



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

CONGREGATIONAL SPONSORS:

- All Saints Episcopal Church
- Beth David Synagogue
- Christ United Methodist Church
- College Park Baptist Church
- College Place United Methodist Church
- Community in Christ Presbyterian Church (new)
- Congregational United Church of Christ *
- Faith Presbyterian Church
- First Baptist Church *
- First Christian Church Disciples of Christ
- First Friends Meeting
- First Lutheran Church
- First Presbyterian Church *
- Grace United Methodist Church *
- Guilford College United Methodist Church
- Guilford Park Presbyterian Church
- Irving Park United Methodist Church
- Mt. Zion Baptist Church (new)
- 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
- St. Matthews United Methodist Church
- St. Paul the Apostle Catholic Church
- St. Paul Presbyterian Church
- St. Pius the Tenth Catholic Church *
- Temple Emanuel *
- Unitarian Universalist Church
- West Market Street United Methodist Church *
- Westminster Presbyterian Church

ASSOCIATE SPONSORS:
Memorial Presbyterian Church

- COMMUNITY SUPPORTERS:**
- College Park Baptist Church
 - Spring Arbor of Greensboro
 - Starmount Presbyterian Church
 - Triad Retirement Living Association
 - Well●Spring
 - Westminster Presbyterian Church

WINTER '17

***"You can't help getting older,
but you don't have to get old."*** - George Burns

Nearly 33 years ago, a group of church representatives in Greensboro gathered with just that thought in mind. Their plan was to create a movement whereby the older folks in our community could feel empowered to live through the next phase of their time here by pursuing active lives of independence and purpose. With the charismatic leadership of Jim Weikel and a vision of what road to take, the Shepherd Center of Greensboro began.

Today we continue to challenge ourselves with combining that original vision with our current mission to serve as the driving force for all activities. As a board, we push ourselves to retain more of a sense of movement than that of an institution whose sights are always on policies, numbers, procedures and predictability. We want to be responsible stewards of both a big dream and the generosity of others for our budget, while keeping the goals of those first board members as our beacon!

Though we strive to be a stable organization, discovering serendipity and searching for the most dynamic activities are part of what makes the present and future so exciting for us. It is what makes all of our lives worth living! As we seek to support our ever-changing older population, the past informs us, but our reactions lead us to fresh ideas, maybe some risk taking and definitely responsiveness to the world around us.

Our new board is excited about the challenges of movement vs. institution living. We are committed to keeping the dream alive and the Shepherd Center of Greensboro a vibrant, living organization for years to come.



Ann Adams
President

"Live your life and forget your age!"

Thank You to Outgoing Board Members
As we transition into a new year, we have a group of valuable Trustees who have completed their terms of service, with promises of staying involved with SCG. Thank you to Suresh Chandra, Dot Mason, Earle Bower, Dick Warren, and Brooks Graham for their leadership and support.
As one group completes service, we are fortunate to have new Trustees to join our team...see page 3.

A Note from SCG's Executive Director

"Tis the gift to be simple, 'tis the gift to be free, 'Tis the gift to come down where we ought to be..." -Brackett,1797

I have hummed parts of this Shaker tune many nights this past season. It is one of the many songs that remind me that all the world's complexities and issues do not need to be in our face and in our minds every moment of the day. That there are plenty of moments in each day to pause to think of people we love, people we admire, and ways we can be of service. We can choose to simply live life as a gift.

I am reminded of the people I meet at our programs and I enjoy observing their friendships, developed over the years. Shepherd's Center participants and volunteers are great reminders to keep learning and exploring the opportunities ahead for each of us.

Let this year close, with all the gratitude we recall each day, providing comfort for the day ahead. I send you our hopes for a bright, healthy new year.

...“And when we find ourselves in the place just right, 'Twill be in the valley of love and delight.”



