

Adventures in Learning General Info

Welcome! Adventures in Learning (AIL) is an intellectually stimulating experience in an atmosphere of friendship. If you are new to the program, we welcome you warmly and appreciate your interest.

How to Register

- Complete the registration form on page 7 and return it with your check to **The Shepherd's Center, 3115 Providence Rd., Charlotte, NC 28211** by Tuesday, April 10, 2012.
- Make checks payable to ***The Shepherd's Center of Charlotte***.
- After April 10, hand-deliver your registration and check to The Shepherd's Center (by April 13) or register on the first day of class (April 16).

Where to go for AIL

- **Pritchard Memorial Baptist Church, 1117 South Blvd.**, directly behind the Dowd YMCA.
- After parking, look for the signs directing you to the Gathering Place, an entryway to the Fellowship Hall.

What to do

- Arrive at 9:30 a.m. to pick up your nametag and enjoy fellowship with others.
- The General Session begins at 10:00 a.m.
- Morning classes begin at 11:20 a.m.
- Afternoon classes begin at 1:20 p.m..

Notice

- Sometimes a class is cancelled due to unforeseen circumstances. In this case, we invite you to visit another class for that particular day.
- In the event of cancellation of an entire day of classes due to weather conditions, we will attempt to make up that day on the Monday following the last regularly scheduled Monday, provided that space is available at Pritchard.
- **No refunds are available.**

Lunch Information

- Lunch is served in the Fellowship Hall, 12:20–1:20 p.m.
- Lunch tickets must be purchased in advance and are purchased by:
 - Pre-paying (see registration form on page 7);
 - Paying weekly at the registration table for the upcoming Monday;
 - Or by calling **The Shepherd's Center at 704.365.1995** by Wednesday at noon for the upcoming Monday.
- You may also bring your own lunch.

Adventures in Learning Sponsors

The following businesses are sponsors for the spring session of Adventures in Learning. Please pick up one of their brochures to learn more about them.

Atria MerryWood



Ty Cain

704.523.4949

3600 Park Rd., Charlotte

www.atriaseniorliving.com

Emeritus at South Park



Tracy McGinnis

704.553.8700

5326 Park Rd., Charlotte

www.emeritus.com

The Laurels & The Haven



Heather Serfass

704.540.8007

13150 Dorman Rd., Pineville

www.laurelscarolinaplace.com

North Carolina Bank & Trust



Fernando Ycaza

704.526.3609

325 S. Sharon Amity Rd.

www.ncbtonline.com

Solutions for Seniors TV Program

April 9: In Home Care Services, Phil Koch, President, ComForcare Senior Services

May 14: Adult Day Care, Lynn Ivey, The Ivey



June 11: Senior Living Options—Ashley Gang, Summit Place of South Park.

This TV program is made possible through the sponsorship of **The Laurels & The Haven**, 13150 Dorman Rd., Pineville, NC

Adventures in Learning Registration Form

Spring 2012 Adventures in Learning Today's Date: _____ New to Program? _____ Phone: _____

Name: _____ Congregation: _____

Preferred name on nametag: _____ E-Mail: _____

Address: _____ City _____ State _____ Zip _____

Registration Fees: \$35.00 in advance for all 6 weeks, or \$38.00 at the door: \$ _____

Prepaid lunch: \$7.25 per week (\$43.50 for all 6 weeks or check specific dates) \$ _____

4/16 4/23 4/30 5/7 5/14 5/21 \$ _____

Contribution toward printing and mailing the Spring newsletter: \$ _____

Total amount enclosed: \$ _____

Courses Requested

A.M. _____ P.M. _____

Your signature represents your understanding that The Shepherd's Center of Charlotte is not responsible for individuals who may become ill or injured while participating in classes or programs associated with Adventures in Learning.

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Adventures in Learning Program Guide

General Session

Mondays, April 16—May 21, 2012
(10:00 to 11:00 a.m.)

Outreach



April 16: We often hear we don't experience what's in our own backyard—so true! Do you know who provides seniors transportation, handyman service, tax assistance, travel, learning experiences and more—all under one umbrella? Come and find out as we kick off our Outreach series.

April 23: Christy Morehead's and Amy Daniels' gift is to give by building community relationships through faith. Learn from these two women how they have shared their talents, encouraging others to do the same and making a difference to those they serve.



April 30: So you have reached age 65+, what's next? How do you wade through all the Medicare information and determine what you need as opposed to what you don't need? Jeanie Schepisi, our regional expert on the Seniors' Health Insurance Information Program, will provide valuable information that you won't want to miss.

