



Explore Life's Next Chapter

shepherd's center
OF GREENBRIER VALLEY

SPRING 2026

GREENBRIER VALLEY
ADVENTURES IN
LEARNING

MARCH 5 – APRIL 9

ABOUT ADVENTURES IN LEARNING

Join us for our Adventures in Learning **SPRING 2026** session held on Thursdays from **March 5 through April 9**. 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 Watercolor class.**
- **Deadline to register is March 2, 2026.**
- **Lunches are \$8 per week, RSVP are requested.**
- **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

Join us to discuss today's issues on local, state, national, and international levels. Learn what's going on from local businesses and organizations and take this opportunity ask questions. **Get informed! Topics will be announced the week before each class.**

-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

ART, MUSIC, AND LITERATURE IN RELIGION, PART 2

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

3/05 - Reflections on Renaissance Art: Passion of Christ, Monsignor Kevin Quirk

3/12 - Monsignor Kevin Quirk - Continued

3/19 - The Soundtrack of Faith: the Evolution of Singing in the Church, Barbara Lutz

3/26 - Barbara Lutz - Continued

4/02 - Questions of Morals in Shakespeare, Pat Anderson

4/09 - Marcel Proust: Looking Beyond Constructing Knowledge, Pat Anderson

-Judy Long, Coordinator

10-10:50AM CONT'D

HISTORY POTPOURRI

This class offers insight into the rich history of our region as well as the figures that helped to shape it.

- 3/05 - Montwell Commons: Then and Now, Cliff Baker
- 3/12 - "Meditations on the Declaration of Independence and Our Glorious Revolution," Henry St. George Tucker, Sr., Greenbrier Historical Society
- 3/19 - The 1778 Attack on Fort Donnally: Archaeology, Preservation Issues, and Thoughts on Dick Pointer, Kim McBride
- 3/26 - President Andrew Johnson, Brentz Thompson
- 4/02 - President Theodore Roosevelt, Brentz Thompson
- 4/09 - President Woodrow Wilson, Brentz Thompson

-Neal Roth, Coordinator

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

11-11:50AM

A JOURNEY INTO PRAYER

Area faith leaders will explore the nature, purpose, and practice of prayer. Participants will discover what Scripture reveals about God's desire for communication and why prayer is a vital spiritual discipline.

- 3/05 - Rev. Julie Olt, "Lectio Divina"
- 3/12 - Rev. Zach Drennen, "Centering Prayer"
- 3/19 - Rabbi Joe Blair, "An Eclectic Selection from Jewish Prayers"
- 3/26 - Pastor Chris Brewster, "The Lord's Prayer"
- 4/02 - Rev. Bev Colombo, "The Grief Prayer"
- 4/09 - Rev. Ike Hughes, "Prayer and Psalms"

-Bishop Kathie Holland, Moderator

11:00-11:50AM CONT'D

GET OUTDOORS

Rediscover the joy of being outdoors while exploring safe, accessible, and enjoyable recreation opportunities in our region. Learn about nearby parks, walking trails, nature centers, and seasonal activities

- 3/05 - Pipestem State Park, Scott Hill
- 3/12 - New River Gorge Convention and Visitor's Bureau, Megan Weatherford
- 3/19 - WV State Park Foundation, Brad Reed
- 3/26 - Active Southern WV, Elizabeth Raney
- 4/02 - Federal Fish Hatchery, John Moore
- 4/09 - Greenbrier River Trail, Rob Gronan

-Neal Roth, Coordinator

DID YOU KNOW?

We are fortunate to live in vibrant communities throughout the Greenbrier Valley. This class introduces us to some of them and their very unique stories. Join us and get to know your neighbors even better!

- 3/05 - Mary Leb
- 3/12 - Linda Layman
- 3/19 - Bob Foster
- 3/26 - Jerry Lauffer
- 4/02 - John Wyatt
- 4/09 - TBD

-Carolyn Rudley & Terri Wontrobski, Coordinators

12:00-12:40PM

LUNCH

CLASSES / TOPICS ARE SUBJECT TO CHANGE

12:45-2:30PM

WATERCOLOR CLASS

You will receive instruction in Watercolor painting to create a WV high country landscape. Supplies will be provided. **\$25 material fee**

Class limited to 12 people, so be sure to register EARLY!

-Jeanne Brenneman & Becky Romine, Instructors

BOOK GROUP - WHAT ARE YOU READING?

3/05/26, 3/19/26, 4/02/26

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

3/12/26 - Mexican Train; 3/26/26 - Rummikub; 4/09/26 - Udog

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: Games alternates weeks with Book Group.

-Sally Lane & Suzanne Criddle, Facilitators

9-10:50AM SELECT FRIDAYS ONLY

SPRING GOLF CLINIC

3/27/26 & 4/3/26

Start off the new golf season concentrating on improving the GAPS in your game. Join us as the Sporting Club Golf Professionals help us explore this great game correctly! Please bring your favorite iron.

