



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:

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 Lutheran Church
Grace United Methodist Church *
Guilford Park Presbyterian Church
Irving Park United Methodist Church
Mt. Zion Baptist Church
New Garden Friends Meeting
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:

Griswold Home Care
L. Richardson Trust
Spring Arbor of Greensboro
Starmount Presbyterian Church
Triad Retirement Living Association
West Market Street United Methodist Church

There is Beauty in all the Seasons

Seniors, Retirees, Prime-Timers, Golden Agers, even older Baby Boomers! Whatever name is used to describe us, our segment of the American population is growing in numbers as well as political influence and economic power. A recent article in the Wall Street Journal, entitled "TV's Senior Moment" pointed to two new TV comedies (*The Kominsky Method* and *The Cool Kids*), one reboot (*Murphy Brown*), and one established series (*Grace & Frankie*) which are for the first time presenting older adults as the main characters, not secondary peripheral voices. (Well okay, except for *The Golden Girls!*)

We feel better, look younger, and are more active than our grandparents were... not only in our homes but as volunteers in our communities and churches. We are more intellectually curious, more widely traveled, and more technologically savvy than any group of older adults in history.

It's a good time to be retired and a good time to take advantage of all the Shepherd's Center programs that are described in the pages of this Newsletter. From ShepNet to Adventures in Learning to Shepherd's Travelers, there is something here that will engage your interest and stimulate those brain cells!

(continues on page 2)

And joy to be found
at all ages and stages

WINTER 2019

A Note from SCG's Executive Director

I love the bare branches that etch the sky in the winter. I see the core of the trees, the structure that holds the greens of spring, the shade of summer and the glory of autumn. As a past photographer, winter trees and the clarity of the sky were favorite subjects...until I'd fall in love with children playing in colorful leaves.

This deep, inner structure also belongs to us, as the core of who we are, the true inner self that shines through in friendships and filters into conversations and the questions we ask. We've spent many years perfecting our true selves, changing our bark and branches as we go! So feel free to let others see you as active elders, as mature thinkers, or as a continuing work-in-progress.

Spend some time this winter thinking "I still have the time to do ____" or dedicate some time to moments of gratitude. After all, our limbs may be less agile, but so are the limbs of the giant maple tree in my yard and that same young tree was not so stable as it began to make roots. I invite you to engage your mind in new growth (perhaps at one of our programs) and to branch out to help others this winter. .



SCG Programs & Services ... announcements

- Adventures in Learning has a winter selection with 19 topics, new and returning instructors plus lunch-time Forum presentations. **LIFE-long learning fills your Thursdays with awe and fun friends.** The fee for the session is now \$45...it's a great deal for all we provide. Register today! (pages 8-11)
- ◇ A day trip "Back to the 50's" or an early fall trip to Washington DC to take in all the memorials and museums, including the new Museum of the Bible and the Museum of African American History & Culture. Bring a friend, get out of town and enjoy one of our great trips. (page 3)
- ◆ **Travelers Abroad** will be going to **Ireland** for a week in October 2019...so plan ahead and make your reservations early to assure you don't miss this tour of **Irish Splendor** that loops around the Emerald Isle! (page 13).
- ♥ It's time to **VOLUNTEER** to keep SCG strong and important to our community. Consider sharing your time and talent a few hours a week...there are so many options for you. See our website, page 6 of this newsletter, or call Vickie/Sandy at the office (336.378.0766). We need YOU.
- 📧 ShepNet Computer & Tech Center continues to offer timely topics and skill classes so you can stay tech-savvy. The rotating 2-month schedules are posted on the website at www.shepnetgreensboro.org.
- 📧 **Coming in February**...ShepNet volunteers will begin one-on-one assistance with tech questions or computer class reviews at Friday afternoon labs. This new service will be available only to prior ShepNet students through the spring. If you are on ShepNet's mailing list, you will get an email with details.

(from page 1)

You should be able to tell that I am thrilled to be the new President of the Shepherd's Center Board and that I am ready to work hard with our other committed Board Members to expand our programs, increase the diversity of our offerings as well as the diversity of our participants and maintain stable finances. Your support and the success of this year's programs and Annual Fund Drive all help us reach toward our goals.