SCG Programs & Services ... announcements

- ◆ Adventures in Learning has a WINTER session that will keep you warm and cozy while learning something new with many of your favorite instructors...a line-up with many in-depth classes to choose from plus new Forum speakers (pages 8-11).
- ◆ Travel with us to the dinner theatre to enjoy Buddy Holly show or a spring day trip to Virginia (we liked it so much in the fall, we're going back to see even more). (page 5)
- ◆ The Committee for Programs & Services and the Committee of Resources for the Future are inviting participants of SCG and community supporters to join our planning and action volunteer efforts. For further information, call Sandy at 336.378.0766. We need your ideas of ways to keep older adults active.
- ◆ We are initiating a students-helping-seniors project where young tech savvy people provide one-on-one help with smart phones, tablets and laptops that are frustrating many older adults. We want you to stay connected and current...we'll let you know how this goes and if it becomes a regular service of SCG.
- ◆ Is it time to schedule your tax return appointment with our great volunteer counselors? Call in late January.
- ♥ We welcome our newest congregational sponsors, **Community in Christ Presbyterian Church** and **Mt. Zion Baptist Church**. (See page 6)

Words of Thanks:

I think Shepherd's Center is one of the greatest resources in our community. I love the activities and the new people I meet....it's keeping me young!

The Immigrants In America class at AIL was an eye opener! I gained so much insight plus facts. Thank you. 

Your HandyHands volunteer did nice work in my home. He was good in every way and knew what he was doing. I want to send this small donation to thank you for all you do for seniors.

Learning more about North Carolina writers I had not read before was great. I appreciate all the volunteer instructors.



 * Reminder: 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 or visit their website for announcements.

Meet our newest SCG TRUSTEES

Odell Cleveland

Not only is Odell an active member of Mt. Zion Baptist church with his masters in Divinity, he is currently working as the chief administrative officer, responsible for day-to-day management of this busy congregation. Many of you may have met him when he founded and operated Welfare Reform Liaison Project as a community action agency or during his public presentations on issues of poverty, social entrepreneurship or community engagement.

Nancy Courts

From her early career as a staff nurse at Emory University Hospital, Nancy continually extended her education and experience that lead her to 24 years as a professor with many leadership roles at UNCG. Nancy has a masters degree in Nursing and her doctorate in Counseling Education, with an impressive resume of **award and publications. She has followed the work of SCG and is a member of First Presbyterian. "I am interested in supporting older adults in maintaining a healthy and active lifestyle."**

Jerry Eagle

You may have met Jerry when you had your tax returns done last year at SCG, or when you swung a hammer at Habitat for Humanity, or when you attended Westminster Presbyterian. Jerry is a graduate of Wake Forest law school, after which he worked as corporate counsel for Jefferson-Pilot for 30 years. After retirement, he volunteered for the Guardian ad Litem Program, Legal Aid and Court Watch. We are pleased to have his knowledge...our legal Eagle.

Hoke Huss

With a successful career in sales, Hoke has transferred many skills to fundraising and volunteering for our community. He has been active with the Boy Scouts, Urban Ministries, Habitat and is very involved with outreach projects at First Presbyterian. Hoke has great knowledge of our full community and a willingness to be active in building SCG resources.

Wynn Pope

A senior member and lay leader at West Market Methodist Church, Wynn notes that he's known about SCG since its early formation through his current Older Adult Council. He retired from Burlington Industries, after many management positions in different departments. Since that time he has been involved with Leadership Greensboro Seniors through Chamber of Commerce and many committees at WMSUMC.

Dick Swanson

Dick learned about Adventures In Learning when he was invited to teach a class in 1996...he's been active since then, 9 years on the planning committee and serving as Chair for 6 years. Dick is a professional sport historian whose 46 year career as an educator included teaching, coaching, and Dean of the School of Health & Human Performance at UNCG. He currently volunteers, serves as an elder at Westminster, enjoys singing and teaching (also a strong Detroit Tigers fan!).

Mozell Watson

Mozell notes a "lifelong community involvement of planning/participating/facilitating works that allow me to offer my time, talent and treasure to serve others." Her resume highlights service with Red Cross, Alpha Kappa Alpha sorority, VITA tax assistance, Stephen Ministry, and many roles at Bethel AME Church. Mozell currently works at Smith High School, after 20 years of experience as Senior Associate Director of Undergraduate Admissions of NCA&TSU, with a masters in Human Resource Management/Counseling.

Thank You for sharing your ideas, knowledge, leadership and service...

Tax Prep Counselors

Ready...Willing...Able...to help you prepare your

2016 Income Tax Returns

This year's tax volunteers are getting ready to study the latest rules and regulations that apply to all filings. So you need to start collecting your data and receipts. This year we begin on

February 6 - April 5th

Mondays, Tuesdays, Wednesdays only

1:00 pm or 2:15 pm by appointment only

Federal and NC State returns

Must be age 60+



We will begin accepting requests for appointments **after January 16th.**

Call 336-378-0766, Mon-Fri, 9:30 am- 3:30 pm, to request an appointment.

