



Adventures in Learning Classes

Spring 2023

COME LEARN WITH US!

Thursdays, April 20 through May 18

803-359-6838 ext. 110

www.sclex.org



About the Shepherd's Center

The Shepherd's Center of Lexington believes that retirement opens a door to a new chapter of life.

Like other Shepherd's Centers around the country, we are nonprofit and non-denominational, partnering with all faiths. We are a volunteer organization governed by a Board of Directors and we share a common mission to empower older adults to participate in lifelong-learning opportunities.

Our work provides opportunities for older adults to gain knowledge, make new friends, and use their wisdom and skills to serve others. The Shepherd's Center of Lexington is affiliated with the national Shepherd's Centers of America, founded in Kansas City in 1972.

We are located in the heart of Lexington at Lexington United Methodist Church, 309 E. Main St. The church generously provides the space necessary for our programs, for which we are very grateful.

Board of Directors

Jo Mayer, Chair	Tom Paige, Past Chair
Tony Scribelitto, Treasurer	Nina Howard, Secretary
Mary Alice Bechtler	Daisy Harman
Vicky Caldwell	Joanne Hoover
Marsha Clayman-Garrett	Julie Larkin
Robbie DeFreese	Nancy Lipski
JoDee Douda	Susan Mitton
Robert "Bob" Hardee	Cindy Smith

Registration, Arrival & Parking Reminders

Registration fee is \$25 for the session. During the session you may take up to three classes, one in each time slot.

Lunches are an additional \$15 for the session. You may bring your own lunch and join us in the dining area for interesting lunchtime presentations.

Register with payment as soon as possible. This increases your chance of getting your first class choice. Please make sure to **select a second choice class in each time slot**. Some classes have participation limits because of instructor preference and/or room size.

You may mail your registration to the address on the registration form; or hand deliver your registration form with payment to the Shepherd's Center box inside the church next to the church office. Note: The church office is closed on Fridays and weekends. Do not leave registration in the outside prayer box as this is not secure.

Please wait until 9:15am to arrive for Shepherd's Center. LUMC Preschool uses the back-side driveway and the front circle as drop-offs for the children and we need to stay out of their way. Preschool begins at 9:00am. If you **wait until 9:15 to arrive**, this will give Preschool time to complete drop-off. You will still have plenty of time for coffee, snacks, and socializing in Asbury Hall before classes begin at 10:00am.

Parking is allowed in any non-reserved space in the lot between Lexington UMC and the County of Lexington offices. Do not park in the turnaround or on the back side of the church. If you have to park a distance away in the lower county parking lot, you can get a ride on the church bus from the parking lot to the church from about 9:15am until 10:10am.

Lunches and Programs

April 20

Meal Sponsor: Oakleaf Village of Lexington

Menu: Baked Spaghetti, Salad, Garlic Bread, Brownie

Program: Welcome Back!

April 27

Meal Sponsor: Well-More of Lexington

Menu: Wraps, Pasta Salad, Fruit, Dessert

Program: Welcome to the Senior Games

Presenter: Yvette McKenzie

May 4

Meal Sponsor: Thompson Funeral Home

Menu: Hot Dog Buffet and Dessert

Program: Cocky's Reading Express

Presenter: Valerie Byrd Fort

May 11

Meal Sponsor: Caughman-Harman Funeral Home

Menu: Lasagna, Garlic Toast, Salad, Dessert

Program: Hiking, Biking, & Paddling in our SC State Parks

Presenter: Jim Stanton

May 18

Meal Sponsor: Assisted Living Locators

Menu: Pizza Buffet and Cookies

Program: Session Wrap-Up

Spring Class Descriptions

10:00am – 10:50am Classes

Art—Beginning Acrylics (continues at 11:00)

Julie Larkin

Acrylics are the art world's most versatile medium. Learn how to use them as watercolors, oils, textured, or smooth. Learn the mediums that go with them and how to use them. Learn a bit about composition and design. Paints, brushes, and surfaces will be provided. (You may bring your own if you choose, craft paints excluded.) Please bring with you: color wheel, palette knife, two water containers, paper plates, paper towels, and a pen for notes. There will be a \$10 fee per student paid directly to the instructor on the first day of class. **Limit 9.**

Beginning Knitting

Geri Nilsestuen

Learn the basics of knitting, purling, how to read a pattern, increasing, decreasing, and other common terms. Each participant should bring knitting needles (preferably bamboo) in size 8, 9, or 10 and light-colored yarn, preferably 4-ply worsted. The instructor will have patterns, but you are welcome to bring your own.