Please continue to help by spreading the word to your friends and neighbors about what you enjoy most about Shepherd's Center programs. And bring them with you next time you come! I look forward to seeing you in the year ahead.

Linda Danford, Trustee President



The tradition of passing "the gnome with the gavel" to call the new president to leadership continues as Cliff Lowery (now Past President) passes the gavel to incoming Board President, Linda Danford. Linda is a retired classics professor, an AIL top-rated instructor, a member of Christ UMC, a loving "nana," and active community volunteer.



Singing, dancing, oldies and just plain fun!

Tuesday, April 23, 2019

Wohlfahrt Haus Dinner Theatre - Wytheville, VA

Show: "Back to the 50's"

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

Reserve your seat now for a trip down memory lane to **Shake, Rattle & Roll** with the **Chain Gang** who will be **Rocking Around the Clock**.

We had a fun time last year, so **Shout** and do **The Twist** with us!

Depart from First Lutheran Church at 9:00 am. Parking at 3600 W. Friendly Avenue
Registration DEADLINE Friday, MARCH 1, 2019



Limited Seating!



Travel with us for a very special museum tour trip

Washington, DC

September 13 - 17, 2019 (Friday - Tuesday)

Cost: \$560/person Double Occupancy (add \$179 for single)

This Tour Includes:

- Motorcoach transportation
- 4 nights lodging
- 8 meals (4 breakfasts and 4 dinners)
- Diamond Tours® Dinner Party with Entertainment
- Museum of the Bible (full day)
- Nat'l Museum of African American History & Culture
- Smithsonian Institution
- Guided Tour the city's memorials and monuments, including WW II memorial, Capitol Hill, Embassy Row, Vietnam Veterans Memorial, White House, Martin Luther King, Jr. National memorial, Korean War Veterans memorial, and the Lincoln Memorial, Georgetown, and other sites.

Deposit of \$100 by May 6th to hold your seat ... Final payment by July 8, 2019

Travel Insurance available and recommended at just \$45/dbl or \$69/sgl occupancy when you make your reservation.

For details, visit our travel partner at <http://www.grouptrips.com/ShepherdsCenter/1539640>

Vickie Williamson @ 336-378-0766

You can also email Vickie at programmanager@shepctr.org

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

Back to the 50's SHOW
April 23rd \$99

Washington, DC ... Museums & Monuments Tour
Sept. 13 -17 \$100 deposit or \$560 full reservation

Name _____ Phone _____

Address _____ City _____ Zip _____

Email _____ Congregation _____

Emergency Contact _____ Phone _____ Relationship _____

Roommate if sharing a room in Washington _____

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



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** ... located in space provided by Star-mount 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 Fridays but not on weekends or evenings. Course fees range from \$15 - \$45 and are offered on a rotating schedule.



Classes offered vary each month, but may include:

- UNDERSTANDING & USING WINDOWS 10
Part 1 or 2 (4 sessions)
- MANAGING YOUR COMPUTER SECURITY (2 sessions)
- Intro to MS WORD (3 sessions)
- FILES MANAGEMENT (1 session)
- GENEALOGY (6 sessions)
- APPLE IPHONE Basics (3 sessions)
- Apple IPAD Basics (3 sessions)
- GOOGLE PHOTOS (2 sessions)
- INTERNET & E-MAIL MANAGEMENT (4 sessions)
- Using the ONE DRIVE Cloud (2 sessions)
- PASSWORD MANAGEMENT (2 sessions)
- ANDROID PHONE Basics (2 sessions)
- **Coming soon:** ADVANCED PHOTO EDITING
+ 1-on-1 TECH Assistance Labs on Friday afternoons
(watch your emails for details and invitation)

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 with credit card 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!

Need help with registration? Call the Shepherd's Center at 336.378.0766



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@shepctr.org.

HOT TECH TIP: *Is the file you just downloaded safe to open?*

Have you ever downloaded a file from the Internet and wondered if it was safe to open? Scan the file with the antivirus software that is installed on your PC without having to scan your entire computer.

