

How would you like an Adventure *this Spring?* ... An Adventure in Learning, that is!

By Susan Meny

Did you know the Shepherd's Center hosts a university-style seminar series for adults who are 50 or better every spring and fall at a different location around Winston-Salem? It's true, and here's what people say about it...

WOW!! I have had the BEST four days!! I wish everyone took the opportunity to participate in Adventures in Learning. I will never miss another one and will try to bring some more friends next spring. I cannot imagine all the phone calls and coordinating you did to put that educational experience together for us. The top-notch instructors, authors and tour guides were VERY knowledgeable, encouraging and interesting. I thoroughly enjoyed the informative and entertaining lunch programs showcasing the talent and culture we have here in Winston-Salem. I will miss getting up next Tuesday morning and not being able to attend Adventures in Learning!

- Sara Jane Elliott

P. S. You would not believe ALL the notes I took. I loved every minute!

Susan Meny is the Vital Living Program Director of The Shepherd's Center of Greater Winston-Salem.

Adventures in Learning takes place on consecutive Tuesdays and Thursdays over two weeks. It offers the opportunity to take four different classes each day. These classes are an hour and fifteen minutes each.

- **In the morning**, you may choose between Spring Flower Arranging (additional \$20 supply fee), Pain Management with Emotional Freedom Technique, or Laughter Yoga & The Gray Matter Workout at 9 a.m.
- **At 10:30 a.m.**, choose either Great Decisions Series by WFU professors, Local Authors & the Creative Process, or Living Your Spirituality.
- **The lunch session** (catered at a cost of \$6.50 per person per day or \$25 for all four) will offer an opportunity to enjoy performances by local talent: Susan Tillman, The Vance's, The Jeweltones and Belles on Strings.
- **The day ends** with one more choice in the afternoon beginning at 1:30 p.m. The selections for the last session of the day are: Writing Stories from Your Life or Decide, Create and Share, a new program of the AARP that addresses making our wishes known for our long term care.

The event takes place this spring on **April 14, 16, 21 & 23, 2015** at Highland Presbyterian Church's new Activity Building located near the corner of Oakwood Dr. and Cloverdale, at 2381 Cloverdale Ave.

The cost for registration is \$20 for members or volunteers of the Shepherd's Center; \$25 for nonmembers. **This year, the event has NO REGISTRATION FEE for first-timers!** If you've never attended, now's your chance to discover the FUN a lifelong learning program can bring! If you have attended and bring a friend, you'll receive \$10 off your registration. We want the world to know that everyone's invited!

You may view the event by copying this link into your browser: www.shepherdscenter.org/alearning.html or by visiting www.shepherdscenter.org. Go to Senior Center Programs and then to *Adventures in Learning*. Click the arrow in the middle of the video screen to view a past Adventure. You may also register for the event on line or call 748-0217 for more information. Come once and you'll be back again!

Let Your Adventure Begin!