On the day of your appointment, please remember to bring your forms for 2016, as well as a copy of your 2015 tax return, W-2's, a list of deductible expenses, a photo ID and other relevant income documents. **

The services take place at West Market Street United Methodist Church (enter the church from the entrance on John Wesley Way/Commerce Street, take the elevator to Level 1, check in at Room 103.)

Project is part of the VITA (Volunteers in Tax Assistance) program of the IRS. Please note that there is a maximum limit of \$53,000 in annual income to qualify for this service.

Travel with us back to 2 unique historic Virginia homes... you will be amazed!

* Point of Honor Mansion on the James

Dr. George Cabell was a surgeon, a friend of Thomas Jefferson and physician to Patrick Henry. In his 40's, Cabell purchased a 737 acre farm between the James River and Backwater Creek and transformed it into a magnificent estate.

You will visit this irregular shaped two-story Federal mansion of stuccoes brick, with a three-bay center section flanked by two octagonal ended projections. Construction was started in 1806, and completed in 1815. The interesting history of the home reveals many interesting owners/occupants over the years and you can enjoy commanding spring views of the city and the James River.

Our second house and museum has a very different style and focus for your afternoon tour:

* Anne Spencer's House & Gardens tour

In 1903 Edward Spencer completed the home he designed and built for his wife, the poet, Anne Spencer. Over a period of 72 years, the home and gardens developed into a haven that supported three children and many years of writing and advocacy. More than thirty of her poems were published in her lifetime, making her an important figure of the black literary and cultural movement of the 1920s, the Harlem Renaissance, and only the second African American poet to be included in the Norton Anthology of Modern Poetry (1973). In addition to her writing, Spencer helped to found the Lynchburg Chapter of the NAACP. She was also a librarian who spent much of her time on local committees to improve the legal, social and economic aspects of African Americans' lives.

Amidst the troubled, segregated times in which she lived, Anne Spencer sought refuge in her garden and in the cottage, Edankraal, which her husband Edward built for her in the garden behind their home. Here she could lose herself in her flowers and creativity, and work into the wee hours of the morning. What a lovely garden to explore at its peak in the spring!

***This is a lovely, unique spring trip to two Historical landmark homes with scenery, history, fellowship and beauty.
Register early as seating is limited !!***

Come Travel with Shepherd's Center in 2017 for \$99.00 for a full-day trip:



Singing, dancing, oldies and just plain fun!

Wednesday, March 22, 2017

Wohlfahrt Haus Dinner Theatre - Wytheville, VA

Show: "The Buddy Holly Story"

Cost: \$99.00 (includes transportation, lunch, show & gratuity)

Reserve your seat now for a trip down memory lane to the life and times of a young man who changed music with his humor, innocence and charm.

Depart from First Lutheran Church at 9:00 am.

Parking at 3600 W. Friendly Avenue

REGISTRATION DEADLINE FRIDAY, Feb. 24, 2017



Limited Seating!

Travel with us back to 2 unique historic Virginia homes... you will be amazed!

- * Point of Honor Mansion on the James
- * Lunch at the famous "Depot"
- * Anne Spencer's House & Gardens tour

May 9, 2017

Cost for the full day trip is just \$99. Includes comfort bus, lunch and admission fees.

REGISTRATION DEADLINE: FRIDAY, April 3, 2017

Depart from First Lutheran Church at 8:00 am. 3600 W. Friendly Avenue



Spring into fun! Leave the driving to our great bus company...the FUN is up to YOU!

Please complete a form for each person traveling. Submit with payment to reserve your space.

The Buddy Holly Story
March 22nd \$99

Virginia Museums & Garden
May 9th \$99

Name _____ Phone _____

Address _____ City _____ Zip _____

Email _____ Congregation _____

Emergency Contact _____ Phone _____ Relationship _____

Return this registration form with your check.

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



WE L C O M E to our two N E W C ongregational S ponsors

Community in Christ, Presbyterian has been a community of diverse, faithful people sharing God's love for over 40 years. They strive to connect people in caring relationships and seek to minister to all. Located on Liberty Road, near Forest Oaks, they welcome all people and visitors. As a church founded on being a true community in Christ, their mission continues to evolve, seeking involvement in outreach programs that benefit the community and the world, using members' time, talents and resources.

