

Shepherd's Ctr. Schedule – SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<p>2</p> <p>Shepherd's Ctr. will Be <u>closed</u> for Labor Day</p>	<p>3</p> <p>9:30-11:45 LINE DANCE Social Hall</p> <p>11:00-12:15 QUICKWITZ Room 2216</p>	<p>4</p> <p>9:30-10:30 AEROBICS Social Hall</p> <p>10:00-12 ACRYLICS Arthur Ctr.</p> <p>12:30-2 FRENCH Room 2200</p>	<p>5</p> <p>9:30-11:00 TAI CHI Social Hall</p>	<p>6</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>	7	8
<p>9</p> <p>9:30-10:30 AEROBICS Social Hall</p> <p>10:30-11:30 CTR. SINGERS Room 2207</p> <p>10:45-11:45 DPP/HEALTHY LIFESTYLE Room 2216</p> <p>11:30-12:30 BOOK CLUB Room 2200</p> <p>Discussing "The Wooden King" with Guest: Author, <u>Thomas McConnell</u></p>	<p>10</p> <p>9:30-11:45 LINE DANCE Social Hall</p> <p>11:00-12:15 QUICKWITZ Room 2216</p> <p>12 noon – Board Mtg Room 2208</p>	<p>11</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 2200</p>	<p>12</p> <p>9:30-11:00 TAI CHI Social Hall</p> <p><u>11:30 Sassy Ladies</u> meet at Bangkok Restaurant in Boiling Springs.</p>	<p>13</p> <p><u>NO AEROBICS TODAY</u></p> <p>9:30-11:45 LINE DANCE Social Hall</p> <p>10:00-12 WATERCOLOR Arthur Center</p>	14	15
<p>16</p> <p>9:30-10:30 AEROBICS Social Hall</p> <p>10:30-11:30 CTR. SINGERS Room 2207</p> <p>10:45-11:45 DPP/HEALTHY LIFESTYLE Room 2216</p>	<p>17</p> <p>9:30-11:45 LINE DANCE Social Hall</p> <p>11:00-12:15 QUICKWITZ Room 2216</p>	<p>18</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>12:00-1 LECTURE by Dr. Paul Grady: "American Indian Culture at the Point of First European Contact." Room 2201</p> <p>12:30-2 FRENCH Room 2200</p>	<p>19</p> <p>9:30-11:00 TAI CHI Social Hall</p> <p><u>11:00-12:30 SCAM</u> ALERT presentation by SC Dept. of Consumer Affairs, Room 2201</p>	<p>20</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>	21	22

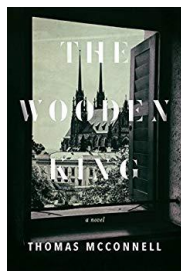
23 9:30-10:30 AEROBICS Social Hall 10:30-11:30 CTR. SINGERS Room 2207 10:45-11:45 DPP/HEALTHY LIFESTYLE Room 2216	24 9:30-11:45 LINE DANCE Social Hall 11:00-12:15 QUICKWITZ Room 2216	25 9:30-10:30 AEROBICS Social Hall 10:00-12 ACRYLICS Arthur Ctr. 10:45-11:45 UKULELE Room 2207 12:30-2 FRENCH Room 2200	26 9:30-11:00 TAI CHI Social Hall 11:30-1:00 NACHO AVERAGE BINGO! Archibald Rutledge Senior Center	27 9:30-10:30 AEROBICS Activity Room 9:30-11:45 LINE DANCE Social Hall 10:00-12 WATERCOLOR Arthur Center	28	29
30 9:30-10:30 AEROBICS Social Hall 10:30-11:30 CTR. SINGERS Room 2207 10:45-11:45 DPP/HEALTHY LIFESTYLE Room 2216						

22,000 Ways You Can Help Your Shepherd's Center



By now you should have received your letter from our Board of Directors announcing this year's Match Challenge. The match challenge will run from August 20 through November 30, 2019. This year we have been challenged to raise \$11,000 dollars which will be matched dollar for dollar by our generous match donors. Please help us raise \$11,000 which will then turn into \$22,000 for our Shepherd's Center when matched. We will keep you posted along the way on our progress toward our \$11,000 goal.

The most important thing you can do is give this challenge your time and attention. Do you have family members who would make a contribution to our match challenge? Perhaps you do business with companies/individuals who might make a donation in support of the challenge? We need your help in soliciting donations. 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 of this most important fundraising activity! Let's get busy and go for those 22,000 ways to help!



BOOK CLUB HOSTS LOCAL AUTHOR

Don't miss this month's Book Club meeting! We have a special guest coming: author, Thomas McConnell. The club will be discussing Mr. McConnell's book, "The Wooden King.." Monday, September 9 at 11:30 in Room 2200.



