

## UPDATES FROM ALISSA

It feels like spring has sprung. We are thrilled to share some significant updates that stemmed from our recent strategic planning efforts with you. As part of our ongoing commitment to growth and excellence, we have revisited and refined our organization's vision, mission, and core values. Our vision now reflects our aspirations for the future, guiding us towards our long-term goals. Our mission statement has been honed to encapsulate our purpose and the impact we aim to make in our community. Additionally, our core values have been reaffirmed, serving as our guiding principles.

### **Vision:**

A community where all older adults live their best lives.

### **Mission:**

The Shepherd's Center of Charlotte enriches the lives of older adults by providing a network of support for older adults to increase social connection, expand access to critical resources and combat the negative effects of isolation.

### **Core Values:**

**Community:** Together We Thrive

We cultivate an environment of togetherness and solidarity for our participants and those who support our mission, promoting the idea that we are stronger and more resilient when we work together.

**Compassion:** Empathy through Understanding

We acknowledge life's challenges and difficult moments with empathy and understanding. We value the inherent worth and dignity of every individual, treating others with respect and consideration.

**Inclusion:** Open to All

We believe that all people should have access to the resources they need to live a fulfilling and meaningful life, and we actively encourage the entire community to participate with us in living out our mission.

**Innovation:** Adapt to Changing Needs

We think outside the box to solve problems facing older adults in our community and adapt to the changing needs of our participants. We strategically incorporate feedback to increase the effectiveness of our programs.

**Accountability:** Commitment to Serve

We are dedicated to delivering impactful programs that uplift and benefit the community through integrity and a servant heart.



Travel Adventure - "Love Takes Flight"

## **LIFELONG LEARNER SCHOLARSHIP PROGRAM**

We are dedicated to eliminating obstacles for Mecklenburg residents, ensuring they can fully engage with our programs. With this goal in mind, we are pleased to introduce our **Scholarship Program**. This program will cover registration fees and/or transportation expenses for individuals interested in joining our Lifelong Learning Programs (Adventures in Learning, Travel Adventures, Tech Tuesdays), removing barriers to participation for those who may encounter financial limitations. Individuals interested in applying or seeking more information are encouraged to contact the Shepherd's Center of Charlotte office at 704-365-1995.



Travel Adventures Participants

# ADVENTURES IN LEARNING



SPRING 2024 SESSION  
MONDAYS: APRIL 8TH - MAY 13TH  
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.



## ADVENTURES IN LEARNING DETAILS

- **Location:** St. John's Baptist Church, Broach Hall, 300 Hawthorne Lane, Charlotte, NC 28204
- **Parking:** Designated parking is available in the Broach Hall Lot, accessible from Hawthorne Lane. Look for posted signs.
- **Program Schedule:**
  - **Arrival:** Anytime after 9:30 AM to pick up your name tag and enjoy coffee/treats, musical entertainment, and socialization with fellow participants
  - **General Session:** 10:00 AM - 10:50 AM - Different presenter each week
  - **Class Selection:**
    - **Morning Options:** 11:00 AM - 11:50 AM (Choose one)
    - **Afternoon Options:** 1:00 PM - 1:50 PM (Choose one)
  - **Lunch:** 12:00 PM - 12:50 PM
    - Option to purchase catered lunch in advance for \$10 per person per week, or bring your own lunch
- **Registration:**
  - Deadline: **Wednesday, April 3rd.** Advance registration is preferred. You can register online, by mail, or call the office at (704) 365 - 1995. **Two registration options are available!**
    - **Option One (Explorer's Pass):** General Session Only - \$5 per General Session, or \$25 for all 6 General Sessions.
    - **Option Two (Lifelong Learner Bundle):** General Session + Morning Class + Afternoon Class. \$55 for the session.
  - Scholarship funds are available.

