



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:

All Saints Episcopal Church
Beth David Synagogue
Christ United Methodist Church
College Park Baptist Church
College Place United Methodist Church
Community in Christ Presbyterian Church (new)
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
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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:

College Park Baptist Church
Spring Arbor of Greensboro
Starmount Presbyterian Church
Triad Retirement Living Association
Well•Spring
Westminster Presbyterian Church

The Positive Side



In a recent workshop on aging with grace, the speaker explored the idea of seeing our senior years as a time of great opportunity. Even with challenges and transitions, people who are enjoying their days have common traits of continuing to develop relationships, exploring, having positive attitudes, staying active, and enjoying a link to others in fellowship.

This idea is reinforced by an important study done at Stanford's Center on Longevity, called *The Sightlines Project*. Their three key areas in the benchmark project over 2 decades with 1.2 million Americans were health, financial security and social connections. They highlight the positive and negative trends so that **"people, policies and private sector services can adapt and improve"** in order to build long, healthy lives.

"Compelling scientific evidence indicates that living long and living well is most realistic for those who are socially engaged, adopt healthy living behaviors and are able to build financial security."

Social engagement has positive health and longevity benefits. Social isolation is as strong a risk factor for early mortality as cigarette smoking. They also highlight concerns that baby boomers may become more isolated than persons who are now 70-90, due to not knowing neighbors, divorce rates, technology, and less involvement in religious or community organizations.

The change and challenges of financial security are deeply impacted by the decline of retirement plans, the increase of educational debt, and the strain of living longer on fixed incomes. Their findings are most concerning for the generations that follow the boomers.

Most of us know the importance of avoiding risky behaviors (smoking, excessive drinking/drugs, etc) and making healthy choices on a daily basis. While Americans focus more on the benefits of exercise, the increasing rate of sitting is now increasing and we need to continue to focus on the importance of sleep and diet to retain health.

So stay positive, active and independent...we need you as our role models!

If you are interested in learning more, you can see the full report at <http://longevity3.stanford.edu/the-sightlines-project/>.

FALL 2016

"I'm positive that I'm aging. I think I'll make the most of it!"

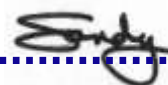
A Note from SCG's Executive Director

Since I last wrote to you in early spring, there have been so many "hello" or "good bye" moments and events. Meeting new people who attend our programs, who volunteer or want to learn more about ways that older adults stay involved and active are many of the blessings of our agency. And the flip side of that coin is saying farewell to folks who moved away from Greensboro, who can no longer drive or volunteer, or who passed away — all of which leave us with memories and stories to share.

With the Aging In Place Expo in September plus our continued involvement in local discussions about building services for older adults in our community, we are reminded about the transitions that many of us experience as we head into the 70s, 80s and 90s. We want you to join us in staying healthy, keeping your minds active and curious, and finding daily ways to experience joy.

We are the role models for all who come after us, we are the picture of active aging and we are life's teachers that younger adults are seeking.

In a quote from our friend Jim, "*Everyday comes bearing its own gifts...untie the ribbons.*"




SCG Programs & Services ... announcements

- ♦ Adventures in Learning has a FALL 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 *fall day* through the countryside to Poplar Forest to tour Jefferson's summer Virginia home and area museums, and/or a *3-day Winter Wonderland* trip to Williamsburg (page 15).
- ♦ 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.
- ♦ Join us for a great exploration of ways to improve the safety of your home, your fitness at home, and ideas to keep you in-home for as long as possible. See page 5 and **register for this one-time free event!**
- ♦ Our team has been very busy for the past few months with promoting the Every Senior Votes campaign to assist older adults obtain NC photo IDs. As of 7/29, that campaign was suspended when the Federal District Court of Appeals reversed the NC law. **SCG continues to urge all seniors to vote...to keep their voice active.**
- ♥ We welcome our newest congregational sponsor, **Community in Christ Presbyterian Church**. We will feature their adult ministry in our next newsletter.

