



# 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](mailto:info@shepctr.org)  
Website: [www.shepctr.org](http://www.shepctr.org)

**CONGREGATIONAL SPONSORS:**

- All Saints Episcopal Church
- Beth David Synagogue
- Christ United Methodist Church
- College Park Baptist Church
- College Place United Methodist Church
- Congregational United Church of Christ \*
- Faith Presbyterian Church
- First Baptist Church \*
- First Christian Church Disciples of Christ
- First Friends Meeting
- First Lutheran Church
- First Presbyterian Church \*
- Grace United Methodist Church \*
- Guilford College United Methodist Church
- Guilford Park Presbyterian Church
- Irving Park United Methodist Church
- New Garden Friends Meeting
- Pleasant Garden Baptist Church
- Shiloh Baptist Church \*
- Starmount Presbyterian Church
- St. Andrews Episcopal Church
- St. James 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
- Westover Church

\* founding congregations

**ASSOCIATE SPONSORS:**

- Memorial Presbyterian Church

**COMMUNITY SUPPORTERS:**

- Spring Arbor of Greensboro
- Starmount Presbyterian Church
- Triad Retirement Living Association
- VF Jeanswear (Blue Bell Foundation)
- Trinity Church
- Well•Spring

## Voter IDs for Seniors Project

It is important that all citizens have the ability to vote, to be heard and involved. Therefore, the Shepherd's Center of Greensboro is spearheading a program to help seniors, 60 and older, to get Photo ID cards from the Department of Motor Vehicles before the 2016 General Election.



We ask you to help us make this project a big success. The program entails getting two person volunteer teams who will drive local seniors to the DMV and help them obtain Photo IDs. If possible, ask a friend to volunteer with you. If a friend is not available, we can match you up. It should prove to be an interesting experience for you, and a real community service.

In addition to finding volunteers to drive seniors, please tell us if you or someone you know will need assistance getting the necessary ID. We will put their name **on our riders' list and contact them when we have a volunteer ready to help them.**

This program has two stages. Stage 1, from Feb 1 to May 15, we will line up volunteers, vet them for safe backgrounds, then train them. Stage 2, from May 15 to Oct 1, includes a press conference, PR releases and a campaign, to find clients who need the IDs. Volunteers will assist the clients to assure they have proper documents, schedule appointments and take clients to the DMV to get Photo ID. Absentee ballots may be best in certain cases.

Everyone is welcome to help. **It's not complicated. There will be informational meetings and handouts detailing the correct types of documents, etc. Further, live help will be just a phone call away.**

(continued on page 3)

*"Nobody will ever deprive the American people of the right to vote except the American people themselves and the only way they could do this is by not voting."*  
*Franklin D. Roosevelt*

Spring 2016

## A Note from SCG's Executive Director

I have often written here about my desire to hear your ideas on new projects/services. Thank you for the very busy past few months...bringing the "be careful what you wish for" adage to mind.

As you've read in our lead story, our big project is underway to serve seniors who need photo IDs in order to remain voting citizens. With the leadership of Mr. Bowers, we are leaping to the front of this community need.

We have been meeting with a group of dynamic seniors who want to develop a Lifelong Learning Institute in the Guilford-Friendly Avenue area. With Guilford College on board and residents of Friends Homes leading the way, SCG will serve as the third partner in this evolving program. We hope to announce a new series of short-term classes, special lectures or discussion groups that will expand on our educational program. Watch for news in the late summer/early fall season. We would love to have your help with the planning and support. Send me an email (info@shepctr.org) or call with your input or ideas.

With the end of this busy winter combined with this year's intensive negative political barrage, I think of the sign in my husband's office... "just remember that spring training is around the corner!"

It's here. So get outside and enjoy the spring, plant flowers and veggies, take a walk, or just visit a local ball park. Make it YOUR spring break!



