



BETH SHEFFIELD, PROVIDED

A yoga Learning Circle welcomed family members of all ages. "When we conducted Yoga for All Bodies ... we ended up making the program a family program to remove the barrier of working families having to find child care," Beth Sheffield said. "At times, we had as many as three generations in the room."

Anderson

From B1

The concept of Learning Circles, based in the work of Peer 2 Peer University, is from a grassroots network of people who believe that knowledge should be freely shared and that learning is best done with others. Powered by a global community of dozens of libraries, thousands of volunteers and a small core team, Peer 2 Peer University accomplishes this vision through Learning Circles.

The local version of this project, funded with grants and in collaboration with UNCG's Department of Communication Studies, National Communication Association Center for Communication and Peer2Peer University, was designed to increase the library's outreach to under-resourced community members and improve digital skills. At this point, 18 Greensboro Learning Circles have welcomed 248 participants.

Ophelia Moore engaged in a four-week Learning Circle based on the selected writings of Zen master Thich Nhat Hahn. Moore said everyone in

her Learning Circle came with an open mind and a willingness to share and actively listen.

"There is no teacher or student, so we all learn, share and grow in our knowledge and insights together through collaborative engagement in a non-judgmental environment," Moore said.

Benjamin Public Library has hosted several Learning Circles and plans on scheduling more. Court Duvall, branch manager, held a Learning Circle on the topic of personal essay and memoir. The participants watched videos of teachings on the subject, talked about the ideas on the video with one another and then wrote short essays that they then shared in the circle. Duvall said that the best part was the sharing that took place among Learning Circle members.

Likewise, Moore said how much she appreciated the new connections she made through the Learning Circle. "Learning Circles can offer the opportunity to not only expand our knowledge about a topic, but also, reconnect with each other as a community again," Moore said.

Sheffield said that Greensboro Learning Circles, while about learning, also helped remove barriers between people and generations.

"When we conducted Yoga for All Bodies, a reading and wellness Learning Circle, we ended up making the program a family program to remove the barrier of working families having to find child care," Sheffield said. "At times, we had as many as three generations in the room. It made it a more enriching experience for everyone."

Sheila Shah started to participate in a Learning Circle in August 2021 and ended up taking her entire family with her. She said they met new people from all over the world and really look forward to joining other Learning Circles in the future.

"I just want the world to know about a free service that the Greensboro Public Library offers that will change your life for the better if you just step outside your comfort zone and take time for you," Shah said.

Contact Ruth Anderson by email at ruth@secondbreathcenter.com.

Parks

From B1

Senior Games ambassadors for the Greater High Point Senior Games several years ago.

"As we recruit participants for senior games, we emphasize that it's always about having fun," Donna Pinckney said. "Senior Games is good for your physical self, it's great for your mental health and best of all, it's just outstanding for your social life and overall well-being. Once you have picked up a ball or a paintbrush or a camera, you share your gifts with others and experience the thrill of competition. There is absolutely nothing like it."

For more information on the 2022 Greater High Point Senior Games, call Zach Miller at 336-883-3584 or email zachary.miller@highpointnc.gov.

Spring Break camps

High Point Parks and Recreation is offering several new options for spring break camps this school year. The Spring Break Sports Camp offers children ages 6-12 the chance to enjoy traditional sports as well as alternative sports such as disc golf, archery, cornhole, bowling and more. This camp runs April 18-22 from 8 a.m. to 6 p.m. each day. Camp will meet at Deep River Recreation Center, at 1529 Skeet Club Road in High Point. Cost is \$100 per child for the week; to register or for details, call 3363-883-3407.

The Spring Break Adventure Camp for children in kindergarten through

sixth grade meets at Allen Jay Recreation Center (1073 East Springfield Road, High Point) and offers daily field trips and physical activities such as laser tag, ropes course and trampoline. Cost for this week is \$120 per child. For registration and details, call 336-883-3509.

Adult and youth athletics

High Point Parks and Recreation's Spring Adult Softball League is open to players age 18+ and offers men's and coed divisions. Beginning March 28, teams will play a minimum of eight regular season games and advance to a tournament. Cost to register a team is \$400. Contact the athletics office at 336-883-3480 for more information.

The 30 and Older Basketball league returns April 4. There will be a minimum eight-game regular season, plus a single elimination tournament. Play takes place from 6 to 9 p.m. Mondays through Thursdays and cost is \$150 per team. Call 336-883-3480 for more information.

Little Sluggers introduces very young athletes to baseball, with a balanced mix of practices and scrimmages for ages 4-6. Games begin March 25 and will be played from 5:30 to 6:30 p.m. Saturdays and 9 a.m. to 2 p.m. Saturdays. Neighborhood friends and families are encouraged to register together at their nearest recreation center to play for the same team.

For more information about athletics and other programs for all ages and abilities, visit highpointnc.gov/pr.

Opportunities for youth

"W.O.W." stands for Workout Wednesdays! This program, which meets at Allen Jay Recreation Center (1073 East Springfield Road, High Point) on Wednesdays from 6:30 to 7:30 p.m. beginning March 9. It is designed for youth ages 7-17 who would like to improve their speed, agility and athleticism through sport-specific training and drills. Call 336-883-3509 for more information.

