



shepherd's center OF GREENSBORO

Mission: *To help older adults pursue independent and active lives of purpose*

**302 W. Market St. Room 103
Greensboro, NC 27401
Phone: 336-378-0766
E-mail: info@shepctr.org
www.shepctr.org**

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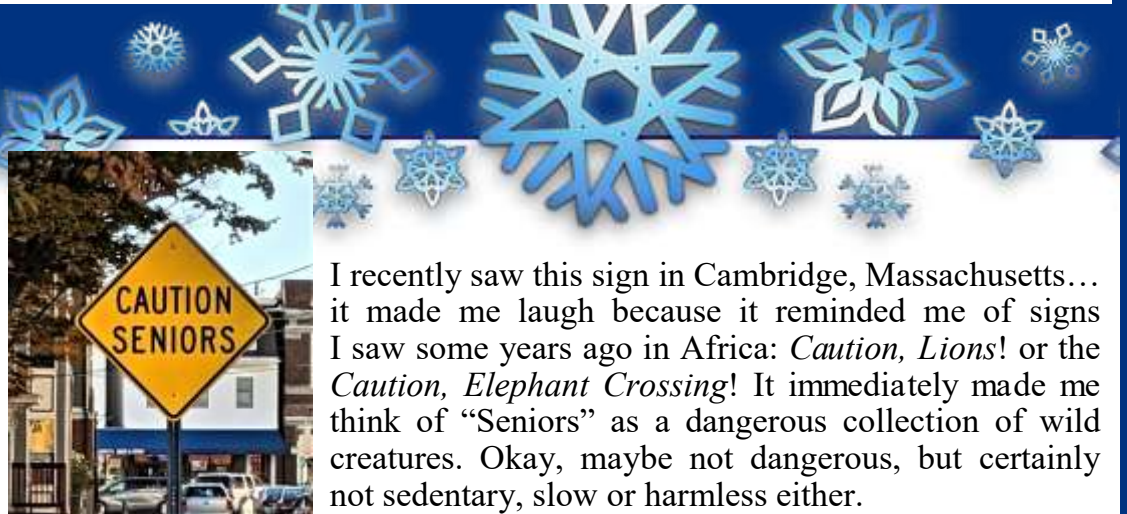
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Spring Arbor of Greensboro
Starmount Presbyterian Church
West Market Church



I recently saw this sign in Cambridge, Massachusetts... it made me laugh because it reminded me of signs I saw some years ago in Africa: *Caution, Lions!* or the *Caution, Elephant Crossing!* It immediately made me think of "Seniors" as a dangerous collection of wild creatures. Okay, maybe not dangerous, but certainly not sedentary, slow or harmless either.

Seniors today are physically active, intellectually curious, and an increasingly vocal cohort of retirees. We are making our presence felt in the economy, in the political arena, and throughout the life of our community. I wonder what those Cambridge Seniors were doing that made it necessary for their younger neighbors to be cautious. Maybe we should put up more signs: *Caution, Seniors Learning!* *Caution, Seniors Traveling!* *Caution, Seniors Volunteering!* *Caution, Seniors Dancing, Painting, Writing!*

The Roman Stoic philosopher and statesman, Cicero, wrote an essay "On Old Age." In it, he points out that advancing years liberate us from the physical labors of youth as well as many emotional pressures and social anxieties. This new freedom allows us to take up fresh hobbies and gives us the time to meditate on the important things in life. Blend that with the accumulated experience of living and you get a powerful combination.

Are you living life to the fullest? Let's show the millennials how it's done! Just scan this newsletter or go to the SCG website to find a new, challenging and fun activity. Then go out today and get noticed!

Linda Danford Trustee President

WINTER
2020



A Note from SCG's Executive Director

It's been a year of many blessings, with gifts that amaze us, losses that remind us to live every day with joy, and challenges that deepen our appreciation for the wonderful older adults who grace our lives.

When our SCG president, Linda Danford, showed me the "Caution, Seniors" sign from her recent trip to Boston, it made us laugh about all the seniors we know who are worthy of caution...and it's not about watching out for them at a street crossing. It's caution that includes surprising us with a joke, a new idea or a story that leaves us in awe. It's the daily efforts and impacts that make our SCG friends so unique, not the typical "older" adult assumptions that are filled with health warnings.

Remind your families, sales people, healthcare professionals, or total strangers to talk to you directly regardless of your age. For you are here, capable and ready to stay in the game of life. The only caution we need is to remain present in all we do, to treasure each day, and to be a healthy senior who sometimes throws caution to the wind and tries something new! Here's to YOU in 2020.



