

SHEPHERD'S CENTER OF COLUMBIA



ADVENTURES IN LEARNING
JANUARY 11 – MARCH 8
WINTER, 2023



**ADVENTURES IN LEARNING
JANUARY 11 – MARCH 8
WINTER, 2023**

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

website: www.shepherdscentercolumbia.org

Facebook: www.facebook.com/shepherdscenterofcolumbia

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.**

We chose to put birds on our cover to make you aware that we are offering a class in identifying and feeding our local birds.

IMPORTANT ANNOUNCEMENT!

For everyone's safety, both members and teachers, we are requiring that you be fully vaccinated and boosted to attend our fall session. We are hoping this will eventually be unnecessary, but at this point in time we feel it is the prudent thing to do. When completing the membership form, notice you must sign that you have been fully vaccinated and boosted. We will leave mask-wearing to your discretion.

As you enter the Leisure Ministries Building, there is a table with a place to pay for your lunch which is served on Wednesdays in the dining room of the church. For **\$10.00**, a delicious hot lunch is offered, but **you must pay for your lunch the previous week since the meals are now catered.** The menu will be in the Shepherd's Staff each week. **Unfortunately, there will be no refunds since we must pay the caterer for all meals ordered, nor will the payment for an unclaimed meal roll over to a future one. For the first Wednesday of the session, it will be necessary to pay ahead of time. We must receive it by Friday, Jan. 6th. Of course, you may bring your lunch. Details are on page 9.**

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 next week, 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, especially the menus.

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. We would love for you to join us!



REVIEW OUR CLASSES

(* indicates new class - B indicates basement)

Please look over our chart/schedule found on pages 6 and 7. You will find posters on both floors showing the class schedule and room numbers. **Lost? Ask for 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.

9:00 – 11:00Dining Room

Zumba Gold..... Suzanne Hyman

Zumba Gold introduces easy-to-follow choreography featuring Latin and international music and dance movements. This **very 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.

9:00-9:50Room B-108

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 – 11:50Room B-117

Sharing Short Fiction..... Carol McAlpin

Join us as we read and discuss a different short story each week, some written by the “Old Masters” and others by more contemporary authors. Though none of us can view life from inside anyone else, an imaginative, artfully written story allows us to share the experiences of persons quite unlike ourselves. This nine-week winter session will include a variety of such tales, some that provoke serious discussion, others that make us smile or even laugh. Carol looks forward to the shared readings and discussion.

9:00-9:50Room B-116

***Would You Believe? Beverly Riley - Coordinator**

We have some very interesting folks who are part of Shepherd's Center! Come hear stories about their home towns, youthful antics, fascinating lives, former professions, and current activities and interests. There will be a different speaker each week. Get up early and come join the fun!

9:00-9:50 Room B-114

Ukulele Class – Jukebox Favorites John Finch

This class assumes that you have some experience playing the ukulele but are searching for a fun approach using animated music. Chord substitution for simplification and strumming patterns will be included. The playlist features mostly familiar, singable, playable songs. Music tab will be projected, so all you need is your ukulele and tuner. Non-musician observers are welcome.

9:00 – 9:50 Room B-119

Ukulele for Advanced Beginners John Finch

This class is suitable for those who know basic chords or have strummed along on 5-10 songs. Emphasis will be on major, minor and 7th chords in the keys C, D, F, and G. Bring your ukulele and tuner with you. Engaging in playing music can increase your well-being.

10:00-10:50 Room B-119

Yoga for Older Adults Leesa Thomas

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. We hope to improve our range of motion and flexibility.

9:00 – 9:50 (changed from 10:00) Basement Meeting Area

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 Room B-108

***The Extraordinary Nation of China.....Edwina Winter**

An in-depth tour around China from an experienced visitor’s perspective. The course will cover history, food, people, business, culture, and art garnered from personal experience. UK transplant Edwina Winter has worked and travelled in China for most of twelve years. She will share tips on how not to eat sea cucumber, how to keep smiling when served tomatoes with custard for dessert and how to keep your cool when the taxi driver decides to drive the wrong way down the interstate.