Just Before Dark on Laurinda

As I walk up the street
 The first wave of lightning bugs
 Seems to rise from the grass.
 Then, as darkness thickens,
 Waves of them follow.
 I seem to be in the center
 Of a three-dimensional vision field test
 As I try to spot them every one.
 Should I get a jar and catch a few?
Wouldn't that be a laugh?
 An old woman with a fruit jar,
 Nail holes in the lid,
 Full of lightning bugs as her torch.

Dorothy Stafford Mason
 July 2016



In memory of JIM WEIKEL



Dear Friends,

Greensboro recently lost a champion of senior programs for our community. Most of you know that Jim was the catalyst behind SCG, but he also served on boards at Adult Center for Enrichment, CAN-NC, Boy Scouts, WellSpring Community, West Market St. United Methodist Church, Greensboro Lions Club, and Leadership Greensboro Seniors. He was busy sharing ideas, supporting teams who worked on those ideas, and offering kind words of support. One of his many favorite quotes resonates with us: *"May the overflow from my cup fall warmly on those in need."*

When Jim Weikel initiated the idea of a Shepherd's Center for Greensboro, he was in his early 60s and believed that there needed to be resources and programs for active, independent older adults. The importance of having programs that were interfaith and mentally stimulating were key components, as well as having it fit our local community and not duplicate services. So from these ideas sprang SCG and the thousands of older adults we have served for over 29 years.

"The measure of life, after all, is not its duration but its donation."

He was a visionary leader who inspired other volunteers with his compassion and actions. Jim's spirit, ideas, heart and love are known by all who had the honor of learning from him. We will always remember and treasure the time shared with him.

With gratitude,
Shepherd's Center of Greensboro

COMMUNITY NEWS & EVENTS to consider:

♥ The **Walk to End Alzheimer's** will take place on 9/17 in Greensboro's Center City Park. Please join a team, or walk in honor of SCG...but get involved! Their goal is to turn Greensboro into a purple city from 9am-11am. Call Caitlin at 336.814.3722 or register online at alz.org/walk.

♦ **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*. Safer homes mean we can stay in them longer!! See page 5 for details and registration directions. CALL to register, space/lunch and handouts are limited.

◇ Dance Project is offering a 6-week movement class for active older adults (sounds like us!). Held in the studio at the Cultural Center, Sep-Oct. See their website at school@danceproject.org.

👑 Guilford County Senior America Pageant will take place on 9/17, 2:00pm, at Spring Arbor. Yes, there's a talent, interview and gown competition with special guest, Ms. NC Senior America, Rebecca Ann Taylor. It's a fun event and a great celebration of the positive side of being a senior.

* UNGC Office of Leadership & Service-Learning AND Grimsley Key Club have both offered students to help seniors with tablets, smart phones, and technology assistance. If you are interested in a Saturday class, call us immediately to determine if a 1-on-1 session would be of help to you.....336-378-0766.

✦ *Now What* - a network of friendship for widowed persons, invites you to attend a free brunch on Oct. 8, 10am-noon, at Friendly Avenue Baptist Church. Key-note speaker will discuss safety and security issues, live music, with additional information on activities and services of local agencies. SCG will see you there! Newcomers are welcome. Reservations: 336-740-0651 or email to NowWhatWidows@gmail.com.



SECOND AIL POETRY CLASS A RESOUNDING SUCCESS

Enthusiasm for the new *Express Yourself!* class last fall led to offering an intermediate-level class in poetry writing in the spring AIL session. This was an opportunity for students to increase their level of skill and expand the range of their work. Research shows that participating in poetry (and the arts in general) offers multiple benefits to older adults for both physical and mental health. As an example of our talented writers:

The Walk to Charlotte

Two preteen boys bored
from hurling reed spears at each other,
eager for adventure in 1951.

Three or four hours to Charlotte,
a feat Davy Crockett
undertook with ease.

No need to tell anyone.
Country young'uns free as wild deer
led by restless longing
to become men of guts and grit.

