



News • Winter 2017

Inspiring older adults through volunteerism,
enrichment and community connection

Call for Volunteers: Transportation and Home Repair

2017 resolution – volunteer! The Shepherd's Center is always in need of volunteers! To get involved, call Karen Zelle at 314-395-0988.

Youth Service Opportunities through the Shepherd's Center

- February 17: Senior Prom – Dance for all ages!
- May 6: Spring Chores Galore – Help older adults with raking, bagging and bundling in their yard.

Call 314-395-0988 to volunteer your group or family.



Senior Prom!

Friday, February 17, 3-5 pm
Webster Hills UMC, 1333 W.
Lockwood, Glendale, MO 63122

Join the fun and dancing at the 4th annual Senior Prom. Relive your high school senior prom with music, dancing, friends, refreshments and a disco ball! All generations are welcome – invite your favorite older adult or a grandchild. Bring your favorite dance song on a CD and we'll spin it. The Douglass Manor Sliders will be there to help you get your groove on. Admission \$5, proceeds benefit Haiti relief. Call 314-395-0988 for more information and to RSVP.

Pen Pals: Shepherd's Center and K.A.R.E. Camp

Volunteers are needed to participate in a pen pal letter writing program with K.A.R.E. Camp. K.A.R.E. Camps inspire girls and boys to be grateful, compassionate, kind, and teach how small positive acts of volunteering make the world a better place. Volunteers will be paired with a child aged 8-14 to exchange letters once or twice a month on designated topics. For more information, call Betsy Solomon at 314-395-0988.



Save the Date: 14th Annual Taste of Webster-Kirkwood Chef Wars!

Sunday, April 30, 5:30-8 pm

**Kirkwood Community Center, 111 S. Geyer,
Kirkwood, MO 63122**

Join in the fun, food and festivities! Senior Living Communities compete for the best entrée and best dessert. Local establishments share their best appetizers and libations. Tickets go on sale in February. For more information, call 314-395-0988.



Handy Hands Simple Home Repair

Have an out of reach lightbulb that needs to be changed, leaky faucet, a grab bar to install, batteries to change in smoke detectors, or other simple home repair? Shepherd's Center Handy Hands volunteers can help. No charge for service call, homeowner responsible for hardware or other material fees. Available to older adults responsible for home maintenance in eligible service area. For more information and to register for service, call Karen Zelle at 314-395-0988.



Facebook

Don't Forget to Like Us on Facebook –
Shepherd's Center of Webster/Kirkwood



Get This Mailing via Email?

If you would prefer to receive this mailing via email only just let us know, call 314-395-0988

Winter Weather Cancellations

In the event of hazardous winter weather, program cancellations will be listed with the school closings on Channel 5 or, go to www.shepherdscenter-wk.org and click on "What's New" on the lower right.



Classes • Winter 2017

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Webster Hills UMC – Winter 2017

1333 West Lockwood, Glendale, MO 63122

New! Healthy Living Series

Fridays at 11:30

Detox Your Domicile

Jane Ponzi, EarthWays Center, Missouri Botanical Garden

Friday, February 10, 11:30-12:30

What's lurking under the sink, in the basement, garage or potting shed? Many products we use everyday are health hazards for people and the environment. This interactive talk provides tools to evaluate product safety, and offers low-cost, healthier, DIY alternatives to commercial home cleaning and personal care products. \$4 or free for participants attending two Friday exercise classes.

Healthy Living for the Brain and Body

Presented by the Alzheimer's Association

Friday, February 17, 11:30-12:30

Learn about research in the areas of diet, nutrition, exercise, cognitive activity, social engagement and hands-on tools to help you plan for healthy aging. \$4 or free for participants attending two Friday exercise classes.

Heart Healthy Cooking

Bridgette Sims, RN, CDE, RX Outreach

Friday, February 24, 11:30-12:30

Heart disease is the leading cause of death for both men and women. Learn why eating healthy is more important as we get older, discover ways to eat healthy on the go, learn 5 simple changes you can make today and find out about the "salty six." Cooking demonstration included. \$4 or free for participants attending two Friday exercise classes.

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

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

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

In This Issue

Exercise & Dance	2, 4
Webster Hills UMC Classes	2-3
Harrison Avenue MBC	
Classes	4
Book Club & Scrabble	3
Community Connection	
Coffee: Medicare Scams	3
Medicare Bootcamp: Evening	
Class	3
Field Trips	4
Registration Form	5

Registration Form for All Programs on Page 5

Phone: (314) 395-0988 • www.shepherdscenter-wk.org

Webster Hills UMC Continued

Living Life with Low Vision

Facilitated by Monica Perlmutter, OTD, OTR/L. SCLV and OT Graduate Students, Washington University

Fridays, February 10-March 24, 1-3, 6-week class (no class March 17)

Do you have vision loss that affects your daily activities? This interactive 6-week program provides an opportunity for participants to engage in active discussion, develop goals and action plans, and practice skills that will help manage the challenges of vision loss. Topics include problem solving, assertive communication, ways to increase your physical activity, managing difficult emotions, partnering with healthcare providers, and planning for the future. \$48/6-week class

Colored Pencil

Khris Scharfenberger, Artist and Owner, KhrisArt

Fridays, February 3-March 3, 1-3 pm, 5-week class

Khris introduces various techniques to create colorful, realistic artwork. Open to new and experienced students. \$8/week

Book Club

Second Friday Monthly, 12:30

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

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

Special Program

Medicare Scams to Avoid: Community Connection Coffee

Dexter Hall, Senior Medicare Patrol

Wednesday, February 15, 9:30-11

Webster Groves Christian Church, 1320 W. Lockwood, 63122

The Medicare program, which has been around for 50 years, has become much more complicated in recent years, both for patients and their providers. This presentation will highlight some of the changes impacting seniors and will discuss common ploys used by scammers to con seniors out of sensitive information. Participants will also have the opportunity to view *Portraits in Courage*, an art exhibit at Webster Groves Christian Church featuring artist Phyllis MacLarten. MacLarten's work honors people around the world whose human rights have been violated.. Coffee and donuts served. RSVP to 314-395-0988.

