



Shepherd's Center News

Mission: *To help older adults pursue independent and active lives of purpose*

302 W. Market Street, Room 103
Greensboro, NC 27401
Phone: **336-378-0766**
E-mail: info@shepctr.org
Website: www.shepctr.org



..into a season of beauty, with time for friends and family

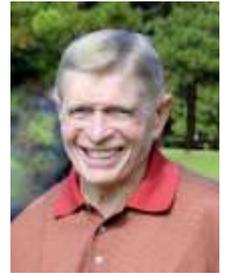
Programs & Services

Shepherd's Center is planning a busy fall and year-end:

- ◆ Adventures in Learning has a great fall line-up with many in-depth classes to choose from plus new Forum speakers (*pages 8-11*)
- ◆ Travelers, near and far! With plans for a fall NC wine and art tour, a holiday trip to New Bern, and a 2015 lux trip to San Antonio (*page 4*)...*find new adventures with friends.*
- ◆ Tax Prep Counselors project needs an additional volunteer to help with preparing returns from Feb-April. Or you may volunteer to serve as a greeter, Mon-Wed afternoons. Do you know someone who would like to do returns for seniors?
- ◆ ShepNet Computer Center has added new technology training for all of you who purchased Windows 8 systems with apps or need help with using more features on the iPhone or iPad. Check their information or website for classes that change every two months. (*page 7*)
- ◆ Shepherd's Wheels has a greater demand than we have drivers to fulfill the requests. We are asking for additional volunteer drivers so we can reduce our waiting list.
- ◆ The Annual Fund Campaign to support the full range of SCG services needs your support to complete our calendar year and plan for the programs that enrich hundreds of lives in our community. (*page 3*)

Leadership

Since Fall is a time of transition, we think it's a great time to introduce you to the incoming President of the SCG Trustees, Jim Armstrong.



Jim was born in Greensboro, graduated from Greensboro High (now Grimsley), and went on to graduate from USMA at West Point. His 29 years of US Army Infantry service included tours in Saudi Arabia and Vietnam as well as serving as an Associate Professor of Mathematics at USMA for 8 years.

Jim first retired in 1986 and went on staff at Educational Testing Service as a senior test developer for AP Calculus and Statistics programs. When he retired for the second time in 1996, he and Joan moved to Atlanta until their return to Greensboro in 2011, locating nearer to their two children and three grandchildren. They live at WellSpring, where Jim is now President-Elect of the residents' association.

Jim joined the Board in 2012, recruited and motivated by our founder, Jim Weikel. He now has time to give back to a community that gave him so much as a young man.

"I welcome the opportunity to work with SCG to provide great programs and services that will enrich the lives of older citizens on Greensboro."

Please welcome Jim when you meet him or call on him with ideas and support.

CONGREGATIONAL SPONSORS:

All Saints Episcopal Church
Beth David Synagogue
Christ United Methodist Church
College Park Baptist Church
College Place United Methodist Church
Congregational United Church of Christ *
Faith Presbyterian Church
First Baptist Church *
First Christian Church Disciples of Christ
First Friends Meeting
First Lutheran Church
Grace United Methodist Church *
Guilford College United Methodist Church
Guilford Park Presbyterian Church
Holy Trinity Episcopal Church *
New Garden Friends Meeting
Pleasant Garden Baptist Church
Shiloh Baptist Church *
Starmount Presbyterian Church
St. Andrews Episcopal Church
St. James Presbyterian Church
St. John's Anglican Church (*new*)
St. Matthews United Methodist Church
St. Paul the Apostle Catholic Church
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St. Pius the Tenth Catholic Church *
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Trinity Church
Unitarian Universalist Church
West Market Street United Methodist Church*
Westminster Presbyterian Church
Westover Church

* founding congregations

ASSOCIATE SPONSORS:

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Muir's Chapel United Methodist Church
Sedgefield Women's Club

COMMUNITY NEWSLETTER SPONSORS:

Pennybyrn at Maryfield
Senior Asset Protection
Spring Arbor of Greensboro
Stifel, Nicolaus & Company
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Fall 2014

A Note from SCG's Executive Director

Each year I try to decide on my favorite season, tossing between spring and fall. This past spring was so hectic, while beautiful, that I give the nod to FALL for its potential cooler weather, glorious colors and for hosting my favorite holiday, Thanksgiving. Having just completed my first year at SCG, I have so much for which to be thankful. Your support, laughter, ideas and words of encouragement are deeply meaningful.

