



**FALL 2025**

**EASTERN GREENBRIER VALLEY**  
**ADVENTURES IN**  
**LEARNING**

**OCTOBER 2 – NOVEMBER 6**

**ABOUT ADVENTURES IN LEARNING**

Join us for our Adventures in Learning **FALL 2025** session held on Thursdays from **October 2 through November 6**. These exciting and educational classes are open to all ages! Be sure to sign up early, as some classes are limited in size and others fill fast!

- Registration fee for the semester is \$35, which includes all classes\*
- \*\$25 material fee for the Basket Weaving class.
- Deadline to register is September 25th, 2025.
- Lunches are \$8 per week; November 6 is the Greenbrier County Library Luncheon Fundraiser, tickets purchased in advance are \$8.
- Transportation and scholarships may be available upon request.
- All classes are held at the Lewisburg United Methodist Church at 1133 Washington St. E., Lewisburg, WV 24901.

**PLEASE NOTE!**

*Shepherd's Center of Greenbrier Valley follows the  
Greenbrier County School Closing Schedule.*

*If schools are closed, we **WILL NOT** hold classes that day.*

## COFFEE CART

Enjoy coffee and snacks in the Library from 9 to 11 AM.

**-Provided by SCGV**

**9-9:50AM**

## CURRENT EVENTS

Come discuss today's issues on local, state, national and world levels. Learn what's going on from local businesses and organizations and take this opportunity ask questions. **Get informed! Topics to be covered will be announced the week prior to the class being held.**

- 10/2 - TBD
- 10/9 - Adrienne Bisesemeyer, Senior Travel
- 10/16 - Stephen Baldwin, RealWV
- 10/23 - Dara Vance, Greenbrier County Historical Society
- 10/30 - WV Helping Hands
- 11/6 - Jeff Bryant, Superintendent, Greenbrier County Schools

**-Cindy Lavender-Bowe, Moderator**

## CHAIR YOGA

Staying active and healthy is critical for seniors. The more you keep your body moving, the better it will respond to the aging process. Chair yoga is a promising form of exercise that may help people with certain health conditions, such as arthritis, to exercise without putting pressure on joints. It may also reduce the fear of falling, and help people who are not used to exercise to begin improving their strength and balance.

**-Terri McCroskey, Instructor**

**10-10:50AM**

## DRAMA, ART, AND MUSIC IN RELIGION

A look at the theological themes in the world of the Arts with dynamic and diverse speakers.

- 10/2 - Eric Fritzius- Actor, Writer, Narrator - Theological themes in Les Misérables musical
- 10/9 - Sally Lane - "Reel Life" - Theological reflections based on films
- 10/16 - Monsignor Kevin Quirk - Scenes from the life of Christ in Renaissance Art
- 10/23 - Monsignor Kevin Quirk - continued
- 10/30 - Barbara Lutz, Musician, Director of Greenbrier Valley Chorale -"The Soundtrack of Faith: From Chant to Rap
- 11/6 - Barbara Lutz - continued

**-Judy Long, Coordinator**

# 10-10:50AM CONT'D

## GENERATIONS TOGETHER

We invite you to be a part of our first intergenerational class! The class will join 3 to 4 preschool students (4-year-olds) with 1 to 2 adults from the Shepherd's Center at each table. You will be guided for the session by trained teachers to study, play, eat, and share. Over the 6 week session, you will have the opportunity to nurture and build a life-giving relationship with these amazing children. No prior experience needed, just a tender heart for children. Our lessons will explore the alphabet using Biblical character stories such as Letter D—the story of Daniel. Limit 12 Adults.

**-Jennifer Huffman, Coordinator**

## COMMUNITY POTPOURRI

Join us each week to meet local business and nonprofit leaders and learn what's happening in Greenbrier County.

- 10/2 - Abby Spangler, Wellspring
- 10/9 - Courtney Susman Frye, Greenbrier Valley Theatre
- 10/16 - Brian DeRouen, Alderson Hospitality House
- 10/23 - Joann Hartzell, WSS Public Library & Shaye Gadomski, A New Chapter
- 10/30 - Theresa Flerx, GVAC & Susan Adkins, Silver Sneakers
- 11/6 - Gloria Martin, Lewisburg Food Locker & Greenbrier County Senior Center

**-Judy Lucas, Coordinator**

## INNER-G MOVEMENT

Inner-G is a concept Adrienne has designed for people ages 40-85+. Its purpose is for grounding, focus and inner strength. Inner-G combines chair yoga, chair dance, and guided imagery breathing, offering the participants a sense of well-being by the end of each session.

