

SCG ADVENTURES IN LEARNING

Thursdays: October 3, 10, 17, 24, 31 and November 7, 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

BIRDING 101: This class is 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 the 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

DOWN THE GARDEN PATH: NC State Extension Master Gardeners will present six entertaining and informative programs on popular topics-Fall is for Gardening, Containers for Curb Appeal, Spring Flowering Bulbs, Shade Gardens, Backyard Habitat, and Pruning. Bring your questions, it's a great time of year to talk gardening with friends!
Cooperative Extension Master Gardener Volunteers, Facilitators

ECONOMIC ISSUES IN THE 2020 PRESIDENTIAL ELECTION: This will be a discussion-based class on the economic aspects of the issues in the upcoming Presidential election. A different issue or set of issues will be discussed each week. These issues including health care; international trade policy, tariffs & sanctions; the economics of environmental issues including climate change; jobs, wages, monopoly power and the distribution of income; the economics of education & student loan debt; and taxation, government spending & monetary policies. You will be expected to read a group of brief articles from magazines, newspapers & internet sources such as Project Syndicate. Students will also be encouraged to bring their own articles to class discussions.

Dr. Michael Stoller, Instructor

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

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. **2-hr. Class Limit-12**

Melanie Bassett, Instructor

THE METROPOLITAN OPERA COMES TO GREENSBORO: A discussion of the five operas that the MET will send via HD transmission to a Greensboro theater between October 2019 and January 2020. Included are *Madam Butterfly* and *Wozzeck*.

Dr. Richard Cox, Instructor



A picture from the past...the Autumn Belles!
We want to remember Pat, the tall, joyful woman in the orange shirt.

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

BEGINNER'S UKULELE: Learn 3 basic chords to play dozens of songs. The ukulele is the easiest instrument to learn with only 4 strings (in your first lesson you will be playing a song!). There are 3 ukuleles for loan to students. If you have your own instrument be sure it is a **soprano or concert** size uke. Optional equipment: a tuner and bag, for sale at The Guitar Center or Moore Music.

Class Limit - 8 *Catherine (C.H.) Holcombe, Instructor*

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

MAKING FIDGET QUILTS: Learn how to assemble a fidget quilt (these are placemat size quilts made of different colorful tactile fabrics with small playful items attached). These quilts are very useful in calming the restless hands of Alzheimer and dementia patients. They have been helpful with autistic children and those with developmental problems. Sewing skills are helpful but not a must. Please bring your sewing shears and a sense of playfulness! Materials will be provided. **All quilts will be donated to nursing homes in the community.** **Class Limit - 8**

Sandy McCarthy, Instructor

ONE CITY, ONE BOOK 2019: *Born a Crime* by Trevor Noah was voted this year's selection for Greensboro's One City, One Book. It is the memoir of the Comedy Central's current host of the *Daily Show*. His story is one of being born in South Africa to a Black African mother and White father, which was illegal under apartheid. There are several themes in the book which the course will look at before the class discusses the book. Books will be provided.

Class Limit - 25 *Ronald Headen, Instructor*

RESPONDING TO THE HOLOCAUST-THEN AND NOW: This course is designed as an introduction to the modern historical events known as "The Holocaust", or in Hebrew, "The Shoah", and will analyze those events in the context of the cultural heritage of Western Civilization. It will examine significant ideas and developments which led to the deliberate, systematic extermination of European Jewry as well as recent theory that seeks to explain its impact upon modern society. Topics include the history and consequences of antisemitism in Europe, rise of the Third Reich, The Nuremberg Laws, the "Final Solution", Jewish resistance and heroic rescue efforts by Christian supporters.

Rabbi Fred Guttman, Instructor

STORYTELLING 101: Experience the enchantment of live storytelling, exploring diverse kinds and impact in a supportive group. Through the sharing of personal stories and folktales, participants will learn key design aspects of story creation and practice dramatic skills for effective audience presentation. Emphasis will be on 1) POWER OF STORYTELLING, 2) FINDING and CREATING engaging stories, 3) LEARNING and 4) PERFORMING them in creative ways that engage audiences.

Dr. Charlotte Hamlin, Instructor

THE HISTORY OF IMPEACHMENT IN THE U.S.: Although only two presidents have been impeached, the impeachment clause applies to "Civil Officers" as well. We will not only study the circumstances surrounding the impeachment of the two presidents, we will look at conditions surrounding the "civil officers" which includes 15 federal judges.

Charles Newell, Instructor

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

INTERMEDIATE LEVEL UKULELE: This class is for persons who took the beginner's class in the fall of 2018 or who have musical 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 plus chords and music handouts from the previous class.

