

**SHEPHERD'S CENTER  
OF COLUMBIA**



**ADVENTURES IN LEARNING  
SEPTEMBER 11 – NOVEMBER 6  
FALL, 2019**

**The Shepherd's Center of Columbia**  
3401 Trenholm Road  
Columbia, SC 29204

**Phone: 803-779-4449**

**Office Hours: Monday–Thursday, 8:00-Noon**

**e-mail: [shepherdscent626@bellsouth.net](mailto:shepherdscent626@bellsouth.net)**

**website: [www.shepherdscentercolumbia.org](http://www.shepherdscentercolumbia.org)**

The Shepherd's Center is an interfaith learning program for **adults 50 and older**. It is **planned, implemented, and attended** by members. We offer three 9-week sessions (fall, winter, and spring); each has a varied mix of classes. **You are welcome to visit one Wednesday but only one without becoming a member.**

For a \$35 membership for each of our three sessions, you are welcome to attend as many of the classes offered each Wednesday as you choose. If you attend one class and decide to try another in the same time block – feel free to do so! Many members choose to “sample” many classes throughout the session.

**IF POSSIBLE, WE PREFER PREREGISTRATION.** In the back of this bulletin you will see a registration form which we would like you to mail back to the office. We will also hold registration the first and second Wednesday of each session. **Please plan on paying by the second Wednesday.**

# WELCOME!

As you enter the Leisure Ministries Building, there is a table with a place to pay for your lunch which is served every Wednesday in the dining room of the church. For \$9.00, a 3-course hot lunch is offered, but reservations **MUST** be made no later than the Monday before Wednesday's lunch.

**If you do not cancel a reservation by that same Monday, you will be expected to pay for the lunch.**

## The Shepherd's Staff

A newsletter is published each week of our 9-week session. In it you will find important announcements, information about classes, our lunch menu for the week and next, and what our lunch program will be.

**Please pick up your newsletter on the right end of our lobby table where you enter and/or purchase your lunch tickets.** You'll find lots of information that will be helpful.

## Lunch Bunch

Some of our members enjoy meeting once a month at various restaurants in the Columbia area. A sign-up sheet will be on the lobby table. Please join us.

## Holiday Celebration

We always look forward to our holiday party in mid-December. There is always great entertainment and delicious food. Santa himself might even make an appearance.

## REVIEW OUR CLASSES

(\* indicates new class - B indicates basement)

Please look over our chart/schedule found on pages 7 and 8. You will find posters on both floors showing the class schedule and room numbers. If you need help finding a class, please ask one of the members with an “ASK ME” label on their shirt. We’ll be happy to help.

### Coffee and Conversation

Come have a cup of coffee and visit with other members. It’s a great way to relax before your next class.

8:30 – 11:00

Dining Room

### Writing Life Stories

Mary Garrison & Carol McAlpin

Everyone has a story or knows great stories about friends or relatives. Want to tell your stories in prose? Great! If telling stories in poetry is your strong suit, go for it. Think you aren’t a writer? Our past classes have shown how non-writers can develop skills they never suspected they have. Please join us!

9:00 -9:50

Room B-109

### Yoga for Older Adults

Debbie Cooper

Our senior adult yoga is designed for students who cannot or prefer not to lie on the floor. After warm-up activities, we will slowly move from one pose to another, paying particular attention not to overstretch our bodies or make ourselves uncomfortable.

9:00 – 9:50

Basement Meeting Area

### \*Zumba Gold

Suzanne Hyman

Zumba Gold introduces easy-to-follow choreography featuring Latin and international music and dance movements. This fun class focuses on balance, range of motion, and coordination. Come ready to sweat a little and prepare to leave feeling strong! Please wear comfortable clothes and supportive/exercise shoes. **This class will not begin until September 18<sup>th</sup>.**

9:00-9:50

Gym

## **The Art Studio**

**Self-directed**

We will provide the room; you provide the talent! If you are looking for somewhere to paint/draw, share ideas and techniques with fellow artists, then this is the place for you! It is a great way to practice your skills and enjoy the fellowship of other artists. Please bring your own supplies – no oils – acrylics and watercolors, only.

9:00 – 11:50

Room B-117

## **Ukulele**

**Deb McMurphy**

**Ukulele 1 : Strictly Newbies:** For brand new ukulele players only. You don't need a ukulele the first day. 11:00 – 11:50

**Ukulele 2 : Good Foundations:** This class is for those who need to build basic skills and feel they need more practice with chords. 9:00 – 10:00

**Ukulele 3: Good Vibrations:** This class is for intermediates who already know the 3 basic chords for keys C, D, G, and F.

