

# ADVENTURES IN LEARNING

**Thursdays: January 17, 24, 31, February 7, 14, 21, 2019**  
**Christ United Methodist Church, 410 N. Holden Road, Greensboro**

## *Welcome!*

**ADVENTURES IN LEARNING** offers enrichment and fellowship opportunities for all Greensboro area men and women. There are **19 classes** from which you can create your own schedule. All variations are welcome.

**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 **\$9.00**, 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**

**"DETECTIVE FICTION"**: 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 **Hillerman, Doyle, Poe, Hammett and Grafton.**  
*Fran Ardnt, Instructor*

**"SEEING IS DRAWING"**: This class is for beginners with a desire to create art. No experience, talent or artistic relatives necessary. A welcome home to the art of drawing. We will explore art techniques, art history, and the wonderful world around us. A supply list will be mailed to each registrant.  
*Melanie Bassett, Instructor*

**"THE METROPOLITAN OPERA COMES TO GREENSBORO!"**: A discussion of the four operas that the MET will send via HD transmission to Greensboro theater in February -May 2019. Included are **Carmen** and **Die Walkure.**  
*Richard Cox, Instructor*

**"THE WONDERFUL LIFE OF A STAR"**: How did we come to know that our Sun is a star, and that stars are born, live and die? What did the ancients believe stars were, and how did our modern understanding arise? Adding a little physics we will see what a wonderful, intricate thing a star is. We'll discuss the extraordinary ability a star has to burn for billions of years, and how this occurs.

**"VIETNAM"**: Although it ended 30 years ago, the War in Vietnam is still a controversial event. During the course of the next six weeks, we shall look at the War in Vietnam from a geo-political point of view. We will begin with a look at the history of Southeast Asia from the pre-European period, through colonialism to the 20th Century.  
*Stuart Forster, Instructor*

**"WILDFLOWERS, BIRDS and MORE - Introduction to Nature Watching"**: There is much beauty and adventure in nature that it would be impossible to cover everything, but we will spend our class time learning to appreciate and enjoying some of the most accessible things and places in the natural world around us from the perspective of the interested amateur observer.  
*Dennis Burnette, Instructor*



**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.*



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

**“CONTEMPORARY POETRY: Reading, Writing, Discussion”:** We will examine contemporary poetry, with emphasis on accessibility. Instructor will draw on the work of poets such as Jane Kenyon and Tami Haaland, as well as his own work. Class members may read & discuss their poems in collegial atmosphere.  
*Bob Demaree, Instructor*

**DRAWING continues for a second class.....**

**“FAULKNER, HURSTON, & O’CONNOR: Revisiting 3 Classic Southern Writers”:** This class will feature information on William Faulkner, Zora Neale Hurston, and Flannery O’Connor. A major work by each author will be made available and discussed by the class.

*Class limited - 20 Ronald Headen, Facilitator*

**“INTERMEDIATE LEVEL UKULELE”:** This class is for those who took the beginner’s class in the fall or who comes with music knowledge (ukulele or guitar). We will learn more chords and different strums as well as a variety of songs. Bring a concert or soprano ukulele, with chords and music from the Beginner class.

*C.H. Holcombe, Instructor*

**“PLAINNESS AND NONCONFORMITY IN RELIGIOUS TRADITIONS”:** Elements of many local religious faiths emphasize the admonition to “Be not conformed to this world” (Romans 12:2). We’ll explore how Quakers, Amish, Jews, Muslims, and other have interpreted this and put it into personal and corporate practice.

*Max Carter, Instructor*

**“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.

*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*

**“What did THAT mean?”** Exploring Communication Style Differences based on one several years ago.

*Charlotte Hamlin, Instructor*

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

**“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*

**“LIVING LONGER, LIVING SMARTER AND STAYING IN YOUR HOME”:** Prepare for the changes ahead of you by creating a long-term plan with financial, health, home & community, and legal considerations in mind. There will also be two great classes on the HomeFit guidelines that modify your house to make it safer while remaining independent and injury-free. Just the tips and materials you need to age-in-place.

*Dr. Althea Taylor-Jones & Bob Gerken,  
Local AARP Instructors*

**“MAKING RETIREMENT BRILLIANT!!!”:** We are going to show you how to feel great about your retirement, protect what you’ve built, and understanding the investment world.

*Chad Barber & Keith Hiatt, Facilitators*

**“SYMBIOSIS - Nothing Lives Alone”:** Every living thing interacts with other organisms, sometimes in very intimate associations, that can be beneficial or harmful. We will address a number of topics in this class including mimicry (natural disguises and what they are good for). How partnerships led to the evolution of plants and animals, microbiomes and immunity (are microbes our best friends or our worst enemies?), and ecosystem engineers (animals and plants change our relationships with our environment).

*Parke Rublee, Instructor*

**“WILD THING”:** A look at some of nature’s wild creatures: where and how they live, how they differ from us, and why we find them so fascinating.

