



## 14<sup>th</sup> Annual Taste of Webster-Kirkwood Chef Wars – Tickets on Sale!

**Sunday, April 30, 6-8 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 can be purchased in the Shepherd's Center office or online at [www.shepherdscenter-wk.org](http://www.shepherdscenter-wk.org), go to the Chef Wars page.

## Saturday, May 6 Spring Chores Galore

Youth, Scout and family groups will be cleaning up yards for senior neighbors. If you live in our service area and need some help in the yard call 314-395-0988 to register. Service on a first come first serve basis. Youth groups and families who wish to lend a hand please call to get involved.



## 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.

## Thank You and Welcome

Many thanks to Barbara Monaco who recently retired from six years of service to the Shepherd's Center Board. In addition to her long-time dedication to the Board, Barb is a past Good Shepherd Award recipient and is also a faithful resource volunteer, driver, special events committee member, and frequently attends Shepherd's Center programs. Thank you Barb!

Welcome Jane Done! Jane begins her first term on the Board in 2017. Recently retired, Jane pitched-in to help the marketing committee last year. Jane will continue to serve on the marketing committee as well as the Interfaith Community Relations committee.

## 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.

## We Met the Match

Sincerest thanks to Phyllis Tirmenstein, advisor to the Roland Quest Memorial Fund of the Greater St. Louis Community Foundation for the matching challenge of \$10,000 and thanks to YOU, we met the match! Thanks to your help, we can continue all of our programs, services and volunteer involvement. Without your generous support none of this would be possible.

## Thank You Clifford Willard Gaylord Foundation

Many thanks to the Clifford Willard Gaylord Foundation for their generous and ongoing support.



# Classes • Spring 2017

Inspiring older adults through volunteerism, enrichment and community connection

## Webster Hills UMC – Spring 2017

1333 West Lockwood, Glendale, MO 63122

### Morning Coffee and a Bite

**Fridays, March 10-May19, 9-9:30 (no classes April 14)**

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.

### 9:30 Guest Speakers

*An Adventures in Learning Tradition*

**Fridays, 9:30-10:20**

- March 10 – *The Colorful Characters of St. Louis*. Author Jim Merkel will share stories from his new book describing unique folks who've brightened and enlivened our history.
- March 17 – *Vote411: Information you Need About Ballot Issues for the April 4 Election*, presented by Nancy Price, League of Women Voters
- March 24 – Book Review with Tom Cooper, Director, Webster Groves Public Library – *American Bandstand: Dick Clark and the Making of a Rock n Roll Empire*, by John A. Jackson
- March 31 – *Ancient Stones: a Visit to Northern Italy*, presented by Susan Eaton. A speedy tour of Lake Maggiore, Milan, Verona, Venice, Bologna, Florence and Rapallo.
- April 7 – Gary Gackstatter, active artist, composer, conductor, clinician, performer and teacher, STLCC Meramec
- No classes April 14
- April 21 – *Behind the Fog: The U.S. Government's Targeting of Citizens for Radiological Weapons Research*, presented by Lisa Martino-Taylor, Global Studies Coordinator, St. Louis Community College Meramec

### 9:30 Speakers Continued

- April 28 – David Hanlon, artist and photographer, Art Department Chair SLCC Meramec
- May 5 – *The Whole Town's Talking*. Clare Sanford will review this novel written by best-selling author Fannie Flagg.
- May 12 – *Hitchhiking Through Europe: During the Summer of 1956*. Author Joe Hahn shares his story of travel as a twenty-one year old college student exploring Europe before entering the Army.
- May 19 – *Wright Brothers First Flight* – A special exhibition at the Karpeles Manuscript Library Museum presented by curator Kerry Manderbach.

**\$4/week or \$36/10 weeks pre-paid**

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## Webster Hills UMC Continued

### 11:30 Guest Speakers

*An Adventures in Learning Tradition*

**Fridays, 11:30-12:30**

- March 10 – *Identity Theft: Before and After*, presented by Joel and Sam Kichline, Raymond James. Learn techniques to avoid identity theft as well as what to do if it ever happens to you.
- March 17 – *Exercise Your Brain*, presented by Karen Dickerson. A fun session of brain fitness activities and tips.
- March 24 – Sandwich Team for Peter and Paul Community Services. Make and package sandwiches for a homeless shelter.
- March 31 – *Hope in the Baking*, presented by Fred Domke, Bridge Bread Bakery and HomeFirst STL. Social enterprises designed to provide job opportunities for people experiencing homelessness or those who are housing insecure.

**\$4/week or free for participants attending two Friday morning exercise classes**

### Exercise

### 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 \$36/10 weeks pre-paid**

### 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 \$36/10 weeks pre-paid**

### 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 \$36/10 weeks pre-paid**

### Special Programs

### Modern Masters: Picasso and Klimt

*Betsy Solomon, Shepherd's Center Executive Director and Resident Art Historian*

**Fridays, May 12 and 19, 10:30-11:20**

From the shattered shapes of Picasso's Cubism to the shimmering gold visions of Klimt – learn about the life, art and legacy of these two modern masters. **\$8/2-week class**

### Faith and Dementia

*Rev. Regina Lowe, Faith Outreach Manager and Deb Bryer, RN, Early Stage Manager; Alzheimer's Association, St. Louis Chapter*

