



Classes

Inspiring older adults through volunteerism, enrichment and community connection

Webster Hills UMC – Fall 2016
 1333 West Lockwood, Glendale, MO 63122

Morning Coffee and a Bite

Fridays, September 23-November 18, 9-9:30

Stop in early to enjoy a cup of coffee and a bite to eat before class. Coffee available to all registered participants in Friday morning classes.

Guest Speakers

A Shepherd's Center Adventures in Learning Tradition

Fridays, 9:30-10:20

- **September 23** – *Simply River Cruises: Exploring the World, Abroad and Close to Home*, Laura Herzberg, Founder
- **September 30** – *Local Ballot Initiatives*, League of Women Voters of Metro St. Louis
- **October 7 – 2015** – *80% of Americans Do Not Exercise: Why We Hate to Go to the Gym?*, Christi Gleason, Longevity Wellness Center
- **October 14** – *Lindbergh*, Sharon Smith, Missouri History Museum Speakers Bureau
- **October 21** – *Alexander Hamilton* by Ron Chernow, a book review with by Tom Cooper, Director, Webster Groves Public Library
- **October 28** – *Local Ballot Issues, Propositions and Candidates*, League of Women Voters of Metro St. Louis
- **November 4** – *What is the Karpeles Museum?* Kerry Manderbach, Museum Director
- **November 11** – *Way of St. James, Camino de Santiago (A Walk Through Northern Spain)*, Donna Erickson
- **November 18** – *The Historic Buffalo Soldiers*, Presented by Buffalo Soldiers Motorcycle Club of St. Louis

\$4/week or \$32/9 weeks, registration form page 7, walk-ins welcome

Weights=Strength=Health

Kacey Cowdery

Every Friday, 9:30-10:20 (also meets Mondays 1-2)
 Improve your fitness using small weights! Weights provided. \$4/week or \$32/9 weeks, registration form page 7, walk-ins welcome

Interval Exercise *Mary Beth Wilczak*

Every Friday, 9:30-10:20

Five minute intervals of cardio, isolation exercises, stretching and balance done to music. With or without weights, standing or seated—suited to all exercise abilities. \$4/week or \$32/9 weeks, registration form page 7, walk-ins welcome

Chair Yoga *Debbie Daugherty*

Every Friday, 10:20-11:10

Improve your balance, learn restorative breathing, functional skills and relaxation techniques. Includes seated and standing yoga poses. \$4/week or \$32/9 weeks, registration p.7, walk-ins welcome

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New Friday Classes
at Webster Hills UMC



Alive Inside: Documentary
Film Screening
Friday, September 23, 10:30-12:30

A Film by Michael Rossato-Bennett (2014)
Alive Inside is a joyous cinematic exploration of music’s capacity to reawaken our souls and uncover the deepest part of our humanity. Filmmaker Michael Rossata-Bennett chronicles the astonishing experiences of individuals around the country who have been revitalized and awakened by the simple act of listening to the music of their youth. Sundance Film Festival Winner. \$4, registration form page 7, walk-ins welcome

What Happened to the Radio?!
Music on a Smart Phone, Tablet or
Laptop

Presented by Julia Peters, Webster Groves Public Library

Friday, September 30, 10:30-12

It used to be so simple, push a button or turn a knob and music would play. Now, there are apps for streaming music on cell phones, tablets, laptops and even the TV. Learn about Pandora Internet Radio, a great way to hear music tailored specifically to your taste, for free. Bring your cell phone, tablet or laptop and get setup for a whole new world of music. \$4, registration form page 7, walk-ins welcome



Would you be willing to drive someone in your area to classes? Please let us know, call 314-395-0988

Table Wisdom: Where a
Conversation May Lead

Presented by Rey Castuciano and Brian Huff, Table Wisdom

Friday, October 7, 10:30-12

Kim’s hesitant English hurts her academics; Mary would like to volunteer but her schedule is packed and doesn’t want to drive around town. Table Wisdom brought them together for conversational English sessions. Interested in being part of a life-changing conversation? It all begins with ‘Hello.’ Table Wisdom matches native speakers of English with younger English Language Learners for mutually beneficial conversations that change lives. The program is a winner of the 2016 Washington University, St. Louis Youthbridge Social Entrepreneurship Innovation Competition. Learn about this unique new program and how you can start a conversation. FREE, registration form page 7, walk-ins welcome

