



Services and Education
for Seniors

Senior Solutions

The Shepherd's Center of Charlotte's Quarterly Newsletter
Volume 3, Issue 1

March, 2009

2009 brings tough choices

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The Shepherd's Center of Charlotte recognizes Lance, Inc. and International Minute Press as **Silver Level Sponsors.**



Julian S. Albergotti

As President of the Board of Directors of The Shepherd's Center of Charlotte for the past two years, I've seen The Center grow and thrive as we've tried new programs and ideas. We were actually operating within our budget for the first time

in several years when the bottom fell out of the stock market, taking most of us with it.

These are tough times—almost as tough as what some of us experienced in the 30's. The Board of Directors and I have been faced with making some very difficult decisions on behalf of The Shepherd's Center. The staff have been very supportive in spite of the fact that we've had to cut their hours and their pay to make ends meet. And it doesn't stop there.

When you oversee an organization for seniors, it's not surprising when donations drop drastically in the face of worldwide financial instability. If you're like me, you have investments that aren't worth very much right now and making a donation is not a high priority. The problem is that our budget depended upon your generosity and we did not foresee the difficult times ahead when we adopted the

budget early in 2008. We can usually expect donations from our supporting churches, but since their donations are down too—we'll you can imagine what that means for us.

We've been forced to look at our service and program area to see if there are ways for us to bring in enough money to at least make payroll and expenses. We have tried to keep fees as low as possible to serve you, but the world as we once knew it is gone and the reality is that fees must go up for us to continue to serve you and the community.

The Board of Directors and I ask for your understanding and your support. We regret the circumstances which have forced us to take this action. We hope you will continue to attend our programs and use our services. If you can no longer support us financially, your volunteer hours will be most appreciated. We could use your help serving on committees, as a driver for our transportation services, administrative help in answering the telephones, serving as a Senior Health Insurance Information Program (S.H.I.I.P.) counselor, a tax assistance counselor, an instructor at Adventures in Learning or with our computer instruction program.

We are in this together. With your support and assistance, we can continue to offer the vital services and programs associated with The Shepherd's Center of Charlotte for many years to come.

Volunteer Traditions!

The Shepherd's Center of Charlotte offers counseling on your Medicare Part D. This is done through a relationship with the Senior Health Insurance Information Program or S.H.I.I.P. Volunteer counselors are extensively trained over a long period of time. One of those counselors is Pat Kelly.

Pat has been a S.H.I.I.P. volunteer for many years. She faithfully attends all the training sessions each year and is a regular at quarterly meetings. Her expertise is extensive and she's always willing to help advise someone when needed.

In addition to her S.H.I.I.P. involvement, Pat also has been a volunteer with the AARP Tax Assistance Program. Every February through April would find Pat at Myers Park Baptist Church helping seniors fill out their tax forms. Pat is also an advocate for The Shepherd's Center in the community. Once again, volunteerism at it's best!



From the executive director



Attention IRA Owners!

Congress has suspended the minimum distribution requirement for IRAs in 2009. However, if you are taking the standard deduction and making charitable contributions, making distributions directly from your IRA to a non-profit organization is good tax planning.

Furthermore, ask your tax preparer how much to withdraw in order to "fill the 10% federal tax bracket".

It's unlikely you or your heir's withdrawals will ever be taxed at a lower rate.

This message brought to you by:

Carl A. Brooks, C.F.P.
Carroll Financial

To tell you the truth, it's difficult for me to know where to begin. I don't have to tell you about hard times. You already know that by looking at your investments and your bank account. You already know that we are forced to raise our rates for our services and programs due to the poor economy. Ironically, now is the time when we should be lowering our rates to make things more affordable for you. But we can't do that. Our investments took a big hit too and we can't fall back on them to cover shortfalls like we've been able to in the past. It's actually a struggle each month to make payroll. We have had to eliminate one part-time position and cut back on the hours of all the rest of the employees to try to help make ends meet. I am proud of my employees who are being real troopers.

You'll notice that the cost to attend Adventures in Learning has gone up but thanks to a new sponsor, the cost of your lunch has gone down. This amounts to a \$9 savings over the Winter Session.