As part of their outreach, they have chosen to become involved with Shepherd's Center. We were recently invited to present information to their older adults group and found them interested and curious about our work for active elders, as well as the services we provide. We look forward to staying involved with their seniors and hope to see many of their members at future programs. Information on service times and mission can be found at www.cicpresbyterian.com



Mt. Zion Baptist Church has chosen to become more involved with our mission and services, including the addition of Pastor Cleveland to our Board of Trustees. We are pleased to welcome this congregation to SCG.

With a history of growth and dedication to mission (*to reconcile the world to God through Jesus Christ*), Mt. Zion Baptist Church strengthens and supports many facets of our community. Located at 1301 Alamance Church Road, with a 100+ year ministry, today 5400 people call Mount Zion their church home. "We are a church that operates in the fullness of God guided by the Holy Spirit."

The Senior Adult Ministry serves adults who are 55 years of age and older by offering a broad cross-section of activities. From physical activities (like bowling, power walks and aerobics) to educational activities (like seminars, theatre, church and community outreach projects), and social activities (like galas and trips), this ministry appeals to members and non-members alike. www.mtzbc.com

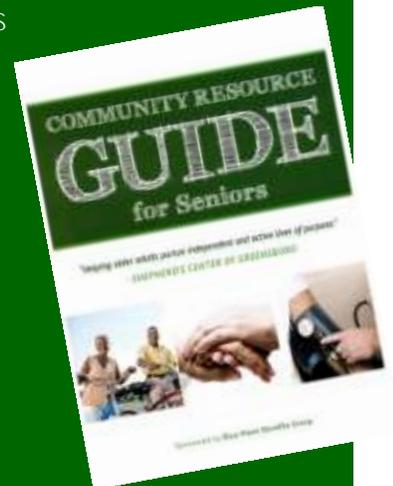


Join us in welcoming both congregations to **Shepherd's Center**. Please visit, participate and share enriching stories, in both directions, as we strive to keep older adults involved.

When we get calls from older adults, their families or service providers, we turn to our many known resources to assist with referrals for services that SCG cannot provide.

Thanks to the generosity of Blue Moon Benefits Group, we published a directory of the resources we use in the office. We are grateful for the beautiful booklet and hope it will serve our congregational sponsors and collaborators in their service to seniors.

To use the guide, go to our website to open and use the information online at www.shepctrj.org



The Triad's Only Complete Guide for Seniors

- Travel & Leisure
- Retirement Living
- Health & Beauty
- Personal Wealth
- News and Information

Pick up your copy today!
at Harris, Tetter, Food Lion, real estate offices, senior centers, and rack locations throughout the Piedmont Triad.



The Triad RETIREMENT resource guide

TheRetirementResourceGuide.com
A Publication of Southern Trade Publications
Now in our 50th year of publishing consumer and trade magazines

Computer classes for persons age 50+ are taught by Shepherd's Center peer volunteers. They are offered monthly in the **ShepNet Computer & Technology Center for Seniors** ... now located in space provided by Starmount Presbyterian Church, 3501 W. Market Street, Greensboro.



Most 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 \$45 for 6-8 sessions classes; \$20-30 for short courses.

- MANAGING WINDOWS 10 - Part 1 or 2 (6 sessions)
- WINDOWS 10 - **WHAT'S NEW?** (3 sessions)
- Using Win10 CORTANA & EDGE (2 sessions) 
- GENEALOGY (6 sessions)
- WORD PROCESSING (8 sessions)
- PICASA PHOTO MANAGER or PHOTOSHOP (3 sessions)
- Apple iPhone Basics (3 sessions)
- Apple iPad Basics (3 sessions)
- INTERNET & E-MAIL MANAGEMENT (6 sessions)
- COMPUTER SECURITY essentials (2 sessions) 
- USING THE CLOUD - ONE DRIVE (2 sessions)

Windows 10 – What is New?

Now that many of you have upgraded to Windows 10, we are offering a 3 day course on this newest Microsoft Operating System and its changes. This class will concentrate on what's new/different and how to use these new features. For example:

- ◆ The Action Center
- ◆ Cortana – your new personal assistant
- ◆ Microsoft Edge - the future search engine replacement of Internet Explorer
- ◆ Getting started with "Apps"

If you used Windows 7 or Windows 8/8.1 and have upgraded to Windows 10, this course guides you through **the changes and updates**.

