



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
Congregational United Church of Christ *
First Baptist Church *
First Christian Church Disciples of Christ
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 Garden Friends Meeting
Pleasant Garden Baptist Church
Starmount 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
* founding congregations

ASSOCIATE SPONSORS:

First Friends Meeting

COMMUNITY SUPPORTERS:

Community Foundation of Greater Greensboro
Griswold Home Care
L. Richardson Trust
Spring Arbor of Greensboro
Starmount Presbyterian Church
Triad Retirement Living Association
VF Jeanswear (Blue Bell Foundation)
West Market Street United Methodist Church

30 Years
of education, friendships, travels, volunteer
service, community networking, and enjoying the
best of life's moments.

HOW is this done? Each year, we depend on:

- ◆ A Board of 16 Trustees, a Staff of 2, but a volunteer team of 250 giving over 6800 hours of service!
- ◆ **Adventures In Learning** to provide lifelong learning to 550-625 retired adults, on over 50 topics/yr, during over 300 hours of classes, taught by 100 volunteer instructors/professors.
- ◆ **Shepherd's Travelers** committee to plan multiple day trips plus overnight excursions that safely explore new sites for education, social time and recreation that enriches lives of senior travelers.
- ◆ **ShepNet Computer & Technology Center for Seniors** to present up-to-date classes on use of modern technology to stay connected, for over 250 seniors, with volunteers sharing 1000 hours of service.
- ◆ Volunteers to connect all the dots, make the calls and provide Wheels rides to seniors who can no longer drive, Tax Returns for seniors, and referrals to important services for hundreds of local elders who strive to remain independent.

THAT's how you serve the senior community!

SCG's Board of Trustees began a new

tradition three years ago, when the gnome with the gavel became the



official symbol of calling the new president to the leadership table. In October, Ann Adams completed her second year as Board President and "passed the gnome" of leadership to Cliff Lowery. Cliff is a long-term student in Adventures In Learning, a dedicated trustee and an advocate for active retirement. He is a member of First Baptist Church, active with local and statewide AARP, and spends a great amount of time with his teenaged grandchildren.

30th ANNIVERSARY
three decades strong

WINTER 2018

(cont. on page 2)

A Note from SCG's Executive Director

When I think of "30," I remember those single days as a young career woman. I also think of our recent wedding anniversary and the gratitude for having found my soul mate. And I think of the many SCG participants who have been taking classes or volunteering over the last 30 years and realize that Jim Weikel saw a road ahead for retirees that few could have envisioned.

The first Executive Director was Jean Eason, PhD who began putting the nonprofit structure in place while, recruiting volunteers to provide classes, services and office assistance. As a former administrator at UNCG, her background in higher education and retirement transitions gave us the early basis that we continue to use for SCG programs and services. Jean rallied so many leaders to our cause and believed that "seniors helping seniors" was a model for success. Jean also initiated ShepNet (first called SeniorNet) to teach computer skills to many who had never before owned this new technology and gave the classes a home at both Bell South and at Friends Homes Guilford.

We appreciate all that Jim and Jean did back in 1987-88 to put the focus and details into our mission. They were role models, designers and visionaries...and for all they did we are grateful.

Your #7 Executive Director,



SCG Programs & Services ... announcements

- ♦ Adventures in Learning has a winter selection with brand new topics and a few returning classes for discussion. What's special about this session is that **all of our AIL instructors are returning to help us celebrate 30 years of LIFE-long learning.** Great topics and new Forum speakers...register today! (pages 8-11).
- ♦ Travel with us for a day of lunch and wine and art, for a two-night tour of Asheville designed around the Chihuly glass gardens, a lunch on the lake, or a fabulous holiday tour to St. Augustine and Amelia Island. Leave the driving to us. (page 14) Who said "there's no grass growing under our feet!" when describing retirees?
- ♦ The Board has begun the process of designing a fun, special event to celebrate our 30th year of service. We will be announcing the date (early fall), place and details in the spring issue of this newsletter.
****If YOU would like to assist with the party planning, please call our office to be added to this fun committee.**
- ♦ Senior Resources of Guilford is nearing the full relocation of its programs and offices to their new location at 1401 Benjamin Parkway. Watch the news for opening announcements and new programs. We congratulate their team of staff and fundraisers who made this move a reality.

