

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



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CLASSES!
◆
TRIPS!
◆
OPPORTUNITIES!
◆



The Shepherd's Center of Charlotte, Inc.

Senior Solutions

Volume 11 Issue 4

www.shepherdscharlotte.org

Fall 2017

Chef Wars Champions

The 7th Annual Chef Wars Fundraiser was a rousing success! Congratulations to the chefs from the following senior living communities:

Best Entrée

Lobster macaroni & cheese served with roasted purple asparagus
Aldersgate, Chef Joseph Unrue & team

Entrée Runner-up

Braised beef short rib with an oyster mushroom
risotto cake and smoked tomato sauce
Southminster, Chef Ryan Forte & team

Best Dessert

Chocolate chess pie with raspberry sauce and gold dust
Atria Merrywood: Chef Raul Rivera & team

Dessert Runner-up

Sweet peach & pistachio cobbler
Waltonwood Cotswold: Chef Michael Norman & team
Waltonwood Providence: Chef Steve Archer & team

Many thanks to everyone who helped make this a success! Hope to see you again in 2018!!



Congratulations to the winning chefs!

Adventures in Learning Information

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

Where:

- **Sharon Presbyterian Church, 5201 Sharon Rd., Charlotte, NC 28210**
- Look for the signs directing you to the parking area, entrance, and to the **Chapel** for AIL programs and classes.

How to Register:

- Complete the registration form on page 7 and return it with your check to **The Shepherd's Center, 3115 Providence Rd., Charlotte, NC 28211** by Wednesday, October 4, 2017.
- Make checks payable to **The Shepherd's Center of Charlotte.**
- After October 4, you may hand-deliver your registration and check to the Shepherd's Center (by October 6 at 1:00 pm) or register on the first day of class (October 9). **Advance registration is preferred.**

Details

- Arrive any time after 9:30 to pick up your nametag and enjoy fellowship with others.
- Check at the registration table for the class list with room assignments and their locations.
- General Session begins at 10:00 a.m.
- Morning classes begin at 11:20 a.m.; afternoon classes at 1:20 p.m.

Notices

- If a class on a particular day is cancelled we invite you to visit another class for that day.
- In the event of cancellation of an entire day of classes due to weather conditions, we will try to make up that day on the Monday following the last regularly scheduled Monday, provided that space is available at the church.
- **No refunds are available.**

Sponsors

- The Shepherd's Center receives the generous support of businesses in our community.
- Their sponsorship entitles them to a few minutes to tell you about their products or services. (See page 8 for more information)

Technology for Today and Tomorrow

All manuals are quite extensive and are distributed electronically to class participants prior to the beginning of the class. Upon request a printed manual is available for a \$15 charge.

NEW Technology Club

Do you need some extra time in the computer lab to address specific questions? We are offering 5 hours of computer lab time with an instructor available to assist our **Technology Club members** with their questions.

Plus ... pick ONE of the class offerings below to take for FREE!



iPad Intermediate (9 Hrs.)

Increase your skills in using the iPad to organize applications and files. **You must have completed the iPad Beginners to take the Intermediate level class.**

Texting...(1.5 Hrs.)

It's a universal way to communicate! Easy to learn, a quick way to stay in touch. When your friends or family don't pick up the phone, you're only a text away!

iPhone Workshop (9 Hrs.)

Basic principles and key applications will be reviewed, demonstrated and put to use. **Must have an iPhone.**

I Took a Picture...Now What? (3 Hrs)

This class is for individuals who own an **ANDROID** phone. We will review the basics of using the camera on your phone, where a photo is stored, how to view the photo, plus some tips and tricks.

Why Do I Need the Internet and What Do I Do with E-mail? (4 Hrs.)

If you find using the Internet a bit of a challenge and you can read your e-mail but you really don't know all the benefits of e-mail then this class is for you. Day one the Internet is our focus and day two is the e-mail world.

