

Shepherd's Ctr. Schedule – OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
	<p>1</p> <p>9:30-11:45 LINE DANCE Social Hall</p> <p>10:00-11 DRAWING WITH CHARLIE Room 2210</p> <p>11:00-12:15 QUICKWITZ Room 2216</p> <p>11:30-12:30 MEDICARE 101 Room 2201</p>	<p>2</p> <p>9:30-10:30 AEROBICS Social Hall</p> <p>10:00-12 ACRYLICS Arthur Ctr.</p> <p>10:45-11:45 UKULELE Room 2207</p> <p>12:30-2 FRENCH Room 2210</p>	<p>3</p> <p>9:30-11:00 TAI CHI Social Hall</p> <p><u>Summit Hills seniors visiting Tai Chi today!</u></p>	<p>4</p> <p>9:30-10:30 AEROBICS Activity Room</p> <p>9:30-11:45 LINE DANCE Social Hall</p> <p>10:00-12 WATERCOLOR Arthur Center</p>	5	6
<p>7</p> <p>9:30-10:30 AEROBICS Social Hall</p> <p>10:30-11:30 CTR. SINGERS Room 2207</p> <p>10:30-11:45 DPP/HEALTHY LIFESTYLE Room 2216</p>	<p>8</p> <p>9:30-11:45 LINE DANCE Social Hall</p> <p>10:00-11 DRAWING WITH CHARLIE Room 2210</p> <p>11:00-12:15 QUICKWITZ Room 2216</p> <p>12 noon – Board Mtg Room 2208</p>	<p>9</p> <p>9:30-10:30 AEROBICS Social Hall</p> <p>10:00-12 ACRYLICS Arthur Ctr.</p> <p>10:45-11:45 UKULELE Room 2207</p> <p>12:30-2 FRENCH Room 2210</p>	<p>10</p> <p>9:30-1:30 <u>DAVIS AUDIOLOGY HEARING SCREENINGS – must have made appt to attend</u></p> <p>9:30-11:00 TAI CHI Social Hall</p> <p>10-11:30 <u>documentary: FORKS OVER KNIVES</u> Room 2200</p> <p>11:45 lunch at The Eatery</p>	<p>11</p> <p>9:30-10:30 AEROBICS Activity Room</p> <p>9:30-11:45 LINE DANCE Social Hall</p> <p>10:00-12 WATERCOLOR Arthur Center</p>	12	13
<p>14</p> <p>9:30-10:30 AEROBICS Social Hall</p> <p>10:30-11:30 CTR. SINGERS Room 2207</p> <p>11:30-12:30 BOOK CLUB Room 2200</p> <p>10:30-11:45 DPP/HEALTHY LIFESTYLE Room 2216</p>	<p>15</p> <p>9:30-11:45 LINE DANCE Social Hall</p> <p>10:00-11 DRAWING WITH CHARLIE Room 2210</p> <p>11:00-12:15 QUICKWITZ Room 2216</p>	<p>16</p> <p>9:30-10:30 AEROBICS Social Hall</p> <p>10:45-11:45 UKULELE Room 2207</p> <p>11:30-1 Heart Matters Luncheon, Arthur Ctr.</p> <p>12:30-2 FRENCH Room 2210</p>	<p>17</p> <p>9:30-11:00 TAI CHI Social Hall</p>	<p>18</p> <p>9:30-10:30 AEROBICS Activity Room</p> <p>9:30-11:45 LINE DANCE Social Hall</p> <p>10:00-12 WATERCOLOR Arthur Center</p> <p>1:30 LINE DANCERS PERFORMING AT WOODBRIDGE ASSIST. LIV.</p>	19	20

