



Services and Education
for Seniors

Senior Solutions

VOLUME 2, ISSUE 1

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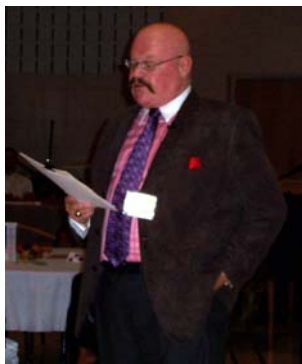
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Adventures
In
Learning

info begins
on page 3

Senior Choices Summit well received

The Senior Choices Summit which was held on Tuesday, November 13 at Pritchard Memorial Baptist Church was well thought out, organized efficiently, and covered pertinent information according to the evaluations from attendees.

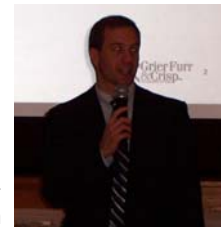


Dan Starks, Starks Training Institute and WCNC-NBC-6's Mr. "Don't be a Victim".

Dan Starks, TV personality and owner of Starks Training Institute served as Master of Ceremony. Seniors left the event with an insight on how to protect themselves during the holidays. Speakers included Christian P. Cherry on behalf of Leave

a Legacy, who shared tips on what to concentrate on while updating your will. Kim Gossage of Garrity & Gossage presented a very knowledgeable program on Powers of Attorney and Guardianship and Forensic Document Investigator, Tom Grogan showed the audience how to identify fraudulent signatures on wills and other legal documents. The event also featured exhibitors from the

business community who offered information to seniors on their products and services.



Christian P. Cherry, Leave a Legacy

SAVE THE DATE for the next Senior Choices Summit, which will be held on Tuesday, March 11 from 9:00-11:30 at Pritchard Memorial Baptist Church, 1117 South Blvd., Charlotte. The Summit will focus on financial issues for the older adult and will feature financial expert, Carl Brooks, William Romeo, who will update you on "Estate Taxes; What it will cost you to die" and Barbara Shear with First Charter Bank who will give a presentation on "reverse mortgages".

This event is also **FREE**, but reservations are required due to limited seating. Please contact The Shepherd's Center office, 704.365.1995 or info@shepherdscharlotte.org to secure your seat today!

Volunteer traditions!



This organization would not be what it is today without the continual help of the many dedicated volunteers.

Selma Sussman has been an office volunteer at The Shepherd's Center of Charlotte for over 10 years. Asked why she volunteers, Ms. Sussman replied, "I love doing this. I really, seriously think this is a great organization. Everything they do is of great service to

the elderly folks." Ms. Sussman became involved with The Center through the urging of a friend. "I feel if you're not out doing something with yourself and growing, you cannot move forward. I know people who never leave their houses and they were old at 40! I think that is very sad and unfortunate, and I don't foresee that ever happening with me because I continue with my life, learning and moving and doing."

You can find Selma at The Center most every other Friday morning.



From the executive director

As we embark on a new and exciting year, for many of us, it's a time of reflection on what we've experienced over the past year and what we hope to accomplish during the coming year. It's a time when we resolve to overcome the negative and embrace the positive.

Resolutions always play a part in our plan, but sometimes fall to the wayside after a couple of weeks. A good incentive is to publish your resolutions. So, here are my top five resolutions for The Shepherd's Center for 2008!

1. Continue to **research** ways to make The Shepherd's Center more vital to the older adults in the community.
2. **"Spread the Word"** about The Shepherd's Center through area church and senior groups.
3. Keep the Summits coming! Organize and present at least three Summits per year to keep seniors informed on topics such as **finance, health, insurance, fraud** and **legal issues**.

4. **Listen!** The best way to learn what is needed is to listen to input from those you serve.
5. **Learn!** Continue to seek out new programs and services for seniors which may add depth to the organization.

I'm going to count on you to help me keep these resolutions. I welcome your thoughts and suggestions. Together, we can make this organization one of the leading senior organizations in this community.