Daylight was burning.
In tennis shoes, Levis and t-shirts
they headed east,
past the large peach on Highway 29,
past Broad River, good for fishing
and skinny-dipping,
past farms, fruit stands and gas stations,
on the lookout for skunks and copperheads.

No need for pistols or 20 gauge shotguns.
Whenever hunger or thirst called their names,
snacks and sodas begged to be taken.

Hitch-hiking cooled feet
impatient for the rhythm of picking up one foot
and setting down the other.

The busy city infested with fuming cars,
neck-stretching buildings,
old churches sleeping on every corner.

Daylight burned.
Home by midnight, still early.
A pact made to arrive by the second bell.

- Elida Vinesett

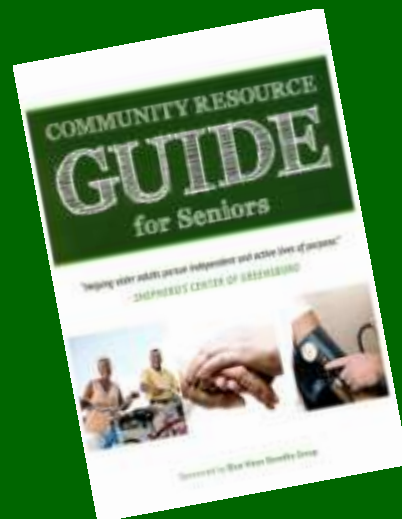
Congratulations to Elida Vinesett, whose other poem *"The Stickman and the Lady"* won First Place in the 2016 Silver Arts contest, and to Seena Granowsky, whose poem *"Transitions"* won Second Place in the Poetry category in the 2016 Burlington Writers Group contest.

Join us in the Fall AIL classes to *Express Yourself!*

We are excited to announce our recently published directory of the resources we use in the office when older adults and their families call for assistance or information.

This booklet was compiled by John Wilkie of Blue Moon Benefits Group in partnership with SCG. We are grateful for the beautiful booklet and hope it will serve our congregational sponsors and collaborators in their service to seniors.

To request a copy, call the SCG office. Or go to our website to open and use the GUIDE online at www.shepctr.org





336-885-9775 | 2209 Eastchester Dr, Suite 101 | High Point, NC 27265

One Agency - Multiple Health Plan Options

At Blue Moon Benefits group we take great pride in exceeding the expectations of our clients. We strive to provide sound product recommendations with the most reputable carriers as well as ongoing customer service throughout the year.

Whether you're about the turn 65, on disability, or already receiving Medicare Benefits, you'll learn from our simple explanations of what you need to know to get the most out of Medicare.



John Wilkie
Financial Services
Licensed Agent
336-430-0015

John is an experienced Medicare solutions professional that works closely with seniors and people on disability. Through a consultative approach, he's able to determine what he feels is the right solution for clients' specific needs. As their needs change and products evolve, it's John's goal to ensure that they continue to get expert help with access to the leading insurance carriers and their Medicare products.

Call or email John for a free, no-obligation consultation!

336-430-0015
jhwilkie@bluemoonbenefits.com



Aging in Place Expo

Resources for Independent Living



September 22, 2016 • 11am–2pm

Christ United Methodist Church
410 N. Holden Rd., Greensboro, NC 27410

Featuring exhibits, presentations, Q&A sessions, and door prizes from experts on safety in the home:



The first 100 people who register before September 15 will receive a free lunch; thereafter, lunch can be reserved for \$6. To register, call Shepherd's Center at 336-378-0766 or email info@shepctr.org. Registrants should leave names for each participant and a phone number.

CO-SPONSORED BY:

ChristChurch
United Methodist
SENIOR ADULT COUNCIL



*Helping older adults
pursue independent
and active lives of purpose*

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

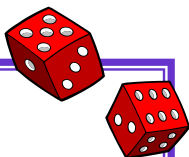
Mondays, Oct. 3, Nov. 7, Dec. 5 (no Sept meeting)

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.



