



Adventures In Learning Spring 2018

Come Learn With Us!

Each Thursday starting April 19th
and continuing until May 17th

803-359-6838 ext. 110
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 ****

Spring 2018 Class Schedule

10:00am Classes

- Beginning Bridge (continued at 11:00am)
- Beginning Your Exercise Program
- Investment Matters
- Knit and Crochet Studio
- Learn to Use Your Apple iPad
- Revolutionary War Battle Sites in South Carolina
- SC Flags, Fairs and Fame
- Tell Me Your Family's Life Story
- Turning Left with Larry Douglas

11:00am Classes

- A Walk through the Book of Galatians
- Beginning Bridge (continued from 10:00am)
- Current Events
- Great Decisions 2018 - Part II
- Highlights of Rheumatology and Updates on US Medical Care System
- Intermediate Computers
- Intermediate Line Dancing
- Resources for the Golden Years
- Sharpfit Brain

1:15pm Classes

- Andrew Jackson, John C. Calhoun and the Petticoat Affair
- Beginner Line Dancing
- Crafting with Marie
- Creative Writing
- Mind, Body, Spirit
- Read, Think, Talk! Book Discussion
- Rebooting American Democracy

Lunches and Snacks

Every Week

Join us in Asbury Hall for coffee and snacks
each morning beginning at 9:30am.

April 19th

Menu: Spaghetti, Salad, Bread, Dessert



April 26th

Menu: Chicken Pot Pie, Caesar Salad, Dessert

COLONIAL GARDENS
ALZHEIMER'S SPECIAL CARE CENTER



Lunches and Snacks

May 3rd

Menu: To Be Announced

**MORNINGSIDE
OF LEXINGTON**

May 10th

Menu: Chicken Pot Pie, Salad, Dessert



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

May 17th

Menu: Lasagna, Garlic Toast, Salad, Dessert

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Caughman-Harman Funeral Homes

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Lunchtime Presentations

April 19th – Mike Martucci

Rock & Roll in the 50s and 60s

April 26th – Mark Mancuso

What's New at the Lexington County Library?

May 3rd – Doug Rice

Are you Good to Go: Your End of Life Healthcare Choices

May 10th – Bob Michalski

Entertainment by Bob the Sax Player

May 17th

Adventures in Learning Review & Evaluation



Spring 2018 Class Descriptions

Every Thursday (April 19th – May 17th)

10:00am - 10:50am Classes

Beginning Bridge (continued at 11:00am)

Chris Nelson

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.**

Beginning Your Exercise Program

Barbara Bush

New to exercise? Participants will begin an exercise program using light weights, a stretch band, and a small ball. Nutrition and health issues will be discussed. Equipment needs will be presented at the first class. **Limit 15.**



Investment Matters

Gary Deese

This class will review five smart investing strategies and show how they can help guide your approach to the financial markets. We will also go through five smart investing principles. These are key concepts that could help you understand what it takes to create an investment portfolio that's designed to pursue your investment goals and contribute to a comfortable retirement.

Knit and Crochet Studio

Geri Nilsestuen and Sandy McCravy

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 teachers and other students. Emphasis will be on sharing skills and experience among students. Teachers 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.



Learn to Use Your Apple iPad

Brenda Maxwell

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 10.**

Revolutionary War Battle Sites in South Carolina

Chuck McCurry and Doug Patterson

Back by popular demand, Chuck McCurry and Doug Patterson will teach a history class on a variety of Revolutionary War Battle Sites including Charleston, Camden, Kings Mountain, Ninety Six, Waxhaw, and Eutaw Springs. In this class you will discover the historic moments that happened there and details about visiting the sites.

SC Flags, Fairs and Fame

Rodger Stroup, Ph.D.

Dr. Rodger Stroup returns to teach another fascinating class about flags, fairs and famous South Carolinians. He will explore flags that flew over the state and one that never did but caused the most controversy, the many fairs that have provided both education and entertainment and the official Hall of Fame located in Myrtle Beach where many South Carolinians have been enshrined, including some you may have not heard of before.

Tell Me Your Family's Life Story

Tim Rogers

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.**

Turning Left with Larry Douglas

Larry Douglas Leitner

We will explore NASCAR history, facts, theories, and ideas. No supplies are needed. This will be an informative event with an open and interactive environment.

A Walk through the Book of Galatians

Dr. James E. Quick

We will be looking at the book of Galatians as it deals with the Gospel and the relationship between law and grace. Students should bring their Bibles and a note pad.

Beginning Bridge (continued from 10:00am)

Chris Nelson

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.**

Current Events

Michele Osier

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 25.**

Great Decisions 2018 - Part II

Thomas E. Paige

Discussion on a new topic each week will be based on the Great Decisions 2018 Series – Part II by the Foreign Policy Association. The topics are: The Waning of Pax Americana, South Africa's Fragile Democracy, Trade and Politics, Latin America's Political Pendulum, and Privacy in the Digital World.

Highlights of Rheumatology and Updates on US Medical Care System

Artur Rand, MD

This class will cover a few of the most interesting rheumatologic conditions, pros and cons of our medical system, and spend one session on a topic chosen by the participants.

Intermediate Computers

Lauren Anderson

Intermediate Computers class focuses on the tougher ins and outs of computers in an ever-changing technological world. Topics included are Google Drive, Social Media, Microsoft Word, and navigating the internet. Laptops will be provided to students on a weekly basis for class. **Limit 6.**



Intermediate Line Dancing

Jackie Kutz

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.

Resources for the Golden Years

Erin Clark

This class will host a different professional each Thursday. There will be an attorney to discuss legal matters, a Veterans Affairs officer, a Medicare representative, a nurse and more! Each session you will have a professional at your disposal to have excellent Q&A sessions.

Sharpfit Brain

Marsha Clayman

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 Sharp Brains Guide shows you exactly how to "use it or lose it." **Limit 20.**

1:15pm - 2:05pm Classes

Andrew Jackson, John C. Calhoun and the Petticoat Affair

Pat McNeely

The scandal that caused Jackson to dissolve his cabinet and destroyed Calhoun's chance to be president.

Beginner Line Dancing

Jackie Kutz

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 20.**

Crafting with Marie

Marie Jefferies

Learn a new craft using a variety of mediums. Students will make flowers, stained glass jars, button wall art and more. Supplies will be provided for a \$5.00 supply fee at the first class. **Limit 15.**

Creative Writing

Joy Strange

This course will provide an introductory approach to creative writing, including time, manner, and place in fiction. To that end, students will explore real life situations for creative purposes. Instruction will begin on the first day with Kate Chopin's The Story of an Hour. Students should bring paper and an implement for writing (pen, pencil, crayon, etc.). The instructor will provide all other materials necessary during class time. **Limit 20.**

Mind, Body, Spirit

Kay MacInnis, Registered Dietician

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

Read, Think, Talk! Book Discussion

Katrina Koprowicz

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 be of help in personal book selection. **Limit 12.**

Rebooting American Democracy

Donald King

A presentation/discussion of key components of our political system (e.g. voting, elections, redistricting, money, and media) that can strengthen democracy and better represent the people.

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Retiree Recess and Self-Directed Art Studio
available all day in Asbury Hall.



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Special thanks to



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

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