The Shepherd's Center staff is here for you from 9:00—5:00 each weekday. Please feel free to call if you have any questions or concerns or if you would like to register for a class or trip, 704.365.1995.

Happy 2008!

Linda Pellerin

Do you need a handyman?

The Shepherd's Center of Charlotte is dedicated to helping older adults stay in their homes as long as possible through programs and services. One of our services is our **Handyman Program**, which provides volunteers to area seniors who need help around the house or apartment.

The **Handyman** volunteer will come to your residence and perform small repairs to faucets, hinges, doorknobs, locks, change light bulbs, etc. Since the **Handyman** volunteer is usually a senior, they do not perform tasks that require a ladder. They also do not repair clogged drains. A complete list of services offered by the **Handyman Program** are listed on The Shepherd's Center of Charlotte's Web site, www.shepherdscharlotte.org.

The **Handyman Program** is always looking for more volunteers to help provide these services to older adults. You need not be a senior to volunteer for this program. If you like to make small repairs

around the house, please contact The Shepherd's Center for more information on how to become involved with the **Handyman Program**.

The Shepherd's Center's **Handyman Program** is one of the few programs offered that is limited to a geographical area, although special requests outside the area are considered. The geographical area is bordered by Independence Boulevard on the North, South Boulevard on the West, Tyvola, Fairview, Sardis and Rama Roads on the South and Monroe Road on the East.

There is a small fee of \$10/hour for this service in addition to any materials that need to be purchased. For more information or to request a Handyman, please contact The Shepherd's Center, 704.365.1995 or info@shepherdscharlotte.org.



Program guide

Adventures in Learning Mondays, February 4 – March 10 General Session (10:00 to 11:00 a.m.)

Artscape III

Feb. 4: Theatre Charlotte will be entertaining you with a scene performed from *Walking Across Egypt*.

Feb. 11: Enjoy a presentation about the workings of the McColl Center for Visual Art.

Feb. 18: CPCC Opera Theatre will be on hand with a demonstration and performance. This is a must for all opera lovers.

Feb. 25: Tom Hanchett of the Levine Museum of the New South will present "Comic Stripped," which is the current exhibit about cartoon figures of the South—has the South been fairly portrayed in the comics?

Mar. 3: Tom Phlegar with the Folk Society will play his banjo with the accompaniment of another musician. Folk music spans the centuries. Come hear your favorite songs.

Mar. 10: Our own version of *Dancing with the Stars*, The Fred Astaire Dance Studio will treat you to the latest in ballroom dancing.



Adventures in Learning general information

Lunch
12:20-1:20
\$6.50



Chef Tom Kok will delight you with delicious lunch fare. Please see below right for lunch reservation information.

Feb. 4: Chicken breast with paprika sauce, rice, veggies.

Feb. 11: Pasta with meat sauce, veggies.

Feb. 18: Baked flounder filet with crab meat, dill sauce, scalloped potatoes, veggies.

Feb. 25: Beef stew, rice, veggies.

Mar. 3: Baked potato station, variety of toppings.

Mar. 10: Chicken with mushroom sauce over roasted potatoes, veggies.

Please Note: Meals include salad, rolls, dessert and beverage. Fruit is available for dessert with each lunch. Desserts and beverages available "a la carte."

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 7 and returning it to The Shepherd's Center by **Tuesday, January 29**. For your convenience, morning and afternoon classes are listed on page five and six. 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 a low \$24.00! Two registration forms are included to allow you to conveniently register a spouse 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 head to your first class at 11:20. At 12:20 you're invited to lunch (bring your own or buy there) 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, which is located at 1117 South Blvd. The church is in the Uptown 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, which is 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, the lunch menu 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 Lynks railway system which runs right by Pritchard on South Blvd.

Lunch Information—Lunch is served every Monday in the Fellowship Hall, 12:20 pm – 1:20 pm (menu to the left). Lunch tickets must be purchased in advance and are purchased in one of three ways. By pre-paying (see registration form on page 7); 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 acceptable option.

Morning classes—11:20 a.m.—12:20 p.m.