Modern Masters: Cezanne,
Matisse and Chagall

Presented by Betsy Solomon, MA

Fridays; October 14, 21, 28; 10:30-12:30; 3-week class

Kaleidoscope-like landscapes, color that expresses emotion, and paintings with a dreamy quality – the works of Paul Cezanne, Henri Matisse and Marc Chagall helped to define Modern Art. Learn about the life, work and legacy of these three important artists. \$24, registration form page 7, walk-ins welcome

How To Register
Complete the registration form on page 7. Some classes require pre-registration and some allow walk-ins, refer to details with each class listing. All participants, even walk-ins, are asked to complete a registration form. Registration forms will be available for walk-ins at each class. Class fee information is included with each class description.

Find Your Personal Muse Workshop: For Beginning and Advanced Artists

Kacey Cowdery, Artist

Fridays, November 4 and 11: 10:30-12:30; 2-week workshop

Drawing a blank? Too many good ideas? Can my work rise to another level? Where do I begin? Start by finding a subject that moves you in order to develop a concept with importance to you, your history, and your life. Learn basic Color Theory, make “Easy Art”, and come away with tools to make art that is meaningful to you and to your viewers. Materials you will need: a writing implement that you enjoy using, both a writing tool and an art tool, paper to take notes, one or more magazines to be shared and torn up, images that appeal to you (three images are to fit on 8 ½ x 11, with space around them), folder to hold 8 ½ x 11-sized papers. \$16, registration required, registration form page 7

Living Life with Vision Loss Self- Management Workshop

*Monica Perlmutter, OTD, OTR/I, SCLV,
Washington University*

Friday, November 18, 10:30-12

Challenges presented by vision loss can become an obstacle in everyday tasks such as cooking or paying bills, leisure activities such as reading or watching TV, and simply our ability to be independent. This one-time workshop will include activities, discussions and presentation that will help participants safely and independently see and do the things they want. \$4, complete registration form page 7, walk-ins welcome

Colored Pencil

Khris Scharfenberger, Artist and Owner, KhrisArt

Fridays, September 23-November 18, 1-3 pm, 8-week class

Khris introduces various techniques to create colorful, realistic artwork. Open to new and experienced students. \$8/week or \$64/9 weeks, registration form page 7.

Quick Witz: Brain Fitness Program (Quick Witz 3 for beginning and continuing students)

Facilitated by Karen Dickerson

Fridays, September 16-December 16, 11:30-12:30, 12-week class (no class November 25 and December 2)

It happens to all of us, we forget a name or where we’ve parked our car. Get sharp and stay sharp with Quick Witz: a one of a kind, fun and interactive brain training program. \$36 including workbook, pre-registration required, see form on page 7

J.U.L.I.E.T.S. Lunch Group

“Just us Ladies into Eating Together”

Third Wednesdays Monthly

Gathers the third Wednesday of every month at a different restaurant chosen by the group. Everyone is welcome, call 314-395-0988 for restaurant schedule and to RSVP by noon the Monday prior to lunch.

Book Club

Second Friday Monthly, 12:30

**Webster Hills UMC, 1333 West
Lockwood, Glendale, MO 63122**

Hosted by Cindy Schultz from St. Louis County Library. All are welcome to join, books provided, call 314-395-0988 for details.

Monday Scrabblers – Brain Games

**First and Third Monday Monthly, 2-4
pm**

Webster Hills UMC, 1333 W.

Lockwood, Glendale, MO 63122

Sign up to play Scrabble, call 314-395-0988 to reserve your spot at the table.

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Harrison Avenue MBC Annex – Fall 2016
347 Harrison Avenue, Kirkwood, MO 63122

Chair Yoga

Jaime Sanchez

Every Tuesday, 11:15-12:15

This chair-based exercise class is a blend of stretching and conditioning done to music. It includes some T'ai Chi and Yoga. \$4/week or free for participants in morning lecture, payable at the door, walk-ins welcome.

iPhone Workshop: I Didn't Know How to do That

Presented by Vickie Fieman, Senior of the Fly

Tuesday, September 27, 10-11

iPhones are a very convenient tool – if you know how to use them. Bring your iPhone and learn the basics in this hands-on workshop. \$4, enrollment limited to 10, pre-registration required, see form page 7