10:00-10:50.....Room B-114

***The Art of Memoir Debbie Whittemore & Carol McAlpin**

We all have our own stories to tell, the memories that we tuck away just waiting to be told and written. In this class, we will focus on the genre of memoir and explore several devices and techniques that can make your written recollections more memorable. We welcome everyone, regardless of previous writing experience, to join our class to write about those life events—both large and small—that you wish to memorialize.

10:00-10:50.....Room B-116

Mah-Jongg..... Ruth Marcus

This game is played with tiles of Chinese characters and symbols. It is easy to learn and fun to play, involving some skill and strategy, plus a lot of luck and chance. By the end of the class you will be “hooked” on mah-jongg.

10:00-11:50.....Room B-121

***The History of Swing and Jazz Bob Knox**

Learn the history of swing through an exciting series of classes beginning with the early movements of the genera right up to the latest developments of jazz. Discussions and recorded examples will be presented along with the music from some of the famous jazz bands of the Dance Band Era.

10:00-10:50.....Room B-120

***The Revolutionary War in S.C. Dr. Jack Meyer**

Dr. Meyer will discuss the Revolutionary War battles in S.C., with emphasis on them as civil war struggles rather than revolutionary battles against the British.

10:00-10:50.....Room B-109

(continued on page 8)

Wednesday Morning Classes

2023 Winter Classes

Rooms	9:00 – 9:50	10:00 – 10:50	11:00 – 11:50
Dining Room	Coffee and Conversation	Coffee and Conversation	
Basement Meeting Area	Yoga for Older Adults Leesa Thomas		
GYM			
B-108	Zumba Gold Suzanne Hyman	Tai Chi Robin Anderson	
B-109		The Revolutionary War in S.C. Dr. Jack Myer	The Constitution Dr. Jessica Kross
B-114	Would You Believe? Beverly Riley	China Edwina Winter	Historic S.C. Ghosts and Legends Dr. Pat McNeely
B-116	Sharing Short Fiction Carol McAlpin	The Art of Memoir Debbie Whittemore & Carol McAlpin	
B-117	The Art Studio Self-directed	The Art Studio Self-directed	The Art Studio Self-directed
B-118			
B-119	Ukulele – Jukebox Favorites John Finch	Ukulele for Advanced Beginners John Finch	
B-120		History of Swing & Jazz Bob Knox	How to Identify Birds Jim Kelly
B-121		Mah-Jongg Ruth Marcus	Mah-Jongg Ruth Marcus
B-123			
B-125			

Wednesday Afternoon Classes

January 11 – March 8

12:00 – 1:15	Rooms	1:15 – 2:15	2:15 – 3:15
Lunch	Basement Meeting Area		
Lunch	Gym		
Lunch	B-108		
Lunch	B-109		
Lunch	B-114		
Lunch	B-116		
Lunch	B-117		
Lunch	B-118		
Lunch	B-119		
Lunch	B-120		
Lunch	B-121	Let's Play Mah-Jongg No Instructor	Let's Play Mah-Jongg No Instructor
Lunch	B-123	Games, Games, Games No Instructor	Games, Games, Games No Instructor
Lunch	B-125		

***How to Identify Birds.....Jim Kelly**

The class will focus on identifying our local backyard birds and their behavior. We will also learn about what bird eats what food, which birds prefer seeds, and which prefer insects and worms.

11:00-11:50..... Room B-120

***The Constitution Dr. Jessica Kross**

Constitutions are usually reactive documents. We will explore what issues led to the formation of the Constitution, the Constitutional Convention, what the document actually says, and the battle over ratification.

11:00-11:50..... Room B-109

***Historic S.C. Ghosts and LegendsDr. Pat McNeely**

S.C. has a history of ghosts, spirits, and haunted places. Some cities like Beaufort , Charleston, Edgefield, and Columbia have had numerous sightings. USC Professor Emerita Pat McNeely is eager to tell you what she found for her new book.

11:00-11:50..... Room B-114

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 - 3:00..... Room B-121

Games, Games, Games No Instructor

Gather after lunch for fun and fellowship. You can play a board game, card game, dominos, etc., whatever the group would like. Remember to bring your game!

1:15 -3:00 Room B-123



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.

