

The Shepherd's Center of Charlotte
P.O. Box 6052
Charlotte, NC 28207

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Charlotte, NC
Permit Number 14

Extra-curricular activities

Shred-It Truck

Please mark your calendars for **July 28** from **9:00-11:00 a.m.** Once again, the fine people at **Shred-It** will provide two hours of **FREE** shredding in the **parking lot of Christ Episcopal Church**. This is an excellent opportunity for individuals to safely dispose of sensitive documents in an effort to guard against identity theft. Please note that this **FREE** service is offered as a courtesy by Shred-It to individuals in the community. It is not intended for businesses.



FREE Carotid Artery Screening

Carotid artery disease occurs when the major arteries in your neck become narrowed or blocked. These arteries, called the carotid arteries, supply your brain with blood. Be proactive and take the necessary steps to prevent stroke. Have your carotid arteries checked on Monday, **July 28** from **9:00-10:00 a.m.**, by Metrolina Vascular Laboratory. SAIL students have first priority. The screenings will be held at **Christ Episcopal Church** during the Summer Adventures in Learning Program.



Senior Solutions is a **FREE** publication produced by The Shepherd's Center of Charlotte. Contributions to cover printing expenses are welcome.

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The Shepherd's Center of Charlotte, Inc.
P.O. Box 6052, Charlotte, NC 28207
704.365.1995, 704.365.1955 (fax)

Offices: Trinity Presbyterian Church
3115 Providence Rd.



Services & Education
for Seniors

Senior Solutions

The Shepherd's Center of Charlotte's Quarterly Newsletter

VOLUME 2, ISSUE 3

JUNE, 2008

Summer Adventures in Learning

INSIDE THIS ISSUE:

Message from the executive director, pg. 2

S.H.I.I.P. volunteers needed, pg. 2

PROGRAM GUIDE:

Adventures in Learning

General Session Info, Pg. 3

General Information, pg. 4

Morning class schedule, pg. 5

Registration Form, pg. 7

AARP defensive driving class, pg. 10

Financial seminars, pg. 10

Meet your computer seminar, pg. 10

Travel Adventures, pgs. 8-9

Computer classes, pg. 11

Extracurricular activities pg. 12

OK, so we may not be shooting the rapids at the Whitewater Center, skydiving, cycling, tubing or holding a swimming marathon; but we **are** offering a summer version of our Adventures in Learning Program this year.

You have spoken and we have listened. Many of you told us that it's too long a stretch between May and October and you wanted to be able to get together with your Adventures in Learning friends during the summer. We have been more than happy to comply with your wishes.

First and foremost, our group of Summer Adventures in Learning volunteers had to surmount the challenge of finding a place to hold the program. As many of you know, we normally hold our Adventures in Learning Program at Pritchard Memorial Baptist Church, but that facility is not available this summer. Christ Episcopal Church has graciously offered to be our hosts for our summer program this year. Christ Episcopal Church is located at 1412 Providence Rd. in Myers Park.



From left to right, Carolyn Gaylord, and Frances Pitts, ALL students

We're sure you will find this summer location convenient, with easy parking and easy access to the classrooms.

Our SAIL (Summer Adventures in Learning) volunteers have been working on this project for months and they've come up with a wonderful program for this summer.

We have modified everything to fit into the morning so you can be back home safe and sound before the temperature gets too hot. Plans are underway to offer a full version of Adventures in Learning next summer if there is enough interest.

As always, your thoughts and comments are welcome. Please contact SAIL Chair, Ardith Allen, 704.365.1995 or aallen@shepherdscharlotte.org or Program Director, Karen Eckert, keckert@shepherdscharlotte.org.

Volunteer traditions!



This organization has always relied upon the generosity of volunteers.

Art Nelson has been a volunteer with The Shepherd's Center of

Charlotte for 10 years. Art serves as the Committee Chair for our Handyman Service and personally takes many of the jobs himself. In that respect, he has been instrumental in

notifying The Center when he comes across someone who needs more than "handyman" help; people who may need assistance with keeping up their personal needs or their household obligations.

Art is also one of the very popular computer instructors in our Computer Program at Southminster Retirement Community, teaching Introduction to Computers on Monday afternoons. Once again, volunteerism at its best!

