



### OUR MISSION

The Shepherd's Center of Charlotte is a non-profit providing a network of support for seniors to increase social connection, expand access to critical resources and combat the negative effects of isolation.

### OUR GOALS

- Mobilize active older adults as volunteers
- Encourage learning and fellowship
- Enable older adults to be active and stay in their own homes as long as possible

### OUR SERVICES

- Transportation- Providing rides to medical appointments and other essential transportation
- Senior Health Insurance Information Program (SHIIP)- Medicare assistance
- Tax Assistance - Free income tax preparation (simple form)

### OUR PROGRAMS

- Adventures in Learning (AIL) - Our 6-week sessions cover a wide variety of topics, including art, history, bridge, and health.
- Travel Adventures - Local outings to places of interest.
- GenBridge

## SENIORS HELPING SENIORS

# NEWSLETTER



### UPDATES FROM ALISSA

The start of the year was met with a synergy due in part to Adventures in Learning. We had a great group of general session presenters and class instructors. We welcomed old and new friends who embraced the health benefits associated with lifelong learning and social connection. We are excited to bring back some SCC favorites! Travel Adventures is planning some fun local excursions. Chef Wars will be making its grand return and is promised to be an event you won't want to miss! The Shepherd's Center of Charlotte relies heavily on our volunteers' time and talent. We welcomed several new AIL instructors, critical transportation drivers, SHIIP counselors, and tax preparers. Also new to our board, Tracy McGinnis, Kelly Ogden, and Joan Foley have joined our ranks. Please consider getting involved as a volunteer or participant.

### GEN BRIDGE

The Shepherd's Center of Charlotte and Myers Park United Methodist Church Youth Ministries presents: **Gen Bridge**. A new program to connect isolated older adults with teen age youth to foster positive social interactions, sharing of experiences, exchange of knowledge, etc. For more information contact the SCC office at 704-365-1995



- **General Enrollment Period** - Ends March 31st
- **Medicare Advantage Open Enrollment Period** - Ends March 31st
- **New to Medicare Appointments** - Anytime!  
**Call (704) 365-1995 to schedule an appointment with one of our counselors**

### UPCOMING EVENTS

**February 8th - April 4th** - Taxes (Please call to make an appointment)  
**March 16th** - Digital Skills Ready @ 50+  
**TBD** - Travel Adventures: Fresco Walking Tour with Jim Walters

# ADVENTURES IN LEARNING

SPRING SESSION 2023

MONDAYS

APRIL 17TH - MAY 22ND



Adventures in Learning (AIL) is a lifelong learning program focused on helping seniors continue to learn, discover, and grow in an atmosphere of friendship. Our sessions are led by volunteer class instructors who bring their special interests and backgrounds to enrich lives and keep minds strong and vibrant. If you are new to the program, we warmly welcome you and appreciate your interest! Still have questions, then call our office at (704) 365-1995.

## DETAILS

- Location: St. John's Baptist Church (Broach Hall) 300 Hawthorne Lane, Charlotte, NC 28204. Parking is located off Hawthorne Lane, the 1st drive past the church. Signs will be posted directing you to the parking area as well as to the building entrance.
- Arrive any time after 9:30 AM to pick up your name tag and enjoy coffee/snacks, musical entertainment and fellowship.
- The General Session is 10:00 AM - 10:50 AM with a different presenter each week. You will select ONE class from the morning options (11:00 AM - 11:50 AM) and ONE class from the afternoon options (1:00 PM - 1:50 PM).
- Lunch will be from 12:00 PM - 12:50 PM. You may purchase a catered lunch in advance for **\$10 per meal** or bring your own lunch.
- The registration deadline is **Wednesday, April 12th**. Advance registration is preferred, however, we will accommodate late registrations. The registration fee is \$55.00.

## ADVENTURES IN DINING MENU

**April 17th** - Baked Potato Bar, Cake

**April 24th** - California Chicken Wraps, Potato Salad, Brownies

**May 1st** - Build Your Own Salad, Chocolate Chip Cookies

**May 8th** - Pesto Turkey Meatballs, Roasted Carrots, Cake

**May 15th** - Taco Bar, Chocolate Chip Cookies

**May 22nd** - Parmesan Chicken, Roasted Potatoes, Toasted Broccoli, Brownies

**We are excited to bring on Chef Hannah from Alternative Chef as our new caterer for Adventures in Dining! Thank you Chef Hannah for catering our lunches!**



