



ADVENTURES IN LEARNING

April 21, 28, May 5, 12, 19, 26 2016

First Baptist Church, 1000 West 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. The registration fee covers 1 or 2 or all 3 classes!

At midday, there is a quiet period of inspiration and meditation led by volunteers. After lunch, a Forum speaker 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

"A WORLD HISTORY OF COTTON": This course will include cotton growing, cotton textile manufacturing, cottonseed processing, and the lives of textile mill workers in the America South.
Lynette Wrenn, Instructor

BEGINNERS AND INDEPENDENT ART: The first hour of this class will consist of exercise to bring out creativity and familiarize beginners with water (and later acrylic and oil) media. Second half will be independent art work (no materials supplied) in any medium for those like me who like to work in the company of others. Beginners bring material you already possess.

2-hr. Class *Jan Burgess, Instructor*

BUTTERFLIES: Through photos and discussions, learn to identify common butterflies in our backyards as well as nearby parks and vacation spots.

Dennis Burnette, Instructor

HEALTHY LIVING FOR SENIORS II: Join health and wellness experts from Cone Health as they share information to help keep your mind and body healthy as you age. This series will include discussions on exercise for joint pain, exercise for heart health, fall prevention, balance, nutrition and mental health.

Cone Health Experts, Facilitators

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 (the purchase of the 2016 Mah Jongg card).

2-hr. Class Limited-12 *Paula Becker, Instructor*

QUILTING: "Spring Flowers" using the following applications, stack-the-deck blocks, fusible applique and 3 dimensional flowers, make a unique basket of flowers for a spring wall quilt. Fabric kit is provided for \$20.00.

2-hr. Class Limited-10 *Janet Dietz, Instructor*

TECHNIQUES FOR YOUR HOME: Topics covered will include container gardening, minor home repairs and home safety products.

Dan Sullivan and Home Depot Specialists

WOODCARVING: The fundamentals for beginner or experienced woodcarving will be demonstrated and practiced. Woodcarving blanks will be available. Bring a carving knife, if you have one.

2-hr. class limited to 12 *Richard DeCoste, Instructor*

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

ART - continues for a second class.

MAH JONGG - continues for a second class.

QUILTING - continues for a second class.

WOODCARVING - continues for a second class.



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

ETHICAL PROBLEMS IN ART: We will see and discuss the more thorny issues presented by art that addresses how worldly politics and day-to-day social relationships have shaped the content of paintings, sculptures, and designed spaces and objects, both for the "better" and for purposes of control/exploitation.

Jim Langer, Instructor

EXPRESS YOURSELF! (Intermediate level): This class is a follow-up to the beginners' class in poetry writing offered in the fall. It is designed for individuals who wish to increase their writing skills through analysis of contemporary poems, discussion, and writing exercises.

Class Limited-10 *Martha Golensky, Instructor*

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

THE DEATH AND REBIRTH OF THE CITY OF POMPEII: We will look at what is known about the ancient city of Pompeii, its destruction in the eruption of Mt. Vesuvius in AD 79, the rediscovery of the ruins in the 18th and 19th Centuries, and why it is one of the world's most significant and unique archaeological sites.

Linda Danford, Instructor



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

3 METAPHYSICAL POETS: DONNE, HERBERT & MARVEL: Songs & Sonnets and Holy Sonnets - John Donne, Autonomy/Dependency Issues - George Herbert, Carpe Diem, The Beauty of Nature - Andrew Marvell.

Eleanor Liebowitz, Instructor

AN INTRODUCTION TO GREEK MYTHOLOGY: This course will be an introduction to the mythology of the ancient Greeks. The course will cover several broad topics: the Greek view of creation, the major Greek gods, and some of the famous heroes of Greek mythology. We will look at a number of well-known (and a few obscure) Greek myths, and we will discuss (briefly) the influence of Greek mythology on western culture, especially in the arts.

Hugh Parker, Instructor

ANIMALS AND PROTECTORS: If you love wildlife, birds, animals.... This class is for you! You'll learn about attracting and feeding birds, wildlife rehabilitation, conservation, rescue and a special appearance from our local K-9 unit.

Community Organizations



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.

Margaret Young, Instructor

LIFE IN MOTION: It's never too late to add life to your years. We will discuss healthy weight and nutrition, exercise, the skinny on fat and having **ageless energy**. There will be three activity sessions for cardio, strength and ageless energy. Learn and move...to stay healthy and to keep your life in motion!