Adventures
In
Learning

New summer
location
Christ Episcopal
Church
1412
Providence Rd.
(Myers Park area)

From the executive director



June usually signals the beginning of summer; a time when you get to relax and smell the roses. Well, that's not the case at The Shepherd's Center of Charlotte. We're busier than ever and loving every minute of it.

First, let me thank all of you who supported our **Spring Raffle** this year. Our prizes were bigger and better and your support is greatly appreciated. Our winners are as follows:

Carole Johnson--\$1,000

Pat McCourt

Heirloom string of pearls from Perry's of SouthPark (\$600 value)

Bud Fitzsimmons--Canon Digital Camera with one free Digital Computer Class (\$500 value)

Ruth Pope--1 one-day Travel Adventures Trip (under \$100)

Joyce Wellman--1 Adventures in Learning session with lunch (\$63 value)

Margaret Bigger--1 Introduction to Computers class (\$50 value)

June Wise--1 computer short class (\$25 value)

We are concerned that some of you are being affected by the high gas prices and overall increase in the cost of living. I'd like you to be aware that The Shepherd's Center of Charlotte is doing everything possible to keep our programs and services affordable to you.

We've searched for the best prices available on all of our trips; we've partnered with Shepherd's Center East and Shepherd's Center South to offer even more exciting trips; we've lowered our computer class prices (see page 11) and we're continually searching for new, affordable ways to serve you during these difficult times.

Please keep in mind that The Shepherd's Center is a non-profit organization, which relies on donations from you and others who participate in our programs and utilize our services. Without your help and the help of the faith community, The Shepherd's Center would not exist. I thank you in advance for your continued support throughout this challenging year.

Linda R. Pellerin



Make a Bequest

Please remember The Shepherd's Center of Charlotte in your will!

A bequest to The Shepherd's Center is a great way to keep your memory or the memory of a loved one alive.

Please call 704.365.1995 for more information.

Seniors Health Insurance Information Program (S.H.I.I.P.) needs you!



You only have to pick up the newspaper or listen to the radio to hear about new initiatives concerning Medicare and Medicaid. It can be very confusing.

Is your prescription drug plan the most effective for you? Are there changes in your plan that you may not be aware of? Are you getting the most from your Medicare benefit?

The Shepherd's Center of Charlotte, in partnership with NC SHIIP, provides FREE trained counselors to answer your questions about Medicare, Medicare

supplements, Medicare Advantage, Medicare prescription drug plans, long-term care insurance and other health insurance concerns. The Shepherd's Center of Charlotte welcomes new SHIIP volunteers. If you are interested in helping in this area please call SHIIP at 1.800.443.9354 or The Shepherd's Center of Charlotte 704.365.1995 to obtain a SHIIP Volunteer Registration form. Or you may download and complete the Volunteer Registration Form and turn it into The Shepherd's Center of Charlotte.

For more information or to volunteer, please visit <http://www.ncdoi.com/SHIIP/> or <http://www.shepherdscharlotte.org>.

Introduction to computers classes

Do you understand your computer? Do you feel like you're the only one who doesn't know how a mouse works? This eight-week hands-on class is for you. It's specifically for beginners at a very basic level. This class is intended to help seniors understand the computer and how to use it. All students are beginners or have very little knowledge of computers. Taught slowly by senior instructors, these classes allow students a better understanding of the material. The class fee is **\$50** and includes a comprehensive manual. **Please note:** Classes are taught on personal computers and **not Apple/MacIntosh** computers.

To register, please complete the form below and mail it with your check for \$50 to The Shepherd's Center of Charlotte. Please mark a box below for any session you are able to attend, using 1, 2, 3 and 4 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 July 14 - 1:00-4:00 p.m.
<input type="checkbox"/> Tuesdays , starting July 15 - 9:00-12:00 noon | <input type="checkbox"/> Wednesdays , starting July 16 - 9:00-12:00 noon
<input type="checkbox"/> Thursdays , starting July 17 - 9:00-12:00 noon |
|--|---|

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: \$50 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. Instructors will meet you in the dining area before your first class.