Sandy

SCG Programs & Services ... announcements

- Adventures in Learning has a winter selection with 17 topics, new and returning instructors plus lunch-time Forum presentations. **LIFE-long learning fills your Thursdays with awe and fun friends.** The fee for the session is \$45...it's a great deal for all we provide. Register today! (pages 8-11)
- ◇ Two day trips to brighten your end of winter or start your summer are posted. We love the oldies shows and added a local visit to the Barn Dinner Theatre for a matinee. (page 5) The committee is also researching two bus trips to be announced in the spring newsletter.
- ♥ 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.
- ⇒ Pssst...there are plans underway to begin offering short-term classes or special lectures/tours in the community. They may begin in the spring, they may include special discussion opportunities, and they will be fun as we explore our community outside of AIL. Do you like the working title of "Outbound Adventures" or "SCG Outbound Learning" ?? Call Sandy if you have ideas or want to help with the planning team.

It's time for you to make a visit to WellSpring Retirement Community, see their many new updates, AND get into the season's spirit with their community tree contest.

Shepherd's Center will be entering a lovely tree that represents SCG in the annual WellSpring contest. Just stop in at WellSpring to **place your important votes for our tree, between Dec 5 - 17.** Each person may vote 3 times and you do not need to be a resident, just a supporter of SCG!

We will receive a donation from WellSpring plus a chance to win an extra \$2000 for the top vote-getter!

We need your help and support of services we provide to so many great adults in our community. Go Vote !!

When you visit, take a photo of yourself at the SCG tree and email it to me for chance to win a free registration to your next class, or a special gift certificate to shop at Sprouts or HT or Target.

Sandy info@shepctr.org

*** A special Thank You to WellSpring for including us this year! ***



ShepNet

Technology Center for Seniors

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 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 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 YOUR COMPUTER SECURITY (2 sessions)
- Intro to MS WORD (3 sessions)
- FILES MANAGEMENT (1 session)
- GENEALOGY (6 sessions)
- APPLE iPHONE Basics (3 sessions)
- Apple IPAD Basics (3 sessions)
- GOOGLE PHOTOS (2 sessions)
- INTERNET & E-MAIL MANAGEMENT (4 sessions)
- Getting the Most Out of GMAIL (2 sessions)
- Using the ONE DRIVE Cloud (2 sessions)
- PASSWORD MANAGEMENT (2 sessions)
- ANDROID PHONE Basics (2 sessions)
- 1-on-1 TECH Assistance Labs on most Friday afternoons for current/past 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.

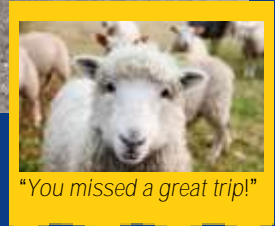
HOT TECH TIP: *Is junk eating up your computer storage space?*

Over time, your PC can quietly fill with needless junk without your even realizing it, as the Recycle bin and temporary files accumulate. Windows 10 Storage Sense helps combat the creep. Go to *Windows Settings > System > Storage* and enable the Storage Sense option to have Windows start automatically clearing out unneeded temporary files and deleting any files in your Recycle bin over 30 days old. You can adjust setting options using the *Configure Storage Sense or run it now* link underneath the Storage Sense option.

For more helpful technology hints and tips, visit the ShepNet Class Blog at <http://shepnetgreensboro.org/tips--tricks.html>

-via Gary Ernst, ShepNet Coordinator

Travelers Abroad ... 17 toured Ireland for 7 days, saw all areas of the island, with great culture and entertainment plus luscious meals.



"You missed a great trip!"



Our large group of TRAVELERS at one of many memorials during the 5-day trip to Washington DC (this one is the Air Force Memorial). Key points visited were the new Nat'l Museum of African American History & Culture, the Smithsonian, & Museum of the Bible...plus many other memorials, sites, new friendships and experiences.



Great trips to new or special places



Come and enjoy a musical with the Shepherd's Travelers Tuesday, March 24, 2020



Show: "9 to 5"

At the Barn Dinner Theatre, Greensboro, NC

Time: 1:00 pm Cost: \$51.00 (Non-refundable) (includes lunch and show)

Reserve your seat now for a delightful buffet lunch and musical based on the 1980 hit movie. Three unlikely friends conspire to take control of their company and learn *there's nothing they can't do.*

Music and lyrics by Dolly Patron and book by Patricia Resnick. We have reserved 30 seats and will be taking reservations December 1, 2019 through February 17, 2020



Pssst... We will be celebrating the birthdays of 3 Divas who are essential to the success of Shepherd's Center...our very own Dolly, Lily and Jane. Join us for the fun afternoon show as we welcome Sandy, Vickie and Linda into their next decade!!! It will make the party so special if YOU are with us.

