



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
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e-mail: info@shepctr.org
www.shepctr.org

There is Beauty in all the Seasons

As spring bursts into full bloom, as days become longer and we transition into celebrations of rebirth and growth, we take moments to pause with **Gratitude** for all that we have, all the joys and challenges that have brought us to this time and place.

Retirees often say they are busier now than when working, with life full of options and time for family and exploring. There are many new places to visit and subjects to discuss and time to share in friendships at SCG programs. Many people find new ways to share talents and ideas while planning yet another life stage.

Appreciation for their dedication to help others, to volunteer and be deeply involved in this season of life is of vital importance to the Shepherd's Center...to our community...to active aging.

We focus this issue of SCG news on thinking of and thanking our volunteers. We hope their time with all of us provides them with **Empowerment** and **Joy** is this season of our lives.

“Every problem that the country faces is being solved in some community by some group or some individual. The question is how to get connected so that the whole nation can solve problems.

A volunteer is a person who can see what others cannot see; who can feel what most do not feel. Often, such gifted persons do not think of themselves as volunteers, but as citizens – citizens in the fullest sense; partners in civilization.”

*-President George H.W. Bush
Founder, Points of Light Foundation*

And joy to be found
at all ages and stages

SPRING 2019

A Note from SCG's Executive Director

National Volunteer Appreciation week begins April 7th...a time to publically acknowledge and deeply appreciate people who share their time and talents with mission-driven non-profits, houses of faith, or small neighborhoods. Having met amazing people who step forward to improve our community, I know that where and how I live are connected to the services and ideas that thousands of volunteers develop.

I began volunteering as a teenager and never stopped finding ways to serve. Best talents and new skills are developed through volunteer work, meeting people who may otherwise never cross your path, and celebrating small and grand successes with people of all ages are gifts received by sharing time and getting involved.

In this issue, we want to share our gratitude for both our participants, clients and volunteers. We are also thanking all our supporters and collaborators who make our mission work possible.

From the volunteers who founded our Shepherd's Center thirty-two years ago to the most recent woman who registered to drive seniors to the grocery store...**we see you...we remember you... we appreciate you!**



SCG Programs & Services ... announcements

- Adventures in Learning is geared up to SPRING to life on May 2nd, with **17 topics**, new and returning instructors plus lunch-time Forum presentations. **LIFE-long learning fills your Thursdays with new ideas, great speakers and fun friends.** The fee for the session is \$45... a great deal for all we provide. Register today! (pages 8-11)
- ◇ An early fall trip to Washington DC is beginning to fill, so check out the details and travel with us to take in the memorials and museums, including Museum of African American History & Culture and Museum of the Bible. Bring a friend if you choose, but get out of town and enjoy one of our great trips. (page 5)
- ◆ **Travelers Abroad** will be going to **Ireland** for a week in October 2019...so plan ahead and make your reservations early to assure you don't miss this tour of **Irish Splendor** that loops around the Emerald Isle!
- ♥ It's time to **VOLUNTEER** to keep SCG strong and important to our community. Consider sharing your time and talent a few hours a week...there are so many options for you. See our website, page 6 of this newsletter, or call Vickie/Sandy at the office (336.378.0766). We need YOU.
- 🖥️ ShepNet Computer & Tech Center continues to offer timely topics and skill classes so you can stay tech-savvy. The rotating 2-month schedules are posted on the website at www.shepnetgreensboro.org.
- 🖥️ ShepNet volunteers are spending Friday afternoons at the ShepNet Labs, providing one-on-one assistance with tech questions or computer class reviews for prior or current ShepNet students. It's another reason to study with the ShepNet team!

Thank Goodness, Spring has finally arrived.

I hope you are thankful too because, according to several research studies, gratitude is good for you. It "can lower blood pressure, improve immune function and facilitate more efficient sleep." A recent study from the University of California San Diego's School of Medicine found that people who were more grateful actually had better heart health, specifically less inflammation and healthier heart rhythms.

It should not come as a surprise that gratitude is also good for mental and emotional health. Gratitude directs our attention outward to our friends, family, and community. It erases bitterness and generates joy. It relieves stress and promotes a sense of well-being. It also distracts us from growing old and helps us to think young.