This fall, I also look forward to my first national conference of Shepherd's Centers of America where I will have the opportunity to meet hundreds of SC staff and volunteers. Sharing ideas and looking to the future is a perfect fall activity, especially since I will be accompanied by our founder and Trustee Emeritus, Jim Weikel, and our Board member, Ann Adams. Stay tuned for what's happening in the world of keeping older adults engaged in staying young-at-heart-and-mind.



Please check out the new AIL classes, the addition of an iPad class at ShepNet, and the need for your volunteer time. I would also like to ask you to consider a gift to support the work of your Shepherd's Center that stays dedicated to aging with grace.

SCG Board ...updates & challenges

- Planning for the transition to a new Board President in October
 - Replacing declining congregational support while maintaining full service programs.
 - ⇒ Seeking senior-related advertising from selected sources in order to cover the cost of printing and marketing while sharing relevant service information.
 - ⇒ Reviewing program fees in relation to costs. The AIL registration fee will change to \$40 to cover the increased cost of communications, postage, class materials, office supports **and our program manager's valuable time.**
 - Celebrating our volunteers both internally and through community announcements.
 - Restructuring committees that will involve participants as well as Board leadership in plans for the agency
- Do you have an idea? A friend to involve? CALL US!

Special note:

It is with deep appreciation that the Board of Trustees transitions our current President, William (BILL) Linton, to the great seat of Past President. In that seat, he will continue to share his ideas, expertise and wisdom as a working member of the Board.

Bill took on a third year of leadership to assist with the agency's transition to a new Executive Director. Representing us well throughout the community with his many connections, he has a special ability to move people to say "yes" as he prepares SCG for the next decade of change and challenges. Passion for a joyful life and for the causes he supports is evident when you talk with Bill; we are grateful that SCG is one of those passions!

Hats off to YOU, Bill

VOLUNTEERS needed!

DRIVERS for Shepherd's WHEELS

Imagine trying to maintain your independence yet not having the ability to drive. **Our riders (60+) need your help** to take them to the grocery store, bank, post office and other personal care errands. Rides are within the city limits, limited to a max of 2 hours, between 9-4 on weekdays, and flexible to suit your schedule. Supplemental insurance and partial reimbursement for mileage is available through our RSVP link.

This critical service needs drivers as soon as possible! We are suspending applications for new riders until we can better assure them that we will be able to have a driver available.

2015 Tax Prep Counselor

If you are available to volunteer as a tax preparer during Feb-April, please contact Floyd Nesbitt (288-4939 or nesbittf@bellsouth.net) for details. Training through IRS is flexible and able to be completed at home. Then you will be added to the schedule to help older adults with this vital, rewarding service.

*A volunteer to greet and register clients is also needed. (afternoons, Mon-Wed)

Art Director/Graphic Designer

Assist with marketing materials, brochures and promotional ads. Flexible time and the option to work on projects from your home/office.

**Your time = support to other seniors
Call 378-0766 to Volunteer!!**

2013 ACTIVITIES AND SERVICES

- **Adventures in Learning** – 18 days of varied educational classes and enrichment workshops, where more than 700 older adults attended 60 different classes and workshops facilitated by 118 volunteers.
- **ShepNet Computer Center**– 55 volunteers developed and facilitated 4,221 hours of computer instruction for 272 older adults. The level of instruction was basic to advanced, including take-away manuals on the latest software.
- **Shepherd's Travelers** – 131 older adults enjoyed travels to Wohlfahrt Haus Dinner Theatre in Virginia, a day trip to Raleigh Natural History/Art Museum & Raleigh Country Club, plus a 2-day trip to Ashville. All trips were highly rated by our seniors for learning, recreation & group socialization.
- **Handy Hands** – 41 older adults received a total of 85 hours of minor home repairs.
- **Office Management** – 30 office volunteers provided 2,630 hours of office, accounting or software duties, plus telephone help-line assistance and making service connections.
- **Shepherd's Wheels** – 32 volunteer drivers utilized their personal automobiles to provide 39-65 rides each month for isolated older adults to access essential non-medical community resources, including pharmacies, grocery stores, retailers and banks.
- **Table Games** – 35 older adults enjoyed monthly activities.
- **Income Tax Counseling** – 264 hours of income tax assistance was or 131 older adult families.

