



# 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  
Community in Christ Presbyterian Church  
Congregational United Church of Christ \*  
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  
Mt. Zion Baptist Church  
Pleasant Garden Baptist Church  
Starmount 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  
\* founding congregations

#### ASSOCIATE SPONSORS:

Memorial Presbyterian Church

#### COMMUNITY SUPPORTERS:

Blue Bell Foundation  
Community Foundation of Greater Greensboro  
Griswold Home Care (new)  
Spring Arbor of Greensboro  
Starmount Presbyterian Church  
Triad Retirement Living Association  
West Market Street United Methodist Church  
Westminster Presbyterian Church

**Let's enjoy & share Spring**  
**Let's get moving, walking and enjoying our**  
**beautiful community.**



"Walking has it all. Simple and natural, it doesn't require any instruction or skill. It can be a very modest form of exercise or it can demand enough skill and intensity to be an Olympic sport. You can walk alone for solitude or with friends for companionship. You can walk indoors on a treadmill or outside in the city or country, at home or away. You can get all the benefits of moderate exercise with a very low risk of injury. All things considered, Charles Dickens got it right: *"Walk to be healthy, walk to be happy."* -Harvard Health Publications

We are so fortunate that Greensboro Parks & Recreation lists 400 miles of trails and greenways just in our city!

*Take a peppy spring stroll through:*

The Arboretum    Bicentennial Gardens    Bog Garden    Gateway Gardens

*Or consider a hike or bike ride on one of our many trails:*

Barber Park    Country Park    Oka T. Hester Park    Price Park

**Greensboro is developing our state's most unique outdoor public art greenway.**

The Downtown Greenway will loop around downtown and will be made up of on and off street greenway links. The first quarter mile of this trail is complete from the Freeman Mill Boulevard exit ramp at Lee Street to Eugene Street. Eventually, it will connect to the Atlantic & Yadkin Greenway, completing a route from downtown Greensboro to Summerfield. For details, photos and map, go to [www.downtowngreenway.org](http://www.downtowngreenway.org). You will also learn more about our walking/biking/hiking area options at the spring AIL classes (see page 9).

Smith Senior Center and many area churches host Walking Clubs so that you **don't need to travel alone**. *There are also indoor options* (for allergy days or rainy weather): Four Seasons Mall or perhaps a walk in the activity center at Friendly Avenue Baptist Church (daytime after 9, not during lunch hour).

With all the activity options, why pick walking? The Arthritis Foundation gives us 12 Benefits of Walking:

1. Improves circulation - linking it to lowering blood pressure, reducing chances of blood clots and strokes

(continued on page 2)

**Spring 2017**

**"If you can't fly, then run, if you can't run, then walk, if you can't walk, then crawl, but whatever you do you have to keep moving forward."** - Martin Luther King

## A Note from SCG's Executive Director

A recent post to Facebook from the Shepherd's Center of Winston-Salem, linked me to the Harvard long-term study results on the "secrets to a fulfilling life." (How can you NOT want to read this one?) I learned that over a 75-year research study, the clearest message was that "good relationships keep us happier and healthier. Period." As I read the reports from multiple news articles, it gave me a point of reflection that loving, quality relationships not only enrich our lives, but give us an energy source to overcome obstacles, loss, illness and loneliness. My deepest relationships also give me warm memories to lean on, bursts of laughter, honest feedback and support when I need it. The study also uses the term "relationships" rather than friends or family, knowing that our definition of close relationships change over time.

So *here's to you*, the smart adults who choose to be involved, not isolated... the people willing to share thoughts and heart. As you're building deeper relationships you are also supporting your longevity.

We know that mental stimulation, sharing ideas, eating healthy, moving our body, staying involved with the people around us, and finding daily joy are all factors that extend our ability to benefit from good genes, leading to a healthier/happier last stage of life. Add quality relationships to this list and fulfillment can be checked on your real life daily bucket list!



