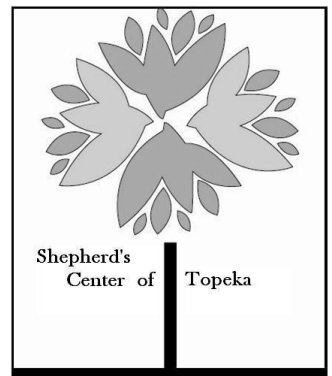


## Sponsoring Congregations

Brookwood Covenant  
Central Congregational  
Countryside UMC  
Crestview UMC  
Faith Lutheran  
Fairlawn Nazarene  
First Baptist  
First Congregational  
First Christian  
First Lutheran  
First Presbyterian  
First United Methodist  
Grace Episcopal Cathedral  
Grace UMC  
Lowman UMC  
Most Pure Heart of Mary  
Our Savior's Lutheran  
Prince of Peace Lutheran  
St. David's Episcopal  
Susanna Wesley UMC  
Town & Country Christian  
Trinity Evangelical Lutheran  
Trinity Presbyterian  
University UMC  
Westminster Presbyterian  
West Side Baptist  
West Side Christian  
**Community Partners**  
Aldersgate Village  
Arthritis Foundation  
Atria Hearthstone  
Brewster Place  
Clare Bridge  
Comfort Keepers  
Heartland Hospice  
Hospice Care of Kansas  
Legend at Capital Ridge  
McCrite Plaza  
Midland Care  
Rebound Physical Therapy  
St. Francis Senior Spirit  
Stormont-Vail Healthwise 55  
Thornton Place  
Topeka—Shawnee County  
Public Library

# Adventures in Learning!

Winter 2011 Issue No. 18



## Legend's at Capital Ridge

Tour & Game Day, Wed, January 12, 1:00–4:00



Ashley Gordon, Marketing Director, for Legend at Capital Ridge, has been waiting a while to show off the new facility. Ashley contacted SCT about becoming a community partner last summer and immediately signed up to host the refreshments at the Fall '10 Session. During the construction

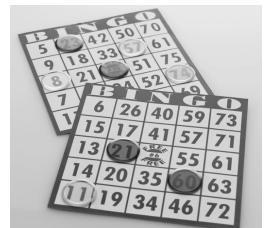
process west of the mall, Ashley has been mailing us updates and some members have already taken tours on their own. However, our January tour will be just for Shepherd's Center and we will be one of the first groups to spend some time in the new dining room eating refreshments and playing games. Our Program Co-Chair, Jeanne Bellows, has been wanting to have a game day for almost two years but for one reason or the other, it hasn't happened until NOW! What fun we will have playing cards and board games inside where it is warm and toasty! You don't have to already know how to play—we'll have folks available to teach you. You'll just have to be flexible about WHAT you play since some games require an even number, where others do not. From Bridge to Hand & Foot; Rummicube to Scrabble—playing games is a great way to keep the mind sharp. Please register on your *Adventures in Learning* form or call the office, 267-0248.



## McCrite's invites SCT to celebrate St. Patrick's Day by "Gamblin for the Green" on March 30, 2011

Our Irish friends at McCrites know how to spread the blarney and share the airgead which is exactly what they'll be doing at the SCT fieldtrip—Bingo party. Come and enjoy an Irish buffet for lunch at 12:30, followed by bingo and other opportunities for "Gamblin' for the Green" until 3:00

p.m. Please register for this fieldtrip on the enclosed *Adventures in Learning* form. Can you smell the buttered cabbage already?



### A Little Discussion with the Director

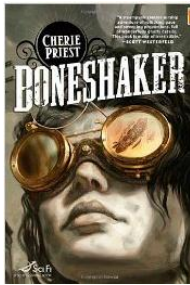


Debra Stufflebean

I don't know how many of you took my advice and purchased The Gift of Years by Joan Chittister for Christmas but I find each new chapter as interesting as the last. She states that as we enter into this stage of our life, "we should do so with the curiosity of a child and the confidence of a teenager." I like that!

You'll notice as you read through the Winter Session's catalog of classes, that the Topeka & Shawnee County Public Library will be doing classes about things that you've never heard of before—real mind stretchers.

