

# Senior Solutions

Volume 5, Issue 3

Summer, 2011



## Inside this issue:

Executive Director Message, 2

Chef Wars, 3

Adventures in Learning

General Session, 4  
Sponsors, 5  
General Info., 6  
Registration, 7  
Classes, 8 & 9

TV Show, 9

Raffle Tickets, 10-11

Travel, 12-15

Computer Classes, 16-17

Seminars, 18-19

Adventures in Learning info begins on page 4!

## Shepherd's Center welcomes new Program Director



The Shepherd's Center of Charlotte welcomes Amber Finley as our new

program director. Amber has actually been with us since January, working as an intern from Winston-Salem State University. She graduated just in time to be eligible for the program director position after Karen Eckert resigned to move to the Raleigh area with her

family. Although we will miss Karen, we are looking forward to working with Amber who comes to us with a BA degree in Gerontology and new and fresh ideas.

Amber will oversee our Adventures in Learning Program. She will also be responsible for our Seniors' Health Insurance Information Program (S.H.I.I.P.), our Computer Program and the Tax Assistance Program.

## Volunteer Traditions

Marshall Gross has been volunteering with The Shepherd's Center for over 15 years. He was one of the founding fathers of our computer program and has helped to design course material and manuals for our Introduction to Computers Class, the Digital Imaging, Management & Editing Class and our

newest e-Bay Class.

Marshall is an excellent instructor and takes the time

to make sure students understand the subject matter. Computer classes are held at Southminster Retirement Community. Please see pages 16 & 17 for upcoming classes.



## From the Executive Director

"*Summertime and the living is easy.*" Well, not exactly. We're busy as ever here at The Shepherd's Center. Check out pages 4 through 9 for our Summer Adventures in Learning Program. I'll be moderating one of the classes, so be sure to check out the Media/Current Events Class.



Linda R. Pellerin

You'll notice we have included our raffle tickets. Apparently the U.S. Postal Service is very particular about the wording on raffle tickets sent through the mail. We were unable to mail these to you in the last newsletter due to the strict regulations, of

which we were not aware. The tickets have been modified to reflect the correct wording to allow them to be mailed. Please consider participating in this raffle, even if you have already purchased tickets earlier in the year.

The Shepherd's Center is not immune to the downturn in the economy. This is one of our few fundraisers and your participation is greatly appreciated.

See pages 10 & 11 for the tickets, which can be conveniently detached from the newsletter and mailed.

You'll also see a couple of places where we ask you for your opinion. I guess you can call this an "interactive" newsletter." In one instance we are asking you to volunteer in one or more of our programs and services (page 14). In the other, we're asking you to let us know what additional computer classes you'd like to see offered (page 17). And, although we don't ask this, we'd also be interested in travel ideas.

Please have a happy, safe summer and be sure to keep well hydrated.

Thank you for your continued support!

## Get your newsletter by e-mail!

If you'd like to receive Senior Solutions by e-mail instead of regular mail, please call, 704.365.1995. If you choose to receive



the newsletter via e-mail, you will be saving The Shepherd's Center of Charlotte more than \$10 per year per address. Also, with the e-

mail version you will receive the information in a timely manner and in color! Please consider this alternative. Senior Solutions is also available at our Web site.

<http://www.shepherdscharlotte.org>

## Summer Event!



**Chef Wars**  
**Tuesday, July 19, 2011**  
**11:00 a.m.—1:00 p.m.**  
**Providence United**  
**Methodist Church**  
 2810 Providence Rd.  
 Charlotte, NC 28211

Featuring chefs from some of the senior retirement communities.

