



**ADVENTURES IN LEARNING – Spring Session 2010**  
A Program of the East Wichita Shepherd's Center

**Adventures in Learning** is a opportunity for active adults. We offer classes on a wide variety of subjects and activities. They are held at East Heights United Methodist Church (handicap accessible) on Tuesdays, 9 a.m. – 3:15 p.m. The spring session runs from **March 23 through May 11**. For one session's registration fee, you may attend as many classes as you like in those eight weeks. **Class size may be limited according to type of class or room size.** We offer a buffet-style hot lunch with entertainment. **All lunch reservations need to be made and paid for one week in advance.**

**REGISTRATION FEE:** \$50 for registration paid by March 18, 2010 and \$55 after that date. **FEES ARE NON-REFUNDABLE.**  
**LUNCH FEE:** \$8/week or \$60/eight weeks or bring your own lunch and get a beverage and dessert for \$3.

-- 8:15 – 8:45 a.m. --

**Coffee and Conversation in the Lobby**

**Blood Pressure Check in the North Hallway**  
By Wichita Parish Nurse Ministry

-- 9:00 – 10:00 a.m. --

• **TAI CHI**

**Mar. 23 - May 11 - "Balance and Harmony"**  
Cost – registration fee plus \$2 paid each week at class  
David Larsen, Instructor, Ctr. For Physical Activity & Aging, WSU

• **POETRY**

**Mar. 23 – May 11 - "Line Dancing"**  
Helen Throckmorton, Professor, English, WSU, Retired

• **SPRING TIME ART**

- Mar. 23 – "Communicating with Quilts"**  
Peggy Engel, Owner, Hen Feathers Quilt Shop
- Mar. 30 – "Art in Xeriscaping"**  
Kay Drennen, Environmental Specialist Water Resources Conservation, W.A.T.E.R. Center, City of Wichita
- April 6 – "Beauty of Buttons"**  
Denise Dias, Sedgwick County Extension Agent
- April 13 – "Art Through Coinage"**  
Wendell Leavitt, PhD., Prof., WSU, Proprietor, Heartland Coins
- April 20 – "Invitation to a Victorian Ball"**  
Mike McCartney, Living Hist. Interpreter/Presenter, Dance Mstr  
Marti McCartney, Living Hist. Presenter, Corsetiere & Seamstress
- April 27 – "History and Techniques of Needle Art"**  
Bertha Moore, Past President, Needle Guild, Embroiderers' Guild of America
- May 4 – "History of Logos"**  
Karen Scroggins, Assistant Professor, Friends University
- May 11 – "Caring for Family Treasures Now and in the Future"**  
Mary Nelson, Program Consultation, Special Collections, Urlich Museum, WSU

-- 9:00 – 10:00 a.m. --

• **AMERICAN HISTORY**

- Mar. 23 – "Path Finder – Daniel Boone"**  
Ken Spurgeon, Teacher, Filmmaker, Historian
- Mar. 30 – "Three Roads to the Alamo"**  
Ken Spurgeon, Teacher, Filmmaker, Historian
- April 6 – "What is Classical Education?"**  
Becky Elder, Amica Scholae, Friend of Northfield School
- April 13 – "Russia to Kansas, B. Warkentin"**  
Karen Penner, Brd. Member, The Warkentin House Assoc.
- April 20 – "Kansas Reflected in Artifacts"**  
Donald J. Blakeslee, Professor, Anthropology, WSU
- April 27 – "Kansas Railroad Depots"**  
J. Harvey Koehn, Vol., Great Plains Transportation Museum
- May 4 – "Korean War"**  
Roger Klingman, Adjunct Prof., History, Butler Community College
- May 11 – "Understanding Indian Identity"**  
Jerry Shaw, Professor, Ethnic Studies, WSU

