



# Adventures In Learning Spring 2019

*Come Learn With Us!*

Each Thursday starting April 25<sup>th</sup>  
and continuing until May 23<sup>rd</sup>

803-359-6838 ext. 110  
[www.sclex.org](http://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.
- Choose from a wide variety of interesting classes including:
  - Computer Skills
  - Health and Fitness
  - History
  - Crafts and Recreation



**\*\* Only \$25 for the entire session \*\***  
**Bring a friend for a one-day free trial**

# Spring 2019 Class Schedule

## 10:00am Classes

- Art Studio - Self-Directed
- American Politics Seen Through Current Events
- Apple iPhone Basics
- Beginning Acrylic Abstract Painting
- Chair Yoga
- Dimensions of Wellness
- Filling in the Blanks in the Bible - The Book of Jasher
- Finding Your Roots
- Knit & Crochet Studio

## 11:00am Classes

- Art Studio - Self-Directed
- Beginning Acrylic Abstract Painting
- Great Decisions 2019 Potpourri
- Intermediate Line Dancing
- Just Google It!
- Knit and Crochet Studio
- Mastering the Art of Aging Well
- Read Think Talk! Book Discussion
- Revolutionary War Battles in SC & the Patriot Heroes

## 1:15pm Classes

- Art Studio - Self-Directed
- Adventurous Aging
- Another Opening - Another Show (part 2)
- Beaded Jewelry
- Beginner Line Dancing
- The First People
- New & Improved at the Library
- The Real History of Fake News
- Walk with Ease

# Lunches

## **April 25<sup>th</sup> - Oakleaf Village**

Menu: Spaghetti, Salad, Bread, Dessert

## **May 2<sup>nd</sup> - Colonial Gardens**

Menu: Quiche, Salad, Dessert

## **May 9<sup>th</sup> - Wellmore**

Menu: Wraps, Pasta Salad, Fruit

## **May 16<sup>th</sup> - Lutheran Services**

Menu: Chicken Pot Pie, Salad, Dessert

## **May 23<sup>rd</sup> - Caughman-Harman Funeral Home**

Menu: Lasagna, Garlic Toast, Salad



## **Every Week**

Join us in Asbury Hall for coffee and snacks  
each morning beginning at 9:00am.

# Lunchtime Presentations



**April 25<sup>th</sup> - Patricia Moore-Pastides**

The History of the USC President's House and  
the Families Who Lived There

*\*\* Ms. Moore-Pastides will also sign copies of her books. \*\**

**May 2<sup>nd</sup> - Jared Glover**

What's Happening at the South Carolina State Museum

**May 9<sup>th</sup> - Jerry Bellune**

Does Anyone Read Newspapers Anymore?

**May 16<sup>th</sup> - JR Fennell**

Right in your Backyard: The Lexington County Museum

**May 23<sup>rd</sup>**

Wrap-Up and Summer Plans

# Spring 2019 Class Descriptions

Every Thursday (April 25<sup>th</sup> – May 23<sup>rd</sup> )

10:00am - 10:50am Classes

## **Art Studio - Self-Directed**

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Participants are invited to bring their own art supplies to work in the medium of their choice and enjoy the company of other artists while practicing their craft.

## **American Politics Seen Through Current Events**

Donald King

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The class will examine and discuss selected challenges and activities taking place this Spring on the political stage - such as the aftermath of the Special Prosecutor's findings, candidates seeking the 2020 presidential nomination, disengaging from military conflicts abroad, and the efforts of new members of the House who find themselves in a highly partisan situation.

## **Apple iPhone Basics**

Brenda Maxwell

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Is your smart phone outsmarting you? Learn the basics of using your iPhone. If you have an Apple ID, make sure you know your username and password before the first class. If you do not have an Apple ID, we will create one for you in class. Participants must have and bring their Apple iPhone to participate in this class. **Limit 10.**

## **Beginning Acrylic Abstract Painting (cont. at 11:00am)**

**Julie Larkin**

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Learn the varied uses of acrylics and the methods of abstract painting. Supplies will be discussed at first class. Bring whatever you have - watercolors, oils, or acrylics to first class. **Limit 9.**

## **Chair Yoga**

**Cindy Smith**

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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.

## **Dimensions of Wellness**

**Cindy Johnson, Fran Bragan, Jenny Prather, Rebecca Richardson**  
**Presbyterian Community Columbia**

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The class will be divided into seven dimensions of wellness. Each area will be explored and shown how it contributes to the joy and satisfaction in life.

## **Filling in the Blanks in the Bible - The Book of Jasher**

**David Huffstetler**

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Why did King Nimrod try to kill Abraham as a baby? How did Cain die? Did Adam's clothes have magic powers? The Book of Jasher, also called The Book of the Upright, is not part of the Bible canon, but it is mentioned twice in the Bible as a reference source. Solomon tells stories that add to, and bring new light to, those told in the Old Testament. Attendees are encouraged to bring their Bibles and an open mind.



## **Finding Your Roots**

Marie Jefferies, Kira Mikutaitis, Lauren Ignat  
Lexington County Library

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In this class we will be going over a combination of genealogy, home archiving and memoir writing skills which will allow you to begin to write your family history.