From Hulu to steampunk literature, even I am clueless what it's all about. The nice thing about opening this door to our members is that the knowledge is yours for the pleasure of drinking it in, and not because your health or your job depends upon it. Over the next year you'll have the chance to become more computer savvy or be able to discuss books and music with grandchildren. Along the way you may even be surprised that you're enjoying this new stuff!



So here we go—just in time to fulfill a New Year's resolution— *out with the old and in with the new.* Try reading some steampunk by Cherie Priest!

*Debra*

### THANK YOU!



Thank you to the following sponsoring churches who provided financial support for the Shepherd's Center ministry in 2010.

- Brookwood Covenant
- Central Congregational
- Countryside UMC
- Grace UMC
- Our Savior's Lutheran
- Trinity Presbyterian
- West Side Christian
- University UMC

~ In Memory ~

SCT member Betty O'Hara passed away in December. She will be missed.

Our sponsors for the Winter Session are Clare Bridge, who will be furnishing parlor refreshments;



Tara's Grace Dance Studio with Barbara Smith leading the belly dance exercise, for men and women, in the gym;



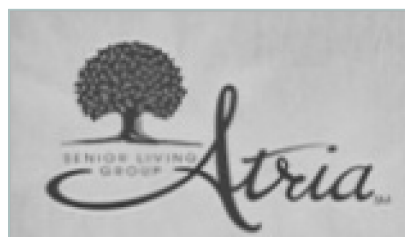
Heartland Hospice who will be taking blood pressure at the Health & Services table;



and our faithful provider of fine dining, Atria Hearthstone.

#### Snow/Ice policy

Please be aware that ice, snow or even a forecast of bad winter weather may cause a Friday's *Adventures in Learning* to be cancelled. If possible, alternative arrangements will be made for the same set of classes to be given at a later time but there is no guarantee. Due to having our meals catered, the Director will make the decision the Thursday afternoon before the Friday in question and send a notice via e-group as well as change the voice mail message on the office phone.



#### Please Note on Calendar:

- Jan 12—Legend at Capital Ridge fieldtrip, 1:00—4:00 (Tour & Games)
- Feb 1—Task Force Mtg, 10:00
- Feb 4, 11, 18, 25 — Winter Session, Adventures in Learning
- Mar 3—Newsletter Mailing, 10:00
- Mar 3—Board Meeting, 3:00
- Mar 30—Task Force Mtg, 10:00
- Mar 30—Gamblin for the Green at McCrite Plaza, 12:30—3:00 (Lunch & Bingo)
- Apr 1, 8, 15, 29—Spring Session, Adventures in Learning —Note that there are five Fridays in April and we will not be in session Good Friday (April 22nd).

## Guest Policy

Everyone (member or guest) must register to attend an “*Adventures in Learning*” session. First time visitors **MUST** register by Tuesday before the Friday they plan to attend so we will have an accurate lunch count and have a name badge for them in the registration foyer. Visitors may come **ONCE** without paying, but then must pay the \$25 registration fee if they wish to come the remaining Fridays of that session. It costs nothing to check us out — we’re confident that you’ll want to come again. By providing your address, guests will receive the newsletter for one year.

(Scholarships are available for those who have a financial need—visit with the Director or your Pastor.)

**Clergy at our sponsoring churches are always welcome to attend Shepherd’s Center FREE for a single class, a session, or a meal. We only ask that you call the office beforehand, and later spread the good news!**

**HELP WANTED:** Technical Assistants to help speakers set up their programs with the computer/projector, as well as test the microphone for adequate voice volume. Registration and meal free with “on-call” time to sit in on classes. Contact Spencer Smith, 633-8321.

## Parking

Please leave the **first row of parking spaces in the west First Baptist parking lot (closest to the double doors) open for those with hanging disability tags.** This



will increase our number of disabled parking spaces. In an effort to accommodate our speakers, please do **NOT** park on the south side of the church.

Everyone should go through the downstairs registration area to pick up their nametags and programs.