A strong year of services on a minimal budget and 2014 is keeping up with these service numbers, thanks to our supporters

ANNUAL FUND Campaign

There are so many reports on the number of adults who turn 65 each day, the growing needs for medical options, Guilford County staying near the top of the list for senior relocations, and a variety of services changing their marketing to seek your business. As we attend meetings on ways to be resilient and have a full life well into our 80s and 90s, the list includes assets such as mental stimulation, physical activity, exploring new places and people, finding value in life, and belonging. Our founders and volunteers were wise before their time when they designed SCG. For these are all elements found in the programs and services of Shepherd's Center.

With all the change around us, the Shepherd's Center is staying focused on **YOU**, your recommendations and our mission to serve independent adults. Our programs stimulate thinking, involve socialization and provide services that help seniors stay in their homes. The column on the left highlights some of our successful services/programs and the volunteers that we work with to accomplish our goals.

With no government funding, declining congregational support and a *cut-to-the bones* small budget for operations, we need your support to continue Shepherd's Center programs and operations. The Annual Fund contributions support two part-time staff, all office operations, materials, plus volunteer recruiting and communications.

Please consider a gift to the 2014 Annual Fund, knowing that your support is vital to the activities we all need as we age in place and stay connected in our community.

I believe the Shepherd's Center is an important resource for older adults.
My support of the **FALL 2014 ANNUAL FUND** is enclosed.

- \$500 \$250 \$100 \$50 \$_____ other

Name _____ Phone _____

Address _____ City _____ Zip _____

Email _____ Amount of enclosed gift \$ _____

**You may choose to give in honor or in memory of someone special. Please add a note with your gift.

Please make check payable to Shepherd's Center & mail to: 302 West Market Street, Room 103, Greensboro, NC 27401



March 22-26, 2015

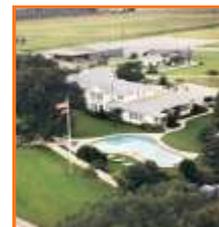
Reserve your 2015 vacation with **SHEPHERD'S TRAVELERS**



a San Antonio Getaway

For 5 DAYS/4 NIGHTS, we will tour:

Mission San Jose, the Alamo, Mayan Dude Ranch,
South Texas Heritage Center, LBJ Ranch, Fredericksburg,
Sandy Oaks Olive Orchard, Stonewall,
El Mercado marketplace, and take a Paseo del Rio Cruise



The package includes all of these tours, 7 meals, hotel, airfare and connections from Greensboro.

Stay in comfort at the Omni La Mansion del Rio on the Riverwalk in central San Antonio

This is a great early spring trip to experience the lovely city of San Antonio, its history and culture. With group transportation, there is moderate walking required.

Early Bird rates until October 15: \$1,759.00 Double Occupancy
(\$2059 for a single room) Cost after 10/15: add \$100 to the listed prices

**Travel insurance is available and recommended



Our professional Collette tour group has designed a wonderful experience...

you just need to take on the adventure with your friends from the Shepherd's Center!

For more information or registration for the **San Antonio** trip, contact Vickie Williamson at Shepherd's Center 336.378.0766 or email: programmanager@shepctr.org. She will provide a full brochure and all registration forms.

A heritage of compassion.
A revolutionary approach to skilled care.



Call **336-821-4000** to request information, or to schedule a private tour of a **Maryfield Health Care Household.**

Located less than a mile from downtown Jamestown and only 10 minutes from Greensboro. All faiths welcome.

For more than six decades, Pennybyrn at Maryfield has been building a foundation of respectful, compassionate care. Today, the **Maryfield Health Care Households** at Pennybyrn enhance this mission with a resident-centered approach to rehabilitation and skilled nursing care. We offer:

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109 Penny Road • High Point, NC 27260
www.PennybyrnAtMaryfield.org

She never imagined...

This is the story about a wonderful woman who is dear to my heart, Mildred Hughes, my grandmother, pictured here at her 100th birthday party, and 35 years into retirement.



We begin when my grandfather retired from Acme McCrary in 1975. He had worked hard for decades, sacrificed and was diligent about saving in Order to one day retire comfortably. They owned their home, had a pension and social security plus their nest egg. They were confident that the money would last as long as they did.