A note from Cliff:

(cont. from page 1...)

We welcome our two new Board Members, Carey Pabel and Katherine Reynolds. The current officers and board of sixteen are listed on the back cover of each newsletter. We welcome your ideas and feedback about SCG.

The new Board had its first Strategic Planning Advance in mid-October to set goals for the future, especially the event celebrating our previous 30 years of service to the community. At least one major event of special importance is being developed and will be shared with the community in the months ahead.

Board members will continue to assess needs and interests in our older adult community and will be visiting other organizations and congregations in the region to share our successes and ideas for new programs for active adults. Continuing to strengthen our financial base remains a key component to our success, and for all your support, we remain grateful. Our participants are invited to contact the office or Board members with suggestions and ideas.

Please stay involved, stay active and share the stories of SCG with your family and friends....there's always room for more people in our mission!

30th ANNIVERSARY CAMPAIGN

A season of change, a birthday, a transition to a new generation of older adults (known as baby boomers), an anniversary of 30 years of service...all things based on a continuity of programs that engage and enrich active older adults.

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 30 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 2017, 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 **30th ANNIVERSARY 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.shepctrq.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



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-12:30pm or 12:30pm-3:30pm, Monday - Friday.

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 5)

VITA TAX Preparers

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.

Share your interest and experience with seniors. Your time = support to other seniors

Call 378-0766 to Volunteer!!

SENIOR VOLUNTEER SURPASSES 20 YEAR ANNIVERSARY

At the recent ShepNet Computer Center volunteer luncheon, we celebrated **Larry Johnston** as one of our most dedicated volunteers. Larry has taught computer classes, organized the learning center and its materials, did tons of behind-the-scenes prep work, and was a general supporter of ShepNet from its launch in 1996.

"Though we hate to see him move on, we deeply appreciate ALL that Larry has done to make ShepNet one of Greensboro's most unique programs for seniors." - Ed Pring, ShepNet Lead Coordinator

"Many people don't have a 20-year working career in one place..."

I just did over 20 years as a volunteer!"

Larry is very involved with his church, St. Paul the Apostle Catholic Church, with their seniors groups plus serving as a faith leader and educator. His fabulous kids and grands want more of his time and we wish him full days and a healthy "second" retirement.

When any of us share our time and talents with others, we gain great rewards, especially if we share our heart in the service to others.



Hats off to YOU, Larry



Thank you to Jim Armstrong for his five years of service as a Trustee for SCG. His support, advocacy, guidance and leadership as President provided structure and continuity of programs for the seniors we serve.

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 \$40+ for 4-8 sessions classes; \$10-30 for shorter courses.



Classes offered vary each month, but may include:

- **UNDERSTANDING & USING WINDOWS 10**
Part 1 or 2 (4 sessions)
- **USING Win 10 CORTANA & EDGE** (2 sessions)
- **MANAGING YOUR COMPUTER SECURITY** (2 sessions)
- **WORD PROCESSING** (8 sessions)
- **FILES MANAGEMENT** (1 session)
- **GENEALOGY** (6 sessions)
- **APPLE iPHONE Basics** (3 sessions)
- **Apple iPAD Basics** (3 sessions)
- **PICASA PHOTO MANAGER or PHOTOSHOP** (3 sessions)
- **INTERNET & E-MAIL MANAGEMENT** (4 sessions)
- **Using the ONE DRIVE Cloud** (2 sessions)
- **Coming soon:** PASSWORD MANAGEMENT
ADVANCED PHOTO EDITING
1-on-1 TECH Assistance Labs

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

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

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 business days prior to class start date!