I'll tell you what I'm grateful for this spring. I am grateful for Shepherd's Center, for Sandy and Vickie who run everything so smoothly and efficiently, for the volunteers who grease our rails, for the educational and travel opportunities that SCG provides, for my AIL students, for opportunities to serve the senior adult community in Greensboro with transportation and tax assistance, and for the many wonderful friends whom I have met in the past five years of my affiliation with SCG.

I'm grateful for you!



Thank you to MGS for sharing the joy of music, the spirit of community, and an appreciation of active older adults with our Shepherd's Center. The February concert by Trio Valtorna plus their guest appearance at Adventures In Learning was a great hit for hundreds of seniors...who are still talking about this partnership.

And thank you to the many Shepherd's Center participants who attended the performance and chose to support two great causes! *Music For a Great Cause* shared half of the evening's proceeds and we are so grateful for their gift that further supports lifelong learning for older adults.

— *the Board and members of SCG*

“IT TAKES A VILLAGE”

Please meet our “village” of fabulous volunteers who make it possible to do great work:

| | | | | |
|------------------|---------------------------|---------------------|---------------------|-------------------|
| AARP team | Nancy Courts | Bonnie Hackney | Victoria McClanahan | Bill Sims |
| Ann Adams | Richard Cox | Charlotte Hamlin | Chellie Mason | Wes Smitherman |
| Betty Allen | Cynthia D'Agostino | Ron Headen | Dot Mason | Frank Snipes |
| Rev. Steve Allen | Linda Danford | Susan Hemphill | Master Gardeners | Don Spencer |
| Fran Arndt | Don Darnell | Carolyn Henley | Mike Maynard | John Spurrier |
| Trudy Atkins | Bob Demaree | Keith Hiatt | Alice Misselbeck | Pam Spurrier |
| Chad Barber | Robert Dennis | Cathie Holcombe | Marc Nesi | Doris Stanback |
| Melanie Bassett | Rev. Frank Dew | Home Depot Team | Floyd Nesbitt | Mike Stoller |
| Paula Becker | Bubba Dickson | Ellen Hsu | Charles Newell | Steve Sund |
| Cathy Bergstrom | Janet Dietz | Ruth Hughes | Jennie Oncea | Dick Swanson |
| Pete Bergstrom | Larry Dimmick | Judy Hull | Bobbie Osguthorpe | Shirley Thompson |
| Eileen Beals | Jeri Donnelly | Faye Hunsucker | Carey Pahel | Jack Upton |
| Lisa Brannock | Jennifer Dowler | Hoke Huss | Jane Owens Parker | Dave VanSchoick |
| Mazie Bullard | Jerry Eagle | Walter Jessup | Nancy Pequigney | Barbara Walters |
| Dennis Burnette | Lordes Elder | Barbara Johnson | Buddy Poole | Mozell Watson |
| Lori Bushell | Gary Ernst | David Johnson | Katherine Poole | DJ Watt |
| Joanne Caldwell | Mona Flynn | Col. Gerard Johnson | Wynn Pope | Stacy Wilburn |
| Max Carter | Stuart Forester | MaryAnn Johnson | Sandra Presnell | Ginnie Williamson |
| Jane Chandra | Sherri Forrester | Dave Johnston | Ed Pring | Marjorie Wingate |
| Nancy Clark | Nancy Glenz | Emily Johnston | Eleanor Procton | Sandra Woodruff |
| Lynne Clawson | Martha Golensky | Anne Jones | Rita Reilly | Cathy Yarbrough |
| Odell Cleveland | Brooks Graham | Linda Kershner | Katherine Reynolds | Francis Young |
| Rabbi Phil Cohen | Lynne Gray | Kathleen Koestler | Suzanne Robbins | Margaret Young |
| Bill Coleman | Cheryl Greenberg | Rabbi Andy Koren | Parke Rublee | |
| Linda Collins | Margaret Griffin | Jim Langer | Jim Rush | |
| Cone Health Team | Rabbi Fred Guttman | Cliff Lowery | Phyllis Shavitz | |

This list, like this issue, is a reflection of the past year. If there are errors in the list, we apologize.



Travelers
A broad

Irish Splendor

October 15—22, 2019

Experience a true taste of the unique lands and people of Ireland on a trip that combines fabulous accommodations, stunning scenery and incredible cuisine. Make a return to times past when you join us on an unforgettable tour of the amazing “Emerald Isle.”