Class limited—12 *Catherine (C.H.) Holcombe, 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

LET'S GET MOVING-Healthy Aging with Exercise: Join health and wellness experts from Cone Health as they share information about exercises to get you moving and help keep your mind and body healthy as you age. This series will include discussions and exercise demonstrations for a healthy heart, improving balance, fitting exercise into your busy day, aching joints, stress relief and chair exercises.

Cone Health Professionals

LIZZIE BORDEN-Separating Truth & Fiction: Abby Borden & Andrew Borden were murdered 90 minutes apart in their home in Fall River, MA in August 1892. Daughter Lizzie Borden was accused, but did she do it? This course will evaluate the case evidence and lead to our own conclusion about who committed these infamous murders.

Tom Brawner, Instructor

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

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

- Vivienne Forrester

Who's Who?

ADVENTURES IN LEARNING PLANNING COMMITTEE

Betty Allen
Steven Danford
Brooks Graham

Margaret Griffin
Barbara Johnson
Michael Maynard

Phyllis Shavitz
Jean Tillman
Francis Young



AUTUMN's Instructors:

Jeanne Aller & Extension Master Gardener Volunteers are trained by NCSU faculty and staff, and assist them in providing research-based information about gardening and environmental stewardship to individuals and communities.

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.

Tom Brawner is a former attorney, teacher, and non-profit director. He is a long-time true crime enthusiast.

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.

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.

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.

Fred Guttman, M.H.L., M.Ed., D.Div. has served as the senior rabbi of Temple Emanuel since 1995. He lived in Israel and served as the rabbi and principal of Alexander Muss High School. In 2009, he was awarded the prestigious NCCJ Brotherhood/Sisterhood Citation Award. In 2012, he was recognized as one of the "50 Voices for Justice" by the union for Reform Judaism." In 2014, he was recognized by The Forward Magazine as one of "America's Most Inspiring Rabbis." He has led 18 March of the Living (MOTL) trips to Poland and Israel.

Charlotte Hamlin, Ph.D. retired from Guilford College and has been a professional storyteller 17 years. She has been a leader in the NC Storytelling Guild and the Triad Storytelling Exchange for many years and presents storytelling programs for audiences of all ages. A training consultant and educator, she brings multicultural stories from her travel and life experience to workshops for diverse organizations.

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 more than 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 "CH" 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 in February.

Sandy McCarthy is a mother, grandmother, teacher, quilter, military wife, traveler, garden lover and reader now living a retired life at Pennybyrn. She started a Fidget Quilt group at Pennybyrn and at last count the group had donated over 275 fidgets to area nursing homes, schools and individuals. She creates quilts to be auctioned for Alzheimer's research.

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

Michael Stoller, Ph.D. is Professor Emeritus of Economics at the State University of New York at Plattsburgh. He also worked as a forensic economist and expert witness.

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

Cone Health Professionals: Joni Garrett, BS, ACSM CPT, Health & Fitness Specialist, Kendall McKinney, BS, CPT, Health & Fitness Specialist, Megan Norriss, MS, RYT 200, ACSM,EP-C, Wellness Manager, Shannon Sandifer, MPH, CHES, Wellness Coordinator

NC Cooperative Extension Master Gardner Volunteers: Tom Gale, Shirley Keel, Charlotte Patterson, Nancy Seay, JoAnn Shaw, Chet Wasik, Faye Wilhite, Karen Williams

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

October 3

Jon Roethling
Reynolda Gardens

October 17

Jessica Whitman
2020 Medicare

October 31

Max Carter
Tales from New Garden Friends Graveyard

October 10

Barbara Clawson
Experiences on U.S.-Mexican Border

October 24

Linda Pritchett
Get Smart Retirement

November 7

Sticht Center on Aging & Rehab
Geriatrics focused healthcare



REGISTRATION FORM: **AUTUMN 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.

- Birding 101
- Down the Garden Path
- Economic Issues
- MET Opera
- Seeing is Drawing
- Yoga

10:45 - 11:45 a.m.

- Beginner's Ukulele
- Drawing cont. . .
- Fidget Quilts
- History of Impeachment
- Holocaust-Then & Now
- One City, One Book
- Storytelling 101

1:30 - 2:30 p.m.

- Intermediate Ukulele
- Knitting
- Let's Get Moving
- Lizzie Borden
- Making Retirement Brilliant

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

(ALL REGISTRATIONS received after September 30th will be \$55.00 per person)

Lunch Reservation, Oct. 3rd 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



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 2019 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.

Campaign Update: As of mid-August, as we go to press, the Annual Giving Campaign is at 47% of the goal for 2019. Your gifts are crucial if we are to maintain full programs and services for active-agers.

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