



Services and Education
for Seniors

Senior Solutions

The Shepherd's Center of Charlotte's Quarterly Newsletter
Volume 3, Issue 4
January, 2010

The Shepherd's Center needs YOU!

Inside this issue:

Executive director message,
pg. 2

It's Tax Time Again!, pg. 2

Program Guide:

Adventures in Learning

- General Session, pg. 3
- General Info. , Pg. 4
- Registration Form, pg. 5
- Classes, pgs. 6 & 7

Travel Adventures,
pgs. 8-9

Seminars, pg. 10

Computer Classes, pg. 11

Homecoming 2010!, pg. 12

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



Nearly 30 years ago, The Shepherd's Center of Charlotte was launched with a staff of two, a few basic programs and services, some dedicated Board members and the help of the Charlotte faith community.

With those humble beginnings, the organization has grown throughout the years with expanded programs and services. We currently have over 350 volunteers who serve the senior community with over 4,500 on our mailing list.

Last year at this time, the economy went into a tailspin. Stocks and investments plummeted and belts were tightened to weather the latest economic downturn. That translated to fewer donations to churches and non-profits, which meant fewer donations to The Shepherd's Center of Charlotte.

We anticipated this and tightened our belts as well by eliminating two part-time positions and reducing our office hours from 40 to 35 per week. We cut \$50,000 from the 2009 budget. But in spite of our efforts, we find donations to The Shepherd's Center falling \$30,000 short of what we predicted. That coupled with the fact that we received funding this year for our Companion Aide Program and funding for a special event with the Seniors' Health Insurance Information Program that we will NOT receive next year, means

we're looking at starting 2010 more than \$50,000 in the hole.

The Board of Directors and staff of The Shepherd's Center remain committed to providing programs and services to the senior community in the Charlotte Mecklenburg area. But we cannot do it alone. We need your monetary support now more than ever.

If you have never given a gift to The Shepherd's Center, please consider giving at least \$30.00 before December 31, 2009. If you normally give, please consider increasing your gift by \$30.00 or more before the end of the year (in commemoration of our 30th anniversary). Since The Shepherd's Center is a charitable organization, you will be able to deduct your gift on your 2009 tax return.



The Shepherd's Center of Charlotte has always been an organization "by seniors—for seniors." Please help us continue to offer you excellent programs and services. In this newsletter there is a donation envelope for your convenience. We've been there for you for 30 years. Please show us your support NOW!

Volunteer Traditions!

The Shepherd's Center of Charlotte has been blessed over the years with wonderful volunteers who give of their time and talent. One of those volunteers is **Lou Weber**. Lou has been involved with our computer instruction program for about as many years as the program has been in existence.

He currently serves as our Computer Committee Chairperson and helps to implement new computer classes and the manuals to go along with them, as well as overseeing the computer lab at Southminster Retirement Community. This past summer Southminster moved

our program into a new lab. Lou was instrumental in helping to organize the big move from the old lab to the new one.

Recently Lou has been fighting an illness and has spent time in the hospital. Please join the Shepherd's Center staff, computer committee volunteers and friends in keeping him in our thoughts and prayers. Once again, volunteerism at its best!



What gifting strategies are available to me?

By Bill Romeo,
American Prosperity Group

There are a number of different gifting strategies available for leaving a planned gift to the Shepherd Center of Charlotte. Instead of making an outright gift, you could choose to use a **charitable lead trust**. With a charitable lead trust, your gift is placed in a trust. The recipient of the gift draws the income from this trust. Upon your death, your heirs will receive the principal with little or no estate tax.

If you prefer to retain an income interest in your gift, you could use a **pooled income fund**, a **charitable remainder unitrust**, or a **charitable remainder annuity trust**. With each of these strategies, you receive the income generated by your gift, and the recipient receives the principal upon your death.

Finally, you could purchase a **life insurance policy** and name the charitable organization as the owner and beneficiary of the policy. This would enable you to make a large future gift at a potentially low current cost.