My first day in class was a WOW and I learned SOOO much. The instructor was very gracious and answered all questions. I cannot wait to take the next class!
- Patty



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

Tax Prep Counselors

**Ready...Willing...Able...to help you prepare your
2017 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 appointments on:

February 5th - April 4th

Mondays, Tuesdays, Wednesdays only

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

Federal and NC State returns

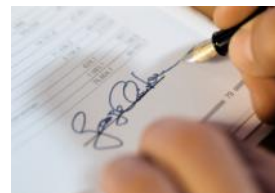
Must be age 60+

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

Call 336-378-0766, Mon-Fri, 10:00 am- 3:00 pm, to request an appointment.

On the day of your appointment, please remember to bring your forms for 2017, as well as a copy of your 2016 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.)

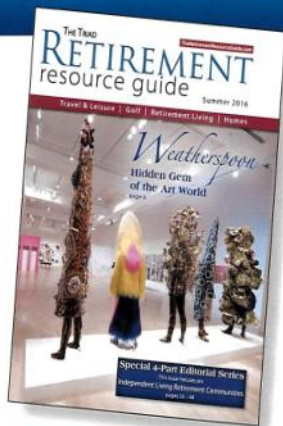


The Triad's Only Complete Guide for Seniors

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

Pick up your copy today!

at Harris Teeter, Food Lion, real estate offices,
senior centers, and rack locations
throughout the Piedmont Triad.

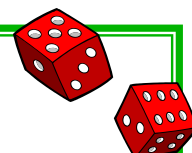


THE TRIAD
RETIREMENT
resource guide

TheRetirementResourceGuide.com

A Publication of Southern Trade Publications
Now in our 59th year of publishing consumer and trade magazines

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, Dec. 4, Feb. 5, Mar. 5, Apr. 2, etc.

9:30am—12noon followed by lunch

at Spring Arbor of Greensboro

5125 Michaux Road

\$7 fee includes lunch

Reservations are required for 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, we'll help you..



FRIENDS AGAINST FRAUD TIPS WE LEARNED

SCG partnered with the team of local agencies and experts in October to present a series of workshops designed to help us help a friend who may be approached with a scam, a case of abuse or fraud. Please consider these tips:

- ♥ 1 in 10 will be a victim of scams/fraud
- ♥ "Fraud" is using deception or misrepresentation to cheat a person out of money or property
- ♥ Telemarketing, identity theft, credit card scams put us all at risk
- ♥ Keep an inventory of your valuables
- ♥ Check your credit a few times each year
- ♥ Consider putting a freeze on your credit
- ♥ Don't assume a handyman is licensed, check them out before opening a door
- ♥ Open mail before you shred it...and shred everything you don't need

Be a Friend Against Fraud, by listening and offering to find a source of help. There are many local resources and reporting a crime is vitally important.

Call our office for information or a referral for support.
Additional workshops will be scheduled in 2018.

Lifelong Learning

READING

- Books
- News sources
- Online communities

LEARNING

- Essential questioning
- Action researching
- Listening
- Viewing
- Experiencing
- Thinking
- Assessing
- Metacognitive reflecting

CONNECTING

- Creating
- Writing
- Speaking
- Sharing
- Engaging
- Cooperating
- Collaborating
- Participating in a community of learners

ADVENTURES IN LEARNING

January 18, 25, February 1, 8, 15 and 22
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 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

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

“EXPLORING SPACE: NASA and BEYOND”: This class will focus on the amazing library of knowledge of our universe that we’ve acquired through space programs (ours, and those of other countries) since the 1960’s. We’ll discuss what we’ve learned of the Moon from Apollo, Mars, the Jovian Planets, and stars and galaxies beyond our solar system (from Hubble and “the Great Observatories”). We will finish with a look ahead: what might the future of space exploration look like as the 21st century continues?

Dr. Steve Danford, Instructor

IN THE NEWS: In this class we will discuss news stories taken from major newspapers around the country and beyond. Emphasis will be placed on considering stories from various viewpoints. Students will receive internet links to the stories a few days before class. The instructor welcomes a variety of opinions as well as those who mainly want to listen.