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? 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-12:30 or 12:30-3:30, Monday - Friday. **WE NEED YOU!!**

Board Members

The Nominating Committee is currently interviewing prospective new Board of Trustee members for the term of office that runs October 2016-19. If you are interested in tossing your hat and talents into the future leadership of SCG... call Sandy for information and application.

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.

Tax Assistance Volunteers:

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.

Your time = support to other seniors

Call 378-0766 to Volunteer!!

The Triad's Only Complete Guide for Seniors

- Travel & Leisure
- Retirement Living
- Health & Beauty
- Personal Wealth
- News and Information

Pick up your copy today!

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



The Triad
RETIREMENT
resource guide

TheRetirementResourceGuide.com

A Publication of Southern Trade Publications
Now in our 59th 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 \$45 for 6-8 sessions classes; \$20-30 for short courses.

- | | |
|--|---|
| • MANAGING WINDOWS 10 (6 sessions) | • Apple iPhone Basics (3 sessions) |
| • WINDOWS 10 - WHAT'S NEW? (3 sessions) | • Apple iPad Basics (3 sessions) |
| • Using Win10 CORTANA & EDGE (2 sessions) | • INTERNET & E-MAIL MANAGEMENT (6 sessions) |
| • GENEALOGY (6 sessions) | • COMPUTER SECURITY essentials (2 sessions) |
| • WORD PROCESSING (8 sessions) | • USING THE CLOUD - ONE DRIVE (2 sessions) |
| • PICASA PHOTO MANAGER or PHOTOSHOP (3 sessions) | |



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

Now that many of you have upgraded to Windows10, we are offering a 3 day course on this newest Microsoft Operating System and its changes. 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 search engine replacement of Internet Explorer
- ◆ Getting started with "Apps"

If you used Windows 7 or Windows 8/8.1 and have upgraded to Windows 10, this course guides you through **the changes and updates**.

**** 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 overall Windows 10 operating system (that class is planned for winter when the manuals are re-written).

Check the ShepNet website for dates, times and to [register online](#) (3 sessions)

A current schedule and on-line registration is available for all classes at 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 are redesigning a class on the **Introduction to Windows...** watch for future announcements.

For more information about classes or to volunteer for this program, contact Coordinator Larry Johnston at (336) 525-1728 or 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@shepctr.org.

ADVENTURES IN LEARNING

September 29, October 6, 13, 20, 27, November 3, 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, announcements of general interest, 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

GARDENS GALORE: The Extension Master Gardener Volunteers of Guilford county will present six programs on popular horticulture topics: Perennials with Pizzazz, Small Space Container Gardens, Flowering Trees and Shrubs, Winter Interest Gardens, Culinary Herbs and Houseplants. Let’s “talk gardening” with friends!

Cooperative Extension Master Gardener Volunteers, Facilitators

IMMIGRANTS IN AMERICA - HISTORY & PROBLEMS: History of Asian immigrants (Japanese, Chinese, and Indian); evolution of immigration laws and discrimination faced by immigrants; Greensboro’s recent immigrants from around the world.

Suresh Chandra, Instructor

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.

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

THE ECONOMICS OF THE 2016 PRESIDENTIAL ELECTION: This course will explore the economic policies of the Presidential candidates, not just the nominees of the two major parties, but all the major candidates (e.g. Clinton, Cruz, Kasich, Paul, Sanders and Trump), among whom there were widely disparate economic policies being promoted. Topic areas will include job creation, income inequality, wage growth, debt burdens, taxes, and the costs of higher education and health care.

Mike Stoller, Instructor

THE METROPOLITAN OPERA COMES TO GREENSBORO: A discussion of the five operas that the Met will send via HD transmission to Greensboro theaters between October 2016 and January 2017. Join this discussion that will include *Tristan and Isolde* plus *Don Giovanni*.

Richard Cox, Instructor

QUILTING: “Snow Happy Bluework”. Embroider whimsical snowmen and make a unique table runner or wall hanging. Fabric supplies provided for a fee.

