

**FALL 2022**  
October 6 - November 10

# Adventures In Learning

**GREENBRIER VALLEY - EAST**



## ABOUT SHEPHERD'S CENTER ADVENTURES IN LEARNING PROGRAM

Join us for our Adventures in Learning FALL 2022 session held on Thursdays from October 6 through November 10! These exciting and educational classes are open to all ages! Be sure to sign up early, as some classes are limited in size and others fill fast!

- Registration fee for all classes is \$30.
- There is a \$10 materials fee for craft classes.
- Deadline to register is SEPTEMBER 16.
- Boxed lunches are just \$6 more per week.
- Transportation and scholarships are available upon request.
- All classes are held at the Lewisburg United Methodist Church at 1133 Washington St. E.



Enjoy a snack and cup of coffee or tea prior to classes!

**VOLUNTEER**

**WE NEED YOUR HELP!**

Have some free time weekly or monthly?  
Want to give back? We are always  
looking for volunteers!

Make a difference today as an  
SCGV volunteer!

Contact us to sign up or for more  
information:

304-645-4196 or email us at  
[greenbriershepherdscenter@gmail.com](mailto:greenbriershepherdscenter@gmail.com).

Deliver or Prepare  
Gwen's Meals

Transportation

Friendly Callers

Visitation

Handy  
Helper

Adventures in Learning Class Offerings  
Donate, support, and volunteer  
AIL Registration Form



**INSIDE**

# Adventures In Learning

**CLASS PERIOD I**

**9-9:50AM**

## CURRENT EVENTS

### CURRENT EVENTS

Come discuss issues today on local, state, national and world levels. Learn what is going on from your community leaders. Hear what they have to say and ask your questions!

**Be informed!**

-Cindy Lavender-Bowe, Moderator

## SCGV BOOK GROUP

### SCGV BOOK GROUP

Do you enjoy reading? Learning about new authors? Join us for Book Group weekly during Adventures In Learning, then join us on the 2nd Thursday of each month the rest of the year! Get to know everyone and join the group! Don't forget about our bookcase in the parlor: bring a book, take a book!

**Start reading today!**

## Meadow River Valley ADVENTURES in LEARNING FALL 2022

If you are from the western end of the county and would like to attend classes, but don't want to drive to Lewisburg, come to the Fall session at the First Baptist Church in Rainelle.

Our group is much smaller and we have one class per hour with a variety of topics!

There will be a morning devotional by the new pastor at First Baptist Rainelle, an exercise class adapted to older folks, a history class, cooking class, and a potpourri of craft classes in the afternoon. We are planning a field trip to tour the Schoolhouse Hotel in White Sulphur Springs. Classes are scheduled to start September 13 - October 18 - Tuesdays. If you are interested call our office (304) 645-4196 for details and we can send you a brochure.

Come join in the fun and fellowship!

***"Shepherd's Center is not an organization to 'hear' about,  
you have to experience it!"***

# Adventures In Learning

**CLASS PERIOD II**

**10-10:50AM**

## **TAI CHI**

### **TAI CHI**

Improve your flexibility, strength and balance. Join this class for gentle physical exercise, stretching and strengthening your core muscles in the back and abdomen. Fight that stress!

**-Brenda Telisko**

## **HISTORY**

### **ABOVE AND BELOW GROUND HISTORY**

in conjunction with Greenbrier Historical Society

The class moves from the geological history of our area to the early settlements.

**-Karen Fankhauser / Carolyn Rudley Coordinators**

## **CHANGES IN APPALACHIA**

### **CHANGING FACES OF APPALACHIA**

Explore the changes that have and are taking place in Appalachia. These changes are cultural, values, educational, and more! Hear from the storytellers, musicians, and poets. Find out where we have been and where we are headed.

**- John Wyatt**

## **PUZZLES & GAMES**

### **PUZZLES & GAMES**

Do you like to laugh? Figure out puzzles? Learn new games? Join us for a variety of exciting possibilities! Bring your ideas!

**- Sally Lane**

**PLEASE  
NOTE**

### **"AT HOME" COVID TESTS AVAILABLE**

If you are interested in a COVID test kit to take home, we have kits available for you at the Shepherd's Center office (no charge).