(Please indicate a first and second choice on the registration form-Page 7)

American Classical Music— An introduction to the development of classical music in America, this class will provide listening examples from the 1800's to the present. Featured composers will include MacDowell, Ives, Copland, and Bernstein. **Instructor: Paula Wise, Bachelor's in Music Education, UNC Chapel Hill**

Introduction to Genealogy—Love a good mystery? Learn how to trace your family in a fascinating journey through time, using family records, traditional methods of research (e.g. court records), and the newest revolutionary Internet resources available to the public. You will be amazed at what you find. Outside trip to the Library's genealogy room may be scheduled if students desire. **Instructor: Pam Brownscombe, who has spent years tracing her own family tree**

Knitting/Crocheting—Come and learn some new, easy things about basic knitting and crocheting. Learn how to make items with one stitch only, such as a basic throw, a simple shoulder cape, scarves you can make in one hour or a purse you can knit or crochet and felt in a couple of days. Choose from patterns provided or bring your own to share with the class. 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**

Poetry—Focus will be on three writers with North Carolina connections who have been honored on U.S. Postage stamps: Charles W. Chesnutt, Thomas Wolfe and Sidney Lanier. Also, an in-depth study of Charles Simic, the new Poet Laureate of the United States. **Instructor: Julian Mason, Ph.D., UNC Chapel Hill (now in his 10th year teaching at Adventures in Learning).**

Sinning Like a Christian (The Seven Deadly Sins) - This course, taught by retired Christian educator, Jocelyn Hill, will be based on the book, *Sinning Like a Christian; A New Look at the Seven Deadly Sins* by William Willimon, and will explore the "seven deadly sins" of greed, pride, envy and...can you name the rest? Join this discussion-based class to find out if—or how—modern Christians view these sins differently from Christians in the 4th century, when the list of the "seven deadly sins" was comprised. Purchase of the book is not necessary to participate in the class. **Instructor: Jocelyn Hill, retired Christian Educator for the Presbytery of Charlotte, Presbyterian Church, U.S.A.**

Tai Chi—Tai Chi means "moving harmony." It is a series of slow, gentle movements designed to promote circulation, flexibility and relaxation. With zero impact to your heel and spine, Tai Chi also enhances balance and promotes stress relief. Please wear flat-bottomed shoes and comfortable, loose-fitting clothing (preferably a white top with black pants, which will help create a more serene atmosphere). **Returning Instructor: William Wong, long-time practitioner & instructor of Tai Chi.**

Travel Talks—Travel without having to keep up with your passport or money exchange. With Travel Talks, our speakers bring their adventures to you! Explore sites in Southern Africa, such as Zululand, Botswana and Victoria Falls; sail the Royal Clipper to Italy and Croatia and tour Europe by motorcycle! A calendar of specific topics, speakers, and dates will be distributed on the first day of class. **Course Coordinator: Cliff Shelkofsky**

Yoga – 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! Limit—24 students. Instructor: Mary Lou Buck, B. S. Physical Education, certified 500-hour professional level Kripalu Yoga Teacher, owner of Yoga for Life in Dilworth**



*The Presbyterian Home
at Charlotte*

Sharon Towers
5100 Sharon Rd.
Charlotte, NC
28210
704.553.1670

**The Shepherd's
Center
of
Charlotte
wishes to thank
Sharon Towers
for providing
coffee, tea and
cocoa prior to the
Adventures in
Learning General
Session.**



Notice:

**Books from the
public library will
again be available
for check-out at
Adventures in
Learning. Thank
you Carl Pritchard
for organizing this
service.**

Afternoon classes—1:20 p.m –2:20 p.m.

