



Shepherd's Ctr. Schedule – NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
REMINDER: The Shepherd's Center is closed in December.	In December you will receive your January schedule in the mail and by email. In that same packet, you will also receive the necessary paperwork to renew your membership.			1 9:30-10:30 AEROBICS Gym 9:30-11:45 LINE DANCE Social Hall 10:00-12 WATERCOLOR Arthur Center	2	3
4 9:30-10:30 AEROBICS Social Hall 10:30-11:30 CTR. SINGERS Room 2207 10:30-12:00 INTERMED. SPANISH Room 2210 10:30-11:30 DPP/HEALTHY LIFESTYLE Room 2216	5 9:30-11:45 LINE DANCE Social Hall 10:00-11 DRAWING WITH CHARLIE Room 2210 11:00-12:15 QUICKWITZ Room 2216	6 9:30-10:30 AEROBICS Social Hall 10:00-12 ACRYLICS Arthur Ctr. 10:45-11:45 UKULELE Room 2207 12:30-2 FRENCH Room 2210	7 9:30-11:00 TAI CHI Social Hall 11:30 MEDICARE 101 Room 2201	8 9:30-10:30 AEROBICS Gym 9:30-11:45 LINE DANCE Social Hall 10:00-12 WATERCOLOR Arthur Center	9 <div>Sassy Ladies to Hendersonville</div>	10
11 9:30-10:30 AEROBICS Social Hall 10:00-12:00 NUTRITION EXPO , Arthur Center 10:30-11:30 CTR. SINGERS Room 2207 10:30-12:00 INTERMED. SPANISH Room 2210 11:30-12:30 BOOK CLUB Room 2200	12 9:30-11:45 LINE DANCE Social Hall 10:00-11 DRAWING WITH CHARLIE Room 2210 11:00-12:15 QUICKWITZ Room 2216 12 noon – Board Mtg Room 2208	13 9:30-10:30 AEROBICS Social Hall 10:00-12 ACRYLICS Arthur Ctr. 10:45-11:45 UKULELE Room 2207 12:30-2 FRENCH Room 2210	14 9:30-11:00 TAI CHI Social Hall	15 9:30-10:30 AEROBICS Gym 9:30-11:45 LINE DANCE Social Hall 10:00-12 WATERCOLOR Arthur Center	16	17

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18 9:30-10:30 AEROBICS Social Hall 10:30-11:30 CTR. SINGERS Room 2207 10:30-12:00 INTERMED. SPANISH Room 2210 10:30-12:00 Film: WHAT THE HEALTH?" Room 2201	19 9:30-11:45 LINE DANCE Social Hall 10:00-11 DRAWING WITH CHARLIE Room 2210 11:00-12:15 QUICKWITZ Room 2216	20 9:30-10:30 AEROBICS Social Hall 10:45-11:45 UKULELE Room 2207 12:30-2 FRENCH Room 2210	21 9:30-11:00 TAI CHI Social Hall	22 9:30-10:30 AEROBICS Gym 9:30-11:45 LINE DANCE Social Hall 10:00-12 WATERCOLOR Arthur Center	23	24
25 9:30-10:30 AEROBICS Social Hall 10:30-11:30 CTR. SINGERS Room 2207 10:30-12:00 INTERMED. SPANISH Room 2210 10:30-11:30 DPP/HEALTHY LIFESTYLE Room 2216 3:15 BOBO BOOK BUDDIES Media Ctr. of Jesse Bobo Elementary School	26 10:00-11 DRAWING WITH CHARLIE Room 2210 11:00-12:15 QUICKWITZ Room 2216	27 12:30-2 FRENCH Room 2210	28 SHEPHERD'S CTR CLOSED 	29 SHEPHERD'S CTR CLOSED  <u>HAPPY LEFTOVERS!</u>	30	



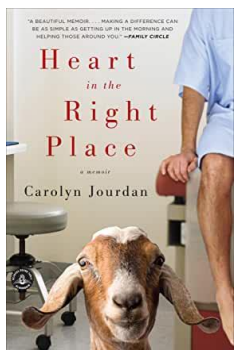
Intermediate Level Spanish (including conversational Castilian Spanish). Please join instructor, Pieter Groot on Mondays beginning November 4 from 10:30-12:00 in Room 2210 for this new class which will run through the last Monday in February. Our sincere thanks to Pieter for volunteering to lead this class!