### SCG Programs & Services ... announcements

- ◆ We are excited about the new collaboration with Senior Resources. The Aging Mastery Program will be the first project in NC and offers another way to build resiliency and options for local adults. (page 5)
- ◆ 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 Home & Gardens tour in VA, or a fabulous hot air balloon festival in Albuquerque/Santa Fe, and/or a holiday trip to the Music City - Nashville for 4 nights. Leave the driving to us! (pages 3 & 14)
- ◆ The Board of Trustees is seeking a few energetic people to join the Board in leading the way for SCG. Knowledge of finance/accounting, marketing/sales or technology are most needed. 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 serve over 175 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.

(cont. from page 1...)

2. Shores up your bones – thereby reducing risk of fractures
3. Leads to a longer life
4. Lightens your mood – creating natural painkilling endorphins
5. Burns calories – may help with weight loss
6. Strengthens muscles – increasing range of motion and lessens arthritis pain
7. Improves sleep and reduces insomnia
8. Supports the joints – bringing oxygen and nutrients to the cartilage area
9. Improves breathing and healing
10. Slows mental decline
11. Lowers Alzheimer's risk
12. Helps you do more...longer

SCG's goal is to support your independence and hope you will stay flexible and active. We'll see you at the park or walking around town!



Hats off to YOU, Rita

October 10- 15, 2017

Reserve your 2017 vacation with **SHEPHERD'S TRAVELERS**

**Albuquerque Balloon Fiesta**



For 6 DAYS/5 NIGHTS, you will tour:  
 International Balloon Festival day plus a moonlight return visit, ride along eclectic Route 66, Nat'l Museum of Nuclear Science, art shops, Native American Culture Museum & the 19 Pueblos of New Mexico, plus a side trip to Santa Fe along the historic Turquoise Trail, visit the coal mining town of Madrid, explore the town of Santa Fe until it's time for your southwest class at Santa Fe School of Cooking (yum).  
 Optional side tour to Taos.

The package includes all of these tours, 8 meals, hotels, airfare and connections from Greensboro.

Stay in comfort at the Albuquerque Marriott and the Drury Hotel in Santa Fe

**This is a great fall trip to experience one of the world's premier events without the hassle of booking and driving.** It also includes 2 cities, art, history, culture, and great food. Moderate physical activity.

\$2729.00 Double Occupancy    \$3329 for a single room    \$2699 for a triple room

Deposit of \$500 due by March 24th to reserve at these prices. \*Travel insurance is available and recommended.

**Our professional Collette tour group has designed a wonderful experience...**

**you just need to take the adventure with your friends from the Shepherd's Center!**

For more information or registration for the **New Mexico Fiesta** trip, contact Vickie Williamson at Shepherd's Center 336.378.0766 or email: [programmanager@shepctrq.org](mailto:programmanager@shepctrq.org). She will provide a full brochure and all registration forms.

**Spring into fun! Leave the driving to our great bus company...the FUN is up to YOU !**

Travel with us back to 2 unique historic Virginia homes... you will be amazed!

- \* **Point of Honor Mansion on the James**
- \* **Lunch at the famous "Depot"**
- \* **Anne Spencer's House & Gardens tour**



**May 9, 2017**

**Cost for the full day trip is just \$99.**

**Includes comfort bus, lunch and admission fees.**

**CALL TODAY TO REGISTER...only a few seats are available**

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

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



**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.

**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 6 for sample list of programs.

**Your time = support to other seniors  
Call 378-0766 to Volunteer!!**



**Honor and Memorial Campaign**

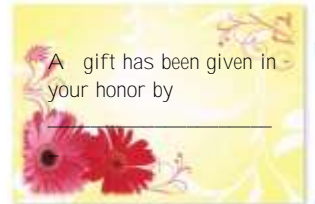
Would you like to **remember** the wonderful parents who raised us, the children and friends who continue to be strong role models and important family members? Or is there a wonderful young person you know in your family, congregation or community that you would like to **honor**?

*"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

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*

## 2 GREAT agencies... ONE unique program

SCG is excited to collaborate with Senior Resources of Guilford in providing this new course to help people plan to extend their independent living lifestyle. Call us for information or just call the listed number to register...seats are limited!



