



The Shepherd's Center of Charlotte provides a network of support for the older adult community to increase social connection, expand access to critical resources and combat the negative effects of isolation.



OUR CORE PROGRAMS

- Essential Transportation Program - Providing rides to medical appointments and other essential needs
- Senior Health Insurance Information Program (SHIIP) - Medicare assistance
- Tax Filing Assistance Program - Free income tax preparation (simple form)
- Handy Helpers - Basic home repairs
- Gen Bridge - Connecting generations
- Adventures in Learning - Lifelong learning program
- Travel Adventures - Local outings to places of interest

UPDATES FROM ALISSA

Approaching another remarkable year, we take a moment to express our deep appreciation for the commitment of our volunteers, as none of our achievements would be possible without their dedicated time and talent. This past year has marked significant growth across all our programs. Adventures in Learning has seen the addition of new instructors and participants, contributing to the enrichment of minds and nurturing a strong sense of community. Notably, our transportation program has set a new record for the number of rides fulfilled to crucial medical and essential needs appointments. As the exclusive provider of SHIIP counseling in Mecklenburg, with multiple site locations, we remain steadfast in our dedication to supporting community health. Our collaboration with AARP for tax assistance continues to thrive. The reintroduction of Handy Helpers and Travel Adventures reflects the expansion of our program offerings to address diverse needs and interests. In the face of mounting challenges for our older adult community, Shepherd's Charlotte has worked tirelessly to ensure that the expansion of our organization remains attuned to the community's changing needs. We are excited to welcome you in 2024 as a participant or volunteer. On behalf of the staff and the board, we wish everyone a wonderful holiday season and a happy and healthy New Year.

TAX ASSISTANCE PROGRAM

The Shepherd's Center of Charlotte in partnership with AARP will again offer our Tax Assistance Program for older adults. Trained volunteers will help older adults with their 2023 NC and Federal Income Tax returns. **The program is back in person and will run from February 12th - April 9th on Mondays and Tuesdays at Myers Park Presbyterian Church.** This is a free program, but we do accept donations. **We will start taking appointments on January 16th.** Please contact our office at (704) 365-1995 to schedule an appointment.

ADVENTURES IN LEARNING

WINTER 2024 SESSION

MONDAYS: JANUARY 8TH - FEBRUARY 19TH

*Not meeting on January 15th in observance of Martin Luther King Jr. Day

EACH CLASS IS A 6 WEEK SERIES



Adventures in Learning (AIL) is a lifelong learning program focused on helping older adults 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.
- **Please park in the Broach Hall parking lot or adjacent lot**
- 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 person, per week or bring your own lunch.
- The registration deadline is **Wednesday, January 3rd**. Advance registration is preferred; however, we will accommodate late registrations. The registration fee is \$55.00.
- In the event of inclement weather, our organization will adhere to the Mecklenburg County school schedule to determine whether we will be closed. This decision is made with the safety and well-being of our participants in mind.

ADVENTURES IN DINING MENU



January 8th - Chili pie and pineapple cake



January 22nd - Broccoli cheddar chicken and cookies



January 29th - Enchiladas and cinnamon sugar rice krispies



February 5th - Ravioli lasagna and blueberry oat crumble



February 12th - Quiche and peanut butter chocolate chip bites



February 19th - Cheese bread & tomato soup and brownies

Thank you Chef Hannah from Alternative Chef for catering our lunches this session!

Check out her website: www.alternativechefnc.com

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ALTERNATIVE CHEF

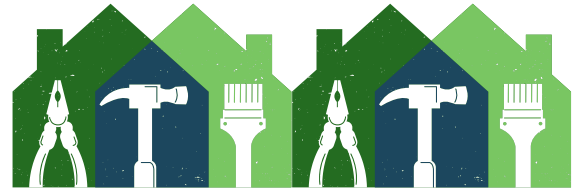
**MARK YOUR CALENDARS FOR
CHEF WARS 2024!**



HANDY HELPERS PROGRAM

Volunteers perform basic home repairs such as small electrical repairs, minor carpentry work, light painting, and other projects at older adults' homes in order to ensure their residence stays in good condition.

Call our office at (704) 365-1995 if you or someone you know is in need of our Handy Helper Program!



SAVE THE DATE!

A MATTER OF BALANCE

Every Monday and Wednesday in March

10:30 AM - 12:00 PM

Location: TBD

Cost: Free! Participants must be able to commit to attending all eight classes.