Computer short courses

Short courses are also 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. Manuals are included with all classes, which are held at Southminster Retirement Community, (see above). **All classes are \$25. These classes fill up fast. Please call to be put on the waiting for the class of your choice listed below or to be scheduled soon.**

<p>Digital Photo Management & Editing In this 9-hour, 3-session course, you will learn how to manage and edit digital photos, from loading the pictures into the computer to editing and sharing. This class does NOT teach you how to use your digital camera.</p>	<p>Tuesday, Wednesday & Thursday July 8, 9 & 10 9:00 a.m. - 12:00 noon</p>
<p>Microsoft Word This 3-session, 9-hour course is designed to build word-processing skills such as letter writing and forms.</p>	<p>To be announced. Please call to reserve your spot today!</p>
<p>Microsoft Excel In this 9-hour, 3-session course, you will create several varied Excel spreadsheets and learn basic skills including building simple formulas and manipulating data.</p>	<p>To be announced. Please call to reserve your spot today!</p>
<p>Internet/Email This is a 3-session, 9-hour course where you learn basic skills on how to navigate the Internet and how to send and receive email.</p>	<p>To be announced. Please call to reserve your spot today!</p>

AARP defensive driving class



AARP Driver Safety

Taught by Officer Howard Setzer

Tuesday, August 5 and Thursday, August 7

9:30 a.m. —2:00 p.m.

(30 minutes for lunch-please bring your own)

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.

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. **Note:** North Carolina 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 summer financial planning series

Carl Brooks, C.F.P.
Wednesday, July 16, 2008
10:00 - 11:00 a.m.



A Fresh Look at Managing Long-Term Care Risk

- ▶ Retain the risk, transfer the risk, or some of both?
- ▶ Different objectives -- different solutions.
- ▶ The current state of long-term care policies & Medicaid.

The Seminar will be held at Providence Baptist Church. To reserve your seat, please contact The Shepherd's Center of Charlotte
704.365.1995 or keckert@shepherdscharlotte.org.

FREE "Meet your computer" seminar



BACK BY POPULAR DEMAND!
Friday, July 11, 2008 9:00 a.m. to 12:00 noon

Computer Lab, Southminster Retirement Community
8919 Park Rd., Charlotte, NC
Please see Page 11 for directions

704.365.1995 to register for this FREE event - seating is limited!

This is a **FREE** seminar designed to show you the wonderful things you can accomplish with a personal computer. For those of you who are frightened at the prospect of buying a computer, this seminar will help you to decide if you're ready for that big step.

Cliff Shelkofsky, your qualified presenter, will cover day to day uses of computers such as letter writing, e-mail, banking, bill paying, photo management, calendars and much more. Only 12 seats available! Call for your reservation today!

Adventures in Learning General Information

Adventures in Learning

New summer
location
Christ Episcopal
Church
1412
Providence Rd.
(Myers Park area)



Summer Adventures
in Learning
(SAIL)

The Shepherd's
Center of Charlotte
wishes to thank



(704) 344-0801
Charlotte
(704) 892-6888
Huntersville and
N. Mecklenburg County

for providing coffee
and tea prior to the
Adventures
in
Learning
General Session.

Welcome to the summer session of **Adventures in Learning**, or **SAIL** as we like to call it; an intellectually stimulating experience in an atmosphere of friendship. Thank you for your interest in this exciting program.

How to register-Registration is as easy as completing the registration form on page 6 and returning it to The Shepherd's Center by **Tuesday, July 8**. 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 \$20.00!** 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-Beginning at 9:30 a.m., you may check in at the registration table. Please pick up your nametag and head into the Blue Room 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 class at 11:20. Your day will conclude at 12:20. Please remember to return your nametag to convenient boxes each week 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**, which is located at 1412 Providence Rd. in the Myers Park area across from Colville St. There is plenty of free parking. The program will be held 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.

Transportation Assistance-If you need transportation to Adventures in Learning, please call The Shepherd's Center, 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 Shepherd's Center.

Attendance-Weekly attendance is **not mandatory**. It is common for some of you to miss a class or two, especially during the summer months, but please enroll anyway and attend when you can. In addition to our General Session, which consists of various speakers, our course offerings include some that lend themselves very well to a drop-in style.

Please Note-The Summer Adventures in Learning Program is being held at **Christ Episcopal Church**, 1412 Providence Rd. and is different in that there will be only the General Session and one class in the morning. We have shortened the summer session to allow you to enjoy Adventures in Learning before the heat of the day settles in.

