

The Life and Art of George Caleb Bingham

Three ways to learn about the Missouri artist:

- Art History slide lecture presented by Betsy Solomon, page 2
- Documentary Film Screening – *The American Artist: The Life and Times of George Caleb Bingham*, page 5
- Saint Louis Art Museum Tour led by Betsy Solomon, page 4



Taste of Webster-Kirkwood: Chef Wars The Best Taste Ever!

April 30th marked the 14th

Annual Taste of Webster-Kirkwood and the 3rd Annual Chef War. The event was a huge success with competing chefs from five senior communities.

Our winners were:

- Aberdeen Heights Executive Chef Erik Wright for Best Entrée with Seared Sea Scallops with Carrot Puree
- Friendship Village Chefs Jim Hunze and Joe Lomeo for Best Dessert with Goopy Butter Cake spiked with fresh blueberries, lemon and lavender essence garnished with candied almonds and crystallized lemon twist
- Meramec Bluffs Chef Chris Morgan for Runner-Up Entrée and Dessert with Braised Short Ribs with Sweet Pea Whipped Potato, Fried Shallots, and Pinot Noir Wine Reduction, and White Chocolate and Dark Cherry Parfait with Candied Almonds

Many thanks to all the competing senior residences, restaurants, auction donors, 60+ volunteers, and guests for making the event a hit once again!

What's New? Classes at Laclede Groves!

Shepherd's Center participants are invited to attend *Tech Talk* classes at Laclede Groves. See page 4 for details.

RideScheduler Driver Training

Transportation volunteers – watch your email/mailbox for an invite to our RideScheduler training. RideScheduler is our new online reservation system that all volunteers will have the option of using if interested.

Thank You Lutheran Foundation

The Shepherd's Center is grateful to the Lutheran Foundation for their continued support. Their generous grant will make many of our programs, services and marketing efforts possible in 2017 and 2018. Both the Shepherd's Center and the Lutheran Foundation share the common mission of improving the care of those we serve.

2017 Older Adult Resource Guide

Stop by the Shepherd's Center office to pick up your free copy of the 2017 Older Adult Resource Guide. A priceless resource for connecting older adults to the services they need. While supplies last.

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Classes • Summer 2017

Inspiring older adults through volunteerism, enrichment and community connection

Webster Hills UMC 1333 West Lockwood, Glendale, 63122

Morning Coffee and a Bite

Fridays, July 7-July 28, 9-9:30

Stop in early to enjoy a cup of coffee and a bite before class. Coffee and select breakfast items available to all registered participants in Friday morning classes. Join us in the Great Hall!

9:30 Guest Speakers

An Adventures in Learning Tradition

Fridays, 9:30-10:30

- July 7 – *Cambodia: Now and Then*, presented by Lionelle Elsesser
- July 14 – Author Visit: John Wright, *African American St. Louis*
- July 21 – *Interested and Amusing Documents in the Missouri History Museum Archives*, presented by Dennis Northcott, Associated Archivist, MHM
- July 28 – Author Visit: Nancy Ellen Carver, *Discovering Public Parks in St. Louis Missouri*

\$4/week or \$12/4 weeks pre-paid

10:45 Guest Speakers

An Adventures in Learning Tradition

Fridays, 10:45-11:45

- July 7 – *The Life and Art of George Caleb Bingham*, presented by Betsy Solomon, MA, Art Historian
- July 14 – *Exercise Your Brain* with Karen Dickerson
- July 21 – Sandwich Team for Peter and Paul Community Services Homeless Shelter
- July 28 – Manchester United Methodist Church Gospel Quartet Performance

\$4/week or \$12/4 weeks pre-paid

Mondays and Fridays!
Weights=Strength=Health
Led by Kacey Cowdery
Every Friday, 9:30-10:20
Every Monday, 1-2
 Improve your fitness using small weights! Weights provided.
\$4/week payable at the door

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 \$12/4 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 \$12/4 weeks pre-paid**

Ice Cream Social

Friday, July 28, 11:45

End the summer session on a sweet note with root beer floats and ice-cream sundaes. Please RSVP to 314-395-0988 so we have enough scoops!



Class fees do not cover program expenses. Please consider making a donation in support of our Shepherd's Center. Thank you!

Webster Hills UMC Continued

Needlework Society

Kacey Cowdery, Fiber Artist and Interior Designer

First Fridays; July 7, September 1, October 6, November 3, December 1, 10:30-12:30 (no meeting in August)

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 payable at door**

Colored Pencil

Kris Scharfenberger, Artist and Owner, Kris Scharfenberger Fine Art

Every Friday, 1-3 pm

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

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

First and Third Monday Monthly, 2-4 pm

Exercise your brain with a game of Scrabble, call 314-395-0988 to reserve your spot at the table.

Living with Alzheimer's

Presented by the Alzheimer's Association

Fridays, June 9-June 30, 10 am – noon

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Join us for this 4-part program to get answers to your questions and hear from others who are facing this challenge. This class is for people with early stage memory loss/dementia of all types. Friends and family attend also if possible. **Pre-Registration**

REQUIRED call 314-395-

0988, class size limited,

Free

alzheimer's 
association®

Harrison Avenue MBC Annex
347 S. Harrison Avenue, Kirkwood, 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. No class July 18. **\$4/week or free for participants in morning program when applicable**

First Tuesday Programs

Tuesdays, 10-11

Join us for coffee and bagels from 9:30-10 before program begins.

