



Services and Education
for Seniors

Senior Solutions

The Shepherd's Center of Charlotte's Quarterly Newsletter
Volume 4, Issue 1
March, 2010

You're Invited!

Inside this issue:

Executive Director message,
pg. 2

Welcome new Board
members pg. 2

Program Guide:

Adventures in Learning

- General Session, pg. 3
- General Info. Pg. 4
- Registration Info. pg. 5
- Morning classes, pg. 6
- Afternoon classes, pg. 7

Travel Adventures,
pgs. 8-9

Seminars, pg. 10

Computer classes, pg. 11

Caregiver 101, pg. 12



**Willow Grove
Retirement
Community
congratulates
Frances Pitts as
The Shepherd's
Center of Charlotte's
Spring Volunteer
Traditions recipient!**

Help us celebrate! Homecoming 2010!



The Shepherd's Center of Charlotte is
celebrating 30 years of service to
seniors in the community!

Featuring Larry Sprinkle,
WCNC-TV's Meteorologist

Wednesday, April 21, 2010

11:00 a.m.—1:00 p.m.

**Pritchard Memorial Baptist Church
1117 South Blvd., Charlotte, NC**

**FREE Lunch, raffle (see insert), entertainment, special recognitions,
remembrances, giveaways and much, much more. Attendees will be
encouraged to show support with a \$30 donation to celebrate each year
the Shepherd's Center has served seniors.**

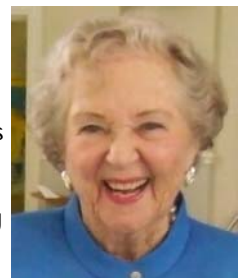
**Please R.S.V.P. 704.365.1995 or
plampel@shepherdscharlotte.org**

Volunteer Traditions!

The Shepherd's Center of Charlotte could not function without the help of our office volunteers. Frances Pitts has been volunteering in our office for more years than she can remember. Her knowledge of all our programs and services makes her a valuable asset since when she volunteers, she serves as the first contact to those calling for help or information.

Frances recently had a milestone birthday and we thought it would be fitting to honor her in this newsletter. She has been an inspiration, a great role model and a good friend.

Frances also serves as our church liaison with The Little Church on the Lane. Thanks to her, the church receives our newsletters and announcements in a timely manner, allowing members to participate in our programs and services. We thank Frances for her time, talent and treasure. Once again, volunteerism at its best!





**Don't Forget!
Harris Teeter VIC
Card Promotion helps
support The Shep-
herd's Center**

If you have not already done so, please attach your VIC card number to The Shepherd's Center number **3267**.

Harris Teeter rebates 2% of your house brand purchases to The Shepherd's Center of Charlotte. You only have to attach your VIC card to this number once a year—usually during August! This does not cost you anything and it's a great way to show your support.



What if Shepherds Center of Charlotte earned a donation every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support our cause? Now it can!

GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!

Please add the Shepherds Center - Charlotte toolbar at <http://www.goodsearch.com/toolbar/shepherds-center-charlotte>.

From the Executive Director



Well, we've had an interesting past few months with cold weather, snow, sleet, rain and slush. We even had to cancel one of our Adventures in Learning Mondays due to the weather. That doesn't happen very often and we're hopeful it won't happen again.

As you can see from the front page, we're gearing up for our first ever Homecoming event on Wednesday, April 21 as we commemorate our 30th anniversary. It's hard to believe that The Shepherd's Center of Charlotte has been serving seniors in the Charlotte/Mecklenburg area for 30 years.

You have helped us continue our work through your monetary support, your volunteerism and your participation in our programs and

services. Our Homecoming event is designed to show you how much we appreciate your involvement. I hope you will be able to join us for this celebration. You will find raffle tickets in this newsletter. This event is our major fundraiser for 2010. Please support us if you can.

You will also notice that we are offering some different seminars for the coming months. These seminars have been scheduled to help you navigate the years ahead armed with knowledge and the tools necessary to help you remain active and enjoy living in your home environment for as long as possible. Please take advantage of these seminars if you are able.

