

WINTER 2024

Adventures In Learning

virtual & in-person classes

Happy NEW Year! We made it through another year!! We're guessing you are ready to turn that calendar page and see the possibilities for a better new year ahead. So settle into your warm home (with gratitude) and check out the many opportunities to learn something new in January & February.

We are going back into the hybrid model for a full 6-week series of our famous Adventures In Learning semester. Our version of hybrid is having **Zoom classes on Tuesdays and Fridays**, and then offering **in-person small classes on Thursday mornings**. We are keeping the **Community Forum** format between the in-person classes so there is conversation time over coffee/snacks along with speakers who will inform us of local programs and issues.

Your WINTER semester has 15 class topics. You can sign up for 1 or 3 or 7 based on your schedule and interests, all for a one-time fee. But you must register!

Step1: Click on the link on page 5 of this document to get online to choose your classes and then to pay the winter semester fee of \$55.00. You will **pay online, through the secure website**, using PayPal or your credit card. Be sure to enter your preferred email address as that is the only way we can send you the connection links for your Zoom classes. **

Step 2: After you pay the fee, you will get a confirmation email. Then, we will email you the links to do the full Zoom online registration so you will get your individual codes for each class you choose. Decide how the dates fit your schedule, which topics or instructors you prefer, and **then you will register on Zoom for each topic** you plan to attend. (People who choose only in-person classes will not need to do step 2.)

Please *only select in-person classes* if you plan to attend on Thursdays at FBC. The seats are limited and your reservation is considered a promise-plan to attend.

*Live links to the classes cannot be shared, so **send this invitation to your friends** if you'd like them to attend. ** *IF you cannot register/make payment online, you must call Vickie at 336.501.8849 to let her know you are mailing a check to our post office box (SCG, P.O. Box 4063, Greensboro NC 27404)*



Let the snow fall, put the pot of soup on the stove, stay healthy, and continue learning as we thrive through the winter. We are ready to turn that calendar page, order a new sweater, and make a plan to keep learning and staying connected.



Please know that we are grateful for donations we receive that serve to keep us viable, engaged and ready to be here for you at an affordable price. You may choose to add a **Kick-off-another-year donation** on the SCG website ([click here](#)) or by mailing a gift to P.O. Box 4063, Greensboro, NC, 27404. We love your energy and interest and we deeply appreciate your participation.

Weather...if the schools close for snow/ice... we follow their closing for road safety. So, if Thursdays have school closings, so will our in-person classes. But on other days, weather will not change the Zoom virtual classes.

Sandy & Vickie & your AIL Volunteer Team

Tuesdays beginning 1/23/2024 ZOOM Classes

High Society Scandal: The Murder of Stanford White

Instructor: **Tom Brawner**

New York City's high society reeled from the 1906 murder of renowned architect Stanford White by unstable millionaire Harry Kendall Thaw. The jealous rage killing attracted sensational press coverage and led to the "Trial of the Century". We will explore this case and its key players and see how it exposed high society and ripped the veneer from Stanford White's reputation.

Tom is a retired attorney who loves researching murder mysteries and bringing them to SCG.

Dates: **Tuesdays, January 23, 30, & February 6, 13, 20, 27**

Time: **9:30 am**

Shining a Light on Marriage

Instructor: **Larry Brown**

David Schnarch, Ph.D., spent decades counseling couples, wanting to understand why couples married, what held them together, why they divorced—and frequently married again. Contrary to traditional theories, marriage is rooted in biology, economics, or religion. Schnarch discovered marriage to be the "crucible" where each partner is challenged to find and hold onto himself or herself—while in a relationship with another! Whether you are married or single, join us for a deeper look into the psychological elegance of marriage. This will be fun!!

Larry has a BA from Francis Marion College and a Master of Divinity from Duke University. He spent decades working with couples and families in addition. He teaches at the Shepherd's Center of St. Andrews, Columbia, SC.