***Need 8-12 participants in order to hold the class**

Lessons include home modifications, fear of falling, assessing and adapting risk of falls when up and about, a session on how to get up from a fall, and each session will include an actual exercise session specific to falls prevention needs. Participants will take home a workbook at the end of the program.

**Love Takes Flight:
Valentine's Day Lunch
and Airfield Tour!**

Join us on February 14th for an extraordinary Valentine's Day celebration. Begin your journey at 11:00 am at St. John's Baptist Church, where we'll provide seamless transportation to a local restaurant in Charlotte for a delightful lunch and then off to the Charlotte Douglas Airport for an immersive behind the scene tour. Secure your spot for this unique Valentine's Day experience by calling Bethany at 704-365-1995 or visiting www.ShepherdsCharlotte.org

Cost: \$43 per person, which includes transportation, lunch, and the airport tour.

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Alissa Celek
Executive Director

Bethany Ridgeway
Office Manager

Liza Tindall
Program Coordinator

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Retired

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Kidder Peabody,
Retired

WINTER 2024 ADVENTURES IN LEARNING SPONSORS



It's time to re-link your Harris Teeter Card!

Next time you shop at Harris Teeter, ask your cashier to link your card to Shepherd's Center using code **3267** before you finish checking out!

GET INVOLVED!

Volunteer or Participate!

GENERAL SESSION (10:00AM – 10:50AM)

January 8th – Stuart Hair, Director of Commercial & Community Engagement Charlotte Douglas International Airport

An update on Charlotte Douglas International Airport, one of the world's busiest airports and an economic engine for the Carolinas. As the Charlotte region has grown, the Airport continues to develop and enhance the experience for the traveling public. A behind the scenes look at the current construction projects, future plans, and tips for travelers.



January 22nd – Kristine Arnau, Age-Friendly Program Coordinator | Mecklenburg County's Department of Social Services – Equitable Aging

Kristine Arnau will discuss Age-Friendly Mecklenburg, a collective planning effort to improve quality of life for older adults. This initiative community-wide collaborative is guided by the 8 Domains of Livability framework established by the AARP and World Health Organization (WHO). Our efforts are guided by community organizations and residents to address the unique needs of aging residents throughout Mecklenburg County.



January 29th – Andrea Funk, Director of Education & Community Engagement | Wing Haven

Learn about the founding of Wing Haven through historic photographs. During this presentation, you will also discover and learn about contemporary Wing Haven's three gardens and the outreach work that Wing Haven does for the community today.



February 5th – Christopher James Lees, Resident Conductor | Charlotte Symphony Orchestra

Music for the Heart of Our Community – How the Charlotte Symphony uplifts, entertains, and educates the diverse communities of Charlotte-Mecklenburg and beyond through exceptional musical experiences.



February 12th – Lois Stickell, Membership Chair | Mecklenburg Genealogical Society

Genealogy research can range from a simple listing of birth and death dates to in-depth research into the lives your ancestors led. Lois Stickell's talk will focus on getting started on your family's history. She will highlight free resources rather than paid subscriptions like Ancestry.com. She will also share information about Mecklenburg Genealogical Society's resources and ways the society can help.



February 19th – Paul Reali, Co-Founder & Executive Director Charlotte Center for Literary Arts

Humans are storytellers. There's evidence of storytelling dating back 40,000 years. We tell stories to teach, to entertain, to enlighten, and to remember. In this session, you'll learn easy ways to get started writing stories — no matter what kinds you want to write. Do you want to recall and capture your life's true stories? Do you want to try your hand at writing short fictional stories? Do you want to tell stories around the dinner table? Whatever your writing goals, this session will help you get going.





MORNING CLASSES (11:00AM - 11:50AM)

CHOOSE ONE



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

America's First Ladies: Their personal lives, contributions to the role of the first lady and how they rank. **Instructor: Jim Sasser**

Woodcraft Wonders: Explore the art of woodworking in our inclusive class! Whether you're a beginner or an experienced woodworker, join us to refine your skills in a welcoming environment. Learn essential techniques, from wood selection to tool mastery, guided by experienced instructors. Create beautiful and functional pieces to showcase or gift. Let the sawdust fly as you turn a wooden pen, create a cutting board, and design your own custom sign! **Supply Fee: \$60. MAX 10 Participants. Instructors: Bethany Ridgeway and Guest Speakers.**

The Great Artists of the Italian Renaissance: This class will present visually the rise and extraordinary talent of the great artists and architects of Italian Renaissance, including Michaelangelo, da Vinci, Carravagio, Raphael, and others. **Instructor: Roy Colquitt**