Singing, dancing, oldies and just plain fun! Thursday, June 25, 2020



Wohlfahrt Haus Dinner Theatre in Wytheville, VA

Show: "The Motown Sound"

Cost: \$99.00 (includes transportation and lunch)

We're off to the mountains again for an afternoon of music from the 60's!!!! Reserve your seat now for a wonderful full meal luncheon and an exceptional tribute featuring the music of the Temptations, Tina Turner, Diana Ross and the Supremes. This show will start your summer and have you dancing in the aisles!

Depart from First Lutheran Church at 9:30 am. Parking at 3600 W. Friendly Avenue,

[REGISTRATION DEADLINE FRIDAY, MAY 15, 2020](#)

Limited Seating!

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

"9 to 5"
March 24, 2020 \$51.00

"The Motown Sound"
June 25, 2020 \$99.00

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



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 & Instructors

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 4)

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 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 as soon as possible!**

VITA TAX Preparers

If you are available to volunteer as a tax preparer's assistant during Feb-April, please contact our office for information. We need your help to greet clients, help with paperwork prep and other afternoon tasks. Counselors volunteer Mon/Tues/Weds afternoons to help older adults (60+) with this vital service.

**Share your interest and experience
with seniors**

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

Senior Volunteer Surpasses 22 Years of Service to Others

For over 22 years, **Bill Coleman** has volunteered with the ShepNet Technology Center, as our main "behind-the-scenes man."

After retiring from UNCG in 1996, he joined the new computer training program as a coach when it was part of the SeniorNet national group. Bill recalled moving with our labs to five locations and helping to design the first webpage. One of his highlights was meeting Ed Pring at ShepNet and developing a close friendship...a great reward for sharing his time as a volunteer. Bill continued to improve and maintain the ShepNet webpages but recently decided to re-retire (this time from volunteering!) and train Steve Sund as the current webmaster.

At the recent ShepNet volunteer meeting in the fall, the Trustees and volunteer team recognized Bill's service and honored his volunteer time and talent with a gift made to the Ed Pring ShepNet Endowment.

We all wish Bill great health and happiness as we send our deepest gratitude for his service.



*Photo by Philip Curtiss:
Bobbi Osguthorpe
(SCG Trustee),
Bill Coleman, &
Steve Sund
(ShepNet webmaster)*

Hats off to our techie, BILL

Tax Prep Counselors

**Ready...Willing...Able...to help you prepare your
2019 Income Tax Returns**

This year's tax volunteers are getting ready, studying the latest rules and regulations.
So you need to start collecting your data and receipts.



This year, we begin appointments on:
February 3rd - April 8th
Mondays, Tuesdays, Wednesdays only
1:15 pm or 2:15 pm by appointment only
Federal and NC State returns
Must be age 60+



We will begin accepting requests for appointments **after January 13th.**

Call 336-378-0766, Mon - Fri, 10:00 am- 3:00 pm, to request an appointment.

On the day of your appointment, please remember to bring all forms for 2019, as well as a copy of your 2018 tax return, W-2's, a list of deductible expenses, a photo ID and other relevant income documents.

Our service takes place at West Market Church (enter the church from the main entrance on John Wesley Way/Commerce Street, take the elevator to Level 1, check in at Room 103.)

Project is part of the VITA (Volunteers in Tax Assistance) program of the IRS. Please note that there is a maximum limit of \$60,000 in annual income to qualify for this service.

Reminder: Shepherd's Center activities are cancelled when Guilford County Schools are closed for inclement weather.

If the schools are delayed, Shepherd's Center will operate on our regular schedule.

Watch WFMY Channel 2 or visit their website for announcements.



Senior Living Guide Is Everywhere.
Are you?

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336-883-0518 or email at:
joughlinis@seniorlivingguide.com

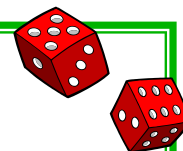
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- ✓ On the World Wide Web
- ✓ In the Hands of Social Workers & Case Managers



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. 6, Feb. 3, March 2, April 6, May 4, 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..

ADVENTURES IN LEARNING

Thursdays: January 16, 23, 30, February 6, 13, 20, 2020
Christ United Methodist Church, 410 N. Holden Road, Greensboro

Welcome!