“You don't want to miss this trip!”

Cost: \$2899 Double Occupancy \$3299 Single \$2869 Triple

Your tour package features: transportation between Greensboro and airport, round trip air fare from Raleigh, air taxes/fees, motor coach transportation, accommodations, hotel luggage handling, along with 2 dinners + 6 breakfasts, sightseeing and admission charges, most gratuities, plus one **local guide** assigned to our group during the time in Ireland.

The trip takes a grand loop around the isle with this itinerary:

Oct 15 - 16, 2019: Overnight Flight - arrive in **Kingscourt, Ireland** and open the tour on the **regal grounds of Cabra Castle**...a welcome dinner and spend the night in this castle!

Oct 17, 2019: **Kingscourt - Tullamore/Kilbeggan - Cliffs of Moher - Ennis**

Start your day with a cross-country journey to Irish whiskey territory, the ancient towns of **Tullamore and Kilbeggan**, with a tour and tasting at a historic distillery. Then it's on to the stunning 700-foot-high **Cliffs of Moher** for awe-inspiring views of the mighty Atlantic and the Aran Islands. End your day in the charming **town of Ennis**. Enjoy the ambience of your historic hotel, cozy up to its roaring peat fire, and feel the warmth of Irish hospitality.

Oct 18, 2019: **Ennis - Killarney**

Today, **experience the customs and daily life of a traditional Irish family** and enjoy homemade scones and tea during a memorable visit to the **Molanna Dairy Farm**. Continue on to **Killarney**, your home for the next two nights.

Oct 19, 2019: **Killarney - Dingle Peninsula - Killarney**

The day starts as we follow what is perhaps Ireland's most majestic coastal route – stunning **Dingle Peninsula**. Stop at the **Gap of Dunloe** where you can shop for traditional Irish goods handcrafted by local artisans. Travel to the town of Dingle and then **drive the beautiful Sleat Head** road, where some of the country's most spectacular landscapes are found.

Oct 20, 2019: **Killarney - Dublin**

A day in Ireland's breathtaking countryside with a visit to the historic **Blarney Castle**, where you have the opportunity to kiss the famous Blarney Stone (bestowing the gift of eloquence). Next, travel to the town of Cashel for views of the historic **Rock of Cashel**, the reputed location where St. Patrick preached and converted the King of Munster. End your day in Dublin.

Oct 21, 2019: **Dublin**

Enjoy a sightseeing tour of **Dublin, the “Fair City.”** Take in O'Connell Street, Grafton Street and the city's magnificent rows of stately Georgian town homes. Then, enjoy some leisure time to independently explore the cultural offerings of delightful Dublin. On the last evening, tour **Christ Church Cathedral** and toast the end of an incredible journey with canapes and cocktails in the cathedral's crypt.

Oct 22, 2019: **Dublin**

It's time to fly home and say “**slán go hÉirinn**” after an amazing week in this beautiful country.

Deposit of \$500 to hold your seat (before April 10) ... Final payment by August 9, 2019

Travel Insurance available and recommended at just \$315/person when you make your reservation.

For details, questions or a full trip brochure call *Vickie Williamson* @ 336-378-0766 or email her at programmanager@shepctrq.org



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 Jan. 7, Feb. 4, March 5, April 2, May 7, etc.

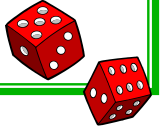
9:30am - 12 noon **at Spring Arbor** 5125 Michaux Road, Greensboro

\$3 fee includes breakfast yummies while you play and chat.

Reservations are recommended.

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

P.S. You don't need to be a pro...we'll help you..



Travel with us for a very special museum tour trip

Washington, DC

Limited Seating!

September 13 - 17, 2019 (Friday - Tuesday)

Cost: \$560/person Double Occupancy (add \$179 for single)

This Tour Includes:

- Motorcoach transportation
- 4 nights lodging
- 8 meals (4 breakfasts and 4 dinners)
- Diamond Tours® Dinner Party with Entertainment
- Museum of the Bible (full day)
- Nat'l Museum of African American History & Culture
- Smithsonian Institution
- Guided Tour the city's memorials and monuments, including WW II memorial, Capitol Hill, Embassy Row, Vietnam Veterans Memorial, White House, Martin Luther King, Jr. National memorial, Korean War Veterans memorial, and the Lincoln Memorial, Georgetown, and other sites.