Simply right-click on the downloaded file and then select Scan with [your installed antivirus program].

-via Ed Pring, ShepNet Coordinator



MGS presents **Trio Valtorna**

This fantastic trio consisting of David Jolley (french horn), Giles Vonsattel (piano), and Ida Kavafian (violin) will feature the beloved Brahms Horn Trio as well as works by Ravel and Harrison.

Friday, February 1, 2019 - 7:30 pm
Christ United Methodist Church



This program is the **Music for a Great Cause Concert** for the 2018-19 Season. MGS will donate 50% of all proceeds to the *Shepherd's Center of Greensboro*, supporting the important work they do for older adults in our community.

Because MGS is committed to contributing to our community, we created the Music for a Great Cause concerts. This project allows us to partner with another local non-profit organization whose work directly supports the people of Greensboro. The Music for a Great Cause concert benefits both organizations as we share information to our respective communities and share the resulting ticket sales. This program is a fantastic way for MGS to utilize music to serve our community and expand our reach.

We invite you attend and enjoy the evening!

You may use your season pass to attend or purchase Adult, Senior or student tickets online.

To buy tickets online, go to: MusicForAGreatSpace.org or directly to the ticket site at:

<https://ticketmegreensboro.com/events/mgs-presents-trio-valtorna-music-for-a-great-cause-concert/tickets>

Thank you to MGS for sharing the joy of music, the spirit of community, and your appreciation of active older adults with our Shepherd's Center!
— the Board and members of SCG

SCG needs VOLUNTEERS!

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 Coach & Instructors

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 4)

Board Trustees

The gift of leadership and ideas that will drive our programs toward the future are essential to our agency's success. We are also seeking persons with accounting knowledge to serve as Treasurer, persons with marketing/sales interests to help spread the word about our work with the community, and computer savvy individuals to further our internet/web/media presence.

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 on weekdays, and **flexible to suit your schedule**. **This critical service needs drivers as soon as possible!**

Sponsored by the Jean Griswold Foundation

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 16 Years of Service to Others

For over 16 years, **William "Buddy" Poole** has volunteered with the Shepherd's WHEELS program as a consistent, pleasant and dependable volunteer driver. He has taken other seniors to grocery stores, hair salons, banks and other sites for simple errands...trips that would not be possible if volunteers like Buddy were not available.

Buddy also supports SCG programs and activities for seniors through his active involvement at Starmount Presbyterian Church. He and his wife, Katherine, are key advocates for our ShepNet Computer Center and lifelong learning...it keeps them young!

We honor his decision to "re-retire" and step away from the steering wheel. After thousands of miles and hours, it's time to leave the driving to others. We all wish Buddy great health and happiness as we send our deepest gratitude for his service.



Tax Prep Counselors

**Ready...Willing...Able...to help you prepare your
2018 Income Tax Returns**

This year's tax volunteers are getting ready, studying the latest rules and regulations. So you need to start collecting your data and receipts.



This year, we begin appointments on:
February 4th - April 10th
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 18th.**

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 2018, as well as a copy of your 2017 tax return, W-2's, a list of deductible expenses, a photo ID and other relevant income documents.

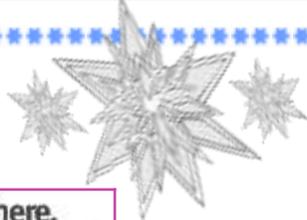
Our service takes place at West Market Church (enter the church from the main entrance on John Wesley Way/Commerce Street, take the elevator to Level 1, check in at Room 103.)

Project is part of the VITA (Volunteers in Tax Assistance) program of the IRS. Please note that there is a maximum limit of \$59,000 in annual income to qualify for this service.

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.



Senior Living Guide Is Everywhere.

Are you?

To advertise in *Senior Living Guide* call Judy Hull at 336-583-0316 or email at judyhull@seniorlivingguide.com

MLG helps seniors locate resources.