10:00 – 10:50

Room B-119

## **Tai Chi**

**Robin Anderson**

Learn about and experience Tai Chi for relaxation and enhanced health. Tai Chi consists of slow, gentle, turning and stretching movements designed to improve and maintain good balance and circulation. You will learn a short set of Tai Chi movements, along with exercises that improve mobility, flexibility, and balance. Wear flat shoes and comfortable clothing that allows movement. This class is for both beginning and continuing participants.

10:00 – 10:50

Basement Meeting Area

## **\*World War II in Europe**

**Dr. Jack Meyer**

Dr. Meyer, former professor of military history, will discuss the political events leading up to the beginning of the war, including the political blunders on all sides and the culpability of the United States. We will then examine the battles, strategies, propaganda and technological developments during the war. We will conclude with the peace treaties and their consequences, including the almost inevitable result of WWII and the current problems in the Middle East.

10:00 – 10:50

Room B-108

### **\*Identifying Your Backyard Birds**

**Jim Kelly**

Jim Kelly of **Wildbirds Unlimited** will help you identify the birds in your back yard – including the migrating birds of fall and spring. You'll also learn the eating and nesting behaviors of our local birds. With Jim's help, you will become a knowledgeable and life-long birdwatcher.

10:00 – 10:50

Room B-114

### **\*Marvels of Nature**

**Anne Cox**

A variety of nature revelations will leave you in awe and pondering your own life, as well. Take a fresh look at the slowest animal on earth. Awaken to the repeating patterns on this planet and beyond. Learn how the Japanese Haiku stirs memory with a burst of beautiful imagery, and revisit nature descriptions in famous books. Videos and guest pros (Dr. Rick Bell on "The Amazing Polar Bear"; Dr. Ron Prier, specialist in preventive medicine; and former park ranger Fran Rametta) will add to this super natural experience.

10:00 – 10:50

Room B-120

### **Mother Nature's Amazing Footprints: Silk Scarves Revisited Edith Hines**

Explore amazing, natural printing techniques using local garden plants and leaves. Heat and steam make the magic happen! We will apply techniques from the first class (Fall, 2018) as well as experiment with new methods. We will print on watercolor paper and on silk scarves. Join us as we enjoy the process and appreciate whatever comes from nature. A short list of supplies will be provided at the first class. Scarves will be available for less than \$5.00. Class is open to both new and repeat participants; however, **CLASS SIZE IS LIMITED TO 12!**

10:00 – 10:50

Room B-123

### **\*Wisdom**

**Randy Rowe**

Randy, a retired educator and counselor, will lead a discussion of classical, Native American, Southern, and other forms of wisdom. Warning: There will be homework and class participation is required. Be brave!

10:00 – 10:50

Room B-116

## **America: 1800-1860 (Continued)**

**Dr. Jessica Kross**

An exploration of how we went from the “Second American Revolution” of Jefferson’s peaceful transition to the Presidency to Civil War.

11:00 – 11:50

Room B-114

## **\*Scream Along with Me: Old-time Horror Movies**

**Carolee Brandt**

Carolee will take us back to our childhood or young adult years when we watched old-time horror classics. Come relive the memories of watching those movies that scared us yet made us laugh. Carolee will show scenes and discuss what made these movies great and memorable.

11:00-11:50

Room B-116

## **\*Mr. Sullivan’s Really Big Show**

**Arnold Breman**

People said the Golden Age of television would kill vaudeville, but it wasn’t a fast kill. From 1948-1971 vaudeville lived on – cleverly disguised as a TV show, “The Ed Sullivan Show.” Ed Sullivan was a man who couldn’t sing, dance, or spin a plate, yet he entertained 50 million viewers each week. The most popular variety show of all time reflected Ed Sullivan’s eclectic tastes and enthusiasm for all things entertaining. Arnold Breman will present a fascinating and engaging history of this “really big show” including stories, photos and videos of some of the more than 10,000 performers showcased every Sunday night.

11:00 -11:50

Room B-108

## **\*Who Done It?**

**Debbie Whittemore**

This class is an overview of the mystery novel. We will discuss all types of mysteries, from Agatha Christie to contemporary authors, from detective series to cozies, amateur sleuths to historical crime fiction. Participants will be asked to tell us about their favorite mystery authors.

11:00 –11:50

Room B-109

**(Class descriptions continued on page 9)**

## **Let's Speak Spanish**

**Carol McAlpin**

For those who have already completed several chapters of our workbook, this class will continue from where we left off, with an emphasis on Spanish conversation. We welcome anyone else who has some knowledge of Spanish and who is willing to review what we have already covered. The purchase of a workbook *Basic Spanish* (premium second edition) is required.