After a great deal of thought, we are raising our suggested donations for our transportation and handyman services to \$25 per trip or project. This is just a suggested donation and not mandatory. Most of you give what you can.

You'll notice a change in the newsletter. By using black and white print on the inside, we're able to save several hundred dollars in printing costs per newsletter.

We're implementing our new Birthday/Anniversary Card Program in this newsletter

and hope you will be able to support this ongoing project. We're also asking you to remember to designate The Shepherd's Center on your Harris Teeter VIC card by giving the cashier our recipient number, 3267. BiLo has the Booster Plus program where you can have dollars sent to us every time you buy the store brands. And, now there is a way to help us by searching online. Please go to GoodSearch.com which is a Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Just designate The Shepherd's Center of Charlotte and you'll be sending us money each time you search the web.

We have applied for grant money with some new foundations, but the chances of our receiving money from foundations that have never given to us before are pretty slim. If you are associated with a foundation, we appreciate your intervention on our behalf.

Next month will be Julian Albergotti's last month as President of the Board of Directors. I thank him for his patience and understanding over the last two years. As we say "good-bye" to Julian, we welcome Robert Teague as the incoming President. There will be more challenges ahead, but I'm confident if we all stick together as a family, we can see them through.

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 or trip, 704.365.1995.

Linda R. Pellerin

10 ways to lend a helping hand

The following are some ways you can help The Shepherd's Center of Charlotte:



- 1. Use your Harris Teeter VIC card** once it's connected to The Shepherd's Center #3267.
- 2. Use your BiLo Booster Plus card** once it's connected to The Shepherd's Center.
- Go to **GoodSearch.com** and designate The Shepherd's Center of Charlotte as your charity to earn a penny each time you search the Web.
- 4. Send us your e-mail!** You will continue to get your newsletter through regular mail, but there are updates and new programs we could save postage on by notifying you through e-mail.
- Use our new **Birthday/Anniversary Honor-Memorial Program** to remember family and friends and to help The Shepherd's Center at the same time.
- 6. Become a volunteer** with The Shepherd's Center.
- 7. Participate in our Adventures in Learning Sessions, our computer classes or take a trip with our Travel Adventures Program.**
- 8. Bring a friend** to Adventures in Learning, a computer class or take them along on a trip.
- 9. Use our transportation or Handyman services.**
- 10. Send us a donation!**

Adventures in Learning program guide

General Session Mondays, April 6—May 11, 2009 (10:00 to 11:00 a.m.)

"Meet Your Neighbor"

Come and meet some of our Carolina neighbors from various walks of life. Enjoy their behind-the-scenes perspectives as you learn about their personal and professional journeys.



April 6

The late Sam Ervin, Jr. the Democratic Senator from Morganton, NC who chaired the Senate Watergate Committee in the 1970's. (Presented by **Dr. James Sasser**, one of Adventures in Learning's long-time, favorite history instructors.)



April 20

The Honorable **Pat McCrory**, Mayor of Charlotte



April 27

Jennifer Watson Roberts, Chairman of the Mecklenburg County Board of Commissioners



May 4

Debi Faubion, Emmy-winning news anchor, WSOC-TV Channel 9's "Eyewitness News"



May 11

Mike Redding, writer and host of *Carolina Traveler*, WCNC, News Channel 36

Please note: There will be no Adventures in Learning on April 13—Easter Monday!

Lunch
12:20-1:20
\$5.00



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

Reservations for lunch are secured by making your payment.

Please Note:

Pritchard is no longer able to offer a separate, pay-as-you-go salad bar.

The Shepherd's Center of Charlotte welcomes



As our newest Gold Level Sponsor.

We are able to offer you this excellent pricing on your lunch due to Windsor Run's generous sponsorship.

Windsor Run, the most anticipated new choice for retirement living in Southeast Charlotte.

704.321.2112 or
1.800.515.0886
2010 McKee Rd.
Matthews, NC 28105

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, March 31, 2009**. 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 five-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 Lynks railway system which runs right by Pritchard on South Blvd.

