



SPRING 2024 Adventures In Learning virtual & in-person classes

It's now a glorious spring in Greensboro! This season always reminds us why we love our community.

We have been super busy with re-opening most of our SCG programs and time is flying by like spring gusts of wind! Now it's time to jump back into learning something new. The series of our famous Adventures In Learning semester will begin in April 23rd. One change: the in-person classes will run FOUR weeks; with dates for Zooms listed under each topic. We invite you to join our classes from wherever you live or vacation.



With many instructors and participants sharing spring days with friends and family, and many traveling but still interested in lifelong learning, we are offering a shorter group of classes for both in-person and on Zoom. Your Spring semester has a great variety of topics with returning and new instructors. You can sign up for 1, 3, or more topics based on your schedule and interests; all for a one-time fee. But you must register!

Step 1: Click on the [link on page 5](#) of this document to [get online](#) to choose your classes and then [to pay the 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 from PayPal. If you choose a Zoom topic, you will get the link for quick sign-in on the day before each class.

*Live links to the classes cannot be shared, so **send this invitation to your friends** if you'd like them to attend

Ready to expand your mind and BLOOM with us?

Sandy & Vickie & your AIL Volunteer Team

ZOOM Classes that begin on 4/23/2024:

The Black Dahlia Murder

Instructor: **Tom Brawner**

Elizabeth Short, a beautiful young woman from Medford, Massachusetts, moved to southern California during the 1940s to pursue her childhood dream of acting. There, she moved frequently from place to place, dated a series of men, and regularly attended clubs and parties in an effort to be noticed by Hollywood. In January 1947, Elizabeth's dream was snuffed out, and her mutilated body was found on a vacant lot in Los Angeles. We will explore the people, places, and events surrounding this unsolved murder, one of the most intriguing in American history.

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

Dates: **Tuesdays, April 23, 30, & May 7, 14, 21, 28**

Time: **9:30 am**

Down My Favorite Rabbit Holes!!

Instructor: **Tom Kuhn, PhD**

There are so many great discoveries that Tom has created a series of classes that will make each week, each hour, so interesting. His 6 favorites to be presented are: 1) Mystery of the Cave Artists, 2) Discovery of the Ice Man, 3) The Real story of Moby Dick, 4) The Amazing life and art of Toulouse Lautrec, 5) The Battle of Blair, America's forgotten revolution, and 6) The Truth about DRAGONS!! If you've taken prior classes with Tom Kuhn, you know he's a PowerPoint visual pro and that his stories and details are quite amazing. Not a series you can afford to miss, so jump in for these rabbit holes!

Tom is a retired anthropologist and archeologist and is a guest speaker from Shepherd's Center of St. Andrews, Columbia, SC

Dates: **Fridays, April 26, May 3, 10, 17, 24, and 31**

Time: **9:30 am**

Exploring AI : What it is and how to use it

Instructor: **Lynn Zimmerman, PhD**

Curious about AI but think it's only for software engineers? This beginner-friendly workshop will help you demystify the world of Artificial Intelligence and discover how it can be a helpful tool in your daily life. First, you will be introduced to generative AI. Then you will learn how to ask simple questions as we explore 3 user-friendly platforms: ChatGPT, Perplexity, and Gemini. Then, we will go a step further and explore how AI can handle complex questions, answer "What if...?" scenarios, and even write a story for you!

Prerequisites: Curiosity and basic computer skills. (My Thanks to Gemini for its assistance)

Lynn is Professor Emerita of Education at Purdue University.

Dates: **Monday & Wednesday, May 6 & 8**

Time: **10:00 am**

Thursdays, beginning 4/25/2024 through 5/16/24 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:

Addressing Four Dangerous Accusations Against Israel

Instructor: **Rabbi Andy Koren**

Ever since the October 7th attacks by Hamas terrorists against Israel, news about Israel has been in the headlines on a constant basis. This class will examine four charges leveled against Israel that are dangerous, if not deadly, but often take too long to refute in our politically charged and deeply siloed world. The four myths are: Apartheid, Colonization, Genocide, and Occupation of the Gaza. We will

dedicate one class to each of these issues, looking at material from history as well as current events, and leaving ample time for questions and class discussions.

Rabbi Andy Koren has been a spiritual leader at Temple Emanuel Greensboro for the past 21 years. He has taught many courses for SCG over the years.

