 11:00)**

### **Chris Nelson**

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Have you wanted to play bridge, but never had a chance to learn? Join Chris Nelson for an introductory class for students who want to learn the basics of bridge. **Limit 10.**

## **Learn to Use your iPad**

### **Pat Smith, MLIS**

### **Assistant Branch Librarian, Lexington County**

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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  
*(continue on the next page)*

device, and a platform for apps. To use your iPad, you need to know about its buttons and controls and how to use the multi-touch display. Participants must bring their own Apple iPads. **Limit 6.**

## **Line Dancing**

Jackie Kutz

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This class will cover the basic techniques of line dancing. Enjoy dancing your way to better health while having fun.

11:00am - 11:50am 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. **Limit 8.**

## **Beginning Knitting**

Geri Nilsestuen

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Learn to knit, purl, and other basics. Each student should bring a medium-sized knitting needle and light-colored worsted weight yarn. **Limit 8.**

## **Creative Writing**

Brenda H. Gable

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An open, interactive class on how to create stories that grab the reader and bring them into the story's scenes. Participants will learn how to make their stories be vivid and engrossing by developing characters, building suspense, and using dialogue for both fiction and non-fiction writing. Students need to bring their favorite novel with them along with pen and paper for creative writing exercises. **Limit 18.**



## Session Fees:

Session Registration Fee    \$25.00    \_\_\_\_\_

Lunch Fee    \$10.00    \_\_\_\_\_

\*\*\* Lunches must be reserved for the entire session and paid for with your registration \*\*\*

\*\*\* Lunches are limited to the first 150 to register \*\*\*

\*\*\* Lunches cannot be taken out of the Shepherd's Center \*\*\*

## Donations:

Donation Amount:     \$3.00     \$53.00  
                                   \$28.00     Other: \$ \_\_\_\_\_

Donation Note: \_\_\_\_\_

Total Enclosed: \_\_\_\_\_

I wish to apply for a scholarship.  
Amount: \$ \_\_\_\_\_

# Spring 2017 Registration Form

## How to Register:

This entitles you to the full day's schedule.  
The registration fee is only \$25 per person for the entire session.  
Please register and pay as soon as possible to get class of choice.  
Lunch must be reserved for the entire session and paid for with registration.  
**Lunch limited to first 150 to register.**



**Please Print**

Name: \_\_\_\_\_ Last \_\_\_\_\_ First \_\_\_\_\_ Middle Initial \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Number \_\_\_\_\_ Street \_\_\_\_\_

\_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Do you need special assistance during the program? \_\_\_\_\_

**Please mark your first and second choices in each time session by “1” and “2”.**

10:00am Classes	11:00am Classes	1:15pm Classes
Art Studio: Self-directed (limit 8)	Art Studio: Self-directed (limit 8)	Art Studio: Self-directed (limit 8)
Christians' Views of Policy Issues	Beginning Knitting (limit 8)	Great Decisions 2017-Update
Could, Woulda, Shoulda: Your Life, Your Future	Creative Writing (limit 18)	Home Repairs
Crime Prevention for Seniors	History of the SC Railroads	How to use your Smart Phone
Essential Oils 101	Intermediate Computers (limit 6)	Let's Play Bunco!
Learn to Play Bridge (limit 10)		Making Life Easier with Assistive Technology
Intermediate Crochet (limit 8)	Retiree Recess	Read! Think! Talk! Book Club (limit 12)
Learn to Use your iPad (limit 6)	Scrapbooking (limit 10)	The Creation, Purposeful Design
Line Dancing	SharpFit Brain (limit 20)	
	Tai Chi	

**ALL LIMITED CLASSES ARE FILLED ON A FIRST-COME, FIRST SERVED BASIS WHEN THE COMPLETED REGISTRATION FORM AND PAYMENT ARE RECEIVED.**

Make checks payable to Shepherd's Center of Lexington.  
Mail Registration Form to: **Shepherd's Center of Lexington**  
309 East Main Street, Lexington, SC 29072

## Optional:

Religion: \_\_\_\_\_ Denomination \_\_\_\_\_ Your Faith Congregation / Church \_\_\_\_\_

## Photo Release:

Please note that we take many pictures during classes, morning snack and lunch. We would like to be able to use these pictures to help advertise the center. These pictures may be used on Facebook, Website, and Print Media.