*\*This class will start on Thursday, October 9 and run for 5 weeks. Please consider visiting another 10 AM class on October 2.*

**-Adrienne Biesemeyer, Instructor**

# 11-11:50AM

## BIBLE STUDY - BOOK OF PSALMS

The Psalms are a collection of religious poems and songs found in the Bible, primarily attributed to King David. They express a range of emotions, including praise, lament, thanksgiving, and supplication. Pastor Kathie will continue her teaching and discussion of Psalms. Everyone is welcome!

**-Kathie Holland, Pastor**

**\*CLASSES / TOPICS ARE SUBJECT TO CHANGE\***

**11:00–11:50AM CONT'D**

## **CREATIVE WRITING**

Creative Writing is a favorite for those interested in expressing their creative side through writing. Everyone has a story; share yours with the class. Bring a notebook and be ready to write!

**-Tina Alvey, Instructor**

## **APPALACHIAN LORE**

Join John each week as he entertains with storytelling and musical adventures about being an Appalachian. His time on the farm on Sewell Mountain and his ministry in prisons has given him two lifetimes of knowledge to pass along and preserve for future generations. Come each week to see what tales he weaves of Appalachian Lore. Specials guests are sure to make an appearance!

**-John Wyatt, Presenter**

## **NATURE'S POTPOURRI**

**NATURE HOLDS THE LESSONS WE LEARN:** Hear from folks who have been inspired by the land, sky, and what's in-between.

- 10/2 - Nan Morgan, Stone Appreciation
- 10/9 - Barry Glick, Woodland Wonders from the Wild
- 10/16 - Mike Cope, Annie Turner, The Fellowship of Wood Turning
- 10/23 - Jay Perez, Celestial Journeys
- 10/30 - Merri Collins, West Virginia Wildlife
- 11/6 - Meghan Kohn, Winging it; An Abridged Flight into Butterflies and Moths

**-Carolyn Rudley & Terri Wontrobski,  
Coordinators**

**12:45–2:30PM**

## **BASKET WEAVING**

Come join the fun and learn to weave a Butterfly Basket using natural reed. Please bring a bucket, sharp scissors, tape measurer, and towel. **\$25 material fee**

**Class limited to 15 people, so be sure to register EARLY!**

**-Joan Montgomery, Instructor**

**\*CLASSES / TOPICS ARE SUBJECT TO CHANGE\***



**12:45-2:30PM CONT'D**

## **BOOK GROUP - WHAT ARE YOU READING?**

**10/2/25, 10/16/25, 10/30/25**

No books assigned, just an opportunity to share about what you are currently reading.  
**PLEASE NOTE:** We will alternate weeks with Games.

**-Judy Long, Coordinator**

## **GAMES**

**10/9/25, 10/23/25, 11/6/25**

Games! Games! Fun and Games! Enjoy playing board games, card games, tile, and paper and pencil games. We will play some old classics and learn some new ones, too!

**PLEASE NOTE:** We will alternate weeks with Book Group.

**-Sally Lane & Suzanne Criddle,  
Facilitators**

**JOIN US IN OUR MISSION, VOLUNTEER TODAY!**



## **VOLUNTEERS NEEDED!**

We are always looking for new volunteers to help us serve older adults throughout Greenbrier County. If you are interested in volunteering, please visit our website and fill out the online volunteer form. You may also stop by the office and complete a volunteer application.

We hope you will join us in our efforts to support older adults by providing opportunities, assistance, and connections that enrich all of our lives.

For more information go online at [www.scgvwv.org](http://www.scgvwv.org), or simply scan the QR code.