Lab Times & Topics:

October 2 & 30

November 6 & 27

December 4

Mondays (10:30 -11:30)

Fee: \$50

October 2—Basic computer questions

October 30— iPhone

November 6— iPad

November 27—E-mail

December 4—Texting

October 9 11 & 13

Mon., Wed., Fri. (9-12)

Savvy Sr: \$30

Nonmember: \$40

October 18

Wednesday (10-11:30)

Savvy Sr: \$15

Nonmember: \$25

November 7, 9 & 14

Wed., Fri., Wed. (9-12)

Savvy Sr: \$30

Nonmember: \$40

November 13 & 15

Tues., Thurs. (10—11:30)

Savvy Sr: \$20

Nonmember: \$30

December 11 & 18

Mondays (9:30 -11:30)

Savvy Sr: \$20

Nonmember: \$30

Class will be taught using Gmail for the e-mail portion of the class—information is relevant to any Internet service provider.

Technology for Today and Tomorrow

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

To register, complete this page and mail it to **The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211** along with your check payable 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 for all classes. Shepherd's Center reserves the right to cancel a class due to insufficient registration. An administrative fee will be charged to anyone who has paid for a class, but cancels.

Technology Class Registration Form (all ages welcome)

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Class _____ Date _____

Nonmember Class Fee: _____ SAVVY Senior Class Fee _____

Technology Club Fee: \$50 _____

Attention: You must have taken the Introduction to Computers class or have comparable skills in order to take additional courses.

NEW!!

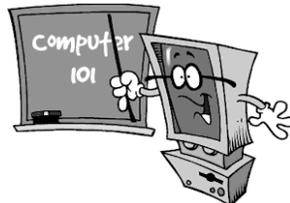
New Opportunity!

Technology Club

Technology Club offers you an opportunity to participate in designated computer lab hours and **one free class** of your choice **during a quarter**.

Over a three-month period there will be five hours of open lab time with an instructor available for questions. There may be specific topics scheduled each month or it could be open to address your questions.

The fee is \$50 each quarter. You can join as often as you like throughout the year during the registration period.



Review the classes offered and if you see **one** you like you may take it for free. You will complete the registration form and indicate **Technology Club** when you register. **Please see the lab times on page 15. Open lab times are ONLY for Technology club members.**

Adventures in Learning Program Guide

Mondays, October 9 — November 13
General Session (10:00-11:00 a.m.)

Art with a Twist

October 9: Elizabeth Byland is a professional actor and improviser, as well as the co-founder of the Queen City Comedy Festival. She holds a BFA in Acting from Northern Kentucky University and an MFA from the Savannah College of Art and Design. She has studied improv at Improv Olympic in Chicago. She is now bettering the lives of the senior community through laughter and improv with her workshop series Improv for Seniors! Be prepared to laugh and perhaps participate!

October 16: Marcus Hamilton grew up in Lexington, NC, and was always involved in church activities with his parents. Being in the Boy Scouts taught him the importance of "being prepared" for any situation he might face in life. From his parents, he also learned to "never give up". Both "rules" played a big part in how he managed to have TWO DREAM CAREERS in his life. In his program, he will show HOW he creates the comic drawings, and will explain how his path miraculously crossed Hank Ketcham's (the creator of Dennis the Menace) at just the right time for both of them!

October 23: Philip Diaz has been "piping" for 30 years. He volunteers his services for ceremonies, festivities and memorials. His presentation will increase our knowledge about the Great Highland Bagpipe. We will learn about the history of piping and how bagpipes have figured in major conflicts. They are called the "pipes of war" for a reason. He will explain the different types of bagpipe music and will wear a kilt and explain the history of tartans and the significance of the accoutrements that are worn.