A note of gratitude goes out to the SAIL Committee who have worked tirelessly for the past few months bringing the General Session and classes together. The Committee members are Ardith Allen, Chair; Doris Anne Bradley, Marie Davis, Lou Jean Johnson, Dick Jones, Jane McLaughlin, Frances Pitts, Selma Sussman, Wanda Washburn, Jack Waynick and SCC Program Director, Karen Eckert.

Plans are already underway for the Fall Adventures in Learning, which will be held September 29 - November 3. Please mark your calendars. We'll be back at Pritchard Memorial Baptist Church for the fall session with a full day of activities for you, including lunch and afternoon classes.

Adventures in Learning Program Guide

General Session

Mondays, July 14 - August 18
(10:00 a.m. - 11:00 a.m.)

Potpourri



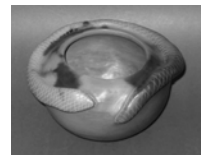
July 14: The David Silden Brass Ensemble will kick off our summer program with a variety of musical selections from the 1700's to the present. The band will delight us with some classic and popular favorites, church hymn tunes, patriotic songs and a few surprises!

July 21: July is the month for commemorating our Independence from the British in 1776, so please join us for "**Petticoats and Patriotism,**" a presentation by Patti Proctor, director of Proctor Historical Presentations. Dressed in Colonial costume and with Colonial-era props, Patti will share the little-known history of several local women who stood their ground against the British soldiers when they invaded Charlotte. Patti, who has presented well-received programs at the Charlotte Museum of History and to the Sons of the American Revolution, as well as at several living history events, is sure to offer an entertaining and educational glimpse into a past era.



July 28: Tommy Tomlinson, columnist, *The Charlotte Observer*, has written columns that range from sports to politics to the CMS budget. In other words, he is an accomplished reporter who is well versed on a variety of subjects. You'll want to hear what he has to say before he leaves Charlotte to teach political at Harvard.

August 4: Caroleen Sanders, master of the Catawba Indian Nation and member of the Board of Directors for the NC Pottery Center in Seagrove, will demonstrate the 4,000 year tradition of pottery-making of the Catawba Indian Nation, which is located just across the river in South Carolina. Handed down from generation to generation, it is the longest unbroken tradition of pottery-making in the United States. In addition to demonstrating the making of pottery, Caroleen will also bring samples of her work and inform us about the history of her ancestors.

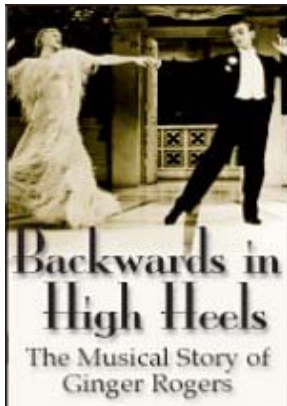


August 11: For all those times when you've thought, "I could have written a better review than that!" Lawrence Topman, film critic at *The Charlotte Observer*, will share with you the art of being a professional film critic. How does he do what he does? What's it like being a film critic? What does he look for in a movie and how does he arrive at his opinions? Is it important to pay attention to film critics? Does he eat his popcorn plain or with butter? Join us as Charlotte's premier film critic shares with us his expertise and experiences while helping us tap into our own "inner critic."

August 18: You remember "Little Orphan Annie," "Casey at the Bat," and "The Cremation of Sam McGee"? Storyteller Grace Mitchell will give her unique presentation of these and other stories and poems that we know and love. Grace has given many dramatic performances throughout the years, and we look forward to having her with us to bring these stories and poems alive for us at Adventures in Learning.



Travel Adventures



Blowing Rock Stage Company Blowing Rock, NC Thursday, September 4, 2008

Join us for a trip to our favorite Blowing Rock Stage Co. for "Backwards in High Heels - The Ginger Musical." View the remarkable life and times of the multi-talented entertainment powerhouse, Ginger Rogers. The bus will leave at 8:30 a.m. from Trinity Presbyterian Church. When you get there, there will be plenty of time for a stroll through historic Main Street in downtown Blowing Rock, you'll enjoy lunch in at the picturesque Meadowbrook Inn, and then it's on to the show and back home again by 6:30 p.m. **Price \$89**



