

Adventures in Learning program guide

General Session

Mondays, September 27 to November 1, 2009

(10:00 to 11:00 a.m.)

Potpourri

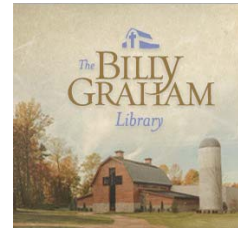
Sometimes it's best to not have a specific theme, but to provide you with the some of the best speakers Charlotte has to offer. We're sure you'll agree after seeing what we have lined up for you in the coming weeks.

September 27



The Honorable Anthony Foxx, Charlotte's first new **mayor** in 14 years, will join us to talk about his first year in office, addressing relevant political topics, such as economic development, the environment, public safety, housing, and transportation. Join us for this unique opportunity to meet our mayor.

October 4



The Billy Graham Library, recently reopened and better than ever, invites visitors to encounter highlights of Billy Graham's extraordinary life. A journey from the pastures and dirt roads of North Carolina to platforms and arenas in the world's greatest cities. **Wayne Atcheson, director of the Billy Graham Library**, will tell us more about the library, Billy Graham, and upcoming events.

October 11



Kathleen Purvis, food editor of the *Charlotte Observer*, will share her wisdom and experience with us. We'll learn about hot topics in the culinary world, from the increasingly popular whole foods movement, to the art of selecting recipes and writing articles for the newspaper's food pages. Cookbooks, travel and food, grocery etiquette, and urban farmer markets are among the topics we might expect with a nod to what's relevant for the fall season.

October 18



Religion in the American South
H. L. Mencken first called the South the "Bible Belt" back in the 1920s. How did our region gain that reputation? What aspects of the label continues to be accurate, and what trends may be reshaping the South for generations to come? **John W. Kuykendall is President and Thatcher professor of religion emeritus at Davidson College in Davidson, NC and an ordained minister in the Presbyterian Church (USA).**

October 25



The Carolina Gold Rush
Charlotte has a rich past, and the discovery and mining of gold played a major role in the history of the Carolinas and the

development of Charlotte. **Mike Sullivan, former chair of the Mecklenburg County Historic Landmarks Commission**, has researched this part of our history for over a decade. His presentation covers more than two centuries of rags to riches!!

November 1



We'll celebrate Veteran's Day early by learning about the vision of **The Armed Forces Museum & Archives of the Carolinas (AFMAC)**, which will be built in Mint Hill adjacent to the Korean War Memorial now under construction. **Sanford P. England, Jr.**, a former U.S. Army Artillery Officer, and an AFMAC officer, will tell us the story behind this \$2.2 million building project. The museum plans to house extensive collections of artifacts and memorabilia, and provide innovative programs and educational outreach.

Lunch
12:20-1:20
\$5.00



The Shepherd's Center of Charlotte welcomes the following businesses as our Fall Adventures in Learning Sponsors:

Natasha Demaio
Bayada Nurses
704.971.4600
Nfairchild-demaio@bayada.com

Jennifer Montero
Carmel Place
704.307.5023
Jennifer@holidaytouch.com

Susan Hamlin
Crdentia
980.235.2760
shamlin@crdentia.com

Adele Mahan
Fresh Start Transitions
704.307.1112
adelem@freshstarttransitions.com

Phillip Cooley
Craig Doyan
Homewatch Caregivers
704.503.4660
cdoyan@homewatchcaregivers.com

Ashley Gang
Summit Place at South Park
704.525.5508
agang@bellpartnersinc.com

Ty Cain
Willow Grove Retirement Community
704.545.0009
Ty.cain@holidaytouch.com

Adventures in Learning general information

Welcome!

Adventures in Learning is an intellectually stimulating experience in an atmosphere of friendship. If you are new to Adventures in Learning, we welcome you warmly and appreciate your interest.

