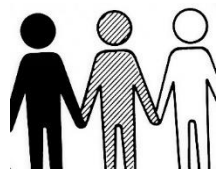


Shepherd's Ctr. Schedule – AUGUST 2019 **THE ADDRESS FOR Archibald Rutledge Senior Center : 764 North Church Street, Spartanburg.**

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<u>NO EXCUSES:</u> If you want to stay fit and engaged this summer, we have given you no excuse – look at the number of classes offered both here and at Archibald. Get out, get active, and make friends!	Unless otherwise noted, classes are 45 min. to an hour in length.		1 9:30-11:00 Tai Chi Social Hall 10:00 Learn to Crochet AR Senior Center	2 9:30-11:00 Line Dance Social Hall 10:00 Aerobics AR Senior Center 10:00-12:00 Watercolor Arthur Center	3	4
5 11:15 Silver Sneakers AR Senior Center	6 9:30-11:00 Line Dance Social Hall 10:30 Archibald Book Club AR Senior Center 11:00 – 12:15 QuickWitz Room 2216	7 10:00 Aerobics AR Senior Center 10:00-12:00 Acrylics Arthur Center 12:30-2:00 French Room 2200	8 9:30-11:00 Tai Chi Social Hall 10:00 Learn to Crochet AR Senior Center <u>11:00 Sassy Ladies</u> meet in First Pres. FLC Parking Lot	9 9:30-11:00 Line Dance Social Hall 10:00 Aerobics AR Senior Center 10:00-12:00 Watercolor Arthur Center	10	11
12 11:15 Silver Sneakers AR Senior Center 11:30 Book Club discussing “Where the Crawdads Sing” by Delia Owens, Room 2200	13 9:30-11:00 Line Dance Social Hall 10:30 Archibald Book Club AR Senior Center 11:00 – 12:15 QuickWitz Room 2216 12:00 Board Mtg. Rm 2208	14 10:00 Aerobics AR Senior Center 10:00-12:00 Acrylics Arthur Center 12:30-2:00 French Room 2200	15 9:30-11:00 Tai Chi Social Hall 10:00 Learn to Crochet AR Senior Center	16 9:30-11:00 Line Dance Social Hall 10:00 Aerobics AR Senior Center 10:00-12:00 Watercolor Arthur Center	17	18
19 11:15 Silver Sneakers AR Senior Center	20 9:30-11:00 Line Dance Social Hall 10:30 Archibald Book Club AR Senior Center 11:00 – 12:15 QuickWitz Room 2216	21 10:00 Aerobics AR Senior Center 10:00-12:00 Acrylics Arthur Center 12:30-2:00 French Room 2200	22 9:30-11:00 Tai Chi Social Hall 10:00 Learn to Crochet AR Senior Center	23 9:30-11:00 Line Dance Social Hall 10:00 Aerobics AR Senior Center 10:00-12:00 Watercolor Arthur Center 1:00 ICE CREAM SOCIAL AR Senior Center	24	25
26 11:15 Silver Sneakers AR Senior Center	27 9:30-11:00 Line Dance Social Hall 10:30 Archibald Book Club AR Senior Center 11:00 – 12:15 QuickWitz Room 2216	28 10:00 Aerobics AR Senior Center 10:00-12:00 Acrylics Arthur Center 12:30-2:00 French Room 2200	29 9:30-11:00 Tai Chi Social Hall 10:00 Learn to Crochet AR Senior Center	30 9:30-11:00 Line Dance Social Hall 10:00 Aerobics AR Senior Center 10:00-12:00 Watercolor Arthur Center	31	



SINCE YOU ASKED.....A member asked me recently why we were holding classes at and partnering with Archibald Rutledge. Let me take a moment to share more about this unique partnership as well as how your Shepherd's Center operates. The Shepherd's Center of Spartanburg is a non-profit agency governed and run by an 18-member Board of Directors who are duly elected each year by the members of the Shepherd's Center.

The Board of Directors develops the strategic plan and determines the mission and direction of our Center. I work for and answer to the Board of Directors. While I run the day-to-day operations, I follow the guidelines set forth for me by the Board of Directors.

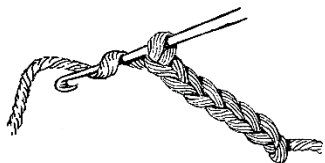
The partnership which was developed between Shepherd's Center and the Spartanburg Housing Authority was fully approved and encouraged by your board of directors. Funding for development of the partnership came from a grant received from the Spartanburg County Foundation. Archibald Rutledge has a nice area designated as a senior center where activities can be held. The complex houses approximately 100 seniors. There are over 200 seniors living in other apartment complexes run by the Housing Authority as well.