**** PREREQUISITE:** A working knowledge of Windows 7 or 8/8.1. Since this class is to acquaint you with "What is New?" in Windows 10, the class will not deal with managing the overall Windows 10 operating system (that class is listed as Windows 10 of their registration page).

Check the ShepNet website for dates, times and to register online (3 sessions)

For the fastest notification of news and class announcements, go to the ShepNet webpage and sign up for mailings...orange [click here](#) at bottom of the page...you'll be the first to see new schedules.

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

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."

For people who are just learning to use computers and want the BASIC explanations and assistance, we are redesigning a class on the **Introduction to Windows...** watch for future announcements.



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

ADVENTURES IN LEARNING

January 19, 26 and February 2, 9, 16, 23, 2017
Christ United Methodist Church, 410 N. Holden Road

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, announcements of general interest, 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

BASEBALL'S HALL OF FAME: The charter Class of 1936. Explore the founding of the Hall of Fame in Cooperstown, N.Y. and the lives of the first five inductees who personified the greatness in the early decades of the major leagues.

Dick Swanson, Instructor

BIRDS AND BIRD WATCHING: This is "Birding 101" for people who would like to know more about these beautiful and fascinating creatures. It also will be of interest to folks who already have some experience with a bird watching hobby. Using photographs of birds in nature, each class will focus on different aspects of enjoying them with such topics as the basics of birds, attracting birds to our yards and gardens, and identifying the common birds around us.

Dennis Burnette, Instructor

NONPROFITS YOU NEED TO KNOW: Meet the leaders of six Greensboro-based nonprofit organizations. These agencies help with home furnishings for the needy, literacy, assistance to immigrants and refugees, promoting understanding and respect, fighting food insecurity, and services within a faith-based community.

Community Organizations

READING FOR PLEASURE: If you like reading detective stories you will love this class. We will read and discuss detective short stories written by some of the most famous Victorian writers such as Tony Hillerman's *Chee's Witch*, Edgar Allen Poe's *The Purloined Letter*, Arthur Conan Doyle's *Scandal in Bohemia*, as well as modern works by Sue Grafton, Craig Johnson and Reginald Hill.

Fran Arndt, Instructor

STRESS FREE QUILTING: Sew accurate blocks on your very first try! Learn quick piecing techniques, sew create pre-sewn units. Learn the basics to create a quick pieced version of just about any quilt block you see. \$15.00 for supplies.

2-hr. Class Limited to 10

Paula Becker, Instructor

METROPOLITAN OPERA COMES TO GREENSBORO: A discussion of the five operas that the Met will send via HD transmission to Greensboro theaters between February through May 2017. Included are *La Traviata* and *Der Rosenkavalier*.

Richard Cox, Instructor

WOODCARVING: The fundamentals for beginner and experienced woodcarving will be demonstrated and practiced. There will be an assortment of woodcarving blanks available for you to choose (beginners gooses, love spoons, crosses, stars, etc.) Our fall carving project will be Christmas Ornaments. 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

CLASSICAL ART AND ARCHITECTURE AND ITS INFLUENCE: What is “classical” about the classical art of the Greeks and Romans? Why did their artistic standards, forms and practices continue to exert influence in the millennia that followed the height of their imperial sway? In this class we will be looking at the practical, aesthetic and political aspects of this question which goes to the heart of the power of art, tradition, and rebellion.

Linda Danford, Instructor

CONTEMPORARY POETRY: Reading, Writing, Discussion. We will examine contemporary poetry, with emphasis on accessibility. Instructor will draw on the work of poets such as Faith Shearin and Stephen Dunn, as well as his own work. Class members may read and discuss their poems in collegial atmosphere. New materials have been added, so this class is appropriate for those who have taken it before, as well as those who have not.

Bob Demaree, Instructor

EXCITING, FUN INVESTING CLASS! A fun interactive class building dreams, fulfilling goals, learning about the market, what drives the market and enjoying retirement.

Chad Barber and Keith Hiatt, Facilitators

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

SPOTLIGHT ON NORTH CAROLINA MUSICAL ARTISTS: We will explore the music contributions made by musical artists from North Carolina. All musical genres will be represented and special presentations will be given on some of the music pioneers and icons from North Carolina.

Ronald Headen, Instructor

QUILTING - continues for a second class.