Dr. John Spurrier, Instructor

METROPOLITAN OPERA COMES TO GREENSBORO: A discussion of six operas that the Met will send via HD transmission to Greensboro theaters February through April 2018. Included are *La Boheme* and *Così fan tutte*.

Richard Cox, Instructor

STRESS FREE QUILTING: Sew accurate blocks on your very first try! Learn quick piecing techniques, sew large chunks of fabric together, then slice off sections to create pre-sewn units. Learn the basics to create a quick pieced version of just about any quilt block you see.

\$20.00 for kit. **2-hrs. Class Limit 12**

Paula Becker, Instructor

THE TOP OF THE WORLD: This course will examine the highest mountain peaks of five of the earth’s continents. It will consider the questions of how such high peaks were formed and how humans have adapted to the mountain ranges in which they occur.

Dorothy Mason, Instructor



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

CONTEMPORARY POETRY: We will examine contemporary poetry, with emphasis on accessibility. Instructor will draw on the work of poets such as Ellen Bass and Billy Collins, as well as his own work. Class members may read and discuss their poems in a 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.

Class limited to 18. *Bob Demaree, Instructor*

EDLER LAW AND ELDER CARE - Don't Go Broke in a Nursing Home: Learn from an Elder Law expert about important Elder Care and Estate Planning topics. Get pointers for planning ahead for what can happen when you live a long life and need care or someone to make decisions for you. Class includes "What The Heck is a Trust" talk, probate, the elder care journey, Medicaid for nursing home care, Powers of Attorney versus Guardianship, and protecting a child's inheritance. There will be time to talk about "getting your legal ducks in a row" for the second half of life.

Dennis Toman, Facilitator

ENTERTAINMENT AND RECREATION IN THE CLASSICAL WORLD: From Greek Drama to the Roman Gladiatorial Arena, we will explore the wide range of leisure time activities of the ancient Greeks and Romans as well as the social and religious contexts from which they originated. And, of course, we'll ask ourselves what these various choices tell us about who they were and who we are.

Linda Danford, Instructor

QUILTING - continues for a second class

SIMPLY FIT EXERCISE: Class is comprised of warm-up marching, stretch/flexibility work, strength work (using resistance bands), low impact aerobic work, and balance work. Each minute of class is packed with exercises that are preventative in their orientation yet can be quite rehabilitative too. We call this class "just enough and not too much" in its intensity level.

Class limit 12 *Mona Flynn, 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, Facilitator*

MEMOIRES, & EXPANDING PUBLIC INFLUENCE: Memoires are creative and helpful ways of conveying some of the activities, insights and values of our life experiences to family and close friends. They may also bring into focus some issues of ethics and public policy which we might want to share with a broader audience. To do that, some may develop "Letters to the Editor" or a "Blog."

Dr. William Rogers, Instructor

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

EARLY MODERN EUROPE, 1450-1789: We will focus on developments that changed Europe such as movable type, explorations, religious reformation, agricultural and scientific revolutions, capitalism, other economic and technological changes, and the beginning of political liberalism in England and America.

Lynette Wrenn, 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, 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.

Margaret Young, Instructor



"TALES FROM THE CRYPT-The Historical Legacy of the New Garden Quaker Graveyard": In 2017, the cemetery at New Garden Friends Meeting is 260 years old and has been added to the National Parks Service's map of significant places connected with the Underground Railroad. In this course, we'll introduce many interesting people and events associated with the graveyard. The final class will be a visit to the boneyard itself.

Max Carter, Instructor

THE BIOLOGY OF PLACE: How "location, location, location" effects which animals can survive in which spaces.

Jayne Owen Parker, Instructor



Who's Who?

ADVENTURES IN LEARNING PLANNING COMMITTEE

Betty Allen
Steven Danford

Brooks Graham
Margaret Griffin
Michael Maynard

Phyllis Shavitz
Francis Young

Winter Instructors:

Paula Becker has been quilting over 10 years and is retired from the Jewish Family Services.

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 Carter is recently retired as the Director of Friends Center and Quaker Studies at Guilford College. He leads frequent tours of the New Garden Friends cemetery, including one on Hallowe'en night!