Bill Romeo is a Shepherd's Center of Charlotte board member and a Retirement and Estate Planning Specialist with American Prosperity Group located in Matthews. Bill can be reached at 704.708.5001.

From the executive director



People laugh at me when I share this with them, but as we approach the beginning of 2010, I really thought there would be flying cars by now. I commute to Charlotte from Gastonia each weekday and as I sit in the parking lot of what is called I-85, I often wonder what it would be like if my car could actually

fly! Of course if we fly these vehicles the same way we drive them, would there be mid-air collisions? Something to ponder. I think there is a lot about where we are right now that we would like to see different. The war in the Middle East, the economy and health care just to name a few.

It should be no surprise to you that The Shepherd's Center is struggling right now as you can see from the front page of this newsletter. But I have every confidence that we will be able to turn things around in 2010. We may not have flying cars yet, but we do have seniors like you all over Charlotte who are dedicated to this organization and who will be there to help us through this challenging time.

If you cannot personally help us, please encourage your faith community to do what they can to support our programs and services. We have always relied on our area churches and

synagogues, but their support has also dropped due to the poor economy. We continue to need new volunteers and participants in Adventures in Learning, the computer classes, travelers, tax assistance program, Seniors' Health Insurance Information Program and more.

Looking ahead to 2010, I'm proud to announce that we will be celebrating our 30th anniversary with a Homecoming event (see page 12). We'd like you to see where we've come from and where we plan on going in the years to come. What better way to do that than with a Homecoming event?

We'll have a raffle, a special senior from the community, some photos of past events and we'll have one of Chef Tom's fabulous buffet lunches at Pritchard Memorial Baptist Church to cap off the day! We're excited about this event and hope you will be able to attend on Wednesday, April 21, 2010. I realize it's a long way off, but we merely have to blink and it will be upon us.

And what do you think? Will the flying cars get here in our lifetime? Baby Boomers beware!

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. You can also reach me at lrpellerin@shepherdscharlotte.org.

Linda R. Pellerin

It's tax time again!

Are you one of those who cringes at the thought of filing your tax return? Does the phrase, "I'm not a numbers person" apply to you? Does April 15 strike fear in your heart? Then you might be just the person who can benefit from our **Tax Filing Assistance Program**.

The Shepherd's Center of Charlotte is once again hosting a **Tax Filing Assistance Program** in partnership with **AARP**. As in the past, tax filing assistance will be available at Myers Park Baptist Church from **11:00 a.m. to 3:00 p.m.** on **Mondays and Tuesdays, beginning February 1 and running through April 13, 2009.**

Please note that all volunteers have taken the IRS Tax Counseling for the Elderly test.

As was the case last year, all returns will be filed electronically. There will be **NO paper returns**.

Appointments will be scheduled during the month of January. Please call **704.365.1995** to set up your appointment.



General Session

Mondays, January 25 to March 1, 2010

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

We are pleased to offer our fifth season of Artscape, a series that gives you an opportunity to view what's on the horizon of the Charlotte arts scene. For this session we've invited representatives from the visual and performing arts, who will provide us with insights into their special areas of expertise. Sit back, relax, and enjoy!

January 25

Elder Gallery – Larry Elder, owner of Elder Gallery in Charlotte, will give us a behind-the-scenes look at the life of an art gallery owner. Elder Gallery, located in the South End area of Charlotte, represents over fifty American artists and a small number of European artists. The Gallery is the exclusive representative for the collections of Leon A. Makielski (1885-1974) and Ernest Walker (1892 -1991). Larry will share samples from the Gallery's collection and tell us about past, current, and upcoming shows.



February 1

The Christianaires, the Senior Adult Choir of Hickory Grove Baptist Church, under the direction of **Dr. Doug Crawley, Pastor of Music and Worship**, will treat us to an hour of sacred and secular music.



February 8

Grey Seal Puppets – Founded in 1976, Grey Seal Puppets is a professional puppetry performance and design company, which performs over 300 shows a year. The company performs from New York to Hawaii, from Canada to Mexico. Grey Seal travels to theatres such as The Center for Puppetry Arts in Atlanta, The Detroit Museum of Art, and The Smithsonian Institution's Discovery Theatre. **Drew Allison** will give an overview of 30 years of life as a puppeteer.