Dates: **Tuesdays, January 23, 30, & February 6, 13, 20, 27**

Time: **11:30 am**

Health News Update

Instructor: **Janne & Rob Cannon, PhDs**

We're bombarded every day with health news and advice in the media and online, but it's hard to know what information is trustworthy and what is exaggerated or inaccurate. The goal of this class is to consider the facts about some recent developments in medical science. A particular focus will be on the health effects of climate change, especially for us older adults. We'll also talk about the risks and potential benefits of different supplements, the new drugs being used for weight loss, and for treatment of Alzheimer's Disease. Let's distinguish the facts from the hype, to help you become more informed consumers of information. **If there are particular topics that you would like to see covered in this class, send an email to Janne Cannon at jgc@med.unc.edu/** *Janne Cannon is a Professor Emerita in the Department of Microbiology and Immunology at the UNC-Chapel Hill School of Medicine. Rob Cannon is a Professor Emeritus in the Biology Department at UNCG, where he taught microbiology, virology immunology, and microbiology research for more than 45 years.*

Dates: **Tuesdays, January 23, 30, & February 6, 13, 20, 27**

Time: **2:00 pm**

Fridays, beginning 1/26/24 ZOOM classes

Power: An Electric Addiction

Instructor: **Edwina Winter**

When we switch on the light, do we really know where electricity comes from? In this class, we will explore how electricity is made and distributed, including a full breakdown of the nuclear power cycle.

We will look at the pros and cons of all types of power generation including waste, cost, disasters, and environmental issues. We will also discuss new types of power generation that may be our future.

Edwina was born in the UK and continued her world travels for careers in construction, telecommunications and civil nuclear businesses. She is a guest presenter from the St. Andrews Shepherd's Center in South Carolina.

Dates: **Fridays, January 26, February 2, 9, 16, 23 & March 1**

Time: **9:30 am**

Curious History Of.....

Instructor: **Carol McGinnis Kay, PhD**

Dr. Kay offers another installment in her series about little-known (but interesting) events or entities. She starts with the little-known story of the worst mutiny in English naval history and explains why most of us have never heard of it. She promises no two days will be alike. The story of America's WW II spy master one day may be followed by the Great Molasses Flood of Boston in 1919 the next.

Dr. Kay is a retired Distinguished Professor of English Emerita at USC, and a regular guest speaker from Shepherd's Center St. Andrews.

Dates: **Fridays, January 26, February 2, 9, 16, 23 & March 1**

Time: **11:30 am**

Thursdays, beginning 1/25/2024 In-Person Classes at First Baptist Church (1000 W. Friendly Ave.)

Choose your classes when you click on the registration link. If the instructor has a reading or supplies list, it will be emailed to you after registration is completed. Social time before classes or during the Community gathering from 10-11 is encouraged...since your friends miss seeing you! And, of course, plan to go out to lunch with a friend or new acquaintance at noon. ** We hope that many of our non-zoomers will choose to come back and participate at Adventures In Learning!

Classes at 9:00 AM:

An American Value: Freedom

Instructor: **Kathy Smith, PhD**

We will explore together the often-ill-defined meaning of American freedoms. Topics will include Freedom of Speech, press, religion, privacy, the right to bear arms, and the right to assemble. Where does your freedom stop and mine begin? We will bring many different views, including those of the U.S. Supreme Court, to our spirited discussions.

Dr. Smith earned her MA and PhD from Purdue University. She chaired the Political Science Department at Wake Forest University for many years.

Considering the Narratives in Palestine and Israel

Instructor: **Max Carter**

Former Israeli Knesset member Naomi Chazan once lamented, "The tragedy in Palestine and Israel is that there are two narratives that are both true, but don't meet." In this class, Max L. Carter's sequel to his earlier book "Palestine and Israel: A Personal Encounter" will be explored as it covers encounters with all "sides" in the situation in Palestine and Israel from 2006 to the present.

Max is a retired professor of Quaker Studies at Guilford College and the author of three books on Palestine and Israel. Since 1970 he has made nearly 40 service-learning and academic trips to the region.

