

Adventures In Learning Is Back, Better Than Ever!

20 Fascinating Classes To Choose From This Fall!



- Skills Classes
- Health Classes
- Recreation Classes
- Computer Classes
- Only \$25 for 6 weeks
- Bring a friend for a one day free trial
- More subjects than ever before
- Outstanding, experienced instructors

See the details of each class and their scheduled times inside this brochure.



Meet new and interesting people

Opportunities to volunteer and help

Explore new skills and develop new interests

Opportunities to develop strategies on how to handle change

Make new connections in the community and enrich

established friendships

Stay mentally and physically fit – and have fun

Put MetLife
on your team.



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Put MetLife
on your team.



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Fall 2013 Class Schedule
September 26 - October 31
Session 1 10:30am - 11:15am



1. History of Lexington County -

Join J.R. Fennell, Director of Lexington County Museum, as he provides information on the rich history of Lexington County. This class may include a trip to the Lexington County Museum to view their collections.

2. Healthy Lifestyles -

Interested in learning about how to be more healthy? Lib Brown, retired teacher of Biology, Physiology and Anatomy will do an overview of systems (heart, circulatory, digestive and kidneys) to increase an understanding of diseases that affect these systems as we age. Louise Stepp, LMSW, with Hospice Care of Tri County will cover how healthy eating relates to body systems and how medications interact with food and certain meds. The benefit of exercise will also be discussed.

3. Quilting -

This class will cover two sessions - both at 10:30 am AND 11:30 am. Have you ever wondered how to make a quilt from start to finish like the ones your grandmother made? Well, this is the right class for you! When you finish the class you will have made a lap sized quilt top. This will require you owning a sewing machine, knowing how to use it, and doing work at home. The cost for materials will be extra. Audrey Liddle is the former owner of Pieces and Patches. Limited to 6 students.

4. Financial Freedom -

Presenters from Carolina Wealth Management Group will cover Medicare/Insurance/Social Security, charitable giving, estate planning, fixed income investing in a rising rate environment, understanding the world of FDIC's (FDIC FYI), and tax planning/retirement.

5. Community Spanish - Do you want to learn basic communication skills to be able to interact with Hispanics in your community? This Spanish course has three components: Speaking in Spanish; Listening in Spanish; and Cross-Cultural Issues. We will focus on learning to understand and respond in Spanish rather than memorizing grammatical structures. The required textbook, Community Spanish, costs \$25 and can be ordered at the first class meeting. The instructor is Grace Parks, a graduate of Columbia International University who studied Intercultural Studies and has spent time in Mexico and Honduras.

6. Pilates for Seniors-

If you want to transform the way your body looks, feels, and performs, this is the class for you. Join Shannon McGee in this flexible exercise program. Pilates will help with your arthritis pain.

7. Learn to Play Bridge -

Have you always wanted to play bridge, but never has a chance to learn? Join Chris Nelson for an introductory class for students who want to learn basics of bridge. Limited to 16 students.

8. Introduction to the Telikin Computer -

Learn on Telikin computers that are specially designed for older adults, sight impaired or computer-phobic people. Operating this machine is simple and easy. You'll learn about video chat, photo sharing, email, internet searching and many more popular features that are part of a sleek, touchscreen device. Limited to 6 students per class, however the identical class is offered at all three time periods. Betty Fortin & Terri Swindler, Instructors.

Fall 2013 Class Schedule
September 26 - October 31
Session 2 11:30am - 12:15pm



9. Understanding the Creation -

Come join Jay Schabacker while exploring the many wonders of the universe that you may have never thought about before. The class sessions take the format of the Holy Bible's Genesis account of the six days of the Creation, and are based on his recent book Purposeful Design - Understanding the Creation. Personally autographed copies are available for a \$15 donation to the Shepherd's Center of Lexington. Jay Schabacker, concentrates on Biblical subjects thru his new coffee table book, Purposeful Design - Understanding the Creation and his web site. www.understandingthecreation.com

3. Quilting - Continued from 10:30

Limited to 6 students. This class will cover two sessions - both at 10:30 AND 11:30. Have you ever wondered how to make a quilt from start to finish like the ones your grandmother made? Well, this is the right class for you! When you finish the class you will have made a lap sized quilt top. This will require you owning a sewing machine, knowing how to use it, and doing work at home. The cost for materials will be extra.