Participating communities include:

**Atria-Merrywood**  
**Brookdale Living**  
**Carmel Place**  
**The Laurels & The Haven**  
**Sharon Towers**  
**Southminster Retirement Community**

Admission to this unique event is only \$8 each, which includes sampling of the food and voting for your favorite chef! Sign up today!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

# Attending: \_\_\_\_\_ Total: \_\_\_\_\_

## Adventures in Learning Program Guide

**General Session**  
**Mondays, July 11—August 15 (10:00 to 11:00 a.m.)**

### *Summer Sampler*



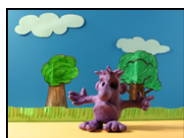
**July 11:** We welcome back for the fourth year in a row, **The David Silden Brass Ensemble**, to launch our summer session. This year they will take us on a musical tour of American cities, with such favorites as "New York, New York," "Chicago," "St. Louis Blues," and "Chattanooga Choo Choo."

**July 18:** **Chris Lawing, Vice President of Research and Programming at the Bechtler Museum of Modern Art**, will update us on current exhibits, such as *Niki de Saint Phalle: Creation of a New Mythology* on view October 3, 2011, with its elegant and subtle etchings and remarkably powerful sculptures.



**July 25:** Retired CMPD Officer and entertaining speaker **Howard Setzer** will present Safety for Seniors. His pointers will include what to do at night if someone comes to the door, how to keep theft from occurring in your garage or automobile, and what to do in the event of road rage.

**August 1:** Welcome **Chef Ron Ahlert, Executive Director of the Community Culinary School of Charlotte**, which is a nonprofit organization that provides training and job search assistance in the food service industry for people



**August 8:** **John Lemmon of John Lemmon Films (JLF)** will give us a behind-the-scenes look at the world of animation. JLF creates traditional character animation, including the style of clay animation (think Gumby). John will bring equipment that makes it easy for beginners to create animation and demonstrate how to do that. You will have the opportunity to make your own animation!

**August 15:** Does the idea of making extra money selling some items online appeal to you? If you answered "yes," join **eBay Education Specialist Mary Stephenson**, who will walk you through the newest online advances! There will be plenty of time for questions and answers so you can feel confident going online when you get home!



## Adventures in Learning Sponsors

The following businesses are sponsors for the Summer Session of Adventures in Learning. Please pick up one of their brochures to learn more about them.

**Carriage Club of Charlotte**  
5800 Old Providence Rd.  
Charlotte, NC



**Debera Shane**  
704.366.4960  
[www.brookdaleliving.com](http://www.brookdaleliving.com)

**The Laurels & The Haven**  
at Carolina Place  
18180 Dorman Rd. Pineville, NC



**Ty Cain**  
704.540.8007  
[www.laurelscarolinaplace.com](http://www.laurelscarolinaplace.com)

**Summit Place of South Park**  
Assisted Living and Memory Care  
2101 Runnymede, Charlotte, NC



**Ashley Gang**  
704.525.5508  
[www.summitplaceofsouthpark.com](http://www.summitplaceofsouthpark.com)

**Willow Grove**  
Retirement Community  
10043 Idlewild Rd. Matthews, NC



**Eileen Padgett, 704.545.0009**  
[www.holidaytouch.com](http://www.holidaytouch.com)



### Save the Dates!

### FLU SHOT CLINICS

Sponsored by CVS Pharmacy  
Mondays, October 10 & 17, 9:00—11:00

**Pritchard Memorial Baptist Church**  
1117 South Blvd.  
(during Fall Adventures in Learning)

## Adventures in Learning General Info

**Welcome!** Adventures in Learning is an intellectually stimulating experience in an atmosphere of friendship. If you are new to the program, we welcome you warmly and appreciate your interest.

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**How to Register**—Complete the Registration Form on page 7 and return it with your check to The Shepherd's Center by Tuesday, July 5, 2011. Mail the registration form and your check to **The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211**. Checks are payable to *The Shepherd's Center of Charlotte*. After July 5, you may hand-deliver your registration and check to The Shepherd's Center (by July 7) or register on the first day of class (July 11). Attendance is not mandatory each week.

