

ADVENTURES IN LEARNING

October 6, 13, 20, 27 and November 3, 10, 2011

First Baptist Church

1000 West Friendly Avenue, Greensboro, NC

9:30-10:30 a.m. Classes

WOODCARVING: Fundamentals of carving will be demonstrated and practiced. We will explore carving from Harley Refsal's recent book, Whittling Little Folk and carve Christmas tree ornaments. Bring a carving knife if you have one. Blanks will be available for a modest fee.

2-hour class

George Jordan and Charles Chandler, Instructors

QUILTING: "Dining Dazzle": Have fun making placemats for your home. The two-color Bursting Star pieced pattern is a perfect choice. Pellon fleece filler for 4 placemats provided for a fee of \$3.85.

2-hour class limited to 12 people

Janet Dietz, Instructor

FINANCIAL SUPERMARKET: Course focuses on the different investment alternatives in today's financial world. Special emphasis will be placed on basic building blocks of the security market-stocks and bonds. Course will also cover retirement investing considerations. Time will be given to ask questions on financial matters important to you.

John Shade, Instructor

MORE ON RIVERS: This course will present major rivers and river systems of the world, their geography and a little of their history. It will include a couple of rivers from the course last year but will focus on a new group of rivers in different parts of the world.

Dorothy Mason, Instructor

ASK A PHYSICAL THERAPIST: This class will discuss musculoskeletal health topics and benefits of exercise for specific conditions. The first class will focus on balance and fall prevention, second on osteoporosis. Class participants will have input on the topics for the remaining four sessions, such as cancer and exercise, osteoarthritis, weight management through exercise, Pilates, the aging athlete, yoga for older adults and ergonomics for your computer station.

Donna Salisbury, PT Instructor

BEGINNER'S GUIDE TO APPRECIATING NATURE: Using photographs of beautiful things and places, each class will focus on a different aspect of nature as we learn a little about such topics as wildflowers, butterflies, birds and even dragonflies.

Dennis Burnette, Instructor

YOU AND YOUR BODY: MOVE IT!: The more one knows one's body, the more one will know the basic efforts of the body. Theory is, if we understand the basic efforts and experiment with change possibilities, the better we feel physically and emotionally. We will use exercises, games and simple dances for the fun and enjoyment of activity as well as knowing about our own limitations and perhaps expand our choices of activities. Exploring our own capabilities is not only fun but stimulates our thinking about the possibilities of movement for efficiency and effectiveness. **Please wear comfortable loose-fitting clothing and rubber soled shoes.**

Joan Tillotson, Instructor

HORTICULTURE 101: Course covers a brief overview of everything from soils and soil testing to home vegetable gardening. Landscaping made simple so you can create the curb appeal. Maintenance issue such as pruning, weeding, insect and disease control. We will highlight water conservation in light of what the trend seems to be of our summers.

Karen Neill, Instructor

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

KNITTING: The fundamentals of knitting will be demonstrated and practiced. Supplies for the first class will be provided. A variety of projects will be presented so wait before purchasing supplies.

Class limited to 10 people

Pat Cochran and Barbara Walters, Instructors

POLITICAL FODDER FOR FALL FERTILIZATION: Discussions will include pending elections, redistricting, legislation (past and future/good and bad), toxic taxes and hopefully intriguing topics that will either inform or perhaps inflame public policy interests.

Ned Cline, Instructor

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

CURRENT EVENTS, FINANCIAL ETHICS, AND LOCAL POLITICS: An overview of local and geopolitical economic events which may include: Social Security, Medicare and Federal Budget Deficits, Greensboro and Guilford County, Business and Regulatory Ethics. *George Hartzman, Instructor*

AFRICA: GOVERNMENT AND POLITICS: This course provides basic knowledge of African governments and their politics. It will also provide an understanding of the relationship of Africa with the rest of the world. Topics will include, but not limited to, colonialism, nationalism, governance and development. *Victor Archibong, Instructor*

ESTATE PLANNING: It's more than just Wills or Trusts-the importance of how you hold assets & make beneficiary designations.: The first session we will explore the areas of estate planning you would most like to learn. These areas may include health care directives such as Health Care Power of Attorney and Living Wills, the differences between Wills, Wills with Trust and Living Trusts. A review of the implications and consequences of the different ways folks can title the assets they own or make beneficiary designations for any type of estate planning. *David Spangler, Instructor*

INTERMEDIATE LINE DANCING: Get out your dancing shoes and come join this fun activity. Some experience helpful but not required.

