



WINTER 2025

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 February-March.

The Adventures In Learning semester begins the second week of February. Our version of hybrid is having **Zoom classes on Tuesdays/Wednesdays/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. You can sign up for 1 or 3 or all 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 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 (from PayPal). Then, we will email you the links for the classes. (If you do not take Zoom classes, your first confirmation is all you'll need to attend the in-person classes on Thursdays).

Please *only select in-person classes if you plan to attend on Thursdays*. 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 2/4/2025 ZOOM Classes

Health News Update

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

The Cannons will provide updates on current health topics that are especially important for older adults. Planned topics include: 1). Respiratory virus update: what's happening with COVID, RSV, seasonal influenza, and bird flu? 2). Dementia and Alzheimer's Disease (AD); 3) The risks of mind-altering substances (alcohol, marijuana, CBD) for older adults; 4) What factors affect our longevity? Why are some people "Superagers?" Can supplements or caloric restriction extend the human lifespan?

*If there are other topics that you would like to see covered in this class or a future 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, February 4, 11, 18, 25**

Time: **2:00 pm**

Slavery in the Ancient World

Instructor: **Linda Danford**

While the discussion of slavery often centers around its impact on our American experience, we must look back to ancient times to study the way it was institutionalized and part of the Roman Empire! (Time to return to the classics with one of our favorite professors.)

Linda is a retired UNCG professor of classics studies.

Date: **Tuesday, February 4**

Time: **11:30 am**

Adventures of the Gastrointestinal Tract

Instructor: **Subhash Gumber, MD**

This lecture will broadly cover the ailments in different parts of the gastrointestinal tract with endoscopic pictures. And yes, you can ask questions on GAS!!

Dr. Gumber graduated from the University of Massachusetts Chan Medical School. He works in Raleigh and has 34 years of experience in this field.

Date: **Tuesday, March 11**

Time: **11:30 am**

Wednesdays, beginning 2/5/25 ZOOM Classes

Courtroom Chaos: The Carroll County Courthouse Shootout

Instructor: **Tom Brawner**

On Thursday, March 14, 1912, the Blue Ridge Mountain town of Hillsville, Virginia, became the site of a shocking courtroom shootout that left five dead – including the judge, prosecutor, and sheriff, plus seven wounded. The shootout followed a jury verdict in a criminal case against a proud and hot-tempered local named Floyd Allen. The specifics of the shootout, which revealed long-standing family and political feuds, are still hotly disputed to this day. We'll explore the people, places, and events leading to this violent massacre.

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

Dates: **Wednesday, February 5, 12, 19, 26 & March 5, 12**

Time: **9:30 am**

Inside a U.S. Embassy: A Conversation with the editor of the *Foreign Service Journal*

Special Guest Speaker: **Shawn Dorman**

This session will be an interview with Ms. Dorman who served eight years as a Foreign Service officer in Bishkek, Kyrgyzstan; Jakarta, Indonesia; and the State Department Operations Center in Washington, D.C. Prior to joining the Foreign Service, she spent one year working in Embassy Moscow's political section and four months working in the consular section of Consulate General St. Petersburg. During graduate school, she spent six months as an English teacher in Changchun, China and a month doing interview research on women's health in St. Petersburg.

Shawn is a former U.S. Foreign Service political officer now serving as editor in chief of The Foreign Service Journal and publications director for the American Foreign Service Association. She is the editor of the bestselling books, "Inside a U.S. Embassy: How the Foreign Service Works for America" (2003) and "Inside a U.S. Embassy: Diplomacy at Work" (2011). We are thrilled to have her join us!

Date: **Wednesday, February 5**

Time: **11:30 am**

The Rogue's Plot: The Untold Story of 1777

Special Guest Instructor: **Ronald Gibbs, MD**

What if a rogue British officer, craving recognition from his superiors, launched a plot to spread Smallpox among Washington's troops to end the rebellion? In a race against time, a gifted American surgeon, from his position as a prisoner of war, learns of the plot and must find a way to thwart the rogue's scheme. With the future of the young United States at stake, *The Rogue's Plot* weaves characters both historical and imagined into an intriguing and entirely plausible history about what happened in winter 1777. We'll meet the real life characters of the story and learn of medical practice 250 years ago. (*You can read the book or download it on Amazon as a free ebook!*)

Ron is a retired OBGYN and a clinical professor at Stanford University. His lifelong love of history, especially the American Revolution and cartography, lead him to research the medical implications of that historical period and eventually write and publish a series of books. We are delighted to have him join us from his office in San Francisco to share this story.

Date: **Wednesday, February 26**

Time: **2:00 pm**

First Jews in America & the Birth of Religious Freedom

Special Guest Instructor: **Ronald Gibbs, MD**

Religious freedom expanded from the outbreak of the American Revolution until 1800 (1649-1790). Jews, Catholics and Baptists fought for this hallmark of American society. With religious freedom, individuals are judged not by their religious creed, but by their character and ability. This American principle was established 250 years ago and is especially important today in the face of many forms of hatred and discrimination.

Date: **Wednesday, March 12**

Time: **2:00 pm**

Fridays, beginning 2/7/2025 ZOOM classes

How To Dig a Rabbit Hole & Escape to the Other End!!