(Please indicate a first and second choice on the registration form-Page 7)

The Art of Downsizing—Suggestions and advice on the art of downsizing. How do you know when it's time? What are financial issues to consider? What do you do with all of your "stuff?" **Instructor: Beth Gionis, REALTOR® Helen Adams Realty**

Calligraphy—We welcome back **Mr. Robert McKellar**, professional calligraphist, who will teach us the artistic handwriting skill of calligraphy. On the first day of class, please bring the following two items: lined paper and a wide-tip pen. (Mr. McKellar recommends the Shaefer pen set and cautions students not to purchase the left-handed version -- unless you are left-handed -- as pen sets are not returnable.) This class may extend until 3:20 if students are interested and willing to stay.) **Class limit: 20 students**

Creative Writing Fun—Having trouble getting your words down on paper? Not sure how to say the things you feel? Much loved and longtime creative writing instructor, Mary Crews, returns this quarter to offer you techniques and ideas to help you with your creative writing. 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 College**

Safe Computing: How to protect yourself from viruses and fraud in the cyber-world—As you struggle to master the intricacies of email, surfing the Internet and making purchases online, you are faced with additional hurdles. Hacking, viruses, identity theft, spamming and phishing lurk out there to spoil your fun. This course will address the most prevalent forms of computer misuse and provide common sense, easy-to-install safeguards. **Instructor: Peter Browne, consultant in computer protection and former head of information security at several organizations, including Ernst & Young, Motorola and Wachovia.**

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**

Social Bridge for Beginners Only—Have you noticed how popular the game of Bridge is? Would you like to be a part of the Bridge Community—if you only know how to play? This special course—just for beginners—will introduce you to the game of Bridge. You will learn basic concepts and terms and play some simple hands, led by experienced Bridge teacher and lover of Bridge, Anna D'Ippolito. To allow plenty of time for instruction and play, this course will meet for two hours, 1:20-3:20 p.m. **Class Limit: 12 students. Instructor: Anna D'Ippolito, Bridge teacher**

Watercolor Painting — We welcome Sandra Siepert, local watercolorist, who will demonstrate several watercolor techniques she uses in her work; such as creating textures with salt, sprays of water, dropping of color on a wet wash and she will discuss how different colors of paint mix with others. Students will have time to work on their own paintings and she will be available for questions and help as needed. She encourages all students to work from their own photos as a reference. This is a class for the beginner and painters of all levels. **Instructor: Sandra Siepert, president of the Guild of Charlotte Artists and co-founder of the new Watercolor Artists of Charlotte**

Women's Fashion and Beauty—Representatives from Belk at SouthPark Mall will share with you the latest in make-up, jewelry and Spring fashions. Learn what's in and what's out and how you can integrate the new fashions into your current wardrobe. **Instructors: Belk Store representatives**

Adventures in Learning registration form

Please mail the registration form and your check to **The Shepherd's Center of Charlotte, P.O. Box 6052, Charlotte, NC 28207** by **Tuesday, January 29**. Checks are payable to *The Shepherd's Center of Charlotte*. After January 29, please register on the first day of class (Feb. 4) or hand-deliver your registration and check to The Center by **Thursday, January 31**.

Winter 2008 Adventures in Learning

Have you attended Adventures in Learning before? _____ Today's Date: _____

Phone: _____

Congregation: _____

Name _____ (Preferred name on nametag) _____

Address _____ City _____ State _____ Zip _____

E-mail _____

Registration Fees:

Tuition: \$24.00 in advance for all 6 weeks, or \$26.00 at the door \$ _____

Pre-paid lunch: \$6.50 per week (\$39.00 for all 6 weeks or check specific dates below)
 2/4 2/11 2/18 2/25 3/3 3/10 \$ _____

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

Total amount enclosed: \$ _____

Courses requested:

Morning Course: _____ 2nd Choice: _____

Afternoon Course: _____ 2nd Choice: _____

Winter 2008 Adventures in Learning

Have you attended Adventures in Learning before? _____ Today's Date: _____

Phone: _____

Congregation: _____

Name _____ (Preferred name on nametag) _____

Address _____ City _____ State _____ Zip _____

E-mail _____

Registration Fees:

Tuition: \$24.00 in advance for all 6 weeks, or \$26.00 at the door \$ _____

Pre-paid lunch: \$6.50 per week (\$39.00 for all 6 weeks or check specific dates below)
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Contribution toward printing and mailing the Winter Newsletter: \$ _____

Total amount enclosed: \$ _____

Courses requested:

Morning Course: _____ 2nd Choice: _____

Afternoon Course: _____ 2nd Choice: _____

The Shepherd's Center of Charlotte, Inc.

