



## 1998-2018 Celebrating 20 Years of Serving Seniors

2018 marks the 20th Anniversary of the Shepherd's Center of Webster-Kirkwood! We are truly proud of the accomplishments we have made in our first 20 years, 1998-2018:

- **10,696 Program Attendance** (classes at Webster Hills UMC, Harrison Avenue MBC and various community sites combined)
- **10,002 Served** (transportation to medical appointments, simple home repair and seasonal yard cleanup)
- **42,454 Volunteer Hours**

Thank you for helping us to make these accomplishments possible. We are very grateful for the efforts of volunteers, class participants, and donors who have shaped our mission and made our organization what it is today.

*If you haven't already made a reservation for our 20<sup>th</sup> Anniversary Celebration Fundraiser at Grace Episcopal Church Kirkwood on Friday, September 7 from 5:30-7 pm there is still time. Go to [www.shepherdscenter-wk.org](http://www.shepherdscenter-wk.org) and click on "Donate" for more information.*



## Stay Healthy - Flu Shots Available

The Affton Medicine Shoppe Pharmacy will be at the Shepherd's Center Webster Hills UMC location on Friday, October 5th from 9:00-10:30

am to provide flu shots. Please register by September 28th 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.

## Daughters of Charity Foundation of St. Louis: Expanding Transportation Service

Many thanks to the Daughters of Charity Foundation of St. Louis for their recent grant award in support of expanding our Transportation Service. Since its launch in 2000, the Shepherd Center's Transportation Service has provided 17,614 one-way/8607 round trip rides to medical appointments for older adults in need. Generous funds from the Daughters of Charity Foundation of St. Louis will enable us to expand our service area as well as the number of rides, volunteers, and people served. Thank you Daughters of Charity Foundation of St. Louis – we are very grateful. If you are interested in volunteering or registering for service, call 314-395-0988.

## Fall Chores Galore

### October 22-November 3

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.

In This Issue	
Harrison Avenue Tuesday Programs	2
Webster Hills Lunch and Lecture	3
Exercise and Dance	2,4
Tech Tutor	4
AARP Safe Driving	4
Walk The Parks – Walking Program	4
Colored Pencil, Needlework	4
Book Club, Scrabble	4
Mayor's Panel	5
Food Preservation	5
Laclede Groves	5
Meramec Book Club Event	5
Winter Weather Cancellations	2



# Classes • Fall 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. **NO CLASS 11/6, 12/25, 1/1.** **\$4/week or free for participants in morning program when applicable**

### First Tuesdays Programs

*(new times, see each listing below)*

- **September 4, 9:30-11 am** – Film Screening, *20 Feet From Stardom*, Meet the unsung heroes behind the greatest music of our time, Directed by Morgan Neville (2014), Academy Award, Best Documentary, \$4/person payable at door
- **October 2, 7-8 pm** – *Black Music and the Black Experience Part 2*, Dorian Brown, Associate Professor, St. Louis Community College, \$4/person payable at door
- **November 6, 10 am** – Docent Tour of the Saint Louis Art Museum featuring the special Kehinde Wiley (artist who created portrait of President Barack Obama) exhibition and the newly re-installed Egyptian Galleries, carpool leaves Harrison Avenue at 10 am, lunch on own following tour, **RSVP REQUIRED** to 314-395-0988 by October 30
- **December 4, 12:30 pm** – Harrison Avenue Christmas Party Potluck, **RSVP** to 314-395-0988

### Lunch Bunch

Third Tuesday of every month. Carpool leaves from at Harrison Avenue MBC Annex at 12:30 (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.

- September 18 – Circa STL
- October 16 – The Mellow Mushroom
- November 20 – Down Under Restaurant & Pub

### 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. **NO CLASS 11/22, 12/27. \$1/class, payable at the door**



### Winter Weather Cancellations



In the event of hazardous winter weather, program cancellations for all locations will be listed with the school closings on Channel 5 or, go to [www.shepherdscenter-wk.org](http://www.shepherdscenter-wk.org)

