

# SHEPHERD'S CENTER OF CHESTERFIELD

## ADVENTURES IN LEARNING WINTER 2019 CLASS SCHEDULE Wednesdays, January 9 — February 27, 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 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
<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 *NEW*</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.
<b>Singing in Sign **</b> <b>*NEW*</b> Instructor: Geri	Learn and perform 3 songs in American Sign Language and gain insight into the fascinating world of Deaf culture. <b>Pre-registration is required by calling (804) 706-6689.</b>
9:00 a.m. - 10:50 a.m.	Description
<b>Acrylic Painting II</b> <b>*NEW*</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. This session we will begin with bird paintings on a canvas and progress to painting a bird house. 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 December 19th at 9:00am. Class size is limited to 20 people. For materials list please call (804) 706-6689.</b>
<b>Fun with Wire**</b> 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. <b>Pre-registration is required by calling (804) 706-6689.</b>

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>Tai Chi—Continuing I</b> Instructor: Cindy	<b>Continuing</b> Tai Chi I is for students who feel comfortable with Wu Tai Chi basics and want to work on progressing in the form.
<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>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 December 19th at 9:00am.</b>
<b>Herbs by Granny Mac</b> *NEW* Instructor: Shirley	Planting and growing herbs, using herbs in cooking, and medicinal properties of herbs. Seeds and small pots will be provided.
<b>WWI: The Western Front</b> *NEW* Instructor: Paul	With the passing of the 100 <sup>th</sup> anniversary of World War 1 (and the 100 <sup>th</sup> anniversary of the Versailles Treaty approaching), questions still remain as to what this war was all about. In this course we will look at not just some major engagements, but also different aspects of the soldier's life including life in the trenches, what's for dinner, clothing, and unknown dangers.
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>Essential Oils for a Happy and Healthy Lifestyle</b> 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.
<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>Short Story Reading Group</b> 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.
<b>WWII - The Pacific War Continued</b> *NEW* Instructor: Tony	A continuing, concise account of the massive land/naval/air campaign against Japan - a war of extinction.



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## 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 11:00 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: The Making of America</b> Instructor: Greg	Movies set in the time of the French and Indian War and the American Revolution.
<b>Let's Talk Politics</b> Instructor: Charles	Moderated discussion of past and current politics.
<b>Beginning Drawing Continued</b> *NEW* Instructor: Cheryl	This class is for people who attended the Fall Beginning Drawing class and others with previous drawing experience. We will explore various drawing techniques in depth. <b>Please call Cheryl to register and for a list of required supplies at (804) 768-0326.</b>
<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>Acting</b> *NEW* Instructor: Christyl	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.
<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.

### 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.**