*Sandy*

### SCG Programs & Services ... announcements

- ◆ Adventures in Learning has a Spring selection with brand new as well as returning favorite instructors...a line-up with many in-depth classes to choose from plus new Forum speakers (pages 8-11).
- ◆ Travel with us for a *spring day* at the NC Museum of Art, or a *fall day* through the countryside to Poplar Forest to tour Jefferson's summer Virginia home and area museums, or a *3-day Winter Wonderland* trip to Williamsburg. (pages 5 & 14).
- ◆ The Board of Trustees is seeking a few energetic people to join the Board in leading the way for SCG. Please call Sandy with any and all ideas of people who may be interested in filling great seats.
- ◆ Our office has been VERY busy in February and March with the Tax Prep (VITA) program. We are pleased to have served over 160 seniors with this free service. Special thanks to our long-time volunteer, Rita Reilly, for coordinating the volunteer team while also doing 6-8 returns each week.



Hats off to YOU, Rita

(Voter IDs for seniors, cont)

Since this is such an important project, the Shepherd's Center is partnering with these other non-profits:

- ◆ The League of Women Voters,
- ◆ Greensboro Neighborhood Congress,
- ◆ Greensboro Voter Alliance,
- ◆ NAACP,
- ◆ Democracy North Carolina,
- ◆ Temple Emanuel, and
- ◆ the American Friends Service Committee.

To volunteer as a driver or companion, or to let us know if you or someone else needs assistance, please call our number 336-378-0766 on either Wednesdays or Fridays between 10 AM and 3 PM. Volunteers will be waiting for your call.

Voting is one of our most basic duties as citizens. We believe everyone who wants to vote should be able to. We welcome your help with this important

*Earle Bowers*

## A Note from SCG Board President



Dear Friend,

Greensboro recently hosted a Bryan Lecture Series with Atul Gawande, doctor and author. Dr. Gawande is a surgeon and his passions lie in understanding our aging population and in finding meaningful ways for all of us to live out our days by actually living, not just existing.

One of his quotes really resonated for me as a 65 year old with a 91 year old mom and mother-in-law. *"All we ask is to be allowed to remain the writers of our own story. The story is ever changing. Over the course of our lives, we may encounter unimaginable difficulties. Our concerns and desires may shift. But whatever happens, we want to retain the freedom to shape our lives in ways consistent with our character and loyalties."*

The Shepherd's Center of Greensboro has had the philosophy from the beginning that if we help seniors maintain independent, fulfilling lives, **it matters**. If we can find ways whether physical, mental or spiritual to continue to offer freedoms to our seniors to continue to shape their lives, as Dr. Gawande puts it, **it matters**.

In 2016, we want to be sure that seniors in Guilford County are not only aware of us, but know how to take advantage of all we offer. That means we need more volunteers, a bit more income, and lots of word of mouth advertising.

We are asking you, who know us well, to check in with your house of worship to be sure we are on their radar screen! Are they a sponsoring congregation? Do they get our newsletter? Do they share our information with their congregation? Could we send our wonderful director, Sandy Doyle-Jones, to them to share our story? If each of you would ask just a few of these questions, our sense is that more seniors can be impacted in positive ways.

We thank you for being our ambassadors and wish you continued success in shaping your own lives as the writing of your own story continues. Let us remain a part of your life; **you matter!**

With gratitude,  
Ann Adams

### COMMUNITY NEWS & EVENTS to consider:

- ◆ Senior Games is our local Olympic-styled athletic events for 50+ active adults. Smith Senior Center coordinates the program with competitions 4/5 through 5/6. The Silver Arts creative competitions run 5/12-13. Call 336-373-7564 for info. You can still volunteer or attend for fun, or join us in best wishes for SCG athletes!
- ◆ Paul Ciener Botanical Gardens celebrates spring in April with amazing tulip displays. It's just a short ride on I-40 to Main Street in Kernersville!
- ◆ WellSpring reminds us that you do not need to be a WS resident to request their Home Meals program. They will deliver a local restaurant meal to your home. You choose the day and basic meal and it will be delivered hot and ready...for times you don't want to cook or if you are recuperating at home and not able to shop or cook. The fee is \$14 for a full meal, Mon-Fri. Call 545-5442 for information.
- ◆ Jazz in June is a free, fabulous program here at West Market Street United Methodist Church. It begins June 7 at noon and runs the 4 Thursdays in June. Great way to spend your lunchtime with music and spiritual inspiration. Come and sit with us!
- ◆ Community Resource Guide for Seniors will be published this spring. It is a compilation of all the sites we use for referrals when older adult help is needed. The book has been compiled and printed through John Wilke at [Blue Moon Benefits Group](#). It is a fabulous gift to SCG and the congregations who support us. The book will be on our website soon!
- ◆ Save The Date: Sept. 22 Shepherd's Center is partnering with Christ United Methodist Church to provide a symposium for our congregations and interested seniors on Aging In Place...*Making Your Home Your Safe Haven for the Years Ahead.*