For 18 years they lived a wonderful retirement. Days filled gardening, golfing and spending time with their four grandchildren. Then, in 1993, due to growing health concerns, a very tough decision had to be made. Where could they get the care they needed? After a lengthy debate, they left both their home and friends in Asheboro and relocated to Friends Home West. A new chapter was beginning, however, no one could have anticipated how long it was to be.

Fast forward 15 years...my grandfather died in 1995 and Grandmother experienced several falls, as well as numerous health challenges throughout the years, overcoming them all. Unfortunately, her savings could not overcome the market corrections in 2000 and 2008. Her Nest Egg which was once ostrich sized now resembled the egg of a much smaller bird. This realization meant my father had to tell Grandmother that at age 100 and after living 17 years at Friends Home West she would have to move again.

Today she lives in Sanford. The **GOOD** news is she is closer to my parents and my other grandmother and going strong at 102. The **BAD** news is she had no choice but to move into a Medicaid approved facility. I will never forget what she said to me a few years back and just how much one simple sentence impacted our entire family!

"Knox, I never would have imagined that I would live so long"

The biggest fear facing retirees today is the fear of running out of money. For over 15 years I have helped protect my clients in avoiding the two major challenges that could impact their retirement plans: the cost of health care and living longer than they could have imagined.

I can help you understand the difference between traditional pay as you go LTC and asset based LTC which can protect your family, at NO cost to you. Along with our proprietary **Income for Life** software, we can guarantee that you will never have to worry about the rising cost of health care or living too long. Make the call today!



Senior Asset Protection

Knox Hughes *Chartered Retirement Planning Counselor*

1400 Battleground Avenue #116B
Greensboro, NC 27408

Office 336-370-0002 or direct 601-2484 knoxhughes@yahoo.com

A Quilt is a Story...with a hidden gem

Janet Dietz has been a quilting instructor at Adventures In Learning for fourteen years. Janet says, "Volunteering for the Shepherd's Center has given me the opportunity to share my love of quilting and bring out the creativeness and talents of my students."

Sewing became part of Janet's life at an early age. She learned embroidery from her grandmother plus her mother was a seamstress. When she joined 4-H, one of her projects was to make button holes, a hard thing to do. Crocheting was her next skill, then cross-stitch, appliqué and finally she arrived at hand quilting. "I persevered and little by little it seemed natural and became my first love."

When her husband's job took them to Germany, South Africa, Australia and Mexico, she found quilting groups wherever they went. Since returning to Greensboro, she has been president of the Piedmont Quilters' Guild. She loves to try new ideas: photos on cloth, marbleizing fabric and sun painting.

Janet says, "I like a challenge and to have fun with it." Her most challenging quilt has been a landscape theme as a representation of her own backyard. With many designs and ribbons to show success, she is a strong teacher who shares her skills with beginners and experienced quilters. Her students have completed "stack and whack" methods, plus beautiful table runners, Temari Japanese patterns and other colorful projects. Students in AIL classes share supplies and learn from each other, starting a quilt in class and continuing to work on it at home.

Janet says of her teaching for the Shepherd's Center, "It's been rewarding and I've thoroughly enjoyed it. I will continue to work as an instructor as long as I can come up with creative ideas and designs." We are sure her students are glad to hear that since they say she is a "hidden gem."



Karen Harlee with instructor, Janet Dietz

- reported by *Krystal Weeks*



Extraordinary Choice, Exceptional Lifestyle.

Well-Spring residents enjoy exceptional retirement living with the most diverse mix of social activities and healthcare plans in the area. Here you can maintain an independent lifestyle while enjoying new friendships and opportunities for enrichment.

At Well-Spring, we strive to be your first choice for retirement living. Contact us today to learn more about our award-winning community.



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Computer classes (using a Windows operating system) for persons age 50+ are taught by Shepherd's Center peer volunteers. They are offered monthly in the ShepNet Computer Center for Seniors at Friends Homes Guilford, 1st floor of the Hinshaw Building, 925A New Garden Road, Greensboro.

Classes meet twice weekly (Monday/Wednesday or Tuesday/Thursday) in the morning (9:00 – 11:30) or afternoon (1:30 – 4:00); some related activities are scheduled on Friday mornings but not on weekends or evenings. Course fees are \$35-40 for 6-8 sessions classes; \$15-20 for short courses.

