



WINTER 2026

Adventures In Learning

virtual & in-person classes



Happy NEW Year! We made it through another year!! We're guessing you just turned that calendar page, made resolutions and plans, and that you see the possibilities for a better new year ahead. Let's put AIL classes on your winter calendar! Settle into your warm home (with gratitude) and check out the many opportunities to learn something new in February & March.

We are offering the winter series, with scheduling that meets the instructors' calendars and gives you choices at the same time. Zoom classes will begin 2/3 when Tom Brawner will kick off our winter semester with his Zoom case of *The Mysterious Case of the Demise of Colonel Hogan*, followed by 6 other new topics with returning instructors on Tuesdays and Fridays. The in-person classes on Thursdays will begin 2/5 at First Baptist Church for 4 weeks. There will be classes/forums at 9:00, 10:00, and 11:00 for you to learn and interact with teachers and fellow lifelong learners.

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 6** of this document to get online to choose your classes and then pay the semester fee of just \$55.00. You will **pay online, through the secure website**, using PayPal or your credit card. Be sure to correctly 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 Zoom classes.

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



The many donations we receive keep us viable, engaged, and ready to be here for you at an affordable price. You may choose to add a **donation** at the time you complete registration, or on the SCG website, ([click here](#)), or by mailing a gift to P.O. Box 4063, Greensboro, NC, 27404. We need and deeply love your support. Thank you for your unique participation.

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).

Sandy & Vickie & your AIL Volunteer Team

**In-Person classes for FOUR Weeks: 02/05, 02/12, 02/19, and 02/26
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.

AhhhChoo...yes, it's cold and flu season so we encourage you to wear a mask to keep yourself and others healthier as the infection rates are increasing.

***In the event of inclement weather, when schools are closed, the make-up date is March 5, 2026.**

In-Person Classes for Thursdays at 9:00 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 a name? In this course, participants will learn about how a healthy brain works, lifestyle 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.

Quakers and the American Revolution

Instructor: Max Carter

2026 is the 250th birthday of the start of the rebellion that led to the creation of the United States of America. We won't celebrate with a birthday cake and candles – the fire marshal wouldn't allow it! But we'll observe it with a look at that pacifist sect, the Religious Society of Friends (Quakers), and their influence on and involvement in the "invention" of the U.S. From William Penn's "Frames of Government" through local battles of the American Revolution, we'll explore how Quakers figured into the story as "Friends in Deed"!

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 this region.

Seeing is Drawing

Instructor: Melanie Bassett

A class in drawing for all with a desire to create art. No experience, talent, or artistic relatives necessary. Repeat Drawers welcome for a refresher. We will explore drawing, art history, and the wonderful world around us. **This is a 2-hour studio class, with an optional break in the Fellowship Hall with coffee, snacks, and great speakers.**

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

Urban Challenges

Instructor: Kathy Smith, PhD

We will discuss major issues like education, homelessness, transportation, and safety viewed in a comparative urban framework. What ideas have achieved their goals, and which have fallen far short? Why? What values do we want to maximize?

Kathy 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.

The FORUM tradition of AIL brings presentations from a local community leader, beginning at approximately 10:15 to educate us on community resources, actions, and events for participants. FORUM presentations planned are:

****Piano Performance ** Forge Greensboro ** An Eyewitness to History ** NC Folk Festival**

In-Person Classes at 11:00 AM:

How To Protect My Investments in a Bear Market

Instructor: **Chad Barber, AAMS**

In this class, we will discuss what is going on in the market/economy and how to not only grow your investments but, more importantly, protect your investments should we see a correction in this new year.

Chad is Vice President, BRB Wealth/LPL Financial and Regional Wealth Manager for the Greater Greensboro market. He is a UNCG graduate and has taught many classes for SCG.

Seeing is Drawing (continues)

Instructor: **Melanie Bassett**

Sovereignty, the Constitution, and the “Donroe Doctrine”

Instructor: **Peter V. Bergstrom, PhD**

This class will explore the nature of American national sovereignty, the fundamentals of our Constitutional government (legislative, executive, judicial), and their implications in current politics. Special emphasis will be given to the questions of “the unitary executive,” the Posse Comitatus Act, the insurrection act, and most recently the Trump “interpretation” of the Monroe Doctrine, now dubbed the “Donroe Doctrine.”

Peter Bergstrom, PhD in Early American History from the University of New Hampshire

VIRTUAL CLASSES ON ZOOM will begin on February 3rd, on TUESDAYS or FRIDAYS for the semester. (Specific dates are listed for each topic)

Our fabulous Zoom classes will continue as part of your AIL registration flat fee. After you fully register, into the Zoom site, we will send a reminder with the Zoom link on the day before each class. We will try to record many of the classes. We welcome your class participation, questions and expressed gratitude for these volunteer instructors.

Tuesdays beginning 2/3/2026 ZOOM Classes

The Mysterious Demise of Colonel Hogan: The Bob Crane Murder

Instructor: **Tom Brawner**

Bob Crane, the star of the hit TV series *Hogan's Heroes*, was charismatic and popular, especially with women. Behind the scenes, however, Crane developed a risky obsession with filming his sexual liaisons with various female admirers, which contributed to the downward spiral of his showbiz career. But no one was prepared when on Sunday, June 29, 1978, police found Crane's shirtless, bludgeoned corpse sprawled across a bed in a Scottsdale, Arizona apartment. This class will explore this unsolved murder and its victim and suspects.