INVITE A FRIEND TO COME WITH YOU! 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 on Wednesdays in our dining room. **A delicious hot lunch including dessert and iced tea will be available for \$10.00, but you must pay for it the week prior since lunches are catered. The menu will be in the weekly Shepherd's Staff. Unfortunately, there will be no refunds since we must pay the caterer for all meals ordered, nor will the payment for an unclaimed meal roll over to a future one.** You are welcome to bring your own lunch if you would like. Please help yourself to the tea or water on the front tables. **It will be necessary for the first Wednesday, Jan. 11, to mail in or drop off your \$10.00 ahead of time. We must receive it by Friday, Jan. 6. The menu for Jan. 11 is baked chicken, honey-roasted potatoes, squash casserole, and iced brownies.** Of course, you may choose to bring your lunch that day.

LUNCHEON SPEAKERS

- Jan. 11:....** The new minister here at Trenholm Rd.
United Methodist Church Rev. James McCoy-Bruce
- Jan. 18:.....**Lynn Baker, City of Forest Acres, will tell us about the renovation of Richland Mall.
- Jan. 25:.....**Richland County Sheriff's Dept. informs us about their K-9 Unit and Project Hope.
- Feb. 1:.....**Latimer Rogland presents his piano concert audition for USC Music School
- Feb. 8:.....**Dr. Pat McNeely, retired U.S.C. professor and writer, presents Ghosts of Columbia.
- Feb. 15:**Dr. Mike Sullivan tells us about Meals on Wheels and the benefits of volunteering.
- Feb. 22:**Lara Peck of Prisma Health instructs us on preventing falls and at-home safety.
- Mar. 1:.....**Mayor Daniel Rickenmann shares new and upcoming projects in our city.
- Mar. 8:.....**Casey Cooper of Cooper's Nursery gives us helpful info on spring planting.

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

Print Name: _____ Mem.# _____

Print Name: _____ Mem.# _____

I have been fully vaccinated and boosted (*signature required below*):

Signature: _____

Address: _____

City/State _____ Zip Code: _____

Home Phone _____ Cell _____

E-mail address (**print clearly below**):

Profession is/was _____

Interests and hobbies? _____

How did you hear about us? _____

Any special health issues the Center should know about?

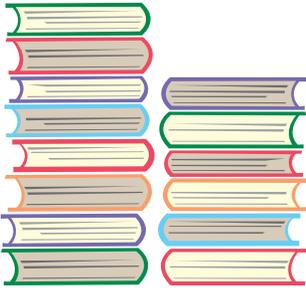
Emergency Contact (local): _____

Phone (local): _____

Payment		Person 1	Person 2
__ check	Tuition	\$35	\$35
__ cash	Lunch (Jan. 11)	_____	_____

Total		_____ + _____	= \$ _____
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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? From time to time you will see postings in the Shepherd's Staff about a particular need for help. Please call **803 779-4449** or email us at **shepherdscent626@bellsouth.net** if you would like to be a volunteer.



**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

St. Joseph's Catholic Church, Senior Life

The Church of the Good Shepherd Episcopal Church

Board of Directors

President:

Betsy Siemers

Vice President:

Dennis Williams

Secretary:

Wendy Barnes

Assistant Secretary:

Carol McAlpin

Treasurer:

Richard Goldman

Assistant Treasurer:

Bob Decker

Past President

Ex-Officio:

Shepherd's Center Staff

Executive Director: Eunice Sabo

Administrative Assistant:

Lorene McGuire

**Directors terms
Expiring:**

May, 2023

Sig Hyman

May, 2024

Richard McLeod

Linda Rose

Dennis Williams

May, 2025

Jerry Allen

Bill Killoy

Linda McLeod

Beverly Riley

**Chairpersons of
Standing Committees**

Membership: Sig Hyman

Registration: Wendy Barnes

Public Relations:

Lunch Payment Coordinator:

Dennis Williams

Book Nook: Carol McAlpin

Lunch Speakers: Linda McLeod

D.R. Coordinator: Beverly Riley

Social Chairman: Linda McLeod

Website: Phil Moore

Lunch Bunch: Victoria Crosland

Technology: Jerry Allen

The Shepherd's Center of Columbia
Trenholm Road United Methodist Church
3401 Trenholm Road
Columbia, South Carolina 29204

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