



c/o Lexington United Methodist Church
309 East Main Street
Lexington, SC 29072

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

Current Resident Or

Place label here



Adventures In Learning Fall 2015

Come Learn With Us

Each Thursday Starting September 24, 2015
And Continuing Until October 29, 2015

803-359-6838 Ext. 110
www.sclex.org

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 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

Kay Mitchell, Chair	Mike Ward, Vice Chair
Kristin Horzen, Treasurer	Vicky Caldwell, Secretary
Ruth Arant	Gary Deese
Tom Paige	Gina McCuen
Nancy Lipski	Dave Smith
Sammie Brown	Daisy Harman
Jay Martin	Joyce Romero
Teresa Player	

Special thanks to



**Lexington
Printing, LLC**

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.

Leading the Way

The Shepherd's Center of Lexington is part of a much larger network of centers called Shepherd's Centers of America. SCA works hard to help each center grow, as well as, helping to grow awareness of aging across the nation.

SCA is operating a nationwide fundraising campaign to raise \$2,000,000. They have three key goals that they are working to accomplish with this funding:

- *Build and Broaden the Knowledge Base of Shepherd's Centers
- *Expand and Enhance the National Network into New Communities
- *Elevate and Advance a National Aging Agenda

As a local center that has received and continues to receive support from our national organization, we ask that you consider contributing a donation to SCA. If you're interested in helping out the greater good, please visit their website for more information at www.shepherdcenters.org.



News and Updates

We had a great meeting in June for our Annual Membership meeting. We announced our Volunteer of the Year, Brenda Paige, Volunteer Office Administrator. She operates the office and helps to make sure that our AIL sessions go according to schedule.

Kay Mitchell was recognized with the Outstanding Leadership award. She was presented with this award to show the appreciation that we have for her dedicated leadership to the Shepherd's Center.

Kay Mitchell and "Jay" Martin were both elected back to the board for a second term. Teresa Player and Joyce Romero were also voted onto the board at the annual meeting.

Volunteers

As a reminder, The Shepherd's Center of Lexington is a volunteer based organization. We would not exist if it were not for the hard work of volunteers. We're always interested in talking to anyone that has a heart to serve. See some opportunities below. Please contact Kay Mitchell (chair@sclex.org or 803-359-6838 ext 110) if you're interested in serving.

writing press releases

helping people find their class

setup of the registration table

setting up snacks

serving lunch

cleaning up after the day is over

marketing the center

helping with health fair booths

setting up classes

finding speakers and entertainers for lunches

many, many more opportunities

September 24 – End of Life Dignity

Barry S. James, Director, and Agape Hospice in the Midlands

This session will speak to the issues that confront individuals, families, and communities who deal with end of life moments and death.

October 1 – Scams & Identity Theft

Marti Phillips, Esq.

This presentation will give an overview of how identity theft happens, the steps you can take to protect yourself, and what to do if it happens to you. Will also review popular types scams the “red flags” to identify them.

October 8 - Tips for Caregivers

Linda Shanabrook

This class will provide tips for people caring for someone. Resources that are available to caregiver and signs and symptoms of caregiver stress will be discussed.

October 15 – Travel

Andy Simmons

Travel trends for 2016 – will focus on domestic US, Alaska cruises, Central & South America and western Europe.

October 22 – Gun Safety

Mike Mancuri

Gun safety in the home and outside the home / personal safety in and outside the home. What to do and what not to do for both!

October 29 – Olive Oil 101

Kaye Gerrald

The class will discuss the health benefits of a Mediterranean Diet, specifically the many benefits of olive oil. Students will learn to make healthier food choices while continuing to enjoy tasty foods.

The History of Lexington County

J.R. Fennell, Director of the Lexington County Museum

This class will focus on the history of Lexington County including how it relates to the history of SC and the nation. Students will learn about the county's part in the Civil War, the fascinating role superstition and the belief in ghosts and witches played in 18th and 19th century Lexington County, and about the historic homes and sites in Lexington.

Welcome to Medicare

Shelia Bell-Ford, I-Care/SMP Coordinator

This class will provide basic info on Medicare, changes to Medicare under the Affordable Care Act, advice on purchasing Medicare Supplemental Plans and Medicare Part D Drug Plans.

Word Fun

Art Lynch

We will look at our fun language, English and find humor in word origins and usage, sound devices (alliteration, assonance, onomatopoeia, rhyme, and rhythm), satire, parodies, limericks, shaggy dog stories, one liners, limericks, and puns - especially puns.

