

# SPRING 2023

March 2 - April 6

# Adventures In Learning

## Greenbrier Valley - EAST

### ABOUT SHEPHERD'S CENTER ADVENTURES IN LEARNING PROGRAM

Join us for our Adventures in Learning SPRING 2023 session held on Thursdays from March 2 through April 6! 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 \$15 material fee for the Basket Class.**
- **Deadline to register is February 20th.**
- **Lunches are just \$8 per week.**
- **Transportation and scholarships are available upon request.**
- **All classes are held at the Lewisburg United Methodist Church at 1133 Washington St. E., Lewisburg, WV 24901**



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

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### VOLUNTEERS NEEDED!

TRANSPORTATION

DELIVER GWEN'S  
MEALS

Have some free time?  
Want to give back?

We are always looking for volunteers!

PREPARE GWEN'S  
MEALS

FRIENDLY  
CALLERS

VISITATION

**Make a difference today as a SCGV volunteer!**

**Contact us to sign up or for more information:**

**Call (304) 645-4196**

**or email us at**

**[greenbriershepherdscenter@gmail.com](mailto:greenbriershepherdscenter@gmail.com)**

HANDY  
HELPER

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



**INSIDE**

# 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 new local businesses. Hear what they have to say and ask your questions!

**Be informed!**

**- Cindy Lavender-Bowe - Moderator**



### SCGV BOOK TALK

#### **SCGV BOOK TALK**

Do you enjoy reading? Learning about new authors? Join us for Book Talk 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!**

**-Led by Judy Long**

### **PLEASE NOTE!**

Shepherd's Center of Greenbrier Valley follows the Greenbrier County School Closing Schedule. If schools are closed, we **WILL NOT** hold classes that day.

**GROWING OLD IS MANDATORY, BUT GROWING UP IS OPTIONAL!**  
**- WALT DISNEY**

# CLASS PERIOD II

## 10-10:50 AM



### TAI CHI

#### TAI CHI

Tai chi is an ancient Chinese exercise designed to increase flexibility, stimulate circulation, promote proper breathing, build a strong immune system, as well as develop a sense of inner stillness through slow and non-strenuous movement. We invite you to take the first step on your journey to better health. This program is safe, effective, and easy to learn. The purpose of Tai Chi for Health is to empower people to improve their health, wellness, and immunity in an enjoyable way.

**-Brenda Telisko - Instructor**



### LOCAL INTEREST

#### KNOW YOUR FARMER, KNOW YOUR FOOD

Our area is filled with Farm to Table delicacies. You will have the opportunity to meet some of these farmers, hear their stories, and learn about what they have to offer to tickle our taste buds. We hope you will join us to work up an appetite for everything from farm fresh produce to fragrant flowers to decorate your table.

**-Carolyn Rudley - Coordinator**



### TRUE APPALACHIA

#### TRUE APPALACHIA

Explore old Appalachia. Hear about the culture, values, the good old days, education, music and more! Hear from the storytellers, musicians, and poets. Come learn about the history of old Appalachia!

**-John Wyatt**

**GROW OLD ALONG WITH ME! THE BEST IS YET TO BE.**

**-ROBERT BROWNING**

# CLASS PERIOD III

## 11-11:50 AM



### CREATIVE WRITING

#### 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!**

**-Tina Alvey**



### RELIGION

#### THE "I AM" STATEMENTS OF JESUS

These statements recorded in The Book of John used by Jesus helps us understand His identity as he used figurative language to relate to common objects or concepts. They also help us understand His character and purpose.

**-Pastor Kathie Holland**



### HEALTH

#### LIVING HEALTHY AS WE AGE

Last class, we talked about the end of life. In this set of classes, we plan to present ways to enjoy life and stay healthy as we age. This will include diet, movement, mental health and exercises that will help us lead a healthy life.

**-Judy Lucas**

**NOT JUST A YEAR OLDER – A YEAR BETTER!**

# CLASS PERIOD IV

## 1-3:00PM

### MARKET BASKET

#### **BASKETS** *Variety of small country baskets (your choice)*

You will learn to weave a basket using natural reed.

Please bring a bucket, sharp scissors, ruler/tape, and towel (optional)

**Limited to 15      \$15 material fee**

**- Joan Montgomery**

### GAMES

#### **GAMES**

Games! Games! Fun and Games! Enjoy playing board games, card games, tile, and paper and pencil games. We will play some old classics and learn some new ones, too!

**- Sally Lane**

# WATER AEROBICS

## WEDNESDAYS

at 1:30PM

Greenbrier Valley Aquatic Center

\$5.00 per person to be paid directly to  
GVAC.

**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....**



**Meadow  
River Valley**

Building Trails To A Bright Future

**SPRING 2023  
ADVENTURES IN LEARNING**

**MORE INFORMATION  
COMING SOON!**

**WAYS  
TO  
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 be 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!**

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

First, please share your address, email, & phone

**ADVENTURES  
IN LEARNING  
SPRING 2023**

**NAME:**

\_\_\_\_\_

**FULL ADDRESS:**

\_\_\_\_\_

**PHONE:**

\_\_\_\_\_

**EMAIL ADDRESS:**

\_\_\_\_\_

**EMERGENCY CONTACT INFO:**

\_\_\_\_\_

\_\_\_\_\_

**(OPTIONAL) CHURCH AFFILIATION:**

\_\_\_\_\_

## NOW, TELL US YOUR CLASS CHOICES

**9-9:50AM**

\_\_\_ Current Events

\_\_\_ Book Talk

**10-10:50AM**

\_\_\_ Tai Chi

\_\_\_ Local Interest -

(Know your farmer, know your food)

\_\_\_ True Appalachia

**11-11:50AM**

\_\_\_ Creative Writing

\_\_\_ The "I am" statements of Jesus

\_\_\_ "Living Healthy as we age"

**1-3:00PM**

\_\_\_ Market Basket

\_\_\_ Games

## LAST, WE NEED TO KNOW THIS

### DINE WITH US :

A lunch buffet will be provided each week for \$8. Please let us know in advance if you would like lunch. We need to have a head count for those preparing the meals. **Circle the dates you would like lunch!**

3/02    3/09    3/16    3/23    3/30

4/6 - Potluck : NO CHARGE

### SPECIAL REQUESTS :

\_\_\_ Transportation assistance

\_\_\_ Scholarship information

### FEES ENCLOSED:

\$\_\_\_ \$30 Registration Fee

\$\_\_\_ Lunch @ \$8 per week (5weeks)

\$\_\_\_ \$15 Material Fee - Baskets

\$\_\_\_ Tax-deductible donation to support SCGV

\$\_\_\_ Sponsorship Donation

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

**NOTE!**

Registration  
Deadline is  
February 20th

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  
ADVENTURE TRAVEL**

**PLUS**

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

**YOUR ADVENTURES  
IN LEARNING  
SPRING 2023  
SCHEDULE!**



**shepherd'scenter**  
OF GREENBRIER VALLEY

**PO Box 54  
Lewisburg, WV 24901**

**YOUR ADVENTURES IN LEARNING  
SPRING 2023 SCHEDULE IS INSIDE!**