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

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

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

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

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

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

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

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

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

Margaret Young, Instructor

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

Chad Barber & Keith Hiatt, Facilitators

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

Dr. Richard Cox, Instructor

“WILDFLOWERS, BIRDS and MORE - Introduction to Nature Watching”: There is so much beauty and adventure in nature that it would be impossible to cover everything, but we will spend our class time learning to appreciate and enjoying some of the most accessible things and places in the natural world around us from the perspective of the interested amateur observer.

Dennis Burnette, Instructor

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Watch WFMY Channel 2 or visit their website for announcements.



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

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

Dr. Ronald Cassell, Instructor

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

Bob Demaree, Instructor

"RELIVING THE DREAM AND A PROMISE": In this new class we will discuss the impact of African American music and the historical influence of the political social movements from 1940 to 1960.

Ernest Hooker, Instructor

"SIMPLY FIT EXERCISE": Class is comprised of warm-up marching, stretch/flexibility work, strength work (using resistance bands), low impact aerobic work, and balance work. Each minute of class is packed with exercises that are preventative in their orientation yet can be quite rehabilitative too. We call this class "just enough and not too much" in its intensity level.

Class limit 10 *Mona Flynn, Instructor*

"SING FOR FUN": SINGING MORE OLDIES BUT GOODIES AND SOME NEW TUNES! Come relive some memories by singing songs you will remember but haven't heard for years. "Start your day with a song, and it will surely end on a happy note."

Eleanor Procton, Facilitator

"STORYTELLING 101 ENCORE": Experience the enchantment of live storytelling, exploring diverse kinds and impact in a supportive group. Through the sharing of personal stories and folktales, participants will learn key design aspects of story creation and practice dramatic skills for effective audience presentation. Emphasis will be on 1) **Power of Storytelling**, 2) **Finding and Creating** engaging stories, 3) **Learning** and 4) **Performing** them in creative ways that engage audiences.

Dr. Charlotte Hamlin, Instructor

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

"GENEALOGY": The class will consist of instructions on how to **research** your family tree, using the various State, County and internet resources.

Tim Spradling, Facilitator

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

Dr. Janne Cannon, Instructor

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

Dr. Cheryl Greenberg, Instructor

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

Linda Danford, Instructor

"STRANGE BUT TRUE FACTS ABOUT WILD ANIMALS": A look at some of nature's most interesting and, sometimes, misunderstood animals, with an emphasis on how they behave, and how they do what they do.

Dr. Jayne Owen Parker, Instructor



Who's Who?

ADVENTURES IN LEARNING PLANNING COMMITTEE

Betty Allen
Steven Danford
Brooks Graham

Margaret Griffin
Barbara Johnson
Michael Maynard

Phyllis Shavitz
Jean Tillman
Francis Young



Winter Instructors:

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

Chad Barber has been in the securities industry for more than 13 years. He is a Financial Advisor and Accredited Asset Management Specialist with Ameriprise Financial. He graduated from UNCG with a BS in marketing and finance in 1998.

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

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

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

Richard Cox, Ph.D. is a retired Professor of Music from UNCG, where he conducted 15 opera performances. He was also responsible for the chorus preparation for a number of productions by the Greensboro Opera company.

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

Bob Demaree is the author of four book-length collections of poems, including *Other Ladder* (2017). His work has appeared in numerous periodicals and anthologies. Bob retired from Greensboro Day School after 42 years in independent education.

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

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

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

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

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

Jayne Owen Parker, Ph.D. is Director of Conservation Education at North Carolina Zoological Society.

Eleanor Procton led "Music for Pleasure" at Friends Home Guilford for 40 years. She began the class in 1978, worked in Special Services and later served as the department director. Now she adds the pleasure of singing with us at AIL!

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

Tim Spradling is a retired franchise owner and now volunteers with AIL, ShepNet and SCORE. He has been researching his family tree and helping others do the same for over 40 years in the state archives and on the internet.

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

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

Forum Luncheon Speakers

January 16

Art Drennan

Genetic Testing in Family Research

January 30

Tom LaRock

World Safari Explorations

February 13

Mark Hensley, AARP

Interacting With Medical Staff

January 23

The River Landing Band

River Landing at Sandy Ridge

February 6

Manasse Nakamatsu Duo

Music for a Great Space

February 20

David Kolosieke

CEO Habitat for Humanity

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: **WINTER 2020** *Adventures in Learning*

Name (s) _____ Phone _____

Address _____ Zip _____

Church/Synagogue/Mosque _____ Email: _____

Emergency Contact _____ Phone _____ Relationship _____

Please use initials if registering more than one person:

9:30 - 10:30 a.m.

