



# *Adventures in Learning Spring 2020*

## **Come Learn With Us!**

Each Thursday starting April 16<sup>th</sup>  
and continuing through May 14<sup>th</sup>

803-359-6838 ext. 110  
[www.sclex.org](http://www.sclex.org)

# Our Lunch Sponsors



CAUGHMAN-HARMAN  
FUNERAL HOME



# *About The Shepherd's Center of Lexington*

The Shepherd's Center of Lexington believes that retirement opens a door to a new chapter of life - a life in which we contribute to society, learn new skills, make friends, find ways to serve others and take care of ourselves, and get connected in fresh ways within our community.

Like other Shepherd's Centers around the country, we are nonprofit and non-denominational and we partner with all faiths representing the diversity of our community. We share a common mission to empower older adults to participate in lifelong learning opportunities and to use their wisdom and skills to benefit others.

The Shepherd's Center of Lexington is located in the heart of Lexington at the Lexington United Methodist Church, 309 East Main Street, Lexington, SC. The church generously provides the space necessary for our programs and we are extremely grateful.

## *Board of Directors*

Tom Paige, *Acting Chair*  
Vicky Caldwell  
Ruth Arant  
Nancy Lipski  
Jay Martin  
Susan Mitton  
Ben Welch, IV  
Joyce Romero

Jo Mayer, *Vice Chair*  
Melissa Sprouse Brown,  
*Secretary*  
Kay Mitchell  
Daisy Harman  
Michelle Brown-Richardson  
Marsha Clayman  
Dave Smith

# Spring 2020 Class Schedule

## 10:00am Classes

- Bridge for Beginners
- Chair Yoga
- Collage for the Beginner
- Coulda Woulda Shoulda
- Finding your Roots
- Knit and Crochet Studio
- Save Money, Health, & Community
- The Soap Opera Life of King David
- Useful Free Apps for Seniors

## 11:00am Classes

- Apple iPhone Basics
- Bridge for Beginners – con't from 10
- Collage for the Beginner – con't from 10
- General Sherman & the Burning of Columbia
- Getting a Round Tuit
- Intermediate Line Dancing
- Knit and Crochet Studio
- Maintain the Brain
- Read, Think, Talk! Book Discussion

## 1:10pm Classes

- Astrophysics for CavePeople
- Beginner Line Dancing
- Greeting Cards & 3D Paper Projects
- History of Lexington County
- Let's Play Bunco!
- Presidential Election 2020
- Technology Potpourri
- The Stories We Can Tell
- Walk with Ease

# *Lunches and Programs*

## **April 16th**

Meal Sponsor: Oakleaf Village

Menu: Baked Spaghetti, Salad, Bread, Dessert

Program: Lexington County Update

Joe Mergo and Chris Folsom

## **April 23rd**

Meal Sponsor: Well-More

Menu: Wraps, Pasta Salad, Fruit

Program: Somerset Maugham's Three Rules of Writing

Bonnie Stanard

## **April 30th**

Meal Sponsors: DayBreak Adult Care Services and

Senior Express of the Midlands

Menu: Taco Soup, Chips, Brownies

Program: Sons of the American Revolution

Godfrey Dreher Chapter & Uniformed Militia

## **May 7th**

Meal Sponsor: Thompson Funeral Home

Menu: Chili, Salad, Crackers, Dessert

Program: Prisma Health SeniorCare-PACE

Allison Ashley

## **May 14th**

Meal Sponsor: Caughman-Harman Funeral Home

Menu: Lasagna, Garlic Toast, Salad

Program: Shepherd's Center Show & Tell

# Spring 2020 Class Descriptions

*Every Thursday (April 16<sup>th</sup> – May 14<sup>th</sup> )*

10:00am - 10:50am Classes

## **Bridge for Beginners** (continues at 11:00)

Yvonne Isola

---

This class is for those who have never played bridge or haven't played in a long time and want a refresher and to learn the changes from the past 10-15 years. **Limit 10.**

