

ADVENTURES IN LEARNING Virtual

Join us for the fall session of Adventures in Learning (AIL). This session will include a week of fun and diverse topics provided by a variety of instructors. Classes will be held twice a day for one hour. You can attend all the classes or one... **Your Choice!** Registration is \$30.

To register, please mail this form and payment to:

The Shepherds Center of Charlotte
3115 Providence Road
Charlotte, NC 28211

OR

Register online:
www.shepherdscharlotte.org/AIL

Please indicate which course you would like to attend.

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| <input type="checkbox"/> Monday, November 2 | 10:00 AM | <i>Food From Home</i> |
| <input type="checkbox"/> Monday, November 2 | 2:00 PM | <i>Feng Shui</i> |
| | | |
| <input type="checkbox"/> Tuesday, November 3 | 10:00 AM | <i>The Feldenkrais Method</i> |
| <input type="checkbox"/> Tuesday, November 3 | 2:00 PM | <i>Breast Thermography</i> |
| | | |
| <input type="checkbox"/> Wednesday, November 4 | 10:00 AM | <i>Opportunities to Save Money – Medicare</i> |
| <input type="checkbox"/> Wednesday, November 4 | 2:00 PM | <i>Music, Jazz and the Harlem Renaissance</i> |
| | | |
| <input type="checkbox"/> Thursday, November 5 | 10:00 AM | <i>Real Estate for Seniors</i> |
| <input type="checkbox"/> Thursday, November 5 | 2:00 PM | <i>If Pills Could Talk</i> |
| | | |
| <input type="checkbox"/> Friday, November 6 | 10:00 AM | <i>History of the Carolinas</i> |
| <input type="checkbox"/> Friday, November 6 | 2:00 PM | <i>Brain Games</i> |

Name: _____

Address: _____

Phone: _____

Email: _____

***You will receive a confirmation of your registration and the link to each course selected.**

FALL ADVENTURES IN LEARNING Courses:

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| Food From Home Tom Hanchett | What foods remind you of your growing up? That question will be a springboard for exploring Charlotte's diverse food traditions today – including tasty restaurant tips from Tom Hanchett's long-running "Food from Home" column in the Charlotte Observer. |
| Feng Shui Dr. Leang Kim Eap | Dr. Leang Kim Eap is a Naturopathic doctor and Feng Shui consultant with a background in Chemical Engineering, computer programming and management. She has been practicing Naturopathic Medicine for over 26 years and has more than 25 years of experience in Feng Shui and Geomancy. Dr. Eap will demystify this subject and enlighten what Feng Shui is in the 21st century. |
| The Feldenkrais Method Paula Alonso | The Feldenkrais method is a movement class that will help you move with greater ease and comfort in your daily life. Regular <i>Feldenkrais</i> classes help improve balance, increase flexibility, and reduce aches and pains. The movements are done slowly and mindfully sitting in chairs. |
| Breast Thermography Gaye Walden | This is not just for ladies! Gaye will provide information on Breast Thermography, a safe and painless screening for all individuals at every age. This presentation will highlight lifestyle choices and changes you can make to improve and maintain good breast health, including the importance of breast lymphatic massage. |
| Opportunities to Save Money – Medicare Leslie Aronovitz | Whether you've been on Medicare for 5 months or 5 years+, this presentation is for you. Ms. Aronovitz will discuss tips for you to get the most out of your Medicare the program, what to do if Medicare denies one of your claims, how and when to change medical plans, why you should assess your drug plan every year, and little known preventive benefits Medicare offers for free. |
| Music, Jazz and the Harlem Renaissance Dawn Anthony | An overview of America's gift of the music to the world- jazz, Dawn Anthony will share the history of its origins in New Orleans and its journey throughout America and then the world. One of its main (but not only) places of cultivation was in Harlem, New York. Harlem became an epicenter of artistic creation just before the 1920's. Dawn Anthony will share some of the wonderful sights and sounds that impacted generations to come! |
| Real Estate for Seniors Rob Wachter | A Seniors Real Estate Specialist will discuss the difficult task of "right sizing" in today's world and explain the difference between a repair and an improvement and which is best for return on investment. |
| If Pills Could Talk Rusty Ryan | Rational, safe, effective and economical use of medication in the older adult. |
| History of the Carolinas Dr. Tom Cole | Explore the history of The Old North State. Whether you have lived here for a long time or one of our newer residents this class will provide an insight to the topics as well as perhaps answer some of your questions about our great state and city. |
| Brain Games Angela Burrow | Join in a class discussing how the brain ages. Brain exercise encourages us to be intention, pay attention and focus. We will try fun exercises that will shake up your routine, activate your senses and encourage your brain cells to make new connections. |