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

Dates: Tuesdays(6): February 3, 10, 17, 24, and March 3, 10

Time: 9:30 am

Oxford and the Inklings: J.R.R. Tolkien, C.S. Lewis, & Friends

Instructor: **Peter Bergstrom, PhD**

We will visit Oxford University and several of its scholars who formed a remarkable discussion/writer's support group during the 1930's and 1940's. We begin with a recap of Oxford's intellectual milieu during the first quarter of the twentieth century and then introduce our principals: Tolkien and Lewis and their early careers. This will be followed by an examination of "the Inklings" and their activities. Finally, we will offer an in-depth consideration of the major works of Tolkien and Lewis – *The Hobbit* and *The Lord of the Rings* by Tolkien, the Ransom novels (planetary science fiction), *The Narnia Chronicles* by Lewis. All of this will illustrate their joint love of fantasy as literature.

Peter Bergstrom, PhD in Early American History from the University of New Hampshire.

Dates: **Tuesdays(6), February 3, 10, 17, 24, and March 3, 10**

Time: **11:30 am**

Health and Medicine Fact Check

Instructors: **Janne Cannon, PhD, and Rob Cannon, PhD**

In this class, we will examine the evidence related to some debates on medical and health issues that are getting lots of attention at present. The goal is to focus on the facts, not on opinions, so you can draw your own conclusions. 1) Do vaccines cause autism? What do we know about the causes of autism? 2) Are vaccines safe, especially the COVID and measles vaccines? How are new vaccines tested? 3) Do artificial food dyes and ultra-processed foods harm our health? 4) Is raw (unpasteurized) milk safe or better than pasteurized milk for our health? 5) What's the evidence on the benefits and harms from fluoridation of water? 6) Do memory-strengthening supplements help protect us against dementia?

Janne Cannon, PhD, UNC-Chapel Hill, is a Professor Emerita in the Department of Microbiology and Immunology at the UNC-Chapel Hill School of Medicine

Rob Cannon, PhD, University of Delaware, is a Professor Emeritus in the Biology Department at UNCG, where he taught courses in microbiology and did microbiology research for more than 45 years.

Dates: **Tuesdays(4), February 3, 10, 17, 24**

Time: **2:00 pm**

Pollinators, habitats, BEEs, and (of course) Honey!

Guest Speaker: **Kate Bryant**

Join a local beekeeper for a 2-part exploration into the fascinating world of pollinators and discover how these small but mighty creatures sustain our gardens, farms and community. On the first day, Kate will talk about the types of Pollinators, their challenges, and the way we can help protect their habitat. Then, on day 2, we will turn our attention to the mighty bees, beekeeping, how to avoid those stings, and the joy of honey. Let's all think about "NoMowMarch" as one of our community's ecosystem goals!

Kate is a Journeyman level of certified NC honey producer and a delightful, passionate beekeeper.

Dates: **Tuesdays(2), March 3 and 10**

Time: **2:00 pm**

Jefferson, Burr, and the Plot to Steal the West

Instructor: **Tom Kuhn**

Aaron Burr is remembered now mostly for killing Alexander Hamilton in a duel. In his time, however, he was equally known as the former vice president who plotted to steal much of the Louisiana Purchase Lands and set himself up as the Emperor of Mexico and the new West. Join Tom as he explains this challenge for President Jefferson and ways in which this struggle set precedents about the nature of the presidency that still reverberates today.

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

Dates: **Fridays(6): February, 6, 13, 20, 27, and March 6, 13**

Time: **9:30 am**

Riverkeepers Group

Guest Speaker: **Stephanie Stephens**

A local treasure, The Deep River flows through 125 miles in 6 counties of the Piedmont region. How can we protect & nurture it? Healthy waterways support wildlife, the environment, and our community. And, with goals of protecting the Deep River and its neighbors through science, education, and stewardship, Stephanie will share new project information and ways we can get outside and boost our goals of healthy living.

Stephanie has the unique job title of "Riverkeeper". She has a M.S. in Environment & Sustainability, UNCG.

Dates: **Friday(1), February 6**

Time: **11:30 am**

Exploring Poland: Culture, Conflict, and Creativity

Instructor: **Lynn Zimmerman, PhD**

Having completed our initial journey through Polish history in an earlier class, we will now explore some pathways of Polish culture, conflict, and creativity to examine their lasting impact on the nation and the world. . Wk.1-*Lublin: The Crossroads of Eastern Poland*: A bird's-eye view of Lublin's pivotal role as the site of the 1569 Union of Lublin and its history as a central melting pot of Polish, Lithuanian, and Jewish culture; Wk.2-*They were Polish? Copernicus, Chopin, Curie*: the Polish connections of three world-renowned figures in the sciences and the arts; Wk. 3-*The Polish Winged Hussars*: the iconically dramatic appearance of this elite cavalry, their innovative tactics, and their crucial role as the 1683 "saviors of Vienna"; Wk.4-*Janusz Korczak: The Doctor, Educator, and Martyr*: An examination of the life of this progressive doctor and educator, his pioneering work on children's rights, and his ultimate sacrifice alongside the orphans in the Warsaw Ghetto; Wk. 5-*The Polish School of Poster Art: Symbolism and Subversion*: A close look at this unique artistic style, which flourished as a semi-independent form of expression under the Communist regime, and its international influence., Wk. 6-*Polish-Americans: A Story of Immigration*-An overview of the major waves of migration and the lasting cultural, military, and industrial contributions of Polish people in the United States.

Lynn Zimmerman is a Professor Emerita of Education at Purdue University.

Dates: **Fridays(6): February, 6, 13, 20, 27, and March 6, 13**

Time: **2:00 pm**

Sign up quickly for a great semester!

Click here for the website to register & pay for the classes:

<https://shepnet.wufoo.com/forms/rtxo7x21w4we84/>

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.)

WE love sharing and networking! AFTER you register, send this email to a few of your friends so they don't say... "I didn't know about these classes!"

Thank you for your interest and we'll see you soon!

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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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