WOODCARVING - continues for a second class.

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

ASTRONOMY AND THE INVISIBLE UNIVERSE: This course will be a hands-on introduction to radio astronomy. Much of the time will be spent learning how to interpret the radio signals that one receives from outer space. We will log into the radio telescopes on the Guilford College Radio Astronomy Observatory and have a live examination of our galaxy using what we learned about radio astronomy.

Rexford Adelberger, Instructor

CHINA UPDATE: Since 2014, the People's Republic of China has taken several worrisome directions. Although there will be some overlap with earlier lectures, my main effort this time will be to detail the most significant political, social and cultural changes that have occurred since Xi Jinping came to power and to explain why the government has become more authoritarian. Topics to be covered include: China Myths, Law, Human Rights, the Chinese Family in Transition, Education & Society, and developments in the Arts.

Dottie Borei, Instructor

GENEALOGY: The class will consist of instructions on how to research your family tree, using the various State and County resources and the internet.

Tim Spradling, Instructor

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

UNDERSTANDING COMPETING NARRATIVES in PALESTINE and ISRAEL: A Buddhist, a Christian and a Jew walked into the Middle East...It sounds like the start of a joke, but for these three and several others, 2 1/2 weeks in the summer of 2016 in Palestine/Israel was no joke! They experienced the complexities of the situation on both “sides.” In this series, participants will share their insights from both the time spent in the Middle east and their professional lives.

Max and Jane Carter, Co-facilitators

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 * for inclement weather. If the schools are delayed, Shepherd's Center will operate on our regular schedule. *
 * Watch WFMY Channel 2 or visit their website for closing information. *

Who's Who?

ADVENTURES IN LEARNING PLANNING COMMITTEE

Jim Allen	Brooks Graham	Phyllis Shavitz	Francis Young
Jane Chandra	Margaret Griffin	Marian Solleder	
Steven Danford	Mike Maynard	Jean Tillman	

Your WINTER Instructors:

Rexford (Rex) Adelberger, Ph.D. received his doctrine from the University of Rochester in experimental nuclear physics. He established the Guilford College Radio Astronomy Observatory.

Fran Arndt, Ph.D. received her doctrine from Duke University in Victorian literature. Detective stories and novels have been my pleasure reading since age thirteen.

Chad Barber has been in the securities industry for more than 13 years. He is a Financial Advisor and Accredited Asset Management Specialist with Ameriprise Financial. He graduated from UNCG with a BS in marketing and finance in 1998.

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

Dottie Borei Ph.D. is an emerita professor of Guilford College, where she taught Chinese and Japanese history for almost three decades. Since retiring, she has lectured for Smithsonian Institution tour groups traveling in China and taught two other courses on contemporary China for SCG.

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.

Max and Jane Carter have led nearly two dozen service-learning trips to Palestine and Israel since 1979. Max is recently retired as the William R. Rogers Director of Friends Center and Quaker Studies at Guilford College. Jane is also recently retired from her position as the Associate Head of New Garden Friends School.

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.

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 carver 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.

Bob Demaree is the author of three book-length collections of poems, including *After Labor Day* (2014); his work has appeared in numerous periodicals and anthologies. He retired from Greensboro Day School in 2001 after 42 years in independent education.,

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

Keith Hiatt is a CPA and partner with the firm Breslow, Starling, Frost, Warner, Boger & Hiatt, PLLC.

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.

Tim Spradling is retired Franchise Owner and now volunteers with ShepNet and SCORE. He has been researching his family tree and helping others do the same on and off for over 40 years in the state archives and on the internet.

Dick Swanson is a retired UNCG professor and academic dean whose research and teaching specialty has been the social, cultural and historical foundations of sport and exercise in American society. His professional career in teaching and administration spanned 46 years and he has been teaching courses for Adventures in Learning for the past 20 years.

Margaret Young was born in Scotland and has been knitting since childhood. She belongs to two knitting groups in Greensboro.

Special Group Presenters:

Community Organizations: A Simple Gesture, The Barnabas Network, National Conference for Community and Justice of the Piedmont Triad, Greensboro Jewish Federation, Center for New North Carolinians, and Reading Connections.