# Be a part of NC's FIRST Aging Mastery Program®

Developed by the National Council on Aging

### What is AMP?

The Aging Mastery Program (AMP) is an interactive education and behavior change incentive program, designed to help older adults and baby boomers build their own "playbook" for aging well. AMP empowers participants to embrace their gift of longevity, improve their well-being, add stability to their lives and strengthen their ties to their communities.

### What will I learn about?

- Navigating longer lives
- Sleep patterns
- Exercise
- Healthy eating and hydration
- Medication management
- Falls prevention
- Advanced planning
- Financial fitness
- Healthy relationships
- Community engagement

**When?** Tuesdays, April 25th– May 23rd  
11:00am-2:00pm (lunch break included)

**Where?** First Baptist Church  
(1000 W Friendly Avenue, Greensboro)

**How much?** \$35/participant  
(program materials and complimentary lunch provided)

**Deadline?** April 11th  
(registration and payment)

To register or for more information contact  
Lindsey Arthur, Senior Center Director at 336-373-4816 or  
seniorcenter@senior-resources-guilford.org



Enrollment fees for this new collaboration are partially funded through the Weikel SCG Initiatives Fund.

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 4-8 sessions classes; \$10-30 for shorter courses.

**Classes offered vary each month, but may include:**

- UNDERSTANDING & USING WINDOWS 10  
Part 1 or 2 (4 sessions)
- USING Win 10 CORTANA & EDGE (2 sessions)
- MANAGING YOUR COMPUTER SECURITY (2 sessions)
- WORD PROCESSING (8 sessions)
- FILES MANAGEMENT (1 session)
- APPLE iPHONE Basics (3 sessions)
- Apple iPad Basics (3 sessions)
- PICASA PHOTO MANAGER or PHOTOSHOP (3 sessions)
- GENEALOGY (6 sessions)
- INTERNET & E-MAIL MANAGEMENT (4 sessions)
- Using the ONE DRIVE Cloud (2 sessions)

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 business days prior to class start date!

**For the fastest notification of news and class announcements, go to the ShepNet webpage and sign up for mailings...orange [click here](#) at bottom of the page...you'll be the first to see new schedules.**



Our collaboration with **UNCG STARs Computing Corps** will resume after spring break. (late March and mid-April)

College computer science majors will work 1-on-1 or with small groups of SCG participants to help with technology issues or questions. They can assist with android smartphones or tablets, minor laptop issues, or general tech help. This is not a class lecture, but a lab to get you to the next step in using your tech devices.

If you are interested in a Saturday morning lab, call SCG on Monday or Thursday mornings to check available dates or to determine if we can be of help to you. 336-378-0766

*(appointment required, no fee but donations appreciated)*



**We need additional volunteer instructors and coaches 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](mailto:info@shepctr.org).**



*Mom's yard is an acre of grandkids playing,  
a patio with decades of celebrations, and  
a garden overflowing with memories.*



*We give people the help they need  
to live in the place they love.™*



**Delivered with heart.™**

If you have a loved one who needs in-home, non-medical assistance, we can help. A compassionate caregiver can lend a hand with everyday chores like cooking, cleaning, and running errands so people can stay home and stay independent.

336.285.7477 | [GriswoldHomeCare.com/Burlington-Greensboro](http://GriswoldHomeCare.com/Burlington-Greensboro)

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## YOU'RE INVITED

Our AIL instructor of Classics and Ancient Art, Linda Danford, has offered to serve as a private docent for her students during a special trip to the Raleigh NC Museum of Art to explore their classics exhibit. And we want to invite YOU to join us on

**June 1, 2017**  
**\$45/person**

Bus, lunch, tour  
Just complete the form to  
the right & mail today.

