



Inspiring older adults through volunteerism, enrichment and community connection

Winter 2016

2016 Resolution – Volunteer!

Once a year, once a month, or once a week - the Shepherd's Center is always in need of volunteers! Opportunities include: Transportation Ministry, guest speakers and program planners, Handy Hands Home Repair, special event support, audio visual assistants and social media posters. To get involved, call Gayle McHenry at 314-395-0988.

Youth Service Opportunities through the Shepherd's Center

- February 12: Senior Prom – Dance for all ages!
- May 7: Spring Chores Galore – Help older adults with raking, bagging and bundling in their yard.
- July 8, 15, 22: BYOD, Bring Your Own Device – Tutor older adults on using electronic devices

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



Save the Date: 13th Annual Taste of Webster-Kirkwood Chef Wars!

**Sunday, April 17, 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.

Mark Your Calendar: Senior Prom!

**Friday, February 12, 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.

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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.

Community Connection Coffee: Detox Your Domicile

Facilitator, *Jean Ponzi, EarthWays Center,
Missouri Botanical Garden*

Wednesday, January 6, 9:30 am
**Kirkwood Public Library, 140 E. Jefferson Ave.,
Kirkwood, MO 63122**

What's lurking under the sink, in the basement, garage and the potting shed? Many products we use every day 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 products. Join us for *Detox Your Domicile*, coffee, pastries and an opportunity to share and hear community updates of interest to older adults. For more information, call 314-395-0988.

Community Connection Coffee: This is Not Just Your Kids Library

Presenters *Tom Cooper, Webster Groves Public Library and Nick O'Neal, Kirkwood Public Library*

Wednesday, February 24, 9:30 am
**Webster Groves Public Library, 301 E.
Lockwood Ave., Webster Groves, MO 63119**

Libraries have resources for people of all ages. Join us for *This is Not Just Your Kids Library*, coffee, pastries and an opportunity to share and hear community updates of interest to older adults. For more information, call 314-395-0988.



Quick Witz: Brain Fitness Program

Facilitated by *Betsy Solomon*

Webster Hills UMC
1333 West Lockwood, Glendale, MO 63122

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. \$25/12 weeks including workbook, pre-registration required see form on page 5. Scholarships available.

Quick Witz 2 (for new and continuing students)

Fridays, February 19-May 20, 11:30-12:20 (no class March 25 and May 13)

Quick Witz 3 (for students who have completed class 2)

Fridays, February 19-May 20, 12:30-1:20 (no class March 25 and May 13)



Book Club

Second Friday Monthly
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.



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.

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Classes

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Adventures in Learning at Harrison Avenue MCB Annex – Winter 2016 347 Harrison Avenue, Kirkwood, MO 63122

Breakfast and Announcements

Tuesdays, February 2-March 1, 9:30-10

Muffins and coffee.

Tuesday Morning Series

Tuesdays, February 2-March 1, 10-11

- **February 2** – Quick Witz Brain Training Sample Class led by Betsy Solomon
- **February 9** – Volunteer Project, help make sandwiches for the Sts. Peter and Paul Homeless Shelter
- **February 16** – *Warning Signs of Stroke* presented by the American Heart Association
- **February 23** – Film Series Screening Panel. In Summer 2016, 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 1** – *An Hour of Artful Gameplay* led by Donna Halsband

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/class, payable at the door, walk-ins welcome.



More Exercise Classes on Page 4!

Lunch: Winfield's Gathering Place

Tuesday, January 26

A menu with something for everyone: soups, salads, sandwiches, burgers and entrées. Carpool leaves Harrison Avenue MBC Annex (547 S. Harrison Avenue, Kirkwood, MO 63122) at 12:30 pm following chair yoga. Lunch on own, RSVP to 314-779-9231

Douglass Manor

548 N. Elm Avenue

Webster Groves, MO 63119

Enter through Webster Grove Senior Center door, 548 Elm side of building.

Line/Slide Dance

Pat Clark

Every Thursday, 10-11

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.

Registration and Fees

For Programs at Harrison Avenue MBC
\$4/week or \$15/pre-registration for 5-week Tuesday Morning Series, breakfast included. To register, complete form on page 5 or call 314-779-9231.