• **POTPOURRI**

- Mar. 23 – "A Glimpse of Scottish Gardens"**  
Jane Farris, Master Gardener, Sedgwick County Ext., Retired  
Sharon Pedroja, Master Gardener, Sedgwick County Ext., Rtrd.
- Mar. 30 – "Behind the Scenes: Antiques Roadshow"**  
Jesse Huxman, Director of Content, KPTS
- April 6 – "Visioneering: Then and Now"**  
Suzie Ahlstrand, V.P. Community Advancement, Wichita Metro Chamber of Commerce
- April 13 – "A New 'Read' on the Library"**  
Julie Linneman, Program & Outreach Admin., Wichita Public Library
- April 20 – "Wichita's Dining Scene"**  
Denise Neil, Columnist, Restaurant Critic, The Wichita Eagle
- April 27 – "Sustainable Living"**  
Pat Randleas, Manager, Old Town Farmers Market
- May 4 – "A Road Trip – In Search of Your Ancestors"**  
Judy Hall, Member, Wichita Genealogical Society, Editor, The Ark Valley Crossroads
- May 11 – "Life Story of a Star"**  
Robert Henry, Prog. Mgr., Lake Afton Public Observatory, WSU

--9:00 – 11:15 a.m. --

- **HANDS ON**

**Mar. 23 – May 11** – “Informal Crafts Studio”  
Bring your projects, learn from each others’ talents, experience and knowledge.

--10:15 – 11:15 a.m. --

- **HEALTH – WHAT’S NEW?**

**Mar. 23** – “Future of Health Care”  
Paul Uhlig, M.D., Cardiothoracic Surgeon

**Mar. 30** – “A New Role for Doctors”  
Lowell Ebersole, Hospitalist, Kansas Inpatient Services  
Kimberly Sanders, Clinical Liaison

**April 6** – “Health Changes at WSU”  
Mary Koehn, R.N., Ph.D., Acting Chair, School of Nursing, WSU

**April 13** – “Feet First”  
Benjamin Weaver, DPM, Central Kansas Podiatry Associates

**April 20** – “Radiation Therapy for Cancer”  
Bruce Cross, M.D., Radiologist, Wesley Medical Center

**April 27** – “Get it Off Your Chest!”  
Walter O’Hara, Jr., M.D., Thoracic & Cardiovascular Surgeon

**May 4** – “Advanced Aesthetics”  
Betty Troutman, D.O., Wichita Clinic

**May 11** – “There are Positives in Aging”  
Doug Woolley, M.D., Professor, Family & Community Medicine, KU Med Center

- **RELIGION**

**Mar. 23** - “God Through Jewish History”  
Nissim Wernick, Rabbi, Hebrew Congregation Synagogue

**March 30** – “Death”  
Carol Roth, Pastor, Retired

**April 6** – “Resurrection”  
Carol Roth, Pastor, Retired

**April 13, 20, 27 & May 4, 11** – “God Through Jewish History”  
Nissim Wernick, Rabbi, Hebrew Congregation Synagogue

- **YOGA**

**Mar. 23 - May 11** - “Yoga Living, Happy Living”  
Donna Froese, Community Yoga Instructor

- **PIANO**

**Mar. 23 - May 11** - “Older Beginners, Levels I & II – Let’s Keep on Ticklin’ the Ivories” (Limit 7)  
Participants must provide their own keyboards.  
Ezma Maust, NCTM, Music Instructor, Certified

--10:15 – 11:15 a.m. --

- **THREADBARE READERS THEATRE**

**Mar. 23 – May 11** - Join a fun group rehearsing short skits and sketches for public presentations. No memorization is needed but good public reading/speaking is important.  
Ed Thompson, Drama Teacher, Retired

- **WHAT HAVE YOU READ LATELY?**

**Mar. 23** – “Ghost Writer for a 300-Year-Old Ghost”  
Phyllis Rowland, Writer

**Mar. 30** – “There’s More to the Story”  
Donna Dilsaver, Author

**April 6** – “Books: Unique, Unusual and Unexpected”  
Nancy Glenn, Writer, Antique Book Collector

**April 13** – “*How to Write Your Personal or Family History* by Katie Funk Wiebe”  
Katie Funk Wiebe, Author, Professor Emeritus, Tabor College

**April 20** – “*Theodore Rex* by Edmund Morris”  
Jay Newton, City Manager, Retired

**April 27** – “Enjoying the Non-Fiction ‘Novel’”  
Dan Close, Assoc. Professor, Communications, WSU

**May 4** – “*Artfully Done* by Wichita Art Museum”  
Stephen Gleissner, Chief Curator Wichita Art Museum  
RoxAnn Banks Dicker, Editor, *Artfully Done*