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<p>21</p> <p>9:30-10:30 AEROBICS Social Hall</p> <p>10:30-11:30 CTR. SINGERS Room 2207</p> <p>10:30-11:45 DPP/HEALTHY LIFESTYLE Room 2216</p>	<p>22</p> <p>9:30-11:45 LINE DANCE Social Hall</p> <p>10:00-11 DRAWING WITH CHARLIE Room 2210</p> <p>11:00-12:15 QUICKWITZ Room 2216</p>	<p>23</p> <p>9:30-10:30 AEROBICS Social Hall</p> <p>10:00-12 ACRYLICS Arthur Ctr.</p> <p>10:45-11:45 UKULELE Room 2207</p> <p>12:30-2 FRENCH Room 2210</p>	<p>24</p> <p>9:30-11:00 TAI CHI Social Hall</p> <p>10:45-11:15 Shepherd's Center Annual Mtg Room 2200</p> <p>6pm-8 MONSTER MASH Fogertie Hall, First Pres.</p>	<p>25</p> <p>9:30-10:30 AEROBICS Activity Room</p> <p>9:30-11:45 LINE DANCE Social Hall</p> <p>10:00-12 WATERCOLOR Arthur Center</p>	26	27
<p>28</p> <p>9:30-10:30 AEROBICS Social Hall</p> <p>10:30-11:30 CTR. SINGERS Room 2207</p> <p>10:30-11:45 DPP/HEALTHY LIFESTYLE Room 2216</p> <p>3:15 BOBO BOOK BUDDIES Media Ctr. of Jesse Bobo Elementary School</p>	<p>29</p> <p>9:30-11:45 LINE DANCE Social Hall</p> <p>10:00-11 DRAWING WITH CHARLIE Room 2210</p> <p>11:00-12:15 QUICKWITZ Room 2216</p>	<p>30</p> <p>9:30-10:30 AEROBICS Social Hall</p> <p>10:00-12 ACRYLICS Arthur Ctr.</p> <p>10:45-11:45 UKULELE Room 2207</p> <p>12:30-2 FRENCH Room 2210</p>	<p>31</p> <p>9:30-11:00 TAI CHI Social Hall</p>			



IT'S A MONSTER MASH! Don't miss one of our Center's most fun events! Thursday, October 24 from 6-8 pm in Fogartie Hall here at First Pres. We will have a DJ, dancing, tons of finger foods, games for the children, door prizes and a howling good time! Tickets on sale in the Shepherd's office or from a board member. \$20/adult or \$35/2 adults. Kids 12 and under free!!! Come in costume or casual attire if you like!



Are you confused by the maze in Medicare? Do prescription drugs and doctor copays confuse you? Don't miss this month's Medicare 101 seminar, Tuesday October 1 from 11:30-12:30 in Room 2201 presented by Brandon Vincent. Hosted by Core Advantage Advisors. It is Medicare Annual Enrollment Period and you need to understand your options! Call Debbi to register for this class: 864-585-1999.



Is What You Are Eating Killing You? Could you actually prevent many diseases and reverse some health problems simply by changing your diet? Don't miss the opportunity to see the life-altering documentary "**Forks Over Knives.**" Hear from the medical community and world acclaimed scientists in this eye opening film. We will be showing the documentary on Thursday, October 10 from 10am-11:30 in Room 2200. Following the film, anyone interested is invited to join us for dutch treat lunch at The Eatery across the street on Kennedy. The Eatery offers traditional western diet or you may be inspired to try a delicious alternative from their plant-based menu.

Lori Boyd, **MSN, RN-BC, CVN** from Spartanburg Regional will be with us with additional information.



SASSY LADIES will also be attending the documentary Forks Over Knives and then going to lunch at the Eatery afterwards.



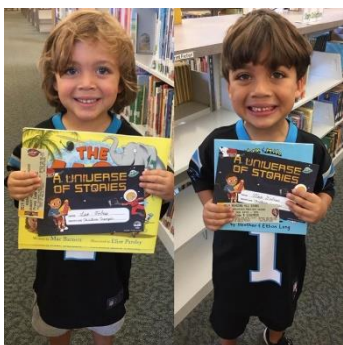
Davis Audiology is graciously performing hearing screenings on October 10 from 9:30 – 1:30 here at Shepherd's Center in Room 2207. You must have made an appointment to participate by calling Debbi in the Shepherd's Center office (585-1999). If you missed this opportunity and would like to have a hearing screening, please call Debbi and get on the waiting list for Davis' next visit.



DRAWING WITH CHARLIE is back on the schedule! If you like to draw, want to try it, or just need a handy coach to help you along the way, join this group which meets on Tuesdays from 10 am – 11 in Room 2210.



SHEPHERD'S CENTER ANNUAL MEMBERS MEETING IS HERE! Whether you are a new member or a seasoned oldie, the annual meeting should be a must on everyone's calendar. At the annual meeting, you will vote on new board members for our board of directors. You may also nominate someone for the board at that time. To nominate someone from the floor on the day of the meeting, you will need to have that nominee's permission in writing. Floor nominations are always welcomed! We don't want to overlook anyone who may be interested in board service. Also happening at the annual meeting will be a chance to meet and greet current board members and to hear an overview of the 2020 Budget for our Shepherd's Center. It's a great time to ask question and learn more about the place you love best! The meeting will take place in Room 2200 at 10:45 on Thursday, October 24th. We hope to see a good crowd there! Refreshments will be served.