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

WOODCARVING: The fundamentals for beginner and experienced woodcarving will be demonstrated and practiced. Our fall carving project will be Christmas Ornaments. 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

A LOOK AT NORTH CAROLINA WRITERS: In this class we will read and discuss two titles: *When I Married My Mother* by Jo Maeder and *A Long and Happy Life* by Reynolds Price. Jo Maeder will visit the class on the day of discussion of her book! Copies of both titles will be distributed to the class members. The remaining classes will feature presentations on various North Carolina writers.

Ronald Headen, Facilitator

THE ART OF THE SONNET: The sonnet is one of the most durable poetic forms in English. In this class we will trace the development of the sonnet from its beginnings in Renaissance, through the Romantic and Victorian Periods into the 20th century. All readings will be provided.

Jack Kraemer, Instructor

EXPRESS YOURSELF! : Have you ever felt there was a poem inside just waiting to emerge? Have you tried your hand at poetry but been dissatisfied with the results? This course will help you take that first step or continue on your journey through analysis of contemporary poems, discussion, and writing exercises.

Class Limited-10 *Martha Golensky, Instructor*

TRAVELOGUE OF EUROPE, CENTRAL AMERICA AND THE WESTERN U.S.: In this class you will travel with Cyril from southeastern Europe to northwestern United States.

Cyril Harvey, Facilitator

MAH JONGG - continues for a second class.

QUILTING - continues for a second class.

WOODCARVING - continues for a second class.

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

FRENCH CLASSICISM (Corneille, Molière, Racine): A study of seventeenth-century French theater: Corneille's *Le Cid*, Molière's *Tartuffe* and Racine's *Phaèdra*. If there is time, we will read other writers (Descartes, La Fontaine, etc.). Students are strongly urged to buy Richard Wilbur's translations (Amazon.com sells low-cost paperback editions), all other material will be provided.

Kathleen Koestler, Instructor

ISRAEL TODAY: Travel to Israel with members of Greensboro's Interfaith Study Mission. Visit modern and ancient sites, places of significance to Christians, Jews, Muslims, and Bahais - look at culture, politics and everyday life, including relations between Israelis & Palestinians.

Jane Chandra, 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

THE HUMAN ANIMAL BOND: A look at our connection to other animals; what they bring to us and what we understand about them.

Jayne Owen Parker, Facilitator

PLANNING FORWARD: In this class we will discuss a variety of important subjects that include Medicare, estate planning, investment strategies, advanced planning, and long-term care.

John Wilkie, Facilitator

A dventures In Learning Spring Scrapbook



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

Steven Danford
Brooks Graham
Margaret Griffin

Phyllis Shavitz
Marian Solleder
Jean Tillman

Your FALL Instructors:

Jeanne Aller & Extension Master Gardeners 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.

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

Jane Chandra is a retired school librarian. She participated with her husband in the 2016 Interfaith Study Mission.

Suresh Chandra a retired professor and administrator from NC A&T and a member of the SCG Board of Trustees. He immigrated to the United States from India in 1961.

Richard Cox 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.

Richard DeCoste has been carving off and on for most of his life. He has been an active carver 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.

Jennifer Dowler (RYT 200) has been practicing yoga since 1973 and is a registered yoga teacher with the Yoga Alliance. Her training is Iyengar influenced which means she focuses on alignment and safe practices when teaching yoga asanas/poses. Bring your yoga mat and dress comfortable clothing.

Martha Golensky is a published poet whose work appeared in literary journals, anthologies, general-purpose magazines, and online. Authored a textbook on nonprofit leadership and management. She relocated to Greensboro in 2007 after retiring and is now working on her first poetry collection.

Cyril Harvey is a retired professor of geology at Guilford College with a longtime interest in world travel and photography.

Ronald Headen works for the Greensboro Public Library. He serves as an adult media selector, adult programmer, book club advisor, and book selector for the organization. He has been with the library for 43 years and been involved with One City One Book since it started in 2002.

