



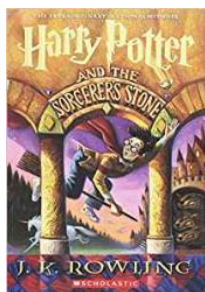
Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
 <p>1 9:30-10:30 Aerobics Social Hall – PLEASE DO NOT WEAR CLOTHING TODAY. 10:30-11:30 Center Singers Room 2207 – WE WILL BE SINGING WHILE STANDING ON OUR HEADS. 10:30 Diabetes Prevention Group, meet in FLC parking lot to go to lunch at SRHS. – SERVING ICECREAM SUNDAES AND COTTON CANDY TODAY.</p>	<p>2 9:30-11:45 Line Dance Social Hall 11:00-12:15 QuickWitz Rm 2216</p>	<p>3 9:30-10:30 Aerobics Social Hall 10:00-11:00 Low Impact Aerobics Archibald Rutledge Senior Ctr. 10:00-12:00 Acrylics Arthur Ctr 10:45-11:45 Ukulele Class Room 2207 12:00-1:45 Sip and Sew Arthur Center 12:30-2:00 French Rm 2200</p>	<p>4 9:30-11:00 Tai Chi/Yoga Social Hall 10:00-11:00 GREAT DECISIONS Room 2208</p>	<p>5 9:30-10:30 Aerobics Gym 9:30-11:45 Line Dance Social Hall 10:00-12:00 Watercolor Arthur Center 2:30-3:15 Line Dance Archibald Rutledge Senior Ctr.</p>	6	7
<p>8 NATIONAL VOLUNTEER WEEK 9:30-10:30 Aerobics Social Hall 10:30-11:30 Center Singers Room 2207 11:00-12:00 Diabetes Prevention Group, Room 2216 11:30-12:30 Book Club discussing “Harry Potter and the Sorcerer’s Stone” by J.K. Rowlings Room 2200</p>	<p>9 NATIONAL VOLUNTEER WEEK 9:30-11:45 Line Dance Social Hall 11:00-12:15 QuickWitz Rm 2216 12:00 noon Board Meeting Room 2208</p>	<p>10 NATIONAL VOLUNTEER WEEK 9:30-10:30 Aerobics Social Hall 10:00-11:00 Low Impact Aerobics Archibald Rutledge Senior Ctr. 10:00-12:00 Acrylics Arthur Ctr 11:00-12:00 Jewelry Making Archibald Rutledge 11:00 Ukulele Players perform for Senior Circle at SRHS-Mary Black Campus 12:00-1:45 Sip and Sew Arthur Center 12:30-2:00 French Rm 2200</p>	<p>11 SHEPHERD’S CENTER CLOSED due to First Pres. Summit on Poverty 10:00 Sassy Ladies meet in parking lot of Ingles to leave for Rose Hill Plantation. 1:00-2:00 Lunch and Learn at Archibald Rutledge Senior Center need to rsvp to Debbi in our office (585-1999) by April 5</p>	<p>12 NATIONAL VOLUNTEER WEEK 9:30-10:30 Aerobics Gym 9:30-11:45 Line Dance Social Hall 10:00-12:00 Watercolor Arthur Center 10:00-11:00 Low Impact Aerobics Archibald Rutledge 2:30-3:15 Line Dance Archibald Rutledge Senior Ctr.</p>	13	14
<p>15 9:30-10:30 Aerobics Social Hall 10:30-11:30 Center Singers Room 2207 11:00-12:00 Diabetes Prevention Group Room 2216</p>	<p>16 9:30-11:45 Line Dance Social Hall 11:00-12:15 QuickWitz Rm 2216</p>	<p>17 9:30-10:30 Aerobics Social Hall 10:00-11:00 Low Impact Aerobics - Archibald Rutledge 11:00 Earth Day Activities Archibald Rutledge 11:30-1:00 Heart Matters Arthur Center 12:30-2:00 French, Rm 2200</p>	<p>18 9:30-11:00 Tai Chi/Yoga Social Hall</p>	<p>19 9:30-10:30 Aerobics Gym 9:30-11:45 Line Dance Social Hall 10:00-12:00 Watercolor Arthur Center 10:00-11:00 Low Impact Aerobics Archibald Rutledge 2:30-3:15 Line Dance Archibald Rutledge Senior Ctr.</p>	20	21