Overflow parking is available in the Masonic Temple parking lot north of the church’s lot. Please park on the last (west) row of their lot as it will be closer access to the FBC driveway and a more level path to walk.

## Transportation Volunteers

Would you be willing to give someone a ride to *Adventures in Learning*? Occasionally we have folks who are restricted on driving because of a recent health issue—sometimes there has been a life change where people can no longer drive. If the office kept a list of transportation volunteers, when someone calls in and needs a lift, the Director could coordinate a ride with someone who lives nearby. Just because you volunteer to be on the list does not mean that you’re obligated, just willing to be called by the Director. If you are able to pick them up, **YOU** will be given the name and number of the member to call and make the arrangements. Please mark beside your address on the registration form to be put on the transportation list. We already have an agreement with Community Partners to provide **FREE** transportation for residents. If there are any issues, speak to your Activities Director.

## Attendance Last Session

# 265

## Who is a Member?

Membership in SCT can be confusing. If you have ever attended one full “*Adventures in Learning!*” session, you’re considered a member. To be in good standing, you’ve attended at least one of the four sessions in the past year.

## New Community Partners



The library, in looking for ways to increase community outreach such as their book mobile service, is excited about being on-site for the Shepherd’s Center *Adventures in Learning!* classes. As a new Community Partner, staff will be offering a class under the category of Library Wisdom from 10:30-11:30 each Friday in session.



We welcome Heartland Hospice as a new Community Partner who will be

staffing the Health & Services table by the gym this Winter Session. Rev. Ed Farris from Heartland will also be singing this session, and speaking about Brazil at the Spring Session.

# ***“Adventures in Learning!”* Winter Session**

## **Classes for Friday, February 4, 2011**

### **Current Events—Get Involved**

**9:15—10:15 a.m.**  
**News & Views**

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas where opposing viewpoints are appreciated.



**9:15—10:15 a.m.**  
**Back by Popular Demand**

**Deep Sea Diving Coral Reefs**  
Sandra Falen of Core First Bank shared her favorite photos from 20 years of diving at the Winter 2009 Session and wowed members with her knowledge of the complex eco system and creatures that live in the sea. Just back from diving in Kosrae, Micronesia, you won't want to miss Sandy's return.



### **Nutrition & Meal Planning**

**9:15—10:15 a.m.**  
**Health**

Mary Alice Scheer's program will review healthy eating and meal planning strategies to reach your personal goals for the prevention of diet related diseases and weight management. Healthy food choices, recipe modification and label reading will be reviewed. Important class, especially for diabetics.

**9:15—10:15 a.m.**  
**Community**



### **Florence Crittenton Services of Topeka**

JoLana Pinon, Executive Director, will talk about the mission for providing innovative solutions for at-risk adolescent girls and their families—building a better tomorrow one girl at a time.

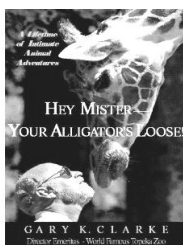
**10:30—11:30 a.m.**  
**Religion**

### **John Wesley—the Rest of the Story**

Rev. Kathleen Whitmore reveals more than is commonly known about the Methodist theologian who was *“a brand plucked out of the fire,”* such as his cure for baldness and his family being haunted by a ghost.



**10:30—11:30 a.m.**  
**The Arts**



### **“Hey Mister—your Alligator's Loose”**

Gary Clarke, former Director of the “World Famous Topeka Zoo” and Guide/Owner of Cowabunga Safaris will be here to spin tales of his fascinating life among a menagerie of animals with unique personalities.

**10:30—11:30 a.m.**  
**People/Places**

### **Life's Transformation—Hippie to Priest**

Dean Steve Lipscomb from Grace Cathedral will tell his life's journey from a Georgia Southern Baptist upbringing, to being AWOL from the church during his Hippie years of self-discovery to a renewed love affair with God through the Episcopal church. His candor and humor is quite a testimony.

**10:30—11:30 a.m.**  
**Library Wisdom**

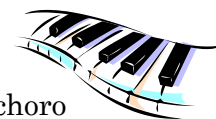
### **Your E-Book Questions Answered**

Curious about Nooks, Kindles and i-Pads? Deb Bryan will explain what an e-book is, what devices they work on, how they are delivered from the internet, and why so many people want to use them. FREE e-books and their devices are available to library patrons. Examples will be shown.