Bible Study—A Walk Through the Book of Revelation

David Huffstetler

Creatures with multiple heads, a scroll filled with plagues on humanity, and a city built on a foundation of precious gems. Is the mark of the beast really 666? What does it all mean? 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.

Craft Corner

Reference Staff, Lexington Main Library

Come craft with the librarians! Each week we will make a new craft that you can take home to brighten your living space. All supplies will be provided by the library, so just show up ready to be crafty. We will be making wreaths, sun-catchers, coasters, and more! **Limit 8.**

Gardening from the Ground Up

Lexington County Master Gardener Volunteers

This class will cover the most common issues related to our home landscapes.

Intermediate Line Dancing

Mandy Radin & Barbara Harpe

Enjoy dancing your way to better health while having fun. Continue dances you've already learned and learn some new ones. Participants should have some experience and know basic line dancing steps.

Life Hacks

Alisha Knight

A "Life Hack" is any action that solves a problem, simplifies a task or reduces frustration in everyday life. Are you interested in useful tips and tricks that will help you acquire freebies and problem-solve? Do you want to save money, become thrifty and frugal? Are you interested in clever kitchen techniques and tricks to change how you cook for the better? Come and learn efficient techniques for completing ordinary tasks around the home and just about anywhere.

Using Your Apple Watch

Brenda Maxwell

Learn how to use your Apple Watch. Participants must come to the first class with a working username and password for Apple ID. Participants need to bring their Apple Watch and iPhone, fully charged, to each class. Learn tips and tricks for using your Apple Watch! **Limit 12.**

What They Should Have Taught in School: Estate Planning 101

Lisa Hostetler Brown, Lane Cook & others

We believe the best time to start planning is before you need it. We want to help you understand the peace of mind you can have with a comprehensive plan in place. Beginning with estate planning, we will review the important documents you need and help you understand the nuances of Powers of Attorney; wills vs. trusts for asset protection and avoiding probate; and the pitfalls and common mistakes people make. We will also discuss planning for your long-term care goals and how to live out your life the way you want instead of acting in crisis mode.



Photo Release

Note that we take pictures during classes, morning snack, and lunch. We would like to be able to use these pictures through print and social media to help advertise the center.

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 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 such purposes as publicity, advertising, and web content.

Signature

Date

Spring 2023 Registration and Payment Form

Provide current contact information including email address. Please print legibly.

Name: (last, first) _____

Mailing Address: _____

Home Phone: _____ Cell Phone: _____

Email: _____ New Email? Yes or No (circle)

Emergency Contact Name: _____ Phone: _____

Any special assistance needed? _____

Registration Fee: ____\$25 Lunch for entire session: ____\$15

Donation Amount: ☐\$10 ☐\$20 ☐\$30 ☐\$50 ☐Other: \$ _____

Total Enclosed: \$ _____ ☐ I wish to apply for a session scholarship for \$ _____

Make checks payable to **Shepherd's Center of Lexington**

Return completed registration form with payment to Shepherd's Center of Lexington
309 East Main Street, Lexington, SC 29072

Registration deadline is April 14 or when classes are full.