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
22 <u>SHEPHERD'S CENTER</u> <u>AND FIRST</u> <u>PRESBYTERIAN</u> <u>CLOSED.</u>	23 9:30-11:45 Line Dance Social Hall 11:00-12:15 QuickWitz Rm 2216	24 9:30-10:30 Aerobics Social Hall 10:00-11:00 Low Impact Aerobics Archibald Rutledge Senior Ctr. 10:00-12:00 Acrylics Arthur Ctr 10:45-11:45 Ukulele Class Room 2207 11:00 Jewelry Making Archibald Rutledge 12:00-1:45 Sip and Sew Arthur Center 12:30-2:00 French Rm 2200	25 9:30-11:00 Tai Chi/Yoga Social Hall <u>SHEPHERD'S CTR FUNDRAISER:</u> <u>Administrative Professionals</u> <u>Luncheon in Fogartie Hall</u> <u>Tickets are \$25/person – see</u> <u>Debbi in the office to purchase</u> <u>(very few seats left)</u>  <u>UP UP AND AWAY!</u>	26 9:30-10:30 Aerobics Gym 9:30-11:45 Line Dance Social Hall 10:00-12:00 Watercolor Arthur Center 10:00-11:00 Low Impact Aerobics Archibald Rutledge 11:00 Sing-a-Long with Alex Archibald Rutledge 2:30-3:15 Line Dance Archibald Rutledge Senior Ctr.	27	28
29 9:30-10:30 Aerobics Social Hall 10:30-11:30 Center Singers Room 2207 11:00-12:00 Diabetes Prevention Group Room 2216	30 9:30-11:45 Line Dance Social Hall 11:00-12:15 QuickWitz Rm 2216					

April 7-13, 2019 is **NATIONAL VOLUNTEER WEEK** and the theme is Celebrate Service. Celebrate your class leaders and their helpers during this week by doing something special for them to show your appreciation for their volunteer work here at Shepherd's Center. Without them, you wouldn't have any classes to go to! Please consider volunteering to lead or help lead a class here at Shepherd's!



ADMINISTRATIVE PROFESSIONALS LUNCHEON FUNDRAISER: Get your tickets now if you haven't already! \$25/person and tons of great food and fun. Tickets available in the office. Support your Shepherd's Center!



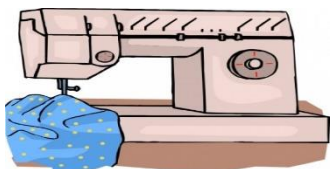
The book club will be reading “Harry Potter and the Sorcerer’s Stone by J.K. Rowlings this month. Join the fun and discussion on Monday, April 8 from 11:30-12:30 in Room 2200.



Sassy Ladies’ next outing will be April 11th at Rose Hill Plantation in Union and the ladies will be eating at Dawkins Restaurant in Union. If you would like to go, you will need to meet in the parking lot of the Ingles on Pine Street and Country Club Road at 10:00 am. Entrance fee to the plantation is \$5.00 and Rose Hill has a tour at 1:00 pm. If anyone has any questions about the Rose Hill Plantation gathering you can contact Merle Whistenant at 864-504-2225.



Heart Matters on April 17 Please remember to register online at SpartanburgRegional.com/Events



SIP AND SEW comes to Shepherd’s Center! During April we will be offering a sewing class taught by Rebekah Brock on Wednesdays from 12 noon-1:45 pm in the Arthur Center. Fabric will be provided. Anyone interested in attending should bring the following items: fabric scissors, straight pins, thread (white or beige), hand-sewing needles and if you have one, a sewing machine and extension cord. Coffee will be provided or you can bring your own beverage. Class will meet April 3, 10, and 24.

2019 PALMETTO SENIOR EXPO: Don’t miss this spring’s SENIOR EXPO at the Spartanburg Memorial Auditorium on Friday, April 5 from 9am-2pm. Stop by and gather up those free goodies they always give away while hearing about senior services available. Admission is FREE.



The Regenesis Lunch and Learn at Archibald this month will cover the topic “Minority Health” and lunch will be a salad and baked potato. Call Debbi in our office to RSVP by April 5.

HAPPY BIRTHDAY APRIL BABIES!

Gary Shelton	4/2
Lois Reinhardt	4/3
Cindy Tobias	4/3
Jennifer Brandon	4/4
Helen Cook	4/5
Brenda McGregor	4/6
Lou Canterbuy	4/7
Kathy Behlert	4/9
James Pruett	4/9
Janis Dengler	4/11
Carol Martin	4/12
Margaret Wolfe	4/12
Lynda Lancaster	4/16
Sharon Boyd	4/19
Doreen Marshall	4/19
Daune Teague	4/21
Teri Donahoo	4/22
Pat Bell	4/23
Margaret Martin	4/27
Ann Campbell	4/28
Nancy Ceremuga	4/28

YOUNG AT HEART
Slightly older
in other places.

www.calipress.com/GeezerShop



"Wake up. The cat's got your teeth."

"To me - old age is always ten years older than I am."

— Bernard Baruch

**"THERE IS A FOUNTAIN OF
YOUTH: IT IS YOUR MIND,
YOUR TALENTS, THE
CREATIVITY YOU BRING TO
YOUR LIFE AND THE LIVES OF
PEOPLE YOU LOVE. WHEN
YOU LEARN TO TAP THIS
SOURCE, YOU WILL TRULY
HAVE DEFEATED AGE." -
SOPHIA LOREN**



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