Notice: Many thanks to the Charlotte/Mecklenburg Public Library system for again providing books from the public library for check-out at Adventures in Learning.

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.

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, March 31**. Checks are payable to **The Shepherd's Center of Charlotte**. After March 31, please register on the first day of class (April 6) or hand-deliver your registration and check to The Shepherd's Center by **Thursday, April 2**.

Spring 2009 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: \$35.00 in advance for all 5 weeks, or \$38.00 at the door \$ _____
 Pre-paid lunch: \$5.00 per week (\$25.00 for all 5 weeks or check specific dates below)
 4/6 4/20 4/27 5/4 5/11 **(No AIL on 4/13)** \$ _____
 Contribution toward printing and mailing the Spring Newsletter: \$ _____

Total amount enclosed: \$ _____

Courses requested:

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

Spring 2009 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: \$35.00 in advance for all 5 weeks, or \$38.00 at the door \$ _____
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 4/6 4/20 4/27 5/4 5/11 **(No AIL on 4/13)** \$ _____
 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 2009 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 2009** 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)

Crafts/Recreation/Exercise/Health

Birding 101: Spring will soon be here and so will the birds in our local parks and backyards! Through visual and audio presentations, we will learn to identify birds native to our area, become familiar with their songs, and learn about their habitats and life histories. We will even learn what plants to grow in our yards so that we can attract more birds. Instructor Judy Walker will offer interested students an extra (optional) opportunity to gain some actual field experience in birding at Latta Park, meeting before the official start of the Adventures in Learning day (around 8:00 a.m.). You will need to bring your binoculars! **Instructor: Judy Walker, President of the Mecklenburg Audubon Society**

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**

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**

Fine Arts/Humanities

Arts & Ideas—The Baroque Period: This period, from the late 16th century through the first French Revolution of the 1790's, was a time where irresistible modern forces met immovable traditional objects. This period saw a great outpouring of grandeur and magnificence in the arts. Examples include the grand palace at Versailles, the incredible art of Rembrandt and the sublime music of Bach. This course will illustrate and show the painting, architecture, music, literature and the ideas of the time. **Instructor: Peter Browne, B.A., Fine Arts concentration, Syracuse University**

Religion—Tough Teachings of Jesus: This course will be a study of some of the teachings of Jesus and what those teachings may call us to be and do. **Instructor: Jocelyn Hill, Retired Christian Educator, Presbyterian Church USA (PCUSA)**

History/Social Sciences/Travel

Travel Talks: If you're not a comfortable traveler, you can let the adventure come to you! No flight delays! No strange food! Our speakers bring their travel experiences to you with first-hand knowledge. This session you'll set sail on tall ships around Cape Horn, tour Turkey and take a cruise or two. And be prepared for one or two surprises as well. **Course Coordinator: Cliff Shelkofsky, Education Committee Chair**

Literature

Poetry: The focus this session will be on poems of spring and Easter! Come and join us! New and returning students are always welcome! **Instructor: Julian Mason, Ph.D., UNC Chapel Hill (now in his 11th 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/Exercise/Health

Game Room: If you love to play games, this is the place for you. Back by popular demand, the game room is a way for you to bring your favorite games to share with others. Whether it's Bridge, Scrabble, Monopoly or one of the newer games, the Game Room will give you the opportunity to gather with other players. Card tables will be available. This course is not facilitated and will not have a specific agenda—you will simply be provided with an available space in which to relax and enjoy the fellowship of other "Adventurers" in Learning.

Movie Club: Do you like old, classic movies? Each week we will show, for your viewing enjoyment, one of Hollywood's best-known and much-loved movies, such as *Casablanca* **or** *Citizen Kane*. This class will last as long as the movie-of-the-day so you can view the film in its entirety. This class will *not* be facilitated or led by an instructor and is ideal for the Adventures in Learning student who just wants to sit back, relax, and enjoy a good, classic movie with other like-minded individuals. Happy viewing! (Bring your own popcorn!)

