

SHEPHERD'S CENTER OF COLUMBIA



ADVENTURES IN LEARNING
APRIL 5 – MAY 31
SPRING, 2023



**ADVENTURES IN LEARNING
SEPTEMBER 14 – NOVEMBER 9
SPRING, 2022**

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

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.**

Since Richland District 1 Schools are having their spring break the second week of April, the church will need to use the basement for their daycare activities. Therefore, we will not be open on Wednesday, April 12. Sorry for the inconvenience!

IMPORTANT ANNOUNCEMENT!

or 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 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 Wednesday, Mar. 29th. 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 7 and 8. 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 – 11:00 Dining 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.

9:00-9:50 Room 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 – 11:50 Room B-117

*Ukulele/Guitar Jam.....Everett Spell

Strum along and sing along to your favorite songs. Bring either a ukulele or a guitar and join the fun!

9:00 – 9:50 Room B-119

You Did WHAT? Beverly Riley, Coordinator

We have some very interesting folks who are part of Shepherd's Center! Come hear stories about their hometowns, youthful antics, fascinating lives, former professions, and current activities and interests. There will be a different speaker each week. It's a great opportunity to get to know some folks you don't know well.

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

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

***Wales: Untamed Land of Mystery and Song Edwina Winter**

Wales is the least known well-known country that was part of the cradle of Celtic Christianity and resistance to the Roman Empire. It is a country of fascinating history and culture, breathtaking landscapes, stunning musical tradition, and unique language. Join Edwina, a Welsh transplant, as she shares the contributions the Welsh people have made to the world.

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

The Art of Memoir 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

***Security Awareness for Seniors Jerry Allen**

Inspired by the Shepherd Center of Columbia’s lunch presentation by the FBI on Elder Fraud, this course will cover ways we can keep ourselves safer from scam artists both inside and outside technology. Topics will include security in web browsing and email, how to create and keep up with passwords, how to recognize scams that often make use of technology for criminal purposes, and what we can do to protect ourselves.

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

***The History of Swing and JazzBob 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-123

***Murder Most SeniorDebbie Whittemore**

Gray-haired sleuths are solving crimes everywhere you look! As criminals have aged so have the fictional detectives. Put on your gumshoes and let us deep-dive into finding out who these investigators are and how they are not letting age stop them from detecting.

11:00-11:50..... Room B-116

***Pushing the Limits of the Bill of Rights: A Discussion ...Dr. Jessica Kross**

We will look at each section of the First Ten Amendments and through class discussion see how far each of us would be willing to stretch them. Topics might include “Prayer in School” or “Unlimited Access to Firearms.”

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

(continued on page 8)

Wednesday Morning Classes

2023 Spring 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			
GYM			
B-108	Zumba Gold Suzanne Hyman	Tai Chi Robin Anderson	
B-109		You Did WHAT? Beverly Riley, Coord.	The Bill of Rights Dr. Jessica Kross
B-114		Wales Edwina Winter	Let's Go to the Movies Allison McNeely
B-116		The Art of Memoir Carol McAlpin	Murder Most Senior Debbie Whittemore
B-117	The Art Studio Self-directed	The Art Studio Self-directed	The Art Studio Self-directed
B-118			
B-119	Ukulele/ Guitar Jam Everett Spell		
B-120		Security Awareness Jerry Allen	Good Gardening Jeanette Smith, Coord.
B-121		Mah-Jongg Ruth Marcus	Mah-Jongg Ruth Marcus
B-123		History of Swing & Jazz Bob Knox	
B-125			

Wednesday Afternoon Classes

April 5-May 31

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		



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.

***Good Gardening.....Jeanette Smith, Coordinator**

Experts will present a series of programs on various garden topics that include container gardening, herbs, growing easier roses, daylilies and bulbs, and house plants. We will discuss how the environment affects gardening and how what we grow affects the environment. There will be a special program about several gardens and interesting nature spots that make good day trips.

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

***Let's Go to the Movies.....Allison McNeely**

Allison, talented Town Theatre director, has compiled various movie clips spanning decades of cinema history. The journey begins with films from the 1920's and leads to the present. Each week the films selected will fall under familiar genres such as musicals, westerns, romantic comedies, and much more.

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



**MIDLANDS
GIVES**

Powered by CENTRAL CAROLINA
Community Foundation

IN PARTNERSHIP WITH **GIVE LOCAL AMERICA!**

**EVERYONE CAN BE A
PHILANTHROPIST!
TUESDAY, MAY 2**

We are participating in Midlands Gives again this year. It is a day when those who wish may donate to their

favorite nonprofit. If you wish to support us monetarily, this is a great opportunity! Please check the **Shepherd's Staff** for more information.

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, April 5, to mail in or drop off your \$10.00 ahead of time. We must receive it by Wednesday, March 29. The menu for April 5 is chicken pot pie, salad, and banana pudding.** Of course, you may choose to bring your lunch that day.

If you bring a new person on April 5 to check out our classes, he/she will be our guest for lunch, but you must let us know by March 29 so that a reservation can be made for them.

LUNCHEON SPEAKERS

- April 5:** Tom Elmore, author of five books, presents his latest – Celtic Columbia.
- April 19:** Gene Atkinson, local author, entertains us with A Bit of Nostalgia.
- April 26:** Scott Vaughn from Cooperative Ministry enlightens us on this important community program.
- May 3:** Bill Stangler, the Congaree Riverkeeper, tells us the status and importance of our rivers.
- May 10:** Dr. Pat McNeely, retired U.S.C. professor and writer, presents Ghosts of Columbia.
- May 17:** Mark Rapp, of ColaJazz Foundation, will entertain as he leads a jazz appreciation concert.
- May 31:** Ed Wilkes and Jean Ray Williams present a Memorial Day program complete with bagpipes.

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: _____ Date: _____

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? _____

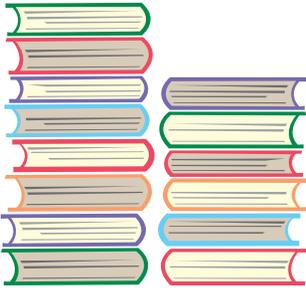
Any special health issues the Center should know about?

Emergency Contact (local): _____

Phone (local): _____

Payment	Person 1	Person 2
___ check tuition	\$35	\$35
___ cash Lunch \$10 (April 5)	_____	_____
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? 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

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Columbia, SC 29204

ADDRESS SERVICE REQUESTED

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Spring, 2023

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