Meru: Documentary Film Screening

A Film by Jimmy Chin and Elizabeth Chai Vasarhelyi (2015)

Tuesday, November 1, 9:20-11

Rising 21,000 feet above the sacred Ganges River, the Shark's Fin on Mount Meru is the ultimate test in climbing. When alpinists Conrad Anker, Jimmy Chin and Renan Ozturk embark on an expedition to tackle the Shark's Fin for the first time, they attempt to achieve the impossible. With breathtakingly beautiful cinematography, Meru is a real-life tale of survival and friendship. Sundance Film Festival Winner. \$4, registration form page 7, walk-ins welcome

Morning Coffee and a Bite

Tuesdays, September 27-October 18, 9:30-10

Stop in early to enjoy a cup of coffee and a bite to eat before class.

Guest Speakers

A Shepherd's Center Adventures in Learning Tradition

Tuesdays, 10-11

- October 4 – *Roundtable Discussion: The Power of Music*, facilitated by Betsy Solomon
 - October 11 – *Seniors Count Initiative: Learn the Facts about Proposition S*
 - October 18 – *Healthy Living for Brain and Body*, presented by the Alzheimer's Association
- \$4/week or \$8/3 weeks, registration form page 7, walk-ins welcome

Christmas Party Pot Luck!

Tuesday, December 13, 12:30 (following yoga)

Join friends from Harrison Avenue and Douglass Manor for a festive holiday lunch. Call Betsy Solomon at 314-779-9231 to bring a dish. Everyone should bring an unwrapped gift, \$5 or less, for a spirited gift grab game. RSVP NO LATER THAN DECEMBER 6.

Lunch at Schlafly Bottleworks

Tuesday, November 8

Carpool leaves Harrison Avenue MBC Annex (347 S. Harrison, 63122) at 12:30 following chair yoga class. Please RSVP to Betsy Solomon at 314-779-9231 by November 3 so reservations and carpool arrangements can be made.

Line/Slide Dance *Pat Clark and Marsha Goins*

Every Thursday, 10-11, Douglass Manor, 548 N. Elm, 63119

The wobble, cupid shuffle, electric slide and much more! Wear comfortable shoes, bring a water bottle and be ready to move. \$1/class, payable at the door, walk-ins welcome, residents of Douglass Manor attend for free

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Mayors Panel: Community Connection Coffee

Thursday, September 15, 9:30-11

Shepherd's Center at Webster Hills UMC, 1333 West Lockwood, Glendale, MO 63122

Local Mayors will present on an overview of senior topics in their respective communities followed by a Q&A. Join the conversation to learn more about senior concerns and resources in your community. Mayors from Webster Groves, Glendale, Kirkwood, Crestwood, Rock Hill, and Shrewsbury have been invited. Coffee provided. Please RSVP to 314-395-0988.

Special Program

Evenings and Weekends

Great Decisions 2016: Prepare to Discuss the World

Facilitated by Don Conway-Long, PhD, Associate Professor of Anthropology, Webster University

Thursdays, September 22-November 10; 6:30-8 pm, 8-week class

Shepherd's Center at Webster Hills UMC, 1333 West Lockwood, Glendale, MO 63122

Great Decisions is America's largest discussion program on world affairs. Participants read selections from the Great Decisions Briefing Book and meet in a group for discussion. 2016 topics: Middle East Alliances, The Rise of ISIS, The Future of Kurdistan, Migration, The Koreans, The United Nations, Climate Change, Cuba and the US. \$50 (book included), pre-registration required, refer to form on page 7

Artful Saturdays: A Collaboration with St. Louis Community College

Betsy Solomon, MA

Enjoy three Saturday mornings exploring the Saint Louis Art Museum. Tours will be led by Betsy Solomon and will feature a specific theme each time, see details below. Featured selections are all new. Participants must provide their own transportation. Please meet each week at the Saint Louis Art Museum in Sculpture Hall/inside the main entrance to the Cass Gilbert (original) museum building.

