



**SPRING 2025**

**Meadow River Valley**

# **ADVENTURES IN LEARNING**

**MARCH 11 – APRIL 15**

Join us for our Meadow River Valley Adventures In Learning  
**SPRING 2025** session held on  
**Tuesdays** from **March 11** through **April 15!**

These exciting and educational classes are open to all ages!

**All classes are held at the First Baptist Church of Rainelle.**

## **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.*

**9:00AM–9:15AM**

**DEVOTIONS W/ PASTOR GOLDEN & PASTOR MULLENS**

**9:20AM–9:50AM**

Mixture of Zumba, Line Dancing, & Chair Yoga      4/01/2025 - Hopp'n Chocolate Egg Craft

**10:00AM–10:50AM**

3/11/2025 - Vickie Neal, Oral History of the Meadow River Valley	4/01/2025 - Hopp'n Chocolate Egg Craft
3/18/2025 - Eleanor Wiseman, PT, DPT Pelvic Floor Dysfunction	4/08/2025 - Field Trip to New River Gorge National Park
3/25/2025 - Field Trip to Clifton Forge School of the Arts	4/15/2025 - Greenbrier Valley Children's Home Craft & Game Day

**11:00AM–11:50PM**

3/11/2025 - Jessica Hall, Salon Coordinator NRCTC "Hair Styles for Today"	4/01/2025 - Line Dancing
3/18/2025 - Cooking Demo with Carol Herrick	4/08/2025 - Field Trip to New River Gorge National Park
3/25/2025 - Field Trip to C&O Historical Society	4/15/2025 - Greenbrier Valley Children's Home Craft & Game Day

**12:00AM–12:50PM**

**LUNCH**

3/11/2025 - Rainelle Deli	4/01/2025 - MRV Pot Luck
3/18/2025 - Lunch with Carrol Herrick	4/08/2025 - Field Trip to Tamarack*
3/25/2025 - Field Trip to Cucci's in Covington*	4/15/2025 - Holy Week Lunch

\*Individuals will be responsible for their own lunch costs.

**1:00PM–3:00PM**

3/11/2025 - Alaina Hower, Moss Baskets**	4/01/2025 - Hopp'n Chocolate Egg Craft
3/18/2025 - Venice LeGrande, Paper Crafts	4/08/2025 - Field Trip to Tamarack
3/25/2025 - Field Trip to C&O Historical Society	4/15/2025 - Greenbrier Valley Children's Home Craft & Game Day

\*\*There is a \$10 fee for this workshop. Please inquire about scholarships.

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

# REGISTRATION

## MEADOW RIVER VALLEY

### ADVENTURES IN LEARNING SPRING 2025

PLEASE FILL OUT THE FOLLOWING INFORMATION

NAME:

\_\_\_\_\_

EMAIL ADDRESS:

\_\_\_\_\_

FULL ADDRESS:

\_\_\_\_\_

\_\_\_\_\_

EMERGENCY CONTACT INFO:

\_\_\_\_\_

\_\_\_\_\_

PHONE:

\_\_\_\_\_

(OPTIONAL) CHURCH AFFILIATION:

\_\_\_\_\_

**TUESDAYS MARCH 11 – APRIL 15, 2025**

**PLEASE CHOOSE YOUR CLASSES**

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

#### 9:00AM DEVOTIONS

\_\_\_\_ 3/11/2025  
\_\_\_\_ 3/18/2025  
\_\_\_\_ 3/25/2025  
\_\_\_\_ 4/01/2025  
\_\_\_\_ 4/08/2025  
\_\_\_\_ 4/15/2025

#### 11:00AM

\_\_\_\_ 3/11/2025 Hair Styling  
\_\_\_\_ 3/18/2025 Carrol Herrick Demonstration  
\_\_\_\_ 3/25/2025 Field Trip - Clifton Forge  
\_\_\_\_ 4/01/2025 Exercise  
\_\_\_\_ 4/08/2025 Field Trip - New River Gorge Park  
\_\_\_\_ 4/15/2025 Greenbrier Valley Children's Home

#### 9:20AM CLASSES

\_\_\_\_ 3/11/2025 Golden Zoomba  
\_\_\_\_ 3/18/2025 Line Dancing  
\_\_\_\_ 3/25/2025 Chair Yoga  
\_\_\_\_ 4/01/2025 Hopp'n Chocolate Eggs  
\_\_\_\_ 4/08/2025 Chair Yoga  
\_\_\_\_ 4/15/2025 Line Dancing

#### 1:00PM - CRAFTS / GAMES

\_\_\_\_ 3/11/2025 Alaina Hower, Moss Baskets  
\_\_\_\_ 3/18/2025 Venise LaGrande, Paper Crafts  
\_\_\_\_ 3/25/2025 Field Trip - Clifton Forge  
\_\_\_\_ 4/01/2025 Hopp'n Chocolate Eggs  
\_\_\_\_ 4/08/2025 Field Trip - New River Gorge Park  
\_\_\_\_ 4/15/2025 Greenbrier Valley Children's Home

#### 10:00AM CLASSES

\_\_\_\_ 3/11/2025 Oral History of Meadow River Valley  
\_\_\_\_ 3/18/2025 Pelvic Floor Dysfunction  
\_\_\_\_ 3/25/2025 Field Trip to Clifton Forge  
\_\_\_\_ 4/01/2025 Hopp'n Chocolate Eggs  
\_\_\_\_ 4/08/2025 Field Trip to New River Park  
\_\_\_\_ 4/15/2025 Greenbrier Valley Children's Home

**YOU MAY BRING REGISTRATION WITH YOU TO THE FIRST CLASS.**

#### **WATER AEROBICS** **WEDNESDAYS**

**1:30PM**

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

**THERE IS NO REGISTRATION FEE, DONATIONS ARE APPRECIATED.**

# Inside...



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

**YOUR  
MEADOW RIVER VALLEY  
ADVENTURES  
IN LEARNING  
SPRING 2025 SCHEDULE!**

HAVE A QUESTION OR NEED  
MORE INFORMATION  
CALL US AT  
**304-645-4196**



**shepherd'scenter**  
OF GREENBRIER VALLEY

PO Box 54  
Lewisburg, WV 24901

**YOUR MEADOW RIVER VALLEY ADVENTURES IN LEARNING  
SPRING 2025 SCHEDULE IS INSIDE!**