**VOLUNTEERS needed!**

**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 weekdays, and flexible to suit your schedule. Supplemental insurance and partial reimbursement for mileage is available through our RSVP link. **This critical service needs drivers as soon as possible!**

**Office Volunteers**

Interested in working on computers to assist with data entry or general office work? OVs 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-12:30 or 12:30-3:30, Monday—Friday.

**Drivers for Photo ID Project**

Please see the article on pages 1+3

**Computer Instructors & Coaches**

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 7 for sample list of programs.

**Your time = support to other seniors**

**Call 378-0766 to Volunteer!!**



**Honor and Memorial Campaign**

Would you like to **remember** the wonderful parents who raised us, the children and friends who continue to be strong role models and important family members? Or is there a wonderful young person you know in your family, congregation or community that you would like to **honor**?

*"I want my daughter to know how much I appreciate her in my life. She remains my joy."*

When we receive your donation, we will personalize a beautiful 5x8 card to the person you designate. The card will be mailed the week prior to Mother's Day...or in early June for Father's Day...both are a delight when they open the mailbox!

*"I was so touched when I received this beautiful honor card from an agency that serves my family with such respect."*

You may want to order a few cards to carry with you to provide last minute gifts or for random acts of kindness for someone who could use a special note.



No need to shop for a card & stamp; plus these lovely cards benefit the Shepherd's Center and share a small piece of our "lives of purpose" mission.

\*While your name will be noted, the amount you donate will not be mentioned.

Call Sandy for further information or questions—[378-0766](tel:378-0766)

Please send this form with your contribution.

Name \_\_\_\_\_ Phone \_\_\_\_\_

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

Email \_\_\_\_\_ Amount of enclosed gift \$ \_\_\_\_\_

Given in honor of: \_\_\_\_\_ Floral  Lighthouse

Address: \_\_\_\_\_

Given in memory of: \_\_\_\_\_ Floral  Lighthouse

Name & address for memorial card \_\_\_\_\_

\*\*You may choose to add a separate list of people and addresses.

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



T ravel with us to Raleigh  
**North Carolina Museum of Art**

**Tuesday, May 17, 2016**

**Cost: \$80.00** (includes transportation & lunch)



Join us for another exploration of one of NC's greatest treasures in this modern museum filled with beauty, relics, and visual joy. We will have a special guided tour of the Judaic Art Gallery and you will have plenty of time to explore special exhibits plus your favorite style of art. The Rodin gallery and sculpture garden are excellent, but you may prefer American Art (Wyeth, Homer, Bierstadt), African Art, Ancient works, or Monet!

Depart from *First Lutheran Church* at 9:00 am. 3600 W. Friendly Avenue

REGISTRATION DEADLINE: **FRIDAY, APRIL 29, 2016**



NOTE: SPECIAL EXHIBITIONS during our visit include *Childe Hassam and the Isles of Shoals*. This American Impressionist spent summers painting coastlines in Maine and New Hampshire and the exhibit shares 39 of the artist's finest works. Plus Marks of Genius drawings. \*\* If you choose this exhibit, additional cost is \$9 (\$4.50 if you are a member).