ALTERNATIVE CHEF

<https://www.alternativechefnc.com/>

*Save the date*

**Fresco Walking Tour with Jim Walters**

**Date: TBD**

**Limited to 10 participants**

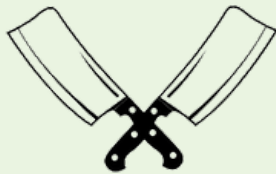
**More information coming soon!**

*Save the date*

**Saturday, May 27th**

**Shred-A Thon Event**

**More information to come!**



**CHEF WARS IS BACK!**

**IN PERSON!**

**More information  
to come!**

20 **CHEF WARS** 23

*Save the date*



*Save the date*

**SUMMER 2023**

**ADVENTURES  
IN LEARNING**

**Mondays**

**August 7th - 28th**

**10:00am - 12:00pm**

**St. John's Baptist Church**

**300 Hawthorne Lane.**

**Charlotte, NC 28204**

## STAFF

Alissa Celek  
Executive Director

Bethany Ridgeway  
Office Manager

Liza Tindall  
Program Coordinator

## BOARD OF DIRECTORS

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Communications/Media  
Advisor, Wells Fargo

## **ADVENTURES IN LEARNING SPONSORS**

The following businesses are sponsors for the Spring 2023 Session. Please pick up one of their brochures to learn more about what they have to offer!



CHARLOTTE  
WRITERS  
CLUB



MCINTYRE  
ELDER LAW



embrace  
CARE

*Southminster's Licensed Home Care Provider*



CenterWell™  
Senior Primary Care



SAMARITAN'S FEET



SHIP  
NC DEPARTMENT OF  
INSURANCE

Shepherd's Charlotte's Sponsorship Program is a simple way for your business to support SCC while promoting your services to the senior community. Call today to schedule an appointment to learn more about these opportunities!



# General Session (10:00am – 10:50am)

## **April 17th: "Bringing Balance to Your Life" and "Normal is Just a Setting on Your Dryer"**

**Speaker: Rev. Tony Marciano.** How do we create balance in the areas of physical, emotional, spiritual, social, and vocational portions of our life? What is normal to you is not normal to me. And, what is normal can be very destructive. How do we break the generational cycle of destructive behavior that is passed down?

## **April 24th: "Wildlife Photography". Speaker: Frank Vasto.**

During this workshop, Frank will share his expertise as a photographer with a presentation on how he captures wildlife images and some of his photography tips and tricks, and then share some of his favorite photos with informative things he's learned about his 'subjects.' If you have an interest in photography, learning about local wildlife, and a passion for animals, this is for you!

## **May 1st: "Charlotte History 101: Queen, King, Duke, Crown". Speaker: Tom Hanchett.**

Join community historian Dr. Tom Hanchett for a fun and informative journey through Charlotte history, from Colonial-era Queen Charlotte up to today's newest immigrants. Bring your questions about Charlotte history.

## **May 8th: "Understanding Your Blood Pressure". Speaker: Dr. Ahunna Okwubunka Anyim.**

Understanding blood pressure is important for maintaining a healthy lifestyle. Elevated blood pressure can lead to serious health issues, but with the right knowledge and proactive measures, these risks can be reduced. Controlling blood pressure can help you live a longer, healthier life.

## **May 15th: "A Faith for the Future: Imagining a More Peaceful World". Speaker: Rev. Dennis Foust.**

Looking backward into human history, we see footprints establishing practical pathways of faith. Looking forward into the future, what can we forecast about the role of integrated faith? How does integrated faith promote peace while doctrinal religion promotes conflict? As we emerge from a pandemic of isolation, how can integrated faith promote social intimacy? In an age of consternation, confusion, dismay and fear, how can integrated faith offer healing? How can integrated faith provide clarity amidst exponential sources of information? In an increasingly fast-paced changing world, how can integrated faith provide flexible stability? How might our creeds, confessions, and covenants of faith contribute hope in a cynical age? As AI (Artificial Intelligence) expands what could integrated faith contribute to society? How might integrated faith help people intersect with pluralism and intercultural experiences? Rev. Dennis W. Foust, PhD, Senior Minister of St. John's Baptist Church, will guide us to explore conversations and reflections on this commonly uncommon subject of faith.

## **May 22nd: "Samaritan's Feet". Speaker: Deborah Cox-Roush.**

Come learn about Samaritan's Feet and their humanitarian efforts to inspire hope to the world. We can't reach our vision of a world with zero shoeless people without our volunteers. Whether it's preparing shoes to be shipped around the world or serving children or seniors one-on-one across the United States, each of our volunteers plays a special role here at Samaritan's Feet. Samaritan's Feet offers volunteer opportunities for everyone because everyone can serve! Whether you're a family of four, an affiliate office of a large corporation, or a church small group, we have somewhere for you to serve. Your efforts will help us serve and give hope to millions of people.