Drawing Is Seeing II

Instructor: **Melanie Bassett**

Rusty? Been here before? Adventurous? Have a little experience? We will practice seeing. Let's draw! Dip directly into physical reality. The child discovers that a few dots and a curved line will do for a face, which smiles back out at her... something has been generated out of nothing. Or the pose of a moment has been set down forever; back in my mother's attic, old sketchpads of mine hold pets long dead, infants now grown to adulthood, grandparents whose voices I will not hear again.

Melanie studied in England and Spain, with fifty years of teaching, curating, restoring, and making art.

The Ocean is Calling: Are You Listening?

Instructor: **Parke Rublee PhD**

2021-2030 has been declared the United Nations Decade of Ocean Science for Sustainable Development. The emphasis in this class will be to describe the current and future state of the oceans including plastic and nutrient pollution in the oceans, changes in fisheries and other natural resources, changing ocean circulation patterns, and consequences of climate including shifting geopolitical relationships. **2 classes Jan.25 & Feb.14**

Dr. Rublee is a retired professor of biology at UNCG. His interests and research have been in aquatic microbes, including harmful algae and the ecological role(s) of microbes in marine and freshwater systems.

Black Holes and the Death of Stars

Instructor: **Stephen Danford PhD**

Few objects in the universe are as strange and as far outside our experience here on Earth as a black hole. We'll discuss how they are discovered, where they are found, and what we have begun to learn in recent years about how they form. **4 classes starting February 8**

Dr. Danford is a retired UNCG Physics and Astronomy and Chair of the AIL Planning Committee.

10:00 – 11:00 COMMUNITY FORUM

Mini-break with social time & coffee/snacks in the fellowship hall.

Followed by the FORUM presentation from a local community leader, beginning at approximately 10:15 to educate us on community actions/events/resources for all our participants.

FORUM presentations planned are:

Presentations by Guilford Native American Association, Greensboro Urban Ministry, Maxie B's owner, Greensboro History Museum, Magnolia House, and Paul Stewart Jazz piano

Classes at 11:00 AM:

Contemporary Poetry

Instructor: **Robert Demaree**

This class will continue to examine the imagery and meaning of contemporary poetry. Bob will draw on the work of several contemporary poets. Members of the class may read and discuss their poems, in an atmosphere of collegiality and support. New topics, poets, and poems have been added, making this course appropriate for those who have taken the class before.

Class Limit – 15

Bob Demaree is a retired teacher and school administrator and author of four book-length collections of poems, including After Labor Day (2014) and Other Ladders (2017), published by Beech River Books

The Courtship of Single Snails and Other Animal Oddities

Instructor: **Jayne Owen Parker, PhD**

This class will explore diversity in the animal kingdom by prying into the quirky and unexpected ways that people differ from other species of animals. As examples, we will look at how gender is determined in different species (incubation temperatures determine if a turtle will hatch as a male or female, clownfish all hatch as males that turn into females if they live long enough! And all snails are both male and female throughout their lifetimes.) We will also examine animals' sleep patterns, learning of species that lack brains, and survival in environments that would be deadly to us.

Jayne has worked at the NC Zoo Society as an educator and communications officer for more than 25 years. She writes and teaches about wildlife and nature and finds joy in exploring and explaining quirky adaptations that prepare species to survive in specialized habitats.

Drawing Is Seeing II - Continued

Instructor: **Melanie Bassett**

Entertainment in the Ancient Greek and Roman World

Instructor: **Linda Danford**

This class will explore the many ways that the Greeks and Romans amused themselves, including everything from Olympic Sports to Chariot Racing, Greek Tragedy to Roman Comedy, Bath Houses to Brothels, and Symposia to Dinner Parties! There will be lots of opportunities to compare 21st Century tastes to those of Socrates and Caesar.

Linda is a retired UNCG professor of classics studies.

Gentle Yoga

Instructor: **Michael Mack**

Gentle yoga is mostly floor-based, but this beginner-friendly class is focused on creating flexibility as you peel away stress and enjoy a sense of ease and lightness in your body. Perfect for students who are newer to Yoga, recovering from an injury, or looking to improve balance and engage the mind and body.