October 30: Dennis Anderson certainly does life with a twist—painter and graphic designer, home chef and avid landscaper are a few of his talents, but what he shares with us is his talent and flair for music. Dennis, an instrumentalist and composer, is a sought-after musician worldwide. For over forty years he has been a prominent freelance performer, soloist, studio musician and teacher in New York City. His versatility as a multi-reed specialist has afforded him the opportunity to perform with a broad range of styles from classical and contemporary chamber music to solo jazz improvisation.

November 6: When used as a noun, the word TWIST, can mean "an unexpected development of events" or "a new treatment, or outlook, a variation". When presenting their "Music with a Twist" program flutist, **Linda Dumizo** and pianist, **Cathy Youngblood** will weave interesting facts together from the composer's lives as well as from their own life stories. The flute and piano duo will perform selections from their repertoire of music written by Chopin, Bozza, Faure, Bolling, Telemann and Schumann. Most of the music being offered will have a slight jazzy or improvisational "feel or sound" to it, allowing for some unexpected curves in your listening experience!

November 13: Apart from performing, **Dawn Anthony's** primary focus is teaching artists. She serves students throughout Charlotte-Mecklenburg through **STUDIO 345** (an arts immersion program) and **DNAMusic** (her own traveling arts program), bringing music education, music technology and history to students throughout the area. Her recently-authored children's book "**The Gift Way Up in the Closet**" encourages children to seek and exercise their gifts and talents. It's available at Amazon and on her website: www.DawnAnthonysings.com.

Classes—11:20 a.m. to 12:20 p.m.

Christianity comes to the British Isles – The introduction of Christianity to the British Isles from the 4th through the 7th centuries A. D. including such figures as St. Patrick, St. Columba, St. Aidan, and St. Augustine of Canterbury will be discussed and reviewed. **Instructor: Dr. Luther Wade**

Crochet—Learn how to chain, single, double and treble crochet. The class will work on making a scarf or potholders. **Class is limited to 10 students.** You will need a metal, plastic or bamboo crochet hook size 7/G or 8/H, a skein of worsted weight light colored, plain yarn, not fuzzy or textured, another skein of worsted weight of another light colored yarn, a yarn needle (large size for sewing the yarn), a 12" ruler, pen, paper and scissors. All materials can be found at Michael's. **Instructor: Vivian Brenner**

Fundamentals of Drawing—Learn the basics of how to depict shadows and shading and how to draw depth convincingly. This class will use photos of landscapes and some still-life sketching as well. No talent required! **Bring a sketch book and a few pencils plus an eraser and sharpener.** **Instructor: Richard Solar**

How to Create Your Own Book Bucket List—so many books...so little time—Some people dream of seeing the pyramids or owning a Ferrari; others dream of reading the best books ever! Discover the secret to designing your personal book bucket list from: award-winning books, classics, page to screen, biographies, and the best books of the decade. **Instructor: Trilby Meeks**

Reading the Language of God - Would you like to read the "Handwriting on the Wall?" **Biblical Languages Made Easy** will make it possible for you to read and write ancient Hebrew. If you desire to enrich your Biblical knowledge then this fun class is for you. No experience needed just courageous minds! **Instructor: Dr. Harvey Lewis Shropshire**

Yoga— Increase your strength, flexibility, and balance with yoga. This ancient form of exercise links movement, breath, concentration, and relaxation for a meditative experience. Bring a **firm yoga mat and water**. No perfume please. **Class is limited to 16 students.** **Instructor: Teresa Dufine**

Thanks to all our Volunteer Instructors



WRITING WORKSHOP: ARCHIVING YOUR PERSONAL HISTORY

Recall, organize and capture the thoughts and memories that you want to save for yourself and future generations. This five-hour class will teach you the steps of creating your personal history and simple methods of writing clearly and concisely, even if you haven't written an essay since your senior year in high school. Class preparation includes mentally inventorying the times of your life you want to capture and writing down names and relationships that have been important to you.

The guest instructor is **Susan Dickens**, who specializes in communication services that include creative strategy, direction and writing. She has taught a variety of writing classes and has worked with individuals across the spectrum of experience and comfort with writing.