Watercolor Painting: Chuck Calhoun will facilitate and teach this course with an emphasis on design, color and light. Chuck's art reflects a love of nature and attention to detail. This is a class for the beginner and painters of all levels. As a watercolor student, you will be expected to supply your own materials. A supply list will be sent to you prior to the first class meeting. Please note that this class will extend until 3:20 p.m. to allow time for instruction *and* painting. Please register early! This class fills up fast! **Class limit: 20 students.**

Instructor: **Chuck Calhoun**, *past president of the Guild of Charlotte Artists and local acclaimed artist. (Because of some scheduling conflicts, Chuck will not be available to teach every class, but will arrange for a substitute instructor in his absence.)*

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? Much-loved 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**

Finance/Real Estate

The Art of Rightsizing Your Home: Topics will include the art of "rightsizing" and the changing needs and concerns of seniors with today's real estate market in mind. ♥ What are the pros and cons of making your home accessible and universally designed? ♥ Should you consider a reverse-mortgage or a home equity line? ♥ What about credit scores? How are lenders looking at them? ♥ How will your decision(s) affect your estate planning? ♥ What do you do with all your "stuff" - staging, Internet selling through E-bay and Craig's List, and donating. ♥ What are your resources and how do you do it? ♥ How do you make the decision to change your home or change homes—marketing vs. selling, positioning your home in the market place, how the process unfolds and what to expect from an agent. Expect to be enlightened and excited as guest speakers will include mobility specialists, tax advisors, lenders, staging professionals, E-bay marketing experts and home-inspectors to name a few. Class participation will be encouraged and door prizes will be offered!

Instructor: **Beth Gionis, REALTOR®, Helen Adams Realty**

Fine Arts/Humanities

The Musical Career of Andrew Lloyd Webber: You may know *Phantom of the Opera* and *Cats*, but how about *The Beautiful Game* or *Aspects of Love*? These are all musicals by the most successful composer during the last 30 years in both London's West End and New York's Broadway: **Andrew Lloyd Webber**. We will examine his stellar career as a whole and in preparation for the next visit of the famous *Phantom* to Charlotte, which is scheduled for June. **Instructor:** **Luther Wade, Ph.D., Professor Emeritus of Speech and Theater, Southeastern University**

March, 2009

Dear Shepherd's Center Friend and Supporter:

For the past 29 years, The Shepherd's Center of Charlotte has been motivating seniors to help other seniors through services and programs designed to assist them in keeping **mentally alert** and **living independently**. Seniors like **Dorothy** who never misses a **Travel Adventure**, and **George** who looks forward each quarter for the **Adventures in Learning Classes**. **John** uses our **transportation service** to get his wife to the doctor each month and **Cheryl** just had her taxes done with the **volunteer tax assistance** counselors.

We pride ourselves on making our programs and services available to seniors in Charlotte. Seniors like **Dorothy, George, John and Cheryl** merely have to pick up the phone and give us a call to sign up for a **program or request a service**. From our **educational programs of Adventures in Learning and computer classes**; to **Travel Adventures** and the **transportation program**; to **tax assistance, S.H.I.I.P. (Seniors Health Insurance Information Program)** assistance and **hot meal delivery**; to the innovative **Companion Aide Referral Program**, The Shepherd's Center has been the **"go to" organization for seniors** for as long as most can remember.

It is with this in mind that **The Shepherd's Center of Charlotte launches the "Support a Senior" honor/memorial card program**. This is an excellent way to remember the special events of your family, friends and colleagues in 2009. From holidays to birthdays and anniversaries, this program is hassle free – just send us your list of names and addresses and in turn we will send them an appropriate card. If you'd prefer to fill them out yourself, we will mail your order directly to you!



We request a minimum of \$10 per card and we need your list of names far enough in advance get the cards out to the recipients in a timely manner. Please consider giving the gift that will keep The Shepherd's Center's services and programs affordable to the seniors in our community. **Complete** the enclosed form and send \$10 for **each** card. The Shepherd's Center does the rest! You will receive an acknowledgement and we will **mail out a beautiful holiday card in honor/memory of someone special in your life**.

If you do not wish to send a card, a donation to The Shepherd's Center in the name of your loved one or friend is greatly appreciated.