1:15 – 2:15

Room B-109

## **Adventure Travel**

**Dr. Warner Montgomery**

Join Warner as he shares stories, anecdotes, and audiovisuals of some of his many travels.

1:15 – 2:15

Room B-118

## **Let's Play Mah-Jongg**

**No Instructor**

Enjoy playing mah-jongg? Come sharpen your skills, maybe meet some new friends, and laugh a little. Players at all levels are encouraged to join in.

1:15 – 3:15

Room B-121

## **Thursday Art Studio**

You will work on your own, sharing tips, tricks, and techniques to improve your painting skills. There's plenty of time to paint, get critiques, and have fun. Please bring your own painting supplies.

9:00 – Noon

Room B-117

## **INVITE A FRIEND**

**Almost every new participant at the Shepherd's Center comes through the recommendation of the program by a friend or neighbor. If you know someone who would enjoy our program (and who wouldn't?), please let the office staff know the person's name and address and we will gladly mail him or her a copy of this bulletin.**

Wednesday Morning Classes

2019 Fall Session

<b>Rooms</b>	<b>9:00 – 9:50</b>	<b>10:00 – 10:50</b>	<b>11:00 – 11:50</b>
<b>Dining Room</b>	<b>Coffee and Conversation</b>	<b>Coffee and Conversation</b>	
Basement Meeting Area	<b>Yoga for Older Adults</b> Debbie Cooper	<b>Tai Chi</b> Robin Anderson	
<b>GYM</b>	<b>Zumba Gold</b> Suzanne Hyman		
<b>B-108</b>		<b>World War II</b> Dr. Jack Meyer	<b>Mr. Sullivan’s Show</b> Arnold Breman
<b>B-109</b>	<b>Writing Life’s Stories</b> Garrison & McAlpin		<b>Who Done It?</b> Debbie Whittemore
<b>B-114</b>		<b>Identifying Your Backyard Birds</b> Jim Kelly	<b>America: 1800-1860</b> Dr. Jessica Kross
<b>B-116</b>		<b>Wisdom</b> Randy Rowe	<b>Scream Along with Me</b> Carolee Brandt
<b>B-117</b>	<b>The Art Studio</b> Self-directed	<b>The Art Studio</b> Self-directed	<b>The Art Studio</b> Self-directed
<b>B-118</b>			
<b>B-119</b>	<b>Ukulele 2</b> Deb McMurphy	<b>Ukulele 3</b> Deb McMurphy	<b>Ukulele 1</b> Deb McMurphy
<b>B-120</b>		<b>Marvels of Nature</b> Anne Cox	
<b>B-121</b>			
<b>B-123</b>		<b>Silk Scarves Revisited</b> Edith Hines	
<b>B-125</b>			

Thursdays, Sept. 12 – Nov. 7 9:00-Noon The Art Studio Room B-117

**Wednesday Afternoon Classes**

**September 11 – November 6**

<b>12:00 – 1:15</b>	<b>Rooms</b>	<b>1:15 – 2:15</b>	<b>2:15 – 3:15</b>
<b>Lunch</b>	<b>Dining Room</b>		
<b>Lunch</b>	Basement Meeting Area		
<b>Lunch</b>	<b>Gym</b>		
<b>Lunch</b>	<b>B-108</b>		
<b>Lunch</b>	<b>B-109</b>	<b>Let's Speak Spanish</b> Carol McAlpin	
<b>Lunch</b>	<b>B-114</b>		
<b>Lunch</b>	<b>B-116</b>		
<b>Lunch</b>	<b>B-117</b>		
<b>Lunch</b>	<b>B-118</b>	<b>Adventure Travel</b> Dr. Warner Montgomery	
<b>Lunch</b>	<b>B-119</b>		
<b>Lunch</b>	<b>B-120</b>		
<b>Lunch</b>	<b>B-121</b>	<b>Let's Play Mah-Jongg</b> No Instructor	<b>Let's Play Mah-Jongg</b> No Instructor
<b>Lunch</b>	<b>B-123</b>		
<b>Lunch</b>	<b>B-125</b>		

## LUNCH, LEISURE, AND LEARN

As you enter the Leisure Ministries Building, there is a table with a place to pay for your lunch which is served every Wednesday in the dining room of the church. **A 3-course hot lunch is available for \$9.00**, but reservations **must** be made no later than the Monday before Wednesday's lunch. **If you do not cancel the reservation by that same Monday, you will be expected to pay for the lunch.** You are welcome to bring your own lunch if you would like and sit where you see the **BYOL** sign. **Please help yourself to the tea or water on the sideboard.**

## LUNCHEON SPEAKERS

**Sept. 11** A Big Welcome Back to and from our favorite storyteller from "south of Liverpool," Shelagh Montes!

**Sept. 18** Longtime SC House and Senate lobbyist, founder of M.A.D.D., a good and beautiful woman, Laura Hudson.

**Sept. 25** Good man, good grandfather, great at everything he does! Everybody loves Joe Copeland!

**Oct. 2** A Grand Music Show! Starring Richard McLeod and all of us!

**Oct. 9** Our own Dr. Susan Raybourne will introduce us to "Annabelle & the British Isles."

**Oct. 16** Mr. Steve Dick will share his experience of going to the Bedford, VA celebration of D-Day on June 6 this year.

