



Fall 2021

Classes meet every Thursday
September 30th – November 18th

WE ARE PLANNING TO MEET IN PERSON BACK AT THE UNITARIAN CHURCH ON HUNTER MILL ROAD DURING OUR FALL SESSION. WE WILL ABIDE BY THE SHEPHERD'S CENTER AND CHURCH REQUIREMENTS WHICH WILL REQUIRE SHOWING A VACCINATION CARD AND WEARING A MASK. IN ADDITION, WE WILL CONTINUE TO OFFER CLASSES VIA THE ZOOM APPLICATION. PLEASE CHECK THE SHEPHERD'S CENTER WEBSITE FOR THE CURRENT SCHEDULE OF CLASSES AND TO REGISTER ONLINE ON THE SHEPHERD'S CENTER WEBSITE AT: scnova.org/services/services-adventures-in-learning/

THURSDAY MORNING SCHEDULE

9:00 - 9:45	<p>T'AI CHI– Rob Gehring, <i>Instructor</i></p> <p>This ancient art promotes body flexibility, strength, and balance. The class is ongoing and welcomes newcomers.</p>
10:00 - 10:55	<p>HEALTH & WELLNESS - <i>Casey Tarr, Coordinator</i></p> <p>Sep 30 “Is Your Family Ready to Cover the Costs” - Lindsey Vajpei, Insight Memory Center/John Bennett, Merrill Lynch</p> <p>Oct 7 “Medicare 101” – Mari de Leon, Kristin Helfer Koester, VICAP</p> <p>Oct 14 “Overcoming Roadblocks to Healthy Eating” – Diane LaHaie, Registered Dietician/Nutritionist</p> <p>Oct 21 “Modifying Traditional Yoga Poses for Osteoporosis and Promoting Better Balance – Paula McGuinness, Body Grace</p> <p>Oct 28 “The LITL System of Organizing Anything” – Lisa Garaci Rigoni, Owner Chief De-Clutter Officer</p> <p>Nov 4 “Navigating Senior Living Options” – Peggy Breda, CDAL, A Family Tie</p> <p>Nov 11 “How to Cultivate Intellect and Your Creative Self” - Rick Wormeli, Educator</p> <p>Nov 18 “The Benefit of Long Term Care Planning” – Karen McPhail, RN, Executive Director Eldementals, LLC</p>

**11:00 -
11:55**

ARTS & ENTERTAINMENT & TRAVEL

**Sep 30 "Laumeier Sculpture Garden Virtual Tour" – Betsy Solomon,
Executive Director Shepherd's Center Kirkwood, MO.**

Oct 7 "Medicare 101" – Mari de Leon, Kristin Helfer Koester, VICAP

**Oct 14 "Musical Treasures – Songs, Dances and Performances discovered on the Internet"
– Mark Sierakowski**

**Oct 21 "The Soundtrack of Our Lives – For the Young at Heart" – Hugo Keesing,
Musicologist**

Oct 28 "Our Adventures in Nepal" – Pat Williams and Eileen Curtis

Nov 4 "Our Adventures in Sicily, Italy" – Linda Lee Slesinger

Nov 11 "Landscapes from Finland and Estonia" - Paul Wormeli

**Nov 18 "My Unlikely Writing Adventure (which became the Garage Sale Mystery series)" –
Suzi Weinert (Author)**

LUNCH BREAK FROM 12:00 PM – 1:00 PM

1:00 – 2:00	<p>WORLD AFFAIRS: PAST AND PRESENT</p> <p>Sep 30 “Current Issues Impacting the Hunter Mill District” - Supervisor Walter Alcorn, Hunter Mill District</p> <p>Oct 7 “Putin’s Playbook: Russia’s Secret Plan to Defeat America” – Rebekah Koffler – Former DIA Officer (Author)</p> <p>Oct 14 “John Adams: The Boston Massacre- Right to Legal Representation – Part 1” – Mark Sierakowski</p> <p>Oct 21 “John Adams: The Continental Congress – Voices for and Against Independence – Part 2” – Mark Sierakowski</p> <p>Oct 28 “Mark Twain Troupe” – Mark Twain Players</p> <p>Nov 4 “What is the 13th Amendment” – Leigh Kitcher, Liberty Amendments Group from Vienna</p> <p>Nov 11 “The United States Supreme Court” - Major General Bill Suter (Clerk of the Court for 12 years)/Max Johnson – Falcon’s Landing</p> <p>Nov 18 “Thirty One Years of Service in the British Royal Navy” – Captain Jamieson Stride, British Royal Navy</p>
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AIL Committee Members

Co-Chairs: Mike Mulreany, Scott Schroth

Members: Casey Tarr, Jayne Young, Ellen Nichols, Marsha Komandt, Linda-Lee Slesinger

Technology Team: George Kralovec, Mike Mulreany

Fall 2021 Registration Form

Name _____

Street _____ Apt # _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

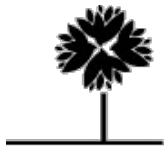
Email address _____

(Please enter an email address, so we can form a contact group to disseminate information about the classes.)

New registrants, how did you learn about Adventures in Learning Classes?

- I am interested in volunteer opportunities with the Shepherd's Center
- \$55 tuition enclosed - Make check payable to "Shepherd's Center of Northern Virginia" or "SCNOVA".

Mail this form with payment to: Shepherd's Center of Northern Virginia, 541 Marshall Rd SW, Vienna, VA 22180



INFORMATION

The Adventures in Learning (AIL) program is sponsored by the Shepherd's Center of Northern Virginia and is open to all adults age 50 or older.

One tuition payment (\$55) entitles you to attend any classes during the term. Create your own schedule – you may stay all day or attend only one class.

During the Fall session we will offer both in person classes and also Zoom classes for our scheduled speakers. In addition, we will record talks on YouTube for the Fall 2021 session based on speaker permission. This will allow you, as a registered participant, to view a presentation again, at your convenience, or view it for the first time if you are unable to attend the original presentation.

Incident weather policy – If Fairfax County Schools are **CLOSED** due to bad weather, our classes are **cancelled**. If Fairfax County Schools are on a **TWO HOUR** delay, we will still have AIL classes (starting at 10:00 AM).

Office: 703.281.0538 or office@scnova.org **Online:** scnova.org