**\*CLASSES / TOPICS ARE SUBJECT TO CHANGE\***

# MORE INFO

## WATER AEROBICS

**WEDNESDAYS**

**1:30PM**

**Greenbrier Valley Aquatic Center  
\$5 per person paid directly  
to GVAC**

## BOOK GROUP

**SECOND THURSDAY  
EACH MONTH**

**11:00 AM**

**Lewisburg United Methodist  
Church (2nd floor parlor),  
unless otherwise noted**

## COFFEE TALK

**SECOND TUESDAY  
EACH MONTH**

**10:30 AM**

**New Vision Baptist Church  
White Sulphur Springs**

**Come for comradery and good  
conversation!**

## CHAIR YOGA

**EVERY MONDAY &  
THURSDAY**

**10:30 AM**

**Lewisburg United Methodist  
Church in Asbury Room, unless  
otherwise noted**

## DONATIONS CHANGE LIVES

Please consider making a gift to Shepherd's Center to help us grow our reach and meet the rising needs of older adults in the Greenbrier Valley. We are funded by local foundations, grants, congregational support, and individual donations. As a 501c3 nonprofit organization, your gift is tax deductible. With your help, we can make a greater difference in the lives of older adults!

Call Sarah Moloney, Executive Director and Neal Roth, Assistant Director, to see how you can GIVE in different ways.

(304) 645-4196 [info@scgvwv.org](mailto:info@scgvwv.org)

Donations may be sent to P.O. Box 54, Lewisburg, WV 24901, made online [www.scgvwv.org](http://www.scgvwv.org), or simply scan the QR code.

**Thank you for your support - we can't do it without you!**



**SCAN TO DONATE**

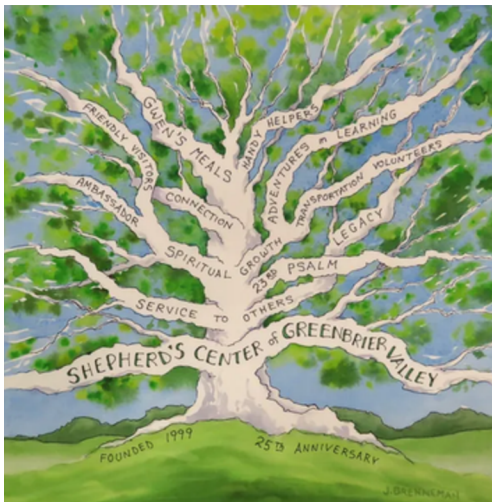
**SUPPORT  
&  
SPONSOR**

**Would you consider sponsoring a session or two for someone else? What a great gift for a neighbor new to town or someone who hasn't attended classes before. Use the registration form to make your gift of education and adventure!**

## HISTORY OF SHEPHERD'S CENTER OF GREENBRIER VALLEY

Shepherd's Center of Greenbrier Valley was started by Ann McClung in 1999 after a visit to Shepherd's Centers of America in Kansas City, MO. Seven area churches agreed to sponsor the formation of Shepherd's Center of Greenbrier Valley, we obtained our State Charter, and we were off and running. Adventures in Learning started in 1999 with 45 participants. We now have approximately 150 registrants for AIL sessions. Other programs that have been added through the years are Gwen's Meals, Handy Helper, Friendly Visitor, transportation to medical appointments or grocery shopping for those who are no longer driving, as well as being a senior resource center in the area. We currently have 27 area sponsoring congregations that support us in various ways. This year we celebrate our 25th anniversary and look forward to continued growth and expansion to reach out to those in our community who need our services.

## WE'RE ON A MISSION!



Shepherd's Center of Greenbrier Valley is an interfaith ministry to sustain mature adults to live independently by providing opportunities for lifelong learning, community service, caring relationships, and spiritual growth.

We are committed to creating an environment of inclusion where everyone is welcome and encouraged to be their true selves. We value individuals of all ages, religion, nationality, disability, race, sex, sexual orientation, and gender identity.





Explore Life's Next Chapter

shepherd'scenter

OF GREENBRIER VALLEY

# 2024 IMPACT REPORT

**FIGHTING ISOLATION THROUGH SERVICE TO OTHERS, EDUCATIONAL OPPORTUNITIES, AND BY BUILDING MEANINGFUL RELATIONSHIPS**

## DIRECT SERVICES

### Gwen's Meals

- Over 8,500 meals prepared
- 26 partner organizations & congregations
- 35 volunteer drivers
- Over 17,000 miles driven by volunteers
- Embedded in each meal delivery is a wellness check/friendly visit



### Friendly Visitor

- 15 Recipients
- 24 Volunteers
- 183 Visitation Hours

## HANDY HELPER

- Accessibility ramp
- Door replacements
- Curtain rods installed
- Pictures and art hung



## SOCIAL OPPORTUNITIES

- Adventures In Learning Sessions
- Lunch & Learn
- Coffee Talk
- Book Group Events
- Adventure Travel