**11:40—12:10 p.m.**  
**Music**

### **Piano: Ragtime to Brazilian**

Rev. Dr. Ed Farris can imitate Liberace, play stride piano, Brazilian choro (like a New Orleans jazz), and ragtime. You're guaranteed to have a great time!



# ***“Adventures in Learning!” Winter Session***

## **Classes for Friday, February 11, 2011**

### **Current Events—Get Involved**

**9:15—10:15 a.m.**  
**News & Views**

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas where opposing viewpoints are appreciated.

### **Haiti—After the Earthquake**

**9:15—10:15 a.m.**  
**Back by Popular Demand**

At the Summer 2010 Session Dr. Scheibe told of her February mission trip to Haiti following the devastating earthquake in Jan. 2010; now hear Doris Frame give an update of the on-going needs in Haiti and how she and her daughter continue to serve.



### **Caregivers Home Care**

**9:15—10:15 a.m.**  
**Health**

Home health services is a fast growing and cost effective way to manage your healthcare. Learn from Dr. Ed Schulte what services and benefits are available and how healthcare reform may impact these services for seniors and boomers.

### **History of the Topeka Parks**

**9:15—10:15 a.m.**  
**Community**

Park Planner Bill Riphahn has spent twenty years overseeing the operations of Old Prairie Town at the historic Ward-Meade Park; Gage Park; three new skateboard parks; and neighborhood playgrounds. He enjoys showing 100-yr-old photos depicting the chronology of the development of Topeka Parks & Recreation.

**10:30—11:30 a.m.**  
**Religion**



### **In the Beginning . . .**

Rev. Alden Hickman will do an overview of the Book of Genesis which covers the beginning of the universe, the origin of human society, the first sin, and God's work to restore and reconcile humanity.

**10:30—11:30 a.m.**  
**The Arts**

### **Life is a Dance: Giving Expression to our Spirit's Longing**

Life coach Shirley Bradley discusses how each person is born with unique creative ability in sync with passion, enthusiasm, and joy but some people sit back waiting to be inspired or simply give up. By changing self-beliefs, they can join in the dance of creativity, and life fulfillment.

**10:30—11:30 a.m.**  
**People/Places**

### **Women Under the Veil**

American women experience culture shock when they move to foreign countries with different customs and religions. Sue Clarke will share her experience of living in Saudi Arabia.



**10:30—11:30 a.m.**  
**Library Wisdom**

### **Airships and Goggles: a Steampunk Primer**

According to Susan Schafer, Steampunk is a type of science fiction that often blends Victorian era history with inventive clockwork and steam technology to create an alternative world. Try reading Boneshaker by Cherie Priest to discuss.

**11:40—12:10 p.m.**  
**Music**

### **One Man Band**

Charlie Heavin has played with some of the best musicians in this part of the country over the past 70 years. Former baseball player and Korean War veteran, this crooner plays the songs of yesteryear.



# ***“Adventures in Learning!”* Winter Session**

## **Classes for Friday, February 18, 2011**

### **Current Events—Get Involved**

**9:15—10:15 a.m.**  
**News & Views**

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas where opposing viewpoints are appreciated.



**9:15—10:15 a.m.**  
**Back by Popular Demand**

**Military History—American P.O.W.’s**  
At the Fall 09 Session, military museum curator, Jerry Holley’s program generated a lot of interest. Since Mr. Holley has died, we have asked Jim Nelson, curator of military exhibits for the Burlingame Historical Society, to give another program on military history. He will discuss the fall of the Philippines, the largest surrender of an American army, and P.O.W.’s held by the Japanese.



**9:15—10:15 a.m.**  
**Health**

**Peripheral Artery Disease**  
Dr. Ray Dattilo reviews risk factors, symptoms and treatment of this circulatory disease which can cause disability due to pain when walking and in severe cases lead to amputation. PAD is also associated with 5 times the risk for heart attack or stroke.