Julie Luther, Instructor

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
Phyllis Shavitz

Marian Solleder
Jean Tillman
Jim Weikel

Spring Instructors:

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

Jan Burgess has studied painting in watercolor, acrylic and oils, but does not claim mastery of any medium.

Dennis Burnette is a retired professor, a serious amateur nature photographer, and a nature educator with a special interest in teaching adults. He has served as president and in other elected offices in several nature groups. He frequently presents programs and leads field trips for garden clubs, scouts, church groups, and nature organizations.

Linda Danford is 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.

Richard DeCoste: has been carving off and on for most of his life. He has been an active craver with Adventures in Learning since 2003 and a carving instructor since 2010. He has carved crosses, pocket-prayer-peaces, "wood-spirits" in walking-sticks and many other interesting pieces.

Janet Dietz has been doing all forms of quilting for over 35 years. She is a member of the Triad Quilters.

Martha Golensky's poetry has been published in literary journals, anthologies, general-purpose magazines, and online. A retired professor of social work, she relocated to Greensboro in 2007. She is currently working on her first poetry collection.

Jim Langer is Chair of the Art Department at Greensboro College where he has been teaching since 1995. He also manages the college galleries. He lives in Asheboro with wife and two children.

Eleanor Liebowitz Ph.D. Retired from teaching English Literature. Also a retired New York State Licensed Psychoanalyst.

Julie Luther Founder and President of Julie Luther's PurEnergy Health and Wellness Services, Inc. She received the Award of Excellence from the Governor's Council for Physical Fitness and Health and was recognized as one of the Top Ten Personal Trainers in America of 2011.

Hugh Parker is an Associate Professor and Department head of Classical Studies at UNCG. He teaches both Greek and Latin courses and classes dealing with different aspects of life in ancient Greece and Rome.

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!

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.

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

Special Group Presenters:

Cone Health Professionals: Margie Moton, PT, Supervisor, Acute Rehab; Suzanne Dilday, PT, Cone Health Outpatient Neurorehabilitation Center; Kim Hutchinson, EdD, PMHCNS-BC, LCAS/CARN; Kristan Reeve, Exercise Physiologist; Danyel Johnson, MSN, RN, CNN, CNS; Kellie Capes, MSN, RN, PCCN; W. Lynn Weisner, MS, RD, CSG, LDN, Clinical Dietitian.

Home Depot: Manager Dan Sullivan and Specialists from various departments.

Community Organizations: Sgt. Marcus Graves & Jax, UNCG K-9; Sandy Proctor, Wildlife Care, Inc.; Lauren Richle, Red Dog Farm.; John David Wagner, The Conservators Center; Melissa Coe, Piedmont Wildlife Rehab; Barbara Haralson, Wild Birds Unlimited.



Thank you to the phenomenal AIL instructors who volunteer to teach, to share their skills and time with our participants. Volunteers have made AIL a success for over 25 years!

Forum Luncheon Speakers

April 21

Rev. Buck Cochran
Peacehaven Community Farm

May 5

Quinn Dalton
Local Author, *Midnight Bowling*

May 19

To Be Announced

April 28

To Be Announced

May 12

Amy Meinecke
WindowWorks

May 26

Michele Altman
Spring Arbor

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: **SPRING 2016 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.

___ A World History of Cotton

___ Art cont.

___ 3 Metaphysical Poets

___ Beginners & Independent Art

___ Ethical Problems in Art

___ Animals & Protectors

___ Butterflies

___ Express Yourself

___ Greek Mythology

___ Healthy Living for Seniors II

___ Sing for Fun

___ Knitting

___ Mah Jongg

___ Death/Rebirth of Pompeii

___ Life in Motion

___ Quilting

___ Mah Jongg cont.

___ Techniques for Home Safety, etc.

___ Quilting cont.

___ Woodcarving

___ Woodcarving cont.

Non-Refundable Registration fee, Spring 2016 TERM \$40.00 per person \$ _____

(ALL REGISTRATIONS received after April 21st will be \$50.00 per person)

Lunch Reservation, April 21st 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 April 20, 2016 (\$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



Adventures In Learning Winter Scrapbook



Forum speaker, John Batchelor with his newest cookbook (& Mary Ruth!)

Great Instructors



Super students!



Friendships



Gone With the Wind's grand fan!



"You missed a great session!"