Sincerely,

Linda R. Pellerin

Linda R. Pellerin
Executive Director



The Shepherd's Center of Charlotte
"Support a Senior" Honor/Memorial Program
Please return at least 4 days before event



Name: _____

Address: _____ City: _____ State _____ Zip _____

Please send \$10.00 per card

In Honor of:

In Memory of:

Name _____

Name _____

Address _____

Address _____

Name _____

Name _____

Address _____

Address _____

Name _____

Name _____

Address _____

Address _____

Name _____

Name _____

Address _____

Address _____

Name _____

Name _____

Address _____

Address _____

Name _____

Name _____

Address _____

Address _____

Please return to: The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211.
Questions: 704.365.1995 or excdir@shepherdscharlotte.org.

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 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. For day trips, \$25 and any unrecoverable expenses will be deducted from the registration fee and refunded to you. For overnight trips, a \$50 charge and any unrecoverable expenses will be deducted. Any cancellation after the 45 day grace period is nonrefundable unless the spot is filled from the waitlist. 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.

Roommates: For overnight trips, The Center will assist those seeking a roommate but does not guarantee a match. If a roommate cancels and another cannot be found, the traveler assumes the single room rate.

Travel Adventures Registration Form

Please send a separate check for each trip.

Name: _____ E-Mail: _____

Address: _____ Phone: _____

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

- | | | |
|--------------------------|---|---------|
| <input type="checkbox"/> | 4/22/09: Reynolda House, Reynolds Gardens, Winston-Salem, NC | \$89.00 |
| <input type="checkbox"/> | 5/28/09: Flat Rock Playhouse, Hendersonville, NC | \$97.00 |
| <input type="checkbox"/> | 6/25/09: Miriam & Robert Hayes Performing Arts Center, Blowing Rock, NC | \$89.00 |
| <input type="checkbox"/> | 7/23/09: Wohlfahrt Haus Dinner Theatre, Wytheville, VA | \$89.00 |

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

Travel Adventures



Winston Salem, NC, Wednesday, April 22nd

Relive the Jazz Era as we visit the **Reynolda House and Museum of Art** in the restored 1917 mansion of tobacco baron R. J. Reynolds and wife, Katharine.

This historic home will charm you with a collection of American Art masterpieces ranging from the colonial period to the present, vintage clothing, original furnishings and family memorabilia. A traveling exhibit, "American Impressions," which includes selections from the National Academy Museum, is featured at the Reynolda at this time. This is the **only venue** outside of New York for this exhibit. Next stop, the **Reynolds Gardens** of Wake Forest University with time to explore the formal gardens and greenhouse. After enjoying a delicious lunch with friends, you're off to visit historic **Bethabara Park** for an imaginative journey to the Carolina backcountry where the first NC Moravians settled. Costumed guides will lead you through a 1788 furnished church, and you will tour a reconstructed village. Departing Charlotte at 8:30 a.m., you'll return by 6:00 p.m. **Price \$89.**

Flat Rock Playhouse, Thursday, May 28th

The **Highland Lake Inn** will have the delectable Chef's Choice buffet ready for us when we arrive in Flat Rock. After lunch we'll board the bus to cross the street to Flat Rock Playhouse where we'll delight in the new romantic comedy, **Old Love**, by Canadian Playwright Norm Foster. This love story spans three decades and a half a dozen meetings between Bud, a salesman, and Molly, his boss's wife. One of them is smitten from the very first meeting – the other, let's just say – less so. Comic playwright Norm Foster has written a clever and witty dialogue celebrating the pursuit of love, the kind of love that 'makes you breathe just a little bit faster'. If you love love, you will love **Old Love** and if you love to laugh, all the better. Bus leaves Charlotte at 9:00 a.m. and returns about 7:00 p.m. **Price \$97.00.**



Miriam & Robert Hayes Performing Arts Center, Blowing Rock, NC Thursday, June 25th