5-WEEKS beginning FEBRUARY 1, 2024

Class Limit – 12

Michael is a 200-hour Certified Yoga instructor and is currently working on his 500 hours-level yoga certification as well as his certification in Yoga therapy. He is a member of the Yoga alliance.

Mozart's Last Three Symphonies

Instructor: **Gregory Carroll, Ph.D.**

Most music historians agree that Mozart's Symphonies No. 39-41 are the pinnacle of the genre in the 18th century and were composed at the height of his creative powers in the summer of 1788. Two lectures will be devoted to each symphony, providing depth, and focusing on guided listening experiences.

Gregory Carroll is a retired Professor Emeritus in the UNCG School of Music where he taught music theory, composition, and history from 1981-2020. He earned his Ph.D. from the University of Iowa with a focus in Composition/Theory.

Are you excited for a New Year? Sign up quickly for a great semester?

Click here for the website registration and to pay for the classes:

<https://shepnet.wufoo.com/forms/qtdpjy11w480ej/>

(Or, you can copy and paste that link into your browser)

Shepherd's Center News & Updates

As we are working on finalizing all the class information listed in the prior pages, we are also at work to re-open key programs at SCG!! Check out and get involved with our new plans:

ShepNet Computer & Technology: The lead volunteer instructors and our team are updating the computer labs, located at Starmount Presbyterian Church. We are planning to resume in-person classes in the winter, with no more than 6 students/class plus offering some Zoom topics. At this point we will offer computer classes based on Windows10, but we are planning to launch a new classroom for Windows11 in the early spring. With MS no longer supporting Win10 in the fall, we want to get ahead of the deadline and help you learn what's new with Windows 11 that will arrive with all new computers. We are still fundraising to purchase all new equipment that will handle the Windows11 software, AND, we need volunteers to coach in the classrooms while teachers teach, to help with tasks behind-the-scenes with mailings or data, to teach regular or new tech topics, and to keep this unique program moving along with all the changes. Call Sandy to talk about volunteering and please stay tuned for details.

The VITA service (Volunteers Income Tax Assistance) will begin on February 12, 2024. The fabulous trained (and certified by IRS) volunteers will again be completing free basic tax returns for local seniors. Last year we completed 100 Federal and State returns...saving each person hundreds of dollars that they might pay to have returns filed. (AND, we have a 0 rejection rate!!) Appointments will be scheduled on Mondays & Wednesdays, 11:30 or 1:15 at our office in West Market Church. If you, or someone you know, could benefit from this service, please share our information. Appointment bookings will be open on 1/16 at 336.207.7681 or our office number.

It's time to get back on the road with our Shepherd's Travelers!!

The re-launch music begins when we load the bus for a trip to the Wohlfahrt Haus Theatre in Va. We have had so much fun at their musicals in past years and are thrilled that they are back in full operation with lively theatre and a full meal...making it a great day trip. Vickie has booked the comfy bus and made reservations for The Carol King & James Taylor show for Thursday, May 23rd. Mark your calendars and plan to bring the fun (we'll provide the bus).



And then, remember the Vermont trip we announced in 2020? It's now re-scheduled for the fall leaves tour in September 2024! The 7-day tour includes many visits to New England's charming and beautiful sites. The package includes 10 meals, lodging, admissions to a museum, a maple farm, granite quarry, Ben&Jerrys, and all the photos your phone can store. We have a flier and registration form ...just send a note to Vickie to request details. williamsonvickie1@gmail.com or [click here](#) to see the tour company's photos and details.

** We are also bringing together the committee that formed in 2019 to plan local excursions and group outings to fun and unique places within local driving distance. Watch for announcements about these newly developing **OUTBOUND ADVENTURE** gatherings/tours/talks to keep us connected in our broad community.

Thank you for your interest and we'll see you in the January – February classes!

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Shepherd's Center of Greensboro is on a mission *to help older adults pursue independent and active lives of purpose.*

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