COVID testing is not required, but may bring peace of mind to some of our participants.

Call if you have questions 304-645-4196.

**"Shepherd's Center is my FAMILY, my CHURCH."**

# Adventures In Learning

**CLASS PERIOD III**

**11-11:50AM**

## **CREATIVE WRITING**

Creative Writing is a favorite for those interested in expressing their creative side through writing.

Everyone has a story; share yours with the class!

Bring a notebook and be ready to write!

Class limited to 15 people. Be sure to register **EARLY!**

**-Willa Izzo, Moderator**

**CREATIVE  
WRITING**

## **'FRUIT OF THE SPIRIT'**

GALATIANS 5:22-23; 22-23

Join us as Pastor Kathy Holland leads us in an study of the nine attributes of a person or community living in accord with the Holy Spirit. Be spiritually inspired by this teaching.

**-Led by Pastor Kathy Holland**

**RELIGION**

## **'END OF LIFE' SERIES'**

As we approach the final chapters of our life, what should we be doing? What should we plan for? Join us as we hear from the professionals.

**- Led by Judy Lucas**

- 10/6 Rich Ford , Attorney - Estate planning
- 10/13 Carma Korman, Social Worker - Advanced directives
- 10/20 Missy Van Buren, Peyton House - Hospice care
- 10/27 Vicky Wilson - 'My Mother's Jewelry Box'
- 11/3 Dr. Chris Wood, Physician - Early signs of dementia
- 11/10 Rusty Arnold, Funeral Director - The final chapter

**END OF LIFE**

Planning for  
the future

**"**

**Just like college, but more fun!**

**"**

# Adventures In Learning

CLASS PERIOD IV

1-3:00 PM

## ADVENTURES IN LEARNING CRAFT POTPOURRI

- 10/6 Fall Craft with Donna Farlow
- 10/13 InstaPot Cooking with Sally Lane & Sarah Polk
- 10/20 TieDye with Eva Ballanger & Lindsey McCracken
- 10/27 TieDye - Week #2 with Eva & Lindsey
- 11/3 Christmas Wreath with Deb McIntire
- 11/10 Christmas Craft with Donna Farlow

- Judy Long, Coordinator



CRAFTS

## WATER AEROBICS



Offered on **WEDNESDAYS** at the  
Greenbrier Valley Aquatic Center in Fairlea  
Classes will be at 1:30 pm \$5.00 per class  
First class will be October 12th



## Celebrating 20th Anniversary of Gwen's Meals

Gwen Clingman had a wonderful kitchen in downtown Lewisburg, WV, preparing delicious and inexpensive blue-collar lunches for folks working downtown, osteopathic students, and anyone looking for a good homecooked meal. Gwen knew who was under the weather, homebound, etc. and would have meals delivered to them at home to making them feel a little better and know someone was thinking of them. As she declined, she was worried who would take care of 'her people'. Shepherd's Center began their Gwen's Meals program which has grown from 25 meals to 140 meals each week, serving meals throughout Greenbrier County.

Local churches and organizations prepare the meals each week and volunteer drivers deliver the meals to our recipients. We certainly hope Gwen is smiling down on Shepherd's Center as we continue her service to others!

## SUPPORT & SPONSOR:

Would you consider sponsoring a session or two for someone else? What a great gift for a neighbor new to town or someone who hasn't attended classes before! Use the registration form to make your gift of education and adventure!

# Shepherd's Center:

More information....

**DIVE  
IN &  
GIVE!**

## DONATIONS CHANGE LIVES

Please consider making a gift to Shepherd's Center to grow our ministry to meet the rising needs of older adults in Greenbrier County. We are primarily funded by local grants, congregational support, and private donations. As a 501c3 nonprofit organization, your gift is tax deductible. With your help, we can make a difference in more lives of our older adults! Call our office to see how you can GIVE in different ways! 304-645-4196

Donations can sent to P.O. Box 54, Lewisburg, WV 24901 or made online at [www.greenbriershepherdscenter.com](http://www.greenbriershepherdscenter.com). Thank you for your support! We could not do what we do without your help!