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 an old Latin teacher who retired in 2011 from the faculty of the UNCG Classical Studies Department where she was a lecturer for 22 years. Her favorite courses to teach were in the area of Roman Civilization and Culture. In recent years she has become active as a member of the Shepherd's Center Board and is currently President-Elect.

Steve Danford, Ph.D. is a retired professor from the Dept. of Physics and Astronomy at UNCG.

Bob Demaree is the author of four book-length collections of poems, including *Other Ladders* (2017). His work has appeared in numerous periodicals and anthologies. Bob retired from Greensboro Day School after 42 years in independent education.

Mona Flynn has a M.S. in Exercise Physiology and is owner of LifeFit, Inc., a Yoga and Pilates based company. She has been teaching exercise for special populations for over 30 years.

Dorothy Mason has a background that includes graduate degrees in geography and thirty-five years of university teaching. She is a world-wide traveler and explorer.

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

Eleanor Procton 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. Now she adds the pleasure of singing with us at AIL!

William "Bill" Rogers, Ph.D. is President Emeritus of Guilford College, former Parkman Professor of Psychology and Religion at Harvard University 1970-80, and former Chair of the NC Association of Independent Colleges and Universities. He has authored 6 books and over 40 scholarly articles, plus involvement with "Being Mortal" seminars.

Tim Spalding is a retired franchise owner and now volunteers with AIL, ShepNet and SCORE. He has been researching his family tree and helping others do the same for over 40 years in the state archives and on the internet.

John Spurrier, Ph.D. is a Distinguished Professor Emeritus of Statistics at the University of South Carolina. He has received numerous awards for teaching and research while at USC. He has had a lifelong interest in current events and is a political independent. Since retirement, he has written three comedy books.

Dennis Toman is a Certified Elder Law Attorney and Board Certified Specialist in Elder Law, Estate Planning and Probate. He founded the Elderlaw Firm to ensure that local families could have a trusted guide to the Elder Care Journey. He co-authored two "Protect Your Family" books.

Lynette Wrenn, Ph.D. received her A.B. in history from the Woman's College of University of North Carolina, an ABD from Radcliffe College and Ph.D. from Memphis State University. She has written three books.

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

*"Life is a Learning Process,
Learning is a Life-long Process.
You can't separate them."*

- Vivienne Forrester

Great instructors are the core of our education program. Please thank them for their generous volunteer time.

Forum Luncheon Speakers

Page 11

January 18

John Spurrier
AIL Instructor/Participant

February 1

To Be Announced

February 15

To Be Announced

January 25

John Salmon, Pianist
UNCG School of Music

February 8

To Be Announced

February 22

Deputy Chief James Hinson
Greensboro City Police

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: **WINTER 2018** 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.

- ☐ Birds and Bird Watching
- ☐ Exploring Space
- ☐ In the News
- ☐ MET Opera
- ☐ Quilting
- ☐ The Top of the World

10:45 - 11:45 a.m.

- ☐ Contemporary Poetry
- ☐ Elder Law
- ☐ Ent. & Rec. Classical World
- ☐ Quilting cont.
- ☐ Simply Fit Exercise
- ☐ Sing for Fun
- ☐ Writing Meaningful Memoires

1:30 - 2:30 p.m.

- ☐ Early Modern Europe
- ☐ Genealogy
- ☐ Knitting
- ☐ Tales from the Crypt
- ☐ The Biology of Place

Non-Refundable Registration fee, Winter 2018 TERM \$40.00 per person \$ _____

(ALL REGISTRATIONS received after January 12th will be \$50.00 per person)

Lunch Reservation, January 18th 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 12TH (\$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



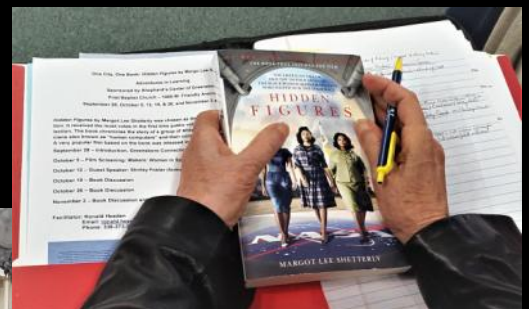
Travelers Scrapbook



"You missed a fall series with SCG!"