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**Location:** The summer session of Adventures in Learning is held at **Christ Episcopal Church**, located at 1412 Providence Rd. in the Myers Park area across from Colville Rd. There is plenty of free parking. The program will be in the building immediately to the right of the sanctuary. There will be signs to guide you. Once you enter the building, you will be directed to the registration table with volunteers to greet you and answer questions. Please be sure to pick up your copy of *The Shepherd's Notebook*, which will advise you on classroom locations and other last-minute announcements.

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**What to do**—Arrive at 9:30 a.m. to pick up your nametag and enjoy fellowship with others. The General Session begins at 10:00 a.m.

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**Classes**—Please note that classes will be from **11:20 to 12:20!** This will give you plenty of time to grab an extra cup of coffee following the General Session, visit the restroom and find your way to your class.

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**Sponsors**—As you can see from the list on page 5, The Shepherd's Center is fortunate to receive the support of businesses in our community. With their sponsorship, they are entitled to a few minutes to tell you about their products or services. We will try to have only one sponsor presenting information to you each week. Thank you for your support.

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**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. **No refunds are available.**

# Adventures in Learning Registration Form

**Summer 2011 Adventures in Learning** Today's Date: \_\_\_\_\_ New to Program? \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Congregation: \_\_\_\_\_

Preferred name on nametag: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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

Registration Fees: \$25.00 in advance for all 6 weeks, or \$28.00 at the door: \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

**Contribution toward printing and mailing the Summer newsletter:** \$ \_\_\_\_\_ \$ \_\_\_\_\_

**Total amount enclosed:** \$ \_\_\_\_\_

**Courses Requested:**

1st	2nd
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Your signature above represents your understanding that The Shepherd's Center of Charlotte is not responsible for individuals who may become ill or injured while participating in classes or programs associated with Adventures in Learning.

**Summer 2011 Adventures in Learning** Today's Date: \_\_\_\_\_ New to Program? \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Congregation: \_\_\_\_\_

Preferred name on nametag: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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

Registration Fees: \$25.00 in advance for all 6 weeks, or \$28.00 at the door: \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

**Contribution toward printing and mailing the Summer newsletter:** \$ \_\_\_\_\_ \$ \_\_\_\_\_

**Total amount enclosed:** \$ \_\_\_\_\_

**Courses Requested:**

1st	2nd
-----	-----

Your signature above represents your understanding that The Shepherd's Center of Charlotte is not responsible for individuals who may become ill or injured while participating in classes or programs associated with Adventures in Learning.

## Morning Classes—11:20 a.m. to 12:20 p.m.

Please indicate a first and second choice on the registration form

**Arts and Ideas: The Age of the Enlightenment:** The 18<sup>th</sup> century yielded to reason as the primary authority of western philosophies. Upon its development in most European countries and spreading to colonies in the Western Hemisphere, Enlightenment surfaced and was less a set of ideas than a set of values, hence questioning tradition. Delving deeper into Enlightenment principles and illustrations, this course will provide insight into beliefs and events of the present day.

**Instructor: Peter Browne, B.A., Fine Arts Concentration, Syracuse University**

**Molding Masterpieces:** Working with wet clay, students will learn various hand building methods with clay: coil pinch, slabs and the excitement of wheel throwing. Upon completion of creations, students will learn glazing techniques. **For an additional \$35, students will make, sculpt, and finish their own masterpieces. Make checks payable to Arts Delivered.** Examples include birdhouses, birdfeeders, tea pots, face mugs, etc. **Limited to 12 students!**

**Instructor: Rick Crowley** from the Arts Delivered Company

**Media/Current Events (the rest of the story):** Local, state and national Headlines fill our newspapers, TV, talk radio and e-mail inboxes each day. But what's behind the stories? In this interactive class, **Linda Silver, News Director of Clear Channel Radio** in Charlotte and our own **Linda Pellerin, Executive Director of The Shepherd's Center of Charlotte** and a former radio News Director will moderate this fun class on current events. Don't leave your opinions or conjecture at the door – they will be greatly appreciated.