I grant to Shepherd's Center of Lexington, its representatives and employees the right to take photographs of me and my property in connection with the classes and events. I authorize Shepherd's Center of Lexington, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that Shepherd's Center of Lexington may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

\_\_\_\_\_  
Signature Date

For Office Use Only:

Date Received: \_\_\_\_\_

Cash Amount Paid: \$ \_\_\_\_\_ Check Amount Paid: \$ \_\_\_\_\_ Check # \_\_\_\_\_ Total Paid: \$ \_\_\_\_\_

## **History of the South Carolina Railroads**

Rodger Stroup, Ph.D.

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This class will trace the development of railroads from the 1820s until the present - focusing on South Carolina. In addition to the economic impact of the railroads the presentations will cover such topics as safety, comfort, dining and sleeping accommodations. The final class will cover the status of railroads in the state today and will feature the Rockton, Rion & Western Railroad, the operating tourist railroad of the South Carolina Railroad Museum.

## **Intermediate Computers**

Various Lexington Main Library Reference Librarians

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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.**

## **Learn to Play Bridge - part 2 (continued from 10:00)**

Chris Nelson

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Have you wanted to play bridge, but never had a chance to learn? Join Chris Nelson for an introductory class for students who want to learn the basics of bridge. **Limit 10.**

## **Retiree Recess**

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Want to take a break from classes? We'll have a variety of puzzles and board games available for your enjoyment.

## **Scrapbooking**

Judie Eaves

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In this class, you will learn the common design elements for  
*(continued on the next page)*

creating a layout, buying supplies, finding inspiration, and “how to” do basic techniques, including die-cutting, stamping/embossing, and journaling. By the end of the session, you will have a good start on your scrapbook!! A supply list will be given at the first session. There will be a small charge for some supplies that will be due at the first session. **Limit 10.**

## **SharpFit Brain**

**Marsha Clayman, Marketing Director, Colonial Gardens**

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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**

**Bob Maddox**

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Learn about and experience tai chi for relaxation and enhanced health. You will learn a short set of tai chi movements along with exercises that improve mobility, flexibility, and balance.

1:15pm - 2:05pm 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. **Limit 8.**

## **Great Decisions 2017-Update**

CWO4 (SS/W) Thomas E. Paige, USN

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Discussion on a new topic each week will be based on the Great Decisions 2017 Series by the Foreign Policy Association. The topics are: Conflict in the South China Sea; Saudi Arabia in Transition; US Foreign Policy and Petroleum; Prospects for Afghanistan and Pakistan; and Nuclear Security.

## **Home Repairs**

Robert J. Pankow

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This class will discuss home repairs including electric, plumbing, and carpentry. Not sure you can make a repair at home? Come to the class and learn how.

## **How to Use your Smart Phone**

Ashley Steele

Associate Publisher, Lexington County Chronicle

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Learn how to use your smart phone. 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 smart phone 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.

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

Jackie Kutz and Linda Robb

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

## **Making Life Easier with Assistive Technology**

Carol Page, Ph.D., CCC-SLP, ATP, CBIS and

Tammy Wallace

SC Assistive Technology Program

USC School of Medicine

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Low and high tech items will be demonstrated that help people do daily tasks easier and stay as independent as possible. Depending on class preference, topics may include gizmos and gadgets, ways to make your computer easier to use, apps for independence, aging in place, and local resources for useful technology.

## **Read! Think! Talk! Book Club**

Katrina Koprowicz, Library Assistant

Lexington County Library

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The first book title (to be determined) will be selected by the instructor. A total of two to three titles will be discussed over the course of five weeks. The last class will consist of some genre information that may help in personal book selection. **Limit 12.**

## **The Creation, Purposeful Design**

Jay Schabacker

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The “Creation” class details the amazing parts of God’s miraculous six days creation of the Heavens, the Earth, and everything in it. You will be challenged by the explanation of truths not generally known, or reported by the mainstream media. In the end, you will have obtained the incentive and information to pass the good news on to your kids, grandkids, and other loved ones.



# Spring 2017 Sponsors

COLONIAL GARDENS  
ALZHEIMER'S SPECIAL CARE CENTER



Caughman-Harman Funeral Homes



**Lutheran Homes**  
of South Carolina

*promoting the well-being of older adults*

# Spring 2017 Sponsors

*Oakleaf Village*

*of Lexington*

Assisted Living • Dementia Care

A Royal Senior Care Community



PRESBYTERIAN COMMUNITIES  
OF SOUTH CAROLINA



THREE RIVERS  
BEHAVIORAL HEALTH

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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.



shepherd'scenter  
OF LEXINGTON

ADVENTURES IN LEARNING

c/o Lexington United Methodist Church  
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