T ravel with us to historic Virginia

**Poplar Forest - the lovely summer home of Thomas Jefferson**  
**Point of Honor Mansion on the James**  
**Lunch at the famous "Depot"**  
**Lynchburg Museum at the Old Court House**



**September 20, 2016**

**Cost for the full day trip is \$110. Includes comfort bus, lunch, and admission fees.**

REGISTRATION DEADLINE: **FRIDAY, August 19, 2016**

Depart from *First Lutheran Church* at 8:00 am. 3600 W. Friendly Avenue

*This is a lovely fall trip with scenery, history, fellowship and beauty.*

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

**North Carolina Museum of Art**  
**May 17 \$80**

**Poplar Forest & Museums**  
**September 20 \$110**

Name \_\_\_\_\_ Phone \_\_\_\_\_

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

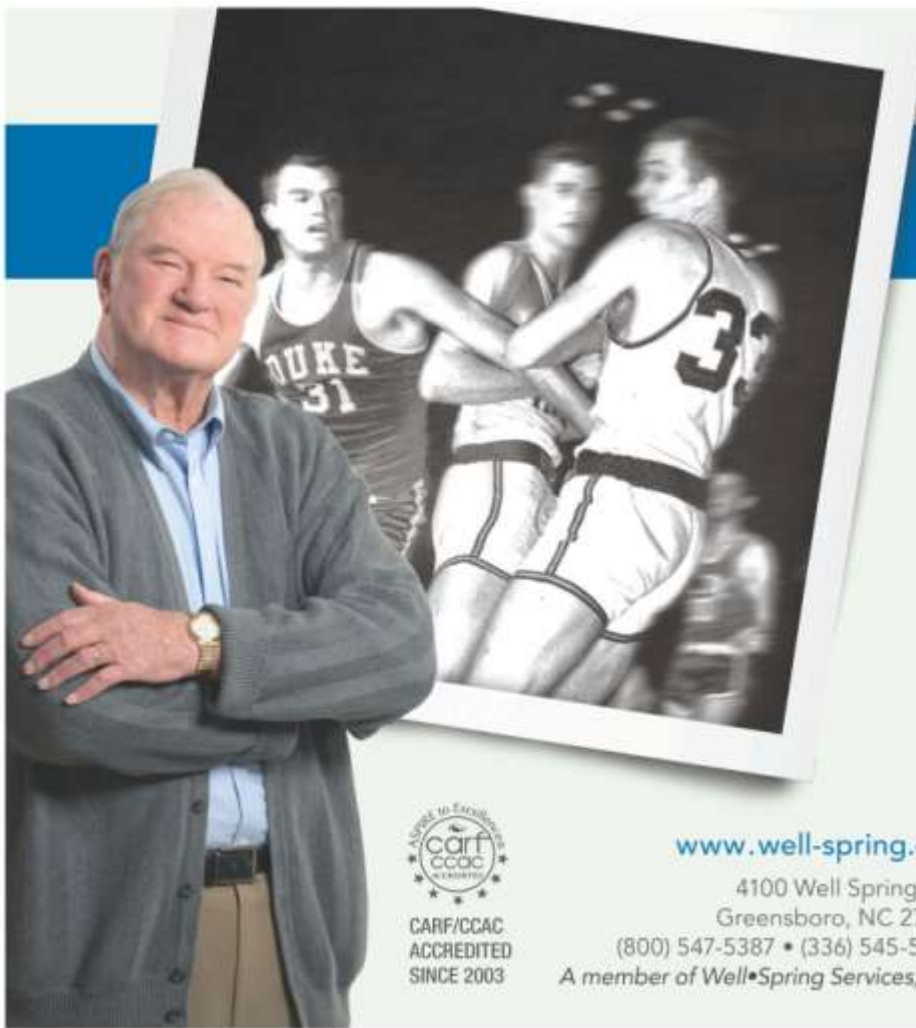
Email \_\_\_\_\_ Congregation \_\_\_\_\_

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

**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*





I've never been too comfortable on the sidelines.

That's why I chose Well•Spring.

From the basketball court to business and community, I believe the more you put into life, the more you get out of it. I'm happy to have found teammates at Well•Spring that share my passion for life.

Hayes Clement  
Resident since 2011



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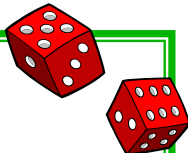
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RETIREMENT COMMUNITY

## 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**  
**Mondays, April 4 - August 1** (no 7/4 meeting)

9:30am—12noon followed by lunch  
at **Spring Arbor** of Greensboro  
5125 Michaux Road

\$7 fee includes lunch

Register with Judy Hull @ 299-7189  
on the Thursday prior to the Monday session.