This partnership enables us to provide health and fitness programs for the most vulnerable senior population. In addition, many of the classes you see listed on the schedule to be held at Archibald are arranged by the Housing Authority, not Shepherd's Center. The Housing Authority has invested funding for the partnership and also offered the use of their transportation vehicles for day trips. We have used craft materials, gift items and food provided by the Housing Authority in many of our classes there. The Housing Authority paid our Center for 10 scholarships for low-income seniors. This is not a one-sided partnership. We are finding the benefits of this partnership to be equally rewarding for both sides.

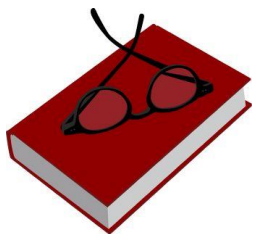
We make every effort to demonstrate to our community that the Shepherd's Center is not an exclusive club. Our mission statement reads: ***"To provide programs that promote active and healthy lifestyles for seniors age 50+."*** That means every senior from every walk of life.

It takes time and effort to get to know new people and be comfortable in new surroundings. But I would encourage you to support the activities being offered at Archibald. Come try some of the classes or groups offered there. I have come to love the seniors I met at Archibald, and I am enriched by their friendship. I know you will be as well.

In addition, please exercise your right and responsibility as a member of the Shepherd's Center by attending our annual meeting on October 24, 2019. At this meeting, you can ask questions, see the annual budget, vote on new board members and learn more about your Center. Watch your October calendar for time and place for this annual meeting.



Learn to Crochet – Sweet Cathy Dunn will be teaching a beginners crochet class on Thursdays starting August 1 at 10:00am in the Archibald Rutledge Senior Center. If you would like to attend this class, please call Debbi in the Shepherd's Center office. Space is limited.



SHEPHERD'S CENTER LENDING LIBRARY HAS BEEN UPDATED AND IS OPEN – Did you know we have a great selection of books to borrow from our lending library? The library is located in Room 2216 (across from Debbi's office). Take a book and keep it as long as you like – no sign in or sign out necessary. You can also donate books to our library if you have some you would like to share. When you donate books or return borrowed books, please leave them in the blue plastic bin so we can re-shelve them. Many thanks to Lynn Knoepp who has volunteered to help keep our library in order for us!



If you would like to start a new group at Shepherd's Center, we welcome new classes! Come talk to Cindy or Debbi and we will work to arrange a room and time for your interests. Want games, cards, crafts, etc. – any idea will be entertained. This is YOUR CENTER. Make it what you would enjoy!



VOLUNTEER NEEDED to lead choral program at Shepherd's Center for the 2020-21 program year. It is with great sadness that I report Melanie Cook will be unable to lead our choir for the 2020-21 program year. Due to a serious illness in Melanie's family, she needs to take this time to be with her loved ones. She greatly appreciates your prayers for the family and has told us the cards of encouragement she has received from you have been a great comfort to them. Please continue to remember Melanie, Johnny, and the entire family. If you have an interest in leading the choir here at Shepherd's Center, please contact Cindy by email at cindy.tobias@att.net.



It's An Icecream Social for Everyone! Please join us for an old fashion Icecream Social on Friday, August 23 at 1:00 pm in the Archibald Rutledge Senior Center. We'll have some of the good ole cool stuff and enjoy some games and fellowship. Spartanburg Housing Authority is providing the icecream and Shepherd's Center will provide the entertainment. Don't miss this afternoon fun folks! Hope to see you there.



SASSY LADIES will be traveling to the Lincoln Museum in Bostic, NC on Thursday, August 8. Everyone is welcome to join the ladies. Please meet in the Family Life Center parking lot here at First Presbyterian at 11:00 am. The ladies will also be doing lunch during the trip. They will be carpooling, so if you want to ride with someone else, please be sure to be at the parking lot by 11 am.



AUGUST BIRTHDAY WISHES TO ALL YOU SUMMER-TIME BABIES!

Gail Boyd 8/3
Margaret Moore 8/3
Joe Childers 8/4
Gail Holt 8/5
Ruth Henry 8/6
Bette Opgenorth 8/6
Jackie Satterfield 8/6
Debbi Byars 8/9
Kathy Morgan 8/10
Kay Green 8/12
Borgny Violet 8/13

Betty Weller 8/13
Dottie Scott 8/15
Dodie Cubitt 8/16
Deborah Porter 8/18
Sue McEnroe 8/19
Lynn Knoepp 8/20
Abby Fowler 8/22
Jo-Anne Welch 8/23
Cindy Womble 8/23
Joan Adair 8/24
Howard Applegarth 8/26

Louretta Davis 8/27
Dot Drennan 8/28
David Holt 8/28
Ellen King 8/28
Linda Savoie 8/30
Janet Scott 8/30