



## SHEPHERD'S CENTER NEWS AND INFORMATION

### JUNE - AUGUST 2016

It's ART FOR EVERYONE on Monday, June 20th from 11am-12 in Room 2210. We will be making glass fusion pendants with East Main Arts. Join us in the making of these beautiful pieces of jewelry. Cost per person is \$14.40 and we need you to register for the class and pay your fee by June 15th. See Robin in the Shepherd's office to register and pay fee.



### CARD PLAYERS RELOCATING JUNE 7TH AND 8TH

Since the Shepherd's Center will be closed the week of June 6-10th for First Presbyterian's Vacation Bible School, our Bridge group will be playing on Tuesday, June 7th at the Boiling Springs Library at 871 Double Bridge Road from 1pm-4pm. Our Pinochle group will be playing on Wednesday, June 8th at the Boiling Springs Library from 1pm-4pm. See you in Boiling Springs!

#### The Book Marc



The Book Club read for June is "Cold Sassy Tree" by Olive Ann Burns. Join

us for a discussion of this endearing and funny book on Monday, June 13th at 11:30-12:30 in Room 2200.

Our summer read will be "Rogue Lawyer" by John Grisham and we will discuss this book on Monday, August 8 at 11:30-12:30 in Room 2200.

Everyone is welcome for any or all discussions.



"I have metal fillings in my teeth. My refrigerator magnets keep pulling me into the kitchen. That's why I can't lose weight!"

## Health Matters



*Wednesday, June 15th from 10:45-11:45 in ROOM 2200*

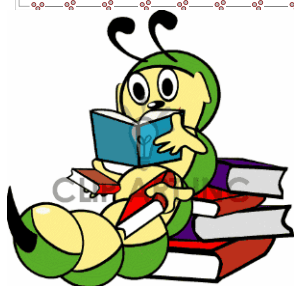
***BINGO** with our friend Becky Allen from Integrys. Prizes and fun!*

### SHEPHERD'S CENTER TO BEGIN NEW OUTREACH PROGRAM



So many senior adults are caregivers for their spouse or their parents. Too often they neglect their own needs and health in their zeal to care for their loved one. Shepherd's Center will be reaching out to caregivers in need of a break. We will be offering a Caregiver's Appreciation week each month. This month that week will be June 13th-17th. During that week, caregivers may visit the Shepherd's Center for a little R&R and time with our members enjoying the activities of their choice.

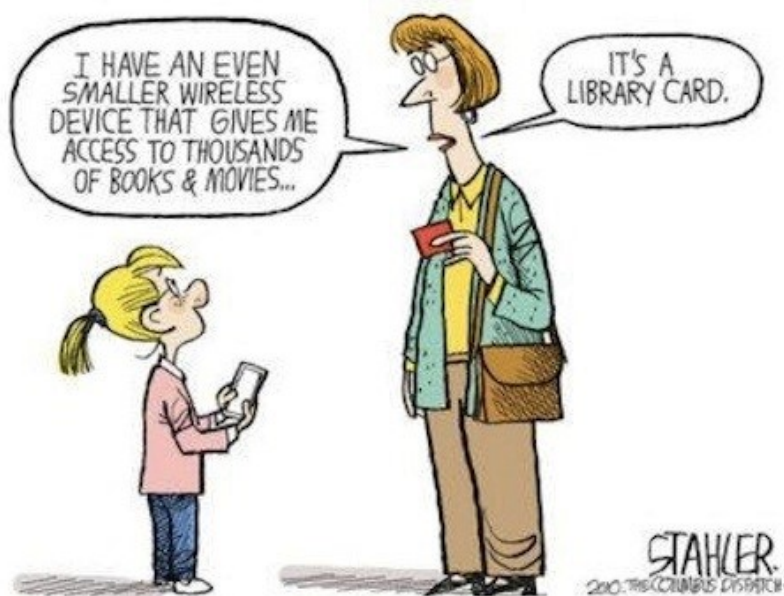
Please help us make these folks feel welcome by offering your friendship, a smile and encouraging word if they visit. We hope to help souls in need while building lasting friendships with people who may join our center when able.



Lending Library open 9-4 pm every day.

We've had a number of new members sign up, so we thought this would be a good time to remind everyone the Shepherd's Center has a lending library located in Room 2216 across from the office. To borrow a book, simply go in and take it. Keep it as long as you like. When returning, simply drop it in the blue basket located beside the book shelves. We have a wonderful volunteer, Kathy Morgan, who helps us keep our library in order for you. There are also jigsaw puzzles you may take as well as magazines. So check out your Shepherd's Center Lending Library today!





**REMINDER:** Shepherd's Center is closed during the month of July. Tai Chi is the only class available in July and it meets on Thursdays from 9:30-11am in the Social Hall. The Tai Chi instructors usually take a week off in July, so be sure to check with them regarding July's meeting dates.

## ART FOR EVERYONE IN AUGUST

We will be offering a **Beginning Weaving** class in August starting Monday, August 1st. This class will meet each Monday in August in Room 2210 from 11:00-12:00. We will be making our own looms and will learn various weaving techniques. Join us for this fun group time and learn a relaxing new art. **Please register with Robin in the Shepherd's Center office by June 30th.** Supplies needed for this class are:

Hammer; 3/4" wire nails (approximately 100); Large plastic needle capable of threading yard through and having a blunt end; 12 x 16" canvas (we will be removing the canvas and using the frame as our loom, so if you have an old canvas picture this size and want to use it, you can.); A piece of lightweight cardboard cut 12" long and 1 1/2" wide; Ruler; Yarns of various color (any kind); Scissors; A plastic fork; 3/8" dowel (this will be provided for you).



*"Let no one ever come to you without leaving better." Mother Theresa*

### **Only a Dad**

Only a dad with a tired face,  
Coming home from the daily race,  
Bringing little of gold or fame  
To show how well he has played the game;  
But glad in his heart that his own rejoice  
To see him come and to hear his voice.

Only a dad with a brood of four,  
One of ten million men or more  
Plodding along in the daily strife,  
Bearing the whips and the scorns of life,  
With never a whimper of pain or hate,  
For the sake of those who at home await.

Only a dad, neither rich nor proud,  
Merely one of the surging crowd,  
Toiling, striving from day to day,  
Facing whatever may come his way,  
Silent whenever the harsh condemn,  
And bearing it all for the love of them.

Only a dad but he gives his all,  
To smooth the way for his children small,  
Doing with courage stern and grim  
The deeds that his father did for him.  
This is the line that for him I pen;



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