Thank you for your continued support. Please feel free to call if you have any questions or concerns or if you would like to register for a class, seminar or trip, 704.365.1995. You can also reach me at lrpellerin@shepherdscharlotte.org.

Linda R. Pellerin

Welcome new Board members

Each year The Shepherd's Center pays a fond farewell to Board members who are rotating off the Board as well as welcoming new Board members. The following have joined the Board this year:

Jeffrey Bierer is with SVP, ISG Product Innovation at Bank of America.



Jennefer Garrity is partner in the law firm of Garrity & Gossage, specializing in elder law.

Desirée Kube is a trainer and fitness instructor at the Dowd YMCA.



The following have served The Shepherd's Center well and have moved on to other endeavors:

Dr. Julian Albergotti served on the Board a total of seven years, two of them as President of

the Board from 2007 to the Spring of 2009. During his last months with the organization, he served as Past President.

Dr. Harriman Jett served on the Board for six years, 2004-2009. He intends to continue being a strong supporter of our computer program. He has developed computer instruction manuals, taught classes and helped maintain the computers in the lab at Southminster Retirement Community.

William McNair served on the Board from 2008-2009. He was a member of the Personnel Committee.

Ann Davis served on the Board from 2008-2009. She was a member of the Development Committee as well as the Interfaith Committee.

The Shepherd's Center of Charlotte Board, staff and program & service participants thank Julian, Harriman, William and Ann for their dedicated service.

Adventures in Learning program guide

General Session

Mondays, April 12—May 17, 2010

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

"What's Ahead for Charlotte"

We may not be able to use a crystal ball to see the future, but we can provide you with civic and industrial leaders, who will offer us a glimpse into what lies ahead for the Queen City and the region.

Join us for six informative sessions!

April 12

Scott Provancher, new president of the **Arts & Science Council**, has been hailed as "*one of the brightest and most creative young minds and leaders in the national arts industry.*" Join Scott as he shares with us the mission and vision of the Arts & Science Council, the community's chief advocate for arts, science, history and heritage.



ARTS & SCIENCE
COUNCIL

April 19

Emily Love is a "Visitor Information Specialist" with the **Charlotte Regional Visitors Authority** (CRVA). You don't have to be a tourist to benefit from this session! Emily will fill us in on the Charlotte region's many attractions and events – present and future.



April 26

Joni Davis, Vice President of Government & Community Relations, **Duke Energy**, will discuss how Duke Energy is planning to meet the future energy needs in Charlotte. Learn about programs that have been developed to help us keep our costs for energy as low as possible.



May 3

Ecology is a big part of any city's future, and so we bring to you, **Terri Bennett**, a nationally recognized earth scientist and former chief meteorologist at one of Charlotte's local television stations. Through www.TerriBennett.com and her "Do Your Part" initiative, Terri is generating eco-friendly solutions and practical information to inspire each of us to tread lightly by reducing our eco-footprint on Earth. You don't want to miss Terri's presentation!



May 10

Jane McIntyre is the new top executive of the **United Way of Central Carolinas, Inc.** Jane has been described as "*a passionate community servant leader and an incredibly able advocate for meeting the growing needs that people in our region face.*" Come and hear how Jane is helping to mobilize our community to improve people's lives.



May 17

Surprise!



Adventures in Learning general information

Coffee Sponsors

The Shepherd's Center of Charlotte welcomes the following businesses as our Spring Coffee Sponsors:

Joel Conrad
**Assured Home
Respiratory & Medical
Equipment**
704.442.8830
joel@assuredoxygen.com

Jeff Rahrig
CarePoint, Inc.
In-Home Care Specialists
980.355.0837
jrahrig@carepointinc.com

Jonathan S. Frank
**Jonathan S. Frank Law
Offices**
704.552.1110
carrie@franklegal.com

T.H. Robertson
**T.H. Robertson Funeral
Service**
704.752.7710
inquiries@throbertson.com

James H. Scruggs
Unlimited Possibilities
Family Care Home
704.453.6753
james@upfamilycarehome.com



Pritchard's Chef **Tom Kok** will delight you each day with his signature salad bar, a hearty soup or stew, bread or rolls, dessert, & a beverage, all for one fixed price: **\$5.00!**

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, April 6, 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 entryway 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.