**9:15—10:15 a.m.**  
**Community**

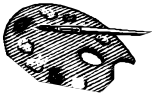
**Aging in Place**  
Judy Hartegan knows that Dorothy isn’t the only one who feels like “*there’s no place like home.*” She uses her degree in Interior Design to show people how to modify their homes and extend their time aging in place.

**10:30—11:30 a.m.**  
**Religion**

**Unitarian Universalism—Revolutionary Faith for the 21st Century**  
Rev. Lisa Schwartz compares changes that have taken place in communications, transportation, farming & industry, child rearing to how some faiths have also grown and evolved such as Unitarian Universalism, a modern expression of faith.

**10:30—11:30 a.m.**  
**The Arts**

**NOTO Arts District**  
Community activist Anita Wolgast explains the Heartland Visioning project to turn north Topeka into an arts district. Progress is already underway with a collaboration among Topeka 501, Mulvane Art Museum and NOTO Board.



**10:30—11:30 a.m.**  
**People/Places**

**Scotland: The Reformation**  
Scottish minister, Rev. Doug Phenix, will talk about the history of his homeland and its formal break with the Papacy in 1560, largely due to the triumph of England over France. After several attempts to unite Scotland with England in the 1600’s, the Kingdom of Great Britain was created in 1706.



**10:30—11:30 a.m.**  
**Library Wisdom**

**Do you HULU?**  
TSCPL computer trainers Becky Hinton and Kate Hughes show current trends on the internet including YouTube videos, HULU television and movies, webcams, museum tours and more.



**11:40—12:10 p.m.**  
**Music**

**Pop Tunes from the Past**  
One of Shepherd’s Center’s own members, Donna Collins, will play a repertoire of pop tunes based on her years of playing with dance combos.

## ***“Adventures in Learning!”* Winter Session**

### **Classes for Friday, February 25, 2011**

**9:15—10:15 a.m.**

#### **News & Views**

#### **Current Events—Get Involved**

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas where opposing viewpoints are appreciated.



**9:15—10:15 a.m.**

#### **Back by Popular Demand**



#### **The Return of Boomer the Fire Dog**

Boomer and his handler Rusty Vollintine will return to talk about fire investigations and to “show-off” Boomer’s abilities at detecting even trace amounts of ignitable liquids, which leads to successful arson prosecution.

**9:15—10:15 a.m.**

#### **Health**


#### **The Dizzy Doctor addresses Hearing Loss**

Dr. Gary McKnight, Director of Tallgrass Balance and Hearing, will discuss the causes of hearing loss, the impact hearing loss has on quality of life and current treatment options.

**9:15—10:15 a.m.**

#### **Community**

#### **The Great Overland Station**

Bette Allen, Executive Director presents the history of the 1927  Union Pacific Station. Last used for passenger service in 1971, this landmark was saved by the efforts of the Railroad Heritage group and today is a wonderful museum & civic center.

**10:30—11:30 a.m.**

#### **Religion**

#### **The Role of Religion in Politics**

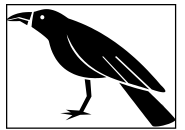
Rev. Peter Rehwaldt discusses the dual association most people have with religion and secular society, pointing out the difference between separation of church and state dealing with institutions, and the morals, social mores, of an individual.

**10:30—11:30 a.m.**

#### **The Arts**

#### **Painting: the Journey from Emerging Painter to Mature Artist**

Barbara Waterman-Peters will explain the process of transferring a mental image onto canvas creating a work of art, and giving an over-the-shoulder view of the artist’s concerns.



**10:30—11:30 a.m.**

#### **People/Places**



#### **Egypt: Ancestral Home**

Zenab Mebed moved to Topeka in 1953 when her father Dr. Ali Mebed began his psychiatry career at Menninger’s. After the death of her parents, Zenab reconnected with her roots and her ancestors in Cairo and the village of Abuxa.

**10:30—11:30 a.m.**

#### **Library Wisdom**

#### **Steamboat Arabia: Treasure in a Cornfield**

Deb Southerland tells the story of people who went looking for buried treasure and instead developed a life-long commitment and love for the incredible slice of history they uncovered. Learn about the sinking of the Great White Steamboat Arabia in the Missouri River in 1850 and its resurrection from a Kansas cornfield in 1980’s.

