



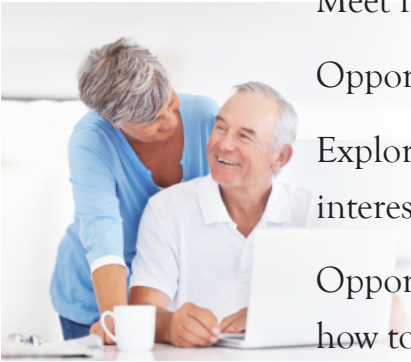
Adventures In Learning Spring 2014

Come Learn With Us

See the details of classes and their scheduled times inside.

Office Phone: 803-359-6838 Ext. 110

About The Shepherd's Center of Lexington



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

- 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

Spring 2014 Class Descriptions

Every Thursday ~ April 10 - May 15

5 Secrets of Dog Training

Geoff Ellinwood- Owner South Carolina K9 Academy

This class will meet on April 10th and April 24th. Discover a new way to communicate with your dog to get the results you want that doesn't require hours of training a day, is hands off, and works on a genetic level with your dog! This class is for dog owners so please DO NOT bring your dogs, because this class is for you! The class on April 24th will cover questions that you may have from trying the techniques for two weeks.

Community Spanish

Grace Parks, Columbia International University Graduate

Focus on learning to understand and respond in Spanish. This course includes: Speaking; Listening; and Cross-Cultural Issues. The required textbook, costs \$25. Limited to 10.

Cooking for One or Two

Jim Bommarito, Food Service Director & Executive Chef, Morningside of Lexington

Come join Chef Jim Bommarito as he teaches us how to prepare healthy meals for one or two. Topics covered will be planning healthy meals including shopping, reading labels; food preparation for special diets (heart health, diabetes, high blood pressure/low sodium); and party planning to include simple recipes and non-baked desserts. Participants will assist him as he cooks. Bring your aprons. Limited to 10.

Crime Prevention for Seniors

Diane Paavel

This class will be led by various officers of the Lexington County Sheriff's Dept. The topics will include Cons and Scams against the elderly, Financial Crimes, Social Media and Internet Safety, Elder Abuse and Scams, Personal Safety and Identity Theft. You will learn how to detect such crimes, what to do if you are the victim and prevention.

Dementia Education

Amy Quenneville, Senior Solutions Advisor, for Agape Senior

Topics include: Understanding Dementia, Creating Quality Activities for Loved Ones with Dementia, Financial Resources for Dementia Care, The Reality of the 7 Stages of Dementia, Understanding the Role of Medication, How to be a Healthy Caregiver, and Dementia and Children. Join Agape Senior professionals who will be presenters.

Exercise and Arthritis

Barbara Bush, Fitness Instructor

If you have Arthritis and suffer from pain, stiffness, and mobility, this class is for you. This exercise class will help to improve pain, stiffness, improve mobility, and increase muscle strength. At the first class, participants will receive a list of equipment to bring to next class.

Laughter Yoga

Judy & Bill Ripley, MSW's and Certified Laughter Leaders

Laughter Yoga 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!!

Learn How to Skype

Mike Ward, Technology Guru

Skype is a free program that allows users to communicate online using a computer, tablet or mobile phone. Skype allows for voice chats and video chats. Many older adults love using Skype to talk with family members and friends. In this class you will learn how to use Skype to help you stay in touch with those you love.

Learn to Play Bridge

Chris Nelson

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 10.

Life Below the Seas – The World of Submarines

CWO4 (SS/SW) Thomas E. Paige, USN Ret

What's life like below the seven seas? Explore the history of submarines, purpose of missions, how they operate and what daily life is like for those who serve on submarines.

Mindfulness Meditations for Stress Reduction

David Killman, Owner Spiritual Meditation Practice

At the end of this class, you will have learned practical coping skills to improve your ability to handle stressful situations, methods for being physically and mentally relaxed and at ease, gentle full-body mindful movement to strengthen your body and release muscular tension, to become increasingly aware of the interplay of mind and body in health and illness, to take responsibility for improving your own health, to face change and difficult times in your life with greater ease, to discover and develop your ability to help yourself move towards greater balance, control and peace of mind, to directly experience of the fierceness and wisdom of the heart, exploration of the dialogue and inquiry process as an expression of the heart source from which it originates and moves

Personal Computers for Beginners

Patricia Smith, MLS, Librarian with the Lexington County Public Library

Instructor will guide the class through the basic terms and functions required for first time computer users: turning on the computer, using the mouse, surfing the web, searching for information on the web and exploring Library services available on the web. Individual concerns and questions will be addressed depending on the time and expertise required. Limited to 9.