Audrey Liddle is the former owner of Pieces and Patches

10. Personal Computers for Beginners -

Using the Lexington County Public Library's mobile training lab, a librarian will address basic computer skills such as logging on, opening/closing windows, accessing menus, using a mouse, accessing the internet, setting up email, using search engines, accessing the Library and printing. Limited to 9 students.

11. Aspects of Travel-

This class will provide the many aspects of travel that you can enjoy in retirement. Cindy Harris of Travel Leaders will present options for travel such as cruises and different destinations. Covered will be how to pack a suitcase, other travelers' tips , the TSA regulations for flying and other travel regulations.

12. Zumba for Seniors -

Join other seniors in a dance class that provides you with joy, fun and fitness. Shannon McGee will use Latin Dances and steps that are easy to follow for seniors with lower conditioning levels and joint limitations.

13. Introduction to the Telikin Computer -

Limited to 6 students per class, however the identical class is offered at all three time periods. Learn on Telikin computers that are specially designed for older adults, sight impaired or computer-phobic people. Operating this machine is simple and easy. You'll learn about video chat, photo sharing, email, internet searching and many more popular features that are part of a sleek, touchscreen device.

Michele Osier and Kathleen Lloyd, Instructors.

Lunch
(12:30pm - 1:30pm)

A delicious lunch will be provided each week by a variety of Corporate Sponsors. Lunch reservations (cost \$12.00 for the entire session) must be paid for with your registration. Limited to the first 60 to register. Members are also welcome to bring their own lunch and enjoy the fellowship and luncheon speaker. A refrigerator and microwave are available for member use.

Lunch will begin at 12:30pm. Classes resume at 1:30pm.

Fall 2013 Class Schedule
September 26 - October 31
Session 3 1:30pm - 2:15pm



14. Acrylic Painting -

Limited to 10 students. Shannon McGee will focus on the fundamentals of using acrylic paint. Students will receive a list of materials that they will need to bring to the second class.

15. Creative Writing Techniques -

An open, interactive presentation about the rewards and challenges of writing along with short writing exercises and home assignments. She will show you how to get started using your own rhythm and pace in the writing process. You will learn how to write creatively, knowledgeably and with flair and passion whether fiction or non-fiction. Writing should be fun, easy and rewarding. Liz Blahnik Gentzle, an experienced writing teacher and published novelist, writes for The Lexington Chronicle and The Lake Murray Fish Wrapper. She is completing the sequel to her historical novel "The Gavin Saga".

16. Floral Design -

Limited to 10 students. Join members of the Lexington Garden Club as they share basic flower design techniques and lead you in creating fall and holiday designs for the home. Each participant will need to purchase and provide their own supplies and flowers. This will be discussed in the first class. Vienna Sandifer, coordinator, and members of the Lexington Garden Club will teach the class.

17. Staying Safe in a Dangerous Digital World -

Everyone is pushing for you to learn how to use technology. Now that you know how to use it, how do you make sure to stay safe? It's not only important to be safe while you're using technology, but you need to know how to stay safe when your technology is not being used. This course will cover the threats, how to identify and verify them, and how to protect yourself from these threats that can turn your world upside-down.

Mike Ward, Co-Owner of SC Tech Company

18. Read, Think, Talk! Book Discussion -

Librarians from the Lexington County Library will guide participants as books are selected and ground rules determined. The first class will involve the selection of 2 or 3 books and deciding on the discussion format. During classes 2- 5, a librarian or elected leader will monitor the discussion of books. The last class will be a wrap up and plan for next session.

19. Laughter Yoga -

Laughter Yoga is a unique exercise routine that combines laughter exercises with yoga (deep) breathing which brings more oxygen to the body and brain making one feel less stressed, more energetic and healthy. Anyone can laugh without relying on humor, jokes or comedy and the body cannot tell the difference between pretend and real laughter. The benefits are the same, proving that yes, laughter is the best medicine!! Through Laughter Yoga one can laugh for an extended period of time and heartily because it is being done as a physical exercise and not a mental process. Judy & Bill Ripley, both MSW's and Certified Laughter Leaders, have operated Ripley's Retreat, since 1990, providing staff development and training services in areas of personal development, supervision, leadership and team building.

