

ADVENTURES IN LEARNING

April 8, 15, 22, 29, May 6, 13
First Baptist Church
1000 West Friendly Avenue

9:30—10:30 a.m. Classes

WOODCARVING: The fundamentals for beginner and experienced woodcarving will be demonstrated and practiced. Woodcarving blanks will be available for a nominal cost. For those who like to try, there will be special instructions on finding and carving “*Wood-Spirits*” hiding in many wood walking-sticks. Walking-Sticks will be provided or you may bring your own. Bring a carving knife, if you have one.

2-hr class limited to 12 people

Richard DeCoste, Instructor

QUILTING: Turnabout. Have fun with value and contrast as you watch the squares seem to turn in this wall hanging. Add a one-sided folded cathedral window block and folded corner blocks for added interest.

2-hr class limited to 12 people

Janet Dietz, Instructor

MORE ACCESS TO CONTEMPORARY POETRY: We will examine the imagery and meaning of contemporary poetry, with emphasis on accessibility. Instructor will draw on his own work and the work of others. Class members may read and discuss their poems. New materials have been added, making this course appropriate for those who have taken it previously and those who have not.

Bob Demaree, Instructor

GENTLE YOGA tones the body, frees the mind, and feeds the spirit. This beginner’s class combines easy stretches and breathing exercises and relaxation to release your inner JOY. Returning students welcome. Bring a yoga mat with you.

Phoenix Harmony, Instructor

INTRODUCTION TO WILDLIFE WATCHING: We will have sessions on how to find wildflowers, butterflies, birds, and other wildlife, along with some tips on how to identify what we find. We will cover a different wildlife group approximately every two sessions.

Dennis Burnette, Instructor

SPIRITUAL HEALTH: Explore spiritual, emotional, and relational factors that enhance health and wellness in the second half of life.

Marian McCollum, Instructor

RELIGION AND THE CONSTITUTION IN AMERICAN HISTORY: This course focuses on First Amendment religion cases in the context of American religious history.

Lynette Wrenn, Instructor

PS: On the first page of the “Shepherd’s Center News,” you read that two poets from Adventures in Learning classes were accepted for the anthology “Celebrating Poets over 70.” We have just been notified that Elmer Billman’s poem “Mary’s Smile” also will be included. Elmer resides in Greensboro and regularly reads his work at the Shepherd’s Center Poetry Group. He is a long-time Shepherd’s Center volunteer and currently serves as a substitute office volunteer and driver. In addition, he has taught “Drawing” classes at Adventures in Learning.

Congratulations Bob, Nancy, and Elmer!!!

10:45-11:45 a.m. Classes

GREAT DECISIONS: America's longest standing global affairs education program. Topics: Kenya, R2P, US China Security Relations, Global Financial Crisis, Russia and its neighbors, the Persian Gulf, Peacebuilding & Conflict Resolution. **Great Decisions 2010 Briefing Guide required.** A few books are available from the SCG office (\$18.00) or from the internet at www.fpa.org (\$18.00 plus shipping). *David Haxton, Instructor*

HOW DO MYSTERY WRITERS WORK? Every week an area mystery writer will discuss his or her writing life, do a reading, and answer questions. (There will be an opportunity to purchase books.) The writers include: Ellen Elizabeth Hunter, Nancy Gotter Gates, Harol Marshall, Dixie Land, Dave Shaffer, Lynette Hall Hampton. *Nancy Gotter Gates, Facilitator*

TWENTIETH-CENTURY AMERICAN LITERATURE: Read and discuss Walker Percy, *The Moviegoer* and Ernest Hemingway, "A Clean, Well-Lighted Place," "The Killers," and "Big Two-Hearted River: Part II" Order copies of *The Moviegoer* (used) on internet or from Barnes and Noble (new). Copies of the Hemingway story will be provided. *Don Darnell, Instructor*

IDEAS HAVE CONSEQUENCES: An analysis of Richard M. Weaver's 1948 book on the cultural malaise affecting this nation. *Robert Preston, Instructor*