Current classes offered are:

- | | |
|--|---|
| <ul style="list-style-type: none"> • WORD PROCESSING (8 sessions) • INTERNET & E-MAIL MANAGEMENT (6 sessions) (Internet access required) • MANAGING WINDOWS 7 (6 sessions) • MANAGING WINDOWS 8.1 (6 sessions) • GENEALOGY (6 sessions) • PICASA PHOTO MANAGER (4 sessions)
**Managing Windows 7/8 is a prerequisite | <ul style="list-style-type: none"> • Introduction to DIGITAL PHOTOGRAPHY (3 sessions) • ADVANCED PHOTO EDITING using Photoshop Elements (8 sessions) • GREETING CARDS (5 sessions) • APPLE iPHONE Basics (3 sessions) <p><u>New for FALL:</u></p> <ul style="list-style-type: none"> • Apple iPAD Basics (3 sessions) |
|--|---|

A current schedule and on-line registration is available for all classes at shepnetgreensboro.org.

Effective 1/1/14, ALL registrations must be done on-line and paid through PayPal.

Go to the ShepNet page, choose your class and then click on "Pay using PayPal."

Registration is non-refundable 7 days prior to class start date!

For people who are just learning to use computers and want the BASIC explanations and assistance:

BASIC COMPUTER SKILLS (3 sessions) or INTRODUCTION TO WINDOWS 7 or 8.1 (6 sessions)

The only exceptions to online registration are for these classes. To register for these 2 classes, complete and mail the information form below. For questions please call Evelyn at 292-4926.

Name _____

Email (if available) _____ Phone number _____

Address _____ Zip Code _____

Course Basic Computer Skills or Introduction to Windows

When your form is received, your name will be added to a waitlist. You will be contacted by phone when the class is offered. (Do not send money with this form.) **Mail to:**

Shepherd's Center of Greensboro, 302 W. Market St., Room 103, Greensboro, NC 27401

(Note: regular access to a PC computer – perhaps at a library—is required for all courses)

For more information about classes or to volunteer for this program, contact Coordinator Larry Johnston at (336) 525-1728 or ljohnston129@gmail.com



ShepNet is seeking additional volunteer instructors who have knowledge in the subjects listed AND have an interest in teaching adult learners. Interested? Send a note to us at info@shepctr.org.

ADVENTURES IN LEARNING

October 2, 9, 16, 23, 30 and November 6, 2014
 First Baptist Church 1000 W. Friendly Avenue

Welcome!

ADVENTURES IN LEARNING offers enrichment and fellowship opportunities for all Greensboro area men and women. There are **17** 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. After lunch, a Forum and announcements of general interest, along with social and fellowship activities, make midday a special time.

Prepaid Lunch, at a **cost of \$8.00**, is served in the Fellowship Hall beginning around noon. Or, bring a sack lunch and join any table.

IMPORTANT NOTE: All lunch reservations must be "PREPAID" by 3:00 p.m. 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 3:00 p.m., there will be no refund.

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

BEGINNER'S GUIDE TO APPRECIATING NATURE:

There is much in the natural world to interest, inform, inspire and entertain us. Using photographs of beautiful things and places, this class will focus on learning about, appreciating and enjoying the different aspects of nature all around us such as wildflowers, butterflies, dragonflies, birds and weather.

Dennis Burnette, Instructor

CRIMINAL JUSTICE: A discussion of the fundamentals of Crime and the Justice System the way it really is, not as seen on television.

Jerry Leahy, Instructor

GARDEN GALORE: Let's talk gardening with friends!

Cooperative Extension's Master Gardener Volunteers will present six programs on popular horticulture topics: Butterfly Gardens, Flowering Trees and Shrubs, Culinary Herbs, Small Space Container Gardening, Winter Gardens and Houseplants.

*Jeanne Aller & Cooperative Extension
 Master Gardeners Volunteers, Facilitators*



INDIA 2014 AND BEYOND: New national leadership, the election of Narendra Modi, and the contrast between incredible beauty and massive social problems. We will focus on experiences from our travels and a five-week stay earlier this year in the state of Gujarat, home of India's dynamic new prime minister.

