



SHEPHERD'S CENTER NEWS/UPDATES FOR MAY 2022



CELL PHONE TECHNOLOGY CLASS: Bill Vicary returns to lead this 3-part class on the technology of your cell phone! Don't know or understand all your smart phone functions? Come and learn from Bill. **It is recommended that you come to all three classes.** In June Bill will

return for an advanced class! These classes are being sponsored by our community partner, The Inverness of Spartanburg. Thank you to this wonderful senior living community for their generous financial commitments to our Center for these classes. Class will meet Mondays, May 2, 9, and 16 from 11-12:30 in Room 2208. See your schedule!



YOGA/MINDFULNESS TRAINING: Ginger Rogers will be teaching this class on Monday, May 23 from 11:30-12:30 in the social hall. Ginger is a new community partner from Yogaunme. Bring a mat. Chairs will be provided for those who wish to learn chair yoga. All movements will be modified for those in chairs. So don't think you can't do yoga or meditation if you can't get on the floor – try the chair! Please let Debbi know in the office if you need a chair: 585-1999.

(Ginger's credentials: Yoga Alliance RYT 500 from Asheville Yoga Center; Certified Personal Trainer from American Council on Exercise)



OUTSMART THE SCAMMERS – An Edward Jones Seminar -

This class will be held Tuesday, May 24 from 9:30-10:30 in Room 2200. The presenter will be our new board member, Ariel Lee, Financial Advisor with Edward Jones. Come meet this vibrant new Shepherd's Center board member and find out how to beat those scammers!



LINE DANCERS TO GIVE PERFORMANCE AT EDEN TERRACE

Our line dancers will be performing for residents of Eden Terrace at 2 pm on May 10. Thank you folks for giving back to the community with your talents!



OUR VERY OWN UKULELE PLAYERS AND CENTER SINGERS

will be performing at Westminster Presbyterian Church on May 12. Lunch will be served at 12:30 for those performing and will be followed by a sing-a-long at 1:00. Group members need to let Bob McEnroe know by May 6th if you

are going so they can give an accurate count for lunches. Email Bob (robertmcenroe@gmail.com) or call him (630-253-1554). Good luck performers! We are so proud of both groups and the community really appreciates your willingness to come out and perform!



REMINDER: WE WILL BE CLOSED MAY 30 IN OBSERVANCE OF MEMORIAL DAY.