20. Introduction to the Telikin Computer-

Limited to 6 students per class, however the identical class is offered at all three time periods. Learn on Telikin computers that are specially designed for older adults, sight impaired or computer-phobic people. Operating this machine is simple and easy. You'll learn about video chat, photo sharing, email, internet searching and many more popular features that are part of a sleek, touchscreen device. David Marshall, Instructor.

Fall 2013 Class Schedule

September 26 - October 31

Ways to Volunteer or Sponsor



In order to develop and implement our focused programs of lifelong learning, service outreach and other special programs we need the involvement of a wide array of talented volunteers and generous donors who understand and value the significant benefits offered by The Shepherd's Center of Lexington.

Contributions

- Contributions to The Shepherd's Center of Lexington are tax deductible.
- All contributing sponsors will be listed in perpetuity on the "Donors / Sponsors" page of our website, www.SCLex.org unless otherwise requested or revised by The Shepherd's Center of Lexington Board of Directors.

Share Your Love of Learning!

- We are looking for volunteers interested in teaching lifelong learning courses.
- If you have special expertise and skills you want to share with others, please let us know.
- Our Winter Session will run January 23 through February 27, 2014.
- Please contact the Lifelong Learning Chair: Kay Mitchell, 803.359.2888 (email: classes@sclex.org) We would love to have you!

Looking for Place to Connect with Others!

- Volunteers are needed in all areas of operation to help The Shepherd's Center of Lexington run efficiently.
- Volunteers are needed in the following areas:
 - to set-up and clean-up the morning refreshments and lunch
 - to bake or donate morning goodies
 - set-up classes and equipment
 - serve as class assistant and monitor in classes
 - assist with morning class registration
 - serve on the Adventures in Learning Planning Committee
 - host, hostess, parking monitor
 - class instructors
 - many other areas!

- Since this is a volunteer organization, we do truly need and appreciate all of our volunteers!
- An informational meeting will be held on Thursday, August 29, 2013 at 9:30am at Lexington United Methodist Church. Join us!
- If you wish to volunteer with the Adventures in Learning program, please contact Ruth Arant, at 803-447-0494 (email: volunteer@sclex.org.)

Brochure Design:

sctechcompany.com
803-728-7693
Mike Ward



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803-917-5489
Dave Gordon

| 9:30AM Morning Session for Everyone | 10:30AM Classes | 11:30AM Classes | 12:30PM Lunch Sponsored By: | 1:30PM Classes |
|---|--|--|---|---|
| <p>September 26, Gary Deese, CLTC, President & Owner, Crescent Financial Group "An Inside Look at Retirement" ***</p> <p>October 3, David J. Stallard, M.D. "To Deny or Not To Deny" ***</p> <p>October 10, Jill Michels, Pharm. D, DARAT, Director, Palmetto Poision Control Center, USC "Medication Safety Program" ***</p> <p>October 17, Marjorie Johnson, Speaker "SC Silver Haired Legislature" ***</p> <p>October 24, Tim Kehoe, CAPS, Certified Green Builder , Kehoe Constructors, LLC "Home Planning for Multi-Generations" ***</p> <p>October 31, Lexington County Communications Office "Emergency Preparedness for Seniors - 911, Vial of Life "</p> | <p>1. History of Lexington County J. R. Fennell</p> <p>2. Healthy Lifestyles Lib Brown and Louise Stepp</p> <p>3. Quilting Continues at 11:30 Limited to 6 students Audrey Liddle</p> <p>4. Financial Freedom Carolinas Wealth Management Group Different Instructors each week</p> <p>5. Community Spanish Grace Parks</p> <p>6. Pilates for Seniors Shannon McGee</p> <p>7. Learn to Play Bridge Limited to 16 players Chris Nelson</p> <p>8. Introduction to the Telekin Computer, Computer Lab at LUMC - Betty Fortin & Terri Swindler Limited to 6 students</p> | <p>9. Understanding The Creation Jay Schabaker</p> <p>3. Quilting Continued Limited to 6 students Audrey Liddle</p> <p>10. Personal Computers for Beginners Limited to 9 students Various professional staff of Lexington County Main Library</p> <p>11. Aspects of Travel Cindy Harris</p> <p>12. Zumba for Seniors Shannon McGee</p> <p>13. Introduction to the Telekin Computer, Computer Lab at LUMC - Michele Osier, MLS & Kathleen Lloyd Limited to 6 students</p> | <p>September 26, Agape Senior Chicken Salad & Club Wraps & Croissants Pasta Salad Seasonal Fruit Salad Homemade Cookies ***</p> <p>October 3, Village at South Lake Wraps, Chips, Pasta Salad Fruit Salad ***</p> <p>October 10, RetireEase Spaghetti Salad French Bread ***</p> <p>October 17, Oakleaf Village Baked Chicken Rice Pilaf Green Beans Dessert ***</p> <p>October 24, Morningside Assisted Living Chicken Salad Wraps Pasta Salad Fruit Cookies ***</p> <p>October 31, DayBreak & HeartStrings Hospice Baked Potato and Salad Bar</p> | <p>14. Acrylic Painting Shannon McGee</p> <p>15. Creative Writing Techniques Liz Gentzle</p> <p>16. Floral Design Lexington Garden Club Limited to 10 students</p> <p>17. Staying Safe in a Digital World Mike Ward</p> <p>18. Read, Think Talk! Book Discussion Lexington County Librarians</p> <p>19. Laughter Yoga Bill & Judy Ripley</p> <p>20. Introduction to the Telekin Computer, Computer Lab at LUMC - David Marshall Limited to 6 students</p> |

