

ADVENTURES IN LEARNING

Thursdays: May 2, 9, 16, 23, 30 and June 6, 2019
First Baptist Church, 1000 W. Friendly Avenue

Welcome!

ADVENTURES IN LEARNING offers enrichment and fellowship opportunities for all Greensboro area men and women. There are **17 classes** from which you can create your own schedule. All variations are welcome.

The registration fee covers 1 or 2 or all 3 classes!

At midday, there is a quiet period of inspiration and meditation led by volunteers. After lunch, a Forum speaker and announcements of general interest, along with social and fellowship activities, make midday a special time.

Prepaid Lunch, at a cost of **\$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

"ALL ABOUT BUTTERFLIES": Using photos of live butterflies in the wilds and gardens of the Triad, we will explore the lives of what have been called "flying flowers." We'll start at the beginning and learn a bit about butterfly biology, how to find and identify them, and even what plants they like.

Dennis Burnette, Instructor

"AMERICAN PAINTING" from Hopper to Pollock: This class will explore many works including illustrators and avant-garde art, transitioning from realism of the Regionalists to the Abstract Expressionists and so-called "Action Painter". We will explore its relation to the changing culture of Jazz, film, poetry, WWII and its aftermath. There will even be some correlations to Continental and American philosophers and psychologists, along with Eastern and Native American traditions, and their impact on the thinking of these artists.

Jim Langer, Instructor

"GREAT LITERATURE from the HEBREW BIBLE": A selection of tales from the length and breadth of the Hebrew Bible. We'll mine these stories for plot, character, setting, style, and theme. Since God is the major character in the Hebrew Bible, naturally the Eternal will come into the picture, but surely not dogmatically. As the Hebrew Bible is generally acknowledged to be one of the cornerstones of Western Civilization, what we will take away from these studies will be of great value to participants.

Rabbi Phil Cohen, Instructor

"HEALTHY LIVING for SENIORS": Join health and wellness experts from Cone Health as they share information to help keep your mind and body healthy as you age. This series will include discussions on the opioid crisis, blood pressure management, falls preventions, the latest in cancer treatments, senior health scams, and Advance Directives and how to talk with your loved ones about end-of-life care.

Cone Health Professionals, Facilitators

"MOVE TO IMPROVE WITH YOGA" (Gentle/Beginner Level): This course is appropriate for students who want to learn the basics of yoga in a safe environment. Students should bring their own yoga mats and dress in comfortable clothing to allow free movement.

Jennifer Dowler, Instructor

"SILK PAINTING": In this beginner's class, you will explore the various ways to apply color to silk as you make 7 silk scarves. We will use art tissue paper, sharpie markers and a dye that requires NO steam, chemical or heat setting. It's fun to learn several *shibori* techniques. Space is limited so register early. Supply fee is \$65 and the check should be made payable to the instructor and included with you registration. Supply list will be sent upon registration. (If you took the class previously and want to use your dyes, contact Pam at pams0723@gmail.com for your supply list.)

Class limit 6

Pam Spurrier, Instructor

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

Janet Maslack & Battleground Home Depot Specialists

LIFELONG LEARNING is the "ongoing, voluntary, and self-motivated" pursuit of knowledge for either personal or professional reasons. Therefore, it not only enhances social inclusion, active citizenship, and personal development, but also self-sustainability, as well as competitiveness and employability.

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

“AARP FOUNDATION FINANCES 50+”: Is a financial capability program designed to motivate and empower participants to take charge of their financial future and make the most of their financial resources. We will cover budgeting and goal setting, taking charge of credit and debt, and developing a savings plan and protecting assets.

Crista Douthit, Facilitator

“EXPRESS YOURSELF”: This class is designed for individuals with an interest in writing poetry. It is open to all levels of experience, from beginners, whose focus is on developing their skills, to those seeking to increase their mastery of the writing process. As an integral part of this, students will present their own work as well as have the opportunity to read and analyze selected contemporary poems.

Class limited - 12 Martha Golensky, Instructor

“KNITTING”: This class is for beginners and anyone who needs help. Needles and yarn will be provided for beginners; experienced knitters will need to bring their own supplies.

Margaret Young, Facilitator

SILK PAINTING continues for a second class.

“THE ROLE OF THE FEMALE GODDESS IN ANCIENT NEAR EASTERN & EUROPEAN MYTHOLOGY”: Who are the important goddesses of ancient myth? Is there a significant difference between gods and goddesses in antiquity? What does the worship of female divinities tell us about the lives and status of women in the ancient world? Where did the goddesses go? Why is this a hot button topic today.

Linda Danford, Instructor

“U.S. FOREIGN POLICY IN THE 20TH CENTURY TO 1941”: A look at U.S. Foreign policy in the first half of the 20th century. We will start with the emergence of the U.S. from a relatively isolationist country to a major player on the world scene. This will take us from our extraterritorial Expansion at the end of the 19th and beginning of the 20th century to our entry into WWII. Everything in between will show how a newly powerful country reluctantly assumes the position of a “world leader”.

Charles Newell, Instructor

Even though it's spring, please remember that all Shepherd's Center activities are cancelled when Guilford County Schools are closed for inclement weather. If the schools are delayed, Shepherd's Center will operate on our regular schedule. Watch WFMY Channel 2 for closing information.

