

# SHEPHERD'S CENTER OF CHESTERFIELD

## ADVENTURES IN LEARNING SPRING 2019 CLASS SCHEDULE Wednesdays, March 27 — May 15, 2019 9:00 a.m. — 3:30 p.m.

Chester Baptist Church, 4317 School St., Chester, VA 23831  
\$25.00 Members \$40.00 Non-members  
Call 706-6689 to register for classes

Doors open at 8:45 a.m. ☺ Enjoy coffee and Panera pastries before and in between your classes ☺

**\*\* These classes require pre-registration.**

### MORNING CLASSES (Classes may be subject to change)

All Day	Description
<b>The Reading Room</b>	A quiet place to enjoy your books and/or newspapers. Loaner books and magazines supplied.
<b>Coloring Books for Adults</b>	Let your creativity flow by using colored pencils and coloring books. This practice generates wellness and stimulates brain areas related to motor skills, the senses and creativity. Pencils and coloring books will be available in the Great Hall.
9:00 a.m. - 9:50 a.m.	Description
<b>Exercise with Hula Hoops</b>	Join our group of seated hula hoopers to increase balance and flexibility with this low impact, self-guided exercise class.
<b>Tai Chi—Advanced</b> Instructor: Mike	The Advanced class is for students from previous Tai Chi classes who are comfortable doing the complete Long Form.
<b>Brain Games</b> Instructor: Everett	Start your day by challenging your mind in a friendly competition with the "Kennedy Word Game" and more. Bring a pen and pencil.
9:00 a.m. - 10:50 a.m.	Description
<b>Acrylic Painting II **</b> Instructor: Tonya	The class will continue to work with color theory; usage of brush types and how to achieve different painting techniques; and creating values and shading techniques. Students may continue to paint on heavy paper, canvas or canvas boards, various objects. As a class we will work on various subjects: landscapes, flowers, animals, etc. using a variety of materials for our canvas. <b>Pre-registration is required by calling (804) 706-6689. Pre-registration begins March 18th at 9:00am. Class size is limited to 20 people. For materials list please call (804) 706-6689.</b>



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**Call Suzanne at 706-9198 if you have any questions.**

10:00 a.m. - 10:50 a.m.	Description
<b>Tai Chi—Beginner</b> Instructor: Ed	The <b>Beginner</b> Tai Chi class is for students with no Tai Chi experience.
<b>Tai Chi—Seated</b> Instructor: Janet	<b>Seated</b> Tai Chi is for those not able to stand for an extended period of time.
<b>Yoga with Gin **</b> Instructor: Gin	Build your strength & flexibility by joining Gin for a senior yoga class, using a chair for support and balance. <b>Space is limited. Pre-registration is required by calling the office at (804) 706-6689. Pre-registration begins on March 18th at 9:00am.</b>
<b>Celtic Movement to America *NEW*</b> Instructor: Don	Using Jim Webb's <u>Born Fighting</u> and Arthur Herman's <u>How the Scots Invented the Modern World</u> , we will look at how the Scots-Irish shaped America. Discussion and video presentation.
10:00 a.m. - 11:50 a.m.	Description
<b>Bible Study</b> Instructor: Totmes	In-depth study of The Books of Bible, verse by verse. Participation and discussions are encouraged. The goal is salvation and growing in the likeness of Christ.
11:00 a.m. - 11:50 a.m.	Description
<b>Exercise with Evelyn</b> Instructor: Evelyn	Come "Exercise with Evelyn" with or without hand weights. Evelyn says, "I use 3 lb. weights myself, but you will get a benefit even without weights. These exercises can be performed gently or energetically depending upon your physical ability. Most of the exercises can be done in a chair, if need be. Others will do them standing up. Wake up those muscles that have been relaxing too long, and feel great."
<b>Herbs by Granny Mac</b> Instructor: Shirley	Planting and growing herbs, using herbs in cooking, and medicinal properties of herbs. Seeds and small pots will be provided.
<b>Essential Oils for a Happy and Healthy Lifestyle</b> Instructor: Carol	In this <b>five week class</b> , we will explore the history of chemical free essentials oils and how healthy choices can promote a healthy lifestyle. Carol will show you how and when the oils should be used aromatically, topically, and internally. Learn how they can be homemade and how they can be utilized in cooking.
<b>Tai Chi—Continuing II</b> Instructor: Janet	<b>Continuing</b> Tai Chi II is for students at any level, even beginners, who are comfortable standing. Each session will focus on only a small section of the form. Tai Chi breathing and creating Tai Chi energy will be emphasized.
<b>Bereavement Support Group *NEW*</b> Instructor: Angie	This class offers opportunities for bereaved persons to explore their grief while sharing with others who are experiencing similar losses. The group focuses on self-reflection and emotional responses to loss. The goal is to help participants process grieving and begin healing.