Newberry Opera House Newberry, SC Thursday, October 16, 2008

The charming town of Newberry was founded in 1789 and is the location of our fall excursion. We will travel there by bus, which leaves at 8:30 a.m. from Trinity Presbyterian Church. Lunch will be served at your favorite Steven W's Bistro followed by a stroll through Newberry's quaint Historic District. The Opera House is your final destination where you will be entertained by "The Church Basement Ladies." You will be fascinated by the characters portrayed as these women prepare food and discuss and debate life's general issues. Meet everyone from the senior matriarch to the bride-to-be learning to put everything in order. You should be back in Charlotte by 7:30 p.m. **Price \$89**

Wohlfahrt Haus Dinner Theater Wytheville, VA

Wednesday, November 12, 2008



Prepare for a festive holiday season at the popular Wohlfahrt Haus Dinner Theater as we travel to Wytheville, VA. Your bus will leave Trinity Presbyterian Church at 8:30 a.m. The Wohlfahrt Haus family will present an original review entitled *An American Christmas* featuring holiday favorites from around the world from traditional to contemporary. This performance is sure to get you in a holiday mood. Plan on being home by 7:30 p.m.

Price \$89

Travel Adventures Information

Please register early! Our trips fill very quickly. Please complete the Travel Registration Form (below) and submit a separate check for each trip. Checks are payable to *The Shepherd's Center of Charlotte*. Please mail the registration form and check(s) to **The Shepherd's Center of Charlotte, 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 reservation 45 days or more before the trip, The Shepherd's Center will return your payment less a \$25 charge and any unrecoverable expenses. If a trip is cancelled by The Shepherd's Center due to low registration, your payment 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 deposit 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 non-refundable** unless the spot is filled from the wait list. For all trips, extreme medical emergencies will be taken into consideration. All trip participants are responsible for their own safety and are expected to carry information of 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.

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"/> | Sept. 4 - Blowing Rock Stage Company, "Backwards in High Heels
The Ginger Musical", Blowing Rock, NC
Please register by July 21! | \$89 |
| <input type="checkbox"/> | Oct. 16 - Newberry Opera House, "Church Basement Ladies",
Newberry, SC - Please register by Sept. 5 | \$89 |
| <input type="checkbox"/> | Nov. 12 - Wohlfahrt Haus Dinner Theater, "An American Christmas"
Wytheville, VA - Please register by October 1 | \$89 |

Classes - 11:20 a.m. - 12:20 p.m.

Please indicate your first and second choice on the registration form - page 6

Charlotte ministries - Join us to learn how Charlotte is helping the homeless and feeding the hungry, as well as ministering to others in need. Each week a speaker from a local Charlotte area ministry will be featured. Organizations represented will be Habitat for Humanity (7/14), the Carolina Cross Connection (7/21), Loaves and Fishes (7/28), the Rescue Mission (8/4), the Emergency Winter Shelter (8/11) and the Jewish Community Center/Jewish Federation (8/18). Learn what these organizations are doing and find out ways that you, too, can help.

Facilitator: Jack Waynick, Summer Adventures in Learning Committee member

Classical mythology - Join us for fun and an informative discussion of Greek and Roman mythology: stories of gods, heroes (and a few villains), epic adventures, mythology's influence on the arts and literature, allusions, idioms and expressions, advertising, names and titles - from faraway demoted Pluto to your dental *hygienist*. Our text will be **Edith Hamilton's Mythology**, which is available in paperback and also from local libraries. And yes, there will be homework and a (fun) final. For starters, please begin to read Part One before we meet and get to know the Greek gods (Roman names for "extra credit"). For the especially industrious among us, go on a scavenger hunt for a reference to Greek or Roman mythology and bring it to class. There will be prizes (and lots of praise) for the most creative!

Instructor: Rita Leonard, CPCC English instructor (retired)

Conversational Spanish - *Hola!* Would you like an opportunity to brush up on your conversational Spanish? Learning to speak Spanish is becoming increasingly popular and important in today's society. Designed for the beginner, this class covers just the basics, as you learn to speak and interpret the most common Spanish words and phrases.

Instructor: Grace Mitchell, Ph.D., Spanish

Game room - Do you love Bridge, Scrabble or other games, but just don't get to play them often enough? Bring your own cards (or games) and gather with other players in the Gathering Room. Card tables will be available for anyone interested in playing Bridge (or any other games). This course is not facilitated and will not have a specific agenda - you will simply be provided with an open, comfortable, available space in which to relax and enjoy the fellowship of other "Adventurers" in Learning - a great opportunity to make new friends and just have fun! **Please note:** The game room will NOT be available on Aug. 18th, but you are welcome to attend any of the other classes that day.