Class information:

- Limited to 20 students.
- Class will be held at Brookdale Carriage Club, 5800 Old Providence Rd., 28226. We will meet in the card room.
- Class date is **Monday, November 27, 2017** from 10:00 AM—3:00 PM.
- Please bring a laptop or paper notebook.

Cost is \$20 per person. Mail the registration form below with your check payable to Shepherd's Center to SCC at 3115 Providence Rd, 28211.

Writing Workshop Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

TOTAL ENCLOSED: \$ _____

Bobby Lyle Book Club

Do you enjoy discovering new books? Join the group at Sardis Presbyterian Church, 6100 Sardis Road, in The Sardis House on the second Tuesday of each month from 10:00 to 11:30 a.m. The group explores a variety of books that stretch the mind and imagination. (The Book Club will take December off and resume in January.) For more information contact Dale LeCount (pegndale@gmail.com).

Here is the line-up for the next several months:

September 12 – *The Art of Fielding*, Chad Harbach
 October 10 – *Empty Mansions*, Bill Dedman and Paul Clark Newell, Jr.
 November 14 – *The Housekeeper and the Professor*, Yoko Ogawa
 December 12 – No Meeting



SHIIP—Open Enrollment News

The Shepherd's Center offers Medicare counseling through SHIIP for those who are enrolling for the first time and for those who are re-enrolling in a drug plan.

Medicare Drug Plan Counselors are available at SCC offices at Trinity Presbyterian Church, and at our location at 301 S. McDowell St. Open Enrollment will be from October 15—December 7. During this time, there will be counselors at other locations as well. Please call us at 704-365-1995 **after August 15th** for more information and to schedule an appointment. We regret we are unable to accommodate walk-in appointments.



Think you'd like to be a SHIIP counselor? New volunteers are always welcome! Contact Nina Arten (704-365-1995) for more information.

Re-link Your VIC Card!

Did you know that your Harris Teeter purchases can benefit the Shepherd's Center? By linking your VIC card to our number (3267), a portion of your purchase cost is donated to us!

It's easy to link (or re-link) your card. You can do it while you're at Harris Teeter (ask the checker to help you) or online (www.harristeeter.com, click on "Together in Education" and follow the prompts.



**RELINK YOUR VIC CARD! THE SHEPHERD'S CENTER
 NUMBER IS 3267.**

Classes—1:20 p.m. to 2:20 p.m.

Aerobics and Beyond—Get ready for this age-appropriate interval training class. This class will cover all the important aspects of healthy aging. Begin with heart-pumping cardio, strength training, stretching and a relaxation segment at the end of class. Please bring a 54" stability ball to class—pick one up at Marshall's Target, TJ Maxx, or a sports store—about \$11. **Instructor: Maryann Carrott**

Before 1492...—15,000 years ago mankind consisted mainly of two essentially identical groups—one in Mesopotamia and one in Siberia. The Siberians crossed the Bering Strait and were then isolated by rising seas to constitute the New World. From this point anthropologists have labored to explain the huge differences in cultural evolution between the two civilizations. Think Aristotle vs. the Aztecs. We will review the two histories and largely explain the differences under five categories we could never have suspected. **Instructor: Dr. Bill Logan**

Jewelry—Take your old jewelry and make it new or create a brand new piece. Bring old beads or jewelry to the first class or new items purchased from any of the local craft stores. No experience necessary! **Instructor: Cris Osborne**

Natural Creative Writing: Trusting Yourself—It's a joy to fall in love while fearlessly letting words and images flow to the page. As you catch them without interruption, saving all "fixing" until later you find that you know and remember more than you think you do—and write more beautifully at the same time. This safe, supportive class offers engaging ways to evoke memory and creative expression in pieces that are whole in themselves, yet may be polished and knit into longer narratives if desired. Bring an 8 1/2 x 11 notebook and pen (not pencil). Class runs an additional 20 minutes and is **limited to 12 students**. **Instructor: Mary Crews**