Tai Chi

Licia Wu, accredited by the Taoist Tai Chi Society of the USA.

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.

Spring 2014

9:00 AM - Registration, Coffee & Breakfast Goodies

9:40 AM Morning Session	10:30 AM Classes	11:30 AM Classes
<p>Many speakers planned during the winter session.</p> <p>Please see page 9 for a detailed list.</p>	<p>Mindfulness Meditations for Stress Reduction</p> <p><i>David Killman</i></p>	<p>Personal C for Beg</p> <p><i>Patricia</i></p> <p>(lim</p>
	<p>Learn to Play Bridge</p> <p><i>Chris Nelson</i></p> <p>(limit 10)</p>	<p>Learn to P</p> <p><i>Chris</i></p> <p>(limi</p>
	<p>Exercise and Arthritis</p> <p><i>Barbara Bush</i></p>	<p>Tai C</p> <p><i>Licia</i></p>
	<p>Community Spanish</p> <p><i>Grace Parks</i></p> <p>(limit 10)</p>	<p>Learn How</p> <p><i>Mike</i></p>
	<p>Cooking for One or Two</p> <p><i>Jim Bommarito</i></p> <p>(limit 10)</p>	<p>Crime Preventi</p> <p><i>Diane</i></p>

Spring 2014 Dates: April 10 - May

Fall 2014 Dates: September 25

4 Schedule



10 AM Classes	12:30 Lunch	1:30 PM Classes
Computers Beginners (Smith at 9)	<p>Many speakers planned during the winter session.</p> <p>Please see page 8 for a detailed list.</p>	Laughter Yoga <i>Judy & Bill Ripley</i>
Play Bridge Nelson (at 10)		Life Below the Seas – The World of Submarines <i>Thomas E. Paige</i>
Chi Wu		Dementia Education <i>Amy Quenneville</i>
How to Skype Ward		5 Secrets of Dog Training <i>Geoff Ellinwood</i>
Session for Seniors Paavel		

ay 15

5 - October 30, 2014

Lunch Speakers and Menus

April 10 - **Oakleaf Village**

Menu: Spaghetti, Salad, Garlic Bread, Dessert

April 17 - **Village at South Lake**

Menu: Chicken Salad Croissants, Fruit and Pasta Salad, Dessert

April 24 - **DayBreak / Hospice Advantage**

Menu: Salad Bar with Grilled Chicken

May 1 - **Agape Senior**

Menu: Chicken Salad & Club Wraps and Croissants, Pasta Salad, Fruit Salad, Cookies, & (Un)Sweet Tea

May 8 - **RetireEase / Senior Express**

Menu: Spaghetti, Salad, French Bread

May 15 - **Morningside Assisted Living**

Menu: Taco Bar with Chicken and Beef, Guacamole, Lettuce, Sour Cream, Cheese, Spanish Rice, Mexican Pinto Beans, Sopapilla with Honey



Plenary Session Speakers

- April 10 - The Reverend Jimmy Jones, Director Pastor
Christ Central Ministries
"The Face of the Homeless in Lexington"
- April 17- Tim Kehoe, Owner Kehoe Constructors, LLC
Certified Aging in Place Specialist (CAPS)
Certified Green Builder
"Greening Your Home"
- April 24 - Joyce Romero, Senior Resources Advisor
Daybreak Adult Care Service
"Continuum of Care"
- May 1 - Roberta Vining, Pharmacist/Co-Owner
Riley's Drugs
"The Role of Your Pharmacist and Pharmacy"
- May 8 - Chaplain Ron Kenyon, SLED, SC Highway
Patrol, Natural Resources, Probation, Parole & Pardon
"Role of Chaplain with Law Enforcement Officers"
- May 15 - Mary C. Strickland, LUTCF
Financial Services Executive, MetLife
"Fulfilling your Bucket List"

2014 Winter Session Snack Sponsor:



Volunteers

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 on the "Donors / Sponsors" page of our website, www.SCLex.org.

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 Fall Session will run Sept 25 through Oct 30, 2014.
Please contact the Lifelong Learning Chair: Kay Mitchell,
- 803.359.6838 ext 110 (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.
- Since this is a volunteer organization, we do truly need and appreciate all of our volunteers!
- If you wish to volunteer with the Adventures in Learning program, please contact Ruth Arant, at 803-447-0494 (email: volunteer@sclex.org.)

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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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