Join us for a summer getaway to Blowing Rock, NC for a day of entertainment, good food and fun. After driving up the mountain you may look forward to a scrumptious luncheon in the high country. Next we're off to the **Miriam and Robert Hayes Performing Arts Center** to see **Shear Madness**, a hilarious comedy which takes place in a unisex hair salon. The main characters, Tony Winkham, Muffy Schubert and Barbara Demarco, along with the other characters, make for a great script with very funny improvisation. The plot revolves around the murder of a musician by the name of Isabella Churney, who lives in the same building as the salon. There are events that occur throughout the play that puts every single character under suspicion of the murder. As the show continues, more twists and surprises are thrown in and the audience even gets a chance to play detective towards the end. The bus leaves Charlotte promptly at 9:00 a.m. and returns approximately at 6:30 p.m. **Price \$89.**

Wohlfahrt Haus Dinner Theatre, Wytheville, VA Thursday, July 23, 2009

Do you remember how to Be-Bop? Let's step back in time to the 40's and 50's as we "Rock Around the Clock" with an original musical revue, **Golden Oldies** at the Wohlfahrt Haus Dinner Theatre. The **Golden Oldies** features Top 40 hits from the 40's, 50's and 60's...from R&B, pop, big band and rock genres which make up the golden era! Take a ride down Memory Lane and join us for this excellent production! We'll leave Charlotte at 8:30 a.m. and return by 7:30 p.m. **Price \$89.**



Seminars

Winter financial planning series

Carl A. Brooks, C.F.P.
Wednesday, April 8, 2009
10-11:15 a.m.
Providence Baptist Church

IRA Rule Changes – Don't Miss the Opportunities

- Congress suspends required minimum distribution—should you take a distribution anyway? Questions to ask your CPA.
- Charitable IRA rollover reinstated – when does it make sense?
- Tax planning opportunities within the stock market mess.

Carl A. Brooks, C.F.P.
Wednesday, May 13, 2009
10-11:15 a.m.
Providence Baptist Church

Estate Planning - Update

- Estate tax exemption now \$3,500,000; should you change your will/trust?
- How does recent market drops change your plans?
- New Rules for IRAs and Annuities.

To reserve your seat, please contact The Shepherd's Center, **704.365.1995** or e-mail keckert@shepherdscharlotte.org.

AARP defensive driving class



Taught by Officer Howard Setzer
Tues., April 21 and Thurs., April 23
9:30 a.m. —2:00 p.m.
(30 minutes for lunch—please bring your own)

Designed for Baby Boomers and up (50 and over), the class helps drivers refine existing skills and develop safe, defensive driving techniques. Please plan on attending **both** days. Cost is \$12 for AARP members and \$14 for non-members—payment is due the first day of class. **Please make checks payable to AARP.**

Upon completion, 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

Free Lunch & Learn



Wednesday, April 15, 2009
11:00 a.m.—1:00 p.m.

Doug Mayes

Retired WBT-Radio & WSOC-TV anchor

"The Joys of Aging & How to Avoid Them"

Followed by lunch & hearing screenings
By HearUSA, Inc.

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

704.365.1995 to sign up for this FREE seminar

Meet Your Computer

FREE seminar designed to show you the wonderful things you can accomplish with a personal computer. Topics include day-to-day uses of computers, e-mail, banking and much more. Held at Southminster Retirement Community. Hours: 9:00 a.m.—12:00 noon

Friday, March 20 & Friday, April 3
Call 704.365.1995 to sign up



Senior Villages

55+ Community
Affordable, Dependable Apartments

1705 Queen City Dr., Charlotte, NC 28208

704.395.0126

Silver Level Sponsor

Computer Classes

The Shepherd's Center of Charlotte has been offering computer classes to the community for over 10 years. In order to fulfill an increasing demand for computer training by the community at large, we now offer this course to any adult. The following is a listing of the classes currently available. All classes are held at Southminster Retirement Community, 8919 Park Rd. To register, please either contact The Shepherd's Center of Charlotte, 704.365.1995 or complete this page and 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 Retirement Community, 8919 Park Rd. will be given to you by your instructor when he/she calls to confirm your class. Comprehensive manuals are included in all classes.**

Please note that the Intro classes are offered either twice a week for four-week sessions or once a week for eight week sessions.