Power UP! Back by popular demand! Learn to use simple and easy techniques from the field of positive psychology to "pump up" your physical and mental health. It's fun, effective and easy. A popular class taught at Harvard is one of the resources that will be used for this class. **Instructor: Jeannie Fennell, PhD**

A History of Religious Architecture from the Greeks to Modern Times—This course will present an overview of religious structures, including mosques and other Islamic buildings, in the Western world from the Greeks through the Romans, the Gothic period, the Renaissance, and the various styles following into modern architecture. **Instructor: Roy Colquitt**

NEW!!**PINNACLE CLUB**

First time event! The Shepherd's Center is pleased to invite you to the inaugural educational learning getaway.

Who? 50 folks who want to broaden their knowledge

What? Midweek getaway for focused learning on Appalachian art & more

When? Wednesday, September 13 — Friday, September 15

Where? Blue Ridge Assembly, Black Mountain, NC

Cost: \$250 pp, double occupancy; \$300 pp, single occupancy (includes transportation, lodging, 5 meals, lectures & receptions)

Nonrefundable deposit of \$100 due by Friday, August 18. Final payment is due September 5. Travel policies (p. 11) apply.

Need more information? Contact Nina Arten 704-365-1995

Speakers

Laurie Fisher will be our first speaker. She's a dance caller and musical mercenary (her words). She performs on multiple "folky" instruments. She will be providing introductions and entertainment on several traditional Appalachian instruments as well as stories of dance.

The next speaker, **Anne Chesky Smith**, is the Director of the Swannanoa Valley Museum & History Center, and will be speaking about the Black Mountain College. She has authored and co-authored several articles and three books on local history. **John Corkran** (who lived at Black Mountain College, where his father taught English and American History) will join Anne for her presentation about Black Mountain College. He knows the college and the area well and will be a wonderful addition to this lecture.

Our third speaker, **Benjamin K. Roe**, is the Executive Director of the Staunton, VA-based Heifetz International Music Institute. He will provide two lectures on Thursday which will focus on instruments of the region/music traditions in the area/how the music compares to other traditional music and history of the music and instruments. Before joining the Heifetz Institute Mr. Roe was the Managing Producer for Music and Performance at WGBH, Boston. He also served as the General Manager of WDAV 89.9 FM in Davidson, NC after a 20 year stint at NPR in Washington, DC.

MANY THANKS TO SHARON TOWERS FOR SPONSORING THIS TRIP!!

Pinnacle Club Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

Single ___ Double ___ Roommate: _____

Amount Enclosed: _____

Travel Adventures

Register early! Our trips fill quickly. Please complete the Travel Registration Form and send with a check made payable to The Shepherd's Center of Charlotte. Trip costs are priced per person.

Activity Level: Our trips are planned for active adults and may require a lot of walking. We have rated our trips by activity level. 1-easy, 2-moderate and 3-active. If you have a disability that limits your independence, you must be accompanied by a companion. **We regret that we cannot accommodate wheelchairs.** All trip participants are expected to carry information about medical conditions, medications and medical insurance providers.

Parking: Trips leave from Trinity Presbyterian Church, 3115 Providence Rd., Charlotte, NC 28211. Please park in the area farthest from the sanctuary.

Cancellations: Day Trips—If cancelled 45 days prior to the trip date, a credit for a future trip will be given (no cash refunds). After the 45-day grace period, if a substitute is found, that person will pay the trip cost and a credit for a future trip will be issued to original traveler. Overnight trips: Deposits are nonrefundable. Once final payment is received and the rooming list is submitted, there can be no refunds.

Please note: The Shepherd's Center of Charlotte reserves the right to change venues, restaurants, plays, etc. if necessary. Trips must be paid for at least 21 days prior to departure to guarantee the charter buses. For your convenience, trips may be charged to a credit card IF the amount is \$100.00 or more. Call the office for more information.