Classes will be held in Wesley Hall for 2 weeks only.
Limited to 12 people, RSVP required.

- Rick McClung, Moderator

CLASSES / TOPICS ARE SUBJECT TO CHANGE

MORE INFO

WATER AEROBICS

WEDNESDAYS

1:30 PM

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 camaraderie and
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!

Contact our office, 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, or simply scan the QR code.

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



SCAN TO DONATE

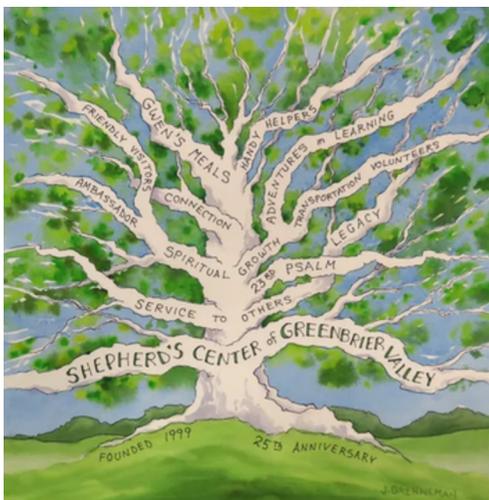
**SUPPORT
&
SPONSOR**

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 average 125 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 for those who are no longer driving, as well as being a senior resource center in the area. We currently have 29 area sponsoring congregations that support us in various ways. This year we celebrate our 27th 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.



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shepherd'scenter
OF GREENBRIER VALLEY

2025 IMPACT REPORT

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

GWEN'S MEALS

- 169 households
- Over 9,300 meals delivered
- 29 community partners & congregations
- 2,600 volunteer service hours
- 25,000 volunteer miles driven
- Embedded in each meal delivery is a wellness check/friendly visit



HEALTH PROMOTION

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



LIFELONG LEARNING

- Adventures In Learning**
- 37 Classes
 - 271 Participants
 - 5,214 Instructional Hours
 - 300 Volunteer Hours

Lunch & Learn

- 5 Sessions
- 4 Adventure Travel events
- Over 400 attendees
- Informative topics include history, culture and current events

HANDY HELPER

- 3 New Volunteers
- Accessibility ramps
- Yard Maintenance



MEDICAL TRANSPORTATION

- Started July 2025
- 14 Volunteers
- 23 Clients
- 94 Trips
- 318 Volunteer Hours
- 7,000 Miles traveled



SOCIAL OPPORTUNITIES

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



FRIENDLY VISITOR

- 203 Visitation hours
- Almost 1,700 miles driven
- Gwen's Meals Volunteers provide weekly visits and wellness checks



SERVICE AREA

Alderson
Charmco
Dawson
Clintonville
Fairlea
Frankford
Lewisburg



Rainelle
Renick
Ronceverte
Rupert
Smoot
White Sulphur Springs
Williamsburg

WHAT PEOPLE ARE SAYING

"It is a true honor and privilege to volunteer with the Shepherds Center. My partner and I had the joy of spending time with a couple who, at this season in their lives, needed just a little extra help making it back and forth to a medical appointment. We enjoyed a chance to connect and spend quality time together."



REGISTRATION

ADVENTURES IN LEARNING SPRING 2026

**REGISTRATION
DEADLINE:
MAR 2, 2026**

PLEASE FILL OUT THE FOLLOWING INFORMATION

NAME:

MAILING ADDRESS:

PHONE:

EMAIL ADDRESS:

EMERGENCY CONTACT INFO:

(OPTIONAL) CHURCH AFFILIATION:

CHOOSE YOUR CLASSES

THURSDAY SESSIONS

9-9:50AM

- Current Events
- Chair Yoga

10-10:50AM

- Creative Writing
- Art, Music, and Literature in Religion
- History Potpourri

11-11:50AM

- A Journey into Prayer
- Get Outdoors
- Did You Know?

1-2:30PM

- Watercolor Class
- Games / Book Group

SPRING GOLF CLINIC

9-10:50AM

Must call to reserve your spot due to limited availability.



SCAN TO
REGISTER ONLINE

**CALL (304) 645-4196 OR EMAIL
INFO@SCGVWV.ORG 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. We will host a potluck on April 9.

Circle the dates you would like lunch!

3/05 3/12 3/19 3/26 4/02 4/09

SPECIAL REQUESTS

- Transportation Assistance
- Scholarship Information

FEES ENCLOSED

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

Total Enclosed: \$ _____

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

Inside...



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

CONTINUING
OUR LEGACY
FOR ANOTHER
27 YEARS

**YOUR ADVENTURES
IN LEARNING
SPRING 2026
SCHEDULE!**

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

(304) 645-4196
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shepherd'scenter
OF GREENBRIER VALLEY

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P.O. Box 54
Lewisburg, WV 24901

**YOUR ADVENTURES IN LEARNING
SPRING 2026 SCHEDULE IS INSIDE!**

WWW.SCGVWV.ORG