P.S. You don't need to be a pro; our group leaders will share the rules and guide you through the various games.



### The Triad's Complete Guide for Seniors

- Housing
- Health Resources
- Moving & Downsizing
- Financial & Legal
- Aging in Place
- News and Information



**Pick up your copy today!**

at Harris Teeter, Lowe's Foods, Food Lion, real estate offices, senior centers, and rack locations throughout the Piedmont Triad.

The Year  
**RETIREMENT**  
resource guide

**TheRetirementResourceGuide.com**

A Publication of Southern Trade Publications  
Now in our 53rd year of publishing consumer and trade magazines

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** ... now located in space provided by Starmount 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 Friday mornings but not on weekends or evenings. Course fees are \$40 for 6-8 sessions classes; \$30-25 for short courses.

- |  |  |
|--|--|
| • MANAGING WINDOWS 8.1 (6 sessions)            | • APPLE iPHONE Basics (3 sessions)               |
| • WINDOWS 10 - <b>WHAT'S NEW?</b> (3 sessions) | • Apple iPAD Basics (3 sessions)                 |
| • USING Win 10 CORTANA & EDGE (3 sessions)     | • PICASA PHOTO MANAGER or PHOTOSHOP (3 sessions) |
| • GENEALOGY (6 sessions)                       | • INTERNET & E-MAIL MANAGEMENT (6 sessions)      |
| • WORD PROCESSING (8 sessions)                 | • Computer Security (coming soon)                |
|  | • Using the Cloud (coming soon)                  |

### Hot News: [Windows 10 – What is New?](#)

We are offering a 3 day course on the new Microsoft Operating System called Windows 10. Windows 10 is an excellent operating system that we believe will bring Microsoft the same huge success as Windows XP did some 15 years ago.

This class will concentrate on what's new and how to master these new features. For example:

- ◆ The Action Center
- ◆ Cortana – your new personal assistant
- ◆ Microsoft Edge - the future replacement of Internet Explorer
- ◆ Getting started with "Apps"

If you are currently using Windows 7 or Windows 8/8.1 and plan to upgrade to the free Windows 10 (or already have upgraded), the **Windows 10 - What's New?** course is for you.

\*\* PREREQUISITE: A working knowledge of Windows 7 or 8/8.1. Since this class is to acquaint you with "What is New?" in Windows 10, the class will not deal with managing the Windows 10 operating system (that class is planned for spring/summer).

Check the ShepNet website for dates and times and to register online (3 sessions / \$30)

A current schedule and on-line registration is available for all classes at [shepnetgreensboro.org](http://shepnetgreensboro.org)

**ALL registrations must be done on-line and paid through PayPal.**

Go to the ShepNet page, choose your class and then click on "Pay using PayPal."

Registration is non-refundable 7 days prior to class start date!



For people who are just learning to use computers and want the BASIC explanations and assistance, we offer **BASIC COMPUTER SKILLS (3 sessions)** scheduled periodically. If you need this class before attending a Windows class, call **our office** (378-0766) or our volunteer, Evelyn, at 292-4926.

For more information about classes or to volunteer for this program, contact Coordinator Larry Johnston at (336) 525-1728 or [ljohnston129@gmail.com](mailto:ljohnston129@gmail.com)

**ShepNet is seeking additional volunteer instructors who have knowledge in the subjects listed AND have an interest in coaching adult learners. Interested? Send a note to us at [info@shepctrq.org](mailto:info@shepctrq.org).**

# ADVENTURES IN LEARNING

April 21, 28, May 5, 12, 19, 26 2016

First Baptist Church, 1000 West 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 \$8.00**, 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

**"A WORLD HISTORY OF COTTON":** This course will include cotton growing, cotton textile manufacturing, cottonseed processing, and the lives of textile mill workers in the America South.  
*Lynette Wrenn, Instructor*

**BEGINNERS AND INDEPENDENT ART:** The first hour of this class will consist of exercise to bring out creativity and familiarize beginners with water (and later acrylic and oil) media. Second half will be independent art work (no materials supplied) in any medium for those like me who like to work in the company of others. Beginners bring material you already possess.