February 15

"Light Rail Art" – If you've ever ridden Charlotte's LYNX Blue Line, you have most likely enjoyed – or been puzzled by – the unique artwork at each station and on the train itself. **Pallas Lombardi, CATS' Art-in-Transit Program Manager**, will tell us the stories behind the art work. Next up for CATS is the LYNX Blue Line Extension, and CATS has been busy soliciting community input about that. Pallas Lombardi will bring us up to date on that project and more!



February 22

Bechtler Museum of Modern Art – The Bechtler Museum of Modern Art is scheduled to open to the public on January 2, 2010. A representative from the Bechtler will tell us the story of Swiss-born Andrea Bechtler and his plans and desire to share his art collection with his adopted Charlotte, NC home, fueled by his family's passion and commitment for collecting art and supporting artists. Joan Miro, Jean Tinguely, Max Ernst, Barbara Hepworth and Sam Francis.



March 1

Matthews Playhouse of the Performing Arts – The year 2010 marks the 15th Anniversary of the Matthews Playhouse, a community based, non-profit theatre organization committed to enriching the lives of children and adults by inviting them to participate in the world of performing arts. You can expect an entertaining hour as we learn about the playhouse and its history and enjoy a sample of their dramatic and/or musical work.



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



Again as our **Gold Level Sponsor.** We are able to offer you discounted pricing on your lunch due to Willow Grove's generous sponsorship.

Willow Grove Retirement Living is called "The Holiday Touch," but it is so much more than that. It is a sense of family, friendship and coming home that welcomes you.

**10043 IDLEWILD ROAD
MATTHEWS, NC 28105
704.545.0009**

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, January 19, 2010**. For your convenience, morning and afternoon classes are listed on pages 6 and 7. It will be helpful if you list a **first** and **second** choice in case your first choice class cannot be accommodated. The fee for the six-week session is **\$35.00**. Two registration forms are included to allow you to conveniently register a spouse, relative or friend. Can't make it to class every Monday? Not to worry – attendance is **not** mandatory.

What to do—Once you check in at the registration table, grab your nametag and head into the Fellowship Hall for refreshments and the General Session, which begins at 10:00. Announcements and a short break follow the General Session, and then you attend your first class at 11:20. At 12:20 you're invited to lunch in the Fellowship Hall, followed by the afternoon class at 1:20. Your day will conclude at 2:20. Please remember to return your nametag each week to convenient boxes so it will be on hand for you the following week.

Where to go—Adventures in Learning is held at **Pritchard Memorial Baptist Church**, located at **1117 South Blvd**. The church is in the South End area directly behind the Dowd YMCA on Morehead St. To access the parking lots from South Blvd. or Morehead St., turn on Caldwell St. and the parking lots will be on either side of Caldwell. **Please do not park in designated *Teacher Parking Only* spots marked with bright yellow signs.** After parking, look for the Gathering Place, an entryway to the Fellowship Hall. There will be a registration table with volunteers to greet you and answer questions. Please be sure to pick up your copy of ***The Shepherd's Notebook***, which will advise you on classroom locations and other last-minute announcements.

Transportation Assistance—If you need transportation to Adventures in Learning, please call The Shepherd's Center at 704.365.1995. We will try to match you with another student living near you. Transportation is also available through CATS (Charlotte Area Transit) Special Transportation Service; forms are available at The Center. You may also want to consider the new LYNX railway system which runs right by Pritchard on South Blvd.