Fall 2013 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 Fall Session.
- ▶ Please register and pay before Thursday, September 19, 2013.
- ▶ You may register and pay on our secure website. www.SCLex.org

Please Print

Name: _____ Home Phone: _____
Last First Middle Initial

Mailing Address: _____
Number Street

City _____ State _____ Zip Code _____

Religion: _____
Denomination

 Your Faith Congregation

Email: _____ Cell Phone: _____

Emergency Contact Name: _____ Phone: _____

Do you need special assistance during the program? _____

Please mark your first and second choice for each session by indicating with a "1" or "2".

| 10:30am Session | 11:30am Session | 1:30pm Session |
|-------------------------------------|--------------------------------------|---|
| 1. History of Lexington County | | 14. Acrylic Painting (limited to 10) |
| 2. Healthy Lifestyles | 9. Understanding the Creation | 15. Creative Writing Techniques |
| 3. Quilting (limited to 6) | 3. Quilting (continued from 10:30am) | 16. Floral Design |
| 4. Financial Freedom | 10. Computers for Beginners | 17. Staying Safe in A Dangerous Digital World |
| 5. Community Spanish | 11. Aspects of Travel | 18. Read, Think, Talk! Book Discussion |
| 6. Pilates for Seniors | 12. Zumba for Seniors | 19. Laughter Yoga |
| 7. Bridge | | |
| 8. Telikin Computers (1 hour class) | 13. Telikin Computers (1 hour class) | 20. Telikin Computers (1 hour class) |

If you wish to partake of the provided lunches, they must be reserved for the entire session and paid for with your registration. The provided lunch is limited to the first 60 to register.

Fall Registration Fee \$25.00 _____

Lunch Fee \$12.00 _____

Total Enclosed: _____
 Make checks payable to Shepherd's Center of Lexington.
 Mail Registration Form To: Shepherd's Center of Lexington,
 c/o Lexington United Methodist Church,
 309 East Main Street, Lexington, SC 29072

For Office Use Only:

Date Received: _____ Paid by: Cash _____ or Check _____ Check # _____ No Payment Received _____

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Church
309 East Main Street
Lexington, SC 29072

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LEXINGTON UNITED METHODIST CHURCH generously provides the classroom and other spaces necessary for The Shepherd's Center of Lexington's programs, for which we are extremely grateful.

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Join us on September 12, 2013 for the Belgium Waffle Fundraiser.

Special guest speaker Coach Chad Holbrook.

Register for the Fall Adventures in Learning while you are there.

Get tickets online at www.sclex.org. for \$7.00 until September 5th. Afterwards price is \$10.00.