*Jayne Owen Parker, Instructor*

Volunteer INSTRUCTORS and new topics are always needed to keep the life-long learning experience interesting. The AIL Planning Committee will review topic ideas and contact presenters as they plan for the 2019 Spring and Autumn sessions. Do you have a program that could cover six one-hour classes for active learners? Or perhaps consider a 35 minute presentation at the Forum lunchtime.

Send your idea to [programmanager@shepctr.org](mailto:programmanager@shepctr.org)

# Who's Who?

## ADVENTURES IN LEARNING PLANNING COMMITTEE

Betty Allen  
Steven Danford  
Brooks Graham

Margaret Griffin  
Barbara Johnson  
Michael Maynard

Phyllis Shavitz  
Francis Young



### Winter Instructors:

**Fran Arndt, Ph.D.** Taught for 40 years at UNCG courses ranging from Western Civilization to Women's Studies. She studied Victorian Literature at Duke University and she has been a lifelong fan of well-written detective fiction.

**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.

**Melanie Bassett** is an art teacher who has also enjoyed being an administrator, conservator and Art curator.

**Dennis Burnette, M.P.A.** 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 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** have led nearly two dozen service-learning trips to Palestine and Israel since 1979. Max recently retired as the William R. Rogers Director of Friends Center and Quaker Studies at Guilford College.

**Richard Cox, Ph.D.** 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.

**Steven Danford, Ph.D.** is a retired Professor from the Department of Physics and Astronomy at UNCG.

**Bob Demaree** is the author of four book-length collections of poems, including *Other Ladder* (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.

**Stuart Forster, M.A.** Phys. Ed/Sports Psych. from Wake Forest University. BS Education and BA History from University of Kansas. Retired after 34 years of teaching and coaching in public schools and college U.S. History, European History and Civics.

**Bob Gerken, CPM** was a former tax aide and driver safety volunteer for AARP. With a background in home construction and remodeling, he is now serving as the active team leader for the HomeFit programs.

**Charlotte Hamlin** has been a professional storyteller, educator, trainer and coach for over 16 years. She is a founding member and past president of the Triad Storytelling Exchange and is active in the N.C. Storytelling Guild.

**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.

**Catherine "C.H." Holcombe** is a retired English teacher who is now pursuing her passion for music. She leads a Peace and Love Ukestra at New Garden Friends and hosts a Rosa Parks Singalong every year on February 4th.

**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!

**Parke Rublee** is an aquatic microbial ecologist, having studied the role microorganisms play in arctic and temperate lakes as well as oceans and coastal wetlands. He recently retired from the Biology Department at UNCG.

**Tim Spradling** 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.

**Althea Taylor-Jones, Ph.D.** is a retired professor and gerontology program administrator at Winston-Salem State University. She presents programs on health & wellness, stress management and other aging-well topics. As a certified Master Trainer in *Living Healthy* she remains active with AARP and the Area Agency on Aging.

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

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 31 years!

## Forum Luncheon Speakers

January 17

**Carol Ghiorso Hart**

Director of Greensboro History Museum

January 31

**Trio Valtorna performance**

Music For a Great Space

February 14

**To Be Announced**

January 24

**Ned Cline**

Author/Ret. N&R Editor

February 7

**Rev. Myron W. Wilkins**

E.D. of Greensboro Urban Ministry

February 21

**Lea Williams**

Author

### *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 2019** *Adventures in Learning*

Name (s) \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Church/Synagogue/Mosque \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

**Please use initials if registering more than one person:**

9:30 - 10:30 a.m.

\_\_\_ Detective Fiction

\_\_\_ MET Opera

\_\_\_ Seeing is Drawing

\_\_\_ The Wonderful Life of a Star

\_\_\_ Vietnam

\_\_\_ Wildflowers, Birds & More

10:45 - 11:45 a.m.

\_\_\_ Contemporary Poetry

\_\_\_ Faulkner, Hurston & O'Connor

\_\_\_ Drawing continued

\_\_\_ Intermediate Ukulele

\_\_\_ Plainness/Nonconformity in Religious

\_\_\_ Simply Fit Exercise

\_\_\_ Sing for Fun

\_\_\_ What did THAT Mean?

1:30 - 2:30 p.m.

\_\_\_ Genealogy

\_\_\_ Knitting

\_\_\_ Living Longer, Smarter, etc.

\_\_\_ Making Retirement Brilliant

\_\_\_ Symbiosis

\_\_\_ Wild Thing

**Non-Refundable Registration fee, Winter 2019 TERM \$45.00 per person \$ \_\_\_\_\_**

**(ALL REGISTRATIONS received after January 17th will be \$55.00 per person)**

Lunch Reservation, January 17th only - \$9.00 \$ \_\_\_\_\_

OR All six luncheons - \$54.00 \$ \_\_\_\_\_

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 15th (\$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*

Any questions, please contact the office at 336-378-0766