**Matthew, Mark, Luke, and John: "A New Look at the Gospels-What's New and What's Different".** This class will briefly study, discuss, and compare the similarities and differences in terms of content, style, emphasis and meaning. **Instructor: Jocelyn Hill, a retired Christian Educator at Presbyterian Church USA.**

**Places to Go, Birds to See:** Get ready for the fall migration season by learning about the birds in your backyard, county and/or state! The sharing of tips and insights on how to identify and attract the feathered critters will aid with understanding their lifestyles. New places and resourceful information will be provided in order to view a wide variety of birds including the migratory groups.

**Instructor: Judy Walker, Past President of Mecklenburg Audubon**

(Continued on Page 9)

**Poetry Potpourri:** This class will explore, read and discuss a wide variety of poems, concentrating on regional poets. Feel free to bring in your favorite poems and original works.

**Instructor: Judy Reynolds, Long-time group facilitator with a passion for poetry.**

**Yoga for Every Body** – Yoga postures (exercises) stretch and strengthen the entire body. Movement is coordinated with breath for a meditative experience. This course is appropriate for participants of all ages. Participants are taught basic concepts for beginners, but all levels of experience are welcome. Dress comfortably. Bring (1) a firm yoga mat or a thick blanket; (2) a blanket (not a beach towel) to fold to sit on and use as a prop when needed. No perfume, please. **Limit: 20 students. Instructor: Mary Lou Buck, B.S. Physical Education, certified 500-hour professional level Kripalu Yoga teacher, former owner of Yoga for Life in Dilworth.**

## Solutions for Seniors TV Program

This is a 30-minute TV program which features guests with knowledge about the senior community. The program will air on the following Mondays at 8:30 p.m. - July 11, August 15 and September 12.

Listed below are the guests for the third quarter of 2011.

If you have topics or ideas you would like to see explored, please call The Shepherd's Center of Charlotte, 704.365.1995.

### Solutions for Seniors Schedule TV Access, Channel 21



#### July 11: Depression in Seniors

Alissa Cavanaugh & Katie Farrell, Serendipity Therapy, Cornelius, NC



#### August 15: Hearing and Balance Issues for Seniors

Christina Seaborg, Hearing & Balance Center, LLC, Charlotte, NC



#### September 12: Medicare & Prescription Part D

Jeanie Schepisi, NC Seniors' Health Insurance Information Program Regional Coordinator, Raleigh, NC

## Travel Adventures Trips

**The NC Arboretum, Asheville**  
**Wednesday, July 20**  
**\$75.00**



We're off to the cool and refreshing Blue Ridge Mountains to experience 65 acres of magnificent cultivated gardens, plus the finest bonsai collection in the southeastern United States. Located near Milepost 395, this is a destination where you can and should "stop and smell the flowers". After a morning tour, lunch will be a catered event in the Savory Thyme Café at the Arboretum. In the afternoon there will be time to explore your favorite part of the gardens before heading off to the Western NC Farmers Market. There are farmers markets, and then there are Farmers Markets. Here you'll find actual farmers or their hired-hands selling what they've grown by the bag, crate or bushel. Fresh summer fruit cobbler & ice cream at the Moose Café within the Farmers Market will delight your taste buds before heading back to Charlotte. Depart Charlotte at 8:00 a.m., returning around 6:30 p.m. **Please note:**  
**Lots of walking!**



**"Church Basement Ladies"**  
**Barn Dinner Theatre,**  
**Greensboro**  
**Wednesday, August 17**  
**\$79.00**

This very funny mega hit musical comedy returns to the Barn! The church basement kitchen throughout much of America is often the heart and soul of any church. Like any great kitchen, problems are solved here as well. Meet everyone from the senior matriarch to the bride-to-be learning to put everything in order. They stave off potential disasters, have fun, share and debate recipes and keep the pastor on due course. A scrumptious southern buffet is served before the 2:30 p.m. show time. Bring a friend along for this special day! Depart Charlotte at 10:30 a.m. and return about 6:30 pm.