**May 11** – “*First Mothers of the Presidents* by Bonnie Angelo”  
Hazel Fenske, Book Reviewer

- **ANCIENT HISTORY**

**Mar. 23 – May 11** – “Ephesians – Unveiling the Musterion”  
Lionel Alford, Jr., Author, Engineering Consultant

- **WICHITA SPORTS**

**Mar. 23** – “The Economic Impact of Sports in Wichita”  
Bob Hanson, Pres./CEO, Greater Wichita Area Sports Comm.

**Mar. 30** – “KGSO – The Gameplan”  
Chris Allison, Radio Host, KGSO  
Paul Savage, Radio Host, KGSO, Pres., Wichita Sports Hall of Fame

**April 6** – “Division II Athletics in Wichita, KS”  
Vic Trilli, Athletic Director, Newman University

**April 13** – “Wichita on Ice”  
Steve Schuster, Director of Broadcasting, Wichita Thunder

**April 20** – “Women on the Air”  
Jenn Bates, Sports Anchor/Reporter, KWCH-TV

**April 27** – “For the Love of Horses”  
Chris Stephens, Regional Dir., Kansas Horse Council

**May 4** – “Golf: Greatest Game on Grass”  
Cary Cozby, PGA Golf Professional, CEO, Wichita Country Club

**May 11** – “Kansas Sports Hall of Fame”  
Harold Bechard, Director, Kansas Sports Hall of Fame  
Ted Hayes, President, Kansas Sports Hall of Fame

--11:30 a.m. – 1:15 p.m. --

**LUNCHEON** – Reserved lunch tickets may be picked up in the lobby until 10:10 a.m. or after 11:30 a.m. in front of the lunchroom. (Limit 250)

- **LUNCHEON PROGRAMS**

**Mar. 23** – “Nostalgia: 1950’s Music Revisited”

J.C. Combs, Professor Emeritus, Percussion and Music Literature, WSU

**Mar. 30** – “East High Madrigals”

Doug Riney, Vocal Music Director, Wichita High School East

**April 6** – “The Riders for the Cross”

Kris Johnson, Mark Loggan, Larry Jensen, and Dave Deutschendorf, Southern Gospel Quartet

**April 13** – “Kansas Diversity: Food For Thought”

Jay Price, Ph.D., Director, Public History Program, WSU

**April 20** – “Jesse Warkentin Returns”

Jesse Warkentin, Singer, Songwriter, Pianist

**April 27** – “Everything’s Coming Up Broadway”

Wayne Bryan, Producing Artistic Director, Music Theater of Wichita

**May 4** – “Changes: Venturing Forward”

East Wichita Shepherd’s Center Board of Trustees

**May 11** – “A Mixed Blessing”

Mary Jane Chambers, Author, Journalist

--1:30 – 2:30 p.m. –

- **TRAVEL**

**Mar. 23** – “The World Awaits You!”

Cindy Leach, Owner, Jim and Cindy’s Tours

**Mar. 30** – “Pilgrims on the Silk Road”

James Juhnke, Professor, History, Bethel College, Retired

**April 6** – “Pacific Coastal Forests”

John Ellert, Photographer

**April 13** – “Kansas Bed and Breakfasts”

Lynda Fort, Exec. Dir., Kansas Bed and Breakfast Assoc.

**April 20** – “Scenic Byways of Kansas”

Sue Stringer, Public Involvement Liaison, KS Dept. of Transp.

Scott Shields, State Scenic Byway Coord., KS Dept. of Transp.

**April 27** – “Spain and Portugal”

Bobbie Walter, Community Volunteer

Harold Walter, Aerodynamics Consultant

**May 4** – “Visiting Scotland and England”

Kathy Hannah, Reference Librarian, Retired

**May 11** – “Orléans, France – Wichita’s Sister City and Paris”

Helen Bullock, Writer, Teacher, Retired

**WE’RE ON THE WORLD WIDE WEB!**

Check out our website at:

[www.ewshepherdscenter.org](http://www.ewshepherdscenter.org)

--1:30 – 3:15 p.m. –

- **DUPLICATE BRIDGE**

**Mar. 23 - May 11** - For those who would like a little more competitive bridge.

- **ART STUDIO**

**Mar. 23 – May 11** - “Fun with Painting”

Develop your own style using any medium, but please no turps or mineral spirits. (Limit 16)

Mickey Leiter, Professional Artist

- **CHESS**

**Mar. 23 – May 11** – “Chess Anyone?”

Tom Glenn, Member KS & US Chess Federation, Coach, Truesdell Middle School Chess Team

- **GAMES**

**Mar. 23 – May 11** – “Put Your Game Face On”

Play bridge, Mexican train dominoes, or word games.

