



Inspiring older adults through volunteerism, enrichment and community connection

Give Back Tuesday at Katie's Pizza & Pasta Osteria

Tuesday, July 24th, all day!

9568 Manchester Road, 63119

Every month, Katie's Pizza hosts a *Give Back Tuesday* and donates 100% of profits made that day to a local charity. **July 24 is Shepherd's Center Day!** All proceeds from lunch, dinner, happy hour, drinks, catering and carry-out orders will be donated to the Shepherd's Center. Many thanks to Katie's Pizza for their generosity.

Please join us on July

24! MARK YOUR CALENDAR!



Need a Ride! Shepherd's Center Transportation Service

According to the World Health Association, access to transportation is a key determinant of older adults' ability to maintain health and independence. The Shepherd's Center is here to help, for free! Transportation is provided to medical, dental and therapy appointments on Tuesdays, Wednesdays and Thursdays. The Shepherd's Center is a "door through door" service, volunteers accompany riders to the doctor's office and stay in the waiting room until the appointment is completed. Riders must be registered and service area boundaries apply. Call 314-395-0988 for more information.

Gas Card Raffle for Volunteer Drivers

Win a \$25 gas card in May & June by taking rides through RideScheduler! For every ride that you take through the RideScheduler program, your name will be entered in a raffle for a \$25 gas card. Two winner will be chosen at the end of May and two more in June. Haven't used RideScheduler yet and want a super-quick tutorial? Call Karen at 314-395-0988.



Simple Home Repair and Resource Referral

Have an out of reach lightbulb that needs to be changed, leaky faucet, a grab bar to install, batteries to change in smoke detectors, or other simple home repair? Shepherd's Center Handy Hands volunteers can help. No charge for service call, homeowner responsible for hardware or other material fees. Available to older adults responsible for home maintenance in eligible service area. If you have a job that is too specialized for our volunteers, the Shepherd's Center has a resource referral directory of vetted home repair businesses, most with senior discounts. For more information and to register for service, call Karen Zelle at 314-395-0988.

Thank You!

Please consider making a donation to the Shepherd's Center. Donations make it possible for us to provide older adults in need with transportation to medical appointments, simple home repairs, seasonal yard clean-up, a resource center, and affordable classes for many interests. We are grateful for every gift we receive!

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Classes • Summer 2018

Inspiring older adults through volunteerism, enrichment and community connection

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**

Tuesday Lectures:

More African-American History

Tuesdays, 10-11

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

- June 5 – *Black Music and the Black Experience: From Slave Songs to Hip-Hop*, Dorian Brown, Associate Professor, St. Louis Community College
- No Tuesday Lecture Program in July
- August 14 – *Don't Leave Home Without It: Traveling in Jim Crow America with The Green Book*, Shug Goodlow, Activist and Actor

\$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.

- June 19 – The Mellow Mushroom, carpool leaves at 12:30
- July 17 – O'Leary's, carpool leaves at 12:30
- May 15 – TGI Fridays, carpool leaves at 12:30

Learn to Crochet

Led by Kacey Cowdery

Tuesdays, 1-3: August 7, 14, 28 and September 11, 25

Both complete beginners and experienced crocheters welcome. Crochet is a relaxing and calming activity that has been known to lower heart rate and blood pressure. Not to mention, it's great for maintaining eye-hand coordination. Kacey will teach you how. Beginners need to bring size H hook and worsted weight or No. 4 (on the package) sized yarn.

\$6 class, to register call 314-395-0988.

Line/Slide Dance

Pat Clark and Glenda Gordon

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**



Know the 10 Signs

Community Connection Coffee

Presented by the Alzheimer's Association

Thursday, June 14, 9:30-11

Webster Groves Public Library, 301 E. Lockwood, 63119

Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms you should know. Coffee and light refreshments served. **Please RSVP to 314-395-0988.**



Webster Hills UMC
1333 West Lockwood, Glendale, 63122



Friday Lecture and Lunch

Join friends for a lecture followed by lunch. **PRE-REGISTRATION WITH PAYMENT REQUIRED, complete and return the form below, \$10/week lunch included.**

Sunken Cities: Egypt's Lost Worlds

Presented by Saint Louis Art Museum Staff
July 13, 11:30 lecture
Menu: sub sandwiches, salad, chips and dessert

Book Review: *Bunk: The Rise of Hoaxes, Humbug, Plagiarists, Phonies, Post-Facts, and Fake News*, by Kevin Young

Presented by Tom Cooper, Director, Webster Groves Public Library
July 20, 11:30 lecture
Menu: pizza, salad and dessert

History of Voting Rights

Nancy Price, League of Women Voters
July 27, 11:30 lecture
Menu: chicken salad sandwiches, salad, chips, dessert



Friday Lecture and Lunch Registration Form

Name _____
Address _____
Phone _____
Email _____

Choose the Lecture and Lunch programs you want to attend (check all that apply) and return with payment to:
Shepherd's Center,
1333 West Lockwood
Ave., Glendale, MO
63122

\$10/week, lunch included - menus listed above	
<input type="checkbox"/> Sunken Cities <input type="checkbox"/> Book Review <input type="checkbox"/> History of Voting Rights	Amount enclosed: \$ _____

Living with Memory Loss
For people with memory loss and care team
An education program by the Alzheimer's Association

4-part class: Fridays, June 8-June 29, 10 am – 12 noon
Shepherd's Center at Webster Hills UMC, 1333 W. Lockwood, 63122
Having memory loss/dementia/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. Free lunch included on June 29. Family/friends are encouraged to attend. **Pre-Registration REQUIRED call 314-395-0988, class size limited, Free**


alzheimer's association®

Webster Hills UMC Continued

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. NO CLASS JUNE 15.