### The Triad's Only Complete Guide for Seniors

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- Retirement Living
- Health & Beauty
- Personal Wealth
- News and information

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

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

Zip \_\_\_\_\_ Email \_\_\_\_\_

Return this registration form with your check payable to **Shepherd's Center**

302 W. Market St., Room 103, Greensboro, NC 27401

# ADVENTURES IN LEARNING

April 20, 27, May 4, 11, 18, 25, 2017

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 **16 classes** from which you can create your own schedule. All variations are welcome. The registration fee covers 1 or 2 or all 3 classes!

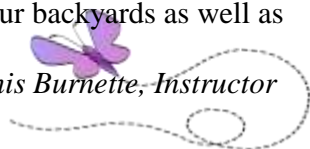
At midday, there is a quiet period of inspiration and meditation led by volunteers. After lunch, a Forum speaker and announcements of general interest, along with social and fellowship activities, make midday a special time. **Prepaid Lunch**, at a **cost of \$8.00**, is served in the Fellowship Hall 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

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

*Dennis Burnette, Instructor*



**IN THE NEWS:** In this class we will discuss news stories taken from the country's major newspapers. Emphasis will be placed on considering stories from various viewpoints. Students will receive internet links to the stories a few days before class. The instructor welcomes a variety of opinions as well as people who mainly want to listen.

*John Spurrier, Instructor*

**ISRAEL-Connection, History, Modern Day Reality and Prospects for Peace:** This course will begin by studying the 4000 year old Jewish connection to the land of Israel and then will proceed to the current situation. Among the topics to be studied will be Zionism, Major 20th Century events, the dreams of Israel founders versus its present day reality, peacemaking attempts throughout the years, Israel on the world stage and security challenges, tourism and Israel as a center for innovation.

*Rabbi(s) Fred Guttman and Andy Koren, Instructors*

**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 2017 Mah Jongg card).

**2-hr. Class Limited - 12**

*Paula Becker, Instructor*

**MAKING YOUR HOME SAFER, MORE BEAUTIFUL AND MORE EFFICIENT:** Topics to be covered will include container & patio gardening, updating & beautifying various rooms with paint and other methods, learning to do simple home repairs, products and techniques for making your home safer, new products for the home and opportunities for questions and answers.

*Dan O'Sullivan & Battleground Home Depot Specialists*

**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*

**ONE STROKE GLASS PAINTING:** This is a basic class, no painting experience needed. Glass makes a great first surface as it is VERY FORGIVING. If you do not like what you have painted, you can just wipe it off and start again! Supply list will be provided to those who register. Bring supplies to the first class.

**Class limit 15**

*Pam Spurrier, Instructor*





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

**LINE DANCING:** Put on your dancing shoes and come join this fun activity! Learn the Electric Slide, Cupid Shuffle and many others. No partner required!

**Class limit - 20**

*Betsy Holder, Instructor*

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

**ONE STROKE GLASS PAINTING - continues for a second class.**

**REVOLUTION IN EATING - Food preparation through the ages:** This course will review and discuss some of the history of food and food systems with a focus on foods in the south, the tools and utensils used in their preparation, and the roles involved. The course will cover several major time periods, starting with the "Paleo diet" and ending at microwaves, with stopovers in other kitchens along the way. Participants will be encouraged to share their knowledge of food, foodways and any artifacts to which they have access.

*David Johnson, 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*

**U.S. CONSTITUTIONAL HISTORY - Its Origins, Creation, and Growth:** This course on U.S. Constitutional History will focus on the origins, content and continued growth of the Constitution to the present. We will trace its beginning in English common law, Roman coded law, and the Enlightenment of the 18th Century. From that point, we will see how the new nation of the United States evolved from revolutionary fervor to a written constitution reflecting the influence of Enlightenment theory and English common law. We will then trace the Constitution's growth through significant court cases and amendments.

*Charles Newell, Instructor*

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

**HIKING AND BIKING IN GREENSBORO AND GUILFORD COUNTY:** Do you enjoy hiking or biking? What trails are available to residents of Greensboro and Guilford county? An amazing network of trails is now under construction, centered on the Downtown Greenway. This class will be taught by six (6) community leaders who use, plan and run our recreational and commuter hiking and biking trails.