Notice—We do our best to ensure that all classes meet for all scheduled sessions. Occasionally a class needs to be cancelled due to instructor illness or another unforeseen circumstance. In this case, we invite you to visit another class for that particular day. In the event of cancellation of an entire day of classes due to weather conditions, we will attempt to make up that day on the Monday following the last regularly scheduled Monday, provided that space is available at Pritchard. **No refunds are available. Please note: If Charlotte-Mecklenburg Schools are closed due to inclement weather, there will be NO ADVENTURES IN LEARNING CLASSES!**

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 pre-paid, a red lunch ticket is placed inside your nametag at the registration table. Prepaid lunch tickets not claimed by 12:25 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, January 19, 2010**. Checks are payable to **The Shepherd's Center of Charlotte**. After January 19, please register on the first day of class (January 25) or hand-deliver your registration and check to The Shepherd's Center by **Thursday, January 21**.

Winter 2010 Adventures in Learning Today's Date: _____
 Have you attended Adventures in Learning before? _____ Phone: _____
 Congregation: _____
 Name _____ (Preferred name on nametag) _____
 Address _____ City _____ State _____ Zip _____
 E-mail _____

Registration Fees:
 Tuition: \$35.00 in advance for all 6 weeks, or \$38.00 at the door \$ _____
 Pre-paid lunch: \$5.00 per week (\$30.00 for all 6 weeks or check specific dates below)
 1/25 2/1 2/8 2/15 2/22 3/1 \$ _____

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

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

Winter 2010 Adventures in Learning Today's Date: _____
 Have you attended Adventures in Learning before? _____ Phone: _____
 Congregation: _____
 Name _____ (Preferred name on nametag) _____
 Address _____ City _____ State _____ Zip _____
 E-mail _____

Registration Fees:
 Tuition: \$35.00 in advance for all 6 weeks, or \$38.00 at the door \$ _____
 Pre-paid lunch: \$5.00 per week (\$30.00 for all 6 weeks or check specific dates below)
 1/25 2/1 2/8 2/15 2/22 3/1 \$ _____

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 2010 Volunteer Response Form**

Name: _____ Phone: _____ Congregation: _____
 Address: _____ City _____ State _____ Zip _____
 E-mail: _____

♥ *Shepherd's Center Programs:* Yes, I am interested in volunteering for one or more of the following programs:
 Medical Transportation Handyman Office Assistance Medicare/SHIIP
 Grocery Transportation Computer Instruction Tax Assistance

♥ *Adventures in Learning:* Yes, I am willing to say an interfaith blessing at lunch during this session.
 ♥ *Adventures in Learning:* Yes, I am interested in teaching a course for the **Spring 2010** series.
 My topic would be: _____

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

Knitting/Crocheting: The weather outside may be frightful, but we'll stay cozy inside and think about spring, making some treasures for the nice temperatures: purses, wraps, hats, lightweight scarves, and anything else you can dream up. Choose from patterns provided or bring your own to share with the class. You will view samples, choose your patterns 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**

Line Dancing: Back again this semester – this is a fun, lively way to spend an hour and get your juices flowing. Newcomers and students who have previously taken the course are all welcome. Dress comfortably and enjoy two-stepping with no partner required.

Instructor: **Barbara Kennedy, former performer with the Amity Line Dancers**

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

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

History/Social Sciences/Travel

Charlotte-Mecklenburg History: We will complete the Charlotte-Mecklenburg History series from 1940 to the present, with emphasis upon key personalities, politics, economic trends and cultural affairs. If time permits, we will begin a series on the American Civil War with focus upon the causes, personalities, key battles, and turning point events leading to the end of the war.

Dr. Jim Sasser, retired CPCC history instructor.

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. Hawaii; Motorcycling Around Europe #3; Africa; London, Paris, and the Beaches of Normandy; and Quebec and Montreal (Canada) are on tap for you this semester.

Course Coordinator: **Cliff Shelkofsky**

Literature

Poetry: **Dr. Julian Mason, long-time Adventures in Learning instructor and retired English professor at UNC Charlotte,** We'll explore 101 Great American Poems by 30 American poets from the American Poetry & Literacy Project, 1998 – and more!