**2-hr. Class** *Jan Burgess, Instructor*

**BUTTERFLIES:** Through photos and discussions, learn to identify common butterflies in our backyards as well as nearby parks and vacation spots.

*Dennis Burnette, Instructor*

**HEALTHY LIVING FOR SENIORS II:** 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 exercise for joint pain, exercise for heart health, fall prevention, balance, nutrition and mental health.

*Cone Health Experts, Facilitators*

**MAH JONGG:** If you ever wanted to learn to play Mah Jongg, now is the time. This class is designed for beginners and anyone who needs to brush up on their game. There will be a \$10.00 charge per person (the purchase of the 2016 Mah Jongg card).

**2-hr. Class Limited-12** *Paula Becker, Instructor*

**QUILTING: "Spring Flowers"** using the following applications, stack-the-deck blocks, fusible applique and 3 dimensional flowers, make a unique basket of flowers for a spring wall quilt. Fabric kit is provided for \$20.00.

**2-hr. Class Limited-10** *Janet Dietz, Instructor*

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

*Dan Sullivan and Home Depot Specialists*

**WOODCARVING:** The fundamentals for beginner or experienced woodcarving will be demonstrated and practiced. Woodcarving blanks will be available. Bring a carving knife, if you have one.

**2-hr. class limited to 12** *Richard DeCoste, Instructor*

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

**ART - continues for a second class.**

**MAH JONGG - continues for a second class.**

**QUILTING - continues for a second class.**

**WOODCARVING - continues for a second class.**





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

**ETHICAL PROBLEMS IN ART:** We will see and discuss the more thorny issues presented by art that addresses how worldly politics and day-to-day social relationships have shaped the content of paintings, sculptures, and designed spaces and objects, both for the "better" and for purposes of control/exploitation.

*Jim Langer, Instructor*

**EXPRESS YOURSELF! (Intermediate level):** This class is a follow-up to the beginners' class in poetry writing offered in the fall. It is designed for individuals who wish to increase their writing skills through analysis of contemporary poems, discussion, and writing exercises.

**Class Limited-10** *Martha Golensky, 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, Instructor*

**THE DEATH AND REBIRTH OF THE CITY OF POMPEII:** We will look at what is known about the ancient city of Pompeii, its destruction in the eruption of Mt. Vesuvius in AD 79, the rediscovery of the ruins in the 18th and 19th Centuries, and why it is one of the world's most significant and unique archaeological sites.

*Linda Danford, Instructor*



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

**3 METAPHYSICAL POETS: DONNE, HERBERT & MARVEL:** Songs & Sonnets and Holy Sonnets - John Donne, Autonomy/Dependency Issues - George Herbert, Carpe Diem, The Beauty of Nature - Andrew Marvell.

*Eleanor Liebowitz, Instructor*

**AN INTRODUCTION TO GREEK MYTHOLOGY:** This course will be an introduction to the mythology of the ancient Greeks. The course will cover several broad topics: the Greek view of creation, the major Greek gods, and some of the famous heroes of Greek mythology. We will look at a number of well-known (and a few obscure) Greek myths, and we will discuss (briefly) the influence of Greek mythology on western culture, especially in the arts.

*Hugh Parker, Instructor*

**ANIMALS AND PROTECTORS:** If you love wildlife, birds, animals.... This class is for you! You'll learn about attracting and feeding birds, wildlife rehabilitation, conservation, rescue and a special appearance from our local K-9 unit.

*Community Organizations*



**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*

**LIFE IN MOTION:** It's never too late to add life to your years. We will discuss healthy weight and nutrition, exercise, the skinny on fat and having **ageless energy**. There will be three activity sessions for cardio, strength and ageless energy. Learn and move...to stay healthy and to keep your life in motion!

*Julie Luther, Instructor*

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.