*Greensboro/Guilford County Leaders, Facilitators*

**INTIMATE SHAKESPEARE:** We will discuss a selection of Shakespeare's well-known but little-read sonnets. The sonnets report with embarrassing frankness on his passions, regrets and moral reflections concerning an adulterous triangular relationship with a wealthy "Young Man" and a worldly "Dark Lady." This poetry was original in style, complex and requires careful reading. Handouts will be provided for the first two meetings. For participants who want their own texts to mark up and reread I recommend purchasing a used copy of Shakespeare's Sonnets and preview/read numbers 18, 20, 24, 129, 130 and 147.

*Jim Gutsell, Instructor*

**MASTERING THE PURSE STRINGS - A Retirement Workshop for Women:** Money is a tool we use to care for ourselves and the people we love. Learn how to align your wealth with your values and chart your own retirement course through investment, income preservation and legacy planning. We will explore securities, annuities, life insurance, Medicare, long term care insurance and taxes. Learn your own drives so you can become more organized, informed, and empowered about your finances.

*Bill Roach, Facilitator*

**MORE GREEK MYTHOLOGY:** This course will cover important myths from Greek and Roman mythology such as Oedipus, Iliad, Odyssey, Theseus & Perseus, House of Atreus and Aeneas and Early Rome (through the overthrow of the kings).

*Hugh Parker, Instructor*

**THE RELIGIOUS TAPESTRY OF GREENSBORO:** This course will review the history of the various faith communities in Greensboro beginning with David Caldwell and the Presbyterians up to present day immigrant faith communities. As often as possible we will visit various houses of worship along with other places of interest.

*Rev. Frank Dew, Facilitator*

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

*Watch WFMY Channel 2 for closing information.*

# Who's Who?

## ADVENTURES IN LEARNING PLANNING COMMITTEE

Betty Allen  
Steven Danford  
Brooks Graham

Margaret Griffin  
Mike Maynard  
Phyllis Shavitz

Marian Solleder  
Jean Tillman  
Francis Young

### Spring Instructors:

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

**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.

**Frank Dew** is a graduate of Wake Forest University & Duke Divinity School, retired Pastor of New Creation Community Presbyterian Church and Chaplain at Greensboro Urban Ministry.

**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, meaning she focuses on alignment & safe practices when teaching yoga asanas/poses. \* Bring your yoga mat and dress in comfortable clothing.

**Jim Gutsell** received his MA and PhD from the University of Connecticut. He taught for 32 years in the English Dept. at Guilford College. He is also a potter and owner of a local art gallery.

**Rabbi Fred Guttman** has served Temple Emanuel since 1995. From 1979-1991 he lived in Israel and served as the rabbi and principal of Alexander Muss H.S. Among his many prestigious awards and recognitions, in March 2015 he organized the National Jewish commemoration in Selma of the 50th Anniversary of the Bloody Sunday March.

**Betsy Holder** brings years of experience as a line dancing instructor to this popular class.

**David Johnson** has a PhD in anthropology from UNC-CH and is retired from teaching anthropology, sociology and statistics at NC A&T SU.

**Rabbi Andy Koren** has been the Associate Rabbi and Director of Religious Education for 14 years at Temple Emanuel. At Tufts University, Rabbi Koren majored in International Relations, Middle Eastern Studies and Israeli Foreign Policy. He co-chairs the Greensboro Faith Leaders' Council, interacting with religious leaders representing Greensboro's diverse faith communities.

**Charles Newell** received his BA and MA in history. He has been teaching U.S. History & Constitutional History for 37 years, most recently the American Hebrew Academy.

**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!

**Bill Roach** is President of Whichard Roach & Associates, serving as a financial professional in the Greensboro area for 30 years. He frequently speaks with women regarding their unique retirement challenges. Bill finds great satisfaction in listening to his client's needs and helping them find sound financial solutions that make personal sense.

**John Spurrier** is a Distinguished Professor Emeritus of Statistics at the University of South Carolina. He received numerous awards for teaching and research. Since retirement, he has written three comedy books.

