

SHEPHERD'S CENTER OF CHESTERFIELD

ADVENTURES IN LEARNING

FALL 2018 CLASS SCHEDULE

Wednesdays, September 26 — November 14, 2018

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 pastries donated by Panera before and in between your classes

**** Classes that require pre-registration.**

MORNING CLASSES (Classes may be subject to change)

| All Day | Description |
|--|---|
| The Reading Room | A quiet place to enjoy your books and/or newspapers. Loaner books and magazines supplied. |
| Coloring Books for Adults | Let your creativity flow by using colored pencils and coloring books. This practice generates wellness, quietness 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 |
| Hula Hooping Instructor: Evelyn | Relive your youth while increasing balance and flexibility with this low impact exercise class. |
| Tai Chi—Advanced Instructor: Mike | The Advanced class is for students from previous Tai Chi classes who are comfortable doing the complete Long Form. |
| Introduction to Acrylics** *NEW* Instructor: Tonya | The class will start with color theory, color mixing, and values; brush types and how to achieve different painting techniques using the various brushes; and creating value scales and shading techniques. Initial compositions will work on shade and lighting. As a class we will work on various subjects using a variety of materials for our canvas. Once students feel confident with the medium they will select their own subjects to create individual compositions. Pre-registration is required by calling (804) 706-6689. Pre-registration begins August 20th at 9:00am. Class size is limited to 20 people. For materials list please call (804) 706-6689. |
| 9:00 a.m. - 10:50 a.m. | Description |
| Fun with Wire** Instructor: Deni Harris | In this class, you will learn to twist and loop wire to make usable and decorative items and add color to your decor. Each week will be something different. Class size is limited to eight students. Pre-registration is required by calling (804) 706-6689. |

WINTER WEATHER POLICY:

If Chesterfield County Public Schools are CLOSED, then our offices are closed and all classes are CANCELED.

Classes will run on the normal schedule if there is a DELAY for Chesterfield County Public Schools.

For Shepherd's Center closing announcements please check with your local television stations at CBS 6, NBC12, and ABC 8.



| 10:00 a.m. - 10:50 a.m. | Description |
|--|---|
| Tai Chi—Beginner Instructor: Ed | The Beginner Tai Chi class is for students with no Tai Chi experience. |
| Tai Chi—Seated Instructor: Janet | Seated Tai Chi is for those not able to stand for an extended period of time. |
| Tai Chi—Continuing I Instructor: Cindy | Continuing Tai Chi I is for students who feel comfortable with Wu Tai Chi basics and want to work on progressing in the form. |
| Exercise with Evelyn 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." |
| Appreciating the History of Art *NEW* Instructor: Everett | An outline of art history from the pre-historic to mid-20th Century with more time spent on the works of Vincent van Gogh through early 1960's. Everett will try to present his interpretation of the who, what, and why they created their works of art. He hopes there are members of the class who can chime in with their own bits and pieces of information. |
| History of Ireland *NEW* Instructor: Don | Celtic, Irish or Scot-Irish ancestry or just interested? Don will focus on the country that is known to have Celtic Pride: Ireland. He will cover the search for the ancient history of Ireland, a brief history of Ireland and St. Patrick, and then a look at the Irish rebellion. |
| 10:00 a.m. - 11:50 a.m. | Description |
| Bible Study 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. There is no fee for attending only this class. |
| Method Watercolors | A place to work on your watercolor project. All participants must bring their own materials. |
| 11:00 a.m. - 11:50 a.m. | Description |
| Essential Oils for a Happy and Healthy Lifestyle Instructor: Carol | In this five week class, 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. |
| Yoga with Gin** *NEW* Instructor: Gin | Build your strength & flexibility by joining Gin for a senior yoga class, using a chair for support and balance. Pre-registration is required by calling the office at (804) 706-6689. Pre-registration begins on August 20th at 9:00am. The first 20 callers will be enrolled in the class while later callers will be added to the waiting list. Those on the waiting list will be given priority for the Winter session yoga class. |
| Tai Chi—Continuing II Instructor: Janet | Continuing 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. |
| Short Story Reading Group Instructor: Cheryl | Read and discuss short stories. A copy of a story will be provided each week for reading for the next week's discussion. A one-time fee of \$8 is due in the first class to help defray copying costs. |
| WWII - The Pacific War *NEW* Instructor: Tony | A concise account of the massive land/naval/air campaign against Japan - a war of extinction. |

AFTERNOON CLASSES

| 1:15 p.m. - end times vary | Description |
|---|---|
| Vintage Films: Southern Novels into Film Instructor: Greg | Some of the best southern novels have been made into first-rate films. We will view and discuss seven of them. |
| Beginning Genealogy Instructor: Bette | This class offers personal and practical help in compiling a family history. Learn how to organize what you have, add in the most efficient manner, and record family tales. |
| U.S. Constitution Instructor: Charles | Join Charles for an in-depth discussion of the U.S. Constitution. Basis: "The U.S. Constitution: Explained Clause By Clause for Every American Today" by Ray Raphael. Book is available in paperback or eBook format. |
| American Sign Language *NEW* Instructor: Geri | If you are interested in pursuing a new language, if you want to learn more about traversing the Deaf community, and/or if you want to experience a tiny piece of a beautiful language and its world of origin, this class is for you. Join in learning a few myths about the deaf, the ASL alphabet, numbers and some social sentences. Appreciate the depth of criteria that affirms the legitimacy of ASL as a language. |
| Beginning Drawing** *NEW* Instructor: Cheryl | Believe it or not, everyone can draw once they learn some basic techniques. This class is for real beginners and will cover basic drawing tools, tones/values, perspective & other drawing elements. Materials required: 4 drawing pencils (2H,H,2B,4B), eraser (kneadable preferred), small pencil sharpener, 9 x12 drawing tablet, ruler. Class size limited to 10 students. Please call Cheryl at (804) 768-0326 to register. |
| Intermediate Wreaths and Centerpieces *NEW* Instructor: Jo | In this intermediate class we will be customizing gifts; working on Fall wreaths and centerpieces; and working on Christmas wreaths (with and without lights), centerpieces, and designer arrangements. Students must bring their own glue guns. Questions about supplies and class, please call Jo at (804) 748-0314. |
| Beginning Sewing, Quilting, and Embroidery 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. |
| Dolls with a Mission 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. |
| Folk Music Club—Nostalgia Instructor: John | John McCall 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. |
| Line Dancing 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. |



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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**