MUSIC APPRECIATION: Works include concertos, chamber and orchestral music from the 18th—20th centuries. *Kathryn Eskey, Instructor*

1:30—2:30 p.m. Classes

VISUAL ART/VISUAL ANTICS: The course will use humor as a focal point for debating the relative content and approaches of contemporary world art, with comparisons to art of the 20th century and more popular eras. Be prepared for gentle confusion and highjinks! *Jim Langer, Instructor*

MAH JONGG: Learn to play this game of skill, luck, and most of all, FUN! Learn and identify the hands on the cards, identify tiles, learn the rules, sit down as a beginner (with other beginners) to play the game. Each person must have a 2010 card (\$7.00) from the Mah-Jongg League prior to the first class.

Class limited to 8 people

Grace Sheldon and Paula Becker, Instructors

SENIOR LAW SCHOOL: Elderlaw Learn about the powers of attorney, guardianships, living wills, wills, trusts, preserving assets, Medicaid benefits, and long term care options. *Hannah Averitt, Instructor*

SPRING WALKS: Class meets for 4 weeks...on-site at 2:00 pm Begin at Greenhill Cemetery on April 8, then visit Old Presbyterian Cemetery, Bill Craft Park and Fisher's Park. Schedule and instructions will be on the schedule for each day. *Bill Craft, Facilitator*

TIPS ON AGING: Information about issues facing those of us who are age 65+. Speakers will touch on positive as well as negative aspects of the aging process. *Dr. George Wolff and Dr. Wayne Hale, Facilitators*

CONFLICT AND ITS RESOLUTION: Conflicts of all kinds surely generate most of the *unnecessary* suffering in our world. People often get badly hurt, including long-term emotional damage. Conflict Resolution lessens suffering by approaching conflicts to resolve them--for everyone's benefit. This changes the "win or lose" approach to conflicts most of us grew up with. It also means that creative learning, growth, and relationship building can come from conflicts. *Barton Parks, Instructor*

Welcome!

ADVENTURES IN LEARNING offers enrichment and fellowship opportunities for all Greensboro area men and women age 60+. There are 18 classes from which you can create your own schedule. All variations are welcome.

At midday, there is a quiet period of inspiration and meditation led by volunteers. A Forum and announcements of general interest, along with social and fellowship activities, make midday a special time. Lunch, at a **cost of \$7.00**, is served in the Fellowship Hall beginning around noon. Reservations or cancellations are required by the preceding Monday morning. Or, bring a bag lunch and join any table.

COME!

ENJOY LEARNING!

Forum Topics:

- April 8— “Senior Story Tellers”
Charlotte “Webspinner” Hamlin
- April 15— Symphony Guild Women’s Chorus
- April 22— TBA
- April 29— Barbara DeMaio Caprilli
- May 6— “Falling Issues”
Dr. Kathy Williams
- May 13— TBA

Due to rising costs, the Board of Trustees voted to raise the registration fee from \$22 to \$25, beginning in 2010. In addition, late fees were raised to \$10 for **all** registrations received after the deadline (March 26). **Scholarships are available as needed.** Contact Judy Beaver at the Shepherd’s Center Office (378-0766).

REGISTRATION FORM: Spring 2010 Adventures in Learning

Name (s) _____ Phone _____

Address _____ Zip _____

Church/Synagogue _____

Emergency Contact _____ Phone _____ Relationship _____

Please use initials if registering more than one person:

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| <u>9:30 - 10:30 a.m.</u> | <u>10:45 - 11:45 a.m.</u> | <u>1:30 - 2:30 p.m.</u> |
| <input type="checkbox"/> Woodcarving | <input type="checkbox"/> Woodcarving, cont. | <input type="checkbox"/> Visual Art |
| <input type="checkbox"/> Quilting | <input type="checkbox"/> Quilting, cont. | <input type="checkbox"/> Mah Jongg |
| <input type="checkbox"/> Poetry | <input type="checkbox"/> Great Decisions | <input type="checkbox"/> Senior Law School |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Mystery Writers | <input type="checkbox"/> Spring Walks |
| <input type="checkbox"/> Wildlife | <input type="checkbox"/> 20th Century Literature | <input type="checkbox"/> Tips on Aging |
| <input type="checkbox"/> Spirituality | <input type="checkbox"/> Ideas Have Consequences | <input type="checkbox"/> Conflict and Resolution |
| <input type="checkbox"/> Religion and Constitution | <input type="checkbox"/> Music Appreciation | |