The Shepherd's Center of Charlotte

wishes to thank **Barry Belton** for providing coffee, tea and cocoa prior to the Adventures in Learning General Sessions



Barry Belton, Whole Life Insurance
4330 Old Course Drive
Charlotte, NC 28277
704.904.8356 or bbelton@earthlink.com



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

Beginning Bridge: We are glad to welcome the return of Bridge to our selection of course offerings. This course is for folks who want to learn or get reacquainted with one of the planet's great games. Though not required, we suggest you buy the 1960 masterpiece *Five Weeks to Winning Bridge* by Alfred Sheinwold and bring it to class (used copies are available for nearly nothing at Amazon.com). We'll learn how to get causally competitive at the bridge table. The objective is to play your best and have fun doing it; winning makes it even better! **Instructor: Don King, retired Charlotte Observer copyeditor and avid player of bridge and ping-pong for 50 years.**

***NEW COURSE OFFERING* Gem and Mineral Treasures:** We are excited to offer a new course this quarter, taught by **Dr. Bill Logan, retired physician, award-winning lapidary, and sole proprietor of Spectrum Minerals.** Bill will explore with us the history, art, science and even the geography of gems and minerals, concentrating on the principles of mineral collecting. Students are promised hundreds of "jaw-dropping" slides.

Watercolor: This class will stress the joy of painting, for beginners and painters of all levels. Students need only to be enthusiastic and willing to learn. Emphasis will be on the importance of color, light and form. Students are responsible for supplying the materials. A supply list will be provided prior to the first class meeting. Please register early—this class fills fast! **Members of the Charlotte Art League, Sharon Molica and Sandra Snyder, will teach Watercolor.** Limit: 20, course extends until 3:20 p.m.

History/Social Sciences/Travel

"Valois or Plantagenet? Who Was the True King of France?": When King Charles IV of France died in 1328, he was as yet childless, and when his widow gave birth to his posthumous daughter, his cousin Philip, Count of Valois, claimed the throne. But across the Channel there arose another claimant – Edward III of England, the last male descendant of the French Capetian dynasty. The rival claims resulted in a series of conflicts that lasted well over 100 years, and involved many famous battles, such as Crécy and Agincourt, and famous figures like the Black Prince, Henry V of England, mad King Charles VI of France, and Joan of Arc. The conflict established the national identities of France and England. **Instructor: Luther Wade, Ph.D., professor emeritus of speech and theater, Southeastern University.**

Creative Writing/Literature

Creative Writing: This experiential class explores inspiring ways to retrieve memories, bringing people, places and events to life on the page in whatever form is most natural for you – journal, memoir, fiction or poetry. You will learn techniques for "priming the pump," all sorts of great ways to get words flowing. The focus will be on "saying it first, polishing it up later." This course is appropriate for anyone from beginner to professional. An easy-writing pen and spiral notebook are required in class. **Limit 15.** Class extends to 2:40 p.m. for all who can stay. **Instructor: Mary Crews, A. B., English, Queens University, published writer of nonfiction and poetry.**

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.**

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. 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.

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

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

Travel Adventures Registration Form

Please send a separate check for each trip.

Name: _____ E-Mail: _____

Address: _____ Phone: _____

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

- | | | |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| <input type="checkbox"/> | 2/18/10: Newberry Opera House, Newberry, SC | \$89.00 |
| <input type="checkbox"/> | 3/23, 3/24 & 3/25/10: Historic Savannah,
<u>\$100 deposit due at time of registration</u>
<u>Final payment due Feb. 10, 2010</u> | \$345 Double
\$435 Single |
| <input type="checkbox"/> | 4/07/10: UNC-Charlotte & Botanical Gardens | \$48.00 |
| <input type="checkbox"/> | 4/29/10: Historic Salisbury, NC with Dr. James Sasser | \$60.00 |
| <input type="checkbox"/> | 5/13/10: South Pacific & Mrs. Lacy's Magnolia House, Sanford, NC | \$69.00 |