**COST  
\$10 PER  
SESSION**

# TECH TUESDAYS WITH DAWN



Tech Tuesday is an engaging and informative program designed to cater to your technology queries. With a wealth of experience as a program manager at Microsoft, Dawn brings her expertise to address a diverse range of technology-related topics. Whether you're a tech enthusiast or seeking solutions to specific issues, Tech Tuesday is the perfect platform to gain insights and stay updated on the latest in the tech world. **REGISTRATION REQUIRED**



### March 19th - 10:00 am - St. John's Baptist Church

Master the art of efficient Google searching in our class! Learn powerful queries, avoid pitfalls, and refine results with advanced techniques and filters to become a savvy online navigator.



### April 23rd - 10:00 am - St. John's Baptist Church

Master your Android device with our class! Explore settings, maximize pre-installed apps, and gain efficient navigation tips. Join us to boost your Android skills, whether you're a beginner or looking to enhance your experience!



### May 21st - 10:00 am - St. John's Baptist Church

Explore Facebook, Messenger, and Instagram in our Meta-focused class! Learn essential features, privacy settings, and effective communication strategies. Whether you're a social media novice or looking to enhance your online presence, this class is your key to confident navigation. Join Part 1 to unlock the potential of Meta platforms!



### June 18th - 10:00 am - St. John's Baptist Church

Unlock the full potential of your iPhone and iPad in our class covering essential settings and app optimization for both novice and experienced users.



*Don't miss it!*



20 **CHEF WARS** 24

shepherd'scenter  
OF CHARLOTTE  
IN COLLABORATION WITH  
SOUTHMINSTER

**JUNE 20, 2024**  
**11:30 AM - 1:30 PM**  
**PROVIDENCE UNITED**  
**METHODIST CHURCH**



This attendee favorite fundraising event brings retirement community chefs together to compete for the coveted Shepherd's Charlotte Top Chef Awards. All proceeds benefit Shepherd's Charlotte programs.

## SENIOR HEALTH INSURANCE INFORMATION PROGRAM (SHIP)

- 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



## SPRING 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)

### **April 8th - Saul Hernandez (Charlotte Mecklenburg Library)**

The Mobile Library, affectionately called MoLi pronounced Molly, is Mecklenburg County's 1st bookmobile since 1966, following in the footsteps of the great Allegra Westbrooks. The mission of the Mobile Library is to overcome barriers to accessing the wealth of resources the Library provides. MoLi serves all sorts of locations: retirement communities, schools, shelters for the unhoused, food pantries, summer camps, recreation centers, and more. In addition to providing access to books, the MoLi team hosts programming such as storytimes, one-on-one tech tutoring, and more. Please feel free to visit the Mobile Library to learn more about all the services the Charlotte Mecklenburg Library can provide!



### **April 15th - Ken Steiner (Charlotte Amateur Astronomers Club)**

Cosmic Perspective is a journey into our Cosmos by considering: Distances, Time, and Oneness of All Things. Cosmic Perspective is a journey into the wondrous Cosmos of which we are all a part, shattering the differences that divide us human beings who exist on our fragile Pale Blue Dot of a planet.



### **April 22nd - Wendy Hickey (ArtPop Street Gallery)**

Wendy will speak about how ArtPop Street Gallery was started and how the mission has grown and impacted local artists small businesses of the Charlotte Region for 11 continuous years.



### **April 29th - Molly Phillips (The Bechtler Museum of Modern Art)**

Join Molly Phillips, Assistant Director for Education at the Bechtler Museum of Modern Art, for conversation and slow looking. Slow looking gives us time to pause, reflect, and share our connections with one another. Together, we will observe a few reproductions of artworks from the Bechtler collection and make discoveries together through discussion. No art history knowledge required!



### **May 6th - Janice Williams (Atrium Health)**

Learn how to stay safe on the road as you age! This talk offers valuable tips on adjusting your body and vehicle to reduce injury risks and identify hazards. Discover ways to minimize crash likelihood by optimizing your travel route and addressing walking issues that can lead to falls and potential car encounters. For personalized guidance, schedule a brief 5-minute session with the speaker at your vehicle between sessions or at 2pm after AIL. Contact Liza to express your interest!



### **May 13th - Laura Little (Laura Little Theatricals)**

A look into what it takes to put on a show at the community theatre and regional levels. What the difference is between Broadway, Off-Broadway, and Off-Off Broadway and how a show moves on to a national tour. What it takes to get a show to Broadway. The difference between the roles of the artistic director, executive director, producer, and general manager. And finally, the audition process.