September 24, 10-12, Art of the Ancients

October 1, 10-12, Mythological Themes

October 8, 10-12, Betsy's Picks: Selected Highlights

To register, call St. Louis Community College directly at 314-984-7777, fees apply

Retirement 101: Your Personal Roadmap to Retirement

Presented by Sylvia Nissenboim, LCSW

Thursdays; October 27-November 17; 6-7:30 pm, 4-week class

Shepherd's Center at Webster Hills UMC, 1333 West Lockwood, Glendale, MO 63122

This 4-part workshop will help you determine answers to the following questions: What is driving you, where are you headed, that's the purpose of your trip, how far have you come, and what's next? Sylvia Nissenboim, is a Licensed Clinical Social Worker, certified Strategic Intervention Coach and Author/Trainer. In addition to her private clinical practice, Lifework Transitions, she coaches, trains and consults with individuals, small businesses, nonprofit agencies and national organizations on strategic tools for personal and professional growth. \$50, registration required, refer to form on page 7

The Miraculous Journey of Edward Tulane

Presented by the Metro Theater Company

By Newbery-winning author Kate Di Camillo.

Edward Tulane is a toy who cares for nobody but himself. Ripped from the arms of the little girl who adores him, this privileged china rabbit is thrown into a life-changing adventure. Sunday matinee performances at the Missouri History Museum, December 11 and 18, 1 pm and 4 pm, senior tickets \$16, call Metro Theater Company at 314-932-7414 or go to metroplays.org for more information.

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Shepherd's Center Volunteer Opportunities

once a year – once a month – once a week – all ages



At the Shepherd's Center

OR



In the Community

Weekly Needs

Transportation

A simple ride can make a world of difference – drive older adults to medical appointments

Resource Center

Help staff share information about resources and support the day-to-day operation of the organization

Program Assistant

Guest speakers, program coordinators and behind-the-scenes helpers are always welcome! Work as part of a committee or on your own

Monthly Needs

Handy Hands – Light Home Repair

Change hard-to-reach lightbulbs, install grab bars, assist with simple repairs and provide seasonal home safety checks

Occasional Needs

Chores Galore – Seasonal Yard Cleanup

Work with a group to provide seasonal yard cleanup for older adults. A great opportunity for youth, scout, school and family groups

Special Events

The Birthday Bash, the Taste of Webster-Kirkwood: Chef Wars and the Annual Giving Tree Appeal are the fundraising events that secure much needed funds. Assist on the day of the event or join a committee and help plan

Social Media

Keep the Shepherd's Center Facebook page active. Attend programs and events and snap photos to post on Facebook

A/V Assistant

Setup and help run projection and sound equipment for guest speakers and/or weekly programs

For more information and to get involved, call Lucy McCalpin 314-395-0988

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Fall 2016 Registration Form – All Sites

1

Name _____

2

Choose your programs (check all that apply) and return with applicable fees to:
 Shepherd's Center, 1333 West Lockwood Ave, Glendale, MO 63122
 Prices listed with class descriptions

Webster Hills UMC	Webster Hills UMC	Harrison Avenue MBC
<input type="checkbox"/> Guest Speakers <input type="checkbox"/> Weights=Strength=Health <input type="checkbox"/> Interval Exercise <input type="checkbox"/> Chair Yoga <input type="checkbox"/> Alive Inside: Film Screening <input type="checkbox"/> Music on Smart Phone, Tablet or Laptop <input type="checkbox"/> Table Wisdom	<input type="checkbox"/> Modern Masters <input type="checkbox"/> Find Your Personal Muse <input type="checkbox"/> Living Life with Vision Loss <input type="checkbox"/> Colored Pencil <input type="checkbox"/> Quick Witz <input type="checkbox"/> Great Decisions 2016 <input type="checkbox"/> Retirement 101	<input type="checkbox"/> Chair Yoga <input type="checkbox"/> iPhone Workshop <input type="checkbox"/> Meru: Documentary Film Screening <input type="checkbox"/> Guest Speakers
		Douglass Manor
		<input type="checkbox"/> Line Dance at Douglass Manor

3

For grant reporting purposes:

Age: Under 65____ 65-74____ Over 74____
 Ethnicity: African-American____ Caucasian____ Asian____ Latino____
 Native American____ Mideastern____ Other____
 Congregation/Parish Affiliation? _____

4

Please help us update our files, complete information below:

Name: (circle one) Mrs. Mr.
 Ms.

Address _____

City _____

State _____

Zip _____

Phone _____

Email _____

Emergency
 Contact _____

Relationship _____

Home Phone _____

Cell Phone _____

Work Phone _____

Check here to receive email only (no regular mail)

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