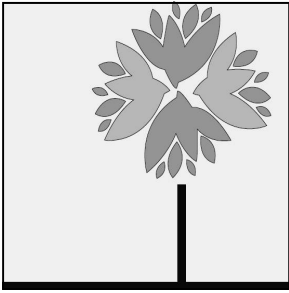
**11:40—12:10 p.m.**

#### **Music**

#### **Baritone Soloist**

Dr. Lee Snook is a former member of the Lyric Opera of Chicago. His pedagogy is from the Bel Canto school of Italian singing. We will hear a selection of arias demonstrative of his operatic forte.





**Shepherd's Center of Topeka**  
**3033 SW MacVicar Avenue**  
**Topeka, Kansas 66611-1899**  
**Phone: 785-267-0248**

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## Testing the Water



Now that we do not have a Session in the middle of the Summer, I would like to know if there would be any interest in doing an annual Shepherd's Center out-of-state trip in June? Said trip would not be in place of doing local fieldtrips with Community Partners, but rather would

be an additional opportunity for fellowship among our members and be a good connector between the sessions in February and April with the sessions in August and October. I would welcome feedback from you if this is something that you would be interested in — Please send me an email, leave a voice mail on the office phone, or visit with me at the next session. If I hear few to none, I will then know it's the will of the people not to do this, but if we have 40 or more interested, I will proceed. — Debra

Here is the proposed trip:

### **Biltmore Estate—Asheville, North Carolina—\$439**

(price per person double occupancy 6 days/5 nights)

- Restroom, video-equipped coach—2 day trip to Blue Ridge Mountains
- Biltmore estate, gardens, winery and Biltmore's new Antler Village
- Asheville, NC—city of Art Deco Architecture & St. Lawrence Basilica
- Blue Ridge Parkway, a National Park's Service journey, Visitor's Center and Folk Art Center
- En route, "shoppertainment" at the Opry Mills
- Includes 5 nights lodging (3 consecutive nights in Asheville area), 8 meals (5 breakfasts, 3 dinners)



**Registration:** Mail completed registration form to SCT, 3033 SW MacVicar Ave, Topeka, KS 66611, along with check payable to SCT. Check Box if New or Changed Info. >

Name (s) \_\_\_\_\_ Phone # \_\_\_\_\_

Address/Zip \_\_\_\_\_ Transportation volunteer:

E-mail: \_\_\_\_\_ Place of Worship: \_\_\_\_\_

I am a **FIRST TIME GUEST** = 1 Friday FREE. I will attend \_\_\_\_\_ (date).

Registration fee of \$25 includes 4 exercise classes, 8 Learning classes, 4 musical programs, 4 catered lunches & the opportunity to go on fieldtrips.

Number of Registrations \_\_\_\_\_ x \$25.00 = \$ \_\_\_\_\_

Please check which Fridays you will be eating. \_\_\_\_\_ :

(First Fri. \_\_\_\_ ; Second Fri. \_\_\_\_ ; Third Fri. \_\_\_\_ ; Fourth Fri. \_\_\_\_) \_\_\_\_\_ :

Donation to this ministry = \$ \_\_\_\_\_

Legend's Game Day January 12 \_\_\_\_\_ ; Fieldtrip Sign Up = \$ \_\_\_\_\_ FREE

McCrite's Gamblin' for the Green March 30 \_\_\_\_\_ \$ \_\_\_\_\_ Check Total



**Class Selection:** Each person choose two classes per Friday (select one from the four classes listed in each time slot). Pre-registering helps us with room assignments.