Winter 2008 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 **Spring 2008** series.

My topic would be: _____

Travel Adventures Information

Register Early! Our trips fill quickly. Please complete the Travel Registration Form and submit a separate check for each trip. Checks are payable to *The Shepherd's Center of Charlotte*. Please mail registration form and check(s) to **The Shepherd's Center, P.O. Box 6052, Charlotte, NC 28207**. Trip costs are priced per person.

Parking: All trips depart from Trinity Presbyterian Church, 3115 Providence Rd. Travelers are welcome to park in the church parking lot for the duration of each trip.



Travel Adventures Policy: Administrative costs are associated with all trip registrations. **Day Trips** are to be paid in full at the time of registration. If you need to cancel your registration 45 days or more before the trip, The Shepherd's Center will return your registration fee less a \$25 charge and any unrecoverable expenses. If a trip is cancelled by The Shepherd's Center due to low registration, your registration fee will be returned without penalty. **Overnight Trips** require a \$100 deposit per person. Final payment for the trip is due 45 days before the date of the trip. If you cancel 45 days or more before the trip, The Shepherd's Center will return your registration fee less a \$50 charge and any unrecoverable expenses. If you have to cancel any trip, whether day or overnight, within 45 days, the registration fee is nonrefundable unless the spot is filled from the waitlist. For all trips, extreme medical emergencies will be taken into consideration. In addition, The Shepherd's Center of Charlotte is not responsible for individuals who may become ill or injured while participating in Travel Adventures. All trip participants are responsible for their own safety and are expected to carry information of medical conditions, medications and insurance providers.

Disability Policy: For the safety of all travelers, **wheelchairs are not permitted** on Shepherd's Center trips. Trips may require extensive walking, at times on uneven terrain, due to planned and unplanned circumstances. Additionally, if you have a disability that limits your independence, you must be accompanied by a companion.

Roommates: The Shepherd's Center assists those seeking a roommate, but finding a match is not guaranteed. If roommates register together and one roommate cancels, the other traveler assumes the single room rate unless a new roommate is found.

Travel Adventures Registration Form

Please send a separate check for each trip.

Name: _____ E-mail: _____

Address: _____ Phone: _____

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

<input type="checkbox"/>	Jan. 17—Experience Charlotte	\$67.00
<input type="checkbox"/>	Feb. 6—Billy Graham Library/Lunch at Art Institute	\$46.00
<input type="checkbox"/>	Mar. 5—Lowe's Motor Speedway & Childress Vineyard	\$75.00
<input type="checkbox"/>	Apr. 16 & 17—Sarah P. Duke Gardens & Raleigh Experience—\$100 deposit per person with final payment Mar 3	\$195 dbl \$235 sgl
<input type="checkbox"/>	May 20, 21, & 22—Cape Fear Waterfront Excursion—\$100 deposit per person with final payment April 4	\$395 dbl \$495 sgl

Travel Adventures

Thursday, January 17—Experience Charlotte

When was the last time you were in Uptown Charlotte? This trip will visit Fourth Ward's surviving 19th Century homes with a step-on guide, Bobcats Arena and a visit to the frescos at Bank of America's Founder's Hall. It's a relaxing lunch at Taverna 100 in Founder's Hall and then a visit to Imaginon and Holy Trinity Greek Orthodox Cathedral for a guided tour. You won't want to miss this trip that keeps you close to home. **Price: \$67 each.**



Wednesday, February 6—Billy Graham Library



If you haven't been able to visit the Billy Graham Library, now is your chance. Experience this tribute to one of the most famous evangelists of our time by taking in his life story through exhibits and visual memories. This local trip is capped with a delightful three course gourmet lunch at The Art Institute of Charlotte. This is one of the best kept secrets in Charlotte. The cuisine is excellent with the service to match. You will leave feeling like royalty. **Price: \$46.**