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



**Friday Lecture and Lunch**

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

**The New Arch Experience**

*Presented by Tom Nagel, Gateway Arch Park Foundation*

**September 28, 11:30 lecture**

Menu: lasagna, salad, bread, dessert

**The Historic Kirkwood Train Station: 125 Years Strong!**

*Presented by Bill Burckhalter, Station Manager*

**October 5, 11:30 lecture**

Menu: pizza, salad, dessert

**Safari is Easy**

*Presented by Kacey Cowdery*

**October 12, 11:30 lecture**

Menu: chili, bread, dessert

**Book Review: *Milk: A 10,000-Year Food Fracas*, by Mark Kurlansky**

*Presented by Tom Cooper, Director, Webster Groves Public Library*

**October 19, 11:30 lecture**

Menu: lasagna, salad, bread, dessert

**Vote411: Information You Need About Ballot Issues for November 6 Election**

*Presented by Nancy Price, League of Women Voters of Metro St. Louis*

**October 26, 11:30 lecture**

Menu: pizza, salad, dessert

**St. Louis Once Upon a Time**

*Presented by local artist Marilynne Bradley*

**November 2, 11:30 lecture**

Menu: chili, bread, 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**

<input type="checkbox"/> The New Arch Experience <input type="checkbox"/> Kirkwood Train Station <input type="checkbox"/> Safari is Easy	<input type="checkbox"/> Book Review: <i>Milk</i> <input type="checkbox"/> Ballot Initiatives <input type="checkbox"/> St. Louis Once Upon a Time	<b><i>\$10/week, lunch included menus listed above</i></b>
		<b>Amount enclosed:</b> \$ _____

## 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 MONDAYS 9/3, 12/24 and FRIDAYS 11/23, 12/28. **\$4/week**

### 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 11/23, 12/28.

**\$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 11/23, 12/28. **\$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. 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**

### 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 11/23, 12/28. **\$8**

### Book Club

**Second Friday Monthly, 1:00**

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*

**First Fridays, 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 the first Friday of every month 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.

### 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.

### AARP Driver Safety Course

**Monday, September 10, 10-2**

Cars have changed and so have traffic rules. Learn 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. **\$15 for AARP members, \$20 for non-members. REGISTRATION REQUIRED, to register call 314-395-0988.**



### Walk the Parks

*Led by Jane Done and Gina Ferguson*

Dust off your walking shoes. Exercise, Explore Nature, Enjoy Meeting Fellow Walkers. Fall

walking schedule will resume on September 26 and will be planned on a monthly basis. Download a current schedule from the programs page on the Shepherd's Center website, [www.shepherdscenter-wk.org](http://www.shepherdscenter-wk.org). 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 Center's homepage, [www.shepherdscenter-wk.org](http://www.shepherdscenter-wk.org)

## Webster Hills UMC

1333 West Lockwood, Glendale, 63122

*continued*



Mayors Panel:  
Community  
Connection Coffee  
Thursday, September 13,  
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.

## Food Preservation Workshops

*Presented by University of Missouri Extension*

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

Learn how to safely and successfully preserve food at home. Participants of all levels of food preservation experience are welcome, including individuals with little or no previous food preservation experience. **\$10 per class, PRE-REGISTRATION REQUIRED BY NOVEMBER 1, call 314-395-0988 to register.**

- Thursday, November 8, 1-3:30 – Jams and Jellies
- Thursday, November 15, 1-3:30 – Freezing and Drying

## Laclede Groves

723 S. Laclede Station Road, 63119

## Healthy Living for the Brain and Body: Tips from the Latest Research

*Presented by the Alzheimer's Association*

**Wednesday, October 17, 10-11 am**

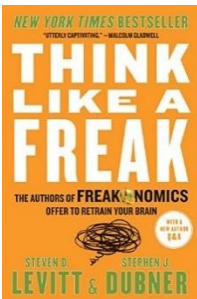
For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and how to incorporate these recommendations into a plan for healthy aging. **Please RSVP to 314-395-0988.**

## Making Healthy Food and Lifestyle Choices

*Presented by the American Heart Association*

**Wednesday, November 7, 2-3 pm**

Only YOU can make healthy choices every day. Your lifestyle and eating habits influence how well your heart and body work and how you feel. Learn how to reduce your risk of heart disease and stroke. **Please RSVP to 314-395-0988.**



## Meramec/Shepherd's Center Book Club Event

*Think Like a Freak by authors Steven D. Levitt and Stephen J. Dubner*

Shepherd's Center participants are invited to join St. Louis Community College Meramec English as a Second Language students for a book discussion. A limited number of books will be available in the Shepherd's Center office. **About the book:** Levitt and Dubner offer a blueprint for an entirely new way to solve problems, whether your interest lies in minor lifehacks or major global reforms.

**1**

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

**2**

**Attend the Book Discussion**

Thursday, November 8, 9:40-10:40

Webster Hills UMC, 1333 W. Lockwood Ave., 63122



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

## Living with Memory Loss

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

**4-part class: Wednesdays, November 28-  
December 19, 1-3 pm**

**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. Family/friends are encouraged to attend.

**Pre-Registration  
REQUIRED call  
800-272-3900, class  
size limited, Free**



## Grazie!

### Volunteers Save the Date! Shepherd's Center Volunteer Recognition Luncheon

**Friday, November 30, 12 noon  
Shepherd's Center at Webster Hills UMC  
1333 W. Lockwood Ave., 63122**

Volunteers will receive an invitation to a festive Italian-themed lunch featuring a special performance by the *Queens of Swing* – a group of professional women musicians who mix their love of music with a dash of well-researched history.

