



Inspiring dynamic living among older adults through volunteerism, enrichment and community connection

May through June 2015

www.shepherdscenter-wk.org

Seven reasons to visit the Shepherd's Center's new website:

1. Calendar – click on the “Calendar” icon on the homepage to see everything going on at all three Shepherd's Center locations.
2. What's New – click on the “What's New” icon on the homepage to get a weekly overview of programs and other exciting news.
3. Join the Email List – click on the “E-Updates” icon on the homepage and complete the form to receive monthly *Enews*.
4. Access Program Information – whether on your laptop, tablet or smart phone, the Shepherd's Center website is designed for easy access to program information – just go to the “Programs” page.
5. Volunteer – opportunities for every schedule and interest are listed on the “Volunteer Page.”
6. Get Help – information about transportation, light home repair and other services is available on the “Services” page.
7. Donate – we appreciate your generosity.



Get This Mailing via Email?

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



Facebook

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

2015 Older Adult Resource Guide

Stop by the Shepherd's Center office to pick up your free copy of the 2015 Older Adult Resource Guide. A priceless resource for connecting older adults to the services they need.



Schnucks eScrip

In addition to their service and foods, Schnucks wants to help make their communities stronger. With the eScrip program Schnucks helps to support non-profits. All you have to do is get an eScrip card, register it to the Shepherd's Center and show it every time you checkout so that a percentage of your purchase will be donated to the Shepherd's Center. For more information, call Betsy Solomon 314-779-9231.

Thanks to the Lutheran Foundation

We are grateful to the Lutheran Foundation for their generous support. Their grant for the 2015-2016 program year will help the Shepherd's Center achieve its mission and look to the future. Throughout the year, look for new programs like Quick Witz (page 5), Retirement 101, Great Decisions and enhanced intergenerational volunteer opportunities.

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Summer Adventures in Learning at Webster Hills UMC

The summer Adventures in Learning session at Webster Hills will begin July 10. Watch for the schedule in your June mail or, go to www.shepherdscenter-wk.org.

Exercise Options Five Days a Week – Three Locations

Mondays 1-2 at Webster Hills UMC

Weights=Strength=Health

Tuesdays 11:15-12:15 at Harrison Avenue MBC

Chair Yoga

Thursdays 10-11 at Douglass Manor

Line Dance

Fridays at Webster Hills UMC

Weights=Strength=Health 9:10-10, T'ai Chi 9:10-10, Chair Yoga 10:10-11

Monday through Thursday 8:30-9:30

Walkers Welcome in the Webster Hills UMC Gym

For more information about locations and fees, call (314) 395-1988 or go to www.shepherdscenter-wk.org.

Did You Know ...

... the Shepherd's Center is part of a national organization, founded in 1975, that now includes than 58 centers in 15 different states?

... the Shepherd's Center helps older adults stay independent with a transportation ministry, handy hands light home repair and safety checks, and seasonal yard cleanup?

For more information about Shepherd's Center services, call 314-395-0988 or go to www.shepherdscenter-wk.org.



We're on a Mission

The Shepherd's Center inspires dynamic living among mature adults through volunteerism, enrichment and community connection. To our volunteers and those they serve, it's more than a mission statement. It's a core value that enriches our volunteers, participants, community and those we serve.