Evening Class

Medicare Bootcamp

A 2-session dinner program perfect for the newly or soon to be retired



Presented by Mid-East Area Agency on Aging

Thursdays, February 16 and 23, 6-8 pm

Shepherd's Center at Webster Hills UMC, 1333 W. Lockwood, 63122

Think Medicare is confusing? You are not alone. Whether you are currently enrolled or are preparing for future enrollment in Medicare, this discussion is for you! Experts in the field will review the parts and options available through Medicare, including ways to get help with Medicare costs. When you leave, you'll be able to make informed decisions about your coverage and you will know where to turn with future questions. Dinner catered by St. Louis Bread Company, suggested donation \$5 for 60+, \$10 under age 60.

Pre-registration required no later than February 9, call 314-395-0988 to register.

Harrison Avenue MBC Annex – Winter 2017

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, payable at the door, walk-ins welcome.

Sandwiches for Peter and Paul Community Service

Tuesday, February 7, 12:30-1:30

Help Shepherd's Center volunteers at Harrison Avenue assemble 150 sandwiches for the Peter and Paul Community Services Homeless Shelter. RSVP to 314-395-0988 to join the sandwich-making team.



Card Making Workshop

Debbie Corson, Coordinator of Service Learning and Civic Engagement, SLCC Meramec

Tuesday, February 14, 1-2:30

Love, gratitude and cookies make for a fun time together on Valentine's Day. Make a few cards to share with those you appreciate and care about. We will be stamping, cutting and gluing our way to lovely little expressions of friendship and affection. For more adventurous participants, Debbie will show you how to make an easy pop-up!" \$4 payable at the door

Exercise Your Brain

Presented by Karen Dickerson

Tuesday, February 21, 10-11

We can reduce the effects of aging on the brain with a sustained active and challenging life. Join us for a session of brain fitness activities and tips. \$4 payable at the door

Field Trips

Carpools and RSVP

Transportation to all field trips is by volunteer carpool. Carpools leave from Harrison Avenue MBC Annex, 347 S. Harrison, Kirkwood, 63122. Please RSVP to 314-395-0988 one week prior to each field trip – carpool space is assigned on a first come, first served basis. Details for each field trip will be provided upon RSVP.

- **Tuesday, January 31** – Missouri History Museum, two special exhibitions – *Route 66: Main Street Through St. Louis* and *Capturing the City: Photographs from the Streets of St. Louis, 1900-1930*. Free, carpool leaves at 1 pm
- **Tuesday, February 28** – Lunch at Nesby's: Hickory Smoked BBQ and Seafood, carpool leaves at 12:30, lunch on own

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

Douglass Manor Brown Bag Group

Beginning February 9, join friends at Douglass Manor the second Thursday of every month at 11:15 for lunchtime fun and conversation. Bring your own sack lunch. Shepherd's Center will supply beverages. All are welcome!

Winter 2017 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"/> Detox Your Domicile <input type="checkbox"/> Healthy Living for Brain and Body <input type="checkbox"/> Heart Healthy Cooking <input type="checkbox"/> Weights=Strength=Health <input type="checkbox"/> Interval Exercise <input type="checkbox"/> Chair Yoga	<input type="checkbox"/> Living Life with Low Vision <input type="checkbox"/> Colored Pencil <input type="checkbox"/> Book Club <input type="checkbox"/> Monday Scrabblers <input type="checkbox"/> Connection Coffee: Medicare Scams to Avoid	<input type="checkbox"/> Chair Yoga <input type="checkbox"/> Sandwich Making Team <input type="checkbox"/> Cark Making Workshop <input type="checkbox"/> Exercise Your Brain
		Douglass Manor <input type="checkbox"/> Line Dance at Douglass Manor <input type="checkbox"/> Douglass Manor Brown Bag

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

For new participants and address changes:

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)



Shepherd's Center of Webster-Kirkwood, Inc.
1333 West Lockwood Ave., Glendale, MO 63122

Contact Us

Shepherd's Center

314-395-0988

Email: shepctr@shepherdscenter-wk.org

Internet: shepherdscenter-wk.org

Like Us on Facebook: Shepherd's Center Webster/Kirkwood



**Inspiring older adults through
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Our Sponsoring Congregations:

Concordia Lutheran Church

First Congregational Church of Webster Groves

First United Methodist Church of Webster Groves

Glendale Presbyterian Church

Grace Episcopal Church

Harrison Avenue Missionary Baptist Church

Kirkwood United Church of Christ

Mary Queen of Peace Catholic Church

Sanctuary Fellowship

The Lutheran Church of Webster Gardens

Webster Groves Christian Church

Webster Groves Presbyterian Church

Webster Hills United Methodist Church

Unity United Methodist Church