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

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

Travel Adventures

Newberry Opera House, Thursday, Feb. 18

The charming town of Newberry was founded in 1789 and is the location of our February excursion. The bus will leave Trinity Presbyterian Church at 9:00 a.m. 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 "If Ever You Leave Me...I'm Going with You." The award-winning husband and wife team, Renee Taylor and Joe Bologna star in this hysterically funny comedy which celebrates their acting/writing partnership and three-decade love affair. Renee Taylor was Sylvia Fine, Fran Drescher's mom, on "The Nanny" TV show. Joe Bologna played Adam Sandler's father in "Big Daddy." You should be back in Charlotte by 7:30 p.m. **All Inclusive Price \$89**



Savannah, GA, Beaufort, SC, March 23 – 25

We're off to visit Savannah, the sultry Southern Belle of the Georgia Coast, and she's waiting to whisper the secrets of three centuries in your ear. We'll explore the cobblestone streets of this coastal city, sample its restaurants and shops while the first blush of spring flowers dot the city with color. After checking into the Country Inn & Suites, we will enjoy dinner at Paula Deen's famous Lady and Sons Restaurant. You may know Paula's rags to riches story, rebuilding her life while building a world class restaurant. Our second day begins with a trolley tour of Historic Savannah followed by lunch and then time on your own to visit the festive River Street with art galleries and shops, or stroll down the cobblestone streets where century old live oaks shade magnificent homes, winsome gardens and picturesque squares. On our final day, we'll stop in Beaufort, SC where a step-on guide will take us back to the beginnings of Beaufort, bringing to life its history and the culture of the low country. This trip includes motor coach transportation, two nights lodging with hot breakfast each day, trolley tour of historic Savannah, one lunch & two dinners. Bus departs from Charlotte at 8:30 a.m. and plan on returning at 7:00 p.m. **Trip cost is \$345 each double/\$435 each single. \$100 deposit.**



UNCC Campus Tour & Botanical Gardens, Wednesday, April 7

On a beautiful spring day we'll take a quick ride to our own University of North Carolina, Charlotte to tour the Botanical Gardens and campus. After a guided tour of the greenhouse we will walk through the flowering acres of Van Landingham Glen. Lunch will be a special time for us as we dine in "Crown Commons" with UNCC students. Next, **we're honored to have** a Vice Chancellor join us for the campus tour which will include visits to the **Motorsports Engineering Lab, Robinson Theater** and the **Visualization Center**. Depart Charlotte at 9:00 a.m. and plan on returning around 3:00 p.m. **Price \$48**



Historic Salisbury with Dr. Sasser, Thursday, April 29

Our popular Adventures in Learning Instructor, Dr. Jim Sasser, will lead us on this historical tour of Salisbury, N.C. We'll depart Charlotte at 8:30 am. Our tour includes the Dr. Josephus Hall House, Confederate Prison Site, Rowan History Museum and Old Stone House in Granite Quarry. We'll enjoy lunch at the historic Wrenn House Grill. You won't want to miss the opportunity for this personal tour by retired CPCC History Instructor, Dr. Jim Sasser. Plan to be back in Charlotte around 4:30. **Price \$60**



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

We're off to enjoy Rodgers and Hammerstein's classical musical, "South Pacific", at the Temple Theater. Built in 1925, this historical theater in Sanford, NC was first built as a vaudeville house. In 1984, after extensive renovations the intimate theater reopened. We'll enjoy lunch in Mrs. Lacy's Magnolia House Tea Room, a charming Victorian two-story house built in 1902 with antiques & art and a gift shop. Lunch will be a delicious sample plate with strawberry shortcake for dessert—all served in a charming atmosphere. Join us for this day of enchantment! Depart Charlotte at 8:30 a.m. – return 6:30 p.m. **Price \$69.**



Seminars



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

Wednesday, Feb 17

We will review the markets of last year and look at the factors affecting investors in 2010.

Wednesday, Mar 17

Distributions from IRA and pension plans are controlled by complex IRS rules, and because of the additional consideration of tax liability, a source of headaches for many estate planners. In this session, we will look at some of the best and worst ideas for distributing your IRA during your lifetime and at your death.

Securities offered through Financial Network Investment Corporation, Registered Broker Dealer and member SIPC. Carroll Financial Associates, Inc. and Financial Network are not affiliated.