May 7: Debra Sparks, Executive Director for the Council on Aging provides information that is helpful, pertinent and valuable for seniors. The agency provides an independent, non-partisan, non-sectarian, voice for older adults in Mecklenburg. Let YOUR voice be heard!



May 14: Lucky Stars—put your dancing shoes on because these ladies dance! Lucky Stars, an award-winning senior dance group will charm you with their talent and wit. Joann Ahern tells us how they came together, the fun they have and the joy they give to others.

May 21: Marilyn Morenz from Hospice & Palliative Care discusses their goal to provide comfort and peace of mind to patients and their families through their care and services.



Morning Classes—11:20 a.m. to 12:20 p.m.

Please indicate a first and second choice on the registration form

Advanced Genealogy—Take what you have learned in the previously offered Genealogy classes and step it up a notch. There is much to learn and many different ways to uncover your family history. Put your detective hat on and enjoy the journey!

Instructors: Olde Mecklenburg Genealogical Society members

Bridge—**Paul Mitchell** loves bridge and wants you to love it too. You may not remember how to play, you may want to learn how to play, you may already be a “player.” Whatever the case may be, you are all invited to play and enjoy bridge. Bring a deck of cards with you to class. You may continue this class in the afternoon if you like.

Instructor: Paul Mitchell

Cold Reads— Dr. Gray returns to lead this impromptu acting class for those of you who long for the stage, but not all the rehearsals! For an hour you can live vicariously through the playwrights words. Readers are assigned at random, no acting experience required. Find your inner creative spirit!

Instructor: George Gray, veteran actor, director and founder of Stage One

Gardening—Six teachers who love to garden will help you embrace the gardening season. Topics include making vegetable gardening easy, container gardening, plants which attract birds, maintaining the no-maintenance garden. Also, garden insects—identification and control, and invasive plants. Green thumb or not—it’s time to learn!

Yoga— Yoga exercises stretch and strengthen the entire body. Movement is coordinated with breath for a meditative experience. Bring a **firm yoga mat** or a **thick blanket** to sit on. No perfume please.

Class is limited to 20 students. Instructor: Mary Lou Buck, B.S. Physical Education, certified 500 hour professional level Kripalu Yoga teacher.

We’d like to thank all the instructors for taking time to teach these classes and offer education, enjoyment and entertainment to the seniors in our community.

You are our unsung heroes!

Afternoon Classes—1:20 to 2:20 p.m.

Please indicate a first and second choice on the registration form

Bridge—Paul Mitchell is back for those of you who could not take the Bridge class in the morning or if you wanted to continue playing bridge in the afternoon. Make sure to bring a deck of cards with you and be prepared to have a great time!

Instructor: Paul Mitchell

Creative Writing—Want to write but not sure where to start? Do you have writing experience—but are stuck or blocked? Mary Crews offers a variety of enjoyable, innovative ways to coax your memories, ideas and insights to the page, generating new expression in any form. This approach works for all levels. Enjoy a safe, supportive atmosphere for your creativity. Bring an 8 1/2 x 11 spiral notebook, easy-writing pen (no pencils) to class. **Class limit 12.** This class will run an additional 25 minutes. **Instructor: Mary Crews, A.B., English, Queens University, published writer of non-fiction and poetry**

Project Sundress—Outreach is our General Session theme and Project Sundress is our outreach effort this Spring. We have been collecting material to make sundresses for needy little girls. Time will be spent cutting, sewing and embellishing the sundresses. Your time, talent and willingness to support Project Sundress will make a big difference! **Instructor: AIL participants**

Short Stories returns with Roy—Join the discussion of a wide variety of short story genres. Copies of the stories will be provided each week. Journey through life with a great short story! **Instructor: Roy Colquitt, retired English professor**

Shakespeare and Music—Shakespeare's Falstaff brags that he is not only witty himself, but the cause of wit in other men. Nothing could be more true of his creator "The Bard"—his works have inspired literature, art, films and especially, music. You'll examine songs, operas, and instrumental works that owe their genesis to the great playwright. **Instructor Dr. Luther Wade, professor emeritus of speech and theater, Southeastern University**

Travel Talks—Come and explore the world through the eyes of our guest speakers. We will visit Northern Italy, Mayan Territories, Switzerland by train, Europe, Ireland; and as always there's a surprise week. **Cliff Shelkofsky coordinator and AIL committee coordinator**