

## Bulletin Inserts

### March

#### Come to our Tasteful Event

Join your friends for a fun evening out on Sunday, **April 18 from 5:30 – 8:00** at the 7<sup>th</sup> Annual “**Taste of Webster/Kirkwood**” benefiting the Shepherd’s Center of Webster/Kirkwood. Our committee is working fast and furiously to get the best cuisine and libations in our area, we have 19 establishments thus far. This is our signature fundraising event and helps sustain our programs and services. We hope you will join us. Tickets available at the center, call 961-2669 for info.

#### You Can Make a Difference – Easy Breezy

On **Saturday, May 1** from 9:00 to 1:00, the Shepherd’s Center of Webster/Kirkwood is coordinating “Chores Galore.” We are looking for families, youth groups and their leaders to lend a helping hand to senior neighbors. Your help will enable our senior friends to shape up their yards for the summer and stay independent at home. If you would like to help in this outreach of neighborliness call Gayle at 961-2669. This only requires one Saturday morning – easy breezy - yet so helpful!

#### Webster Groves Senior Sampler

You won’t want to miss this **open house** on **Sunday, May 2, 2010** from 12 to 2 at the W. G. Recreation Center. Come and learn ways to “Age in Place” in your community! The Webster Groves Senior Roundtable has planned this event to showcase the many important programs and services, including housing, which are available to older adults in our community. From 2 to 4, enjoy a tour and sample refreshments at local senior living communities.

### April

#### Transitions: Shepherding Concerns and Conversations

Sometimes it is helpful to call on the experts when faced with pending transitions in later life. Pertinent classes are being offered by local experts at the Shepherd’s Center on **Tues. evenings April 27 – May 18 from 6- 7:30 pm.** Topics include “Are Your Affairs in Order?” What to keep, what to check and where is it?, “Aging in Place” What you can do to stay in your home, “Resilience and Balance” managing the care giving maze and “Creating Your Circle of Support” What are your support systems? Call Shepherd’s Center at 961-2669 for more information.

#### Spring Yard Blitz for Seniors

If you, or a senior neighbor you know, need your yard to be tidied up for spring please call our Shepherd’s Center at 961-2669. Our spring **Chores Galore** will occur on **May 2** from 9 am to 1pm. Youth groups can help with raking, bundling and general clean up of your yard.

#### 9th Annual Spring into Good Health and Wellness Fair

Join us at the Shepherd’s Center **Tues. May 18** from 9 am to 1:00 pm for some fun, education and information about senior services. We will offer health screenings, exhibits, demonstrations and cash give-always. Our theme is “Meet me in St. Louis” and Dr. John Oldani will present his book **Passing it On – Folklore of St. Louis** the first 100 who RSVP for this presentation will receive a free lunch. To RSVP, call the Shepherd’s Center at 961-2669.