## Morning Session (11:00am - 11:50am)

**Stability, Mind, and Body:** This class will be led by certified Silver Sneaker instructors. We will move through seated and standing poses designed to improve balance, flexibility and range of motion. All skill levels welcome. **Instructors: Ishawn Francis & Lindsey Evans**

**The Role of Islamic World in the Development of Western Civilization:** We all know of the splendor and wealth of Baghdad as told in the Thousand and One Nights. Medieval Muslim Civilization really was that marvelous. It preserved and expanded the accumulated knowledge of the Greco-Roman Civilization while Europe struggled through the Dark Ages. When that knowledge was returned to Europe it provided the basic intellectual building blocks that led to the Renaissance. **Instructor: Bill Nicholson**

**Our Stories (Discover Yourself Through Writing):** Let's celebrate our lifetime of stories. *Our Stories* is a creative writing course developed for seniors interested in writing. Learn the elements and techniques of capturing short stories, structuring memoirs, and writing essays. Also, the course will provide tools for capturing life experiences to preserve legacy, addresses fears of sharing your work, and assists in cultivating and growing your skills and knowledge of writing. *Our Stories* will encompass aspects of fiction, creative nonfiction, stage & screen, and some poetry. All are welcome! **Instructor Pam Pompey**

**Pencil Drawing:** The Basics and One Step Beyond- Learning the fundamentals of good sketching, including shading, shadows, perspective, etc. This is a good class for beginners and intermediate levels. No talent required. Bring your sketch pad, a regular pencil and a kneaded eraser. **Instructor: Richard Solar**

## Afternoon Session (1:00pm - 1:50pm)

**Finding Beauty in the Ordinary:** This series' unifying theme proposes that even some of the most mundane sectors of our Natural World exhibit their own level of fascination, even beauty. We will look for these redeeming qualities and an understated elegance in some unlikely places: Three inconspicuous Forces of Nature (Air, Water and Rocks) and three humble classes of organisms (Bugs, Microbes, and Snails). I hope that spending an unlikely hour with each of these will reveal some new-found respect for these lowly subjects, so easily overlooked. **Instructor: Bill Logan**

**Estate Planning 101:** In this 6 week course, you will learn all about estate planning including topics such as Powers of Attorney, Wills, Trusts, Deed Planning, Guardianships, Probate, Protection of Assets, and Paying for Long Term Care. **Instructor: Greg McIntyre**

**Basic Conversational Spanish Part 2:** This is a continuation of last session's course with an emphasis on conversing in Spanish. In this course, you will learn how to converse in different situations such as at the supermarket, when travelling, ordering at a restaurant, and more. **Instructor: Gloria Valdez**

**Current Events:** In case you haven't noticed, there is a lot going on in the world today. Join other AIL members for a casual discussion about current events – from happenings in Charlotte to around the globe. No particular viewpoint is required, just an open mind, curiosity and a friendly spirit. Classmates may join the conversation or just listen in. News articles, studies and illustrations from multiple sources will be the basis for discussion.

**Instructor: Andy Beary**

# REGISTRATION FORM

**Adventures in Learning**  
**Mondays**  
**April 17th - May 22nd**

Register online at [www.shepherdscharlotte.org/AIL](http://www.shepherdscharlotte.org/AIL)  
or call (704) 365 -1995  
or by mail:

**The Shepherd's Center of Charlotte**  
300 Hawthorne Lane, Charlotte, NC 28204

Name \_\_\_\_\_

Preferred name for name tag \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

Preferred Phone # \_\_\_\_\_

Email Address \_\_\_\_\_

Birthday \_\_\_\_\_

### **Course Request Participant 1**

11:00 AM \_\_\_\_\_

1:00 PM \_\_\_\_\_

### **Course Request Participant 2**

Name \_\_\_\_\_

Preferred name for name tag \_\_\_\_\_

11:00 AM \_\_\_\_\_

1:00 PM \_\_\_\_\_

*REGISTER*



# PAYMENT FORM

## Payment

REGISTRATION FEE: \$55.00 PER PERSON	\$ _____
PREPAID LUNCH: \$ 10 PER PERSON, PER WEEK (\$60 PER PERSON FOR ALL 6 WEEKS OR CHECK SPECIFIC DATES): <input type="checkbox"/> 4/17 <input type="checkbox"/> 4/24 <input type="checkbox"/> 5/1 <input type="checkbox"/> 5/8 <input type="checkbox"/> 5/15 <input type="checkbox"/> 5/22 <input type="checkbox"/>	\$ _____
DONATION	\$ _____
<b>TOTAL AMOUNT ENCLOSED</b>	\$ _____

Check (make payable to The Shepherd's Center of Charlotte)

Credit Card

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Security Code \_\_\_\_\_

Zip Code \_\_\_\_\_

Signature \_\_\_\_\_



Please consider linking your Harris Teeter VIC card to **3267** The Shepherd's Center of Charlotte.

**GET INVOLVED!**  
volunteer or participate