Forum Luncheon Speakers

January 19
Cara Townsend
AARP State Director

January 26
Westminster Presbyterian Worship Band
Westminster Presbyterian Church

February 2
To Be Determined

February 9
Michelle Kennedy
Interactive Resource Center

February 16
Debra Wallace, Ph.D.
UNCG-Union Square Campus

February 23
To Be Determined

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: **W I N T E R 2017** 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.

- Baseball's Hall of Fame
- Birds & Bird Watching
- Nonprofits You Need to Know
- Reading for Pleasure
- Stress Free Quilting
- Metropolitan Opera
- Woodcarving

10:45 - 11:45 a.m.

- Classical Art & Architecture
- Contemporary Poetry
- Exciting Fun Investing
- Sing for Fun
- Spotlight on NC Musical Artists
- Quilting cont.
- Woodcarving cont.

1:30 - 2:30 p.m.

- Astronomy
- China Update
- Genealogy
- Knitting
- Understanding Palestine & Israel

Non-Refundable Registration fee, WINTER 2017 TERM \$40.00 per person \$ _____

(ALL REGISTRATIONS received after January 19th will be \$50.00 per person)

Lunch Reservation, January 19th 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 JANUARY 15, 2017 (\$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



Table Games

Love to play cards?
Interested in the challenge of a new board game?
Enjoy laughs & fellowship?

Then please join us for Table Games!

First Monday of the month
Mondays on Feb. 6, Mar. 6, April 3....

9:30am—12noon followed by lunch
at Spring Arbor of Greensboro
5125 Michaux Road

\$7 fee includes lunch

Register with Judy Hull @ 299-7189
on the Thursday prior to the Monday session.

P.S. You don't need to be a pro; our group
leaders will share the rules and guide you
through the various games.



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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 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!**

Office Volunteers

Interested in working on computers to assist with data entry or general office work? OV's are the first voice you hear when you call SCG and are the key people who connect older adults to services in the community. Current shifts are 9:30am-12:30 or 12:30-3:30, Monday - Friday. **WE NEED YOU!!**

Computer Instructors & Coaches

Share your interest and experience with seniors who use computers or iphones to stay connected. Up-to-date classrooms are small with only 6 students. It's fun and you'll meet people who appreciate your time and ideas! See page 7 for sample list of programs.

Tax Assistance Volunteers:

If you are available to volunteer as a tax preparer during Feb-April, please contact our office for information. We need your help to save seniors from paying large fees for simple returns. Training through IRS is flexible and able to be completed at home. Counselors are scheduled for a few hours each week to help older adults with this vital, rewarding service.

Your time = support to other seniors

Call 378-0766 to Volunteer!!

COMMUNITY NEWS & EVENTS to consider:

♥ Have you shopped at local, small businesses during the holidays? Do you choose to eat out at local restaurants? There are hard-working families who depend on us to thrive and keep our local economy healthy. If you need to find out which businesses promote the Triad...visit Triad Local First website for lists www.triadlocalfirst.com/member-directory. Make this a doable New Year's resolution!

*YOUR STORY - Are you interested in participating in a project to narrate some fun or memorable stories? You know, those things about your life that we do not want to go unspoken. We have a group of students who want to record (by voice or on paper) your life's tales. If you are interested, call us at 336.378-0766 and ask for Sandy so we can plan a new project through SCG's community resources.

CA MPAIGN 4 the FUTURE

A season of change has many different meanings to people as their own lives transition. Becoming a caregiver for a parent challenges Lori while she retains her job, needing to help your children more often changes John's idea of retirement, deciding how to fix her home to stay there longer helps Betty with planning, or just seeking fellowship with others who are walking a similar path enlivens Nancy's days. Seasons change...life changes... and our participants adapt and thrive.

When you think of Shepherd's Center, we want you to find the resources you need for yourself and your loved ones...resources for education, a chance for fellowship or travel (even as a single person), and a source for giving-back to others. It's what we've done for our community for over 28 years as a small agency designed for you, powered by you, to make aging an opportunity not a burden!

With just two part-time staff, hundreds of volunteers, no government funding, and a small budget... we need your support in order to:

- * provide transportation to seniors who cannot drive but want to remain in their home,
- * keep classes and activities affordable or to be able to offer a scholarship when needed,
- * plan and provide new classes in new areas of the community,
- * provide resources that support aging in place and improving use of essential technology, and
- * maintain the quality and variety of programs that active older adults want and deserve.