Suresh & Jane Chandra, Instructors

QUILTING: "Pleated Holiday Table Runner"

Make "foldy" log cabin blocks. It's easier, faster and more accurate than regular piecing. A Kit for the blocks, border, binding and fabric foundations will be provided for \$20.00 **2-hours - Class limit 12**

Janet Dietz, Instructor

THE METROPOLITAN OPERA COMES TO GREENSBORO:

A discussion of six of the operas that the Met will send via HD transmission to Greensboro theaters during the 2014-2015 season.

Included are *Macbeth and Carmen*.

Richard Cox, Instructor

WOODCARVING: Fundamentals for beginner and intermediate carvers will be discussed, demonstrated and practiced. Figures include a Santa, a pair of Pilgrims and a Scandinavian style figure. Blanks will be available at a nominal cost. **2-hours - Class limit 12**

George Jordan & Charles Murph, Instructors



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

INTRODUCTION TO ASTRONOMY: We will cover historic astronomy and the solar system. What we know and why we know? The stellar life-span, galaxies, cosmology and unanswered questions.

Aaron Martin, Instructor

FALL OF ROME and Other Decaying Civilizations: We will look at the fall of the Roman Empire, both the traditional views and the more recent and controversial revision of that view. Compare some aspects of the Roman Decline with the more recent disintegration of the British Empire. And finally, engage in a little speculation on the fate of our own American Civilization. Optional reading: Are We Rome, by Cullen Murphy.

Linda Danford, Instructor

KNITTING FOR BEGINNERS: Learn to knit, purl and more. Decide on a project to knit. Supplies for the class will be provided. **Class limited - 6**

Pat Cochran, Instructor

QUILTING - continues for a second class.



SING FOR FUN: SINGING MORE OLDIES BUT GOODIES AND SOME NEW TUNES!

Come relive some memories by singing songs you will remember but haven't heard for years. "Start your day with a song, and it will surely end on a happy note."

Eleanor Procton, Instructor



WOODCARVING - continues for a second class.

WILDLIFE IN THE BUFF: A light and airy jaunt through the animal kingdom to examine some of the wisdom and a lot of the quirks of an array of wild animals.

Jayne Owens-Parker, Instructor

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

ADVENTURES IN TRAVEL: Northern and Southern Europe. Illustrated visits to Norway, Finland, St. Petersburg, Normandy, Britany, Sicily, Corsica, Elba and the Riviera coast of France and Italy.

Cyril Harvey, Instructor

UNDERSTANDING CONTEMPORARY CHINA: How worried are you about China's recent economic and military rise? Are you supportive or critical of America's current policies toward China? What are some of the major challenges facing the Chinese and how well are they meeting them? This course is designed to provide a fuller and more nuanced understanding of what is going on in China today.

Dottie Borei, Instructor

MANAGING YOUR MONEY IN TODAY'S MARKET: In this class we will discuss the financial impacts of elections on the market, the low interest rate environment, the good/bad/ugly of annuity options, your estate and beneficiaries, asset allocation and other pointers!

Students will choose the topic for the last class session.

Jackie Wieland & Mike Planning, Facilitators

INTRODUCTION TO READERS THEATRE: Participants will learn how to adapt characters from poems, plays and literary works into scripts for readers theatre. They will also learn some acting techniques and exercises to help create characters for classroom performing. No memorization is required. **Class limit - 10**

Cynthia "Cindy" Bower, Instructor

TAI CHI: This ancient form of martial art emphasizes and encourages smooth flowing movements, mental concentration and coordination of breathing. The practice contains unique and powerful energy that is particularly effective for improving balance, flexibility and strength while at the same time producing a unique sense of healing and relaxation. Modifications are available for those who are uncomfortable standing for the entire class.

Kathy Jacobs, Instructor

I believe that one of the most important things to learn in life is that you can make a difference in your community no matter who you are or where you live.

-Rosalynn Carter

Who's Who?

ADVENTURES IN LEARNING PLANNING COMMITTEE

Dick Swanson, Chair
Jim Allen
Jane Chandra

Brooks Graham
Margaret Griffin
Jothi Kumar

Phyllis Shavitz
Marian Solleder
Jean Tillman
Jim Weikel

FALL Instructors:

Jeanne Aller & the Extension Master Gardeners are volunteers from the community, trained by Cooperative Extension to bring research-based horticulture information to the public.

Dorothy Borei, Ph.D. is an emerita professor of Guilford College where she taught Chinese and Japanese history for almost three decades. She has organized several student and faculty study tours to China and taught in Beijing and Hangzhou. She also lectured for Smithsonian Institution tour groups traveling in China.