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

### Special Presenters:

**Community Organizations:** Dabney Sanders, Action Greensboro; Daniel Amstutz, Bicycling in Greensboro; and Madeleine Carey, Greensboro Parks & Recreation.

**Home Depot on Battleground:** Manager Dan O'Sullivan and Specialists from various departments.

### More Greek Mythology:

Linda Danford and Robyn LeBlanc.

*"Life is a Learning Process, Learning is a Life-Long Process.*

*You can't separate them."*

- Vivienne Forrester

Forum Luncheon Speakers

April 20

**Paul Stewart**  
UNCG-Ragtime Music

May 4

**Chief Wayne Scott**  
Greensboro City Police

May 18

**To Be Announced**

April 27

**Amy Pasquini**  
Our State Magazine

May 11

**Gate City Horizons Jazz Band**  
Greensboro

May 25

**Neil Doroshenko**  
AAA Travel

*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 2017 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.

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Butterflies                  | <input type="checkbox"/> Line Dancing                | <input type="checkbox"/> Hiking & Biking             |
| <input type="checkbox"/> In The News                  | <input type="checkbox"/> Mah Jongg cont.             | <input type="checkbox"/> Intimate Shakespeare        |
| <input type="checkbox"/> Israel                       | <input type="checkbox"/> One Stroke cont.            | <input type="checkbox"/> Mastering the Purse Strings |
| <input type="checkbox"/> Mah Jongg                    | <input type="checkbox"/> Revolution in Eating        | <input type="checkbox"/> More Greek Mythology        |
| <input type="checkbox"/> Making Your Home Safer, etc. | <input type="checkbox"/> Sing for Fun                | <input type="checkbox"/> The Religious Tapestry      |
| <input type="checkbox"/> Move to Improve with Yoga    | <input type="checkbox"/> U.S. Constitutional History |  |
| <input type="checkbox"/> One Stroke Glass Painting    |  |  |

**Non-Refundable Registration fee, Spring 2017 TERM \$40.00 per person \$ \_\_\_\_\_**

**(ALL REGISTRATIONS received after April 18th will be \$50.00 per person)**

Lunch Reservation, April 20th 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 17, 2017 (\$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 S crapbook



"You missed a great session!"

Many teams of great instructors = **ALL SUCCESS.**  
Thank You



After hearing the needs of the many homeless clients served by the Interactive Resource Center, our AIL participants jumped in and shared TWO carts full of items for their neighbors.

**THANK YOU**

See you on April 20th!



**COMMUNITY NEWS & EVENTS** to consider:



It's time again for baseball and the Grasshoppers. Please remember to park in the lots of either Grace United Methodist (Friendly & Edgeworth) or West Market St. UMC (Friendly & Eugene). Both churches are our long time sponsors and use the funds from parking to help support their missions and to support your SCG!! Go Hoppers!

♥ The 3rd annual Guilford Aging Summit will explore ways of "Creating a Livable Community for All Ages." We need YOUR input and ideas for planning to make services and systems supportive for older adults. Mark your calendar for May 16th at First Baptist Church. The fee is just \$25 for the full day of workshops and lunch (only \$10 if you are 75+ years young!). Call us for a registration flier or additional details (336.378.0766).

♦ Senior Games is our local Olympic-styled athletic events for 50+ active adults. Smith Senior Center coordinates the program with competitions 4/4 through 5/12. The Silver Arts creative competition runs 5/11-12. Call 336-373-7564 for info. You can still volunteer or attend for fun, or join us in best wishes for SCG athletes!

♥ Watch our news for a Wellness Expo in the early fall. SCG will partner again with the older adults ministry at Christ United Methodist Church to provide a day of health related topics, speakers and resources. If you would like to recommend a sponsor for the wellness event, please call Sandy at SCG.

♥ Remember to shop local, dine a local restaurants and keep our community strong. For a list of Triad Local First businesses, visit [www.triadlocalfirst.com/member-directory](http://www.triadlocalfirst.com/member-directory).