Kathleen Koestler, Ph.D. is a retired Associate Professor of Romance Languages, French Symbolist Poetry, and the French novel at UNCG.

Alfred "Jack" Kraemer, Ph.D. is an Adjunct Professor at Greensboro College, past Media Coordinator and English teacher at Northeast Guilford High School and a lover of the sonnets you'll study.

Jayne Owen Parker, Ph.D. is the Director of Conservation Education at N.C. Zoological Society.

Mike Stoller received his Ph.D. in Economics from Washington University in St. Louis and was Professor of Economics at the State University of New York (SUNY) at Plattsburgh for many years.

John Wilkie is an experienced Medicare solutions professional that works closely with seniors in the Triad area. A native of Greensboro with a passion for teaching.

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

Special Group Presenters:

Members of the Greensboro 2016 Interfaith Study Mission

Community Professionals: Marc Ingersoll, J.J. Moore, Jim Eddington, Jillian Reich



Instructors from Spring 2016. Thank you to all the speakers who volunteer their time and talents with us.

Forum Luncheon Speakers

Page 11

September 29

Remembering Jim Weikel
"Bring Your Favorite Story of Jim"

October 6

Trista Pachan
Rite Aide Pharmacist

October 13

Chief Bobby Nugent
Greensboro Fire Dept.

October 20

Luck Davidson
Triad Local First

October 27

Dr. Charles Prysby
"The Elections" UNCG Professor

November 3

Sylva Beck & Bill Haney
Appalachian Trail Hike

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: F A L L 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.

☐ Gardens Galore
☐ Immigrants in America
☐ Mah Jongg
☐ Move To Improve -Yoga
☐ Economics of 2016 Election
☐ Metropolitan Opera
☐ Quilting
☐ Woodcarving

10:45 - 11:45 a.m.

☐ A Look at N.C. Writers
☐ Art of the Sonnet
☐ Express Yourself
☐ Travelogue
☐ Mah Jongg cont.
☐ Quilting cont.
☐ Woodcarving cont.

1:30 - 2:30 p.m.

☐ French Classicism
☐ Israel Today
☐ Knitting
☐ The Human Animal Bond
☐ Planning Forward

Non-Refundable Registration fee, FALL 2016 TERM \$40.00 per person \$ _____

(ALL REGISTRATIONS received after September 26th will be \$50.00 per person)

Lunch Reservation, September 29th 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 September 26, 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





Cheers TO 5 YEARS!

Join us to celebrate the anniversary of
SPRING ARBOR OF GREENSBORO

5125 Michaux Road
Greensboro NC

•LIVE MUSIC & FOOD •

Tuesday, October 11

4:30 until 7pm

RSVP to Shelby @

gbad@HHHunt.com

or (336)286-6404 by October 1st

ShepNet Computer class feedback:

"I learned a lot in my computer class. The manual is comprehensive and illustrated... very useful. The instructor was very helpful and willing to take time to answer our questions."

"Now I'm not afraid of using Windows10, but it will take a lot of practice and patience on MY part!"

"Learning new possibilities. New ideas that relate to OneNote and security."

When are YOU going to take a ShepNet class for computer or iPad or OneDrive Cloud or Security??
Check the website in late August - early September for the October/November schedule.

www.shepnetgreensboro.org

SCG Affiliations:



CAMPAIGN 4 the FUTURE

Shepherd's Center is designed for you, powered by you and we turn to you for ideas on the vital elements that make aging an opportunity not a burden, a time for ideas, education, activity and fellowship. With just two part-time staff, hundreds of volunteers, no federal/state/local government funding, and a budget kept very minimal ... we need the support of the people we serve and our congregational sponsors in order to:

- * provide transportation to seniors who cannot drive but want to remain in their home,
- * keep classes and activities affordable or to be able to offer a scholarship when needed,
- * plan and provide new classes in new areas of the community,
- * improve essential technology, and
- * maintain the quality and variety of programs that active older adults want and deserve.