Classes

Keep your New Year's Fitness Resolutions with Webster Hills *Winterim* Session!

New Class!

Shepherd's Center Sliders

A Line Dance Class led by Pat Clark, Carol Jackson and Marsha Goins

**Fridays, January 22-February 26, 11:10-12 noon
Webster Hills UMC, 1333 W. Lockwood,
Glendale, MO 63122**

For new and experienced line dancers. The wobble, cupid shuffle, electric slide and much more! Wear comfortable shoes, bring a water bottle and be ready to move. \$3/class payable at the door.

Weights=Strength=Health

Kacey Cowdery

**Every Friday, 9:10-10 and Every Monday, 1-2
Webster Hills UMC, 1333 W. Lockwood,
Glendale, MO 63122**

Improve your fitness using small weights!
Weights provided. \$3/class Mondays, \$8/class
Fridays, payable at the door.

T'ai Chi

Jamie Sanchez

**Every Friday, 9:10-10
Webster Hills UMC,
1333 W. Lockwood,
Glendale, MO 63122**

Movement for healthy aging. Includes bone alignment, joint range-of-motion, muscle relaxation, deep breathing and mindful awareness. Flexibility, muscle tone and general health are improved. \$8/class payable at the door.

Friday Class Special!

Pay \$8 and attend any
2 exercise classes – 2
for the price of 1.

Chair Yoga

Debbie Daugherty

**Every Friday, 10:10-11
Webster Hills UMC, 1333 W. Lockwood,
Glendale, MO 63122**

Improve your balance, learn restorative breathing, functional skills and relaxation techniques. Includes a variety of seated and standing yoga poses. \$8/class payable at the door.

shepherdscenter-wk.org

Seven reasons to visit the Shepherd's Center website:

1. "Calendar" icon on the homepage shows everything going on at all three Shepherd's Center locations
2. "What's New" icon on the homepage gives a weekly overview of programs and events
3. "E-Updates" icon on the homepage has a sign-up for monthly *Enews*
4. Program Information – whether on your laptop, tablet or smart phone, the Shepherd's Center website is designed for easy viewing– just go to the "Programs" page
5. Volunteer – opportunities for every age, schedule and interest go to "Volunteer" page
6. Get Help – information about transportation, light home repair and other services on the "Services" page
7. Donate – we appreciate your generosity

Retirement 101: A Roadmap to Retirement Workshop

The Emotional Side of Retirement

Mary Ann Peters, Retirement Options Coach

**Thursdays, February 18 & 25, 5:30 -7:30 pm
Webster Hills UMC, 1333 W. Lockwood,
Glendale, MO 63122**

Most of the time, thoughts of planning for retirement focus on the financial side only. These concerns are very important, but there is also an *emotional* side of retirement. Join us for a two-part workshop that will help you assess your attitude, relationships, health and spirituality as well as how you want to use your skills and fill your leisure time. Preregistration required, \$20/2 weeks, registration form on page 5.



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Fall Program Registration and Address Changes – All Sites

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

Quick Witz 2 at Webster Hills UMC
 \$25 for 12 weeks, workbook included

Harrison Avenue AIL
 \$4/week or \$15 for 5 weeks

Quick Witz 3 at Webster Hills UMC
 \$25 for 12 weeks, workbook included

Retirement 101: A Roadmap to Retirement Workshop at Webster Hills UMC
 \$20 for 2 weeks

<input type="checkbox"/> Address Change Only
Congregation/Parish affiliation?

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).

For grant reporting purposes:

Age: Under 65 ___ 65-74 ___ Over 74 ___
 Ethnicity: African-American ___ Caucasian ___ Asian ___ Latino ___
 Native American ___ Mideastern ___ Other ___



If you prefer to receive the Shepherd Center's quarterly newsletter and class schedule via email only, please call 314-395-0988 to be removed from the mail list.



Schnucks eScrip

Help earn money for the Shepherd's Center! All you have to do is get an eScrip card, register it to the Shepherd's Center and show it every time you checkout at Schnucks. A percentage of your purchase will be donated to the Shepherd's Center. For more information, call Betsy Solomon 314-779-9231.