Instructor: **Tom Kuhn, PhD**

Author and Archaeologist. Tom Kuhn will present glimpses into a few selected subjects he has been attracted to in pursuit of his most recent career as a writer of historical fiction. From treks through the Guatemalan rain

forests - to distant ruins - to delving into the lives of some of history's forgotten but important characters and events, he will share with the class adventures in historical research that helped to inspire some of his works of fiction.

(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, February 7, 14, 21, 28 & March 7, 14**

Time: **9:30 am**

Roosevelt's and Churchill's Secret War" Espionage in WWII

Instructor: **Carol McGinnis Kay, PhD**

Spies and saboteurs were a key element in the Allies' victory. They reported directly to Prime Minister Churchill and President Roosevelt. The true stories of these men and women are every bit as exciting and heart-stopping as the best of the Bond movies. Join Dr. Carol McGinnis Kay for a look at a few of these unsung heroes, including the real spies on whom Ian Fleming based his character of James Bond.

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, February 7, 14, 21, 28 & March 7, 14**

Time: **11:30 am**

Thursdays, beginning 2/6/2025 In-Person Classes will run FOUR WEEKS 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:

Art of Seeing – Portraits (Self)

Instructor: **Melanie Bassett**

The "Selfie" started long before cell phones. Self Portraits: 4 classes, 2 hours per class.

Everyone is welcome. "Your handwriting, the way you walk, which china pattern you choose, it's all giving you away. Everything you do shows your hand. Everything is a self-portrait. Everything is a diary." *Chuck Palahniuk*
Melanie studied in England and Spain, with fifty years of teaching, curating, restoring, and making art.

Birds and Bird Watching

Instructor: **Dennis Burnette**

This is "Birding 101" for people who want to know more about these beautiful and fascinating creatures. It also will be of interest to folks who already have some experience with a bird-watching hobby. Using photographs of birds in nature, each class will focus on different aspects of enjoying them, such as the basics of birds, attracting birds to our yards and gardens, and identifying the common birds around us.

Dennis is a retired professor, a serious amateur nature photographer, and a nature educator with a special interest in teaching adults. He has taught numerous classes for SCG for more than 15 years.

Media and Politics

Instructor: **Kathy Smith, PhD**

We will discuss the interaction of media and human behavior in a U.S. setting. Government regulations and ownership patterns are a couple of the topics that will be covered.

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

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. Our planned FORUM presentations: Presentations by NCCJ (NC Community & Justice), Backpack Beginnings, Greensboro Fire Department, and Greensboro Downtown Parks.

Classes at 11:00 AM:

ACE Your Brain: Memory Improvement Tips & Techniques

Instructor: **Cheryl Greenberg Ed.D**

Don't remember where you put your car keys? Having trouble remembering names? In this course, participants will learn how a healthy brain works, lifestyles tips for strong memories, and most importantly, strategies for memory improvement.

Dr. Greenberg has a doctorate in educational gerontology and memory changes in older adults. She works with adults of all ages, presenting workshops on healthy aging, memory improvement, and age-related dementia.

Art of Seeing – Portraits (Self) – Continued

Instructor: **Melanie Bassett**

Critical Battles that Shaped the Course of the Second World War

Instructor: **Ronald D. Cassell, PhD**

The Second World War (1939-1945) was the most massive and important war fought in the modern era. Of the many battles that shaped the direction of the war, this course considers four that count among the most crucial. 1) The Battle of Britain 1940; 2) The Battle of Midway, 1942; 3) The Battle of Stalingrad 1942; and 4) The Battle of Normandy, 1944.

Ronald Cassell is a retired Associate Professor Emeritus of History who taught at UNCG from 1966-2003. He earned his PhD from UNC-Chapel Hill with a focus on Modern Britain and the two World Wars.

Local Baseball Lore

Instructor: **Max Carter**

Baseball came early to the Greensboro area, the first game occurring in 1867 between a team from what is now Guilford College and "The Big Lazies" of Greensboro! In succeeding decades, many from the area went to the Major Leagues, and baseball was woven into the fabric of the community. How did that happen? Who were some of the players? We'll learn from some local baseball historians, family members of some of the greats, and perhaps some of the players themselves!

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.

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/raswdej1tqsfph/>

(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 organize additional community programs and key programs at SCG!! Check out and get involved:

ShepNet Computer & Technology: The lead volunteer instructors and our team have updated the computer labs, located at Starmount Presbyterian Church and began classes in January with a new class on Apple Watch Basics plus three other topics. The February classes will also offer the Apple Watch Basics (since it filled so quickly for January) plus a class on Safely Managing Passwords, OneDrive Backup, and Windows11 File Management. We try to email you the classes one month prior to start date, but you can always find the latest postings and registration options on their website: www.shepnetgreensboro.org

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 10, 2025. 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 1/15 at 336.207.7681 or our office #.**

It's time to get back on the road with our **Shepherd's Travelers!!** As we head to **PORTUGAL**

Join one of our Zoom presentations from Collette to show you the sights, itinerary, and answer your questions Wednesday, **January 15 @11:00am** or Wednesday, **February 12 @ 11:00am**. Just click the date to register for the Zoom session. No obligations, just a great time to think about travel for 2025.

The 10-day tour begins in Lisbon, then heads inland to a cork factory and the "city of museums Evora, then onward to many visits along coastal routes to Lagos, Portimao and the Portuguese Riviera. We have a flier and registration form for your review ...just send a note to Vickie to request details. williamsonvickie1@gmail.com or **click here** to see the tour company's details.



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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