Zumba Gold 

Janice Shull, Authorized Zumba Gold Instructor

Join other seniors in a dance class that provides you with joy, fun and fitness. Janice Shull will use Latin Dances and steps that are easy to follow for seniors with lower conditioning levels and joint limitations. **Please wear tennis shoes.**

Potpourri of Classes

Multiple Instructors

Enjoy a medley of classes through this offering. These one-day-only offerings allow you to experience even more:

Lunches

September 24 - Oakleaf Village

Menu: Spaghetti, Salad, Roll, Dessert

Presentation by Shepherd's Center

"Update on Shepherd's Center of Lexington"

October 1 - DayBreak/Hospice Advantage

Menu: Salad, Baked Potato, Dessert

Presentation by Yancey McGill

"Aging Services in South Carolina"

October 8 - Village at South Lake

Menu: Chicken Salad Croissants, Fruit Salad,
Pasta Salad, Brownie

Presentation by Bob Michalski

"Entertainment by Bob the Sax Player"



October 15 - Caughman-Harman Funeral Home

Menu: Assorted Sandwiches, Chips, Dessert

Presentation by Shelia Bell-Ford

"Open Enrollment for Medicare"

October 22 - Morningside Assisted Living

Menu: Chicken Marsala, Roasted Vegetables,
Asparagus, Dessert

Presentation by Sheila Burney-Chalmers

"How Do You Qualify for FREE Homemaker Services?"

October 29 - Senior Express/RetireEASE

Menu: Lasagna, Salad, French Bread, Dessert

Presentation by Pat McNeely

"Sherman's Flame and Blame"

Class Schedule

Morning - 10:00am Class Offerings

- *Advanced Community Spanish
- *All About Angels
- *Brain Fitness I
- *Drawing What You See, Not What You Think You See
- *Just GOOGLE It!
- *Let's Make a Tree Skirt Quilt - Intermediate Beginner Quilting
- *Overwhelming Mess of Gunk!
- *Preparing for a Fall Garden
- *Tai Chi

Morning - 11:00am Class Offerings

- *Are You Ready?
- *Centerfit Lite
- *Diabetes Reset - Strategies for Living and Longevity
- *Personal Computers for Beginners
- *Read, Think, Talk! Book Discussion
- *Sherman's Flame and Blame Campaign Through Georgia and the Carolinas...and the Burning of Columbia
- *Word Fun

Afternoon - 1:15pm Class Offerings

- *Golden Age of Radio
- *Intermediate iPad
- *Life Below the Seas - The World of Submarines
- *The History of Lexington County
- *Welcome to Medicare
- *Zumba Gold
- *Potpourri Offering of Classes

*End of Life Dignity *Travel *Tips for Caregivers
*Scams & Identity Theft *Gun Safety *Olive Oil 101

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 students.

Preparing for a Fall Garden

Lexington County Master Gardeners

Join the Lexington County Master Gardeners as they discuss Fall Gardening tips and ideas. Topics to be discussed are the following: adaptive gardening, vermiculture, composting, winter lawns and weeds, soil, and winter pruning of shrubs and trees.

Read, Think, Talk! Book Discussion

Barbara Kasper

The first book title (to be determined) will be chosen by the Librarian. A total of 2 to 3 titles will be discussed over the course of 6 weeks. The last class may consist of some genre information that may be of help in personal book selection.

Limited to 8 students.

Sherman's Flame and Blame Campaign

USC Professor emerita Pat McNeely

In addition to physical and economic assaults, General Sherman designed a massive psychological strategy designed to cripple the Confederacy, to destroy the faith of civilians in their leaders and their government, and to kill the will of the people to fight.

Tai Chi

Robin Anderson

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.

Let's Make a Tree Skirt – Intermediate Beginner Quilting

Audrey Liddle

Participants will use a wedge ruler to make an unusual but easy tree skirt. They will also quilt and bind the skirt. Do not bring your sewing machine until instructor lets you know. A supply list with a photo will be available when you register for the class. Instructor will have ruler for class use. **Limited to 12 students.**

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.

Over Whelming Mess of Gunk!

Ben Welch, IV

This session is based on delving into some of the things that hold us back from being able to enjoy the living space around us. Namely, all of the things that we've collected over the years. Please arrive with an open mind and be prepared to answer some tough questions from within! Whether simple organization, decluttering, downsizing, clean up or clean out; there will be something to learn for everyone. Bring your thinking cap and a sense of humor.

Personal Computers for Beginners

Patricia Smith, MLS

Instructor will guide the class through the basic terms and functions required for first time computer users: turning on

2015 Fall
Snack Sponsor:



Fall 2015 Class Descriptions

Every Thursday ~ September 24 - October 29

Advanced Community Spanish

Deborah Deaton, MAT & Peter Balsamo, Ph.D.

In this class students will concentrate on the second part of the Community Spanish book in order to carry on conversations regarding such things as themselves, health and emergency situations, food, and giving directions. The focus will be on listening, speaking, and cross-cultural issues rather than on grammatical structures. **Limited to 10 students.**

All About Angels

Elaine Doby

Do you believe in Angels? Come learn all about them, their origin, number, nature, characteristics, and their mission in our world today. The class is based on the book “The Doctrine of Angels” by Dr. Harold L. Willington.