Drawing Is Creating

Instructor: **Melanie Bassett**

4-week session concentrating on Still Life and Composition of ONE CREATION. We can focus on one aspect of creating and relaxing into its discovery. Still life: visual portraits, taken from life, lifestyles, history, surrealistic dreams, photorealism, impressionism, harmony in nature, dissonance in balance. We can use any of these mediums you are happy with water colours, watercolours pencils, colour pencils, 2B-2B pencils, charcoal, or pastels. Journey around your house (or other peoples!) for objects/ideas that say something to you, even if you are not yet sure, what. Collect 3+ as many as comfortable to carry. Things in a drawer. Symbolic items. Things that are yellow. A memory of childhood. Ideas of roundness. Thoughts of evening. Things that could fly away.

Melanie's life has been making art, and studying in England and Spain, with fifty years of teaching, curating, restoring, and making art.

History of the Modern Olympic Games

Instructor: **Dick Swanson, PhD**

In this Olympic year, come and explore the historical and cultural evolution of this international quadrennial sporting festival. We will examine the late 19th-century efforts to resurrect the Olympic Games and trace their progression through the next 124 years of political, economic, and social change.

Dick is a retired Professor and Academic Dean from UNCG and Past President of the SCG Board of Directors.

Investing, Protecting, and Growing Your Money plus Tax Planning

Facilitators: **Chad Barber and Keith Hiatt**

In the class we will discuss 1) The best investment opportunities with still historic interest rates; 2) Protecting your money now and for your heirs; 3). Learning and understanding the market and investing; and.4) Smart tax planning.

Chad is a Financial Advisor & Accredited Asset Management Specialist with Blue Ridge Bank/LPL Financial. Keith is a CPA and partner with the firm Breslow, Starling, Frost, Warner, Boger & Hiatt, PLLC.

Self-Defense and Home/Travel Safety for Seniors

Instructor: **Phillip Jones**

This class will cover basic self-defense against common attacks, self-defense tools (lights, tactical pens, and pepper gels), and safety/security methods in the home and while traveling. This class can be active, or you may sit, watch and learn.

Phillip Jones is a retired History and ESL teacher. He is experienced in teaching martial arts and self-defense since 1976 in Arizona, Saudi Arabia, Kuwait, and North Carolina.

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 10:15 to educate us on community actions/events/resources for all our participants.

FORUM presentations planned are:

Peacehaven Farm, Greensboro Bound, International Civil Rights Center and Museum, and local co-authors of “Living with Your Imperfect Back”.

Classes at 11:00 AM:

“Cosmic Chronicles: Exploring the Mysteries of Space”

Instructor: **Jonathan Ward**

Embark on a captivating journey through the enigmatic realms of space. From the clandestine world of Soviet space missions to the mesmerizing dance of the Northern Lights, delve into the secrets of the cosmos, uncover the wonders of our solar system, and contemplate the mysteries of black holes, dark matter, and dark energy.

Jonathan Ward is a Fellow of the Royal Astronomical Society and a NASA Solar System Ambassador. He is also President of the Greensboro Astronomy Club and Hamilton Lakes & Parks, Inc.

Drawing Is Seeing II - Continued

Instructor: **Melanie Bassett**

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.

Class Limit – 12

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

Sacred Geometry and its Applications in Architecture and Beyond

Instructor: **Robert Powell, PhD**

We are pleased to offer a new, unique class this semester. The first session will be an overview of Sacred Geometry. In sessions 2 and 3 we will use a compass, paper, and drawing utensils in a workshop format. Session 4 we will see how Sacred Geometry is used in Architecture and more.

Class Limit - 15

Robert is an Associate Professor at A&T State University's Department of Civil Architectural Environmental Engineering. He is semi-retired.

Are you excited for a sparkling spring? Sign up quickly for a great semester?

Click here for the website to pay for the classes:

<https://shepnet.wufoo.com/forms/ry61xqi1y3umvd/>

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

(If you have never paid online, or need help, please call Sandy 10:00-4:00 at number noted.)

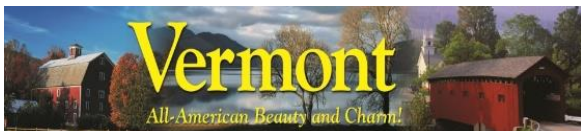
Shepherd's Center News & Updates

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 have updated the computer labs, located at Starmount Presbyterian Church. We resumed in-person classes in April with all topics full within 2-days of the announcement emails! (so move quickly when you get those email announcements!) At this point we will offer computer classes based on Windows10/11 and have set up a new dedicated Windows11 room. (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.) 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.

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.

OUTBOUND ADVENTURES** has resumed!!

This committee needs YOU to plan local excursions and group outings for fun gatherings and to visit unique places within local driving distance. Our first OA was the March tour of the robotics & material sciences labs at NCA&T School of Engineering. From the large team of scientists who welcomed us, to the in-depth explanations and sampling...it was amazing!!

Watch for announcements about these newly developing 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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