For a more detailed description of all these trips please visit our Web site or call the Shepherd's Center of Charlotte, 704.365.1995.

## Travel Adventures Trips

**"Hello Dolly!"**  
**Wohlfahrt Haus Dinner Theater**  
**Wednesday, Sept. 14**  
**\$89.00**



...*"Some people paint, some sew...I meddle,"* replies Dolly Levi. We join Dolly Levi who has been hired to arrange the marriage of the well-known "half-a-millionaire" Horace Vandergelder. And then we're off on a whirlwind adventure around New York City at the turn of the 20th century with America's most beloved matchmaker. The award winning musical is full of memorable songs including "Ribbons Down My Back," "Before the Parade Passes By," "Hello Dolly!" and "It only Takes a Moment." What happens in the end? Dolly gets her man, of course. Even makes him glad she caught him. You'll be glad too and you'll know why "Dolly will never go away again!" We look forward to returning to the ever popular Wohlfahrt Haus, with a reputation of talented performances, superb service and delicious four course meals. Depart charlotte 9:00 am and return about 6:30 pm.



**A Fall Tour of NC Wineries**  
**Raffaldini, RagApple Lassie**  
**& Sanders Ridge Vineyards**  
**Thursday, September 29**  
**\$79**

We'll be visiting NC's Yadkin Valley, home to over 24 wineries. Our first of three tasting stops is Raffaldini Vineyards. The Raffaldini family dates from the year 1348, and to this day remains on the land of their ancestors in Lombardy, Italy. As you enter the Tuscan-style tasting room let the spirit of their family's celebration of love and life transport you to rich and vibrant Italy. Next stop is lunch at Twenty One & Main, an inviting dining spot in historic Elkin. Inventive Chef Jeffery Gibbs refined his culinary skills in Charleston prior to moving to Elkin. Then it's on to RagApple Lassie Vineyards. Frank & Lenna will host our tasting and share tales about the history of the winery and the choosing of this unique name. Our final tasting and tour is Sanders Ridge, home to the Shore family for over 163 years. In the late 90's Neil Shore abandoned the conventional farming of his day and began laying the groundwork for this now charming vineyard. Each winery has its own distinctive character and a story to go with it, making a lively day for us. Depart Charlotte 9:00 am and return 6:30 pm. Salute! **Lots of walking!**

## Travel Adventures Trips



***Modern Masters, from the  
Smithsonian American Art Museum  
Reynolda House Museum  
of American Art  
Tuesday, October 11  
\$84.00***

We're off to Winston Salem to enjoy this magnificent exhibition which examines the complex nature of American art in the mid-20th century. Reynolda House Museum of American Art is the final venue of only six museums across the country to host the exhibition, and the only one in NC. Featuring 31 of the most celebrated artists who came to maturity in the 1950's, *Modern Masters* traces the history of this epochal period through 43 key paintings and sculptures. The exhibition will explore the lives of painters and sculptors who sought to understand the motivations that shape human life, and in doing so, both created a compelling new art and emerged as visual spokesman in post-war America. Lunch is next at the beautiful Graylyn International Conference Center, the former residence of Mr. and Mrs. Bowman Gray. In 1972, the property was donated to Wake Forest University and restored to its original splendor. We'll return to the lovely Reynolda House Museum where you have a choice; take a tour of the home, explore Reynolda Village, previously a working farm and now home to unique shops, visit the beautiful greenhouse or just sit and relax. You'll board the bus after a day happily filled with art, history and scrumptious dining. Depart Charlotte at 9:00 am and return at 6:00 pm. **Lots of walking!**

## Volunteers Needed!

Name: \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail: \_\_\_\_\_

I am interested in volunteering in the following area/s:

Driver:  Medical  grocery  errands

Handyman:  Carpentry  Plumbing  Electrical  Mechanical

Teacher:  History  Crafts  Music  Science  Writing  Health

Committee:  Education  Travel  Board  TV Show  Special Events

## Travel Adventures Information

**Register Early! Our trips fill quickly.** Please complete the Travel Registration Form and submit a separate check for each trip made payable to The Shepherd's Center of Charlotte. Costs are priced per person.