## GREENBRIER VALLEY AQUATIC CENTER

We have a new addition to our community and it is wonderful to have such a facility in our area! There are water aerobic classes, swimming lessons, lap swimming, and more! There is a Senior Room guided through Shepherd's Center, a classroom and party room available. There is something for everyone! If you have been to GVAC, stop by for a tour of this beautiful facility. This is a family-friendly center.

## White Sulphur Springs Initiative

We have expanded to the White Sulphur Springs community. This program is just beginning and we are having 'Coffee Talk' and a Book Group to start. These groups are fun and we have had discussions! We hope to have intergenerational events and become a place where people can visit and enjoy times with friends & family.

Invite your neighbors, friends, and family to come join us as we reconvene in the fall!

Call the Shepherd's Center office for more details! 304-645-4196



304-645-4196 ::: [greenbriershepherdscenter@gmail.com](mailto:greenbriershepherdscenter@gmail.com)

[www.greenbriershepherdscenter.com](http://www.greenbriershepherdscenter.com) ::: P.O. Box 54, Lewisburg, WV 24901



# REGISTRATION

## ADVENTURES IN LEARNING FALL 2022

First, please share your address, email, & phone

 **NAME**

\_\_\_\_\_  
**FULL ADDRESS**

\_\_\_\_\_  
**PHONE**

\_\_\_\_\_  
**EMAIL ADDRESS**

\_\_\_\_\_  
**EMERGENCY CONTACT INFO**

\_\_\_\_\_  
**(OPTIONAL) CHURCH AFFILIATION**

### Now, TELL US YOUR CLASS CHOICES

 **9-9:50AM**

- \_\_\_\_ Current Events  
\_\_\_\_ Book Group

**10-10:50AM**

- \_\_\_\_ Tai Chi  
\_\_\_\_ History - Above & Below Ground  
\_\_\_\_ Changes in Appalachia  
\_\_\_\_ Puzzles & Games

**11-11:50AM**

- \_\_\_\_ Creative Writing  
\_\_\_\_ 'Fruits of the Spirit'  
\_\_\_\_ 'End of Life' Series

**1-3:00PM**

- \_\_\_\_ Craft Potpourri


### WEDNESDAYS

**1:30 PM**

- \_\_\_\_ Water Aerobics (GVAC)  
\$ 5 fee per class

**LAST, WE NEED  
TO KNOW THIS**

### DINE WITH US :

 Boxed lunches will be provided each week for \$6. Please let us know in advance if you want lunch. We need to have a head count for those preparing the meals. Circle the dates you would like lunch!

10/6   10/13   10/20   10/27   11/3   11/10

### SPECIAL REQUESTS :

- \_\_\_\_ Transportation assistance  
\_\_\_\_ Scholarship information

### FEES ENCLOSED:

- \$\_\_\_\_ \$30 Registration Fee  
\$\_\_\_\_ Lunch @ \$6/week  
\$\_\_\_\_ Material Fee \$10  
\$\_\_\_\_ Tax-deductible donation to support SCGV  
\$\_\_\_\_ Sponsorship Donation  
\$\_\_\_\_ Water Aerobics \$5 fee per class (Wednesday class)

Total Enclosed: \$\_\_\_\_\_

 **NOTE!**

**Registration  
Deadline is  
September 16th**

**Please mail this page with your check payable to SCGV to:  
Shepherd's Center of Greenbrier Valley, PO Box 54, Lewisburg, WV 24901**

Please note that due to the busy schedules of some of our instructors, presenters, and churches, that there may be some changes throughout our 6-week session.

Thank you for understanding!!

# Inside...



Watch our Facebook page  
for upcoming events!

COFFEE TALK  
BOOK GROUP  
LUNCH & LEARN

**YOUR  
ADVENTURES  
IN LEARNING  
FALL 2022  
SCHEDULE!**

**PLUS:**

Ways to HELP!  
Ways to GIVE!  
Ways to CELEBRATE!



**WE ARE EXCITED TO CELEBRATE 20 YEARS GWEN'S MEALS!**



Shepherd's Center of Greenbrier Valley  
PO Box 54  
Lewisburg, WV 24901

**YOUR ADVENTURES IN LEARNING  
FALL 2022 SCHEDULE IS INSIDE!**