



**SPRING 2025**

# ADVENTURES IN LEARNING

**MARCH 6 – APRIL 10**

## **ABOUT ADVENTURES IN LEARNING**

Join us for our Adventures in Learning **SPRING 2025** session held on Thursdays from **March 6 through April 10**. 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 all classes is \$35.**
- **\$25 material fee for the Canvas Floor Cloth class.**
- **Deadline to register is February 24th, 2025.**
- **Lunches are \$8 per week; April 10th is a pot luck meal, details to follow.**
- **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. **Be informed!** Topics to be covered:

- Greenbrier County Health Alliance, Sally Hurst
- State Fair of West Virginia 100th Anniversary Celebration, Kelly Collins
- WV Legislature Update, Stephen Baldwin
- Updates on the Recreational Center and New United Way Agencies, Warren May
- Downtown Lewisburg Merchants Association
- Other TBA

**-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

## THE LAST WEEK

Day by Day Events in History During Holy Week

Each week will focus on one day in the last week of Jesus's life on earth beginning with the his entrance into Jerusalem on Palm Sunday. Father Zach will add background and historical perspective on what we already know about that week from the Bible.

**-Rev. Zach Drennon, Instructor**

# 10-10:50AM CONT'D

## TAI CHI - CANCELED

Due to unforeseen circumstances, we will have to cancel this class this spring. We are sorry for any inconvenience this may have caused.

## FARM TO TABLE

Join us each week to meet the business and organizations that support this enterprise.

- March 6 - Eco Agriculture, Mary Surbaugh
- March 13 - T.L. Fruits and Vegetables LLC, Tommy Rafes
- March 20 - Mountain Table, Alex Durand & Nadine Sonnevill
- March 27 - Farmers Market Update
- April 3 - Swift Level Fine Meats, Tootie Jones
- April 10 - Primitive Goods

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

# 11-11:50AM

## BIBLE STUDY

Jesus's parables are short stories that convey deep, spiritual lessons through everyday imagery. They appear in the Synoptic Gospels and some non-canonical gospels, and make up about a third of Jesus's recorded teachings. Everyone is welcome!

**-Kathie Holland, Pastor**

## 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**

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

**11:00-11:50AM CONT'D**

## **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**

## **ARM CHAIR TRAVEL**

Join us each week as our local residents transport us to exciting travel destinations throughout the world.

- March 6 - An Insider's Tour of Thailand, Ann McClung
- March 13 - Antarctica, J. Perez
- March 20 - Cruise Tour: Spain, Morocco, Canary Islands, Eric Frizius
- March 27 - 14 Cities & 9 Countries Eastern Europe Tour Part 1, Donna Jones
- April 3 - South Pacific by Catamaran, Jane Tallman
- April 10 - Eastern Europe Part 2, Donna Jones

**-Judy Long, Coordinator**

**12:45-2:30PM**

## **FLOOR CLOTH CANVAS**

Instruction in painting, materials, composition, shading and color theory is covered while individual expression is encouraged. Stretch your creative muscles and hand paint your canvas floor rug. There is a **\$25 material fee**

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

**-Joan Montgomery & Karen Leland,  
Instructors**

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

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

## GAMES

3/6/25, 3/20/25, 4/3/25

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**

## BOOK GROUP - WHAT ARE YOU READING?

3/13/25, 3/27/25, 4/10/25

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**

# 9-11:00AM SELECT FRIDAYS ONLY

## SPRING SHORT GAME CLINIC FOR GOLF

2/28/25, 3/7/25, 3/21/25  
(NO CLASS 3/14/25)

With Spring around the corner, it's time to dust off those golf clubs! Join us as local PGA professionals will help us improve our Short Game.

During these 2 hour sessions, we will explore proven Short Game techniques, and when to use them on the course. All you will need is your favorite wedge(s), we will provide the rest.

Classes will be held in Wesley Hall for 3 weeks only. **No class on 3/14/25.** Snacks will be provided.

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

**- Rick McClung, Facilitator**

**\*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 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!

## TAI CHI

EVERY THURSDAY

10:00 AM

Lewisburg United Methodist  
Church in Wesley Hall, 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

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**

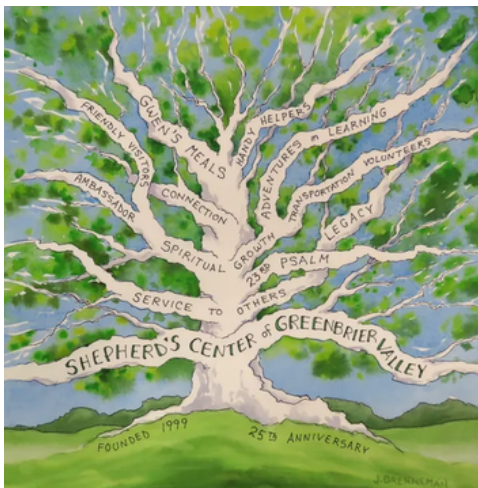
Would you consider sponsoring a session or two for someone else? What a great gift for a neighbor new to town or someone who hasn't attended classes before. Use the registration form to make your gift of education and adventure!



## 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 ALL 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.

# 2024 IMPACT REPORT

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

**Your contributions help us to provide services to over 200 of Greenbrier County's older citizens every week.**

## 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

## HEALTH PROMOTION

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



## 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

## 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 SPRING 2025

PLEASE FILL OUT THE FOLLOWING INFORMATION

NAME:

---

FULL ADDRESS:

---

PHONE:

---

EMAIL ADDRESS:

---

EMERGENCY CONTACT INFO:

---

---

(OPTIONAL) CHURCH AFFILIATION:

---

**REGISTRATION  
DEADLINE:  
FEB 24, 2025**

### CHOOSE YOUR CLASSES

#### THURSDAY SESSIONS

9-9:50AM

- Current Events
- Chair Yoga

10-10:50AM

- Holy Week History
- Tai Chi
- Farm to Table

11-11:50AM

- Bible Study
- Creative Writing
- Appalachian Lore
- Arm Chair Travel

1-2:30PM

- Floor Cloth Canvas
- Games / Book Group

#### FRIDAY SESSION

ONLY ON THESE DATES  
2/28/25, 3/7/25, 3/21/25

9-11:00AM

- Golf Clinic



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 to have a head count for those preparing the meals. April 10th is a pot luck meal.

Circle the dates you would like lunch!

3/06 3/13 3/20 3/27 4/3 4/10

#### SPECIAL REQUESTS

- Transportation Assistance
- Scholarship Information

#### FEES ENCLOSED

- \$\_\_\_ \$35 Registration Fee
- \$\_\_\_ Lunch @ \$8 per week
- \$\_\_\_ \$25 Material Fee Floor Cloth Canvas
- \$\_\_\_ Tax-deductible Donation to Support SCGV
- \$\_\_\_ Sponsorship Donation

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

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

# Inside...



Watch our Facebook page  
for upcoming events!

**COFFEE TALK  
BOOK GROUP  
LUNCH & LEARN  
ADVENTURE TRAVEL**

**CONTINUING  
OUR LEGACY  
FOR ANOTHER  
25 YEARS**

**PLUS**

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

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

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



**shepherd'scenter**  
OF GREENBRIER VALLEY

**PO Box 54  
Lewisburg, WV 24901**

NONPROFIT ORG  
U.S. POSTAGE PAID  
LEWISBURG, WV  
PERMIT NO. 7

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

**WWW.SCGVWV.ORG**