What we do benefits thousands of older adults in our local community

When you consider your Annual Fund contribution for 2016, please know that we appreciate and need your support. Thank you for standing with us in working toward our goals of helping people stay active, vital, and connected in our community.

We look forward to opening the gift you share with SCG.



With gratitude,
Shepherd's Center of Greensboro

I believe the Shepherd's Center is an important resource for active older adults.

My support of the 2016 ANNUAL FUND is enclosed.

\$1000 \$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.
Gift given in honor of in memory of _____

◆ You may also choose to specify gift reserve funds: Weikel SCG Initiatives Fund Routh Endowment Fund

◆ Gifts may also be made through our website at www.shepctr.org/giving/

◆ I want to transfer stocks as my annual gift. *Please call Sandy if you would like to discuss a specific fund @ 336.378.0766

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



October 10- 15, 2017

Reserve your 2017 vacation with **SHEPHERD'S TRAVELERS**

Albuquerque Balloon Fiesta



For 6 DAYS/5 NIGHTS, you will tour:

International Balloon Festival day plus a moonlight return visit, ride along eclectic Route 66, Nat'l Museum of Nuclear Science, art shops, Native American Culture Museum & the 19 Pueblos of New Mexico, plus a side trip to Santa Fe along the historic Turquoise Trail, visit the coal mining town of Madrid, explore the town of Santa Fe until it's time for your southwest class at Santa Fe School of Cooking (yum).

Optional side tour to Taos.

The package includes all of these tours, 8 meals, hotels, airfare and connections from Greensboro.

Stay in comfort at the Albuquerque Marriott and the Drury Hotel in Santa Fe

This is a great fall trip to experience one of the world's premier events without the hassle of booking and driving. It also includes 2 cities, art, history, culture, and great food. Moderate physical activity.

\$2729.00 Double Occupancy \$3329 for a single room \$2699 for a triple room
Deposit of \$500 due by March 24th to reserve at these prices. *Travel insurance is available and recommended.

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

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

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

SCG is fortunate to have in-kind support from our community donors. We honor these spaces, items, and other non-financial gifts that make our work possible:

West Market Street United Methodist Church for our office space, meeting spaces, and all the extras!

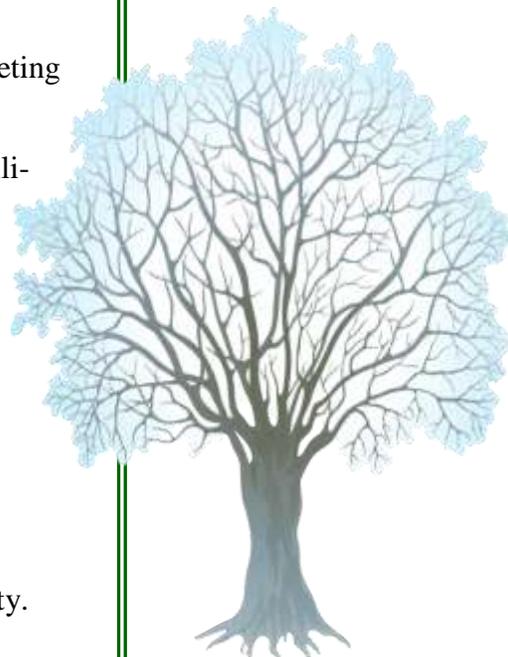
First Baptist and Christ United Methodist Churches for providing facilities and services for the senior educational Adventures in Learning programs.

Starmount Presbyterian for Septet's two computer classrooms and all the extras that are involved.

Westminster Presbyterian, Spring Arbor Community, Trinity Church, First Lutheran, and Prince of Peace Lutheran for meeting rooms and spaces that enable us to invite community seniors to programs & events.

Thank you for your support.

Shepherd's Center is a non-profit agency, appreciative of your generosity.



Thank You For Your Gifts!

August through November 2017

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WINTER Calendar

<i>Board Meetings</i>	Jan. 17, Feb. 21, March 21
<i>Shepherd's Travelers</i>	Dec. 5-7, Williamsburg, Va March 22 Wohlfhart Haus Dinner Theatre
<i>Adventures in Learning</i>	Jan. 19 - Feb. 23 @ Christ United Methodist
<i>Table Games</i>	Feb. 6, March 6, April 3...
<i>Tax Return Assistance</i>	Feb. 6 - April 5 by appointment
<i>Office Closed</i>	Dec. 23-26, Jan. 2