Deposit of \$100 by May 6th to hold your seat ... Final payment by July 8, 2019

Travel Insurance available and recommended at just \$45/dbl or \$69/sgl occupancy when you make your reservation.

For details, visit our travel partner at <http://www.grouptrips.com/ShepherdsCenter/1539640>

Vickie Williamson @ 336-378-0766

You can also email Vickie at programmanager@shepctrq.org

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

Deposit of \$100
Mailed before 5/6

FULL payment for Washington, DC Tour
\$560 as double **or** \$739 as single (+ insurance if selected)

Name _____ Phone _____

Address _____ City _____ Zip _____

Email _____ Congregation _____

Emergency Contact _____ Phone _____ Relationship _____

Roommate if sharing a room in Washington _____

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



SCG needs VOLUNTEERS!

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-12:30pm or 12:30pm-3:30pm, Monday - Friday.

Computer Coach & Instructor

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)

Board Trustees

The gift of leadership and ideas that will drive our programs toward the future are essential to our agency's success. We are also seeking persons with **accounting** knowledge to serve as Treasurer, persons with marketing/sales interests to help spread the word about our work with the community, and computer savvy individuals to further our internet/web/media presence.

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 on weekdays, and **flexible to suit your schedule.**

This critical service needs drivers like you!

Share your interest, time & experience.

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



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- ✓ In Print
- ✓ On the World Wide Web
- ✓ In the Hands of Social Workers & Case Managers

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

*Rita Reilly Jerry Eagle Lourdes Elder
Cathy Bergstrom Wes Smitherman*

By sharing 10-weeks of their time and skills, they helped **over 140** seniors file accurate tax returns in a safe, senior-friendly environment, saving them thousands of dollars and providing peace of mind.

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** ... located in space provided by Star-mountain 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 Fridays but not on weekends or evenings. Course fees range from \$15 - \$45 and are offered on a rotating schedule.



Classes offered vary each month, but may include:

- UNDERSTANDING & USING WINDOWS 10
Part 1 or 2 (4 sessions)
- MANAGING COMPUTER SECURITY (2 sessions)
- Intro to MS WORD (3 sessions)
- FILES MANAGEMENT (1 session)
- GENEALOGY (3 sessions)
- APPLE IPHONE Basics (3 sessions)
- Apple IPAD Basics (3 sessions)
- GOOGLE PHOTOS (2 sessions)
- INTERNET & E-MAIL MANAGEMENT (4 sessions)
- EXCEL Spreadsheets (2 sessions)
- Using the ONE DRIVE Cloud (3 sessions)
- PASSWORD MANAGEMENT (2 sessions)
- ANDROID PHONE Basics (2 sessions)
- 1-on-1 TECH Assistance Labs on Friday afternoons for past/current ShepNet students

A current schedule and on-line registration is available for all classes at shepnetgreensboro.org

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

ALL registrations must be done on-line and paid with credit card 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!

Need help with registration? Call the Shepherd's Center at 336.378.0766



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.

HOT TECH TIP: Having a hard time reading the fine print on your screen?

Press the Windows  key and the (+) key to enlarge or the (-) key to reduce. It's a quick way to change what you see!

-via Ed Pring, ShepNet Coordinator

ADVENTURES IN LEARNING

Thursdays: May 2, 9, 16, 23, 30 and June 6, 2019
First Baptist Church, 1000 W. Friendly Avenue

Welcome!

ADVENTURES IN LEARNING offers enrichment and fellowship opportunities for all Greensboro area men and women. There are **17 classes** from which you can create your own schedule. All variations are welcome.

The registration fee covers 1 or 2 or all 3 classes!

At midday, there is a quiet period of inspiration and meditation led by volunteers. After lunch, a Forum speaker and announcements of general interest, along with social and fellowship activities, make midday a special time.

Prepaid Lunch, at a cost of **\$9.00**, is served in the Fellowship Hall beginning around noon. Or, bring a sack lunch and join any table.

IMPORTANT NOTE: All lunch reservations must be "PREPAID" by 3:00 p.m. the Monday prior to each Thursday session. Therefore, if you must cancel, call by that time each week. Shepherd's Center is responsible for paying a minimum amount based on the number of lunches reserved, even if fewer lunches are served. If you prepay for lunch and fail to cancel by Monday at 3:00 p.m., there will be no refund.