Travel Adventures Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

The Shepherd's Center of Charlotte is not liable for individuals who may become ill or injured on Travel Adventures trips.

		<u>Savvy Sr.</u>	<u>Nonmember</u>
___ Oct. 19:	Southern Supreme Bakery & Fall Leaves	\$70.00	\$75.00
___ Nov. 28:	Tanglewood Lights & Körner's Folly	\$85.00	\$90.00
___ <i>On the Go Trips:</i>	___ Sept. 28	\$10.00	
	___ Oct. 26	\$20.00	

TOTAL ENCLOSED FOR ALL TRIPS: \$ _____

Travel Adventures



Körner's Folly & Tanglewood Festival of Lights

Tuesday, November 28
\$85.00 / \$90.00

Kick off the holiday season with a trip to Körner's Folly and the Tanglewood Festival of Lights. The bus departs from SCC at 12:30 PM bound for Kernersville, NC to tour the architectural wonder & home of artist/designer Jule Gilmer Körner. Visitors can explore the 22 room house museum and its unique original furnishings & artwork, cast-plaster details, carved woodwork, and elaborate hand laid tile which served as the interior designer's walk-in catalog. Then it's off to the Bermuda Run Country Club for an early dinner. After dinner, we're off to Tanglewood Park's Festival of Lights. The rolling countryside will be transformed into a winter wonderland of giant, twinkling snowflakes and whimsical scenes. Entering their 26th season, the festival continues to be one of the largest and most spectacular light shows in the entire Southeast. The route is just under 5 miles, and has over 100 displays. After the light show, we'll head back to Charlotte. **Depart SCC at 1:15 PM, return about 9:00 PM. Activity Level 1.**

On the Go Travel Adventures

The "On the Go" Travel Adventures Program offers interesting local outings for a small group. This program is for those who like traveling on the LYNX or carpooling to nearby destinations. Volunteers lead the trips and coordinate the details. To reserve your spot, send your payment to the Shepherd's Center. Be prepared to chip in for parking fees. An administrative fee is included in the price. Restaurant meals are always additional.

Thursday, September 28: Goodwill Industries of the Southern Piedmont offers tours of their new campus. On September 28, we will meet at SCC at 10:00 AM and carpool to the campus on Wilkinson Blvd. A guide will show us around, then we'll enjoy a delicious lunch in their cafeteria—operated by Goodwill clients! Cost is \$10.00.

Thursday, October 26: Get in the Halloween spirit by joining us for the "Whiskey Prison Tour" at the **Southern Grace Distillery** in nearby Harrisburg, NC (Cabarrus County). Originally a prison, the building has been repurposed as a distillery. We will start with a tour at 11:00, sample their wares & shop, then have lunch at 50's-style diner Punchy's Diner in Concord. Meet at SCC at 10:00, return about 3:00. Cost is \$20.00.



Adventures in Learning Registration Form

FALL 2017

Today's Date: _____ I'm new to the program! _____

Name _____

Preferred name for name tag: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____

E-mail: _____

Registration fees: (all fees are per person)

Savvy Seniors Club member fee (\$35 for the 2017 year)

Amount Paid

\$ _____

Savvy Senior member cost -\$45 per person for all 6 sessions

\$ _____

Nonmember cost - \$55 per person for all 6 sessions

\$ _____

Prepaid Lunch: \$8.50 per week per person
(\$51.00 for all 6 weeks OR check specific dates):

\$ _____

10/9 10/16 10/23 10/30 11/6 11/13

Contribution toward printing and mailing the current newsletter:

\$ _____

Total amount enclosed

\$ _____

Courses requested—1st person:

AM: _____

PM: _____

Second person registration:

Name _____

Preferred name for name tag: _____

Courses requested—2nd person:

AM: _____

PM: _____

Adventures in Learning Sponsors

The following businesses are sponsors for the Fall 2017 Session of Adventures in Learning. Please pick up one of their brochures to learn more about them.