What we DO happens because of you and benefits other older adults in our local community. When you consider a contribution, please know that we appreciate and need your support. Thank you for standing with us in working toward our goals of helping people stay active, vital, able to age in place and stay connected in our community.

"Everyday comes bearing its own gifts...untie the ribbons."



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

My support of the 2016 ANNUAL FUND is enclosed.

☐ \$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 with your gift.

Gift given ☐ in honor of ☐ in memory of _____

- ♦ Gifts may also be made through our website at www.shepctr.org/giving/

- ♦ *Please call Sandy if you would like to discuss a specific fund or use of your gift. 336.378.0766*

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

"I recently had a fire in my home that destroyed almost all my records. The volunteers from Shepherd's Center understood my need for new IDs, helped me get to the DMV and assisted with rides to stores. I even registered to vote in the process! They were kind, patient and respectful through every step of the way."

- Mary Ellen

Thank You For Your Gifts!

Mid-March through Mid-August 2016

Annual Fund

Philip & M. Joe Gelzer
Greensboro Council of
Catholic Women

Individual Donors

John & Virginia Achey
Jim & Betty Allen
Joan Anderson
Anonymous Donor
Anne Bailey
Carol Campbell
Antoinette Cerrito
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Mary Ellen Earp
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Dianne Powel
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Hans & Ellen Roethling
Marian Solleder
Jean Thompson
Natalyn Williams
Norm Wren
Francis & Margaret Young

Gifts in Memory of:

Sister Gretchen
Marty Outlaw
Kathleen Quinby
Bill & Sybil West

Pamela A. Ward
Charles Ward

Jim Weikel
Margaret Albright
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Gifts in Honor of:

Suresh Chandra
Sunita Patterson

Larry Johnston
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Joe Kent
Seymour & Carol Levin

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Nancy Entrekin
Isabel & Garth Payne
Ann Long

St. Matthews UMC
Nawatha DeVeaux

Jacquelyn Waters
Charles Ward

Vickie Williamson
Rita Reilly



Holiday Trip to Williamsburg, VA

December 5 - 7, 2016



3 Days—2 Nights in Winter Wonderland

\$ 470/person—double occupancy

\$ 560/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.

Limited Seating!

Registration Deadline October 5, 2016*

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

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

Holiday Trip to Williamsburg December 5-7

Name _____ Phone _____

Address _____ Zip _____

Email _____ Congregation _____

Emergency Contact _____ Phone _____ Relationship _____

Roommate (for Williamsburg only) _____

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

SAVE THE DATES & MAKE YOUR PLANS

Come Travel with Shepherd's Center in 2017 for \$99.00 for our 1-day trips:

- ♦ March 21, 2017 Wohlfahrt Haus Theatre, Wytheville VA "Buddy Holly Story"
- ♦ May 9, 2017 The Raptor Center, lunch, and Daniel Stowe Botanical Gardens

OR

If you prefer an adventurous 5-day trip

Albuquerque Balloon Festival and Santa Fe, New Mexico in October 2017



If you are interested in any of the trips, please contact Vickie @336-378-0766

Shepherd's Center of Greensboro
302 West Market Street, Room 103
Greensboro, NC 27401



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Please report any errors in your name or address above
by calling 336-378-0766 or email info@shepctr.org.

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Girard Johnson
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Barbara Osguthorpe
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Staff

Sandy Doyle-Jones *Executive Director*
Vickie Williamson *Program Manager*

FALL Calendar

<i>Board Meetings</i>	Aug. 16, Sept. 20, Oct. 18, Nov. 15
<i>Shepherd's Travelers</i>	Sept. 20 - Poplar Forest & Lynchburg, Va Dec. 5-7, Williamsburg, Va
<i>Adventures in Learning</i>	Sept. 29 - Nov. 3 @ First Baptist
<i>Table Games</i>	Oct. 3, Nov. 7, Dec. 5
<i>Special Programs</i>	Sept. 22— <i>Aging In Place</i> @ CUMC
<i>Office Closed</i>	Sept. 5, Nov. 24 & 25

