

SHEPHERD'S CENTER OF CHESTERFIELD

ADVENTURES IN LEARNING SPRING 2018 CLASS SCHEDULE Wednesdays, March 28 — May 16, 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 Panera pastries before and in between your classes ☺

**** These classes 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.
Essential Oils for a Happy and Healthy Lifestyle Instructor: Carol	In this six 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.
Introduction to Watercolors II** Instructor: Tonya	The class will continue with color theory and color mixing, brush types and how to achieve different painting techniques, and application of ten watercolor techniques to achieve different effects in your compositions. Compositions will work on shade and lighting. Once students feel confident with the watercolor medium, they will select their own subjects to create individual compositions. Pre-registration is required by calling (804) 706-6689. Pre-registration begins March 16. Class size is limited to 20 people. For materials list please call (804) 706-6689.
9:00 a.m. - 10:50 a.m.	Description
Bible Study Instructor: Totmes	An in-depth study of Books of the Bible, verse by verse. Participation and discussions are encouraged. The goal is salvation and growing in the likeness of Christ.
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.

9:30 a.m.—10:20 a.m.	Description
Writing Your Life Story Instructor: Cheryl	This is an opportunity to begin (or continue) documenting your personal story. Where to start? How to structure? Who's your audience? We'll talk & laugh & share our memories.
10:00 a.m.—10:50 a.m.	Description
Tai Chi—Beginner Instructor: Judy and 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 **NEW** 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."
History of Scotland Part II Instructor: Don	This session covers from 1400 to modern times in Scottish History.
10:00 a.m.—11:50 a.m.	Description
Method Watercolors** Instructor: Carolyn	This class is for continuing intermediate to advanced students. Carolyn will guide you through an exciting project as you hone your watercolor skills. There will be a cost for the project. Pre-registration is required by calling Carolyn at (804) 271-6131.
11:00 a.m.—11:50 a.m.	Description
Beginner Yoga** Instructor: Ruth	This class is a gentle chair Yoga, Level I class for beginners. After our first meeting, the instructor will adapt the class to everyone's needs using props, if needed. Due to the nurturing environment of the class, students are not permitted to arrive late or disturb the class in any manner. Space is limited to 20 students. Pre-registration is required by calling (804) 706-6689. Pre-registration begins March 16. The first 20 callers will be enrolled and later callers will be added to the waiting list.
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 copy costs.
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.
World War I Instructor: Tony	A continuing study of the social, military, and political history of World War I.



Visit us on Facebook for information on the weekly lunch menu, luncheon forum speakers, and special announcements!



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.

1:15 pm-end times vary	Description
Vintage Films: The Lubitsch Touch Instructor: Greg	Ninotchka, The Shop around the Corner, and To Be or Not to Be are just three of Ernst Lubitsch's great comedies. We will view and discuss these and five others in this course.
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.
Floral Arranging for Beginners **NEW** Instructor: Jo	Fun with Basics: Importance of proper preparation and care of fresh flowers, potted plants, dish gardens, and your containers. Fresh and silk plants will be used in bud vases, centerpieces, and spring wreaths, plus hints with silks. If time permits: bowmaking, fruit and snack baskets. Questions about supplies and class, please call Jo at (804) 748-0314.
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.

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 28, 2018. 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