Please indicate your 1st & 2nd choices in each time slot by adding a “1” and “2” in the boxes beside desired classes

10:00am Classes		11:00am Classes		1:00pm Classes	
		Acrylic Art			Chair Yoga
	Beginning Knitting		Apple iPhone Basics		Chess
	Bible Study--Revelation		Beginning Line Dance		Financial Planning
	Crafts		Jazzercise		Fun & Games
	Gardening		Let's Go Globetrotting		Girl Singing Groups
	Intermediate Line Dance		Life Under the Seas		Group Crossword
	Life Hacks		Read! Think! Talk!		Origami
	Using Apple Watch		Reinventing Yourself		Spanish
	What they Should have Taught in School		Sharp Fit Brain		Story of Native America

For Office Use Only: Date Received: _____ Notes: _____
 Cash Amount Paid: \$ _____ Check Amount Paid: \$ _____ Check #: _____ Total Paid: _____

Volunteer Needs

Shepherd's Center of Lexington needs individuals with various skills who may be willing to volunteer or to be an information resource to assist us in the operations of the Shepherd's Center. Please check the areas in which you are willing to help.

<p>____ Assist at Registration Table (various times)</p> <p>____ Assist with Name Tags (9:15)</p> <p>____ Assist with Directions (9:50)</p> <p>____ Assist with Morning Refreshments (9:15)</p> <p>____ Assist with Lunch Setup (11:00)</p> <p>____ Assist with Checking Lunch Tickets (11:45)</p> <p>____ Assist with Lunch Serving (11:45)</p> <p>____ Offer a lunchtime blessing (12:05)</p> <p>____ Assist with Lunch Cleanup (12:45)</p>	<p>____ Serve on Fundraising Committee</p> <p>____ Serve on Class Planning Committee</p> <p>____ Serve on Activity Committee</p> <p>____ Serve on PR and Marketing Committee</p> <p>____ Set up Signs Outside (9:15)</p> <p>____ Make a lunch presentation</p> <p>____ Topic: _____</p> <p>____ Teach a class</p> <p>____ Topic: _____</p>
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11:00am – 11:50am Classes

Apple iPhone Basics

Brenda Maxwell

Is your smart phone outsmarting you? Learn the basics of using your iPhone. Because we will download some apps in classes, you will need an Apple ID to download them. If you have an Apple ID, make sure you know your username and password. If you do not have an Apple ID, we will create one for you in class. Participants **must** have an iPhone and bring it fully charged to each class. **Limit 12.**

Art—Beginning Acrylics (continued from 10:00)

Julie Larkin

(See Beginning Acrylics class description from 10:00.)

Beginner Line Dancing

Mandy Radin & Barbara Harpe

This class will cover the basic techniques of line dancing. This class will be slower, easier and geared towards people who have not line danced before or for whom it has been a long time. There will be class “helpers” to provide assistance to those who want it. Easy and fun.

Jazzercise

Glenda Fesperman

Jazzercise’s signature class format is the ultimate full-body workout with 25-30 minutes of high intensity, dance-based cardio followed by 15-20 minutes of strength training and stretching.

Let’s Go: Globetrotting with Confidence

Jo Mayer

Have you always wanted to visit fascinating and beautiful places around the world? Does the idea of planning your own trip make you really excited but perhaps a little bit nervous? Explore options for picking just the right destination, getting there with ease, finding lodgings that suit your style, moving from place to place safely, and making memories to last a lifetime. It’s not as scary as you might think.

11:00am – 11:50am Classes continued

Life Below the Seas: Life in a Submarine & History of Submarines
CW04 (SS/SW) Thomas E. Paige, USN Ret, PNC Tony Scribellito, USN Ret
Introduction and history of submarines; how they navigate underwater; how they generate the power to operate underwater; where they get their oxygen; what types of weapons they carry and their capabilities – and most importantly – how the crew lives and keeps their sanity underwater for 70-80 days with no outside contact or sunlight or fresh air!

Read Think Talk! Book Discussion

Reference Staff, Lexington County Library

Two to three books will be discussed over the course of five weeks. The last class will include genre information that may be of help in personal book selection. **Limit 12.**

Reinventing Yourself

Alysia Kehoe, MS, Certified Life & Career Coach

Have you ever wondered how to ‘reinvent’ yourself and be ready for your future? How will you approach the next phase of your life? What will you do differently? You’ll learn how to transition into your passion and purpose - perhaps it includes volunteering or part-time work. How do you pass your ‘wisdom’ on to the other generations around you? (The ‘Reinventing Yourself’ workbook can be purchased from the instructor for \$15, as an option.) **Limit 8.**

Sharp Fit Brain

Marsha Clayman-Garrett

SharpFit Brain is developing a system of various resources to exercise the brain to improve cognition, memory, attention, and focus. The benefits of Brain Fitness are to promote faster thinking, develop better memory, finish projects, enhance curiosity, improve verbal skills, improve listening skills, enhance vision, and develop quicker reactions. This class is interactive and will include easy helpful tips on exercise, healthier food choices, and learning skills.