\$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. NO CLASS JUNE 15. **\$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. NO CLASS JUNE 15. **\$4/week**

Needlework Society

Kacey Cowdery, Fiber Artist and Interior Designer

First and Third Fridays, 10:30-12:30

Knitting, crocheting, embroidering, quilting, let's do it together. Kacey will lead Show and Tell.

Needleworkers love to see what others are doing.

Then a needlework lesson. The group will choose subjects they would like to learn. Do you have expertise? Bring it to our Society. NO CLASS JUNE 15. **\$8/class payable at door**

Colored Pencil

Eva Brinner, Facilitator

Every Friday, 1-3 pm

This is an Open Studio for beginners and experienced students! Bring your own ideas to create your colorful, realistic artwork, or for beginners we'll have some projects to get you started! NO CLASS JUNE 15. **\$8/wk 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.

Tech Tutors

Alice Pierce, John Christensen and Sabina McDowell

Every Friday, 1-2:30

Just got a new smartphone and you can't figure out how to use it? Or, you got a tablet as a gift and you don't know what it can do? You need a Tech Tutor! Shepherd's Center resident techies will be available Fridays from 1-2:30 to give you one-on-one assistance with your technology issues. Bring your phone or tablet with you. Just stop in, no registration necessary.

Tech Tutor is a free program offered by the Shepherd's Center, donations are accepted. All proceeds from Shepherd's Center programs help support our free transportation and simple home repair services.

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.

Walk the Parks

Led by Jane Done and Gina

Ferguson

Dust off your walking shoes.

Exercise, Explore Nature,

Enjoy Meeting Fellow

Walkers. Walking schedules will be planned on a monthly basis. Wear appropriate walking shoes, bring a water bottle and dress for the weather. All participants will be required to complete a standard waiver of liability form. Cancellations due to inclement weather will be posted on the Shepherd Centers homepage, www.shepherdscenter-wk.org



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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 8, 2-4

Twenty Feet From Stardom

Meet the unsung heroes behind the greatest music of our time, Directed by Morgan Neville (2014)

Academy Award, Best Documentary

Millions know their voices, but no one knows their names. *Twenty Feet From Stardom* shines a spotlight on the untold true story of the backup singers behind some of the greatest musical legends of the 21st century. Triumphant and heartbreaking in equal measure, the film is both a tribute to the unsung voices who brought shape and style to popular music and a reflection on the conflicts, sacrifices and rewards of a career spent harmonizing with others. Along with rare archival footage and a peerless soundtrack, *Twenty Feet From Stardom* boasts intimate interviews with Bruce Springsteen, Stevie Wonder, Mick Jagger and Sting to name just a few.



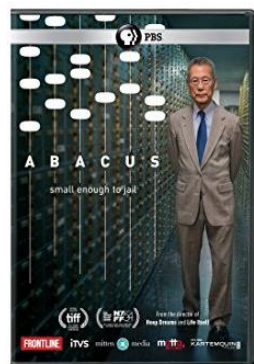
Sunday, July 15, 2-4

Best of Enemies

Directed by Morgan Neville and Robert Gordon (2015)

Broadcast Film Critics Association, Critics Choice Award

In the summer of 1968 television news changed forever. Dead last in the ratings, ABC hired two towering public intellectuals to debate each other during the Democratic and Republican national conventions. William F. Buckley Jr. was a leading light of the new conservative movement. A Democrat and cousin to Jackie Onassis, Gore Vidal was a leftist novelist and polemicist. Vidal and Buckley believed each other's political ideologies were dangerous for America. Live and unscripted, they kept viewers riveted. Ratings for ABC News skyrocketed, and a new era in public discourse was born.



Sunday, July 22, 2-4

Abacus: Small Enough to Jail

Directed by Steve James (2017)

Academy Award Nominee

Abacus: Small Enough to Jail tells the incredible saga of the Chinese immigrant Sung family, owners of Abacus Federal Savings of Chinatown, New York. Accused of mortgage fraud by Manhattan District Attorney Cyrus R. Vance, Jr., Abacus becomes the only U.S. bank to face criminal charges in the wake of the 2008 financial crisis. The indictment and subsequent trial forces the Sung family to defend themselves – and their bank's legacy in the Chinatown community – over the course of a five-year legal battle.

**All Films Shown at
Webster Groves Public Library
301 E. Lockwood, 63119
Doors open at 1:30
Films begin 2 pm**

**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**



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



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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