**Free Blood  
Pressure  
Screenings  
Courtesy of  
Care Advantage**



***If Chesterfield County Schools are DELAYED, then our offices are delayed and all classes are CANCELED.***  
For Shepherd's Center closing announcements please check with your LOCAL TV stations at CBS 6, NBC12, and ABC 8.



**Lunch Break & Luncheon Forum Speaker: Noon - 1:00 p.m.**

**Lunch tickets are \$5.00**

***Please purchase your lunch ticket at the registration table before 10:30 a.m.***

**Bring a new friend to AIL and lunch for you both is free that day!**

***Mention this post at the registration table to redeem your lunch.***

### AFTERNOON CLASSES

1:15 p.m. - end times vary	Description
<b>Vintage Films: Damsels in Distress</b> Instructor: Greg	Some of the best suspense films ever made deal with beautiful ladies in jeopardy. We will view and discuss eight of them.
<b>Let's Talk Politics</b> Instructor: Charles	Moderated discussion of past and current politics.
<b>Beginning Sewing, Quilting, and Embroidery</b> Instructors: Jean and Violet	A fun class for beginning to advanced sewers, quilters, and those new to machine embroidery. We will cover the basics of all three techniques and make small projects to brighten up your home.
<b>Dolls with a Mission</b> Instructor: Pam	This class will utilize fiberfill, yarn, beads, and basic sewing skills to make simple dolls that will bring love, joy, and peace to children and adults. All skill levels are welcome and no prior sewing experience is required. Materials will be provided by instructor.
<b>Self-Guided Watercolors</b>	A place to work on your watercolor project. All participants must bring their own materials.
<b>Folk Music Club—Nostalgia</b> Instructor: John	John invites you to get together for some old fashioned pickin' and grinnin'. Bring your guitar, banjo, mandolin, fiddle, ukulele, sweet-potato, spoons, voice or what have you.
<b>Line Dancing</b> Instructor: Frank	Line dancing is a formation dance that has origins reaching back into traditional folk dancing. Since the latter part of the 20th century, line dancing has been more closely identified with country and western music, although there are examples of the group dance found with pop music as well. Have fun and get fit to music each week.
2:15 p.m. - 3:15 p.m.	Description
<b>Acting</b> Instructor: Christyl	In this <u>six week class</u> , Christyl will guide participants through various aspects of performing including improvisation, oral interpretation, and character development. Class will be customized with participant input: comedy, drama, monologues and/or dialogue/scene work will be explored. All levels welcome.

#### Membership Directory

Want to keep in touch with your friends from AIL? The Shepherd's Center Membership Directories will be available at our Spring Session starting March 27, 2019. If you don't want to be included in the directory, please check the "Opt Out" box on your AIL tuition form.

#### Scholarships

We know that not everyone who wants to take our AIL classes can afford tuition. Luckily, scholarships are available for those in need. For more information on AIL scholarships, call Suzanne at 706-9198