

Adventures In Learning

Greenbrier and Meadow River Valley



ABOUT SHEPHERD'S CENTERS' VIRTUAL ADVENTURES IN LEARNING PROGRAM

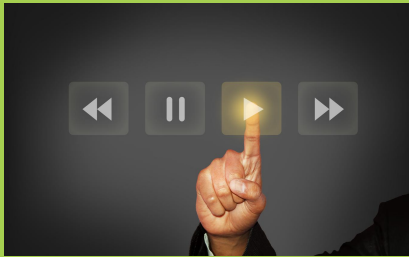
This FALL our classes will be offered via the Zoom Platform of online meetings. We will have classes Monday thru Thursday with one class per time slot. With one class an hour, you may be able to try out a class that you have not had the chance to try before. Every attempt has been made to offer a variety of classes. You may take as many classes as you like.

There will be no registration fee, but we do ask you to consider a donation to Shepherd's Center for this service.

Once you register online, mail in, or by phone, you will be emailed a meeting ID number and password for each individual class. These will remain the same for the duration of the session. If you do not have email, we will call you with the information to log onto a meeting.

Be comfortable in joining our secure Zoom platform as the sessions are password protected.

Join us for a great 6 weeks!



ZOOM

WE KNOW WHAT YOU ARE THINKING, I HAVE NEVER USED ZOOM; I CAN'T DO THIS! **YES, YOU CAN!** YOU CAN LOG ONTO A ZOOM MEETING VIA YOUR COMPUTER, TABLET, SMART PHONE OR YOU CAN EVEN CALL IN ON YOUR LANDLINE PHONE.

DURING THE MONTH OF AUGUST, TERESA OR SARAH WILL HAVE PRACTICE SESSIONS THAT YOU MAY PARTICIPATE IN. THEY CAN ALSO WORK ONE ON ONE WITH YOU IF NECESSARY TO MAKE SURE YOU CAN JOIN IN THE FUN.

WE HOPE YOU TRY OUT THIS NEW WAY TO *MEET* AND WE HOPE TO BE BACK IN PERSON AS SOON AS WE SAFELY CAN.



**'BETTER
TOGETHER IN
2020'**

*SCA Virtual
Conference*

Open and free of charge for all Adventures in Learning participants -- five days of a virtually amazing national conference!

ZOOM Conference Presentations 1:00 - 4:00

Networking Opportunities 4:30 - 5:30

Wednesday, October 21 "Reframing the New Normal"

Friday, October 23 "Social Isolation"

Monday, October 26 "Future of Funding for Aging Services"

Wednesday, October 28 "Creative Programs and Services"

Friday, October 30 "Lives Well Lived-Documentary"

9:00 AM MONDAY

Foundations/
Pilates

FOUNDATION / PILATES

Priscilla Lambson from the Greenbrier Sporting Club will be leading this exercise class. This class will help to improve your balance, strength, flexibility, and more. Give it a try! Become a better you!

10:00 TUESDAY

Book Group

BOOK GROUP

Our own **Judy Long** facilitates Shepherd's Center's BOOK GROUP. Everyone brings their favorite book or books they are reading and shares with the group. Find a new 'favorite' book or author! Come join! The group has been 'meeting' via Zoom for the past couple of months! Very enjoyable!

11:15 TUESDAY

COVID-19

LIFE IN THE TIME OF COVID

Judy Lucas brings us a class with discussions of what it has been like for many of us during the COVID-19 crisis. Topics will include children, seniors, health, prisons, floods, and food insecurity. In each class, the presenter will speak about their experiences and the experiences of those with whom they have worked. Discussion at the end of each class.

- 9/29 **Erin Hurst**, Director of the United Way in Greenbrier County
- 10/6 **Senator Stephen Baldwin**, COVID Task Force in Greenbrier County
- 10/13 **Brian Derouen**, Alderson Hospitality House, Alderson Food Locker
- 10/20 **Patricia Lally, DO**, Marvel Center
- 10/27 Greenbrier County Health Department
- 11/3 **Gloria Martin**, Lewisburg Food Locker, Senior Center

1:00 TUESDAY

Past
Presidents

Brentz Thompson, presenter

PAST PRESIDENTS & THEIR IMPACT ON HISTORY

We will explore the background and administrations of six U.S. presidents who had the most enduring influences and impacts on the life, politics and history of our country; not necessarily the greatest ones. A few that will be included are George Washington, Abraham Lincoln, and Franklin Roosevelt. There are many to choose from so join us to learn a little more of history! Discussions will follow each class.

1:00 Wednesday

Creative
Writing

Willa Izzo, Instructor

CREATIVE WRITING

Do you enjoy writing? Do you have a story to tell? Express your creative side through writing. You will be given a topic prior to class the week before, then you share your story! This class has always been a favorite! Lots of fun, laughter, and leaves you with a good feeling each week!

This class is limited, so register **EARLY !**
LIMIT 15 participants!!

9:00 THURSDAY

Tai Chi
for Health

Brenda Telisko, Instructor

TAI CHI for HEALTH

Studies show that Tai Chi helps to build a better immune system. Tai Chi plays an important part in dealing with this current crisis. We all need better immunity and inner strength to help relieve stress and to overcome the challenges we are facing. All ages are welcome to begin building a stronger body, develop a clearer mind and a more compassionate spirit. Come join Brenda!

10:00 THURSDAY

Current
Events

CURRENT EVENTS

With this being an election year, we will be hosting a panel of candidates running for the various county offices. Mike Kidd will be moderating these discussions. After these sessions, John McCaffrey will be presenting current events for any remaining weeks. Keep up on the latest in Greenbrier County!

"YOU JUST DON'T HEAR ABOUT SHEPHERD'S CENTER – YOU HAVE TO EXPERIENCE IT"

11:15 THURSDAY

Revelation

REVELATION

We are going to study the book of Revelation, the last book in the Bible. What revelation? What does revelation mean anyway? The "scholars" have determined that there are four different ways you can interpret the book of Revelation. The book is all about eschatology, commonly called the "end times" of the Christian era. What does that mean? The book is full of allegory and is sometimes difficult to understand. At the same time, it is an extremely important book for us to understand. Fortunately, we have an expert in our midst that has studied and taught Revelation for years. Come and learn what your future is as a Christian!

1:00 THURSDAY

*Appalachian
Lore*

APPALACHIAN LORE **What has happened to Appalachia?**

Come join John Wyatt, *'The Appalachian'*, as he explores the various changes that have occurred over the years. Dialects are different, the music has changed and bluegrass isn't what it used to be. Food, dress, and faith have evolved through the years. Let's listen and learn from John how these changes came about and what the future might hold.