Are You Ready?

Linda Shanabrook, BS, RN, EMT

There are only a few things in life that are guaranteed – death, taxes, and health/caregiving glitches. We can plan for the first two but how do you plan for the rest. This class will provide insight into: some of the things that can go wrong; how to handle them when they occur; and how to prevent some of them from occurring. Topics will include First Aid in the home, Disaster preparation; complications of disease, stress, and humor (bring your best stories).

Brain Fitness I

Marsha Clayman

Brain Fitness is developing a system of various resources to exercising the brain to help improve cognition, memory, attention, and focus. The benefits of Brain Fitness is to help promote faster thinking, develop better memory, finish projects, enhance curiosity, improve verbal skills, improve listening skills, enhance vision, and develop quicker reactions. Each class member will be provided their own workbook to collect important hand-outs and practice this training in their spare time.

Limited to 16 students.

CenterFit Lite

Rachel Maxwell

CenterFit Lite is designed to be a starting point for individuals who wish to transition from a sedentary to a more active style of living. This class offers a gradual introduction to flexibility, cardio respiratory, core, balance, agility and resistance training. Exercise modifications and progressions are provided to appropriately challenge individual students. **Participants will need to bring a set of dumbbells that are 2 – 5 pounds.**

Diabetes Reset – Strategies for Living and Longevity

Peter Balsamo, Ph.D.

The prevalence of diabetes is staggering -- in 2012, 29.1 million Americans, or 9.3% of the population, had diabetes. The focus of discussions and presentations by local experts will relate to the recently published book entitled ***The Diabetes Reset -- Avoid It. Control It. Even Reverse It. A Doctor's Scientific Program*** by George King, M.D. of the Joslin Diabetes Center, Harvard University. Learn about and implement the eight strategies of the “Diabetes Reset Toolbox” outlined by Dr. King. **Participants should read Dr. King’s book prior to the class.**

Fall 2015 Class Descriptions (cont.)

Drawing What You See not What you Think You See!

Gretchen Evans Parker, CPSA

Learning to draw is a lot like learning to read. You have to learn to see what you are looking at not what you think you are looking at. By the end of the 6 weeks, I hope we can complete a simple portrait or still life from a photo. **Students will need to purchase the following supplies and bring to first class: number 2 pencil, white clickable eraser, pencil sharpener, 1 foot ruler. Limited to 9 students.**

Golden Age of Radio

Al McNeely

Return to those thrilling days of yesteryear in “The Golden Age of Radio ” as Al McNeely brings you some of your favorite shows and stars, from Fibber McGee to Sam Spade to Orson Welles to Ma Perkins, etc., etc.

Intermediate iPad

Jack Ellison

If you’ve already taken our Introduction to the iPad class and want to learn even more about the iPad, iPhone and iPod Touch, this class is for you. You’ll be given a step by step manual which you will help create. The class will be following the manual and it is yours to keep upon completion of the class. **Bring your iPad. Limited to 9 students.**

Just GOOGLE It!

Mike Ward

In this class you’ll learn a new Google product each day. No matter what you’re looking for, if it’s Google, you’ll learn about it in this class. No need to bring any equipment. Show up and enjoy learning about how Google can be your go-to solution for all of your technology needs.

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: \$ _____

Session Fees:

Session Registration Fee \$25.00 _____

Lunch Fee \$12.00 _____

Lunches must be reserved for the entire session and paid for with your registration.

Lunches are limited to the first 100 to register.

Donations:

☐ \$3.00

☐ \$53.00

Donation Amount ☐ \$28.00 ☐ Other: \$ _____

Donation Note _____

Total Enclosed: \$ _____

Fall 2015 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? _____

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	1:15pm Session
Tai Chi	Word Fun	Welcome to Medicare
Preparing for a Fall Garden	Are You Ready?	Golden Age of Radio
Drawing What You See, Not What You Think You**	Diabetes Reset - Strategies for Living and Longevity	Life Below the Seas - The World of Submarines
Brain Fitness I**	Centerfit Lite	The History of Lexington
Let's Make a Tree Skirt**	Sherman's Flame and Blame Through Georgia and the Carolinas...and the Burning of Columbia	Zumba Gold
Intermediate Beginner Quilting		Potpourri of Classes
All About Angels		Intermediate iPad**
Just GOOGLE It!	Read, Think, Talk!**	
Adv. Community Spanish**		
Overwhelming Mess of Gunk!	Personal Computers for Beg.**	

****All limited classes are filled on a first come, first served basis when the completed registration form and payment are received in our office.**