Gardening made easy - Let's bring the garden inside while the summer heat blankets the area. What better time to learn about gardening than when everything is growing and thriving? Mecklenburg County Extension Master Gardeners will teach you about growing house plants (7/14), herb gardening (7/21), gardening in small spaces (7/28), organic gardening (8/4), water-wise gardening (8/11) and drought-tolerant plants (8/18).

Instructors: Master Gardeners, Mecklenburg County Extension Agency

Lady sings the blues - The evolution of jazz through its singers will focus on a century's worth of music, with examples from important venues such as Africa, the West Indies, New Orleans, Chicago, New York, Kansas City and other U.S. and worldwide locations. Some of the vocalists will include folks like Robert Johnson, Bessie Smith, Billie Holiday, Ella Fitzgeralds, Joe Williams, Mel Torme, Chet Baker, Frank Sinatra, Sarah Vaughn, Bobby McFerrin and groups such as the Swingle Singers, the Hi-Lo's, Manhattan Transfer, New York Voices, etc.

Instructor: John Harding, Doctorate in Musical Arts, University of Miami; Member of the Charlotte Jazz Orchestra

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. **Register early! Limit-20 students.**

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

Summer 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, July 8**. Checks are payable to **The Shepherd's Center of Charlotte**. After July 8, please register on the first day of class (July 14) or hand-deliver your registration to The Center by **Thursday, July 10**.

Please note: The Summer Adventures in Learning will be held at Christ Episcopal Church, 1412 Providence Rd.

2008 Summer 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:	\$20.00 in advance for all 6 weeks, or \$22.00 at the door	\$ _____
Contribution toward printing and mailing the Summer newsletter:		\$ _____
Total Amount Enclosed:		\$ _____

Courses Requested:

1st Choice: _____ 2nd Choice: _____

2008 Summer 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:	\$20.00 in advance for all 6 weeks, or \$22.00 at the door	\$ _____
Contribution toward printing and mailing the Summer newsletter:		\$ _____
Total Amount Enclosed:		\$ _____

Courses Requested:

1st Choice: _____ 2nd Choice: _____

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

<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 a future session.

My topic would be: _____

Senior Choices Summit

Health & Wellness Issues for older adults

Tuesday, August 19, 2008
9:00 - 11:30 a.m.

Pritchard Memorial Baptist Church
1117 South Blvd., Charlotte, NC 28203

Featuring **Dan Starks**,
WCNC-TV's "Don't Be a Victim" expert

Also:

Medicare/Medicaid Updates
Jeannie Scheps, Senior Health Insurance Information
Program (S.H.I.I.P.)

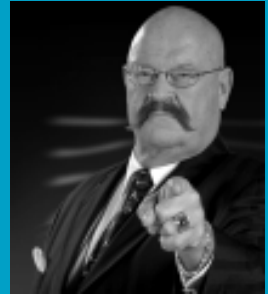
"Myths of Aging"
Kristi Multhaup, Davidson College

"Brain Fitness"
Stacey Carter, The Laurels & The Haven

Long-Term Care Options
Dan Gallagher, Ameriprise Financial

This is a **FREE** event, but reservations are encouraged due
to limited seating.

Please contact The Shepherd's Center of Charlotte,
704.365.1995, jwright@shepherdscharlotte.org
to reserve your seat today!



Dan Starks has been in the business of teaching self-defense for many years. He's had the privilege of working with tens of thousands of folks from all walks of life.

Clients include agents from the FBI, Secret Service and Law Enforcement Departments. His clients are law-abiding citizens looking for the best way to protect themselves including senior citizens, companies, employees, families, singles students and new moms.

For more information, please visit Dan's Web site:
www.danstarks.com.

Planning is underway for the 2009 series of **Senior Choices Summits**. The Shepherd's Center of Charlotte is seeking volunteers to serve on the **Senior Choices Summit Committee**. If you would like to be involved in the planning and implementation of the **2009 Senior Choices Summits**, please contact:

Linda R. Pellerin
Executive Director
The Shepherd's Center of Charlotte
704.365.1995
lrpellerin@shepherdscharlotte.org

Thank you in advance for your continued support!