Senior LIVING guide

www.seniorlivingguide.com

- ✓ In Print
- ✓ On the World Wide Web
- ✓ In the Hands of Social Workers & Case Managers



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
Jan. 7, Feb. 4, March 5, April 2, May 7, etc.

9:30am - 12 noon at **Spring Arbor**
 5125 Michaux Road, Greensboro

\$3 fee includes breakfast yummies while you play and chat.

Reservations are recommended.

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..

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



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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@shepctrng.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



VOLUNTEER SURPASSES 17 YEAR ANNIVERSARY

Ruth Hughes

When Ruth received the Volunteer of the Year award in 2011, she was described as “a versatile, capable, and energetic retiree...but that only scratches the surface of what Ruth brings to the Shepherd’s Center.” This statement continued for another seven years until she recently retired from the weekly trip to the SCG office.

Ruth learned about Shepherd’s Center in 2001 from a neighbor, took early computer classes at ShepNet and began volunteering in the office with different roles. But her courage to step into the role of bookkeeper was the glue that brought her to SCG most Wednesdays or Fridays. There are few nonprofits who have the good fortune to have a dedicated person assisting with bank reconciliation, tax reports, writing checks and learning QuickBooks software as a key support person to the agency’s Treasurer and staff. Ruth truly “took care of it.”

We were just reminiscing how Ruth kept multiple golf tournament fundraisers on target as she worked with the team to line up players, sponsors and prize donors while handling the tournament finances. Her golfing knowledge and experience were essential to the events’ years of success.

While all these tasks are important and helpful in keeping SCG moving forward, it was her easy humor and quick wit that we miss the most. She is truly a volunteer *extraordinaire* who we love and miss in the office. We wish her good health, great fun and more time for those trips to the beach with family.

And while we can’t imagine Ruth wearing a hat, with her lovely hair askew, we still want to say...

Hats off to Ruth



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Travelers
A broad

Irish Splendor

October 15—22, 2019

Experience a true taste of the unique lands and people of Ireland on a trip that combines fabulous accommodations, stunning scenery and incredible cuisine. Make a return to times past when you join us on an unforgettable tour of the amazing "Emerald Isle."



"You don't want to miss this trip!"

Cost: \$2899 Double Occupancy \$3299 Single \$2869 Triple

Your tour package features: transportation between Greensboro and airport, round trip air fare from Raleigh, air taxes/fees, motor coach transportation, accommodations, hotel luggage handling, along with 2 dinners + 6 breakfasts, sightseeing and admission charges, most gratuities, plus one **local guide** assigned to our group during the time in Ireland.

The trip takes a grand loop around the isle with this itinerary:

Oct 15 - 16, 2019: Overnight Flight - arrive in **Kingscourt, Ireland** and open the tour on the **regal grounds of Cabra Castle**...a welcome dinner and spend the night in this castle!

Oct 17, 2019: **Kingscourt - Tullamore/Kilbeggan - Cliffs of Moher - Ennis**

Start your day with a cross-country journey to Irish whiskey territory, the ancient towns of **Tullamore and Kilbeggan**, with a tour and tasting at a historic distillery. Then it's on to the stunning 700-foot-high **Cliffs of Moher** for awe-inspiring views of the mighty Atlantic and the Aran Islands. End your day in the charming **town of Ennis**. Enjoy the ambience of your historic hotel, cozy up to its roaring peat fire, and feel the warmth of Irish hospitality.

Oct 18, 2019: **Ennis - Killarney**

Today, **experience the customs and daily life of a traditional Irish family** and enjoy homemade scones and tea during a memorable visit to the **Molanna Dairy Farm**. Continue on to **Killarney**, your home for the next two nights.

Oct 19, 2019: **Killarney - Dingle Peninsula - Killarney**

The day starts as we follow what is perhaps Ireland's most majestic coastal route – stunning **Dingle Peninsula**. Stop at the **Gap of Dunloe** where you can shop for traditional Irish goods handcrafted by local artisans. Travel to the town of Dingle and then **drive the beautiful Sleat Head** road, where some of the country's most spectacular landscapes are found.

