

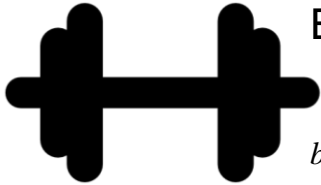


Winter 2018

Inspiring older adults through volunteerism,
enrichment and community connection

Webster Hills UMC

1333 West Lockwood, Glendale, 63122



Exercise Classes Never Stop!

*Class schedules on the
back of this page.*

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.

Needlework Society

Kacey Cowdery, Fiber Artist and Interior Designer

First Fridays, 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.

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

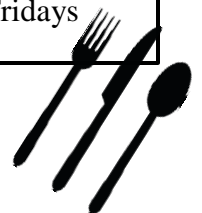
Out of Africa, Best Picture 1985

Starring Meryl Streep and Robert Redford, Directed by Sydney Pollack

Harrison Avenue Lunch Bunch

Carpool leaves Harrison Avenue MBC Annex (347 S. Harrison, 63122) at 12:30 or meet us at the restaurant. **RSVP REQUIRED**, call 314-395-0988 to RSVP and get all the details.

Lunch on own. February 20 – TGI Fridays



Webster Hills UMC
1333 West Lockwood, Glendale, 63122

Mondays and Fridays!
Weights=Strength=Health

Led by Kacey Cowdery

Every Monday, 1-2

Every Friday, 9:30-10:20

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 payable at the door**

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 payable at the door**



Senior Prom!

Friday, February 16, 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 Shepherd's Center Sliders will be there to help you get your groove on. Admission \$5, proceeds benefit Haiti relief. Call 314-395-0988 for more information and to RSVP.

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 payable at the door**

Webster Groves Christian Church
1320 W. Lockwood, St. Louis, MO 63122

Line/Slide Dance

Pat Clark, Kay Gordon and Marsha Goins

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**



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