___ Chappaquiddick Incident

___ Climate Crisis

___ Knitting

___ MET Opera

___ Retirement & Finance

___ Wildflowers, Birds & More

10:45 - 11:45 a.m.

___ Bomber War

___ Contemporary Poetry

___ Reliving the Dream...

___ Simply Fit Exercise

___ Sing for Fun

___ Storytelling 101 Encore

1:30 - 2:30 p.m.

___ Genealogy

___ Health News Updates

___ Memory Improvement

___ Origins of Drama/Theatre

___ True Facts about Animals

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

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

Lunch Reservation, January 16th only - \$9.00 \$ _____

OR All six luncheons - \$54.00 \$ _____

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

Or volunteer your time _____ TOTAL \$ _____

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

MAIL NO LATER THAN JANUARY 13th (\$10.00 Late charge will be assessed after this date!)

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

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



SHEPHERD'S SPOTLIGHT

Cathy & Pete Bergstrom

When Cathy Bergstrom retired from VF Corp in 2015, one of the first things on her list of new adventures was to reconnect with the Volunteer Income Tax Assistance Program (VITA) she had worked with in the 1980's. She made that connection through Shepherd's Center after hearing Sandy Doyle-Jones speak at a Greensboro Council of Catholic Women luncheon. She joined the team of tax prep counselors, helping hundreds of seniors save the expense of filing accurate returns.

Conversations with Sandy then led her to take on the role of bookkeeper duties when longtime volunteer, Ruth, had to step away. Cathy has done a fantastic job of making our QuickBooks records accurate and highly usable (we are so grateful).

Adventures in Learning came next...which pulled Cathy's husband, Pete, into the mix. He is a passionate historian and teacher (he says you never "retire" from those roles) and enjoys the depth of many AIL topics and instructors. After participating in three AIL sessions, he is gearing up to teach next fall on how the musical "1776" fits the authentic history of the events of the day.

Cathy has become an enthusiastic Tai Chi participant, an amateur cheese maker and continues to make nearly all the bread that they consume. Pete is an excellent cook and will never willingly give up his wood burning fireplace. They are theater buffs who enjoy Triad Stage and UNCG Theater.

Cathy and Pete are originally "northerners" from Maine and Wisconsin, respectively, who don't miss the cold, but still suffer in the NC summer heat. They have two brilliant children and three sweet granddaughters who all live in the Midwest.

As they continue to share their time and talents with SCG, their church and community, Pete & Cathy add a message of joy and purpose to this life-stage of retirement.



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COMMUNITY NEWS & EVENTS to consider:

Mark Your Calendars:

*** Music For A Great Space** has FOUR remaining concerts for this season and hope many of you plan to attend their unique performances.



Last year, SCG was the beneficiary of a gift from the *Music For a Great Cause* performance and we are honored to have their 2020 February artists, the Manasse Nakamatsu Duo, Clarinet & Piano, give a preview and talk to our Adventures In Learning people at the lunchtime Forum on February 6th at Christ United Methodist Church. If you would like to attend, lunch is \$9 and must be reserved by calling Vickie at 336.378.0766 before 1/29/20.

** Comprised of clarinetist Jon Manasse and pianist Jon Nakamatsu, two of America's most distinguished artists, the Manasse/Nakamatsu Duo established itself with a highly acclaimed 2004 performance in Boston. Subsequent coast-to-coast touring featured appearances on many of the country's most prestigious series. Since 2006, the Duo has served as Artistic Directors of the renowned Cape Cod Chamber Music Festival, which celebrates 40 years of extraordinary concerts in its 2019 season.



Jon Manasse graduated from The Juilliard School and currently serves on the faculties of The Juilliard School, Lynn University and Mannes School of Music.

Jon Nakamatsu holds degrees in German Studies and Education from Stanford University and is a faculty member at San Francisco Conservatory.

The Manasse Nakamatsu Duo will be performing on the Music for a Great Space series on Feb 7, 2020 at 7:30pm and joining Adventures In Learning on Feb 6 to perform selections, talk about the music and their instruments, and answer questions from Shepherd's Center members. Season or single tickets for MGS are available plus more details at <http://musicforagreatspace.org/>

**** *Bending Towards the Light, a Jazz Nativity*** held here at West Market Church, free and fabulous!
Friday, Dec.6th @6:00pm
Saturday, Dec.7th, @5:00pm



Jazz arrangements of familiar carols are included and you will see the three kings as you never imagined! (the handbell choir performs one hour prior)

SCG is fortunate to have in-kind support from our community sponsors.