Transportation Assistance—If you need transportation to Adventures in Learning, please call The Shepherd's Center at 704-365-1995. We will try to match you with another student living near you. Transportation is also available through CATS (Charlotte Area Transit) Special Transportation Service; forms are available at The Center. You may also want to consider the new LYNX railway system which runs right by Pritchard on South Blvd.

Lunch Information—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 upcoming 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 pm may be sold to someone else or used as a contribution to The Shepherd's Center. Bringing your own lunch is also an option.

Willow Grove
Gracious Retirement Living

The Shepherd's Center of Charlotte thanks
Willow Grove Retirement Community
for subsidizing our Adventures in Learning lunch
program, enabling lunches to be sold at an affordable
\$5.00 each.

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, April 6**. Checks are payable to **The Shepherd's Center of Charlotte**. After April 6, please register on the first day of class (April 12) or hand-deliver your registration and check to The Shepherd's Center by **Thursday, April 8**.

Spring 2010 Adventures in Learning Today's Date: _____
 Have you attended Adventures in Learning before? _____ Phone: _____
 Congregation: _____
 Name _____ (Preferred name on nametag) _____
 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)
 4/12 4/19 4/26 5/3 5/10 5/17 \$ _____
 Contribution toward printing and mailing the Spring Newsletter: \$ _____
Total amount enclosed: \$ _____

Courses requested:
 Morning Course: _____ 2nd Choice: _____
 Afternoon Course: _____ 2nd Choice: _____

Spring 2010 Adventures in Learning Today's Date: _____
 Have you attended Adventures in Learning before? _____ Phone: _____
 Congregation: _____
 Name _____ (Preferred name on nametag) _____
 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)
 4/12 4/19 4/26 5/3 5/10 5/17 \$ _____
 Contribution toward printing and mailing the Spring Newsletter: \$ _____
Total amount enclosed: \$ _____

Courses requested:
 Morning Course: _____ 2nd Choice: _____
 Afternoon Course: _____ 2nd Choice: _____

The Shepherd's Center of Charlotte, Inc. **Spring 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:
 Medical Transportation Handyman Office Assistance Medicare/SHIIP
 Grocery Transportation Computer Instruction Tax Assistance

♥ *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 **Summer 2010** 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)

Recreation & Leisure/Health & Exercise

Knitting/Crocheting: Springtime is in bloom, so we will be knitting and crocheting items for spring and maybe even some early Christmas presents. Lightweight throws, spring-colored purses, colored shawls, and many other items. Choose from patterns provided or bring your own to share with the class. You can even bring in projects you are currently working on and you just want to finish them up. You will view samples, choose your pattern, and make your supply list in the first class. Basic knitting and crocheting will also be taught to beginners.

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

Travel Talks: Sit back, relax, and enjoy the photos and stories of our guest travelers, who will share their travel adventures with you. Learn about "Eternal Egypt" and "Walking 500 Miles across Spain – The Camino de Santiago." We'll "Return to Italy" and you can expect a surprise or two! **Course Coordinator: Cliff Shelkofsky, Education Committee Chair**

Yoga for Every Body: Yoga offers something for everyone! Yoga postures (exercises) stretch and strengthen the entire body. Movement is coordinated with breath for a meditative experience. Dress comfortably. Bring (1) a firm yoga mat or a thick blanket; (2) a blanket (not a beach towel) to fold to sit on and to use as a prop when needed. No perfume, please. Register early as this class is limited to 24 students.