Cindy Bower has been involved with Community Theatre of Greensboro since 1991, both acting in and directing several shows for the organization. She currently serves on CTG's Board of Directors. She holds a Master of Arts in Theatre from the University of Nebraska. She has worked professionally in theatre in the Midwest and Greensboro with the Broach Theatre Company.

Dennis Burnette is a retired Professor, a serious amateur nature photographer and environmental educator. He has served as president and in other elected offices in several bird clubs, including our local Pearson Audubon chapter, Piedmont Bird Club and Carolina Bird Club.

Jane Chandra is a retired school librarian, volunteer with Ten Thousands Villages and a AIL committee member.

Suresh Chandra is a native of India and a retired A&T University Engineering Professor. He serves on the Board of Trustees of Shepherd's Center of Greensboro.

Richard Cox is a retired Professor of Music from UNCG, where he conducted 15 opera performances. He was also responsible for the chorus preparation for a number of productions by the Greensboro Opera company.

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

Linda Danford recently retired from the faculty of UNCG Classical Studies department where she was a lecturer for 22 years. Her favorite courses to teach were Mythology and Women in antiquity.

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. (see page 6)

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 50+ countries.

Kathy Jacobs received her B.S. from UNCG and has numerous advanced certifications including the ACSM Clinical Exercise Specialist, ACE Personal Trainer and Senior Adult Fitness. She is the Wellness Leader at Pennybyrn.

George Jordan and Charles Murph are experienced wood carvers.

Jerry Leahy retired after 26 years as an FBI agent. He has been a private investigator and taught Criminology at UNCG.

Aaron Martin taught astronomy at GTCC and developed the Cline Observatory on campus.

Jayne Owen-Parker, Ph.D. is Director of Conservation Education at North Carolina Zoological Society.

Michael "Mike" Planning is a Certified Financial Planner and Financial Advisor Associate with Stifel Nicolaus & Co., Inc. with over 25 years experience in the financial industry.

Eleanor Procton has led "Music for Pleasure" at Friends Home Guilford. She began the class in 1978, worked in Special Services and later served as the department director. When she retired, they would not let her stop teaching and she continues to take great pleasure being with her friends. Now she adds the pleasure of singing with us at AIL!

Jacqueline "Jackie" Wieland is a First Vice President/ Investments with Stifel Nicolaus & Co., Inc. and has over 30 years experience in the financial industry. She holds B.S. and B.A. degrees from VA Tech.



You've touched people and known it. You've touched people and never may know it. Either way, no matter what your life feels like to you right now, you have something to give. It is in giving to one another that each one of our lives becomes meaningful.
- Laura Schlessinger

Forum Luncheon Speakers

October 2

Katrina Solomon
Getting It All Together

October 16

Amy Pasquini
Our State Magazine

October 30

Hannah Vaughan
Elon Elder Law Clinic

October 9

Dr. Sandra Alexander
Guilford Co. Board of Education

October 23

SCA Conference Highlights
Soaring Into The Future

November 6

Sing For Fun and Readers Theatre
AIL Classes

Thank You!

Thanks to all the excellent Instructors, Forum Speakers and Inspirational Speakers for volunteering their time, knowledge and expertise to make another successful session of "ADVENTURES." Each winter, spring and fall, it is our privilege to be the guest of one of our sponsoring congregations and we are appreciative of the members of First Baptist Church and Christ UMC for sharing their facilities with us. We look forward to returning for yet another ADVENTURE!

REGISTRATION FORM: FALL 2014 Adventures in Learning

Name (s) _____ Phone _____

Address _____ Zip _____

Church/Synagogue _____ Email: _____

Emergency Contact _____ Phone _____ Relationship _____

Please use initials if registering more than one person:

9:30 - 10:30 a.m.

10:45 - 11:45 a.m.

1:30 - 2:30 p.m.