**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. A nominal administrative fee will be withheld for all refunds.

**Activity Level:** 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:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

	<b>July 20: NC Arboretum, Asheville, NC</b>	<b>\$75.00</b>
	<b>August 17: Barn Dinner Theater, Greensboro, NC</b>	<b>\$79.00</b>
	<b>September 14: Wohlfahrt Haus, Wythville, VA</b>	<b>\$89.00</b>
	<b>September 29: Winery Tour, Yadkin Valley, NC</b>	<b>\$79.00</b>
	<b>October 11: Reynolda House, Winston-Salem, NC</b>	<b>\$84.00</b>

## Computer Classes

### Introduction to Computers—\$50.00

This is a 4-week (two days a week for 3-hours each day) hands-on class for beginners covering MS Windows, word processing, spreadsheet, Internet and E-mail and more!

- Jul 5-28, Tues & Thurs  
9:00-noon (4 weeks)
- Jul 5-28, Tues & Thurs  
1:00-4:00 (4 weeks)
- Aug 9-Sep 1, Tues & Thurs  
9:00-noon (4 weeks)
- Aug 9-Sep 1, Tues & Thurs  
1:00-4:00 (4 weeks)

**Attention:** 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 half days unless stated otherwise.

**E-Bay—\$25:** Learn what all the fuss is about. How to navigate, buy & sell on this popular Web site.

- Aug 1, 3 & 4  
Mon, Wed & Thurs (9:00-noon)
- Instructor: Marshall Gross

### Social Networking—\$25

**6 hrs:** Would you like to connect to your friends and relatives in an easy way? Facebook, Twitter, LinkedIn—The in's and out's of these beneficial social Web sites!

- Jul 13 & 15  
Wed & Fri (9:00-noon)
- Instructor: Gloria Senn
- Sept 13 & 15  
Tues & Thurs (9:00-noon)

### Digital Image Management & Editing—\$25

Learn how to manage and edit digital photos, from loading the pictures into the computer to editing and sharing.

- July 18, 20 & 22  
Mon, Wed & Fri (9:00-noon)
- Instructor: Marshall Gross

### How to Keep Predators Away—\$25:

Is your computer safe from viruses and spam? Learn how to keep your information safe with this class on security.

- Aug 8, 10 & 12  
Mon, Wed & Fri (9:00-noon)
- Instructor: Rich McKnight

### Word Processing—\$25:

Designed to build word-processing skills such as letter-writing, forms, reports, etc.

- Aug 24, 26 & 29  
Wed, Fri & Mon (9:00-noon)
- Instructor: Bob Carraway

## Computer Classes

**All computer classes are held at Southminster Retirement Community, 8919 Park Rd., Charlotte, NC 28210**

In order to fulfill an increasing demand for computer training by the community at large, we now offer these courses to any adult. 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 will be given to you when you are called to confirm your class. Manuals are included in all classes. A nominal administrative fee will be charged to anyone who has paid for a class, but cancels. Health issues will be taken into consideration.**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Amount Enc. \_\_\_\_\_

Address \_\_\_\_\_

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

We're thinking of adding more computer classes. Please tell us if you would be interested in taking a class on the following topics:

Electronic Readers <input type="checkbox"/>	Microsoft PowerPoint <input type="checkbox"/>
Smart Phones <input type="checkbox"/>	Microsoft Publisher <input type="checkbox"/>
Tablet Sessions <input type="checkbox"/>	Video Communication (Skype) <input type="checkbox"/>
Windows 7 <input type="checkbox"/>	Computer Terminology <input type="checkbox"/>