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

Charlotte-Mecklenburg History (Conclusion)/American Civil War: Dr. Sasser will conclude his series on Charlotte-Mecklenburg History and then take up the American Civil War with a focus upon the causes, key personalities, battles and North Carolina in the war. Even if you did not participate in the Winter 2010 course on Charlotte-Mecklenburg History, you are still welcome to select this course. **Dr. Jim Sasser, retired CPCC history instructor.**

Literature/Humanities

Arts & Ideas – The Romantic Century: The stage was set for the Romantic Movement in the arts by the American and French Revolutions, and the subsequent reign of Napoleon. In the early 19th century, Paris was the scene of intense creative activity in music, poetry and painting as the works by Berlioz, Victor Hugo and Delacroix exemplify. This was the age of the emancipated individual, whose feats and emotions were celebrated. By the middle of the century grandiose works were being produced. Late in the century, Realism gave way to color, symbolism and sonority, as the Impressionists transformed art yet again. This course will show the painting, architecture, music and ideas of the time. **Instructor: Peter Browne, B.A., Fine Arts concentration, Syracuse University**

Poetry: Dr. Mason's topic this spring will be "Poetic Surprises, Past and Present." Come and join us! New and returning students are always welcome! **Instructor: Julian Mason, Ph.D., UNC Chapel Hill (now in his 12th year teaching at Adventures in Learning).**

Religion/Spirituality – What's So Amazing About Grace? This class explores "grace" at street level. What does it look like in action? Can it survive in the midst of such atrocities as the Nazi Holocaust? Should it be shown to the likes of Jeffrey Dahmer who cannibalized 17 young men - and other gross offenders? This course is based on a very provocative video series based on the book *What's So Amazing About Grace?* by Christian author Phillip Yancey. The video series offers true portraits of grace's life-changing power through candid interviews with persons who have experienced grace first-hand. Their experiences will help you discover why grace is more amazing than you ever dreamed. **Instructor: Barbara Peacock, B.A. and M. Ed., former Director of Christian Education, Dallas United Methodist Church, Dallas, NC**



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Call Ty Cain, (704) 545-0009 for more information. Platinum Level Sponsor

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

Art – Acrylic and Mixed Media: During this six week session, an exciting journey into the world of acrylic paint awaits you. Enjoy exploring the versatile medium of acrylic paint. Acrylic paint offers a variety of techniques when creating new artwork. Acrylic paint performs like oils without the smell and works wonderfully with collage. It mixes well with oil pastels for creating a multi-media piece of art. Inexpensive acrylics are acceptable for a beginning class, and a list will be provided when you register. You will have the option to use the list or provide whatever paints you have or want to purchase. **Limit: 20, course extends until 3:20 p.m.**

Instructors: a team of three regular teachers **Caroline Sandgren, Molly Partyka, Sandra Lynn Gray**, as well as guest teachers, **Sheila Carpenter and Nick Gripp**, all professional artists from the Charlotte Art League, who love to teach art

Gardening – After a long, cold winter we invite you to turn your thoughts to nature and gardening. A variety of landscape artists and gardeners will talk about such topics as “Wildflower Destinations in the Carolinas,” “Unusual Household Plants,” and “Bringing Native Plants into your Garden.” Whether you are an avid gardener or a person who just appreciates nature, you will enjoy this course. A schedule of speakers and their topics will be distributed on the first day of class. **Instructors will vary each week and will include Dr. Larry Mellichamp, Director of the McMillan Greenhouse at UNC Charlotte; Will Stuart, botany instructor and photographer; and Lisa Tompkins, chair of the NC Native Plant Society.**

Creative Writing/Literature

Creative Writing Fun: Do you have something to say and aren't sure how to put it into words? Do you want to preserve your memories for your children and grandchildren? Beloved and longtime creative writing instructor, Mary Crews, will return this quarter to offer you techniques and ideas to help you get the creative juices flowing. For each class, please bring a spiral notebook and pen. New and returning students are welcome.

Class limit: 15 students (This course will extend an extra 20 to 25 minutes.)

Instructor: Mary Crews, A.B., English, Queens University

Short Stories: Explore a variety of classical and popular short stories through reading and discussion. A complete list will be given on the first day of class. Copies of the stories will be supplied by the instructor.

Instructor: Tom Powell, Retired English instructor, Central Piedmont Community College.

Humanities

Drama/Theatre: "There's no business like show business, but it's Greek to me"— The ancient Greeks had a word for everything and supplied much of the foundations of our society – science, philosophy, democracy – and show business. Join **Dr. Luther Wade, Professor Emeritus of Speech and Theater, Southeastern University**, for an informative examination of the beginnings of Western theatre.

Silver Level Sponsor



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The First & Last Step In Printing.

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704-522-0022

Silver Level Sponsor

Since 1913, Lance has been dedicated to providing fresh, great tasting snack options for your busy lifestyle. Whether it's Lance® sandwich crackers or one of the nuts, cookies, popcorn, cakes or other snack foods, you can rest assured that you're getting high-quality ingredients and a snack that's sure to satisfy.



Travel Adventures Information

Register Early! Our trips fill quickly. Please complete the Travel Registration Form and submit a separate check made payable to The Shepherd's Center of Charlotte for each trip. Costs are priced per person. Mail to **The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211.**

Travel Adventures Policy: At the time of registration, day trips are paid in full and overnight trip deposits of \$100 per person are due.

Cancellations: Cancellations may be made up to 45 days before the trip date. Any cancellation after the 45-day grace period is nonrefundable unless the spot is filled from the wait list. This policy is due to the deposits that have to be paid by The Center to our venues. Please note that extreme medical emergencies will be taken into consideration.

Disability Policy: If you have a disability that limits your independence, you must be accompanied by a companion. **Wheelchairs are not permitted.** All trip participants are expected to carry information about medical conditions, medications and insurance providers. The Shepherd's Center of Charlotte is not responsible for individuals who may become ill or injured while participating in Travel Adventures.

Parking: All trips depart from Trinity Presbyterian Church. Travelers are welcome to park in the Church parking lot for the duration of each trip.

Please note: The Shepherd's Center of Charlotte reserves the right to change venues, restaurants, plays, etc. if necessary.

Travel Adventures Registration Form

Please send a separate check for each trip.

Name: _____ E-Mail: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____ Congregation: _____

- | | | |
|--------------------------|---|----------------|
| <input type="checkbox"/> | June 16: Charming & Historic Greenville, SC | \$60.00 |
| <input type="checkbox"/> | July 15: Wohlfahrt Haus Dinner Theatre, Wytheville, VA | \$89.00 |
| <input type="checkbox"/> | August 5: Flat Rock Playhouse, Flat Rock NC | \$99.00 |
| <input type="checkbox"/> | August 25: Museum of York County, York, SC | \$45.00 |

***Please notify The Shepherd's Center of special dietary needs.**

Return to: **The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211**

Travel Adventures

Historic Salisbury with Dr. Sasser, Thursday, April 29

Trip is full—please call to be placed on the wait list.

"South Pacific" & Mrs. Lacy's Magnolia House, Thursday, May 13

Trip is full—please call to be placed on the wait list.

Charming & Historic Greenville, SC, Wednesday, June 16

**Falls Park, Liberty Bridge, Greenville County
Museum of Art & Mary's**

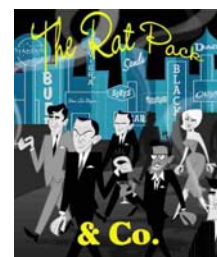
Join us as we get to know this unique town - artsy, picturesque and winner of the "Great American Main Street Award". The museum boasts works by one of America's foremost contemporary artists, Andrew Wyeth, whose in-depth collection spans 70 years of the artist's masterful watercolors. Other exhibits include the Grey Album, A Portrait of Greenville plus a collection that surveys American art from a Southern perspective. Falls Park on the Reedy is the crown jewel of Downtown. This 32-acre park is filled with paths meandering among terraced gardens filled with flowers and plants found throughout the "Upcountry". Walk across the Liberty Bridge, a 355-foot suspension bridge with a view of the 60-foot falls. We'll have lunch at Mary's, a charming cottage overlooking Falls Park. In the afternoon enjoy strolling along "Main Street", filled with art galleries, antique shops and the famous Mast General Store. Depart Charlotte at 8:30 a.m. and plan on returning at 6:00 p.m.



Price \$60

Back to our beloved Wohlfahrt Haus Dinner Theatre for the Nostalgic "The Rat Pack and Company" Wednesday, July 15

Dust off your dinner jacket & straighten your bow-tie as you stroll over to see Frank, Dean, Sammie, Joey & Peter together again at the Wohlfahrt Haus in Wytheville, VA. Re-live the good ole days of the Vegas strip as their pals like Judy and Marilyn stop by for a few laughs and a song or two. Come fly with us as these crooners whisk you back in time as only they can. Enjoy a delicious four course luncheon and a toast to the Kings of Cool. You'll leave Charlotte at 8:30 a.m. and return by 7:30 p.m.



Price \$89

"The Producers" at Flat Rock Playhouse Thursday, August 5

You're off to a NC favorite, the Flat Rock Playhouse to enjoy one of the biggest hits to land on Broadway, "The Producers". Mel Brooks' stage adaptation of his 1968 Oscar-winning movie classic has won a record-breaking 12 Tony Awards. This outrageously funny tale follows a desperate producer and a mild mannered accountant's attempt to make a fortune by producing a surefire bomb. Before the play, a delectable lunch buffet will be served at the lovely Highland Lake Inn. Bus leaves at 9:00 a.m. and returns about 7:00 p.m.



Price \$99

Museum of York County, Jasmine Café & The Peach Tree Orchard in York, SC, Wednesday, August 25

On a lazy summer day you'll hop on the bus for a quick trip to York, SC to learn a little York history, have lunch and visit The Peach Tree Orchard where for over 44 years Ben and Merwyn have been proudly serving customers the finest peaches grown. Exhibits at the museum will allow you to go on an African safari, explore the galaxy, visit the Springs Gallery and discover the landscape changes of the Piedmont from 600 years ago until today. The Jasmine Café is a small restaurant where owner Linda Ellington entertains guests with her friendly southern hospitality. Depart Charlotte at 9:00 a.m. – return 3:30 p.m.



Price \$45

Seminars



Carl A. Brooks, C.F.P.®
Carroll Financial
10-11:00 a.m.
Providence Baptist Church

Wednesday, April 7
Bond Investing 2010

Positioning accounts for the risk of rising interest rates by someone who was actually in there during the late 70's and early 80's. It's not different this time, but there are more alternatives.

Wednesday, May 12
The Last Lecture

A summary of the most essential financial planning recommendations from 22 years of The Shepherd's Center's Financial Planning Series programs—from Estate Planning and Distribution, Investments, Gifting, Taxes, Long-term Care, to Keys for a Lasting Relationship with a Financial Advisor.

CARROLL FINANCIAL, 4201 CONGRESS STREET, SUITE 210, CHARLOTTE, NC 282009 (704) 553-8006. Securities offered through Financial Network Investment Corporation, Registered Broker Dealer and member SIPC. Carroll Financial Associates, Inc. and Financial Network are not affiliated.

Manna Audiology
Trinity Presbyterian Church
10—11:00 a.m.
Thursday, April 8, 2010
Hearing Made Easy
Kurt D. Wright, Au.D,
Doctor of Audiology

- Understanding the different types of hearing specialists.
 - Understanding common hearing issues.
 - Review of the latest advancements in hearing technology
- Free hearing screenings!**

"Lunch & Learn"
Aging in Place
What you need to know!
 Brought to you by
Life Choices for Seniors
Tuesday, April 27
10:30 a.m.—12:30 p.m.
Trinity Presbyterian Church

- Long-Term Care
- Transform your home to your aging needs
- Six essential conversations everyone should have
- Reverse Mortgage—Using your home to age in place
- Is your home age friendly?

