



Inspiring older adults through volunteerism, enrichment and community connection



Music, Dinner, Libations *Fall Fundraiser Celebrating the Shepherd's Center's 19th Anniversary*

Friday, September 15, 5-8 pm
Grace Episcopal Church
514 E. Argonne Drive, 63122

Musical entertainment featuring the Zelle Trio with special guests STLCC Meramec Chamber Music Singers. Chicken and pork grilled onsite by John Meixner, beer, wine, soft drinks, desserts, raffle and select items for sale. To attend go to www.shepherdscenter-wk.org, click on "giving" at the bottom of the screen, or call 314-395-0988 for more information. Event sponsored by:



Volunteer Holiday Luncheon

Friday, December 1, 12 noon
Webster Hills UMC, 1333 W. Lockwood, 63122

Join Shepherd's Center friends for a Volunteer Appreciation/Holiday Celebration Luncheon. Enjoy a hot meal and music program featuring, back by popular demand, Barbara Hellmer! Everyone is welcome to attend, volunteers are free and will receive a special invitation by mail. Cost for non-volunteers is \$15. RSVP, required, with payment by Tuesday, November 22. RSVP to (314) 395-0988.

Fall Chores Galore

Saturday, October 28

Family, youth, scout and volunteer groups of all kinds are needed to help rake leaves and get yards in shape for the winter, call the Shepherd's Center at (314) 395-0988. Or, if you are an older adult in need of seasonal yard cleanup, please call to register for the service.

Stay Healthy - Flu Shots Available

The Affton Medicine Shoppe Pharmacy will be at the Shepherd's Center Webster Hills UMC location on Friday, October 6th from 9:00-10:30 am to provide flu shots. Please register by September 26th at 314-395-0988 to reserve your flu shot. There is no out of pocket cost if you have Medicare Part B, Part C or Medicaid, otherwise the cost is \$30 and \$3 per shot will be donated to the Shepherd's Center.

RideScheduler Is Live!

RideScheduler is our new online reservation system that all transportation volunteers have the option of using. Call Karen Zelle for more information, 314-395-0988.

Mark Your Calendar - Senior Prom!

Friday, February 16, 2018

Join us at the 6th annual Senior Prom. An afternoon of music, dancing, friends, refreshments and a disco ball! All generations are invited to join in. Watch for more details in 2018!

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Classes • Fall 2017

Inspiring older adults through volunteerism, enrichment and community connection

Webster Hills UMC

1333 West Lockwood, Glendale, 63122

Morning Coffee and a Bite

Fridays, September 22-November 17, 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

Fridays, 9:30-10:30, \$4/week

- September 22 – *Opioids: My Story*, presented by Donna Halsband
- September 29 – *A Mission to Jordan*, presented by Mary Beth Thoms
- October 6 – *Tips for Staying Independent*, Feliz Kadirov, Homewatch CareGivers
- October 13 – *Exploring Modern China with a Camera*, Dave Hanlon, Art Department, St. Louis Community College Meramec
- October 20 – *Fix Congress, Save the Republic*, John Messmer, Professor of Political Science, St. Louis Community College Meramec
- October 27 – *Go to the Hospital or Go to Urgent Care*, Julie Hughes, RN, St. Luke's Urgent Care
- November 3 – Back by Popular Demand, Mark Glenshaw and *Forest Park Owls: Hiding in Plain Sight*
- November 10 – *Know the Ten Signs*, presented by the Alzheimer's Association
- November 17 – Fraud Alert, presented by AARP



Dave Hanlon, STLCC Meramec, *Exploring Modern China with a Camera* – October 13, 9:30

10:45 Guest Speakers

Fridays, 10:45-11:45, \$4/week

- September 22 – Author Visit: *Secret America* by David Baugher
- September 29 – *Mysteries of Orchids*, Dave Reindl, Missouri Botanical Garden
- October 6 – Betsy Reznicek and *Home Sweet Home: Furniture Bank for Families in Need*
- October 13 – *Puppy Love: APA's Fostering Program at Laclede Groves*, presented by Kristina Wille, Director of Resident Services, Laclede Groves
- October 20 – *Haiku to You*, Pam Garvey, English Department, St. Louis Community College Meramec
- October 27 – *Silver Sharks: 7-Time Gold Medal Water Volleyball Team from Laclede Groves*
- November 3 – Walk Along the Way of St. James, presented by Linda Festerling
- November 10 – *John Singer Sargent: Portraits of High Society*, Betsy Solomon, MA, Art Historian
- November 17 – Author Visit: *Forest Park* by Don Corrigan, Author and Editor of Three Local Newspapers



John Messmer, STLCC Meramec, *Fix Congress, Save the Republic* – October 20, 9:30



Pam Garvey, STLCC Meramec, *Haiku to You* – October 20, 10:45

Webster Hills UMC Continued

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**

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**



Needlework Society

Kacey Cowdery, Fiber Artist and Interior Designer

**First Fridays; September 1, October 6,
November 3, December 1, 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 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.



Winter Clothing Drive

In conjunction with Hands on Kirkwood, the Shepherd's Center is collecting winter clothing items of all kinds and sizes for all ages. Donations will be collected through September 27 in the Shepherd's Center office, or can be brought to any Shepherd's Center program.