# Who's Who?

## ADVENTURES IN LEARNING PLANNING COMMITTEE

Dick Swanson, Chair

Jim Allen

Jane Chandra

Brooks Graham

Margaret Griffin

Phyllis Shavitz

Marian Solleder

Jean Tillman

Jim Weikel

### Spring Instructors:

**Paula Becker** has been teaching and playing Mah Jongg for over 30 years.

**Jan Burgess** has studied painting in watercolor, acrylic and oils, but does not claim mastery of any medium.

**Dennis Burnette** 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 in other elected offices in several nature groups. He frequently presents programs and leads field trips for garden clubs, scouts, church groups, and nature organizations.

**Linda Danford** is retired from the faculty of UNCG Classical Studies department where she was a lecturer for 22 years. Her favorite courses to teach were Mythology and Women in Antiquity.

**Richard DeCoste:** has been carving off and on for most of his life. He has been an active craver with Adventures in Learning since 2003 and a carving instructor since 2010. He has carved crosses, pocket-prayer-peaces, "wood-spirits" in walking-sticks and many other interesting pieces.

**Janet Dietz** has been doing all forms of quilting for over 35 years. She is a member of the Triad Quilters.

**Martha Golensky's** poetry has been published in literary journals, anthologies, general-purpose magazines, and online. A retired professor of social work, she relocated to Greensboro in 2007. She is currently working on her first poetry collection.

**Jim Langer** is Chair of the Art Department at Greensboro College where he has been teaching since 1995. He also manages the college galleries. He lives in Asheboro with wife and two children.

**Eleanor Liebowitz** Ph.D. Retired from teaching English Literature. Also a retired New York State Licensed Psychoanalyst.

**Julie Luther** Founder and President of Julie Luther's PurEnergy Health and Wellness Services, Inc. She received the Award of Excellence from the Governor's Council for Physical Fitness and Health and was recognized as one of the Top Ten Personal Trainers in America of 2011.

**Hugh Parker** is an Associate Professor and Department head of Classical Studies at UNCG. He teaches both Greek and Latin courses and classes dealing with different aspects of life in ancient Greece and Rome.

**Eleanor Procton** has led "Music for Pleasure" at Friends Home Guilford. She began the class in 1978, worked in Special Services and later served as the department director. When she retired, they would not let her stop teaching and she continues to take great pleasure being with her friends. Now she adds the pleasure of singing with us at AIL!

**Margaret Young** was born in Scotland and has been knitting since childhood. She belongs to two knitting groups in Greensboro. Married with three children and six grandchildren. She knits a variety of items.

**Lynette Wrenn, Ph.D.** grew up in Clinton, NC. She has degrees in history from Women's College (UNCG) and Radcliffe College.

### Special Group Presenters:

**Cone Health Professionals:** Margie Moton, PT, Supervisor, Acute Rehab; Suzanne Dilday, PT, Cone Health Outpatient Neurorehabilitation Center; Kim Hutchinson, EdD, PMHCNS-BC, LCAS/CARN; Kristan Reeve, Exercise Physiologist; Danyel Johnson, MSN, RN, CNN, CNS; Kellie Capes, MSN, RN, PCCN; W. Lynn Weisner, MS, RD, CSG, LDN, Clinical Dietitian.

**Home Depot:** Manager Dan Sullivan and Specialists from various departments.

**Community Organizations:** Sgt. Marcus Graves & Jax, UNCG K-9; Sandy Proctor, Wildlife Care, Inc.; Lauren Riche, Red Dog Farm.; John David Wagner, The Conservators Center; Melissa Coe, Piedmont Wildlife Rehab; Barbara Haralson, Wild Birds Unlimited.



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 over 25 years!

Forum Luncheon Speakers

April 21

Rev. Buck Cochran  
Peacehaven Community Farm

May 5

Quinn Dalton  
Local Author, *Midnight Bowling*

May 19

To Be Announced

April 28

To Be Announced

May 12

Amy Meinecke  
WindowWorks

May 26

Michele Altman  
Spring Arbor

*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: SPRING 2016 Adventures in Learning**

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

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

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

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

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

9:30 - 10:30 a.m.

10:45 - 11:45 a.m.

1:30 - 2:30 p.m.

\_\_\_ A World History of Cotton

\_\_\_ Art cont.