How to register—Registration is as easy as completing the Registration Form on page 5 and returning it to The Shepherd's Center by **Tuesday, September 21, 2010**. For your convenience, morning and afternoon classes are listed on pages 6 and 7. It will be helpful if you list a **first** and **second** choice in case your first choice class cannot be accommodated. The fee for the six-week session is \$35.00. Two registration forms are included to allow you to conveniently register a spouse, relative or friend. Can't make it to class every Monday? Not to worry – attendance is **not** mandatory.

What to do—Once you check in at the registration table, grab your nametag and head into the Fellowship Hall for refreshments and the General Session, which begins at 10:00. Announcements and a short break follow the General Session, and then you attend your first class at 11:20. At 12:20 you're invited to lunch in the Fellowship Hall, followed by the afternoon class at 1:20. Your day will conclude at 2:20. Please remember to return your nametag each week to convenient boxes so it will be on hand for you the following week.

Where to go—Adventures in Learning is held at **Pritchard Memorial Baptist Church**, located at 1117 South Blvd. The church is in the South End area directly behind the Dowd YMCA on Morehead St. To access the parking lots from South Blvd. or Morehead St., turn on Caldwell St. and the parking lots will be on either side of Caldwell. **Please do not park in designated Teacher Parking Only spots marked with bright yellow signs.** After parking, look for the Gathering Place, an entrance to the Fellowship Hall. There will be a registration table with volunteers to greet you and answer questions. Please be sure to pick up your copy of *The Shepherd's Notebook*, which will advise you on classroom locations and other last-minute announcements.

Notice—We do our best to ensure that all classes meet for all scheduled sessions. Occasionally a class needs to be cancelled due to an instructor illness or another unforeseen circumstance. 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—\$5.00 Lunch is served every Monday in the Fellowship Hall, 12:20 – 1:20 p.m. **Lunch tickets must be purchased in advance and are purchased in one of three ways:** By pre-paying (see registration form on page 5); by paying weekly at the registration table for the next Monday; or by calling The Shepherd's Center at 704.365.1995 by Wednesday at noon for the upcoming Monday. For those who have prepaid, a red lunch ticket is placed inside your nametag at the registration table. Prepaid lunch tickets not claimed by 12:25 may be sold to someone else or used as a contribution to The Shepherd's Center. Bringing your own lunch is also an option.



CONNER TAX ADVISORY GROUP, LLC
TAXES, INSURANCE AND RETIREMENT PLANNING

The Shepherd's Center of Charlotte welcomes **Conner Tax Advisory Group** as our Fall **Lunch Sponsor**. **Conner Tax Advisory Group** has offices in Charlotte as well as Gastonia, NC. **704.869.8102**, 704.865.3103 (fax) - jimmy.poag@connertax.com.

Adventures in Learning registration form

Please mail the registration form and your check to **The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211** by **Tuesday, September 21**. Checks are payable to **The Shepherd's Center of Charlotte**. After September 21, please register on the first day of class (September 27) or hand-deliver your registration and check to The Shepherd's Center by **Thursday, September 23**.

Fall 2010 Adventures in Learning Today's Date: _____

Have you attended Adventures in Learning before? _____ Phone: _____

Name _____ (Preferred name on nametag) _____ Congregation: _____

Address _____ City _____ State _____ Zip _____

E-mail _____

Registration Fees:

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

Pre-paid lunch: \$5.00 per week (\$30.00 for all 6 weeks or check specific dates below) \$ _____

9/27 10/4 10/11 10/18 10/25 11/1

Contribution toward printing and mailing the Fall Newsletter: \$ _____

Total amount enclosed: \$ _____

Courses requested:

Morning Course: _____ 2nd Choice: _____

Afternoon Course: _____ 2nd Choice: _____

Fall 2010 Adventures in Learning Today's Date: _____

Have you attended Adventures in Learning before? _____ Phone: _____

Name _____ (Preferred name on nametag) _____ Congregation: _____

Address _____ City _____ State _____ Zip _____

E-mail _____

Registration Fees:

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Morning Course: _____ 2nd Choice: _____