1:00pm – 1:50pm Classes

Beginning Chess

Jerry Rothstein

Researchers have collected strong evidence that chess has a measurable benefit in improving mental health.* These chess lessons will try to fulfill that benefit. (*Karel van Delft, London Chess Conference 2015) **Limit 8.**

Chair Yoga

Cindy Smith

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.

A Financially Stable Retirement

Gary L. Deese, CLTC, Crescent Financial Group

Managing your Social Security, Medicare, predictable income and estate planning during your retirement years.

Fun and Games

JoDee Douda

Let's have some more fun after lunch and escape the hassle of the day. Each week we will learn a new game – it may be a card game, or a board game, or some other type of game that keeps us energized. All games will be easy to understand, learn and play during our class time together. This will be a great opportunity to relax, laugh, and connect. **Limit 20.**

Group Crossword Puzzle

Sheila Grogan

What's a 3-letter word meaning Enjoyment? The answer: FUN.

The objective of Group Crossword is to have fun and exercise your brain at the same time. If you ever got stuck doing a crossword puzzle not a problem here. Someone in the group will always know the answer. This class will be the fastest 50 minutes you'll spend each week. Novice or expert ... enjoyment guaranteed! **Limit 12.**

1:00pm – 1:50pm Classes

The Incomparable Music of the Girl Singing Groups

Sandy Olson

Remember when music was worth listening to - like the great harmonies of sister singing groups from The Andrews Sisters and The McGuire Sisters to The Fontaine Sisters and The Lennons? Take a break and listen to some great music and also learn the backstory of these incredibly talented musicians. You'll hear not only about tragedy and triumph but everything in between from Mafia affiliation to New Orleans Jazz.

Let's Fold: An Introduction to Origami

Sharon Sterrett

Origami is the Japanese art of folding paper. In this class we will learn how to read basic folding diagrams and fold traditional models. No experience is necessary. All materials will be provided. We will fold models that can be found on the internet so you may want to bring your smart phone with you. We will fold at a pace that leaves no one behind. Join me, an origami enthusiast, not an expert, and see what can be created in paper.

The Story of Native America

Thomas Kuhn

This class will examine the story of Native North America focusing on but not limited to the period 1492 to the present. Classes will look at the Colonial Period (1492-1800); Westward Expansion and the Indian Wars (1800-1900), 1900 to the Present; and Science and Preservation: Reclaiming and Explaining the Native Past. Sacred Circles: Native America Myth and Spiritualism will complete the course.

Survival Spanish

Jill Hnat

An introductory course to learn basic survival phrases and customs to help the learner navigate travel in a Spanish-speaking country. Role-playing interactions in stores, restaurants, hotels, tourist spots, and travel will be mixed with tips on expectations for cultural differences and behaviors. There will also be a session on phrases needed to help interact with Hispanic workers here in South Carolina.

Our Patrons—Lunch & Snack Sponsors

 <p>Assisted Living Locators <i>Your local senior living advisor</i></p>	
<p>Caughman Harman Funeral Homes Lexington*Chapin*West Columbia 803-359-6118 Southland Memorial Gardens Elmwood Funeral Home & Cemetery <i>Every Detail Remembered™</i> Dignity™</p>	
 <p>OAKLEAF VILLAGE OF LEXINGTON</p>	
 <p>THOMPSON FUNERAL HOMES <i>Caring For Families. Celebrating Lives.</i></p>	
<p>WELL  MORE of Lexington</p>	

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Adventures in Learning

c/o Lexington United Methodist Church
309 E. Main St.
Lexington, SC 29072

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