A special thank you and farewell to good friend and volunteer, Charlotte Richardson who has been leading our QuickWitz class for several years now. We will not be offering the QuickWitz group after November. Charlotte has family commitments and the class agreed this was the time to focus on those. Thank you for the hours and hours of support, hard work, and commitment to our Center! We love you Charlotte!



DIABETES NUTRITION EXPO to be held here at First Presbyterian in the Arthur Center on Monday, November 11 from 10 am-12. Public is invited. Everyone is invited to this free community event featuring a comprehensive look at diabetes prevention, general wellness, and nutrition. **Taste chef-inspired snacks, talk to a Registered Dietitian and Certified Diabetes Educator, learn new recipes, and meet community resources that can help you reach your health and wellness goals.** Drop in anytime between 10 am and noon. Questions about the event? Call 864-560-6419 x5. This event is sponsored by Spartanburg Regional Medical Center.



The book club will be reading and discussing “Heart in the Right Place: A Memoir” by Carolyn Jourdan. Join us in Room 2200 at 11:30 on Monday, November 11 for a lively and insightful discussion. Carolyn Jourdan, an attorney on Capitol Hill, thought she had it made. But when her mother has a heart attack, she returns home to the Tennessee mountains, where her father is a country doctor and her mother works as his receptionist. Jourdan offers to fill in for her mother until she gets better. But days turn into weeks as she trades her suits for scrubs and finds herself following hazmat regulations for cleaning up bodily fluids; maintaining composure when confronted with a splinter the size of a steak knife; and tending to the loquacious Miss Hiawatha, whose daily doctor visits are never billed. Most important, though, she comes to understand what her caring and patient father means to her close-knit community.

With great humor and great tenderness, *Heart in the Right Place* shows that some of our biggest heroes are the ones living right beside us.



group!

Our Sassy Ladies will be traveling to Hendersonville on Saturday, November 9 to see the world renown “Apple Valley Model Railroad.” They will also have lunch in Hendersonville. Meet in the FLC parking lot at 10 am sharp here at First Presbyterian for carpooling. Call Merle Whistenant (864-504-2225) to let her know you are going. Everyone is invited to go with this



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, Thursday, November 7 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.



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 \$5,335 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. Perhaps you know of a church or civic group which would give to the match challenge. Please ask. **Every gift counts no matter how large or small!**

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 Slemend
Shepherd's Center Art Classes by Kathy Morgan
Melanie Cook by Lois Brewer
Janis Dengler by Margaret Blanton

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
Hilda Cope by Priscilla Sheppard
Tony & Donna Shropshire by Betty Livingston

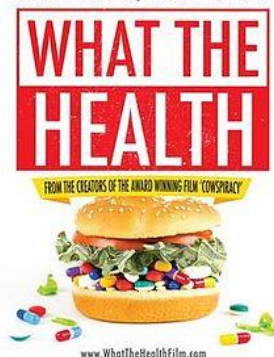
HAPPY BIRTHDAY TO YOU....HAPPY BIRTHDAY TO YOU....

Donna Traywick	11/4
Robert Fontaine	11/5
Linda Jackson	11/5
Dagmar Binovec	11/7
Theresa Langford	11/8
Susanne Abrams	11/9
Susan Ellis	11/10
Diane Jackson	11/10
Rita Vinson	11/20
Ann Karegeannes	11/22
Elsie Dickerson	11/23
Linda Farmer	11/26
Gladys Comer-Garner	11/27
Karen Rose	11/27
Kaye Kendrick	11/28
Loralie Johnson	12/2
Mike Whitt	12/4
Myrta Holt	12/5



Doug Pye	12/6
Martha Tinsley	12/6
Donna Lindler	12/7
Peggy Williams	12/9
Ann Payne	12/10
Geri Caitlin Padgett	12/11
Trish Barker	12/13
Maria Davison	12/15
Maria Duckett	12/15
Jayne Floyd	12/15
Charlotte Brandon	12/17
Donna Zanin	12/21
Catherine Henderson	12/22
Sandy Hartnett	12/26
Lori Garrison	12/27
Butch Harris	12/28

The Health Film That Health Organizations Don't Want You To See.



“WHAT THE HEALTH!?” Is corporate America and the FDA driving our health and nutrition dialogue in directions that harm us? What secrets are we keeping about whole foods and a plant-based diet? Continue the learning process this month by attending this showing of the documentary “What the Health.” What you don’t know might just help kill you. Join your Shepherd’s Center friends on Monday, November 18th from 10:30-12:00 in Room 2201. We will be serving plant-based refreshments.