Afternoon Course: _____ 2nd Choice: _____

The Shepherd's Center of Charlotte, Inc. **Fall 2010 Volunteer Response Form**

Name: _____ Phone: _____ Congregation: _____

Address: _____ City _____ State _____ Zip _____

E-mail: _____

♥ *Shepherd's Center Programs:* Yes, I am interested in volunteering for one or more of the following programs:

<input type="checkbox"/> Medical Transportation	<input type="checkbox"/> Handyman	<input type="checkbox"/> Office Assistance	<input type="checkbox"/> Medicare/
<input type="checkbox"/> Grocery Transportation	<input type="checkbox"/> Computer Instruction	<input type="checkbox"/> Tax Assistance	SHIIP

♥ *Adventures in Learning:* Yes, I am willing to say an interfaith blessing at lunch during this session.

♥ *Adventures in Learning:* Yes, I am interested in teaching a course for the **Winter 2011** series.

My topic would be: _____

Morning Classes—11:20 a.m.—12:20 p.m.

(Please indicate a first and second choice on the registration form-Page 5)

Business/Finance

Finance for the Golden Years: Kelly Burke, RIAA, *Integrated Financial Strategies*, returns this Fall to tell you about managing your money during these challenging times. His course topics will be presented with retirees in mind and will include: (9/27) **Exploring Financial Myths:** *The basics of financial planning.* (10/4) **Pulse of the Market:** *Learn about current market conditions and the upcoming challenges that we face.* (10/11) **Retirement 101.** (10/18) **Making the Decision About Long Term Care.** (10/25) **Leaving a Legacy:** *What everyone should know about estate planning and how to avoid unnecessary taxes.* (11/1) **Lifetime Income:** *Strategies to prevent outliving your money.*

Instructor: Kelly Burke, RIAA, *Integrated Financial Strategies*

Health & Exercise/Recreation & Leisure

Knitting/Crocheting: The temperatures are still warm, but before you know it they will be dropping and cool weather will be here. We will be making our traditional cold-weather items like scarves, blankets and wraps, but this season we will be adding some new items. We will be experimenting with jewelry-making and, yes, the items can either be knitted or crocheted. We will make bracelets, necklaces and rings, and some items will be felted like the purses we have made in the past. Remember, as always, you can bring in projects you are working on and share them with the group. In the first class we will look over patterns and make a supply list for the project you would like to make. New and returning students are welcome!

Instructor: H. Lynn Barry, Bachelor of Creative Arts in Visual Arts, UNC Charlotte, free-lance artist

Line Dancing: Join us for line dancing, a fun and lively way to spend an hour! Long-time instructor Barbara Kennedy welcomes newcomers and students who have previously taken the course. Dress comfortably and enjoy two-stepping – with no partner required.

Instructor: Barbara Kennedy, former performer with the Amity Line Dancers

Travel Talks: Sit back, relax, and enjoy the photos and stories of our guest travelers, who will share their travel adventures with you. This quarter we will be traveling to Russia and Southeast Asia (Cambodia). In addition, we'll take a world cruise. A schedule will be distributed on the first day of class.

Cliff Shelkofsky, Coordinator

Yoga: Yoga stretches, strengthens and relaxes your body, improves balance, quiets your mind, and keeps you moving in a gentle way. From our students: "Yoga, using meditation, breathing and stretching, is as important and nourishing in its functions in life as food is for the body." We come to yoga for "relaxation, breathing, stretching, mind-body connection, and lower back relief." All levels of experience are welcome. Dress comfortably. Bring a yoga mat and a thick blanket—no perfume, please.

Instructor: Mary Lou Buck, B.S. Physical Education certified 500-hour professional level Kripalu Yoga teacher, former owner of Yoga for Life in Dilworth

History/Social Sciences/Travel

American Civil War, (cont.): Dr. Jim Sasser, retired CPCC history instructor, will continue his series on the American Civil war with a focus upon the causes, key personalities, battles and North Carolina in the war. This course is open to new and returning students.