Registration fee, SPRING 2010 TERM \$ **25.00 per person** \$ _____
(REGISTRATION RECEIVED after March 26 will be \$35.00 per person)

Lunch Reservation, April 8th only— \$7.00 or _____

All six luncheons—\$ 42.00 _____

Contribution (Optional) \$ _____

TOTAL \$ _____

MAIL NO LATER THAN: March 24, 2010

Send to Shepherd's Center of Greensboro, 302 West Market Street, Room 103, Greensboro, NC 27401

Who's Who?

Lia Miller - Executive Director, Director of Administration and Development

Judy Beaver—Director of Programs and Services

Velma Speight-Buford, President, Board of Trustees, which plans and sets policies.

Jim Weikel - Founding President of Shepherd's Center of Greensboro and Trustee Emeritus

Marian Solleder - Chairperson of the Adventures in Learning Steering Committee

Bill Ball - Shepherd's Center Treasurer and registration manager

Eileen Beals and Joanne Caldwell—Registrars

Spring 2010 Instructors:

Hannah Averitt is a practicing Elderlaw attorney in Greensboro.

Paula Becker is retired from Jewish Family Services.

Dennis Burnette is a retired instructor of sociology at Guilford Technical Community College and a respected amateur photographer and birder.

Bill Craft returns to lead a tour of interesting parks and gardens in Greensboro.

Don Darnell is Professor Emeritus of English at UNCG.

Richard DeCoste has been an active carver for the last seven years with Adventures in Learning; though he has been carving off & on for most of his life. He likes to carve crosses, pocket-prayer-peaces, "wood-spirits" in walking-sticks and many other interesting pieces.

Janet Dietz has been quilting for 30 years and is member of the Triad Quilters and the Piedmont Quilters Guild.

Bob Demaree retired from Greensboro Day School in 2001 after 42 years as an independent school teacher and administrator. He is the author of a collection of poems, *New Hampshire Pond*, and has had over 250 poems published or accepted by 70 periodicals.

Kathryn Eskey is retired from the School of Music at UNCG.

Nancy Gates is a local artist and writer. She is a member of the Writer's Group of the Triad and Greensboro Artists' League.

Dr. Wayne Hale is family physician and teaches geriatrics in the residency program at Moses Cone.

Phoenix Harmony CYT, has been practicing yoga and meditation for 20 years. She taught both these life-changing disciplines years before getting certified by Triad Yoga Institute in 2004.

David Haxton is a retired Principal Officer of the United Nations. Now a resident of Greensboro, he is still active as a consultant. He has lived and worked in developing countries for thirty years.

Jim Langer has taught art and now art history in Greensboro for 13 years. He has a BFA in Painting from Boston University and an MFA in Drawing and Painting from UNCG. His art has been exhibited internationally. He is from Connecticut, originally, and resides with his wife and daughter on a small farm in Asheboro.

Marion McCollum, Ed.D. is a psychologist with Center for Psychotherapy and a trained spiritual director.

Barton Parks at age 71, has about 68 years experience with conflict, beginning with his not wanting to do what his mother wanted. In 1982 he created the team that began One Step Further, Inc., with the then radical idea that minor conflicts headed for court can be mediated with better results. He also introduced a course on Conflict Resolution at Guilford College, from which he recently retired.

Robert A Preston holds a Master's and a Doctorate in Philosophy from the Catholic University of America and has been teaching ethics for over 40 years.

Grace Sheldon has lived in Greensboro 40 years and played and taught Mah Jongg for over 50 years.

Dr. George Wolff is a retired family physician and has taught in the residency program at Moses Cone.

Lynette Wrenn grew up in Clinton, NC. She has degrees from Women's College (UNCG) and Radcliffe College.