

ADVENTURES IN LEARNING

October 1, 8, 15, 22, 29 and November 5, 2015

First Baptist Church - 1000 W. Friendly Avenue, Greensboro

Welcome!

ADVENTURES IN LEARNING offers enrichment and fellowship opportunities for all Greensboro area men and women. There are 19 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

DOWN THE GARDEN PATH: Please join Cooperative Extension's Master Gardener Volunteers for six entertaining programs on popular horticulture topics: Low Maintenance Landscaping, Containers for Curb Appeal, Edible Landscapes, Shade Gardens, Backyard Habitat, and Pruning. Let's talk gardening with friends!

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

CURRENT ISSUES IN THE U.S. AND WORLD ECONOMIES: We will discuss problems currently facing the U.S. and world economies, such as income inequality, environmental concerns and regulation, funding health care, education and infrastructure, plus job creation. Internationally, we will discuss problems facing the European Union as well as developing nations.

Mike Stoller, Instructor

LET'S PLAY MAH JONGG: If you ever wanted to learn to play Mah Jongg, now is the time. This class is designed for beginners and anyone who needs to brush up on their game. (There will be a \$10.00 charge per person if you do not have 2015 Mah Jongg card.) **2 hrs. - Class limit 15**

Paula Becker, Instructor

OF MOUNTAIN & MEN (AND WOMEN, TOO): In this class on mountains we will skip plate tectonics, volcanoes and earthquakes and focus on human settlement in some of the mountain regions of the world. Some of the areas will be in less well-known highland regions.

Dot Mason, Instructor

PSALMS: Join Rabbi Havivi for a close reading of some of the Bible's most beautiful and spiritual poetry. Why these expressions of joy, confidence, angst and fear endured as comfort for our souls for 3000 years.

Rabbi Eli Havivi, Instructor

QUILTING - FALL STACK-N-WHACK: Learn how to cut layers of fabric to create a kaleidoscope effect block. Piece the blocks together to make a table runner. Fabric kit cost - \$15/\$20. **2hrs. - 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 2015-2016 season. Included are *Il Trovatore* and *Turandot*.

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 for a nominal cost. **2-hrs. - Class limit 12**

George Jordan, Instructor



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

AFRICAN GOVERNMENTS AND POLITICS: A discussion on African governments and their politics. The goal is to build understanding of the relationships between Africa with the rest of the world.

Dr. Victor Archibong, Instructor

CALLIGRAPHY: Introduction to the italic style of calligraphy, "the art of beautiful writing." Learn to letter your own invitations, greeting cards, etc. \$5.00 for supplies required. **Class limit - 10**

Betsy Holder, Instructor

EXERCISE, MOVEMENT AWARENESS & GAMES: The ultimate goal of this workshop is to experience and learn more about your own movement capabilities, develop exercises for strength and flexibility, and work in cooperation with others creating our own games and dances. Wear comfortable clothes and rubber soled shoes.

Joan Tillotson, Instructor

EXPRESS YOURSELF! Have you ever felt there was a poem inside just waiting to emerge? Have you tried your hand at poetry but been dissatisfied with the results? This course will help you take that first step or continue on your journey through analysis of contemporary poems, discussion, and writing exercises. **Class limit 10**

Martha Golensky, Instructor

MAH JONGG - continues for the second class.

SENIOR LAW SCHOOL: Elderlaw stands at the intersection of estate planning, health care, retirement finances and issues of aging. Do you have the right Will and Trust, and is your Power of Attorney "powerful" enough? If you or your spouse needs care, what types of care are available, how do you get good care and how will you pay for it? What about Medicaid and VA benefits? How can you protect yourself and your loved ones from falling victim to all-too-common senior scams?

Dennis Toman, Facilitator

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 or sung for years. Start your day with a song, and it will surely end on a happy note."

Eleanor Procton, Instructor

QUILTNG - continues for the second class.

WOODCARVING - continues for the second class.

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

A WALK ON THE WILD SIDE: Take a jaunt through the Animal Kingdom to see how some of the Earth's biggest, smallest, wildest and mildest animals find their mates, raise their offspring, and make their way in the world.

Jayne Owen Parker, Facilitator

KNITTING: This class is for beginners and anyone who needs help. Needles and yarn will be provided for beginners; experienced knitters will need to bring their own supplies. **Class limit 10**

Margaret Young, Instructor

LIFESTYLE CHANGES TO KEEP OLDER ADULTS HEALTHY: This course will cover how making personal changes regarding daily physical activity, nutrition, stress reduction, tobacco/alcohol use and environmental safety can interact to greatly enhance older adult health.