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



CHOOSE ONE

**The American Constitution in an Election Year, 2024:** This course will focus on a careful review of relevant parts of the American Constitution and the questions and issues that have arisen in this presidential election year. Class participation will be encouraged. **Instructor: Roy Colquitt**

**The Cold War:** For 45 years, East confronted West, the SU the US, in a global war that was kept “cold” due to MAD (Mutually Assured Destruction). In this class we will consider the backgrounds of the conflict; we will highlight certain episodes (the Korean and Vietnam Wars, nuclear policies, the Cuban Missile Crisis), and end with the fall of the Berlin Wall, the dissolution of the Soviet Union, and the long-term legacy. **Instructor: Gerrit Voogt**

**Crafting Stories: A Guided Exploration of Writing:** Embark on a creative journey to hone your storytelling skills in this engaging six-week course. Designed for both aspiring and seasoned writers, participants will delve into the art of crafting compelling narratives through a series of guided reading and writing exercises. **Instructor: Molly Bollier**

**Gentle Chair Yoga:** A connection between movement and breath. Ideal for the differently enabled. Added flexibility and increased mobility is encouraged along with mindfulness and breathing. We will also, focus some attention to balance while still being supported by your chair. “If you are breathing, you are doing yoga”.  
**Instructor: Jack Hunter**



## ADVENTURES IN DINING (12:00PM - 12:50PM)



**April 8th** - Baked potato bar & cookies



**April 15th** - Build your own salad & muffins



**April 22nd** - Taco bar & pineapple granita



**April 29th** - Chicken and roasted vegetable hash with greens & berry crisp



**May 6th** - Vegetarian lasagna with greens & cookies



**May 13th** - Chicken stir fry & Jello fruit salad

Thank you Chef Hannah from Alternative Chef for catering our lunches this session!  
Check out her website:  
[www.alternativechefnc.com](http://www.alternativechefnc.com)

.....  
ALTERNATIVE CHEF



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



CHOOSE ONE

**Introduction to Printmaking:** Join us in this introductory overview of the printmaking processes! We will begin the class exploring gelli prints, continue on to modified prints and monoprints using collage and additive methods, and finally learn the basics of linoleum printmaking using carving techniques. All supplies will be included! Come ready to learn solid foundational skills as well as enjoy a spirit of exploration! **MAX 10 Participants. Supply Cost \$20.**  
**Instructor: Arts+**

**Life. What is it? Where is it?:** We will examine the basic questions about the phenomenon of living things. How did even the most primitive forms of life evolve? Darwin proposed a “warm little pond”. That didn’t happen, but can we substitute a hydrothermal vent? Or are we just discounting the hand of God? Or did life arrive as “hitchhikers” on an asteroid as suggested by the “Panspermia Theory”? And, If that is possible, do we need to look closer at the Hadean Era, 4.6 billion - 4.0 billion years ago? The answer may come soon as we search the Universe with the Hubble and Webb Space telescopes or planned expeditions to far-away worlds as we continue the search for extra-terrestrial life.  
**Instructor: Bill Logan**

**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: Joe Spencer**

**Digital Adult Literacy Program:** Students will learn how to unlock the digital world by learning how to browse and enhance their online digital experience using their smartphones. Topics include learning to navigate websites, using Google Apps such as Google Drive, Docs, Sheets, and Slides, notetaking, designing personalized cards, and cell phone security & scam blockers. **MAX 20 Participants. Instructor: Tommy Nichols (PowerUp USA)**

# REGISTRATION FORM

— ADVENTURES IN LEARNING, —  
TECH TUESDAY, TRAVEL ADVENTURES

shepherd's center  
OF CHARLOTTE  
IN COLLABORATION WITH  
SOUTHMINSTER

Register online at [www.shepherdscharlotte.org](http://www.shepherdscharlotte.org)

or call (704) 365-1995

or by mail:

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

## Participant One

First & Last Name "Nickname": \_\_\_\_\_

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

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

Phone Number: \_\_\_\_\_

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

Birthday: \_\_\_\_\_

## Participant Two

First & Last Name "Nickname": \_\_\_\_\_

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

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

Phone Number: \_\_\_\_\_

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

Birthday: \_\_\_\_\_

## SPRING 2024 ADVENTURES IN LEARNING (APRIL 8TH - MAY 13TH)

**Option One (Explorer's Pass):** General Session Only - \$5 per General Session, or \$25 for all 6 General Sessions

*\*Please make a checkmark next to the General Session (s) you wish to attend*

- April 8th - Saul Hernandez (Charlotte Mecklenburg Library)
- April 15th - Ken Steiner (Charlotte Amateur Astronomers Club)
- April 22nd - Wendy Hickey (ArtPop Street Gallery)
- April 29th - Molly Phillips (The Bechtler Museum of Modern Art)
- May 6th - Janice Williams (Atrium Health)
- May 13th - Laura Little (Laura Little Theatricals)

**Option Two (Lifelong Learner Bundle):** General Session + Morning Class + Afternoon Class. \$55 for the session

### Course Request Participant One

11:00am \_\_\_\_\_

1:00pm \_\_\_\_\_

### Course Request Participant Two

11:00am \_\_\_\_\_

1:00pm \_\_\_\_\_

## MARCH TRAVEL ADVENTURE

**March 26th from 11:30 am - 3:00 pm: Seeing Auschwitz Exhibit**

\$10 per person \*Transportation not provided

## TECH TUESDAYS WITH DAWN (\$10 PER SESSION) \*8 PARTICIPANT MAX

**March 19th (10:00 AM) at St. John's Baptist Church:** Searchology 101: Mastering the Google Search Game

**April 23rd (10:00 AM) at St. John's Baptist Church:** Android Mastery 101: Unleashing the Power of Your Device

**May 21st (10:00 AM) at St. John's Baptist Church:** MetaSocial 101: Mastering Meta Platforms (Part 1)

**June 18th (10:00 AM) at St. John's Baptist Church:** iOS Mastery: Unleashing iPhone & iPad Potential

# PAYMENT FORM

— ADVENTURES IN LEARNING, —  
TECH TUESDAY, TRAVEL ADVENTURES

## SPRING 2024 ADVENTURES IN LEARNING (APRIL 8TH - MAY 13TH)

### Option One (Explorer's Pass):

#### General Session Only

\$5 per General Session, or \$25 for all 6 General Sessions

\$ \_\_\_\_\_

### Option Two (Lifelong Learner Bundle):

#### General Session + Morning Class + Afternoon Class.

\$55 for the session

\$ \_\_\_\_\_

### Introduction to Printmaking Class ONLY- Additional \$20 Supply Fee

(Limited to 10 Students)

\$ \_\_\_\_\_

### Adventures in Dining: \$10 per lunch

(\$60 per person for all six weeks or check specific dates):

- April 8th - Baked potato bar
- April 15th - Build your own salad
- April 22nd - Taco bar
- April 29th - Chicken and roasted vegetable hash
- May 6th - Vegetarian lasagna
- May 13th - Chicken Stir Fry

\$ \_\_\_\_\_

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\$10 per person \*Transportation not provided

\$ \_\_\_\_\_

## TECH TUESDAYS WITH DAWN (\$10 PER SESSION)

### March 19th (10:00 AM): Searchology 101: Mastering the Google Search Game

\$ \_\_\_\_\_

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\$ \_\_\_\_\_

### May 21st (10:00 AM): MetaSocial 101: Mastering Meta Platforms (Part 1)

\$ \_\_\_\_\_

### June 18th (10:00 AM): iOS Mastery: Unleashing iPhone & iPad Potential

\$ \_\_\_\_\_

## CONTRIBUTION TO LIFELONG LEARNER SCHOLARSHIP

\$ \_\_\_\_\_

## TOTAL AMOUNT ENCLOSED

\$ \_\_\_\_\_

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

Card

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

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

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

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

Signature \_\_\_\_\_



# SEEING AUSCHWITZ EXHIBITION

Seeing Auschwitz is an exhibition that incorporates 100 photographs, sketches and testimonies of the German Nazi camp Auschwitz and the Holocaust.