**Friday, April 21, 10:30-11:20**

For caregivers of people with memory loss and those living with memory loss. Discussion and activity centered around a faithful response to dementia. **\$4**

### Documentary Film and Discussion

*The Music of Strangers: Yo-Yo Ma and the Silk Road Ensemble*

**Friday, April 28, 10:30-12:30**

Oscar-winning director Morgan Neville tells the extraordinary story of the renowned international musical collective, The Silk Road Ensemble, created by legendary cellist Yo-Yo Ma. The power of music brings people and cultures together. **\$4**

### Needlework Society

*Kacey Cowdery, Fiber Artist and Interior Designer*

**First Fridays; March 3, April 7, May 5, June 2, July 7, 10:30-12:30**

Knitting, crochet, embroidery, quilting, let's do it together. Kacey will lead Show and Tell. Needle workers love to see what others are doing. Then a needle work lesson. The group will choose subjects they would like to learn. Do you have expertise? Bring it to our Society. **\$8/class**

### Colored Pencil

*Khris Scharfenberger, Artist and Owner, KhrisArt*

**Every Friday, 1-3 pm**

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

**Call 314-395-0988 to Register**

## Harrison Avenue MBC Annex – Spring 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 or free for participants in morning lecture**

### Morning Coffee and a Bite

**Tuesdays, March 14-March 28, 9:30-10**

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

### Guest Speakers

*An Adventures in Learning Tradition*

**Tuesdays, 10-11**

- March 14 – Underground Railroad Quilts presented by Barbara Schmidt.
- March 21 – Film Series Screening Panel. In Summer 2017, the Shepherd's Center will partner with Webster Groves Public Library to present a film series. Help us choose the films to be shown. Watch a selection of short clips, share your thoughts and choose your favorites.
- March 28 – Outreach from the Endangered Wolf Center, a nonprofit conservation organization dedicated to the preservation of the *wolf* and its place in the natural ecosystem. Presented by Karen Zelle, Docent and Shepherd's Center Services Coordinator.

**\$4/week or \$8/3 weeks**

### Volunteer Project:

#### Rose Hill Movie Day

**Tuesday, April 18, 12:30-3**

Join Shepherd's Center volunteers to help organize and host a movie day for Rose Hill House residents. Group will meet at Harrison Avenue Missionary Baptist Church Annex at 12:30 and drive to Rose Hill House together. RSVP to 314-395-0988

### Documentary Film and Discussion *Accidental Courtesy: Daryl Davis, Race & America*

**Tuesday, April 4, 1-3**

Musician Daryl Davis has an unusual hobby. He's played all over the world and in his free time Daryl likes to meet and befriend members of the Ku Klux Klan – something few black men can say.

In *Accidental Courtesy*, Daryl's journey takes him across the country, from those who have left the klan, to some still active in the organization, including a current Imperial Wizard of the KKK. In an age of digital disconnection, Daryl's method is rooted in personal interaction and we as viewers reap the rewards. Daryl asks them the question – how can you hate me if you have never met me?

**\$4/popcorn and snacks provided**

### 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.

- **Sunday, April 23** – Meramec Theatre Presents: *Spinning into Butter* by Rebecca Gilman. Set on a college campus in Vermont, *Spinning into Butter* is a new play by a major young American playwright that explores the dangers of both racism and political correctness in America today in a manner that is truly profound. Free, carpool leaves at 1 pm.
- **Sunday, May 7** – Music at Meramec Presents: Band, Orchestra, Concert Choir and Guest Artist concert. Free, carpool leaves at 2 pm.
- **Tuesday, May 9** – Lunch at Rib City, carpool leaves at 12:30, lunch on own

## Groups

### Book Club

**Second Friday Monthly, 12:30**

**Shepherd's Center at 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**

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

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

## Evening Class

### Great Decisions 2016: Prepare to Discuss the World

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

**Thursdays, March 16-May11; 6:30-8 pm, 8-week class (no class March 30)**

**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. 2017 topics: The Future of Europe, Trade and Politics, Conflict in the South China Sea, Saudi Arabia in Transition, U.S. Foreign Policy and Petroleum, Latin America's Political Pendulum, Prospects for Afghanistan and Pakistan, and Nuclear Security. \$50 (book included), pre-registration required, call 314-395-0988 to register

### 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](http://www.shepherdscenter-wk.org)

### 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

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!

### Contact Us

Shepherd's Center

314-395-0988

Email: [shepctr@shepherdscenter-wk.org](mailto:shepctr@shepherdscenter-wk.org)

Internet: [shepherdscenter-wk.org](http://shepherdscenter-wk.org)

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

### 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

Unity United Methodist Church

Webster Groves Christian Church

Webster Groves Presbyterian Church

Webster Hills United Methodist Church



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

# **14<sup>th</sup> Annual Taste of Webster-Kirkwood:** **CHEF WARS**

**WHEN: Sunday, April 30, 2017**

**6 to 8 p.m.**

Food ● Drink ● Silent Auction ● Fun

**WHERE: KIRKWOOD COMMUNITY CENTER**

111 South Geyer Road, Kirkwood, MO 63122

**Tickets can be purchased for \$40 at:**

Shepherd's Center of Webster-Kirkwood

OR online at: [www.shepherdscenter-wk.org](http://www.shepherdscenter-wk.org)



All proceeds benefit the Shepherd's Center