___ Appreciating Nature

___ Astronomy

___ Adventures in Travel

___ Criminal Justice

___ Fall of Rome

___ China

___ Gardening

___ Knitting

___ Finances/Investments

___ India

___ Quilting cont.

___ Readers Theatre

___ Quilting

___ Sing for Fun

___ Tai Chi

___ The Metropolitan Opera

___ Woodcarving cont.

___ Woodcarving

___ Zoo

Non-Refundable Registration fee, Fall 2014 TERM **\$40.00 per person** \$ _____

(ALL REGISTRATIONS received after September 26, 2014 will be \$50.00 per person)

Lunch Reservation, October 2nd only - \$8.00 or \$ _____

All six luncheons - \$48.00 \$ _____

Contribution to Shepherd's Center (*Optional*) \$ _____

Or volunteer your time TOTAL \$ _____

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

MAIL NO LATER THAN September 26, 2014 (\$10.00 Late charge will be assessed after this date!)

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



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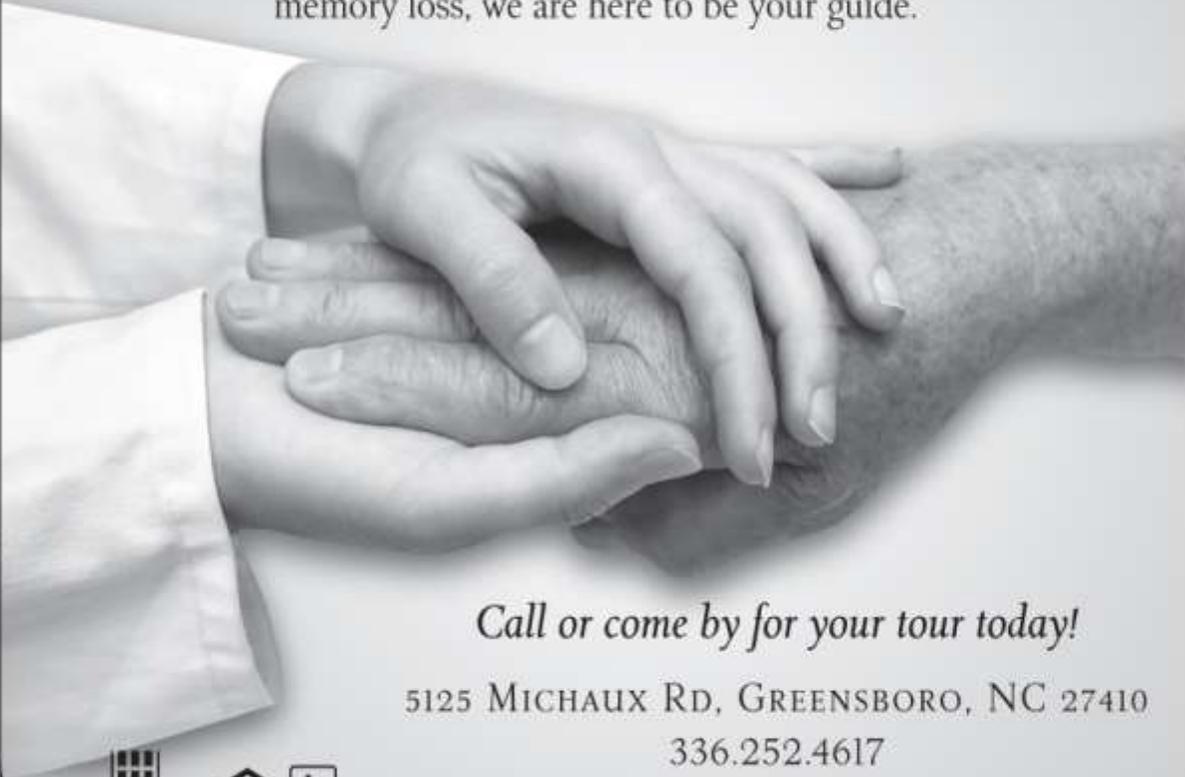
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<i>Board Meetings</i>	Sept. 16, Oct. 21, Nov. 18, Dec. 16
<i>Shepherd's Travelers</i>	Sept. 16— <i>Art & Wine tour</i> Dec. 2-3— <i>New Bern Holiday Lights Tour</i>
<i>Adventures in Learning</i>	October 3 - November 6
<i>Table Games</i>	Oct. 6, Nov. 3, Dec. 1, etc.
<i>National Conference</i>	Oct. 7 - 9, Lake Junaluska
<i>Shepherd's Center of America & National Volunteer Caregiving Network</i>	
<i>Office Closed</i>	Nov. 27-28 and Dec. 24-26

Affiliations:

