

# Adventures in Learning program guide

## General Session

**Mondays, July 12—August 16, 2010**

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

**Adventures in Learning is excited to bring you our very own "Music Fest" for the first time this summer. Each Monday we will feature a guest artist or representative from the world of music.**

**NEW FEATURE!** Our day adjourns at 12:30 p.m., and although there is no lunch provided, for those interested, an **"Adventures in Dining"** opportunity will be available. See the sign-up sheets at the registration table to join a group of fellow adventurers who will head to a pre-selected restaurant each Monday – a great opportunity for more fun and fellowship! (Note: Space is limited for the "Adventures in Dining" activity).

### July 12



A summer tradition continues as we welcome the return of **The David Silden Brass Ensemble** to kick off our program with a variety of musical selections from the 1700's to the present. As they have in previous summers, the band will delight us with some classical and popular favorites, church hymn tunes, patriotic songs and a few surprises!

### July 19

You're encouraged to be on your toes for this session as **Nikolai Keanov, a professional dance instructor at the Metropolitan Ballroom**, shows us the basics for such dance steps as the rumba, the salsa, and even the good old box step. A partner is not necessary for this fun and interactive session. (A few seats will be available for those who just want to watch!)



### July 26

Join us for the "Sounds of the Symphony" as **Meg Whalen, the Charlotte Symphony's Director of Public Relations and Community Engagement**, brings us up to date on the symphony's latest developments. We'll learn about the new music director, Christopher Warren-Green, and get a preview of what's in store for the upcoming season.



### August 2



**The Charlotte Community Singers, directed by Carol Raedy**, is a non-auditioned inter-

generational folk chorus whose purpose is to promote peace through singing. Join us for a program of joyful music where you'll hear songs from many styles and cultures, along with familiar folk songs for singing along. You'll leave with a smile on your face, a song in your heart, and a deeper sense of the common bonds that unite us all.

### August 9



"The World of a Cantor and How I Got There" is the title of this humorous and informative presentation by **Cantor Elias Roochvarg of Temple Israel**.

Cantor Roochvarg will talk about his path to the Cantorate and what Cantors *do*, illustrating with some musical selections. He will then read selections from his new book, *Well-versed in Scripture: The First Five Books of the Bible in Contemporary Rhyme*.

### August 16

Step back in time with the **Charlotte Waites, led by John Trexler**, who will regale you with Renaissance/Medieval/Traditional music. Waites were the English form of European town bands that began in the Middle



Ages. The group will perform with cornetto, sackbut, shawm, and dulcian, the ancestors of the trumpet, trombone, oboe, and bassoon. In addition to these and the recorder (they play 8 sizes!), the Waites will feature the hurdy-gurdy (a wheel fiddle with keys) and krummhorn (a cross between a bagpipe and a kazoo).

# Adventures in Learning general information

## Sponsors

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

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## Welcome!

**Adventures in Learning** is an intellectually stimulating experience in an atmosphere of fellowship and friendship. In the summer, the program consists of an hour-long General Session and then your choice from one of six classes. To find out more about the program, please read below. 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, July 6, 2010**. For your convenience, classes are listed on page 6. 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 \$25.00 (\$30.00 at the door). 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 Blue Room for refreshments. **Announcements and sponsor acknowledgment will begin at 9:50, but the doors will open at 9:20** to give you time for fellowship. From 10:00-11:00 you'll enjoy the General Session, and then you attend your class at 11:30. Your day will conclude at 12:30, when your class ends. 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**—The summer session of Adventures in Learning is held at **Christ Episcopal Church**, located at 1412 Providence Rd. in the Myers Park area across from Colville Rd. There is plenty of free parking. The program will be in the building immediately to the right of the sanctuary. There will be signs to guide you. Once you enter the building, you will be directed to the 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.

**Classes**—Please note that classes will be from **11:30 to 12:30!** This will give you plenty of time to grab an extra cup of coffee, visit the restroom and find your way to your class. We've made this change with your comfort in mind. Thank you for your continued support and patience.

**Sponsors**—As you can see from the list to your left, The Shepherd's Center has been fortunate to receive the support of businesses in our community. With their sponsorship, they are entitled to a few minutes to tell you about their products or services. Only one sponsor will present information to you each week. Thank you for your support.

**Notice**—We do our best to ensure that all classes meet for all scheduled sessions. Occasionally a class needs to be cancelled due to 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 the church. **No refunds are available.**

# 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, July 6**. Checks are payable to **The Shepherd's Center of Charlotte**. After July 6, please register on the first day of class (July 12) or hand-deliver your registration and check to The Shepherd's Center by **Thursday, July 8**. For planning purposes, pre-registration is encouraged!

**Summer 2010 Adventures in Learning**

Have you attended Adventures in Learning before? \_\_\_\_\_

Name \_\_\_\_\_ (Preferred name on nametag)

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Today's Date: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Congregation: \_\_\_\_\_

**Registration Fees:**

Tuition: \$25.00 in advance for all 6 weeks, or \$30.00 at the door \$ \_\_\_\_\_  
 Contribution toward printing and mailing the Summer Newsletter: \$ \_\_\_\_\_  
**Total amount enclosed: \$** \_\_\_\_\_

**Courses requested:**

Morning Course: \_\_\_\_\_ 2nd Choice: \_\_\_\_\_

Your signature above 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.