Speakers include Janet Taranto –Taranto Insurance; Christine Sheffield, The Parent Care Solution; Jared Barrett, CAPS, The Live Home Solution; William Thorne, Wells Fargo; Dol Seck, Dickens Mitchener



Kelly Burke
Integrated Financial Services
10-11:00 a.m.
Myers Park Methodist Church

Thursday, April 15
CD Alternatives: Now that my CDs are yielding nominal interest rates, where do I go for safety and more lucrative returns?

Thursday, May 13
IRA Distribution Planning

Thursday, June 10
Tax Planning Techniques for Retirees

"Lunch & Learn"
T.R. Sanford, Attorney
Tuesday, June 22, 2010
11:00 a.m.-12:30 p.m.
Trinity Presbyterian Church



"Do I Qualify for Veteran's Benefits?" The Four Essentials. This program will cover the basics about the VA Improved Pension program.

Smiles & Lifestyles
The latest in Dental Health
Thursday, May 6
10—11:00 a.m.
Trinity Presbyterian Church
Presented by:
National Dental Advisors

Getting Fiscally Fit
Tuesday, May 11
10-11:00 a.m.

- Basic principles of cash mgmt.
 - Accumulating wealth
 - Locating & maximizing discretionary income
 - The importance of having a financial blueprint
 - Roadblocks to financial success
- Presented by Ted Banther,**
The Society for
Financial Awareness (SOFA)

Bill Romeo
American Prosperity Group
10-11:00 a.m.
Trinity Presbyterian Church



Thursday, April 29
Examining Estate Taxation: No matter how large or small your estate, you want to make certain your plan is complete, optimized and hassle-free for your family.

Thursday, June 3
Maximizing Retirement Income & Protecting Your Money: Your goals should include income for life, safety of principle, growth, liquidity, tax advantages and control of your money.
 Securities and Advisory Services Offered Through BCG Securities, Inc. Member FINRA, SIPC and a Registered Investment Advisor, OSJ Office: 3 Sunny Knolls Court, Wayne, NJ 07470, 973-831-4424. www.1APG.com.

To register for any of the above FREE seminars, please contact The Shepherd's Center of Charlotte, 704.365.1995 or plampel@shepherdscharlotte.org.

Please note: The Shepherd's Center of Charlotte provides these seminars to you for informational purposes only. The Shepherd's Center of Charlotte does not endorse or promote any business or the topics, ideas or products presented.

Computer Classes

The Shepherd's Center of Charlotte has been offering computer classes to the community for over 12 years. These classes are offered to any adult regardless of age. All classes are held at Southminster Retirement Community, 8919 Park Rd. To register, please complete the form below mail it to The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211 along with your check made out to **The Shepherd's Center of Charlotte. Directions to Southminster will be given to you by your instructor when he/she calls to confirm your class. Comprehensive manuals are included in all classes.**

Name _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____ Amount Enc. \$ _____

704.365.1995 or plampel@shepherdscharlotte.org

Please indicate your preferences by checking the boxes below and mailing in with your check. Please write a separate check for each class.