Name _____ Phone _____ Email _____

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

704.365.1995 or www.shepherdscharlotte.org
Please indicate your preferences by checking the boxes below.

<h3>Introduction to Computers</h3> <p>This is either a 4-week (2 times a week) or 8-week (1 time a week) hands-on class for beginners covering Microsoft Windows, word processing, spreadsheet, Internet and E-mail. The class fee is \$50.</p> <p><input type="checkbox"/> A—Apr 6—Apr 29, Mon & Wed 1-4 (4 wks) <input type="checkbox"/> B—May 11—Jun 3, Mon & Wed 1-4 (4 wks)</p> <p><input type="checkbox"/> C—Apr 7—May 26, Tues 9-12 (8 wks)</p>	
<h4>Microsoft Word—9 hrs, 3 sessions</h4> <p>Designed to build word-processing skills such as letter-writing and forms. \$25 fee. You must have taken the Introduction to Computers class or have comparable skills.</p> <p><input type="checkbox"/> A—Apr 6, 8 & 9, Mon Wed & Thurs 9-12</p> <p><input type="checkbox"/> B—May 11, 13 & 14, Mon Wed & Thurs 9-12</p>	<h4>Microsoft Excel—9 hrs, 3 sessions</h4> <p>Create several varied Excel spreadsheets and learn basic skills including building simple formulas and manipulating data. \$25 fee. You must have taken the Introduction to Computers class or have comparable skills.</p> <p><input type="checkbox"/> A—Apr 20, 22 & 23, Mon Wed & Thurs 9-12</p> <p><input type="checkbox"/> B—May 25, 27 & 28, Mon Wed & Thurs 9-12</p>
<h4>Internet/Email—9 hrs, 3 sessions</h4> <p>Students learn basic skills: How to navigate the Internet and how to send and receive e-mail. \$25 fee. You must have taken the Introduction to Computers class or have comparable skills.</p> <p><input type="checkbox"/> A—May 4, 6 & 7, Mon Wed & Thurs 9-12</p> <p><input type="checkbox"/> B—Jun 8, 10 & 11, Mon Wed & Thurs 1-4</p>	<h4>Digital Image Management & Editing 9 hrs, 3 sessions</h4> <p>Learn how to manage and edit digital photos, from loading the pictures into the computer to editing and sharing. \$25 fee. You must have taken the Introduction to Computers class or have comparable skills.</p> <p><input type="checkbox"/> A—Apr 13, 15 & 16, Mon Wed & Thurs 9-12</p> <p><input type="checkbox"/> B—May 18, 20 & 21, Mon Wed & Thurs 9-12</p> <p><input type="checkbox"/> C—Jun 29, Jul 1 & 2, Mon Wed & Thurs 9-12</p>
<h4>E-Bay—9 hrs, 3 sessions</h4> <p>Learn what all the fuss is about. How to navigate, buy & sell on this popular Web site. \$25 fee. You must have taken the Introduction to Computers class or have comparable skills.</p> <p><input type="checkbox"/> A—Jun 15, 16 & 18, Mon Tues & Thurs 9-12</p>	<h4>Computer/Internet Security 9 hrs, 3 sessions</h4> <p>Keep your computer safe with this class on security. \$25 fee. You must have taken the Introduction to Computers class or have comparable skills.</p> <p><input type="checkbox"/> A—Jun 22, 23 & 25, Mon Tues & Thurs 9-12</p>



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Trinity Presbyterian Church
3115 Providence Rd.
Charlotte, NC 28211

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Alternative Medicine—Is it for you?

The Shepherd's Center of Charlotte presents Senior Summit on Alternative Medicine

Wednesday, June 10, 2009
Levine Jewish Community Center
5007 Providence Rd., Charlotte, NC 28226
9:30 a.m.—12:30 p.m.

ALSO:

Nelsa Andersson Ciapponi
Naturopath
Phyllis Nadel, Hypnotherapist
Annelle Wilder
Music Therapist



Dr. Michael
Meehan,
Chiropractor



Gerri Karr,
Reflexologist

This is a FREE event,
but reservations are encouraged

704.365.1995 or plampel@shepherdscharlotte.org

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