\_\_\_ 3 Metaphysical Poets

\_\_\_ Beginners & Independent Art

\_\_\_ Ethical Problems in Art

\_\_\_ Animals & Protectors

\_\_\_ Butterflies

\_\_\_ Express Yourself

\_\_\_ Greek Mythology

\_\_\_ Healthy Living for Seniors II

\_\_\_ Sing for Fun

\_\_\_ Knitting

\_\_\_ Mah Jongg

\_\_\_ Death/Rebirth of Pompeii

\_\_\_ Life in Motion

\_\_\_ Quilting

\_\_\_ Mah Jongg cont.

\_\_\_ Techniques for Home Safety, etc.

\_\_\_ Quilting cont.

\_\_\_ Woodcarving

\_\_\_ Woodcarving cont.

**Non-Refundable Registration fee, Spring 2016 TERM \$40.00 per person \$\_\_\_\_\_**

**(ALL REGISTRATIONS received after April 21st will be \$50.00 per person)**

Lunch Reservation, April 21st only - \$8.00 or \$\_\_\_\_\_

All six luncheons - \$48.00 \$\_\_\_\_\_

Contribution to Shepherd's Center (Optional) \$\_\_\_\_\_

Or volunteer your time \_\_\_\_\_ TOTAL \$\_\_\_\_\_

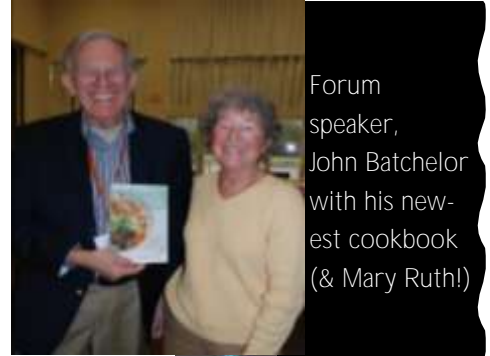
Is this your first time attending Adventures in Learning? \_\_\_Yes \_\_\_No

**MAIL NO LATER THAN April 20, 2016 (\$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



# A dventures In Learning Winter S crapbook



Forum speaker, John Batchelor with his newest cookbook (& Mary Ruth!)



## Great Instructors



## Super students!



Gone With the Wind's grand fan!



## Friendships



"You missed a great session!"

# Thank YOU to the Volunteers Who Support the Work of SCG

*"Every day thousands of unsung heroes bring caring and compassion to the lives of millions. Their names are never featured in the headlines, but our world would be a much darker place without them."*

- Charles Devlin

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Thank you to the Volunteer Center of Greensboro & Connors Morgan, PLLC for their service award that recognizes and supports our volunteer appreciation.

# Holiday Trip to Williamsburg, VA

December 5-7, 2016



3 Days—2 Nights in Winter Wonderland

\$ 445/person—double occupancy

\$ 535/person—single occupancy



Package includes: Lodging, transportation, 2 breakfasts, 2 dinners (including a Dickens-style dinner at the Boxwood Inn), full day pass to explore colonial Williamsburg (restored homes, shops and historic buildings), Berkeley Plantation tour, Virginia Living Museum park with *Star of Wonder* planetarium show, and Newport News *Celebration in Lights* show.

A full, inclusive package to enjoy history, beauty, and unique entertainment.

Seating is very limited!

Register before **July 30th** for these early bird rates.

After 7/30, double occupancy rate is \$470, single becomes \$560.

Trip cancellation insurance is also available...call Vickie for details.

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

Name \_\_\_\_\_ Phone \_\_\_\_\_

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

Email \_\_\_\_\_ Congregation \_\_\_\_\_

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

Roommate \_\_\_\_\_

Send this form with a \$100 deposit or the full fee.

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

SCG would like to THANK our wonderful team of Volunteers In Tax Assistance:

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*Rita Reilly*

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## SPRING Calendar

*Board Meetings* Apr. 19, May 17, June 21, July 19  
***Shepherd's Travelers*** May 17 - NC Museum of Art  
Sept. 20 - Poplar Forest, VA  
*Adventures in Learning* April 21 - May 26  
*Table Games* April 4, May 2, June 6, Aug. 1, etc.  
*Office Closed* March 28, May 30, July 4  
*Plant A Garden* Greens now, other veggies near  
Mothers Day