<p>Introduction to Computers—\$50.00 This is either a 4-week (twice a week) or 8-week (once a week) hands-on class for beginners covering Microsoft Windows, word processing, spreadsheet, Internet and E-mail.</p>	<p><input type="checkbox"/> Apr 6-Apr 29, Tues & Thurs 1-4 p.m. (4-weeks) <input type="checkbox"/> May 11-Jun 3, Tues & Thurs 1-4 p.m. (4-weeks) <input type="checkbox"/> Apr 7-May 26, Wed (9 a.m.-12 p.m.) (8-weeks)</p>
<p>Please note: You must have taken the Introduction to Computers class or have comparable skills in order to take the following classes. These classes are 9 hours—3 sessions unless stated otherwise.</p>	
<p>E-Bay—\$25.00 Learn what all the fuss is about. How to navigate, buy & sell on this popular Web site.</p> <p><input type="checkbox"/> Apr 12, 15 & 16, Mon Thu & Fri (9-12) <input type="checkbox"/> May 10, 13 & 14, Mon Thu & Fri (9-12) <input type="checkbox"/> Jun 7, 9 & 10, Mon Wed & Thu (9-12)</p>	<p>Digital Imaging Management & Editing—\$25.00 Learn how to manage and edit digital photos, from loading the pictures into the computer to editing and sharing.</p> <p><input type="checkbox"/> Apr 26, 29 & 30, Mon Thu & Fri (9 -12) <input type="checkbox"/> May 17, 20 & 21, Mon, Thu & Fri (9-12) <input type="checkbox"/> Jun 21, 23 & 24, Mon, Wed & Thu (9-12)</p>
<p>Social Networking—\$25.00 Facebook, Twitter, LinkedIn—what are these Web sites and how will it benefit you. Learn how to find lost relatives, classmates, and more. Meet others with similar interests!</p> <p><input type="checkbox"/> Apr 19, 20 & 22, Mon Tue & Thu (9-12) <input type="checkbox"/> May 24, 27 & 28, Mon Thu & Fri (9-12) <input type="checkbox"/> Jun 14, 15 & 17, Mon Tue & Thu (9-12)</p>	<p>Protect Your Data—\$25.00 Is your computer safe? Do you have a firewall? Are your downloads scanned for viruses? If you don't know the answers to these questions, this is the class for you!</p> <p><input type="checkbox"/> May 31, Jun 1 & 3, Mon Tue & Thu (9-12)</p>
<p>Microsoft Word—\$25.00 Designed to build word-processing skills such as letter-writing, forms, reports, etc.</p> <p><input type="checkbox"/> May 3, 4 & 6, Mon Tue & Thu (9-12)</p>	<p>Internet/E-mail—\$25.00 Learn basic skills: how to navigate the Internet, send and receive e-mail and more.</p> <p><input type="checkbox"/> Jun 7, 8 & 10, Mon Tue & Thu (1-4)</p>
<p>File Management—\$10.00—3 hrs. You thought file management was just for paper files? Think again! It's just as important to keep the files on your computer organized and up-to-date. These file management tips will help you keep your files accessible for years to come.</p> <p><input type="checkbox"/> Apr 13, Tue (9-12) <input type="checkbox"/> May 11, Tue (9-12)</p>	<p>Open Forum—\$10.00—3 hrs. Windows 7, tips for speeding up slow computers, backing up files, password techniques, how to burn a CD, Office 2007 and more. Your questions are answered!</p> <p><input type="checkbox"/> Jun 8, Tue (9-12)</p>
<p style="text-align: center;">Meet Your Computer—\$10.00—3 hrs. Designed to show you all the things you can do with a computer: e-mail, banking, genealogy and more!</p> <p style="text-align: center;"><input type="checkbox"/> Mar 26, Fri (9-12)</p>	



The Shepherd's Center of Charlotte
Trinity Presbyterian Church
3115 Providence Rd.
Charlotte, NC 28211

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Caregiver 101—Education for Caregivers



Tuesday, May 25, 2010
Trinity Presbyterian Church, Room 113
3115 Providence Rd., Charlotte, NC
11:00 a.m.—7:00 p.m.

Are you a caregiver? Do you have unanswered questions? Join us for a very informative educational series. Professionals will be on hand to present topics which affect all caregivers. Come to one or all of the sessions to gain insight to help you be better prepared for the role of "caregiver."

**This is a FREE event. Please contact The Shepherd's Center of Charlotte to register
704.365.1995 or plampel@shepherdscharlotte.org**

The scheduled speakers, topics and times are posted on The Shepherd's Center Web site, www.shepherdscharlotte.org.

Please don't miss this excellent opportunity!

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