

 **shepherd'scenter**  
OF LEXINGTON  
**ADVENTURES IN LEARNING**  
c/o Lexington United Methodist Church  
309 East Main Street  
Lexington, SC 29072

Non - Profit  
U.S. Postage  
PAID  
Lexington, SC  
Permit #49

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Place label here



# Adventures In Learning Fall 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

# Board of Directors

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## Special thanks to

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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.

# 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](http://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 Winter Session will run Jan 29 through Mar 5, 2015. Please contact the Lifelong Learning Chair: Kay Mitchell,
- 803.359.6838 ext 110 (email: [classes@sclex.org](mailto: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](mailto:volunteer@sclex.org).)

## Fall 2014 Class Descriptions Every Thursday ~ Sept 25 - Oct 30

### 10 Myths About Hospice

*Bonnie Bowman, Palliative Care Consultant, CNA,PCA.*

During this session, the Ten Myths about hospice will be discussed and clarified. You will get an insight of what each person that works for a hospice company does to help you, your loved one, and the community. Will also discuss support services to assist you and your family.

### An Adventure Through 7 Levels of Change

*Ed Cerny, Ph.D., Founder of Coach's Corner*

Think rewiring instead of retiring! You will learn to create an exciting plan to establish a set of personal values and a vision that will energize your life. Learn how to plan and experience new things after retirement. We will be going on An Adventure Through the 7 Levels of Change: Making a Difference Along the Way! Limited to 24 students.

### Assistive Technologies

*Carol Page, Director of the SC Assistive Technology Program*

Mary Alice Bechtler, Program Coordinator, SC Assistive Technology Program  
Learn more about assistive technologies that will assist you to live an independent lifestyle. Assistance with using your computer; apps for iPads to help with memory, scheduling, health and exercise; home monitoring devices and robots; communication solutions needed after stroke or disease; and local Assistive Technology Resources.

### Basic Line Dancing

*Christy Fins*

This class will cover the basic techniques of line dancing. Enjoy a mind-body workout while dancing your way to better health.

## Brain Fitness

*Marsha Clayman, Marketing Director for The Haven in the Summit*

Brain Fitness is developing a system of various resources to exercising the brain to help improve cognition, memory, attention, and focus. This class is interactive and will include easy helpful tips on exercise, healthier food choices, and learning skills. Limited to 16 students.

## Fall Gardening Tips and Ideas

*Helen Wood, Master Gardener, Class Coordinator*

Join Master Gardeners as they discuss on Fall Gardening. Topics to be covered are caring for hydrangeas; Fall plant sale, tours from Master Gardeners; making a sedum wreath; growing and cooking with herbs; creating a Fall garden with color; and best picks for winter perennials especially hellebores.

## Healthy Cooking for Two

*Jacqueline J. Bosse, Gourmet Meals, LLC*

*September 25th ONLY*

Join Jackie as you learn how to cook healthy for two. You will learn how to choose healthy alternatives to live a long & healthy life. We will be preparing 3 recipes to enjoy. There will be a small fee to cover the food costs and paid to Jackie. Limited to 15 students.

## Hobbies I Always Wanted to Try

*Susan Johnston, Class Coordinator*

Have you always wanted to try woodworking, garden art, geocaching, wood carving, bee-keeping or wood turning? Six experts will demonstrate their craft, explain what you need to get started and suggest resources to hone your skills.

## Lake Murray & Historic Houses in Lexington

*Claudette Holliday, Author & Writer for Lexington Chronicle*

This class will take you on a journey of historic landmarks in Lexington County including history of Lake Murray: A history told through places.

# Lunch Sponsors and Menus

Sept 25 - **Oakleaf Village**

Menu: Spaghetti, Salad, Garlic Bread, Dessert

Oct. 2 - **Village at South Lake**

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

Oct 9 - **DayBreak / Hospice Advantage**

Menu: Baked Potato and Salad Bar, Dessert

Oct 16 - **Caughman-Harmon Funeral Home**

Menu: Assorted Sandwiches, Chips, Dessert

Oct 23 - **RetireEase / Senior Express**

Menu: Spaghetti, Salad Bar, French Bread, Dessert

Oct 30 - **Morningside Assisted Living**

Menu: Variety of Pastas: Marinara & Alfredo Sauces;  
Choice of Protein: Meatballs, Shrimp, Chicken; Italian Salad,  
Garlic Bread



## Senior Yoga

*Nina Spinelli*

Learn the basic movements and positions of Yoga, Senior style! You will learn to relax and clear your mind and body of all stress. Limited to 8 students. This class will only be offered on October 2,16,30, 2014.