BOBO BOOK BUDDIES: Volunteers from our Shepherd's Center will be reading to third graders in the after school program at Jesse Bobo Elementary School on the last Monday of the month for the next several months. This is a wonderful intergenerational activity which can so positively impact a child's life. If you would like to be a part of this group, just email Cindy at cindy.tobias@att.net. We still have room for more volunteers. Readers meet at the media center of Jesse Bobo at 3:15 pm.

HAPPY BIRTHDAY ALL YOU OCTOBER BABIES! Deb says there were a lot of busy parents in January!



Dale Henry	10/1	Ann West	10/12	Syd Harris	10/22
Marianna MacIntyre	10/2	Julian Green	10/13	Janet Blehrud	10/27
Carol Reeves	10/2	Kay Alcott	10/14	Janice Stevenson	10/28
Brandon Vincent	10/3	Cathy Martinez	10/14	Maureen Johannigman	10/29
Susan Brown	10/4	Nancy Antonio	10/15	Betty Livingston	10/29
Susan Taylor	10/4	Sandy Dalton	10/15	Kathryn Long	10/29
Dorothy Pruitt	10/5	Carol Morris	10/15	David Stephen	10/29
Ann Holmes	10/6	Lisa Cummins	10/17	Bob McEnroe	10/31
Hattie Shippy	10/6	Judy Harris	10/17		
Ann Marie Sullivan	10/8	Dori Burgess	10/18		
Melanie Cook	10/10	Rebekah Brock	10/21		
Mary Price	10/12	Kara Bopp	10/22		



Would you enjoy trips with other friends who also knit or crochet? Check out Carolina Fiber Retreats and Tours! The owner of this wonderful company is Becky Whitt. I was very interested to learn more about this group and you can too. The website is <https://www.carolinafiberretreats.com/>. Have fun, make friends, learn a skill! Upcoming trips include: Retreats at the Big Lynn Lodge in Little Switzerland, NC Oct 31-Nov 3; Nov 14-17; Mar 19-22, 2020; Apr 16-19, 2020; Nov 12-15, 2020. Also: Feb 21-22 PJ party to Eat Sleep Knit in Dallas, GA; May 1-3 Maryland Sheep and Wool bus trip.



A group of our line dancers will be traveling with Pat Bell to Woodbridge Assisted Living to give a dance performance on October 18th at 1:30. We are so proud of all of our line dance folks who often visit senior living facilities as an outreach activity.



22,000 Ways You Can Help Your Shepherd's Center Do you have friends or family who would support your favorite Shepherd's Center because they love YOU and you love your center? Our match challenge is going well with \$4,130 raised toward our \$11,000 challenge to date. The match challenge will run through November 30th. Please help us raise \$11,000 which will then turn into \$22,000 for our Shepherd's Center when matched. The office staff can provide you with copies of our match challenge letter and reply forms if you need them. Just stop by and have Deb make you copies. Thank you all for your generous love and support! The following

honorariums and memorials have been received:

HONORARIUMS

The Center Singers by Melanie Cook

Janis Dengler, Ellen King, and Syd Harris

by Mary Frances Price

Janis Dengler by Jody Traywick

All Shepherd's Center Volunteers by Pat Bell

Melanie Cook by Debby Dawsey

Syd Harris & Ellen King by Kathy Michels

Mary Melvin by Livia Mitchell

Shepherd's Center Art Classes by Harriet Nolan

All Veterans by Gail Geller

Melanie Cook by Jean Sydnor

Janis Dengler by Katharine Slemenda

Shepherd's Center Art Classes by Kathy Morgan

MEMORIALS

Georgia by Karen Rose

Bob Dunn by Cathy Dunn

Edward & Clara Morgenthaler &

Philip & Mildred Marburger by Lois Reinhardt

Marcus H. Wall Sr. by Mrs. Marcus Wall

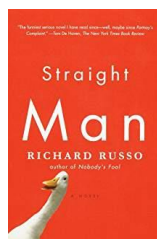
Ken Voronin by Nancy Voronin

John Sullivan by Ann Marie Sullivan

Lt. Col. Ted Ballard by Jack & Ann West

Edith Hayes by Joan Adair

Linda Renz by Phyllis Novick



The book club will be reading and discussing "Straight Man" by Richard Russo. Please join us for a lively discussion on Monday, October 14 at 11:30 in Room 2200!