## GEOGRAPHIC AREAS



Smoot

White Sulphur Springs

Williamsburg

Alderson  
Charmco  
Dawson  
Clintonville  
Fairlea  
Frankford  
Lewisburg  
Rainelle  
Renick  
Ronceverte  
Rupert

## LIFELONG LEARNING

### Adventures In Learning

- 35 Classes
- 151 Participants
- 4,822 Instructional Hours
- 300 Volunteer Hours

### Lunch & Learn

- 5 Sessions
- Over 300 attendees
- Informative topics include history, culture and current events
- 4 Field trips



## HEALTH PROMOTION

- Tai Chi
- Water Aerobics
- Chair Yoga
- Line Dancing
- Optimizing Health Classes



## INFORMATION & REFERRALS

On an annual basis we handle an average of:

- 1,000 Calls
- 200 Referrals & Information Requests
- 40 Transportation Requests



## WHAT PEOPLE ARE SAYING

"I choose to give an annual donation to the Shepherd's Center of Greenbrier Valley because it was my mother's favorite thing in her last years."

"When you put a meal in a recipient's hands, you can see how important it is to them, not just the meal but the personal interaction."

"I love the comradery, the fellowship, and the acceptance!"



# REGISTRATION

## ADVENTURES IN LEARNING FALL 2025

PLEASE FILL OUT THE FOLLOWING INFORMATION

NAME:

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FULL ADDRESS:

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PHONE:

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EMAIL ADDRESS:

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EMERGENCY CONTACT INFO:

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(OPTIONAL) CHURCH AFFILIATION:

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**REGISTRATION  
DEADLINE:  
SEPT 25, 2025**

### CHOOSE YOUR CLASSES

#### THURSDAY SESSIONS

##### 9-9:50AM

- ☐ Current Events
- ☐ Chair Yoga

##### 10-10:50AM

- ☐ Generations Together
- ☐ Inner-G Movement
- ☐ Arts & Religion
- ☐ Community Potpourri

##### 11-11:50AM

- ☐ Bible Study
- ☐ Creative Writing
- ☐ Appalachian Lore
- ☐ Nature's Potpourri

##### 1-2:30PM

- ☐ Basket Weaving
- ☐ Games / Book Group



SCAN TO  
REGISTER ONLINE

### CALL (304) 645-4196 WITH QUESTIONS

#### NEED TO KNOW:

##### DINE WITH US

A lunch buffet will be provided each week for \$8. Please let us know in advance if you would like lunch; we need a headcount for those preparing the meals. November 6th is the Greenbrier County Library Luncheon Fundraiser, tickets bought through SCGV in advance are \$8.

Circle the dates you would like lunch!

10/02 10/09 10/16 10/23 10/30 11/6

##### SPECIAL REQUESTS

- ☐ Transportation Assistance
- ☐ Scholarship Information

##### FEES ENCLOSED

- \$\_\_\_ \$35 Registration Fee
- \$\_\_\_ Lunch @ \$8 per week
- \$\_\_\_ \$25 Material Fee Basket Weaving Class
- \$\_\_\_ Tax-deductible Donation to Support SCGV
- \$\_\_\_ Sponsorship Donation

EMAIL [INFO@SCGVWV.ORG](mailto:INFO@SCGVWV.ORG) WITH QUESTIONS

Total Enclosed: \$\_\_\_\_\_

By registering you are giving SCGV the right to use a photograph that you appear in for promotional material.

[WWW.SCGVWV.ORG](http://WWW.SCGVWV.ORG)



# Inside...



Watch our Facebook page  
for upcoming events!  
**COFFEE TALK**  
**BOOK GROUP**  
**LUNCH & LEARN**  
**ADVENTURE TRAVEL**

**CONTINUING  
OUR LEGACY  
FOR ANOTHER  
25 YEARS**

**YOUR ADVENTURES  
IN LEARNING  
FALL 2025  
SCHEDULE!**

**PLUS**  
Ways to **HELP!**  
Ways to **GIVE!**  
Ways to **CELEBRATE!**

**(304) 645-4196**  
**INFO@SCGVWV.ORG**



Explore Life's Next Chapter

**shepherd'scenter**  
OF GREENBRIER VALLEY

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P.O. Box 54  
Lewisburg, WV 24901

**YOUR ADVENTURES IN LEARNING  
FALL 2025 SCHEDULE IS INSIDE!**

**WWW.SCGVWV.ORG**