- July 11 – *An Introduction to Writing in Calligraphy* with Kris Scharfenberger, Calligrapher
- August 8 – *Wills and Trusts 101: Basic Details You Need to Know*, Sam Kichline, Raymond James
- September 5 – Movie Screening and Discussion: *Hidden Figures*

\$4/program or \$8/3 weeks pre-paid

Lunch Bunch

Third Tuesday of every month. Carpool meets at Harrison Avenue MBC Annex (347 S. Harrison, 63122) or meet us at the restaurant. **RSVP REQUIRED**, call 314-395-0988 to RSVP and get all the details. Lunch on own.

- June 20 – Kirkwood Brewhouse, carpool leaves at 12:30
- August 15 – Cyrano's Café, carpool leaves at 12:30

New Location for Summer! Line/Slide Dance

Pat Clark and Marsha Goins

Every Thursday, 10-11

**Webster Groves Christian Church,
1320 W. Lockwood, 63122**

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**

Field Trips

St. Louis Art Museum Guided Tour

Presented by Betsy Solomon, MA, Shepherd's Center Executive Director and Art Historian

Tuesday, July 18, 10am

Tour will feature a selection of American Art in the Museum's newly installed galleries including selected works by George Caleb Bingham. Carpool leaves from Harrison Avenue MBC Annex (347 S. Harrison Avenue, 63122) at 10 am. Have lunch on your own at the museum after the tour. **RSVP REQUIRED – SPACE LIMITED to 18 participants, call 314-395-0988 to RSVP and get all the details.**

Karpeles Manuscript Museum and Library

Friday, August 25, 12 noon

The Karpeles museum is dedicated to the preservation of original handwritten letters and documents penned by great men and women who shaped history. In addition to artifacts that reflect St. Louis history, a special exhibition featuring Mark Twain will be on display. Carpool leaves from the Shepherd's Center at Webster Hills UMC (1333 W. Lockwood, 63122) at 12 noon. Admission to the Museum is free. **RSVP REQUIRED – SPACE LIMITED to 18 participants, call 314-395-0988 to RSVP and get all the details.**

Technology Classes at Laclede Groves

723 S. Laclede Station Road, 63119

Tech Talk: Touch Screen Smart Phones

Kim Messmer, Laclede Groves

Wednesday, June 14, 11-12

Laclede Groves, 723 S. Laclede Station Road, 63119, class held in 701/705 building

For touch screen phones only, iPhone or Android, no iPhoneS. Learn the basics such as volume control, making a call, sending a text, how to use email etc. Kim will have an outline but please bring your questions! **Free, REGISTRATION REQUIRED, to register call the Shepherd's Center at 314-395-0988.**

Tech Talk: Computers

Kim Messmer, Laclede Groves

Wednesday, June 28, 2-3

Laclede Groves, 723 S. Laclede Station Road, 63119, class held in 701/705 building

Learn about the basic equipment and how to use it: CPU, keyboard, mouse and various types of disks for storage. For both laptops and desktop computers. Kim will have an outline but please bring your questions! **Free, REGISTRATION REQUIRED, to register call the Shepherd's Center at 314-395-0988.**

Special Programs

AARP Driver Safety Course

Friday, August 18, 10-2

Webster Hills UMC, 1333 West Lockwood, Glendale, MO 63122

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day. Even the most experienced drivers can benefit from refreshing their driving skills. Learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. Learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others. **\$15 for AARP members, \$20 for non-members, or Shepherd's Center Transportation and Resource Center Volunteers attend for Free. REGISTRATION REQUIRED, to register call 314-395-0988.**

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Special Programs

Sunday Afternoon Film Series

Hosted by the Shepherd's Center in collaboration with Webster Groves Public Library

Sunday, July 9, 2-4

The American Artist: The Life and Times of George Caleb Bingham

A Film by Wide Awake Films (2016)

The American Artist is a biographical docu-drama about George Caleb Bingham. He was a successful self-taught artist, politician, and family man. His home, family, career, and life's work were all but lost as the American Civil War split his world in two. A century after his death, George Caleb Bingham's work was not only rediscovered, it is celebrated as a National Treasure. His paintings, his politics, his life are a testament to his perseverance, ingenuity, and unwavering determination. An America, long since forgotten, is preserved through his life's work.

Sunday, July 16, 2-4

The Age of Love

A New Documentary on Seeking Love After 70, Director Steven Loring (2016)

The Age of Love follows the humorous and poignant adventures of thirty seniors in Rochester, NY who sign up for a first-of-its-kind speed dating event exclusively for 70- to 90-year-olds. From anxious anticipation through the dates that follow, it's an unexpected tale of intrepid seniors who lay their hearts on the line, and discover how dreams and desires change—or don't change—from first love to the far reaches of life.

Sunday, July 23, 2-4

Accidental Courtesy: Daryl Davis, Race & America

Documentary by Matt Ornstein (2015)

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. 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?

**All Films Shown at
Webster Groves Public Library
301 E. Lockwood, 63119
Doors open at 1:30**

**Free and open to the public
RSVP to the Shepherd's Center 314-395-
0988, Walk-ins welcome on a first-come,
first-served basis**

Powerful Tools for Caregivers

Presented by Certified Right at Home Community Educators

Mondays, August 21-October 2, 1-3:30 (no class September 4)

Webster Hills UMC, 1333 West Lockwood, 63122

Workshop gives caregivers tools to care for themselves while caring for a loved one at home, in a care facility or across the country. Research indicates high rates of depression, anxiety and increased vulnerability to health problems among caregivers. Powerful Tools teaches skills for reducing stress, communicating more effectively, dealing with emotions and making decisions. **\$10/6-week course, workbook included, to register call 314-395-0988.**



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



Call for Handy Hands Volunteers!

The Shepherd's Center is especially in need of Handy Hands volunteers! Help older adults in need

with simple home repairs like changing out of reach lightbulbs, installing grab bars, and fixing leaky faucets. To get involved, call Karen Zelle at 314-395-0988.

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