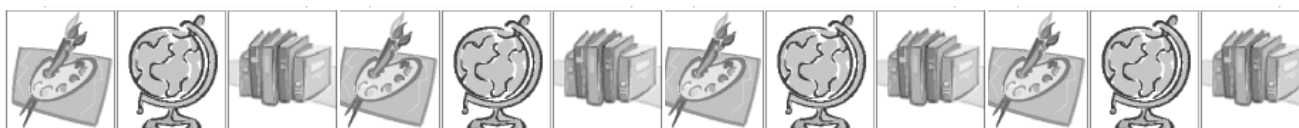
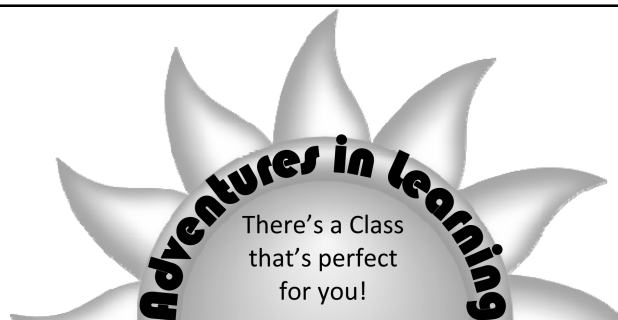


SHEPHERD'S CENTER OF FAIRFAX-BURKE

By and for adults age 50 and more



Classes meet September 27– November 1



Lord of Life Lutheran Church

5114 Twinbrook Rd.

Fairfax, VA 22032

MORNING SCHEDULE

FALL 2010

<p>9:30 – 10:15</p>	<p>EXERCISE FOR LIFE</p> <p>Gentle exercise with Stacy Warrington for strength, balance and flexibility. Bring a towel or mat if you have one.</p> 
<p>10:30 – 11:30</p> 	<p>BROADENING YOUR HORIZONS</p> <p>September 27 Paradise Springs Winery: From Lord Fairfax Land Grant to 1st Winery in Fairfax County– Kirk Wiles & Jane Kincheloe, Owners</p> <p>October 4 Civil War Grafitti: Soldiers' Writing- A Diary on the Walls of Historic Blenheim, Fairfax City- Andrea Loewenwarter</p> <p>October 11 An Introduction to Digital Photography- Bob McNeil</p> <p>October 18 They Came to Play: Baseball in the 1930s- Don Nelson, Author</p> <p>October 25 The History and Culture of Humor– Rosa Weinstein, Himmelfarb University</p> <p>November 1 A Special Look Inside the Udvar-Hazy Air and Space Museum- Ralph Koontz, Docent</p>

LUNCH

Bring a brown bag lunch each week. Coffee provided for lunch and for break times. All are welcome to join us for food and fellowship.



AFTERNOON SCHEDULE

12:30- 1:30	TAKING CARE OF YOURSELF
	September 27 Lift Your Spirits with a Sing-a-long and Music Trivia Quiz- Colleen Turgeon
	October 4 Join our Victorian Apothecary's Assistant in period costume as we talk about Remedies Then and Now- Bonnie Fairbank
	October 11 Getting to Happy: Seven Practical Steps to a Happier and More Contented Life- Dr. Robert Rogowsky
	October 18 Healthy Eating from Whole Foods Market: Presentation and Food Tasting- Janelle Cesari, Community Liaison, Springfield Whole Foods Market
	October 25 Identity Theft Prevention- Tom Polhemus, Investigator, Fairfax County Police Department, Financial Crimes Section
November 1 Managing Technostress- Dr. Star Muir	

1:45 – 2:45	SMALL GROUPS MEET EACH WEEK
	Canasta /Bridge organized by interested participants
	Book Club
	Inside Football

FALL 2010 REGISTRATION

Name _____

Street _____

City _____ State _____ Zip _____

Home Phone _____

E-mail Address _____

How did you hear about Adventures in Learning? _____

Mark the small group you plan to attend: Book Club Canasta
 Bridge Inside Football

Tuition \$30

Bring form and check to September 16 Lunch N' Life at Fairfax Presbyterian Church or, prior to the first class, mail to:

Shepherd's Center of Fairfax-Burke
8922 Little River Turnpike
Fairfax, VA 22031

_____ Check enclosed- payable to Shepherd's Center of Fairfax- Burke.

ADVENTURES IN LEARNING

The Adventures in Learning (AIL) program is sponsored by the Shepherd's Center of Fairfax-Burke (SCFB) and is open to all adults age 50 or better.

One tuition payment entitles you to attend any classes on Mondays during the fall term. Create your own schedule – you may stay all day or attend only one class.

You may register by mail using the enclosed form and/or come to the Lunch N'Life at Fairfax Presbyterian Church on September 16 to register in person. Even if you register by mail, we encourage you to come to the Lunch N'Life to share the fellowship, and learn more about the Shepherd's Center.

If you, or anyone you know, would like to participate but find it to be a financial burden, assistance is available. **If transportation is a problem, we may be able to find a ride for you. In either event, please call the office at 703-323-4788 (10:00am – 1:00pm, M-F).**

Inclement weather policy – We follow the Fairfax County Public Schools lead. If schools are closed due to bad weather, our classes are cancelled. If the schools have a delayed opening, we will hold our classes at the regular time.



8922 Little River Turnpike
Fairfax, VA 22031

office: 703-323-4788

email: office@fairfax-burkesc.org