## **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.

## **Collage for the Beginner** (continues at 11:00)

Julie Larkin

---

Paint your own papers. Work with tissue, Masa, Japanese papers, various prints and acrylic paint to make creative artworks. Examples and demos provided. Supply list: Spectra Art bleeding tissue, Masa paper, art tissue paper, gloss medium, inexpensive glue brush, mat board cut to size, heavy foam core board to tape support to, masking tape, two containers for water, acrylic paints and brushes, paper towels, spritzer bottle. These supplies can be found at City Art, Michael's, Hobby Lobby, jerrysartarama.com, dickblick.com, or cheapjoes.com. Call local stores to make sure they have supplies before making the trip. **Limit 12.**

## **Coulda, Woulda, Shoulda: Your Life Your Future**

### **Sandy Olson**

---

Do you have a plan in place for living into your 90s or 100s? For many of us that is 20 to 30 encore years that could be the best of our years. Join Sandy Olson and guest speakers as they explore topics from making sure you have the right legal documents in place to making your home more senior friendly and what to do with your stuff. Don't fall for Yogi Berra's style of planning where "if you don't know where you're going, you could end up somewhere else." Having a plan in place for life after 70 can be the best gift we give our loved ones and can help avoid becoming a burden to them. Don't let life catch you saying, "I coulda, woulda, shoulda had a plan in place."

## **Finding your Roots**

**Marie Jefferies and Kira Mikutaitis**

**Lexington County Library**

---

In this class we will be going over a combination of genealogy and home archiving to help you with your foray into your family's history and preserving that history for future generations.

## **Knit & Crochet Studio**

**Geri Nilsestuen**

---

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



## **Save Money, Health & Community by Reducing Plastic in Your Life**

Pamela Greenlaw

---

In this 5-week series engage in learning and discussion about the good and bad of plastics. We are all eating and drinking micro-plastics and toxins which leach (leak out) from plastics. This wastes our health, our money, resiliency of our community, and the earth. Have fun busting some myths about the plastics industry and recycling. We will dig into everyday solutions through discussion and hands-on activities to protect our money, our health, and our community by reducing our consumption of plastic – pun intended! For the first session on April 16, please bring a clean, used t-shirt (primarily of cotton), size range from child's size 8 through very small adult and a sharp pair of scissors. If you do not have a t-shirt within this range, there will be some extras on hand. Handouts will be provided. **Limit 20.**

## **The Soap Opera Life of King David**

David Huffstetler

---

He continues to be the most loved king of Israel and was called a man after God's own heart, but his life was complicated by murder, adultery, and intrigue. Why did he take five stones when he went to face Goliath? He played beautiful music to calm King Saul's fits of paranoia, and yet Saul wanted to kill him. His wife laughed at him for dancing when the Ark of the Covenant came back to Jerusalem. He was angered at the God he loved for striking Uzza dead when he touched the ark to keep it from falling off a cart. Some people deny he ever lived, and yet his name still echoes over the land he once ruled. We will try to better understand this complex and sometimes tortured life.



## **Useful Free Apps for Seniors**

Brenda Maxwell

---

Each week we will explore in depth one or two free apps for seniors that work on both Android phones and/or tablets and iPhones/iPads. Participants must come to the first class with an Apple ID username and password that works or a Google Play username and password. Participants need to bring their device to each class with a full charge. **Limit 10.**

### **11:00am - 11:50am Classes**

## **Apple iPhone Basics**

Brenda Maxwell

---

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.**

## **Bridge for Beginners (continued from 10:00)**

Yvonne Isola

---

See Bridge class description from 10am.

## **Collage for the Beginner (continued from 10:00)**

Julie Larkin

---

See Collage class description from 10am.

## **Intermediate Line Dancing**

### **Mandy Radin & Barbara Harpe**

---

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.

## **General Sherman's South Carolina Campaign and the Burning of Columbia**

### **Pat McNeely**

---

General Sherman waged "total warfare" against civilians and private property in South Carolina and during the burning of Columbia. As Sherman swept into North Carolina, he learned that President Lincoln had been assassinated.

## **Getting a Round Tuit**

### **Ben Welch, Angel Transition Services**

---

It's that time of year again - time to start thinking about formulating a desire to declutter and move forward!! Come with an open mind, a sense of humor and a willingness to learn!