Wednesday, March 5—Lowe's Motor Speedway & Childress Vineyards

If you've never been to the Speedway, then you're in for a treat with this little excursion to the Concord area. There will be dining at The Speedway Club, which in itself could be the highlight of your day. There's also a tour of the Speedway track in vans that will NOT break the sound barrier. The track tour is before lunch, by the way. Then it's onto Lexington to visit Childress Vineyards, a taste of Old World in the heart of the Piedmont. A Tuscan-style villa graces a hillside surrounded by neat rows of grapevines. Owner Richard Childress (yes, of NASCAR fame) fell in love with California wines while racing there. A private tour of the 35,000 square foot winery is included with wine tasting available at an additional charge. **Price \$75.**



Wednesday, April 16 & 17—Sarah P. Duke Gardens & Raleigh, NC



Join us for a Spring get-a-way to the Raleigh/Durham area. The first stop will be the Duke Chapel on the beautiful campus of Duke University. After enjoying a private tour of the Chapel, you may choose to listen to the magical music of the Flentrop organ before your lunch break. Lunch will be on your own at the Duke University Dining Hall. Next, we have plenty of time to enjoy the 55-acre Sarah P. Duke Gardens, which really put on a show in April with a colorful riot of seasonal flowering plants and shrubbery. Late in the afternoon, you'll check into your hotel and prepare for dinner. On Thursday, you'll be off to tour the NC Museum of History with lunch near the NC State Capitol. A tour of the Capitol building is planned before returning to Charlotte. **Price \$195 (double), \$235 (single).**

Tues., Wed. & Thurs., May 20, 21, & 22—Cape Fear Waterfront Excursion

Enjoy a two-night, three-day tour of the scenic NC Cape Fear area. Your visit will start with a private trolley tour of Wilmington before you check into The Best Western Coastline Inn where each room has a view of the Cape Fear River. Time to rest or step out for a riverfront walk before you board the Henrietta Riverboat for a Murder Mystery Dinner Cruise. The next morning awaken to your complimentary breakfast and newspaper delivered to your room and prepare for your visit via Fort Fisher Ferry to charming Southport for strolling, shopping and lunch at P.J.'s. In the evening, travel to Wrightsville Beach for a waterfront dinner. The next day, tour the Bellamy Mansion Museum of History and Design Arts and then onto the unique Chandler's Wharf shops with your own choice for lunch before boarding the bus for home. **Price \$395 (double), \$495 (single).**



AARP defensive driving class

Back by popular demand and in cooperation with AARP, The Shepherd's Center of Charlotte is again offering a Driver Safety class. Designed for Baby Boomers and up (50 and over), the class helps drivers refine existing skills and develop safe, defensive driving techniques.

AARP Driver Safety
Taught by Officer Howard Setzer

Tuesday February 26 and Thursday February 28
9:30 a.m. —2:00 p.m.
(30 minutes for lunch—please bring your own)



Participants should plan on attending **both** days. The total cost is \$10 and payment is due the first day of class. **Please make checks payable to AARP.**

Upon completion of the course, you will receive a certificate from AARP. You must attend both sessions in their entirety to receive your certificate. The state of NC currently does **not** require auto insurance companies to offer a discount for completing the course. Please check with your insurance agent to see if your insurance company offers a voluntary discount.

To register for this class, 704.365.1995 or keckert@shepherdscharlotte.org

Winter financial planning series

Carl A. Brooks, C.F.P.
Wednesday, Feb. 13, 2008
10-11 a.m.

Options for IRA Required Minimum Distributions (RMD)

- Calculating the minimum distribution & when to take more
- Don't need cash? Try "in-kind" distributions
- An easy alternative to estimated tax payments

Carl A. Brooks, C.F.P.
Wednesday, Mar. 5, 2008
10-11 a.m.

Five Investment-Related Tax Mistakes

- Too much deferral faux pas
- Taxable Social Security Benefits bungles
- Capital Gains gaffes

Seminars will be held at Providence Baptist Church. To reserve your seat, please contact the Shepherd's Center, 704.365.1995 or e-mail keckert@shepherdscharlotte.org.