Oct 20, 2019: **Killarney - Dublin**

A day in Ireland's breathtaking countryside with a visit to the historic **Blarney Castle**, where you have the opportunity to kiss the famous Blarney Stone (bestowing the gift of eloquence). Next, travel to the town of Cashel for views of the historic **Rock of Cashel**, the reputed location where St. Patrick preached and converted the King of Munster. End your day in Dublin.

Oct 21, 2019: **Dublin**

Enjoy a sightseeing tour of **Dublin, the "Fair City."** Take in O'Connell Street, Grafton Street and the city's magnificent rows of stately Georgian town homes. Then, enjoy some leisure time to independently explore the cultural offerings of delightful Dublin. On the last evening, tour **Christ Church Cathedral** and toast the end of an incredible journey with canapes and cocktails in the cathedral's crypt.

Oct 22, 2019: **Dublin**

It's time to fly home and say "**slán go hÉirinn**" after an amazing week in this beautiful country.

Deposit of \$500 to hold your seat (before April 10) ... Final payment by August 9, 2019

Travel Insurance available and recommended at just \$315/person when you make your reservation.

For details, questions or a full trip brochure call *Vickie Williamson* @ 336-378-0766 or email her at programmanager@shepctrq.org

Thank You For Your Gifts!

August 15 through November 30, 2018

Annual Giving

John & Virginia Achey
Ken Acker
Betty Allen
Nancy Bausman
Cathy & Pete Bergstrom
Richmond Bernhardt
Betty Best
Edwin Bryan
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Gifts in Honor of:

Sandy Doyle-Jones
Marian Solleder
Peggy Ward
Cliff Lowery
Barbara Walters Brooks
SCG ShepNet
Edwin Bryan
The Bridge Four,
Sandy, Muriel, Bonnie & Julie
Sandy O'Briant
Louise Van Schaack
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Routh Endowment:
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Earl Anderson
Sally Austin
Led Austin
Evon Welch Dean
Willard Dean
Solomon "Ray" Edwards
Carol Campbell
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In-Kind Gifts
Fellowship Presbyterian Church
Tim Weikel
Judith Davie Wright

SCG is fortunate to have in-kind support from our community sponsors.

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, great advice, meeting spaces, love and prayers, plus 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.

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

Thank you for your support...YOU are part of our core success.



ANNUAL GIVING CHALLENGE

This year's Annual Giving campaign is crucial to programs and services of SCG. Your end-of-year gift enables us to plan ahead for a year of full program offerings and top quality services.

Remember that 100% of contributions are used to provide local programs and services that meet our mission for independent seniors. With no government funding, only two part-time staff and a *cut-to-the-bones* small budget for operations, we need your support to keep fees affordable for seniors who strive to age-in-place and live active lives.

Please consider a gift to the 2018 Annual Fund, as we will be posting the full year of donors, by levels of giving, in the spring newsletter.

With gratitude,
Shepherd's Center of Greensboro



Annual Giving Levels:

Shepherds	\$500+
Sustainers	\$250-499
Advocates	\$100-249
Partners	\$50-99
Friends	\$1-49

Giving for the full year will be totaled at calendar year-end.

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.

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

\$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/mailling address with your gift.
 Gift given in honor of in memory of _____

◆ 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 or a transfer of stocks @ 336.378.0766*

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



Shepherd's Center of Greensboro
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Greensboro, NC 27401

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Happy
New Year!

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WINTER 2019 Calendar

<i>Board Meetings</i>	Jan. 15, Feb. 10, Mar. 19
<i>Shepherd's Travelers</i>	April 23 Wohlfahrt Haus Dinner Theatre --the 50's Sept. 13 - 17 to Washington DC Museums October 15 - 22, 2019 — IRELAND Tour
<i>Adventures in Learning</i>	January 17 - February 21, 2019 @ Christ UMC
<i>Table Games</i>	Jan. 7, Feb. 4, March 4, April 1 9:30-noon
<i>Special Event</i>	February 1, 2019 @ 7:30pm, Music For a Great Space... Trio Valtorna, to benefit SCG
<i>Office Closed</i>	Dec. 24, 25, & 26, Jan. 1, Jan. 21