****CLASS WILL START AT 1:45 - 2:45**

William "Bill" Karper, Instructor

ONE CITY ONE BOOK: Celebrate the Greensboro Public Library's One City One Book with discussions and activities. This year's featured book is *A WALK IN THE WOODS* by Bill Bryson. The author returns to America after living in England and decides to reconnect with his mother country by hiking the Appalachian Trail. The book is his story of this journey.

Ronald Headen, Facilitator

THE NINETEENTH-CENTURY FRENCH NOVEL: A study of three novels, Stendhal's *The Red and the Black*, Balzac's *Father Goriot*, and Flaubert's *Madame Bovary*, in their historical and literary context.

Dr. Kathleen Koestler, Instructor



Just in case the weather surprises us:

Please remember that all Shepherd's Center activities are cancelled when Guilford County Schools are closed for inclement weather. If the schools are delayed, Shepherd's Center will operate on our regular schedule.

Watch WFMY Channel 2 for closing information.

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 & Extension Master Gardeners Volunteers are trained by NCSU faculty and staff, and assist them in providing research-based information about gardening and environmental stewardship to individuals and communities.

Victor Archibong, Ph.D. is a Professor and Department Chair of Political Science and Legal Administration at Greensboro College.

Paula Becker has been teaching and playing Mah Jongg for over 30 years.

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.

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.

Martha Golensky is a published poet and currently Vice President of the Writers' Group of the Triad. She relocated to Greensboro in 2007 after retiring, and is now working on her first poetry collection.

Rabbi Eli Havivi is Rabbi at Beth David Synagogue in Greensboro.

Ronald Headen works for the Greensboro Public Library. He serves as an adult media selector, adult programmer, book club advisor, and book selector for the organization. He has been with the library for 43 years and been involved with One City One Book since it started in 2002.

Betsy Holder has enjoyed calligraphy as a hobby for many years and is happy to share what she has learned.

George Jordan is an experienced wood carver.

William B. Karper is an Associate Professor at UNCG Department of Kinesiology, School of Health and Human Sciences.

Kathleen Koestler, Ph.D. is a retired Associate Professor Romance Languages, French Symbolist Poetry, and the French novel at UNCG.

Jayne Owen Parker, Ph.D. is the Director of Conservation Education at N.C. Zoological Society.

Dot Mason has a background that includes graduate degrees in geography and thirty-five years of university teaching.

Eleanor Procton has led "Music for Pleasure" at Friends Home Guilford for several years. She began the class in 1978, worked in Special Services and later served as the department director. When she retired, she continued teaching and takes great pleasure sharing songs with her friends.

Mike Stoller is Professor Emeritus of Economics at the State University of New York at Plattsburgh. He also worked as a forensic economist and expert witness.

Joan Tillotson taught physical education, modern dance, aerobics and adult exercise classes throughout her professional life. Her interests also include movement, music and travel.

Dennis Toman, JD, CELA founded The Elder Law Firm because he believed that local families need a trustworthy guide for the second half of life and the elder care journey. In addition to being certified as an elder law and estate planning specialist, Dennis is a frequent speaker on elder law topics for the public and for other professionals.

Margaret Young was born in Scotland and has been knitting since childhood. She belongs to two knitting groups in Greensboro. Married with three children and six grandchildren, she knits a variety of items.



Thank you for sharing the joy of learning!

Forum Luncheon Speakers

October 1
Southern Clogging
Company Cloggers

October 15
Sarah Cheney
Shepherd's Centers of America

October 29
Lia Miller
CAN-NC

October 8
Ned Cline
Greensboro, NC

October 22
Gene Brown
Community Housing Solutions

November 5
Marcia Vanard
Hospice & Palliative Care

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 deeply appreciative of the members of First Baptist Church and Christ UMC for sharing their facilities with us.

REGISTRATION FORM: **FALL 2015 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.

___ Economics
___ Gardening
___ Judaism
___ Mah Jongg
___ Metropolitan Opera
___ Of Mountain & Men
___ Quilting
___ Woodcarving

10:45 - 11:45 a.m.

___ African Governments & Politics
___ Calligraphy
___ Express Yourself
___ Exercise, Movement, etc.
___ Mah Jongg cont.
___ Senior Law School
___ Sing For Fun
___ Quilting cont.
___ Woodcarving cont.

1:30 - 2:30 p.m.

___ 19th Century French Novel
___ A Walk on the Wild Side
___ Knitting
___ Lifestyle Changes for Health
___ One City One Book
(A Walk In The Woods)

Non-Refundable Registration fee, **Fall 2015 TERM** **\$40.00 per person** \$ _____

(ALL REGISTRATIONS received after September 28, 2015 will be \$50.00 per person)

Lunch Reservation, October 1 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 25, 2015 (\$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