**Oct. 23** The McLean Family – Mandy, John, and three little girls will entertain us so sweetly!

**Oct. 30** Bill Lynch will inspire us with how some people salute our homeless veterans.

**Nov. 6** Our Richard and Linda McLeod will entertain us with some "Travel Experiences."

## Donations, Memorials, and Honoraria

To honor a friend or loved one, or as a memorial to someone who has passed, please consider making a special gift to your Shepherd's Center. All donations are appreciated.

In honor of: \_\_\_\_\_  
\_\_\_\_\_

In memory of: \_\_\_\_\_

Amount of donation \$ \_\_\_\_\_

Gift given by \_\_\_\_\_

*Please notify the following that a gift has been made:*

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

The Shepherd's Center of Columbia  
3401 Trenholm Road  
Columbia, SC 29204

# Registration

Please return to:

## The Shepherd's Center of Columbia

3401 Trenholm Road  
Columbia, SC 29204  
803-779-4449

Name: \_\_\_\_\_ Mem.# \_\_\_\_\_

Name: \_\_\_\_\_ Mem.# \_\_\_\_\_

Please fill out the following **only if you are a new member**  
**or some of your information has changed.**

Address: \_\_\_\_\_

City & State \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail address \_\_\_\_\_

Profession is/was \_\_\_\_\_

Interests and hobbies? \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Any special health issues the Center should know about?  
\_\_\_\_\_  
\_\_\_\_\_

Emergency Contact: \_\_\_\_\_  
Local Local Phone

Payment:		Person 1	Person 2
___ check	tuition	\$35	\$35
___ cash	donation	_____	_____
	Total	_____	_____



## **THE BOOK NOOK**

**Where can you find the best deals in town on practically new books and CD's of all types? That would be our Book Nook! Be sure to notice the double-door opening midway down the basement hallway. We add new treasures continuously so you will surely find something interesting for just a couple of dollars. We also accept books and CD's in good condition.**

## **WE NEED YOU!**

**As you know, Shepherd's Center is an organization consisting of folks who wish to remain active, involved, and challenged. In order for the day to run smoothly, we need your assistance. Therefore, when you are asked to help in some capacity, please say "yes." YOU CAN MAKE A DIFFERENCE! Who knows what enjoyable and interesting things await you while you are doing that job?**

**Supporting congregations and organizations  
help us keep our membership fees low.  
Thanks to all who contribute:**

Trenholm Road United Methodist Church  
Shandon United Methodist Church  
Eastminster Presbyterian Church  
First Christian Church – Disciples of Christ  
St. Joseph’s Catholic Church, Senior Life  
Shandon Baptist Church  
Good Shepherd Lutheran Church  
The Church of the Good Shepherd Episcopal Church  
Bethel United Methodist Church  
Shandon Presbyterian Church

**Board of Directors**

**President:**  
Bill Sargent  
**Vice President:**

**Secretary:**  
Dottie Boatwright  
**Assistant Secretary**  
Carol McAlpin

**Treasurer:**  
Richard Goldman  
**Assistant Treasurer**

Sara Davis  
**Past President**  
**Ex-Officio:**  
Betsy Siemers

**Shepherd’s Center Staff**

**Director:** Eunice Sabo  
**Administrative Assistant:**  
Lorene McGuire

**Directors terms**  
**Expiring:**

**May, 2020**  
Nancy Cooper  
Richard Goldman  
Linda Rose

**May, 2021**  
Nancy Higgins  
Jeanette Ladson

**May, 2022**  
Wendy Barnes  
Margaret Haffner  
Phil Moore

**Chairpersons of**  
**Standing**  
**Committees**

**Membership:** Margaret Haffner  
**Registration:** Wendy Barnes  
**Public Relations:** Sue Whitehead  
**Lunch Payment Coordinator:**  
Jeanette Ladson  
**Book Nook:** Carol McAlpin  
**Lunch Speakers:** Dottie Boatwright  
**D.R . Coordinator :**  
Catherine Peel  
**Fundraising:** Nancy Bymaster  
**Historian:**  
**Lunch Bunch:** Victoria Crosland