9:30 - 10:30 a.m. Classes

"ALL ABOUT BUTTERFLIES": Using photos of live butterflies in the wilds and gardens of the Triad, we will explore the lives of what have been called "flying flowers." We'll start at the beginning and learn a bit about butterfly biology, how to find and identify them, and even what plants they like.

Dennis Burnette, Instructor

"AMERICAN PAINTING" from Hopper to Pollock: This class will explore many works including illustrators and avant-garde art, transitioning from realism of the Regionalists to the Abstract Expressionists and so-called "Action Painter". We will explore its relation to the changing culture of Jazz, film, poetry, WWII and its aftermath. There will even be some correlations to Continental and American philosophers and psychologists, along with Eastern and Native American traditions, and their impact on the thinking of these artists.

Jim Langer, Instructor

"GREAT LITERATURE from the HEBREW BIBLE": A selection of tales from the length and breadth of the Hebrew Bible. We'll mine these stories for plot, character, setting, style, and theme. Since God is the major character in the Hebrew Bible, naturally the Eternal will come into the picture, but surely not dogmatically. As the Hebrew Bible is generally acknowledged to be one of the cornerstones of Western Civilization, what we will take away from these studies will be of great value to participants.

Rabbi Phil Cohen, Instructor

"HEALTHY LIVING for SENIORS": 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 the opioid crisis, blood pressure management, falls preventions, the latest in cancer treatments, senior health scams, and Advance Directives and how to talk with your loved ones about end-of-life care.

Cone Health Professionals, Facilitators

"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

"SILK PAINTING": In this beginner's class, you will explore the various ways to apply color to silk as you make 7 silk scarves. We will use art tissue paper, sharpie markers and a dye that requires NO steam, chemical or heat setting. It's fun to learn several *shibori* techniques. Space is limited so register early. Supply fee is \$65 and the check should be made payable to the instructor and included with you registration. Supply list will be sent upon registration. (If you took the class previously and want to use your dyes, contact Pam at pams0723@gmail.com for your supply list.)

Class limit 6

Pam Spurrier, Instructor

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

Janet Maslack & Battleground Home Depot Specialists

LIFELONG LEARNING is the "ongoing, voluntary, and self-motivated" pursuit of knowledge for either personal or professional reasons. Therefore, it not only enhances social inclusion, active citizenship, and personal development, but also self-sustainability, as well as competitiveness and employability.

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

“AARP FOUNDATION FINANCES 50+”: Is a financial capability program designed to motivate and empower participants to take charge of their financial future and make the most of their financial resources. We will cover budgeting and goal setting, taking charge of credit and debt, and developing a savings plan and protecting assets.

Crista Douthit, Facilitator

“EXPRESS YOURSELF”: This class is designed for individuals with an interest in writing poetry. It is open to all levels of experience, from beginners, whose focus is on developing their skills, to those seeking to increase their mastery of the writing process. As an integral part of this, students will present their own work as well as have the opportunity to read and analyze selected contemporary poems.

Class limited - 12 Martha Golensky, Instructor

“KNITTING”: This class is for beginners and anyone who needs help. Needles and yarn will be provided for beginners; experienced knitters will need to bring their own supplies.

Margaret Young, Facilitator

SILK PAINTING continues for a second class.

“THE ROLE OF THE FEMALE GODDESS IN ANCIENT NEAR EASTERN & EUROPEAN MYTHOLOGY”: Who are the important goddesses of ancient myth? Is there a significant difference between gods and goddesses in antiquity? What does the worship of female divinities tell us about the lives and status of women in the ancient world? Where did the goddesses go? Why is this a hot button topic today.

Linda Danford, Instructor

“U.S. FOREIGN POLICY IN THE 20TH CENTURY TO 1941”: A look at U.S. Foreign policy in the first half of the 20th century. We will start with the emergence of the U.S. from a relatively isolationist country to a major player on the world scene. This will take us from our extraterritorial Expansion at the end of the 19th and beginning of the 20th century to our entry into WWII. Everything in between will show how a newly powerful country reluctantly assumes the position of a “world leader”.

Charles Newell, Instructor

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.