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

West Market Street United Methodist 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 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.

SCG Affiliations:



Thank You For Your Gifts!

August 20 through November 15, 2019

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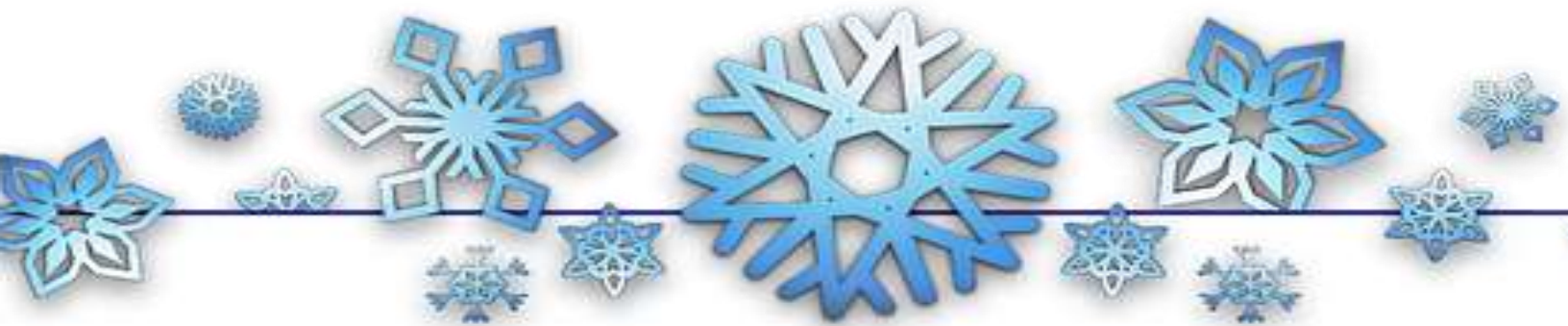
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"Your help with taking me to the grocery store and bank makes it possible for me to stay in my own apartment. Please thank all your volunteers for me."

"Wow...Great...Enlightening are just some of the words to describe my first day in class. I learned SOOO much...it is all and more than I expected today."

These are thank you notes to YOU, the donors who make the work and services of Shepherd's Center not only possible, but also unique and top quality.

Your end-of-year gift enables us to plan ahead for a year of full program offerings and top quality services. Remember that 100% of contributions are used to provide local programs and services that meet our mission for independent seniors. With no government funding, only two part-time staff and a *cut-to-the-bones* small budget for operations, we need your support to keep fees affordable for seniors who strive to age-in-place and live active lives.

Please consider a gift to the 2019 Annual Fund today, as we will be posting the full year of donors, by levels of giving, in the spring newsletter.

With gratitude,
Shepherd's Center of Greensboro



Annual Giving Levels:

Shepherds	\$500+
Sustainers	\$250-499
Advocates	\$100-249
Partners	\$50-99
Friends	\$1-49

Giving for the full year will be totaled at calendar year-end.

A charitable gift to the Shepherd's Center is a gift to thousands of older adults who are striving to stay independent, active and living a purposeful life. Please consider adding your contribution to support our unique programs and services.

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

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Name _____ Phone _____

Address _____ City _____ Zip _____

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◆ You may choose to give in honor or in memory of someone special. Please add a note/mailling address with your gift.

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◆ Gifts may also be made through our website at www.shepctr.org/giving/ I want to transfer stocks as my annual gift.

**Please call Sandy if you would like to discuss a specific fund or a transfer of stocks @ 336.378.0766*

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





302 West Market Street, Room 103
Greensboro, NC 27401



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

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WINTER 2019-20 Calendar

- Board Meetings** December 17, 2019, February 18, April 21
- Adventures in Learning** Jan. 16 - Feb. 20 @ Christ United Methodist
- Shepherd's Travelers** Dec. 3, Wohlfahrt Haus Holiday Theatre
March 24, "9 to 5" at Barn Dinner Theatre
June 25, "The Motown Sound" at WHDT
- ShepNet** Jan/Feb classes announced in Dec.
March/April classes announced in Feb.
- Table Games** Dec. 2, Jan. 6, Feb. 3, March 2, etc. 9:30-noon
- Office Closed** Nov. 28-29, Dec. 24-26, Jan. 1 & 20