Bill Romeo

American Prosperity Group
 Retirement & Estate Planning Specialists
10—11:00 a.m.
Trinity Presbyterian Church



Thursday, Jan 7—Analyzing Annuities

Funding Your Retirement? – Learn how to create your own pension plan using Annuities and be in control of your future!

Thursday, Feb 4—Charitable Giving &

Legacy Planning—Advanced Trust Strategies - What is a Living Trust, Irrevocable Living Trust, Credit Shelter Trust and Irrevocable Life Insurance Trust?

Thursday, Mar 11—Myths & Misconceptions of Owning a Long Term Care Policy

Learn why the only way to cover the cost for Long Term Care is to be Rich, be Poor, or be Insured!

Securities And Advisory Services Offered Through BCG Securities, Inc. Member FINRA, SIPC and a Registered Investment Advisor. OSJ Office: 3 Sunny Knolls Court, Wayne, NJ 07470, 973-831-4424. www.1APG.com.

Caregivers 101

January 25-27, 10 a.m.—4 p.m.

Matthews Women's Club- 208 South Trade Street in downtown Matthews.

FREE, but registration required—704.708.5001

Daryl Regenauer
Dignity Memorial
"Lunch & Learn"



Trinity Presbyterian Fellowship Hall
11:00 a.m.—12:00 p.m.
Tuesday, Jan 12, 2010

Planning Ahead for all the right reasons!

Take the mystery out of planning for life's final arrangements from the memorial service to the internment.

Learn the right and wrong ways to pre-arrange by understanding the facts and acting upon them.

A light lunch will be provided!



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

Thursdays, Jan 14 & Feb 11

The Search for Retirement Income: How do I provide the most income out of my nest egg?

Thursday, Jan 21

Long Term Care Planning: Do I have all of my finances in order in the event I require health care assistance?

Thursday, Feb 18

Estate Planning Techniques: How can I avoid transferring a portion of my legacy to Uncle Sam?

DEFENSIVE DRIVING

Taught by Officer Howard Setzer

Tuesday, Mar 16

9:30 a.m. —2:00 p.m.

(30 minutes for lunch—please bring your own)



Cost is \$12 for AARP members and \$14 for non-members—payment is due the day of class.

Please make checks payable to AARP.

Upon completion, you will receive a certificate from AARP. You must attend the session in its 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 any of the above FREE seminars, please contact The Shepherd's Center of Charlotte, 704.365.1995 or plampel@shepherdscharlotte.org.