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

“ELDER LAW AND ELDER CARE”: Learn from an Elder Law expert about important Elder Care and Senior Estate Planning Topics. Get pointers for planning ahead for what can happen when you live a long life and need care or someone to make decisions for you. Class includes “What the Heck is a Trust” talk, probate, the elder care journey, Medicaid for nursing home care, Powers of Attorney versus Guardianship, Alzheimer's planning, and protecting a child's inheritance including special need Trusts. There will be time to talk about “getting your legal ducks in a row” for the second half of life.

Dennis Toman, Facilitator

“F/STOP IS FOR FOTOGRAHY– An Introduction”: This course is an introduction to digital and analog still photography, beginning with the fundamentals of capturing images and continuing with making pictures with both digital and analog (film) cameras, including those in cell phones. Students will be encouraged to share and discuss their photos with the class, and suggest topics and ideas they wish to explore.

Class Limited 15 David Johnson, Instructor

“FULFILLING FUTURES-Tips and Techniques for New Paths”: The future can be full of adventure, productivity, satisfaction and fun! The path to that future involves finding your vision, gathering information, and planning. In this course, you will create a plan that fits your desires while addressing typical life changes and responsibilities: What would you like to do or be next? How will physical changes and family responsibilities impact you? What is your plan for a Fulfilling Future.

Cheryl Greenberg, 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

“TALES OF THE TALMUD”: Stories from a Treasure Trove of Jewish Wisdom.

Rabbi Joshua Ben-Gideon, Instructor

Volunteer INSTRUCTORS and new topics are always needed to keep the life-long learning experience interesting. The AIL Planning Committee will review topic ideas and contact presenters as they plan for the next 2019 sessions. Do you have a program that could cover six one-hour classes for active learners? Or perhaps consider a 35 minute presentation at the Forum lunchtime. Send your idea to programmanager@shepctr.org

Who's Who?

ADVENTURES IN LEARNING PLANNING COMMITTEE

Betty Allen
Steven Danford
Brooks Graham

Margaret Griffin
Barbara Johnson
Michael Maynard

Phyllis Shavitz
Francis Young



SPRING Instructors:

Joshua Ben-Gideon, Rabbi at Beth David Synagogue, teaches classic Jewish texts, linking the ancient wisdoms to prayers that inspire mindfulness and meditation. He committed to education, family and his community.

Dennis Burnette, M.P.A. is a retired professor, a serious amateur nature photographer, and a nature educator with a special interest in teaching adults. He has served as president and other elected offices in several nature groups. He frequently presents programs and leads field trips for garden clubs, scouts, church groups, and nature organizations.

Phil Cohen, Ph.D. is a reform rabbi, holds a Ph.D in Jewish thought from Brandeis University, and a Master of Fine Arts degree from Spalding University.

Linda Danford, M.A. is a Latin teacher who retired in 2011 from the faculty of UNCG Classical Studies Department where she was a lecturer for 22 years. Her favorite courses to teach were in the area of Roman Civilization and Culture. Linda currently serves as SCG Trustee President.

Crista Douthit, C.P.M. retired from Reynolds American after 37 years in supply chain management as a procurement professional, managing various aspects of corporate resources and materials. She has a BSBA from Salem College and MBA from Wake Forest University.

Jennifer Dowler, (RYT 200) has been practicing yoga since 1973 and is a registered teacher with the Yoga Alliance. Her training is Iyengar influenced, with a focus on alignment & safe practices when teaching yoga asanas/poses.

Martha Golensky's poetry has appeared in literary journals, anthologies, general-purpose magazines, and online. Her poetry collection, *Pride of Place*, was published last year. A retired professor of social work, she relocated to Greensboro in 2007.

Cheryl Greenberg, Ed.D in educational gerontology and memory changes in older adults. She taught and worked as an administrator of educational programs at UNCG, several private schools and public schools in three states.

David Johnson, aka "Fotosaurus" is a dropout from the Famous Photographers School who somehow managed to eke out a career teaching social science and who is now doing sports and other photography as a volunteer for some local schools and agencies.

Jim Langer has taught drawing, painting and art history for nearly 35 years; 24 of these years at Greensboro College. He is mainly a draughtsman and painter in realist and expressionist styles, with ample experience as a professional actor and performer.

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

John Spurrier, Ph.D. is a Distinguished Professor Emeritus of Statistics at the University of South Carolina. While at USC, he received numerous awards for teaching and research. He has had a lifelong interest in current events and is a political independent. 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.

