



541 Marshall Road SW, Room 203  
Vienna, VA 22180

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

## **AIL SCHEDULE – SPRING 2022**

Non-Profit Org  
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PAID  
Permit No. 49  
Merrifield, VA



### **Spring 2022**

Classes meet every Thursday  
**April 21st – June 9th**


**WE ARE PLANNING TO MEET IN PERSON BACK AT THE UNITARIAN CHURCH AT 2709 HUNTER MILL ROAD IN OAKTON DURING OUR SPRING SESSION. WE WILL ABIDE BY THE SHEPHERD'S CENTER AND CHURCH REQUIREMENTS REGARDING THE COVID19 VIRUS.**

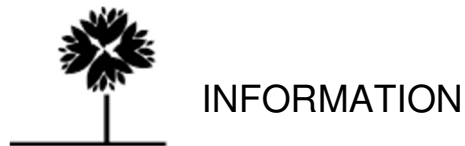
**IN ADDITION, WE WILL CONTINUE TO OFFER CLASSES VIA THE ZOOM APPLICATION. PLEASE CHECK THE SHEPHERD'S CENTER WEBSITE FOR THE CURRENT SCHEDULE OF CLASSES AND TO REGISTER ONLINE ON THE SHEPHERD'S CENTER WEBSITE**

AT: <https://tinyurl.com/2p82zxfx>

**REGISTRATION/CALL-IN REGISTRATION ARE ALSO AVAILABLE FROM 4/4 THRU 4/19**

### **THURSDAY MORNING SCHEDULE**

<p><b>9:00 - 9:45</b></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 in Vienna on Mondays from 9:00 AM – 9:45 AM</b></p> <p>T'ai Chi is available year-round except during holiday periods and August</p>
<p><b>10:00 - 10:55</b></p>	<p><b>HEALTH &amp; WELLNESS</b> - Casey Tarr, <i>Coordinator</i></p> <p><b>Apr 21 "Overview of Adult Protective Services"</b> - Alison Banks, Fairfax County</p> <p><b>Apr 28 "Sorting Fact from Fiction"</b> – Larry Lipman, AARP</p> <p><b>May 5 "Brain Health as You Age"</b> – Shruti Goel, Insight Memory Center</p> <p><b>May 12 "Personal Safety"</b> – Reanna Jacobson, Fairfax County</p> <p><b>May 19 "Positive Aging Resources"</b> – Steve Gurney</p> <p><b>May 26 "The Later Stages of Life"</b> – Jane Euler, MS, Owner/Founder Transition with Tranquility</p> <p><b>Jun 2 "Genetic Counseling and Testing for Hereditary Cancer"</b> - Tiffani Demarco, MS, CGC</p> <p><b>Jun 9 "Chronic Health Conditions Managed with Exercise"</b> – Katie England, PT, DPT, Fox Rehab</p>



### **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 Spring 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 Spring 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)

<b>11:00 - 11:55</b>	<b>ARTS &amp; ENTERTAINMENT &amp; TRAVEL</b> <b>Apr 21</b> “Windows of the Heaven (Murder Mystery based on Environmental Factors) – Henry Brinton (Local Book Author) <b>Apr 28</b> “Fairfax County Library Services” – Ginger Hawkins – Fairfax County <b>May 5</b> “Monarch Butterflies – Life Cycle and Migration”– Scott Schroth <b>May 12</b> “Musical Treasures – Songs, Dances and Performances Discovered on the Internet – Part 2” – Mark Sierakowski <b>May 19</b> “Whale Watching in Baja” – Paul Wormeli <b>May 26</b> “Boost Your Immunity through Plant Based Nutrition – Gwyn Whittaker, Greenfare <b>Jun 2</b> “Raphael – An Angel from Urbino” - Betsy Solomon <b>Jun 9</b> “A Senior’s Guide to Growing Older with Grace and Humor: You Can have all the Avocados you want” – Nancy Kredel (Local Author)
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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>Apr 21</b> “Fairfax County Commission on Aging – Programs and Priorities” – Cathy Muha <b>Apr 28</b> “Military Logistics” – Colonel Deane Stanley <b>May 5</b> “While America is pivoting from the Middle East and U.S. Relationships Change – Fundamentals Remain” – Major General Paul Schwartz <b>May 12</b> “The History of Arlington House, Fort Myer and Arlington National Cemetery” - Cici Williamson <b>May 19</b> “Order of the Knights of the Hospital of St. John” – John Capps <b>May 26</b> “Vienna African American Trailblazers and Liberty Amendments - Gloria Runyon/Sylvia/DeeDee <b>Jun 2</b> “U.S. Submarines as Deterrents” - Michael Breslin <b>Jun 9</b> “Civil War Battle of Ox Hill/Chantilly – Chuck Mauro
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**Spring 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>

**ALL Committee Members**

Co-Chairs: Mike Mulreany, Scott Schroth

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

Technology Team: Mike Mulreany