<u>February 4, 2011</u>		<u>February 11, 2011</u>	
9:15-10:15	News & Views _____	9:15-10:15	News & Views _____
	Deep Sea Diving _____		Haiti _____
	Nutrition _____		Caregivers _____
	Florence Crittenton _____		Topeka Parks _____
10:30-11:30	John Wesley _____	10:30-11:30	Genesis _____
	Clarke (Alligator's Loose) _____		Life is a Dance _____
	Father Lipscomb _____		Women under the Veil _____
	E-Books _____		Steampunk Primer _____
<u>February 18, 2011</u>		<u>February 25, 2011</u>	
9:15-10:15	News & Views _____	9:15-10:15	News & Views _____
	American P.O.W.'s _____		Boomer the Fire Dog _____
	Peripheral Artery Disease _____		Hearing Loss _____
	Aging in Place _____		Great Overland Station _____
10:30-11:30	Unitarian Universalism _____	10:30-11:30	Religion in Politics _____
	NOTO Arts District _____		Painting _____
	Scotland _____		Egypt _____
	HULU _____		Steamboat Arabia _____

**PLEASE MAIL BY JANUARY 28th.**

## February 4, 2011

9:15—10:15 a.m.

News & Views with Kevin McFarland  
Deep Sea Diving by Sandra Falen  
Nutrition & Meal Planning by Mary Alice Scheer  
Florence Crittenton by JoLana Pinon

10:30—11:30 a.m.

John Wesley by Rev. Kathleen Whitmore  
Your Alligator's Loose by Gary Clarke  
Hippie to Priest by Dean Steve Lipscomb  
E-Books by Deb Bryan

11:40-12:10 — Sanctuary Music

Ragtime to Brazilian Piano by Rev. Ed Farris

## February 11, 2011

9:15—10:15 a.m.

News & Views with Kevin McFarland  
Haiti — After the Earthquake by Doris Frame  
Caregivers Homecare by Dr. Ed Schulte  
History of Topeka Parks by Bill Riphahn

10:30—11:30 a.m.

Genesis by Rev. Alden Hickman  
Life is a Dance by Shirley Bradley  
Women under the Veil by Sue Clarke  
Steampunk Primer by Susan Schafer  
11:40-12:10 — Sanctuary Music  
One Man Band by Charlie Heavin



Hosted at First Baptist Church  
3033 SW MacVicar  
Topeka, KS 66611  
785-267-0248

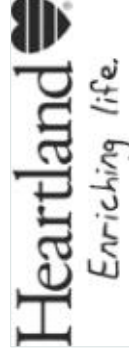
WINTER 2011 SESSION

## *Adventures in Learning!*

Focus on Fitness [8:30—9:00]

Exercise by Tara's Grace Dance Studio

Health & Services Info Table

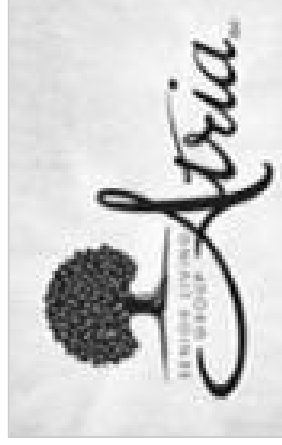


Parlor Refreshments

[9:00—9:15] by [10:15—10:30]



Catered Meals [12:15—1:00]  
Compliments of



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## February 18, 2011

9:15—10:15 a.m.

News & Views with Kevin McFarland  
American P.O.W.'s by Jim Nelson  
Peripheral Artery Disease by Dr. Ray Dattilo  
Aging in Place by Judy Hartegan

10:30—11:30 a.m.

Unitarian Universalism by Rev. Lisa Schwartz  
NOTO Arts District by Anita Wolgast  
Scotland: The Reformation by Rev. Doug Phenix  
Do you HULU? by Becky Hinton & Kate Hughes  
11:40-12:10 — Sanctuary Music  
Pop Piano Music by Donna Collins

## February 25, 2011

9:15—10:15 a.m.

News & Views with Kevin McFarland  
Boomer the Fire Dog by Inv. Rusty Vollintine  
Hearing Loss by Dr. Gary McKnight  
Great Overland Station by Bette Allen

10:30—11:30 a.m.

Religion in Politics by Rev. Peter Rehwaldt  
Painting by Barbara Waterman-Peters  
Egypt: Ancestry Home by Zenab Mabel  
Steamboat Arabia by Deb Southerland  
11:40-12:10 — Sanctuary Music  
Opera Arias by Dr. Lee Snook