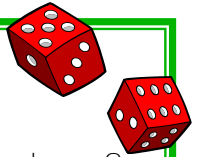
SCG would like to THANK our wonderful team of Volunteers In Tax Assistance:

*Jerry Eagle      Lourdes Elder  
Cathy Bergstrom      Rita Reilly*

By sharing their time and skills, they helped over 175 seniors file accurate tax returns in a safe, senior- friendly environment.



**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 3 - August 7, etc.**

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.

SCG Affiliations:



# Holiday Show Trip to Nashville



December 4 - 8, 2017  
5 Days - 4 Nights of fun



Package includes:

- ◆ Full guided tour of music city, NASHVILLE, stop to see the Parthenon (**world's only full scale replica of the Greek temple**), ride the Delta flatboats inside the Opryland Hotel, and end the day with a show at the famous Grand Ole Opry!
- ◆ A guided tour of the restored Victorian Belle Meade Plantation with architectural details, Civil War history, and its thoroughbred breeding program. Then explore historic downtown area and dinner-show at Nashville Nightlife Dinner theatre.
- ◆ A day of Country music exploration with behind-the-scenes tour of the Grand Ole Opry, a visit to the Country Music Hall of Fame, walk in the steps of musicians and end the evening with a Diamond Dinner Party with entertainment.

\* Package includes lodging, coach transportation, 8 meals and tour guides.

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



Seating is very limited!

\$ 600/person—double occupancy  
Additional \$ 179 for single occupancy



Register before **July 28** for these rates.

For "peace of mind", trip cancellation insurance is also available...  
call Vickie for details. 336.378.0766

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 \$75 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.

# Thank You For Your Gifts!

End of December 2016 through mid-March 2017

## Annual Fund

Kenneth Acker  
David Anderson  
T. Alan & Jacqueline Bell  
Paul W. Brady  
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Mazie Bullard  
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Bob & Nickie Davis  
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Royce & Jo Garrett  
Reid & Judith Gaskins  
Nancy Glenz  
Joan Gregory  
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Marion Hubbard  
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Thomas Kuhn  
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Hanes Lineberry Funeral Home

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## Gifts in Memory of:

Caron Bain  
Fanny Bain  
William Oncea  
Martin & Diana Liinangi  
Gordon Washington  
Richmond Bernhardt

## Gifts in Honor of:

Ann Adams  
Jill Amidon  
Suresh Chandra  
Sunita Patterson  
Sandy Doyle-Jones  
Fay Hunsucker  
Lourdes Elders  
Lois Peele  
Chellie Mason  
Dorothy Mason  
Jeanne Oncea  
Martin & Diana Liinangi  
Robert & Martha Rau  
Ed Pring  
Jerry Eagle

Rita Reilly  
Katharine Billman  
Ann Harwell  
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Kay Mathews  
Franklin Brown  
M/M Jeff Claypool  
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M/M Mac Giles  
Dr/Mrs. Gaylord Hageseth  
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Rev. David Partington  
M/M George Robison  
SuBette Strand  
M/M Bud Strickland  
Maggie Turner  
Bill & Ellen Linton  
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Wilhelmina Parker  
Ladies Philoptochos Society  
Vickie Williamson  
Fay Hunsucker

## Weikel Initiatives Fund:

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Paula Downer  
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Jack & Jackie Upton  
Charles Ward  
Margaret Weikel

## Routh Endowment

Bobbi Osguthorpe  
Marian Solleder

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



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

## SPRING Calendar

<i>Board Meetings</i>	Apr. 18, May 16, June 20, July 18
<b><i>Shepherd's Travelers</i></b>	May 9 - Virginia Museums & Gardens June 1 - NC Museum of Art October 10-15 Albuquerque Balloon Festival Dec. 4 - 8 Nashville Holiday Trip
<i>Adventures in Learning</i>	April 20 - May 25
<i>Table Games</i>	April 3, May 1, June 5, Aug. 7, etc.
<i>Aging Mastery Program</i>	April 25th - May 23rd
<i>Office Closed</i>	April 17, May 29, July 4