SUNRISE
SENIOR LIVING
THE JOY OF EVERY DAY

Nick Odle
704-365-5252

Southminster



embrace
CARE

Heather Porter, MA
704-930-2265

CHARLOTTE
SPEECH
AND
HEARING
CENTER



Cory Surrige Au.D., F-AAA
Director of Audiology
704-523-8027

Brookdale Carriage Club Providence



BROOKDALE
— SENIOR LIVING SOLUTIONS —

Matthew Swaney
704.366.4960



Care Weavers

We know how Charlotte Healthcare Works
Let Us Be Your Care Advocate
Elizabeth Pruect
980-819-1215

NEW!

"Scammers Never Rest" Workshop

The Shepherd's Center is pleased to offer two opportunities for your education on "Scammers". **Natalie Wood** will share information about the use of common risky applications, learning to recognize warning signs, and registering for consumer alerts.

Scammers never rest. They search relentlessly for potential victims, and statistics show that they target seniors disproportionately. NC Attorney General Josh Stein has made it his priority to protect the senior population from falling prey to scams, particularly on the Internet. Through its Public Protection Section, the North Carolina Department of Justice offers programs to seniors to educate them on safety on the Internet, including scams, fraud, and ID theft. The goal of this presentation is to educate you on how best to protect yourself from these risks.

To attend please note the following information, please choose one location:

November 15—2pm at Southminster—8919 Park Rd. 28210 Call the SCC to register by November 9th. 704-365-1995 **OR**

December 17—Noon at Sharon Presbyterian Church - 5201 Sharon Rd. 28210—Cost is \$8.50 which includes lunch. Online registration begins November 1. Go to www.Sharonpcusa.org—click on the "events" tab, then "registration" and then "Empty Nesters."

NEW!

Symphony & Opera Transportation Option

Shepherd's Center of Charlotte (SCC) is delighted to announce that Brookdale/Carriage Club has invited SCC participants to join them on their trips to the Charlotte Symphony and OperaCarolina. Here's how the process works:

- Buy your tickets for the Charlotte Symphony Classics series for the **Saturday night** performances. They are providing transportation to ALL SATURDAY NIGHT PERFORMANCES. Visit the Symphony website at www.charlottesymphony.org for information on programs and dates.
- OperaCarolina shows they are providing transportation to are Cyrano de Bergerac (11/12/17), Rigoletto (2/11/18) and The Marriage of Figaro (4/15/18) at 2:00 PM. Purchase your tickets for these shows. These are all Sunday afternoon performances.
- Call SCC to reserve your seat on the bus. **They are reserving 10 seats for SCC participants** on a first-come, first-served basis. SCC will give Carriage Club a list of who's riding with them. There is no charge for this service.
- Drive to Brookdale/Carriage Club (5800 Old Providence Rd, 28226, 704.365.8551). At the gatehouse, tell the receptionist you are meeting the bus, and the gate will open. Follow the directional signs to the information center and find a parking place. Meet the group in the Welcome Center Lobby. The bus will leave **promptly at 6:30 PM** for the 7:30 symphony program, and at **1:00 PM for the 2:00 PM opera**. Plan to arrive at least 15 minutes prior to departure time to ensure you're not left behind.

Travel Adventures



**Fall Foliage and
Southern Supreme Bakery**
Thursday, October 19, 2017
\$70.00 / \$75.00

Don't you just love being in a fall wonderland, the crisp air and colorful leaves creating the perfect environment? Spend a day in central North Carolina as we travel lesser-used roads through the Uwharrie Forest, enjoy lunch at the Old North State Club, then continue on to Southern Supreme Bakery, located in Bear Creek (near Siler City). Tour the bakery, sample their goodies and bring home holiday treats! **Depart SCC at 9:00 am; return at 4:00 pm. Activity Level: 2**