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

Computer Classes

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

Name _____ Phone _____ Email _____

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

704.365.1995 or www.shepherdscharlotte.org

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

<p style="text-align: center;">Introduction to Computers—\$50.00</p> <p>This is either a 4-week (twice a week) or 8-week (once a week) hands-on class for beginners covering Microsoft Windows, word processing, spreadsheet, Internet and E-mail.</p>	<p><input type="checkbox"/> Jan 19-Feb 11, Tues & Thurs 1-4 p.m. (4-weeks)</p> <p><input type="checkbox"/> Feb 23-Mar 18, Tues & Thurs 1-4 p.m. (4-weeks)</p> <p><input type="checkbox"/> Jan 20-Mar 10, Wed (9 a.m.-12 p.m.) (8-weeks)</p>
<p>Please note: You must have taken the Introduction to Computers class or have comparable skills in order to take the following classes. These classes are 9 hours—3 sessions unless stated otherwise.</p>	
<p style="text-align: center;">Digital Imaging Management & Editing—\$25.00</p> <p>Learn how to manage and edit digital photos, from loading the pictures into the computer to editing and sharing.</p> <p><input type="checkbox"/> Jan 11, 13 & 14, Mon Wed & Thurs (9 -12)</p> <p><input type="checkbox"/> Feb 15, 18 & 19, Mon, Thurs & Fri (9-12)</p> <p><input type="checkbox"/> Mar 15, 17 & 18, Mon, Wed & Thurs (9-12)</p>	<p style="text-align: center;">File Management—\$10.00—3 hrs.</p> <p>You thought file management was just for paper files? Think again! It's just as important to keep the files on your computer organized and up-to-date. These file management tips will help you keep your files accessible for years to come.</p> <p><input type="checkbox"/> Jan 18, Mon (9 a.m.-12 p.m.)</p>
<p style="text-align: center;">e-Bay—\$25.00</p> <p>Learn what all the fuss is about—how to navigate, buy & sell on this popular Web site.</p> <p><input type="checkbox"/> Feb 1, 4 & 5, Mon Thurs & Fri (9-12)</p> <p><input type="checkbox"/> Mar 1, 4 & 5, Mon Thurs & Fri (9-12)</p>	<p style="text-align: center;">Microsoft Excel—\$25.00</p> <p>Create several varied Excel spreadsheets and learn basic skills including building simple formulas and manipulating data.</p> <p><input type="checkbox"/> Feb 1, 3 & 5, Mon Wed & Fri (1-4)</p>
<p style="text-align: center;">Internet/E-mail—\$25.00</p> <p>Learn basic skills: How to navigate the Internet, send and receive e-mail and more.</p> <p><input type="checkbox"/> Jan 11, 12 & 14, Mon Tues & Thurs (1-4)</p> <p><input type="checkbox"/> Mar 22, 23 & 25, Mon Tues & Thurs (1-4)</p>	<p style="text-align: center;">Microsoft Word—\$25.00</p> <p>Designed to build word-processing skills such as letter-writing, forms, reports, etc.</p> <p><input type="checkbox"/> Jan 25, 26 & 28, Mon Tues & Thurs (9-12)</p>
<p style="text-align: center;">Safe Computing—\$25.00</p> <p>Is your computer safe? Do you have a firewall? Are your downloads scanned for viruses? If you don't know the answers to these questions, this is the class for you!</p> <p><input type="checkbox"/> Mar 8, 9 & 11, Mon Tues & Thurs (9-12)</p>	<p style="text-align: center;">Social Networking—\$25.00</p> <p>Facebook, Twitter, LinkedIn—what are these Web sites and how will it benefit you. Learn how to find lost relatives, classmates, and more. Meet others with similar interests!</p> <p><input type="checkbox"/> Feb 8, 11 & 12, Mon Thurs & Fri (9-12)</p> <p><input type="checkbox"/> Mar 22, 24 & 25, Mon Wed & Thurs (9-12)</p>
<p style="text-align: center;">Meet Your Computer—\$10.00—3 hrs.</p> <p>Designed to show you all the things you can do with a computer; e-mail, banking, genealogy and more!</p> <p><input type="checkbox"/> Jan 15, Fri (9-12)</p> <p><input type="checkbox"/> Jan 22, Fri (9-12)</p>	<p style="text-align: center;">Open Forum—\$10.00—3 hrs.</p> <p>Windows 7, tips for speeding up slow computers, backing up files, password techniques, how to burn a CD, Office 2007 and more. Your questions are answered!</p> <p><input type="checkbox"/> Feb 16, Tues (9-12)</p>



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

Non-Profit Organization
U.S. Postage Paid
Permit Number 3758
Charlotte, NC

You're Invited!

Homecoming 2010

Save the Date!

Wednesday, April 21, 2010

11:30 a.m.—1:00 p.m.

The Shepherd's Center of Charlotte

In celebration of 30 years of service to the senior community.
Pritchard Memorial Baptist Church
1117 South Blvd., Charlotte, NC 28203

You are invited to join us for lunch, a raffle, fellowship,
exhibitors from the senior community, entertainment and more!

To RSVP, call 704.365.1995

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

Staff:

Linda R. Pellerin

Executive Director

Karen Eckert

Program Director

Pam Lampel

Director of Office Services

Lillian Frank

Administrative Assistant

Mary Walsh

Administrative Assistant

www.shepherdscharlotte.org

**The Shepherds Center
of Charlotte, Inc.**

Trinity Presbyterian Church

3115 Providence Rd.

Charlotte, NC 28211

704.365.1995

704.365.1955 (fax)