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

“ELDER LAW AND ELDER CARE”: Learn from an Elder Law expert about important Elder Care and Senior 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, Alzheimer's planning, and protecting a child's inheritance including special need Trusts. There will be time to talk about “getting your legal ducks in a row” for the second half of life.

Dennis Toman, Facilitator

“F/STOP IS FOR FOTOGRAHY– An Introduction”: This course is an introduction to digital and analog still photography, beginning with the fundamentals of capturing images and continuing with making pictures with both digital and analog (film) cameras, including those in cell phones. Students will be encouraged to share and discuss their photos with the class, and suggest topics and ideas they wish to explore.

Class Limited 15 David Johnson, Instructor

“FULFILLING FUTURES-Tips and Techniques for New Paths”: The future can be full of adventure, productivity, satisfaction and fun! The path to that future involves finding your vision, gathering information, and planning. In this course, you will create a plan that fits your desires while addressing typical life changes and responsibilities: What would you like to do or be next? How will physical changes and family responsibilities impact you? What is your plan for a Fulfilling Future.

Cheryl Greenberg, Instructor

“IN THE NEWS”: In this class we will discuss news stories taken from the country's major newspapers. 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 people who mainly want to listen.

John Spurrier, Instructor

“TALES OF THE TALMUD”: Stories from a Treasure Trove of Jewish Wisdom.

Rabbi Joshua Ben-Gideon, 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 next 2019 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

Who's Who?

ADVENTURES IN LEARNING PLANNING COMMITTEE

Betty Allen
Steven Danford
Brooks Graham

Margaret Griffin
Barbara Johnson
Michael Maynard

Phyllis Shavitz
Francis Young



SPRING Instructors:

Joshua Ben-Gideon, Rabbi at Beth David Synagogue, teaches classic Jewish texts, linking the ancient wisdoms to prayers that inspire mindfulness and meditation. He committed to education, family and his community.

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.

Phil Cohen, Ph.D. is a reform rabbi, holds a Ph.D in Jewish thought from Brandeis University, and a Master of Fine Arts degree from Spalding University.

Linda Danford, M.A. is a Latin teacher who retired in 2011 from the faculty of 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. Linda currently serves as SCG Trustee President.

Crista Douthit, C.P.M. retired from Reynolds American after 37 years in supply chain management as a procurement professional, managing various aspects of corporate resources and materials. She has a BSBA from Salem College and MBA from Wake Forest University.

Jennifer Dowler, (RYT 200) has been practicing yoga since 1973 and is a registered teacher with the Yoga Alliance. Her training is Iyengar influenced, with a focus on alignment & safe practices when teaching yoga asanas/poses.

Martha Golensky's poetry has appeared in literary journals, anthologies, general-purpose magazines, and online. Her poetry collection, *Pride of Place*, was published last year. A retired professor of social work, she relocated to Greensboro in 2007.

Cheryl Greenberg, Ed.D in educational gerontology and memory changes in older adults. She taught and worked as an administrator of educational programs at UNCG, several private schools and public schools in three states.

David Johnson, aka "Fotosaurus" is a dropout from the Famous Photographers School who somehow managed to eke out a career teaching social science and who is now doing sports and other photography as a volunteer for some local schools and agencies.

Jim Langer has taught drawing, painting and art history for nearly 35 years; 24 of these years at Greensboro College. He is mainly a draughtsman and painter in realist and expressionist styles, with ample experience as a professional actor and performer.

Charles Newell, M.A. has been teaching U.S. History and Constitutional History for 37 years, most recently at the American Hebrew Academy.

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

Pam Spurrier is a certified *One Stroke* instructor and has been painting since 2000. She is a member of the Society of Decorative Painters and Silk Painters International.

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.

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

Community Special Presenters:

AARP: Debra Shore, Brenda Loy and Jenis Abdul-Razzaaq

Cone Health Professionals: Sue Ellen Grounds, MSN, RN-BC, CHPN; Joy Martin, MSN, RN; Leigha Jordan, MS; Kristin Curcio, DNP, AGPCNP-BC, AOCNP; Tiffany L. Reed, DO, CMD;

Battleground Home Depot: Janet Maslack and Home Depot Associates.

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 32 years!

Forum Luncheon Speakers

May 2

Cameron Kent
Author & Retired Anchorman

May 16

Dennis Askew & Chris Williams
Eastern Music Festival

May 30

Julie Luther
PurEnergy Fitness

May 9

Porter Halyburton
Ret. Naval Officer & Former POW

May 23

Jim Albright
Director of EMS

June 6

To Be Determined



REGISTRATION FORM: **SPRING 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.

- All About Butterflies
- American Painting
- Great Literature - Hebrew Bible
- Healthy Living for Seniors
- Silk Painting
- Techniques for Your Home
- Yoga

10:45 - 11:45 a.m.

- AARP Foundation Finances
- Express Yourself
- Knitting
- Silk Painting (part 2)
- The Role of Female Goddess
- U.S. Foreign Policy

1:30 - 2:30 p.m.

- Elder Law
- Photograph
- Fulfilling Futures
- In the News
- Tales of the Talmud

Non-Refundable Registration fee, Spring 2019 TERM **\$45.00 per person** \$ _____

Lunch Reservation, May 2nd 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

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