## **Knit & Crochet Studio**

Sandy McCravy, Geri Nilsestuen, Sandee Plocharczyk

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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, other students, and guest speakers. Emphasis will be on sharing skills and experience. New patterns and stitches will be shown weekly. Equipment: pattern for project, crochet hook or knitting needles as needed for project, light colored worsted weight yarn (preferably) as needed for project.

11:00am - 11:50am Classes

## **Art Studio - Self-Directed**

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See Art Studio class description from 10:00am.

## **Beginning Acrylic Abstract Painting (cont. from 10:00am)**

Julie Larkin

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See Beginning Acrylic class description from 10:00am.

## **Great Decisions 2019 Potpourri**

Tom Paige

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Discussion on a new topic each week will be based on the Great Decisions 2016/17/18/&19 Series by the *(continued on page 13)*



## **Great Decisions 2019 Potpourri**

**Tom Paige**

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*(continued from page 8)* Foreign Policy Association. The topics are: The United States and Mexico: Partnership Tested, State of the State Department and Diplomacy, the Koreas, U.S. Foreign Policy and Petroleum, and Russia's foreign policy.

## **Intermediate Line Dancing**

**Mandy Radin and Barbara Harpe**

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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.

## **Just Google It!**

**Brenda Maxwell**

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Everyone has heard the phrase, "Just Google it," but do you know how to do an effective Google search, use Google Chrome, Gmail, Google Drive, Google Earth, or Google Maps? Participants will need to bring a laptop, iPad/tablet, or smart phone that connects to wi-fi. Google products work on Microsoft and Apple electronic devices. **Limit 10.**

## **Knit & Crochet Studio**

**Sandy McCravy, Geri Nilsestuen, Sandee Plocharczyk**

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See Knit & Crochet Studio class description from 10:00am.

## **Mastering the Art of Aging Well**

**Sandy Olson**

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There is an art to aging well and it is all about celebrating encore years with verve and vitality - breaking barriers, breaking the mold, and changing attitudes! In this class we will pursue a variety of topics about staying active, engaged, and productive. We will challenge negative perceptions of aging by changing hearts and minds to see it as a natural process rather than a contagious disease. We will discuss ways to change the face of aging so that older adults are seen as vibrant, dynamic, and resilient. Class members will be challenged to have the imagination to see the possibilities and the energy to seize the opportunities. It is all about making the rest of our years the best of our years.

## **Read Think Talk! Book Discussion**

**Katrina Koprowicz**

**Lexington County Library**

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A total of two to three titles 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.**

## **Revolutionary War Battles in SC & the Patriot Heroes**

**Chuck McCurry and Doug Patterson**

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This class will focus on Revolutionary War battles and the heroes Thomas Sumter, Francis Marion, Andrew Pickens, Isaac Huger and Thomas Huck, plus Chuck's distant relative - Samuel Chandler.

**1:15pm - 2:05pm Classes**

## **Art Studio - Self-Directed**

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See Art Studio class description from 10:00am.

## **Adventurous Aging**

**Jerry Bellune**

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Discover many attractions and events you can enjoy with your family, particularly grandchildren, within an hour of Lexington. You will hear about and see what you can do at our festivals, museums, parks, historic sites, theaters, sports facilities, rivers and Lake Murray. The course is taught by a local author and editor emeritus of the Lexington County Chronicle.

## **Another Opening - Another Show (Part 2)**

**Arnold Brehman**

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Retired Impresario and author of "Laughter in the Wings," Arnold Brehman takes his class on an entertaining and historical 100-year tour of American Musical Theater - the greatest distinctly American contribution to the world of theater. Through narrative, pictures and videos of some the great musicals of the 20th century, the class is brought to appreciate Irving Berlin's famous show tune, "There's No Business like Show Business."

## **Beaded Jewelry**

**Jo Masterson**

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Learn the basics of beading by making a 22 inch black and white beaded necklace. Supplies will include glass beads, silver-plated bead caps, and necessary findings. \$5.00 class fee payable to instructor on first day. **Limit 10.**

## **Beginner Line Dancing**

**Mandy Radin and Barbara Harpe**

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This class will cover the basic techniques of line dancing. Anyone is welcome, but this class will be slower, easier and geared towards people who have never line danced before or for whom it has been a long time. Easy and fun. **Limit 40.**

## **The First People**

Rev. Cheryl Toothe

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This class will introduce you to SC native history; dispelling myths about natives; understanding historical trauma; native storytelling; the importance of music, and the Trail of Tears.

## **New & Improved at the Library**

Matt Steinmetz and Kira Mikutaitis  
Lexington County Library

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In this class we will be going over the new library website and its various new features, eBooks, and other databases which the library has available for patron use.

## **The Real History of Fake News**

Pete Pillow

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America's history of "fake news" began before the Revolution and continues to the present day. It affected the Founding Fathers, was practiced by some Presidents and used against others. "Fake news" challenges public knowledge and understanding of our public policies. The "fake news" challenge has always been real.

## **Walk with Ease**

Brooke Brittain

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The Arthritis Foundation Walk with Ease Program is a physical activity and self-management education program led by Registered Dietitians. This is a multi-component program that includes walking, health education, stretching and strengthening exercises, and motivational strategies. Participants receive a Walk with Ease book, water bottle, pedometer, Healthy Heart and Soul recipe book, nutrition manual, MyPlate placemat, measuring spoon, recipe cards, tip sheets, etc. **Limit 30 – new participants only.**

# Our Lunch Sponsors

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

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