

LIFE

FRIDAY, MARCH 4, 2022 | greensboro.com | SECTION B



Pet of the Week: Meadow

Meet Meadow! This beautiful lop eared female bunny is looking for her forever home that will have patience to work with her daily. She has progressed tremendously in her foster home with litter box training. Meadow is young – approximately 10 months old. If interested please fill out an application at Red Dog Farm's website, www.reddogfarm.com. Her adoption fee is \$50.

HIGH POINT PARKS AND RECREATION

Register for upcoming spring activities

PAIGE MONÉ
Special to the News & Record

HIGH POINT — We can see signs of the approaching spring all around us — the trees are beginning to bud, the grass is turning greener and bulbs are popping out.

In the world of parks and recreation, there are also signs of the change in season. It's time for all kinds of spring events and activities, including Senior Games, spring break camps, basketball, softball and more.

People will be spending more time outdoors and enjoying more hours of daylight. Parks and Recreation hopes you will spend some of those days with the department as you "Play. Learn. Enjoy." in High Point.

Senior Games

A group gathered few weeks ago at the Roy B. Culler, Jr. Senior Center to confirm plans for an annual event: the 2022 Greater High Point Senior Games. Regulations were reviewed and responsibilities were confirmed. After two years of challenges and changes, Senior Games and SilverArts are back in-person.

"I volunteer for Senior Games because my entire adult life has been dedicated to encouraging people to be active," volunteer Kathy Jacobs, the track and field coordinator for the Greater High Point Senior Games, said. "Now that I am a senior myself and I am working hard to be active, I want to do my part to communicate the

importance of an active lifestyle to other senior adults. Staying active improves quality of life and helps you feel younger than your age might suggest."

Registration for the spring competitions is underway through March 31. Over 60 competitions are open to those "age 50 and better" and cost is \$12 per person. Athletic events range from badminton to track. SilverArts provides a stage for the visual, heritage, literary and performing arts. There are activities such as chair volleyball and a spelling bee.

Committee member Donna Pinckney volunteers with her husband John. The couple were

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HIGH POINT PARKS & RECREATION, PROVIDED
The 2022 Greater High Point Senior Games committee and Culler Senior Center staff met to schedule over 60 local Senior Game competitions, plus SilverArts activities.



Clement Mallory choosing a Learning Circle at Partnership Village. A Learning Circle is a free study group for people who want to learn with others. There are no experts and anyone can start one based on a topic that is of personal interest.

LEARNING CIRCLES

Greensboro Public Library program provides way for people to connect with topics, community



RUTH D. ANDERSON
Special to the News & Record

At the beginning of the pandemic, the Greensboro Public Library pivoted to an online learning presence by offering Greensboro Learning Circles. It was among the ways the library continued its mission to foster lifelong learning.

One of the first Learning Circles focused on the 21-Day Racial Equity Challenge and attracted participants from different walks of life, ethnicities and backgrounds. Three Learning Circles worked with this challenge: to make daily time to build more effective social justice habits — particularly those dealing with issues of race, power, privilege and leadership.

The challenge helped participants discover how racial inequality and social injustice impact our community, to connect with one another and identify ways to dismantle racism and other forms of discrimination.

Beth Sheffield, who organizes the library's adult programming, said, "The conversations were real and fulfilling. I've seen a genuine coming together in our community with this program and the joy of learning something new."

A Learning Circle, according to Sheffield, is a free study group for people who want to learn with others. There are no experts as everyone in the circle is learning together. Anyone can start one based on a topic that is of personal interest. Librarians help to find open source materials on the internet with the ultimate goal of cultivating lifelong learning.

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Sharif Shah reads with his child during a Learning Circle. Beth Sheffield, who organizes the library's adult programming, said that Greensboro Learning Circles, while about learning, also helped remove barriers between people and generations.

More Information

What: Learning Circles workshop

Where: McGirt-Horton Branch, 2501 Phillips Ave., Greensboro

When: 9:30 a.m.-12:30 p.m. March 12

Register: In-person and seating is limited. Contact Beth Sheffield at beth.sheffield@greensboro-nc.gov

Information: 336-373-3617

Guilford Nonprofit Consortium: A collaboration of organizations in Guilford County that fosters mutual assistance and support within the nonprofit community to create more efficiency and effectiveness. Learn more at www.guilfordnonprofits.org.