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. **\$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.

- October 3 – *Making Your Wishes Known: Life Choices and Advanced Directives*, Chandelle Martel, MSW, LCSW, C-ASWCM
- November 7 – *Exercise Your Brain* with Karen Dickerson
- December 5 – *Start with Trust: BBB Resources for Older Adults*, Matt Flinner, Education and Outreach Coordinator, St. Louis BBB

\$4/program

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.

- October 17 – Outback Steakhouse, carpool leaves at 12:30
- December 19 – Christmas Party Potluck at Harrison Avenue, 12:30
- February 20 – TGI Fridays, carpool leaves at 12:30

Line/Slide Dance

Pat Clark and Marsha Goins

Every Thursday, 10-11

Call 314-395-0988 for location information

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

World Bird Sanctuary

Tuesday, September 19

Self-guided tour through the World Bird Sanctuary, an organization that preserves, protects and inspires to safeguard bird species as part of the global community for future generations. Carpool leaves Harrison Avenue MBC Annex (347 S. Harrison Avenue, 63122) at 12:30. **RSVP REQUIRED – SPACE LIMITED to 18 participants, call 314-395-0988 to RSVP and get all the details.**

\$5 Tuesday at Ronnie's Theatre

Tuesday, November 21

Join us for a special \$5 matinee movie at Wehrenberg's Ronnie's 20 Cinema. Movie and time TBD based on theater schedule in November. Tickets purchased on your own. Call Betsy Solomon for details, 314-395-0988.

Special Volunteer Opportunity at Laclede Groves 723 S. Laclede Station Road, 63119



Opening Minds Through Art – Volunteers Needed!

Opening Minds through Art (OMA) is an award-winning, evidence-based, intergenerational art-making program for people with memory impairment. Its failure-free program provides opportunities for creative self-expression and social engagement for people with dementia. The Shepherd's Center is partnering with Laclede Groves to recruit volunteers to work side by side with participants and enjoy being creative – no previous art skills necessary. Volunteers are expected attend a training session and commit to attending all eight class sessions: Monday evenings from 5:30-6:30 pm, September 18 to November 6, at Laclede Groves (723 S. Laclede Station Road, 63119). For more information and to get involved, call Betsy Solomon at 314-779-9231.

Special Programs



Mayors Panel:
Community
Connection Coffee
Thursday, September 21,
9:30-11

Shepherd's Center at Webster Hills UMC, 1333
W. Lockwood, 63122

Local Mayors will present an overview of senior topics in their respective communities followed by a Q&A. Join the conversation to learn more about senior concerns and resources in your community. Mayors from Webster Groves, Glendale, Kirkwood, Crestwood, Rock Hill, Shrewsbury and Oakland have been invited. Coffee provided. Please RSVP to 314-395-0988.

Class fees do not cover program expenses. Please consider donating in support of the Shepherd's Center. Thank you!



February Film Series:
Oscar Favorites

*Film Intros by Betsy Solomon
Films chosen by Shepherd's Center
Resource Volunteers*

Shepherd's Center at Webster Hills UMC, 1333
W. Lockwood Ave., 63122
\$4/person, snacks provided

Friday, February 9, 10:30

The King's Speech, Best Picture 2010
Starring Colin Firth, Geoffrey Rush and Helena Bonham Carter, Directed by Tom Hooper

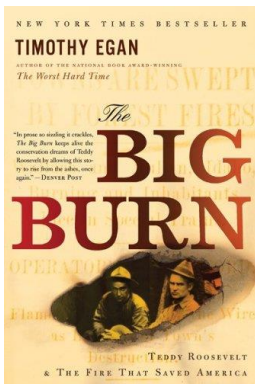
Friday, February 16, 10:30

Chicago, Best Picture 2002
Starring Catherine Zeta-Jones, Renee Zellweger and Richard Gere, Directed by Rob Marshall

Friday, February 23, 10:30

Out of Africa, Best Picture 1985
Starring Meryl Streep and Robert Redford, Directed by Sydney Pollack

Meramec/Shepherd's Center Book Club Event



Shepherd's Center participants are invited to join St. Louis Community College Meramec English as a Second Language students for a book discussion. The featured book is *The Big Burn: Teddy Roosevelt and the Fire that Saved America* by Timothy Egan. Books are available in local libraries, bookstores, amazon.com and a select number in the Shepherd's Center office.

About the book: On the afternoon of August 20, 1910, blazing fires moved through the drought-stricken national forests of Washington, Idaho and Montana. Timothy Egan narrates the struggles of the overmatched rangers against the implacable fire. Equally dramatic is the larger story he tells of president Teddy Roosevelt and his chief forester Gifford Pinchot. Pioneering the notion of conservation, Roosevelt and Pinchot did nothing less than create the idea of public land as a national treasure, owned by every citizen.

1

Sign-up and Read the Book
Call 314-395-0988 to register

2

Attend the Book Discussion
Thursday, November 9, 12:40-1:40
Shepherd's Center at Webster Hills
UMC, 1333 W. Lockwood Ave.,
63122



**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