Dennis Toman is a Certified Elder Law Attorney and Board Certified Specialist in Elder Law, Estate Planning and Probate. He founded the Elderlaw Firm to ensure that local families could have a trusted guide to the Elder Care Journey. He co-authored two "Protect Your Family" books.

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

Community Special Presenters:

AARP: Debra Shore, Brenda Loy and Jenis Abdul-Razzaaq

Cone Health Professionals: Sue Ellen Grounds, MSN, RN-BC, CHPN; Joy Martin, MSN, RN; Leigha Jordan, MS; Kristin Curcio, DNP, AGPCNP-BC, AOCNP; Tiffany L. Reed, DO, CMD;

Battleground Home Depot: Janet Maslack and Home Depot Associates.

Thank you to the phenomenal AIL instructors who volunteer to teach, to share their skills and time with our participants. Volunteers have made AIL a success for 32 years!

Forum Luncheon Speakers

Page 11

May 2

Cameron Kent

Author & Retired Anchorman

May 16

Dennis Askew & Chris Williams

Eastern Music Festival

May 30

Julie Luther

PurEnergy Fitness

May 9

Porter Halyburton

Ret. Naval Officer & Former POW

May 23

Jim Albright

Director of EMS

June 6

To Be Determined



REGISTRATION FORM: **SPRING 2019** Adventures in Learning

Name (s) _____ Phone _____

Address _____ Zip _____

Church/Synagogue/Mosque _____ Email: _____

Emergency Contact _____ Phone _____ Relationship _____

Please use initials if registering more than one person:

9:30 - 10:30 a.m.

- All About Butterflies
- American Painting
- Great Literature - Hebrew Bible
- Healthy Living for Seniors
- Silk Painting
- Techniques for Your Home
- Yoga

10:45 - 11:45 a.m.

- AARP Foundation Finances
- Express Yourself
- Knitting
- Silk Painting (part 2)
- The Role of Female Goddess
- U.S. Foreign Policy

1:30 - 2:30 p.m.

- Elder Law
- Photograph
- Fulfilling Futures
- In the News
- Tales of the Talmud

Non-Refundable Registration fee, Spring 2019 TERM

\$45.00 per person \$ _____

Lunch Reservation, May 2nd only - \$9.00 \$ _____

OR All six luncheons - \$54.00 \$ _____

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

Or volunteer your time _____ TOTAL \$ _____

Is this your first time attending Adventures in Learning? ___ Yes ___ No

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

Any questions, please contact the office at 336-378-0766





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Thank you for your gifts...YOU are part of our core success!



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We honor these spaces, services, and other invaluable non-financial gifts that make our work possible:

West Market Church for our office space, great advice, meeting spaces, love and prayers, plus all the extras!
First Baptist and **Christ United Methodist Churches** for providing facilities, lunch and services for the senior educational Adventures in Learning programs.
Starmount Presbyterian for ShepNet's two computer classrooms and all the extras that are involved.
Spring Arbor Community, Westminster Presbyterian and First Lutheran churches for meeting rooms and spaces that enable us to invite community seniors to programs & events.

Thank you for your support... YOU are part of our core success.

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In-kind and very KIND donations:

The Women's Professional Forum has a special interest group who meet to learn about wine..the *Whine Divas*. The group decided to choose charity instead of the annual gift swap/steal portion of a holiday party.

Instead of trinkets, they bought grocery store gift cards for SCG's seniors in our Wheels program who no longer drive, have limited transportation and are matched with our volunteer drivers.

Their multiple cards, from a variety of stores, totaled \$340 of precious gifts given to elders they respect and treasure above themselves.

What a generous group of fun and thoughtful women!



SCG A ffilations:



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SPRING 2019 Calendar

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|-------------------------------|--|
| Board Meetings | April 16, May 21, June 18, July 16, August 20 |
| Shepherd's Travelers | April 23, Wohlfahrt Haus Dinner Theatre Sept. 13 - 17 to Washington DC Museums October 15 - 22 — IRELAND Tour |
| Adventures in Learning | May 2 - June 6, 2019 @ First Baptist Church |
| Table Games | May 6, June 3, July 8, Aug 5, etc 9:30-noon |
| Office Closed | April 22, May 27, July 4, Sept. 2 |