In appreciation, The Shepherd's Center of Charlotte recognizes Lance, Inc. as a newsletter sponsor.

"Lunch & Learn"

We are happy to be able to offer to you another exciting "Lunch & Learn" sponsored by Lynn DuPont, Broker/Realtor® with Weichert Realtors®/Rebhan Associates.

Getting your home in shape for Spring

It's time to take inventory of your home repair needs—paint, wood replacement, new front door, new light fixtures?

Wednesday, March 26, 2008 11:00—1:00 p.m.
Trinity Presbyterian Church, 3115 Providence Rd., Charlotte, NC

Introduction to computers class

This is an eight-week hands-on class for beginners covering Microsoft Windows, word processing, spreadsheet, Internet and E-mail. The class fee is \$75 and includes a manual.

To register, please complete the form below and mail it with your check for \$75 to The Shepherd's Center of Charlotte. Please mark a box below for any session you are able to attend, using 1, 2 and 3 in priority order. If seats are at a premium, the student with the earliest registration will receive priority. Assignments and confirmations will be made shortly before the classes begin. Don't plan on being in a particular class until you are notified.

<input type="checkbox"/>	Mondays , starting Feb. 4—1:00-4:00 p.m.
<input type="checkbox"/>	Tuesdays , starting Feb. 3 9:00-12:00 noon
<input type="checkbox"/>	I have a computer at home

<input type="checkbox"/>	Wednesdays , starting Feb. 6 9:00—12:00 noon
<input type="checkbox"/>	Thursdays , starting Feb. 7 9:00-12:00 noon
<input type="checkbox"/>	I do not have a computer at home

Name _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____ Congregation _____

Please make checks payable to **The Shepherd's Center of Charlotte**, P.O. Box 6052, Charlotte, NC 28207.

Cost: \$75 **Location:** Southminster Retirement Community, 8919 Park Rd.

Directions and Parking: **South** on Park Rd., **left** at light at Smithfield Church Rd., **right** into driveway of Quail Hollow Presbyterian Church, **left** around church, park in the back along the fence then take yellow steps down to Southminster and follow the signs.

Computer short classes

Short courses are offered throughout the year. The following classes are currently scheduled and are open to those who complete **Introduction to Computers** or who have comparable skill levels. Please call The Shepherd's Center office to register, 704.365.1995 or e-mail, jwright@shepherdscharlotte.org. All classes are held at The Computer Lab at Southminster Retirement Community, 8919 Park Rd. **These classes fill up fast. Please call to be put on the waiting for the next class of your choice which will be scheduled soon.**

Digital Photo Management & Editing	In this 12-hour, 4-session course, you will learn how to manage and edit digital photos, from loading the pictures into the computer to editing and sharing. A comprehensive manual is included in the \$50 fee.
Microsoft Word	This 9-hour, 3-session course is designed to build word-processing skills such as letter writing and forms. The fee is \$50 and a manual is included.
Microsoft Excel	In this 9-hour, 3-session course, students will create several varied Excel spreadsheets and learn basic skills including building simple formulas and manipulating data. The \$50 fee includes the manual.
Internet/Email	This is a 9-hour, 3-session course, where students learn basic skills on how to navigate the Internet and how to send and receive e-mail. The manual is included in the \$50 fee.



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Free Tax Assistance

Taxes got you confused? The Shepherd's Center's **Free Tax Assistance Program** for low and moderate income seniors in Charlotte is again available beginning February 4, 2008. This program was started over 20 years ago and over the years has helped thousands of seniors.

In 2008 we are sponsoring two locations to help prepare and file Federal and State income tax returns. Our traditional paper filing, led by John Travel and our group of experienced volunteers, will be moving this year to a new location, which will be announced soon.

For those who desire electronic filing assistance, we will also be

making appointments for the AARP Tax Aide e-file site at Myers Park Baptist Church.

All volunteers have taken the IRS Tax Counseling for the Elderly test. We will begin setting appointments in mid-January. The tax season runs from February through mid-April.

Please call 704.365.1995 to set up your appointment. And, remember to bring all necessary information and a copy of last year's return.

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