Literature/Humanities

Poetry: This quarter we'll study the poems of Eleanor Ross Taylor, a remarkable contemporary American poet, and we will get acquainted with the work of the new poet laureate of the U.S., William Merwin. If time allows, we'll conclude with some poems by e. e. cummings.

Instructor: Julian Mason, Ph.D., UNC Chapel Hill (now in his 12th year teaching at Adventures in Learning).

Afternoon Classes—1:20 p.m.—2:20 p.m.

(Please indicate a first and second choice on the registration form-Page 5)

Crafts/Recreation/Leisure

Women's Fashion & Beauty: Fashion is "back in fashion" at Adventures in Learning this fall as we bring you a series of classes presented by representatives from Macy's of SouthPark. Each week will feature a different fashion or beauty-related topic, such as ladies' apparel, shoes, accessories, jewelry, etc. A detailed schedule of dates and topics will be distributed in class on the first day.

Instructors: Representatives from Macy's of SouthPark

Watercolor: We are glad to announce the return of watercolor to our fall line-up. This class will stress the joy of painting, for beginners and for painters of all levels. Students are responsible for supplying the materials. A supply list will be provided prior to the first class meeting. Please register early – this class fills fast! Limit: 20 students, course extends until 3:20 p.m. to allow time for painting.

Instructors: Members of the Charlotte Art League

Literature/Humanities

Creative Writing: Wanting to write but not sure where to start? Are you an experienced writer who is stuck or blocked or just needs encouragement, company? Long-time A in L instructor Mary Crews offers a variety of enjoyable ways to coax memories, ideas and insight onto the page, generating expression in any form. This approach works for all levels – jump-starting the beginning or infrequent writer and carrying the experienced writer further and deeper. Sharing written work is voluntary and is not critiqued in class. Please bring an 8 1/2 x 11 spiral notebook and an easy-writing pen (not pencils) to class. Note: This class runs an extra twenty minutes. Class Limit: 12

Instructor: Mary Crews, A. B., English, Queens University, published writer of nonfiction and poetry

Short Stories: You will be lead in a discussion of popular and classical short stories by such authors as D.H. Lawrence, Maeve Binchy, Louise Erdrich, Tillie Olson and Ernest Hemingway. Copies of the stories and a detailed schedule will be given out in class.

Instructor: Tom Powell, retired instructor, Central Piedmont Community College

***NEW COURSE OFFERING* Spiritual Places** will be an interactive spiritual travelogue to get to know personally some of the places you have only heard about, such as humans' first burial sites, the caves of Lascaux , Stonehenge, Chaco Canyon, Indian Mounds in America, including North Carolina, and more. We hope to learn what place these "places" play in their (our) human "spiritual" journey.

Instructor: Sandy McGeachy, D. Min., retired Presbyterian minister.

Nature/Science

***NEW COURSE OFFERING* Native Trees of North Carolina:** Bill Logan, who taught our Gems and Minerals course last winter, will offer fun facts and a practical guide to the field identification of our most important native trees, including some of the more rare ones. We will review some of the tips and tricks to identification and interpretation of our natural forests. Also, we will give a nod to NC Forest Types, Forest Ecology, and Succession. Expect pretty pictures and lots of practical info. Due to time constraints and expertise, we will not be able to discuss nursery cultivars or foreign decorative landscape trees, unless there are specific questions.

Instructor: Dr. Bill Logan, retired physician, amateur naturalist, and member of the Board of Advisors, UNCC Botanical Gardens

In Appreciation

The Shepherd's Center of Charlotte thanks the A in L Education Committee for determining the courses and instructors for this session of Adventures in Learning. Members of the A in L Education Committee are: Chairman, Cliff Shelkofsky, Rose Graham, Bob Brown, Helen Nachenberg, Marian Morrison, Gene Stewart and Anna D'Ippolito as Registrar. We also thank all the instructors who have volunteered their time over the years to make this program one of Charlotte's premier educational series designed just for seniors.