Piedmont Environmental Center

PEC will offer free 75-minute walks on the trails on Tuesdays through March 22 beginning at 8:30 a.m. A different ecological concept is introduced on each walk; topics include biodiversity, interrelationships, symbiosis, biorhythms and more. Participants should dress for the weather and bring binoculars and a magnifying lens; these tools may be provided for those who don't have them. Please pre-register one day in advance.

Piedmont Environmental Center is at 1220 Penny Road in High Point. Advance registration is required for most programs and costs vary; please call 336-883-8531 to save your spot.

Paige Moné is marketing coordinator for the city of High Point Parks and Recreation Department. Contact her at paige.mone@highpointnc.gov.

HELPING HANDS

Activities

Habitat Greensboro dedicated its second of six homes to be built in the Willow Oaks community on Feb. 22. Homeowners are Didier and Christine Awaka and their children, Chris and Myriam-Deborah.

Habitat Greensboro is partnering with the city of Greensboro to complete an initial six homes in Willow Oaks as a part of the city's redevelopment efforts. Strong community partnerships and generous financial and volunteer contributions make this work possible.

This home was given to celebrate Replacements' 40th anniversary and represents the 12th home with which the company has been involved.

Didier came to the United States via the visa lottery system. When he arrived in Greensboro, Didier worked two food service jobs to save money to bring his wife, Christine, over to join him. He walked daily to each job for the first two years because he lacked a driver's license and vehicle.

Didier now works full-time as a certified nursing assistant with a local hospital and part-time at a medical office.

Creative Aging Network-NC teaching artist Kathryn Gauldin recently worked with the residents at the Brian Center making tissue paper flowers. They used starch to hold the tissue paper down and then painted in the details with watercolor after it dried.

A project of CAN-NC, the Elder Arts Initiative provides a variety of arts programming for residents of skilled care communities with funding from an enhancement grant provided by the North Carolina Culture Change Coalition in conjunction with Centers for Medicaid and Medicare.

For information about the initiative, getting a Creative Kit, TimeSlips or having your community's outside windows artistically painted, contact Kelly Howard at kelly@can-nc.org or 336-303-9936.

Announcements

St. Timothy's United Methodist Church in Jamestown will be holding a special collection for Family Service of the Piedmont for Lent. This nonprofit serves more than 19,000 local children and adults each year, addressing issues of domestic violence, child abuse, mental health and financial stability. The church will be collecting money for bus passes for their clients as well as creating court care kits.

Community members may make court care kits themselves or make a donation for the church to purchase the items and make them on Holy Week.

To make these kits for survivors of domestic violence: Using a sandwich-sized plastic baggie, insert hard candies and gum, a pocket sized pack of tissue, a pen, a pocket-sized notebook and an item to manage anxiety (silent fidget spinners, Sudoku and puzzle books) before sealing it closed.

For information, email info@stumc.org.

Greensboro Pride will resume hosting Drag Queen Bingo events on March 4 at Piedmont Hall at Greensboro Coliseum Complex. Masks are strongly recommended.

Green Queen Bingo is a partnership between Guilford Green Foundation and LGBTQ Center and Alternative Resources of the Triad (Greensboro Pride). Proceeds support both organizations.

Doors open at 6 p.m. and games start at 7 p.m. Other bingo events are planned for May 6, July 1, Sept. 2 and Nov. 4.

For information, visit tinyurl.com/4e9z5urd.



CHRISTINE BYRD, PROVIDED

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Petty Museum and Garage is hosting a cruise-in from 9 a.m. to 1 p.m. March 12 at 311 Branson Mill Road in Randleman.

The public is invited to cruise-in and show off their favorite classic, muscle and exotic cars or trucks, while helping to support the Petty Family Foundation.

The event will feature food trucks, vendors and lots of cars. Admission to the museum is free.

For information, call Shannon Newman at 336-495-6643.

Downtown Greenway is accepting gently used children and adult bicycles to get ready for the 2022 Wheels on the Greenway on May 7.

Volunteers will make any needed repairs to get the bikes ready to donate to children and families in need in the community.

Bikes can be dropped off at Reconsidered Goods, 4118 Spring Garden St. in Greensboro, and REI at the Friendly Center, 3334 W. Friendly Ave in Greensboro.

For information, contact Laura Lorenz at llorenz@actiongreensboro.org.

The fourth annual Philip Segal III Memorial Golf Tournament, auction and cigar party will take place at 8:30 a.m. April 22 at Bryan Park Champions Course, 6275 Bryan Park Road in Browns Summit.

Segal was the founder of Havana Phil's Cigar Company in Greensboro and an avid sports enthusiast. He died of stomach cancer in 2018 at the age of 60.

The tournament will be followed that evening by a cigar party, a silent auction and a live auction. Proceeds from the tournament and silent auction will go to support Debbie's Dream Foundation, a foundation dedicated to finding a cure for stomach cancer.

Proceeds from the live auction will benefit Segal's close friend and co-worker who is recovering from a kidney transplant and has multiple medical bills.

To register, call 954-475-1200 or visit debbiesdream.org.

To attend the private party, call 336-288-4484.



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