



## Winter 2022

Classes meet every Thursday  
January 27th – March 17th

WE ARE PLANNING TO MEET IN PERSON BACK AT THE UNITARIAN CHURCH ON HUNTER MILL ROAD DURING OUR WINTER 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: <https://tinyurl.com/2p82zxfx>

[MAIL-IN REGISTRATION/CALL-IN REGISTRATION ARE ALSO AVAILABLE FROM 1/4 THRU 1/25](#)

A ZOOM Demo Class is available by request - Please contact Mike Mulreany at: [mulreany@verizon.net](mailto:mulreany@verizon.net)

### THURSDAY MORNING SCHEDULE

<p>9:00 - 9:45</p>	<p><b>T'AI CHI</b>– Rob Gehring, <i>Instructor</i></p>  <p>This ancient art promotes body flexibility, strength, and balance. The class is ongoing and welcomes newcomers.</p> <p><b>Additional Class is offered at Emmanuel Lutheran Church on Mondays from 9:00 AM – 9:45 AM</b></p> <p>T'ai Chi is available year-round except during holidays and August</p>
<p>10:00 - 10:55</p>	<p><b>HEALTH &amp; WELLNESS</b> - Casey Tarr, <i>Coordinator</i></p> <p>Jan 27 “Living Well with Parkinson’s” - Sonia Gow, INOVA</p> <p>Feb 3 “Hearing Loss and Hearing Assistance Technology” – Debbie Jones, NVRC</p> <p>Feb 10 “Overview of Aging and Adult Services at Fairfax Department of Family Services” – Linda Hernandez-Giblin – Fairfax County</p> <p>Feb 17 “The Highs and Lows of Hypertension” – Scott Schroth, MD</p> <p>Feb 24 “How to Take Control of Your Health and Wellness through Mindfulness Practice” – Martha Brettschneider, Damselwings</p> <p>Mar 3 “Falls and Balance” – Katie England, DPT, LSVT Fox Rehab</p> <p>Mar 10 “The Key to Aging in Place – Home Safety” - Carmen Hendricks, Certified Aging in Place Specialist, Tru Blue House Care</p> <p>Mar 17 “Cultivating our Creative Selves: Metaphors and Analogies for Sense and Meaning-Making – Rick Wormeli, Educator</p>

<b>11:00 - 11:55</b>	<b>ARTS &amp; ENTERTAINMENT &amp; TRAVEL</b> <b>Jan 27 “Andy Goldsworthy – Art in Nature” - Betsy Solomon</b> <b>Feb 3 “Railroading in the Rockies” – Paul Wormeli</b> <b>Feb 10 “Parent Involvement in Public Schools” – Arnold Fege, Director of Public Education Network</b> <b>Feb 17 “Sails of the South Pacific” – Cici Williamson</b> <b>Feb 24 “Native Plants in VA and the Impact on the Watershed” – Rick Hartley</b> <b>Mar 3 “Combatting illegal activities in East Africa” – Egan O’Reilly</b> <b>Mar 10 “The Triple Agent – Al Queda Mole who infiltrated the CIA – Joby Warrick, Washington Post Investigative Reporter</b> <b>Mar 17 “Around the World in 55 Minutes” – Hugo Keesing - Musicologist</b>
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**LUNCH BREAK FROM 12:00 PM – 1:00 PM**

**THURSDAY AFTERNOON SCHEDULE**

<b>1:00 – 2:00</b>	<b>WORLD AFFAIRS: PAST AND PRESENT</b> <b>Jan 27 “Photographers of Movers, Shakers and History Makers – Recorders of Famous Faces” – Harold Brown, Bachrach Photography</b> <b>Feb 3 “I would have done it for Free: Adventures in International and Domestic Law Enforcement” – John and Caron Martinez</b> <b>Feb 10 “Fungi, Aphids and Stink Bugs – Oh No! – Range of Invasive Species in NOVA and Environmental/Economic Impact – Scott Schroth</b> <b>Feb 17 “Mardi Gras Lunch at Vienna Community Center” – NO CLASS – The Lunch is a separate Registration fee to pay for the lunch – Please contact the Shepherd Center to Register in advance</b> <b>Feb 24 “Thirty one years service in the British Royal Navy” – Captain Jamieson Stride</b> <b>Mar 3 “The Widow Spy – True Account of Cold War spy Operation in Moscow” – Martha Peterson - Author</b> <b>Mar 10 “Federally Impacted Schools” – John Forkenbrock, Retired Executive Director of National Association of Federally Impacted Schools</b> <b>Mar 17 “The Eastern Question, Great Game, and Modern Hot Wars: Policy Lessons and Statecraft Implications for US Relations with Russia, Turkey and Iran” – Paula Doyle</b>
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## Winter 2022 Registration

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      Check payable to "Shepherd's Center of Northern Virginia" or "SCNOVA"

mail form to: Shepherd's Center of Northern Virginia,  
541 Marshall Rd SW, Vienna, VA 22180

Or call the office hotline at 703.281.0601 to pay with your credit card.

Or pay online at <https://tinyurl.com/2p82zxfx>

### **AIL Committee Members**

Co-Chairs: Mike Mulreany, Scott Schroth

Members: Casey Tarr, Jayne Young, Marsha Komandt, Dale Lestina

Technology Team: Mike Mulreany

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Merrifield, VA



541 Marshall Road SW, Room 203  
Vienna, VA 22180

*Providing services, personal enrichment and  
Volunteer opportunities for adults 50 and over*

## ***AIL SCHEDULE – WINTER 2022***



### 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 Winter 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 Winter 2022 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.

You may register by mail using the form or call the office hotline at 703.281.0601 to pay with your credit card or pay online at <https://tinyurl.com/2p82zxfx>

Inclement weather policy – If Fairfax County Schools are **CLOSED** due to bad weather, **our classes are not available at the Unitarian Church but will be offered via Zoom platform**. If Fairfax County Schools are on a **TWO HOUR** delay, we will still have AIL classes (starting at 10:00 AM) **for both in person at the Unitarian Church and also via Zoom**.

**Office:** 703.281.0538 or [office@scnova.org](mailto:office@scnova.org)

web: [www.scnova.org](http://www.scnova.org)