COST  
**\$10**



# TUE

MARCH 26,  
2024

**11:30 AM**  
-  
**3:00 PM**

**REGISTER TODAY!**

704-365-1995

[WWW.SHEPHERDSCHARLOTTE.ORG/  
TRAVEL-ADVENTURES](http://WWW.SHEPHERDSCHARLOTTE.ORG/TRAVEL-ADVENTURES)

**TRIP ITINERARY -**

- 11:30 AM - LUNCH AT MAMA RICOTTA'S
- 1:30 PM - GUIDED TOUR AT THE VAPA CENTER (700 N TRYON ST, CHARLOTTE, NC 28202)

# LIFE'S PAVILION

## All About Retirement

Welcome to "Life's Pavilion: All About Retirement," an engaging course led by Instructor Maarten Pennink. In this thought-provoking gathering, participants will explore the profound question, "In retirement, at the end of the day, one needs to know why one is tired." Through insightful conversations, we will delve into the challenges and opportunities that come with the transition to retirement. Whether you've recently retired or have been enjoying this phase for years, this seminar encourages you to reflect on your daily routines and rediscover passions that may have been overlooked. Join us in this enriching exploration of the "new" life after retirement, a journey of self-discovery and fulfillment. **REGISTRATION REQUIRED.**

St. John's Baptist Church  
300 Hawthorne Lane

APRIL | 11<sup>TH</sup> | 2024

10:00 AM

[www.shepherdscharlotte.org/lifelong-learning-labs](http://www.shepherdscharlotte.org/lifelong-learning-labs)

# Lets Travel Around

APRIL 18TH  
NORTH CAROLINA  
FRESCO BUS TOUR

MAY 8TH  
WHISKEY JAIL TOUR



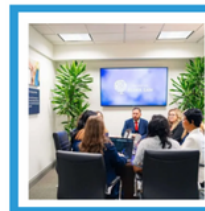
MORE INFORMATION COMING SOON!



MCINTYRE  
ELDER LAW

# ESTATE PLANNING

MCINTYRE ELDER LAW



FREE ESTATE PLANNING SEMINAR. COME LEARN ABOUT GETTING YOUR AFFAIRS IN ORDER. WILLS? TRUSTS? LADYBIRD DEEDS? WE COVER IT ALL.

**WHEN:** May 22nd 10am

**WHERE:** St. John's Baptist Church  
(300 Hawthorne Lane)

**Registration Required**

[www.shepherdscharlotte.org/lifelong-learning-labs](http://www.shepherdscharlotte.org/lifelong-learning-labs)  
(704) 365-1995



# Volunteer Appreciation Week



APRIL 21st - 27th

Our volunteers deserve to be celebrated! At Shepherd's Charlotte, our volunteers are the lifeblood of our organization. Whether they're teaching a class, counseling on Medicare, providing transportation to a medical appointment, installing a grab bar, organizing events, or fundraising, our volunteers go above and beyond every day. We can't wait to show them some love!

## JOIN OUR TEAM OF COMPASSIONATE VOLUNTEERS!

### Volunteer Opportunities:

- **Transportation Support:** Help older adults get to medical appointments, grocery stores, and community events.
- **Educational Programs:** Assist with teaching classes, workshops, and seminars on various topics.
- **Committee Member:** Assist in planning special events and local outings and sourcing speakers.
- **Handy Helpers:** Provide basic home repairs and install safety devices.

### Benefits of Volunteering:

- Make a positive impact on the lives of others.
- Build meaningful connections and friendships.
- Gain valuable skills and experience
- Flexible scheduling to fit your availability.

## OUR CORE PROGRAMS

- Essential Transportation Program - Providing rides to medical appointments and other essential needs
- Handy Helpers -Basic home repairs
- Lifelong Learning - Adventures in Learning, Travel Adventures, Tech Tuesday
- Senior Health Insurance Information Program (SHIIP) - Medicare assistance
- Tax Filing Assistance Program - Free income tax preparation (simple form)