## Lunch 'n' Learns

### **Fear Factor: Overcoming the Stress and Anxiety of the Golden Years**

**Alissa Cavanaugh &  
Katie Farrell  
Serendipity Therapy  
[www.serendipitytherapy.com](http://www.serendipitytherapy.com)**

Tuesday, July 12—11:00-12:30

Atria-Merrywood  
3600 Park Rd. Charlotte

### **From Here to Security Options for Seniors**

**Bonnie Williams & Friends  
The Tandem Group  
[www.tandeminsurance.net](http://www.tandeminsurance.net)**

Thursday, July 14—11:00-12:30

Summit Place of South Park  
2101 Runnymede Lane, Charlotte

**Financial Jeopardy  
John Moore &  
Pamela Greenwood  
Morgan Keegan & Company  
[www.morgankeegan.com](http://www.morgankeegan.com)**

Thursday, July 21 11:30-1:00

Willow Grove  
Retirement Community  
10043 Idlewild Rd., Matthews

### **Enhancing Weight Loss**

**Dr. Ryan Giel  
Wellness Chiropractic  
[www.cltwellness.com](http://www.cltwellness.com)**

Tuesday, July 26 11:00-12:30

Summit Place of South Park  
2101 Runnymede Lane, Charlotte

### **Senior Living Made Simple**

**Tracy Swarthout  
Carmel Place  
[www.holidaytouch.com](http://www.holidaytouch.com)**

Thursday, July 28 10:30-1:00

Carmel Place  
5512 Carmel Rd. Charlotte

### **Preventing Falls in the Home**

**Brian Carney  
SILVERCROSS®  
[www.silvercross.com](http://www.silvercross.com)**

Thursday, August 4 11:00-12:30

The Haven  
13150 Dorman Rd., Charlotte

The Shepherd's Center of Charlotte would like to thank Atria-Merrywood, Carmel Place, The Haven, Summit Place of South Park and Willow Grove Retirement Community for providing the meeting space and lunches for these Lunch 'n' Learns.

## Lunch 'n' Learns

### "Facts or fiction of Hearing Loss and Hearing Aids"

**Maggie Page & Casie Keaton**  
**Charlotte Speech & Hearing Center**  
[www.charlottespeechhearing.com](http://www.charlottespeechhearing.com)

Tuesday, August 9 11:00-12:30

Carmel Place  
 5512 Carmel Rd. Charlotte

### Master Limited Partnerships (MLP's)

**John Moore & Pamela Greenwood**  
**Morgan Keegan & Company**  
[www.morgankeegan.com](http://www.morgankeegan.com)

Tuesday, August 16—11:00-12:30

Atria-Merrywood  
 3600 Park Rd. Charlotte

### Natural Solutions to Treating Arthritis and Joint Disease

**Dr. Ryan Giel**  
**Wellness Chiropractic**  
[www.cltwellness.com](http://www.cltwellness.com)

Tuesday, Sept. 13 11:00-12:30

Atria-Merrywood  
 3600 Park Rd, Charlotte

### Unit Investment Trusts (UIT's)

**John Moore & Pamela Greenwood**  
**Morgan Keegan & Company**  
[www.morgankeegan.com](http://www.morgankeegan.com)

Thursday, Sept 15—11-12:30

Carmel Place  
 5512 Carmel Rd. Charlotte  
**You are also welcome to stay for "Exhibit Cooking" by Carmel Chef Frank Halva**

If you would like to present a Lunch 'n' Learn or seminar, please contact:

Linda Pellerin

Shepherd's Center of Charlotte

704.365.1995 or

[lrpellerin@shepherdscharlotte.org](mailto:lrpellerin@shepherdscharlotte.org)



We ask that you R.S.V.P. by either calling **704.365.1995** or e-mailing [adasst2@shepherdscharlotte.org](mailto:adasst2@shepherdscharlotte.org). If you are planning on attending a lunch 'n' learn, you must R.S.V.P. two days in advance to ensure there is enough food available. Thank you!