**Summer 2010 Adventures in Learning**

Have you attended Adventures in Learning before? \_\_\_\_\_

Name \_\_\_\_\_ (Preferred name on nametag)

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Today's Date: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Congregation: \_\_\_\_\_

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**Courses requested:**

Morning Course: \_\_\_\_\_ 2nd Choice: \_\_\_\_\_

Your signature above 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.

**The Shepherd's Center of Charlotte, Inc.**

**Summer 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/SHIIP
<input type="checkbox"/> Grocery Transportation	<input type="checkbox"/> Computer Instruction	<input type="checkbox"/> Tax Assistance	

♥ *Adventures in Learning:*  Yes, I am interested in teaching a course for an upcoming series.  
 My topic would be: \_\_\_\_\_

## Summer classes—11:30 a.m.—12:30 p.m. (note new time)

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

**Drawing 101** – We are excited to offer a one-hour drawing class in which a drawing exercise will be presented each Monday. Several drawing techniques and exercises will be explored, and you will want to practice them on your own outside of class. Materials should include a tablet of drawing paper 11"X14" or larger, graphite sticks and pencils (medium softness), a few kneaded and gum erasers, a bottle of black India ink and a few watercolor brushes, and a drawing pen. A Sharpie or two will do. If you have charcoal, colored pencils, or other drawing materials you wish to use, you may certainly work with them. A kit at Cheap Joe's will be available for you to either buy or check out. **Limited to 20 students!** **Instructor: Sandra Gray of the Charlotte Art League, and guest instructors.**

**Hot Topics for Seniors** – Each week we will focus on a different topic. Our tentative schedule is **7/12**: What is new in selling and preparing a home for sale, compared to 30 years ago? **7/19**: De-stuff and de-stress! / down-sizing or rightsizing; **7/26**: Gizmos and gadgets to make life easier; **8/2**: Chair exercises and fall prevention; **8/9**: Nutrition in a nutshell; **8/16**: Preparing your legacy within the home – how to pass down your family's story with the contents of your home and legal decisions to pass on to the family. Coordinated by **Adele Mahan, Certified Relocation Transition Specialist (CRTS), Fresh Start Transitions, LLC, with special guest instructors** (a complete schedule will be distributed on the first day of class).

**Letters to my Grandchildren: A Workshop for Grandparents (and Others) Wishing to Share Their Faith Journey** – One of the most powerful gifts you can give your grandchildren (and your children, nieces and nephews) is a taste of the lessons and joys you have accumulated during your spiritual journey. During this class, you will craft letters that address such topics as prayer, embracing the gifts of the Spirit, servant leadership, and experiencing God's love. Whether you are writing a letter for a 20-year-old, a 10-year-old, or an infant who may not read your letter for several years, you will be leaving a valuable legacy of faith for your family.

**Instructors: Cindy Smith, B.A., M.A. and M. Ed., Minister of Christian Education at St. Stephen United Methodist Church, and Dorothy Trotter, B.A., writer, speaker and communications consultant, and a member of Christ Episcopal Church for more than 20 years.**

**Potpourri of Charlotte Theatre Talent** – Some of the most talented artists and performers in the Charlotte area have been assembled to share their gifts and talents with us! Enjoy the theatrical stories and perspectives of these playwrights, actors, directors, and producers: **7/12**: Judy Simpson Cook, local playwright (*Nuptials, Benedictions, Retrieving the Lamb*, etc.), actress and director; **7/19**: Simon Donoghue, drama professor and director of the Abbey Players at Belmont Abbey College, and actor himself; **7/26**: Bonnie Cook Johnson and husband Ted Johnson, film, commercial, and stage actors (Bonnie has appeared in films with Miley Cyrus, Andie MacDowell and Barbra Streisand); **8/2**: Kevin Campbell, one of Charlotte's finest actors; **8/9**: Michael Vance, drama teacher, actor, director, and set/stage designer; **8/16**: James K. Flynn, with more than 30 years of experience doing commercials and voice-over work; on-air radio/TV host and award-winning audio producer, former announcer of the Charlotte Hornets basketball team. **Coordinator: Jane Kusterer, real estate broker with Allen Tate Company, and wife of Eugene Kusterer, local actor, high school drama teacher, and former artistic director of Theatre Charlotte, which was known during his tenure as Little Theatre.**

**Short Stories** – Explore a variety of classical and popular short stories through reading and discussion. Stories will include "A Rose for Emily" by William Faulkner; "The Veldt" by Ray Bradbury; "A Worn Path" by Eudora Welty; and "I Stand Here Ironing" by Tillie Olsen. A complete list (and schedule) will be given on the first day of class.

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

**Yoga for Every Body** – Yoga postures (exercises) stretch and strengthen the entire body. Movement is coordinated with breath for a meditative experience. This course is appropriate for participants of all ages. Participants are taught basic concepts for beginners, but all levels of experience are welcome. 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 use as a prop when needed. No perfume, please. **Limit: 20 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.**



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