## **Knit & Crochet Studio**

### **Geri Nilsestuen**

---

See Knit & Crochet Studio class description from 10am.

## **Maintain the Brain**

### **Marsha Clayman**

---

Maintain the Brain is a sequel to SharpFit Brains. If you don't use it - you'll lose it! This class will be more interactive with brain activities and challenges to stimulate your neurons into neuroplasticity! Two guest speakers will be visiting the class to add more helpful information. **Limit 30.**

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

Katrina Koprowicz, Lexington County Library

---

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.**

### **1:10pm - 2:00pm Classes**

## **Astrophysics for Cavepeople**

Bob Carroll

---

We learned Astronomy. We learned Physics. Now we put the two together! This class will elevate you from caveperson to Einsteinian-like intelligence as we learn the concepts of relativity (nothing to do with kinfolk), light, cosmology (nothing to do with improving our looks), and the universe. As with my previous classes, don't be intimidated, rather be curious and amazed about the wonders of creation! (Note: Participation in the Time Travel module is not required.)

## **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 never line danced before or for whom it has been a long time. Easy and fun. **Limit 40.**

## **Greeting Cards and 3D Paper Projects**

Cindy Oswald

---

In this class, we will create greeting cards and 3D paper crafts using inks, stamps, markers, die cuts, and paper. Three-dimensional  
*(continued on page 16)*

## **Greeting Cards and 3D Paper Projects**

Cindy Oswald

---

*(continued from page 15)*

projects such as bags, boxes, or unique objects will be included. This is a creative and fun hands-on class. There is a \$10 supply fee payable to the instructor on the first day of class. **Limit 10.**

## **History of Lexington County**

J.R. Fennell, Director of Lexington County Museum

---

This class will focus on the history of Lexington County from the colonial period until the 20th century. Attendees will learn about the Germanic heritage of the county and the artifacts made and used by Lexington County residents in the 18th and 19th centuries.

## **Let's Play Bunco!**

Jo Masterson

---

Bunco is a parlour game generally played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice. A Bunco is achieved when a person rolls three-of-a-kind and all three numbers match the round number. This class is for newbies as well as experienced players, but is a teaching class so we will start off slowly.

## **Presidential Election 2020**

Don King

---

We will look at the process of the 2020 presidential election from the primaries to the national conventions. Be prepared for a lively discussion!

## **Technology Potpourri**

Lauren Ighet, Lexington County Library

---

Grab your smart phone, tablet or laptop and join us for an overview and demonstration of some of the most popular social media platforms: “FaceBook,” “Instagram,” “Pinterest,” and others. **Limit 10.**

## **The Stories We Can Tell**

Kenneth Siegfried

---

This will be an interactive class that will not depend upon outside professional media or outside presenters. Instead, we will use the many talents and experiences of Shepherd’s Center members who wish to tell us about and discuss their personal experiences. Topics will range widely - e.g. our ancestors, childhoods, professional experiences, travel, dealing with physical and mental illness, hobbies etc. Join us and let the story winds blow our ship wherever it takes us.

## **Walk with Ease**

Brooke Brittain

---

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.**

# Notes

Cost is only \$25 for the entire class session, which entitles you to take a class in each time slot.

• • •

Enjoy delicious lunches for an additional \$15 for the session. Or, bring your own lunch and join us in the dining area for interesting lunchtime programs.

• • •

Before classes, you are invited to meet in Asbury Hall for coffee, snacks, and fellowship each morning at 9:15am.

• • •

Parking is allowed in any non-reserved space in the lot between the Lexington United Methodist Church and the County of Lexington offices. If you have to park a distance away, you can get a ride on the church bus from the parking lot to the church from about 9:15am until 10:10am.

• • •

Register early to get your first choice of classes. You may mail or hand deliver your registration/payment form to the Shepherd's Center box inside the church next to the church office. Note that the church office is closed on Fridays and weekends. Please do not leave registration form or payment in the outside prayer box as this is not a secure location.

# Our Snack Sponsors



Lighthouse  
Hospice  
Group  
803.781.1935




*and Special Thanks to*



**Lexington**  
United Methodist Church



 **shepherd's center**  
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

Current Resident Or

Place label here