Class limit-20 people

Betsy Holder, Instructor

1:30-2:30 p.m. Classes

KNITTING: The fundamentals of knitting will be demonstrated and practiced. Supplies for the first class will be provided. A variety of projects will be presented so wait before purchasing supplies.

Class limited to 6 people

Barbara Walters, Instructor

DEALING WITH COMPUTERS: In this session you will learn about computer security, common computer problems and how to deal with them, monthly cleanup, backing up files, free programs and the many faces of Google. *Ed Pring, Instructor*

THE SENIOR LAW SCHOOL: Critical legal, health and financial concerns that Seniors face will be addressed. Learn how to plan for long term care if needed while protecting yourself, your family, the healthy spouse, your home and your savings. Topics include "The Elder Care Journey and Longevity Planning" and "What is a Trust?"

Dennis Toman, Instructor

"LIFE IN AMERICA 2011: Fear of Judgment versus the Struggle to Connect: Each day, highly manipulative messages on television and computers invade our psyches. In response, many live feeling worthless, anxious and disconnected from others. How do we live in a world so full of judgment? After examining the roots of powerlessness, we practice overcoming these fear-driven messages and reconnecting with other ordinary folks. We join the blessed unrest growing around our globe. *Barton Parks, Instructor*

ADVENTURE TRAVEL: THIS IS A 5-WEEK CLASS. The first class will be a presentation on "Shale Gas and the "Fracking" Controversy. October 20-November 10: Then we will discuss four travelogues including a new show on France, (from Paris to Provence), China (Middle Kingdom: Changing Faces, and Middle Kingdom: Lasting Heritage) and Cambodia (Resurrecting Cambodia). *Cyril Harvey, Instructor*

THANK YOU!

Marian Solleder - once again you have graciously stepped up in the interim and chaired our Committee for the Fall Session with great success!

And to the Adventures in Learning Planning Committee for your dedication and hard work in making each session sensational.

**** Please remember that all Shepherd's Center activities are canceled when Guilford County Schools are closed for inclement weather. If the schools are delayed, Shepherd's Center will operate on its regular schedule. Watch WFMY Channel 2 for information about closing. ****

We are indebted to the members and staff of First Baptist Church for sharing their building with us and look forward to returning for yet another ADVENTURE!

A special **THANK YOU** to all the instructors, forum and inspirational speakers for taking the time to make ADVENTURES IN LEARNING edifying and entertaining.

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, we gather in the Fellowship Hall for a quiet period of inspiration and meditation led by volunteers. A Forum presentation is offered along with social and fellowship activities. Lunch is served at a **cost of \$8.00 (Prepaid)** around noon. Or, feel free to bring a sack lunch and join any table.

IMPORTANT NOTE: All lunch reservations must be "PREPAID" by 3pm the Monday prior to each Thursday session. Therefore if you must cancel, call by that time each week. Shepherd's Center is responsible for paying a minimum amount based on the number of lunches reserved, even if fewer lunches are served. If you prepay for lunch and fail to cancel by Monday at 3pm, there will be no refund.



REGISTRATION FORM: Fall 2011 Adventures in Learning

Name (s) _____ Phone _____

Address _____ Zip _____

Church/Synagogue _____

Emergency Contact _____ Phone _____ Relationship _____

Please use initials if registering more than one person:

9:30 - 10:30 a.m.

- Woodcarving
- Quilting
- Financial Supermarket
- More on Rivers
- Ask a Physical Therapist
- Appreciating Nature
- You and Your Body
- Horticulture 101

10:45 - 11:45 a.m.

- Woodcarving, cont.
- Quilting, cont.
- Knitting
- Political Fodder
- Current Events
- Africa
- Estate Planning
- Intermediate Line Dancing

1:30 - 2:30 p.m.

- Knitting
- Dealing with Computers
- The Senior Law School
- Life in America 2011
- Adventure Travel

Non-Refundable Registration fee, Fall 2011 Term \$ 25.00 per person \$ _____

REGISTRATIONS MUST BE RECEIVED IN SCG BY FRIDAY, SEPTEMBER 30, 2011 TO AVOID LATE FEES of \$10.00. ALL REGISTRATION AND LUNCH FEES ARE NON-REFUNDABLE.

