



ADVENTURES IN LEARNING Winter 2020

Thursdays: January 16, 23, 30, February 6, 13, 20, 2020
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 **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

"THE CHAPPAQUIDDICK INCIDENT": At age 29, Mary Jo Kopechne died in a car driven off a wooden bridge into water on a desolate Massachusetts island by the late Sen. Edward M. Kennedy. The tragedy, which occurred on the same weekend as the Apollo 11 moon landing in July 1969, changed the course of American history. We will address the incident, its broader significance, and the many important questions that remain. *Tom Brawner, Instructor*

"THE CLIMATE CRISIS?": This class will explore six questions: 1-What is the basis for alarm about global warming? 2-What evidence do we have that it is occurring? 3-What will the effects be? 4-Why haven't we done much about it? 5-What can communities, states, nations do? 6-What can we do as individuals? *Parke Rublee, 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, Instructor

"BRILLIANT RETIREMENT & TACKLING TAX RETURNS!": We are going to show you how to feel great about your retirement, protect what you've built, and understand the investment world.

Chad Barber & Keith Hiatt, Facilitators

"THE METROPOLITAN OPERA COMES TO GREENSBORO!": A discussion of the five operas that the MET will send via HD transmission to Greensboro theater in winter-spring 2020. Included are *Porgy & Bess* and *Tosca*.

Dr. Richard Cox, Instructor

"WILDFLOWERS, BIRDS and MORE - Introduction to Nature Watching": There is so 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

“THE BOMBER WAR: Strategic Bombing in WWII, Accomplishment and Controversies”: The Second World War involved bombing cities, a deeply controversial act. Germany and Japan started it in the late 1930s and the Allies took it up with far more devastating effect in the final years of the war. This course explores the evolution of air power from WWI to WWII; the Battle of Britain and the Blitz; the Combined Bomber Offensive in Europe, 1944-45; Bombing in the war against Japan, 1942-45; and an assessment of strategic bombing’s effectiveness and the controversy surrounding it.
Dr. Ronald Cassell, Instructor

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

“RELIVING THE DREAM AND A PROMISE”: In this new class we will discuss the impact of African American music and the historical influence of the political social movements from 1940 to 1960. *Ernest Hooker, 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. **Class limit 10** *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*

“STORYTELLING 101 ENCORE”: 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*

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, County and internet resources.
Tim Spradling, Facilitator

“HEALTH NEWS UPDATES”: We’re bombarded daily with health news and advice, but it’s hard to know what information is trustworthy. In this class, we will discuss recent developments in medical science. Topics will include: Do stem cell treatments for different conditions work? Can we prevent or treat Alzheimer’s Disease? How can we fight antibiotic-resistant infections? Do DNA testing companies give reliable information about health risks? We’ll distinguish the facts from the hype, so you become more informed consumers about today’s health topics. *Dr. Janne Cannon, Instructor*

“MEMORY IMPROVEMENT, “ACE” Your Brain”: Don’t remember where you put your car keys? Having trouble remembering a name? In this course, participants will learn about how a healthy brain works, life styles tips for strong memories, and most importantly, strategies for memory improvement. This is an active class with useful information and time to practice.
Dr. Cheryl Greenberg, Instructor

“THE ORIGINS OF DRAMA AND THE THEATRE IN FIFTH CENTURY ATHENS”: To a large extent, the ancient Athenians invented the dramatic play as we know it and devised many of the theatrical conventions that we still use, including plots, characters, costumes, music, and even the theatre design itself. We will look at the roots of Greek drama in the fifth Century B.C. and how it related to religion, social milieu, and politics of that time. Aeschylus, Sophocles, Euripides, and Aristophanes and examine the influence of the plays they wrote on the history of the theatre up to the present day.
Linda Danford, Instructor

“STRANGE BUT TRUE FACTS ABOUT WILD ANIMALS”: A look at some of nature’s most interesting and, sometimes, misunderstood animals, with an emphasis on how they behave, and how they do what they do.
Dr. Jayne Owen Parker, Instructor



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



Winter Instructors:

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

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.

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.

Janne Cannon, Ph.D. is Professor Emerita of Microbiology and Immunology at the UNC School of Medicine in Chapel Hill and is an Adjunct Professor at UNCG. She spent 35 years at the School of Medicine, teaching microbiology to medical students and graduate students and doing research on bacteria that cause diseases in humans. At UNCG, she teaches a course on infectious diseases and history for the Honors College and the Emeritus Society.

Ronald Cassell, Ph.D. is a retired History Professor who taught at UNCG from 1966-2003. BS and MA University of Michigan and Ph.D., UNC-Chapel Hill. His professional focus is Modern Britain and the two World Wars.

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.

Linda Danford, is retired from the faculty of the UNCG Classical Studies Department where she was a lecturer for 22 years. Her favorite courses to teach were mythology and Women in Antiquity. She is President of SCG Board of Trustees and an active participant/instructor at Adventures.

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, MS, C-IAYT, ERYT500, Exercise Physiologist with a niche working with special populations and back care. Owner of LifeFit, Inc. and author of *Essential Yoga Practice*.

Cheryl Greenberg, Ph.D. in educational gerontology and memory changes in older adults. She coaches seniors and their families who are in transition, whether they are dealing with physical/cognitive changes or they are planning active futures. She has worked and taught at senior living communities and programs, UNCG and other schools.

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

Keith Hiatt is a CPA and partner with the firm Breslow, Starling, Frost, Warner, Boger & Hiatt, PLLC.

Ernest Hooker received his MA from NC A & T State University. He has served as president of History Scholars and is a member of Phi Alpha Theta, the National Honor Society for Historians. He is currently Adjunct Professor in the Department of History, teaching Military History.

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 40 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, Ph.D. is Emeritus Professor of Biology at UNCG. He is an aquatic microbial ecologist, having studied the role microorganisms play in arctic and temperate lakes as well as oceans and coastal wetlands.

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.

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 32 years!

Forum Luncheon Speakers

January 16

Art Drennan

Genetic Testing in Family Research

January 30

Tom LaRock

World Safari Explorations

February 13

Mark Hensley, AARP

Interacting With Medical Staff

January 23

The River Landing Band

River Landing at Sandy Ridge

February 6

Manasse Nakamatsu Duo

Music for a Great Space

February 20

David Kolosieke

CEO Habitat for Humanity

If you do not have a printer for this registration page, you may call the SCG office at 336-378-0766 (Mon-Fri, between 10am - 3pm) and we will take your registration by phone. The registration will only be considered complete when we receive your check for full payment. (We plan to add on-line registration options in 2020)

REGISTRATION FORM: **WINTER 2020** **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.

___ Chappaquiddick Incident

___ Climate Crisis

___ Knitting

___ MET Opera

___ Retirement & Finance

___ Wildflowers, Birds & More

10:45 - 11:45 a.m.

___ Bomber War

___ Contemporary Poetry

___ Reliving the Dream...

___ Simply Fit Exercise

___ Sing for Fun

___ Storytelling 101 Encore

1:30 - 2:30 p.m.

___ Genealogy

___ Health News Updates

___ Memory Improvement

___ Origins of Drama/Theatre

___ True Facts about Animals

Non-Refundable Registration fee, Winter 2020 TERM \$45.00 per person \$ _____

(ALL REGISTRATIONS received after January 13th will be \$55.00 per person)

Lunch Reservation, January 16th 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 13th (\$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