ADVENTURES IN LEARNING WITH PAUL GRADY

Back by popular demand, Dr. Paul Grady will be lecturing on "American Indian Culture at the Point of First European Contact." You will recall we all thoroughly enjoyed Paul's lectures this year on the Reidville Schools and The Circus. Dr. Grady is professor of history at the University of South Carolina Upstate and teaches American history focusing on the history of Early America. *A fun and entertaining speaker, Paul will be sure to teach you something new and keep your interest while doing so! Wednesday, September 18 at 12:00 in Room 2201.*



Please join us to hear a representative from the South Carolina Dept. of Consumer Affairs who will offer a FREE presentation on ID theft and scams. Our presenter will discuss some of the common scams designed to gain personal information, ways to avoid them, trends found in the Spartanburg area, what to do if affected, and more! **This is a Shepherd's Center sponsored presentation. PLEASE PROTECT YOURSELVES – COME AND LEARN. THURSDAY, SEPTEMBER 19 FROM 11-12:30 IN ROOM 2201.**



Heart Matters: Heart Matters begins again September 18, 2019 from 11:30-1:00 in the Arthur Center. Heart Matters is a free support group for women living with or at risk of heart disease. Lunch and monthly educational programs are provided. Meetings are held the third Wednesday of every month from Sept to June and are located here at First Presbyterian Church in the Arthur Center. Registration is required and available online at SpartanburgRegional.com/Events. For more information, please call Lori Boyd at 864-560-8185. Everyone is welcome and many of our Shepherd's Center members already enjoy this group.



SAVE THE DATE GUYS AND GOULS! This year's Halloween fundraiser, our Monster Mash Bash has been scheduled for Thursday, October 24 from 6-8 pm here in Fogartie Hall. To make it more kid-friendly, kids 12 and under will get in free and there will be 6 sponsored special activities just for them during the night. We will have our usual DJ with dancing and lots of fun and food. So set the date with your kids and grandkids! This is a Shepherd's Center fundraiser. Please support your center.



SAVE THE DATE: On November 3, we will travel to CC Woodson Community Center by bus to attend a luncheon sponsored by Spartanburg Regional Healthcare System: The Soulful Vegan lunch and lecture by Dr. Milton Mills (check him out on YouTube- quite the expert on plant based diet). There will be a very minimal cost for the lunch I'm told. Details will come later.



Learn Spanish

COMING IN NOVEMBER.....Intermediate Spanish Class including conversational Castilian Spanish

Our good friend and Shepherd's Center member, Pieter Groot will be leading this class which will meet on Mondays beginning the first Monday of November and running through the last Monday of February 2020. Time for this class will be 10:30-12:00.



Sassy Ladies will be meeting at Bangkok Restaurant in Boiling Springs, Thursday, September 12 at 11:30. After lunch the ladies will be visiting the wonderful West Main Co-op Art Center and Museum. If you have questions, please call Merle Whistenant at 864-504-2225. All ladies are welcome at Sassy Ladies outings!



PLEASE JOIN US ON FACEBOOK! If you haven't liked our page on FACEBOOK, please do so. You will get posts about new offerings, class changes, events for seniors, and some great comic relief from time to time! Here's the link: <https://www.facebook.com/The-Shepherds-Center-of-Spartanburg-260174894008209/>

HAPPY BIRTHDAY ALL YOU SEPTEMBER BABIES!

- | | |
|----------------------|------|
| Florence Hinchliffe | 9/1 |
| Carolyn Lawson | 9/1 |
| Robert Ravan | 9/2 |
| Beverly Huntley | 9/4 |
| Barbara Gardner | 9/8 |
| Phyllis Piazza | 9/8 |
| Christine Hammond | 9/11 |
| Betty Lanford | 9/16 |
| Priscilla Sheppard | 9/17 |
| Kristin Taylor | 9/18 |
| Charlotte Richardson | 9/19 |
| Ruta Allen | 9/20 |
| Martha Ballard | 9/21 |
| Ted Smith | 9/23 |



SHEPHERD'S CENTER OF SPARTANBURG NOMINATES LONG-TERM VOLUNTEERS FOR TWO PRESTIGIOUS AWARDS

Janis Dengler has been nominated by our Center for the 2019 Annual Governor's Volunteer Award as a Legacy volunteer. The Governor's awards honor the true spirit of volunteerism by recognizing individuals that make significant contributions to their communities through volunteer service. The Legacy award is given to an individual who has been involved as a volunteer with 15 years or longer of continual voluntary service. Congratulations Janis on being our nominee. Award recipients will be notified in September.

Syd Harris and Ellen King have been nominated by our Center for the 2019 Donald Owen Smith National Volunteer Leadership Award given by our national affiliate, Shepherds Centers of America. This award recognizes excellence in volunteerism and commitment to the mission of Shepherds Centers. Both of these fine ladies have been serving our center for 16+ years now as our Tai Chi/Yoga instructors! Kudos on being our nominees ladies! The winner of the award will be announced later this fall.

September Activities Available at Archibald Rutledge Senior Center
764 North Church Street - Spartanburg

Mondays: 2:00 pm

Silver Sneakers (Senior Exercise Program) 2:00 pm

Thursdays: 8:00 am – 12 Regenes HealthCare Medical Clinic - 12th Floor (must call to make an appointment to see doctors on this day. Call Regenes at 582-2411 and tell them you want an appointment at the clinic held at Archibald Rutledge. ReGenes Health Care accepts all insurances, including Medicaid and Medicare, and also provides affordable options based on need and income!



OUR MONTHLY SOCIAL WITH OUR FRIENDS AT ARCHIBALD will be **“Nacho Average Bingo”** on Thursday, September 26 from 11:30-1:00. Come play for chances at some great bingo prizes and enjoy nachos and soda while you play! Our Executive Big Mouth Cindy will be calling bingo that day!



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"I found 1837 web sites about 'alternative medicine' but none of them recommend pizza or chocolate for lowering our cholesterol."

“Get around people who have something of value to share with you. Their impact will continue to have a significant effect on your life long after they have departed.” Jim Rohn