Adventures In Learning Scrapbook



A special Thank You to Marty and his team @ FBC...YUM

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 ShepNet's two computer classrooms and all the extras that are involved.

Westminster Presbyterian, Spring Arbor Community, First Lutheran, St. Pius X, and Mt. Zion Baptist Church for meeting rooms and spaces that enable us to invite community seniors to programs & events.

Thank you for your support.

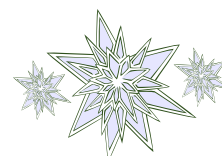
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Reminder: Shepherd's Center activities are cancelled when Guilford County Schools are closed for inclement weather.
 If the schools are delayed, Shepherd's Center will operate on our regular schedule.
Watch WFMY Channel 2 or visit their website for announcements.

SCG Affiliations:





Travel with us to Asheville The Biltmore Estate

JUNE 12 - 14, 2018

Cost: \$349.00 Double Occupancy
(includes transportation, hotel, tours & 4 meals)

For 3 Days/2 Nights we will tour:
Thomas Wolfe Memorial State Historic Site

Biltmore Estate **including the Chihuly Glass Gardens Exhibit**

Guided tour of Downtown Asheville & St. Lawrence Basilica

Deposit \$75.00 February 28, 2018 - Final payment May 8, 2018

Travel Insurance available and recommended *Departing from First Lutheran Church at 8:00 am*

REGISTRATION DEADLINE: FRIDAY, APRIL 29, 2016



NOTE: SPECIAL EXHIBITION during our visit includes the phenomenal glassworks of **Dale Chihuly**. This American artist is bringing his work to Biltmore for the first garden exhibition in NC and it will be the Biltmore's first art placed in the historic gardens. If you've never seen Chihuly glass in person...you will be amazed and delighted! *-note from Sandy*

Take a day trip to a beautiful winery and enjoy the art & style of Bob Timberlake Tuesday, April 10, 2018



Childress Vineyards and Bob Timberlake Museum

We are off to the Childress Vineyards, one of North Carolina's prominent wineries, for a spectacular private lunch, guided tour and wine tasting. After lunch, we'll see the art and home furnishing designs at the Bob Timberlake Museum

Cost for the full day trip is \$93.00

Includes comfort bus, vineyard lunch, wine tasting and admission fees.

REGISTRATION DEADLINE: Friday, March 2, 2018

Depart from First Lutheran Church at 9:30 am. 3600 W. Friendly Avenue



This is a lovely spring trip with scenery, fellowship, fun and art (of the vine and the canvas). Ride along with us!

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

☐

Childress Winery & BT Museum
April 10 \$93

☐

Asheville - Biltmore Estate (Chihuly glass)

Full registration \$349

OR

Deposit only \$75

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

Thank You For Your Gifts!

August 2017 through November 2017

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Shepherd's Center is a non-profit organization appreciative of your tax-deductible contributions.

A charitable gift to the Shepherd's Center is a gift to thousands of older adults who are striving to stay independent, active and living a purposeful life. Please consider adding your contribution to support our unique programs and services.

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

IT'S OUR 30th ANNIVERSARY

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WINTER Calendar

Board Meetings

Jan. 16, Feb. 20, Mar.20

Shepherd's Travelers

April 10 - Childress Winery tour & lunch plus
a visit to Bob Timberlake Gallery

June 12 - 14 Asheville, Biltmore Estate, area
museums...includes the Chihuly Glass exhibit

Sept. (TBD)- Smith Mt. Lake cruise & lake lunch

Dec. 3 - 7 - St. Augustine & Amelia Island Florida

Adventures in Learning

January 18 - February 22

Table Games

Dec. 4, Feb. 5, Mar.5

Staff

Sandy Doyle-Jones *Executive Director*
Vickie Williamson *Program Manager*