Nancy Avery, Author, English Teacher, Retired

- **WRITING ABOUT YOUR LOVE AFFAIRS**

Writing Family/Personal History

**Mar. 23** – “My love affair with life and humor”

John Frye, Educator, Retired

**Mar. 30** – “My love affairs with shoes, shirts, shorts”

**April 6** – “My love affairs with cars, trains, airplanes”

**April 13** – “My love affairs with land, sea, mountains”

**April 20** – “My love affairs with reading, ‘riting, ‘rithmetic”

**April 27** – “My love affairs with cats, cattle, caterpillars”

**May 4** – “My love affairs with collections, keepsakes, curios”

**May 11** – “My love affairs with Dick, Jane, and Harry”

Katie Funk Wiebe, Author and Speaker

- **ABOUT THOSE GREAT MOVIES...**

**Mar. 23 - May 11** – “How to Make Movies... and Not”

Jim Erickson, Assoc. Professor Emeritus, English, WSU

- **RELIGION**

**Mar. 23 – May 11** – “The Truth Project”

John Moody, Consulting Engineer, Past President, Moody Engineering, Retired

The Truth Project is an in-depth Christian worldview experience through DVD’s produced by Focus on the Family. The presenter is Dr. Del Tackett, founder and creator of The Truth Project.

(Continued from Winter Session)

## Bring a Friend!

Tell your friends about East Wichita Shepherd's Center! You may bring a friend to classes on one Tuesday without paying a registration fee for them. To arrange for your guest, please call the office at 682-0504.

### --CLASSES AT OTHER LOCATIONS--

- FOLK DANCING

March 22 – May 10 (Monday), 2:00 – 3:00 p.m.

"Folk Dancing Around the World"

Joyce Gedraitis, Volunteer Coordinator, Exploration Place

Location: Plymouth Congregational, 202 N. Clifton

- AARP DRIVER'S SAFETY COURSE

May 5 (Wednesday), 8:30 a.m. - 5:00 p.m.

Ken Short, Instructor, EWSC Member

Cost - \$12 for AARP members (must have AARP membership number available) and \$14 for non-AARP members. Please make check payable to AARP, due the first day of class.

No driving! No tests! Contact your insurance company to see how taking this course can reduce your insurance premium.

Call 682-0504 for reservations. (Limit 35-Must attend all day)

Location: College Hill UMC, 2930 E. 1<sup>st</sup>, Room 305

East Heights United Methodist Church graciously donates space for our office and our Adventures in Learning program. Please remember that we are guests in their building. Classroom overcrowding has been a problem in the past. At the church's request, we must limit the numbers in each classroom to the number established by the fire codes. We plan to set up the maximum number of chairs permissible in each classroom and when the chairs are filled, you must choose another class. Thank you for your cooperation.

## MENU

### March 23

Rosemary-Lemon Chicken Breast  
Wild Rice Pilaf, Capri Vegetables  
Tossed Salad, Whole Wheat Roll  
Carrot Cake

### March 30

Beef Lasagna  
Buttered Carrots  
Caesar Salad, Garlic Bread Sticks  
Triple Chocolate Brownie

### April 6

Tuna Casserole  
Fresh Steamed Broccoli  
Waldorf Salad, White Roll  
Bread Pudding with Lemon Sauce

### April 13

Chicken Cacciatore, Pesto Pasta  
Steamed Mixed Vegetables  
Italian Garden Salad, Dinner Roll  
Strawberry Shortcake

### April 20

Ham with Pineapple Sauce  
Sweet Potato Casserole  
Green Peas & Pearl Onions  
Garden Vegetable Salad, Cornbread  
Apple Strudel Cake

### April 27

BBQ Brisket  
Scalloped Potatoes, Green Bean Almondine  
Jell-O Salad, Potato Roll  
Cookie

### May 4

Chicken Milano  
Couscous, Buttered Beets  
California Spring Mix Salad, Dinner Roll  
Assorted Pies

### May 11

Salisbury Steak  
Mashed Potatoes, Buttered Corn  
Coleslaw, Biscuits  
Cheese Cake