AFTERNOON CLASSES (1:00PM - 1:50PM)

CHOOSE ONE



Movement is Life: Carrying in groceries, getting up from a chair, taking the stairs, or even playing with your grandkids; these are all things we take for granted when we are young. How are you doing with these and other daily tasks now? Let's talk about simple but effective ways to move better, fall less, and enjoy the freedom of movement without fear of losing your balance. This class will be a combination of presentation style and hands-on doing chair exercises with bands. **Instructors: Mindy Kelner and Shelly Smith**

Florence: Epicenter of the Renaissance: The Renaissance swept across Europe between the 14th and 17th centuries, heralding intellectual revolutions in science, art, philosophy and politics, and marking a decisive shift towards modern views of art. The Italian Renaissance, centered in Florence, was the crucible of conspicuous developments in humanism. The city's stunning innovations in the visual arts inculcate a sense of Europe's breaking from the Middle Ages to become, in a sense, reborn. **Instructor: Bill Logan**

Current Events: In case you haven't noticed, there is a lot going on in the world today. Join other ALL 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**

Photo Management Class: ABCs of photo organization (How can a photo manager help? The basics of why gathering, sorting, organizing, and digitizing gives us the ability to enjoy our photos again). Creating a family timeline (Learn how to create a family timeline as one of the first steps in sorting photos - can make a timeline of your life, where you have lived, significant dates from your life.). Your treasures have a story (What are these items - memorabilia, furniture, antiques, something special to you - how do you pass on the story associated with these things?). Outdated media (What do I do to enjoy these again? Bring these out of closets, drawers, under beds and have them converted to a format where you can relive, enjoy and share.). Legacy (What stories do I want to leave behind? Providing questions to help with telling part of our story, what do we want to pass on and leave behind?). Let's write a bit of our story (Bring several photos and actually spend some class time writing about them and coming up with a plan to have a platform to share with family this class would also have time for any questions from the class.) **Instructor: Kathy Solka**

REGISTRATION FORM

ADVENTURES IN LEARNING, MATTER OF
BALANCE, AND TRAVEL ADVENTURES

shepherd's center
OF CHARLOTTE
IN COLLABORATION WITH
SOUTHMINSTER

WINTER 2024 ADVENTURES IN LEARNING (JANUARY 8TH - FEBRUARY 19TH)

Register online at www.shepherdscharlotte.org/adventuresinlearning

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

11:00AM _____

1:00 PM _____

Course Request Participant 2

Name _____

Preferred name for name tag _____

Birthday _____

11:00 AM _____

1:00 PM _____

A MATTER OF BALANCE (MONDAYS AND WEDNESDAYS IN MARCH) COST: FREE

Name _____

Email _____

Date of Birth _____

Zip Code _____

Preferred Phone # _____

TRAVEL ADVENTURE (FEBRUARY 14TH)

Love Takes Flight: Valentine's Day Lunch and Airfield Tour! The cost is \$43 and includes transportation, lunch and airport tour. On the day of the tour, **ALL participants must bring a valid government-issued photo ID.** This information will be used for a security check, which includes screening against the Department of Homeland Security's No-Fly List.

Name _____ DOB _____

Email _____

Preferred Phone # _____

PAYMENT FORM

Payment

AIL WINTER SESSION

REGISTRATION FEE: \$55.00 PER PERSON

\$ _____

***Woodcraft Wonders Class Only** - Additional \$60 Supply Fee
Wood Pen, Cutting Board & Custom Sign (Limited to 10 Students)

\$ _____

***AIL WINTER PREPAID LUNCH:** \$ 10 PER LUNCH

(\$60 PER PERSON FOR ALL 6 WEEKS OR CHECK SPECIFIC DATES):

January 8th - Chili pie and pineapple cake

January 22nd - Broccoli cheddar chicken and cookies

January 29th - Enchiladas and cinnamon sugar rice krispies

February 5th - Ravioli lasagna and blueberry oat crumble

February 12th - Quiche and peanut butter chocolate chip bites

February 19th - Cheese bread & tomato soup and brownies

\$ _____

TRAVEL ADVENTURE for February 14th (Limit is 30 People)

\$43 Love Takes Flight: Valentine's Day Lunch and Airfield Tour!

\$ _____

DONATION

\$ _____

TOTAL AMOUNT ENCLOSED

\$ _____

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

Credit Card

Credit Card Number _____

Expiration Date _____

Security Code _____

Zip Code _____

Signature _____