## Tai Chi

*Licia Wu, Instructor, 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.

## Tech Savvy (With Pictures!)

*Mike Ward*

You'll learn about digital photography, how to transfer images to your computer, how to do some simple editing and how to use the service, Shutterfly, to create products that leave a lasting impression on everyone that sees them.

# Lunch Presenters

This year we're bringing you more! During lunch we will have different performers, speakers and activities to engage your minds. Be sure to look for a full list of these at the registration table on September 25th.

2014 Fall Session  
Snack Sponsor:



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

## 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. This class is at 10am and continues to 11am.

## Learning to Use Your IPAD

*Kristin Florian, MLS, Lexington Main Library*

This class will go over iPad features, choosing fun and useful apps, taking pictures, using email and social media, browsing the internet, using the map, and changing your settings. You will need to bring your own iPad with you. Limited to 9 students.

## Music That Drives...The classics through sacred to swing and jazz!

*Charles Gatch, Ed.D, Former Director, LUMC Choir*

Join us for a brief study of music including the elements of music, music history, styles, musical instruments, listening skills, and applied opportunities.

## Painting Class - Crayon Batiks

*Hank Kuhlmann, stained glass artisan*

Join Hank for an adventure into painting melted crayons onto muslin. Absolutely no painting experience is needed and you do not need drawing ability either. There will be a materials cost to be paid to instructor at first class. Limited to 6 students. This class is offered at 10 am and 11 am.

## Not Your Grandmother's Way to Quilt

*Audrey Liddle, Former Owner of Pieces & Patches*

Have you ever wondered how to make a quilt from start to finish like the ones your grandmother made? This will require you owning a sewing machine, knowing how to use it, and doing work at home. You will make a lap sized quilt. The cost for materials will be extra. Limited to 6 students. Class at 10am and 11am.

# Fall 2014 Schedule



9:30 AM - Registration, Coffee & Breakfast Goodies

10:00 AM Classes	11:00 AM Classes	12:00 Lunch	1:15 PM Classes
Assistive Technologies <i>Carol Page &amp; Mary Alice Bechtler</i>	Lake Murray & Historic Houses in Lexington <i>Claudette Holliday</i>	Speakers and entertainment planned during lunch.	An Adventure Through 7 Levels of Change <i>Ed Cerny, Ph.D.</i>
Learn to Play Bridge <i>Chris Nelson</i> (limit 10)	Learn to Play Bridge (Continued) (limit 10)		Healthy Cooking for Two <i>Jacqueline J. Bosse</i> (limit 15)
Brain Fitness <i>Marsha Clayman</i> (limit 16)	Learning to Use Your IPAD <i>Kristin Florian</i> (limit 9)		Hobbies I Always Wanted to Try <i>Susan Johnston</i>
Fall Gardening Tips and Ideas <i>Helen Wood</i>	10 Myths About Hospice <i>Bonnie Bowman</i>		Basic Line Dancing <i>Christy Fins</i>
Painting Class - Crayon Batiks <i>Hank Kuhlmann</i> (limit 6)	Painting Class - (Continued) (limit 6)		Music That Drives <i>Charles Gatch, Ed.D</i>
Not Your Grandmother's Way to Quilt <i>Audrey Liddle</i> (limit 6)	Quilting (Continued) (limit 6)		Tech Savvy (With Pictures!) <i>Mike Ward</i> (limit 12)
<b>Winter 2015 Dates:</b> January 29 - March 5, 2015	Tai Chi <i>Licia Wu</i>		Senior Yoga <i>Nina Spinelli</i> (limit 8)

# Fall 2014 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.  
Limited to first 100 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? \_\_\_\_\_

## Optional:

Religion: \_\_\_\_\_  
Denomination

\_\_\_\_\_  
Your Faith Congregation / Church

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

10:00am Session		11:00am Session		1:00pm Session	
	Assistive Technologies		Lake Murray & Historic Houses in Lexington		An Adventure Through 7 Levels of Change
	Learn to Play Bridge				Healthy Cooking for Two
	Brain Fitness		Learning to Use Your IPAD		Basic Line Dancing
	Fall Gardening Tips and Ideas		10 Myths About Hospice		Music That Drives
	Painting Class - Crayon Batiks				Tech Savvy (With Pictures!)
	Not Your Grandmother's Way to Quilt				Senior Yoga
			Tai Chi		

Fee Information and Donation form on back



## Session Fees:

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

Lunches must be reserved for the entire session and paid for with your registration. Lunches are limited to the first 100 to register.

Lunch Fee: \$12.00 \_\_\_\_\_

Donation Amount: \_\_\_\_\_

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

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

## 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: \$ \_\_\_\_\_