Lunch Reservation, October 6th only— \$8.00 or \$ _____

All six luncheons—\$ 48.00 \$ _____

Contribution (*Optional*) \$ _____

Lunches are PREPAID and NON-REFUNDABLE TOTAL \$ _____

Is this your first time attending Adventures in Learning? Yes No

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

Forum Topics

October 6 Sheriff B.J. Barnes
 Guilford County

October 13 League of Women Voters

October 20 Reverend Pam Strader-Wood

October 27 NC A&T State University Chorus
 Travis Alexander, Director

November 3 Greensboro Beautiful

November 10 To Be Determined

For more information regarding Adventures in Learning classes, contact Vickie Williamson, AIL Program Manager at (336)378-0766 or programmanager@shepctr.org.

Who's Who?

Lia Miller - Executive Director, Director of Administration and Development

Paula Barger - Volunteer Manager

Vickie Williamson - AIL Program Manager

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

Fall 2011 Instructors:

Victor Archibong, Ph.D is a native of Nigeria and a professor of Political Science and Legal Administration at Greensboro College. He has extensive publications on African issues and has traveled to more than thirty countries.

Dennis Burnette is a retired college professor, a serious amateur nature photographer and an environmental educator with a special interest in teaching adults. He has served as president and other elected offices in several nature groups and is the founder of a two-state butterfly society.

Charles Chandler is President of the Tarheel Woodcarvers and has been an assistant wood carving teacher at the John C. Campbell Folk School.

Ned Cline studied the evolution of public policies for 30 years as a journalist in Greensboro, Raleigh, Washington and at Harvard University. More recently he has published three biographies on notable North Carolina philanthropists and a book on Lutheran church history.

Pat Cochran is a CYCA certified knitting teacher and has taken numerous classes on a variety of knitting techniques.

Janet Dietz has been doing all forms of quilting for more than 25 years. She is a member of The Triad Quilters and The Piedmont Quilter's Guild.

George Hartzman, is a self taught local philosophical economist and author with degrees in Philosophy, Communications and Public Relations. He likes to teach, read, write, speak, coach girls fast-pitch softball, play chess with his dad, debate economics, politics, ethics, metaphysics and religion.

Cyril Harvey is a retired Professor of Geology at Guilford College. He had a 10 year career in the petroleum industry before moving from New Orleans to Greensboro in 1966. He and his wife have traveled in 40+ countries.

Betsy Holder brings years of experience as a line dancing instructor to this popular class.

George Jordan has taught classes in woodcarving at Shepherd's Center for a number of years.

Karen Neill has a B.S. in Horticulture from Clemson University and a Masters in Environmental Studies from NC A&T University. She is a 24 year veteran with the NC Cooperative Extension of Guilford County. She received

the Distinguished Service Award from the National Association of County Agriculture Agents.

Dot Mason has a degree in geography. Even after 35 years of university teaching, she still loves to teach, especially at the Shepherd's Center Adventures in Learning.

Barton Parks is a community organizer and has spent years practicing building community among people to regain democracy. Two years ago, after teaching Community and Justice for 29 years at Guilford College, he did what some call retiring but he calls it "de-institutionalizing" himself. He celebrated by joining daughter Amanda in jumping out of an airplane.

Ed Pring has been a resident of Greensboro for 40 years. He spent most of his working career in the computer industry. Since retiring, he has served as co-coordinator of ShepNet of Greensboro and also taught classes and lab workshops.

Donna Salisbury PT has been a physical therapist for 30+ years and has worked in a variety of settings. She is a therapist at Cone Health Outpatient Rehab at Guilford College and specializes in orthopedic physical therapy and lymphedema treatment.

John Shade is an investment representative at Edward Jones and has taught at the Adventures in Learning many times.

David Spangler has lived most of his life in Greensboro. He is a graduate of UNC-Chapel Hill and received his law degree from Stetson College of Law in St. Petersburg, FL. His law firm, Spangler Estate Planning is located downtown Greensboro.

Joan Tillotson has taught physical education, modern dance, aerobics and adult exercise classes for all of her professional life. Her interests besides movement include music and travel.

Dennis Toman, JD, CELA is the founder and owner of the Elderlaw Firm in Greensboro. He is a graduate of the University of Wisconsin-Madison (BBS in Accounting, 1981), and the UNC-Chapel Hill Law School (JD, 1984).

Barbara Walters, was a math teacher and computer programmer. She is a ShepNet and SCG office volunteer and a member of SCG Board of Trustees. She has been knitting and crocheting for numerous years.