



News & Classes • Spring 2019

Inspiring older adults through volunteerism,
enrichment and community connection



Shepherd's Center Chef Wars 2019 Sunday, April 14, 5:30-8 Kirkwood Community Center, 111 S. Geyer, 63122

Tickets are on sale and seating is limited! Relax and enjoy some of the finest dishes prepared by Master Chefs from our most prestigious senior living communities. Last year's entrées included: prosciutto wrapped halibut, BBQ shrimp, braised pork, seafood special, veal, lamb loin, and pork loin. \$40 ticket (all-inclusive food, beer and wine), 50/50 and silent auction. Proceeds support the Shepherd's Center. Tickets sold in the Shepherd's Center office, any Shepherd's Center class or online at www.shepherdscenter-wk.org

Welcome!

Trinity Lutheran Church Kirkwood

Trinity Lutheran Church Kirkwood is our 15th sponsoring congregation! Watch your email for program opportunities with our new friends at Trinity Lutheran.

Volunteer Drivers Needed!

"Thanks for your service. I met a very nice lady. She took me to my appointment and we had a very nice conversation. I enjoyed her company."— thanks from a Shepherd's Center client. Good news! In 2018, the Shepherd Center's number of transportation clients increased by 22%! With a client list of over 300, we are now serving more older adults than ever and we need your help. Volunteers are needed to help drive older adults to medical appointments. Minimum commitment is one ride per month. For more information and to volunteer, contact Karen Zelle at the Shepherd's Center, (314) 395-0988 or kzelle@shepherdscenter-wk.org.



All New Simple Home Repair Services

Call Karen Zelle for more information
(314) 395-0988

Handy Hands

Do you have a simple home repair that you cannot do yourself? Our Shepherd's Center Handy Hands screened volunteers can help. There is no charge for the service call, homeowners are responsible for hardware or other material fees. Service is available to older adults in our eligible service area who are responsible for home maintenance.

Resource Referral Directory

If our Handy Hands volunteers are unable to help you with your home repair, we can connect you with vetted professionals from our resource referral directory.

Home Safety/Seasonal Checklist

Check your home for common safety concerns and seasonal maintenance needs. The Shepherd's Center has a Home Safety/Seasonal Checklist developed specifically for older adults. Have a Handy Hands volunteer come and review the checklist with you or download your own copy from our website – shepherdscenter-wk.org/services.

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New Classes at Webster Hills UMC

1333 West Lockwood, Glendale, 63122

(Webster Hills classes continue on page 4)

Afternoons with the Experts

Medicaid 101

Sonja Underwood Dulick, Wellhome

Tuesday, March 12, 1-2 pm

A step-by-step walk through the sections of a Medicaid application as well as information about eligibility, timelines and next steps after the application is

completed. **Fee:**

\$5/lecture



Senior Living Communities: The Basics

Stacy Muehlher, Cardinal Ritter Senior Services

Tuesday, March 19, 1-2 pm

Overview of the stages of care and general Q&A about choosing a senior living

community. **Fee:**

\$5/lecture



**CARDINAL RITTER
SENIOR SERVICES**
Creative Care for the Senior Adult

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

Presented by the Alzheimer's Association

Tuesday, March 26, 1-2 pm

Insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. **Free**



Fine Art Fridays: Art History and Personal Musing

Topics in Art History: Art, Age and Innovation

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

Friday, May 17, 10:30-12 – Henry Matisse

Friday, May 31, 10:30-12 – Georgia O'Keeffe

Henri Matisse and Georgia O'Keeffe are two of the most significant artists of the 20th century. Each with a distinct style of painting – O'Keeffe with her characteristic flowers and glowing landscapes, Matisse with his strong sense of color and original draftsmanship. What do they have in common?

Both distinguished their later years with continued innovation and new directions in art. **Fee:**

\$8/lecture

Find Your Personal Muse Workshop: For Beginning and Advanced Artists

Kacey Cowdery, Fiber Artist and Interior Designer

Friday, May 24, 10:30-12

Drawing a blank? Too many good ideas? Can my work rise to another level? Where do I begin? Start by finding a subject that moves you in order to develop a concept with importance to you, your history, and your life. Make "Easy Art", and come away with tools to make art that is meaningful to you and to your viewers. Materials you will need: a writing implement that you enjoy using, both as writing tool and an art tool, paper to take notes, one or more magazines to be shared and torn up, images that appeal to you (three images are to fit on 8 ½ x 11, with space around them), folder to hold 8 ½ x 11-sized papers. **Fee: \$8**



New Ways to Register and Pay for Classes

- Pre-register for classes by mail using the registration form on page 11.
- Pay with a credit card, cash or check at the door. *Please note, not all classes welcome walk-ins. Some classes require pre-registration, refer to individual class listings for registration requirements.*

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 5/21.**

Fee: \$5/week or free for participants in morning program when applicable

First Tuesdays Programs

(new times, see each listing below)

- **March 5, 9:00-11:30** – Film Screening, *Green Book: Inspired by a True Friendship*, Starring Viggo Mortensen, Mahershala Ali and Linda Cardellini, Directed by Peter Farrelly (2018), snacks included, movie starts promptly at 9 am, **Fee: \$5/person**
- **April 2, 10-11** – *Know the Ten Signs: Early Detection Matters*, Presented by the Alzheimer's Association, **Free**



Field Trip: All New Gateway Arch

Tuesday, May 21, 9:30 am

Bringing together art, nature, history, and adventure, the Gateway Arch is an inspiration as well as a destination. We'll visit the new Gateway Arch Museum, take the Tram Ride to the Top and stay for lunch. Carpool will leave Harrison Avenue at 9:30 am. **Fee: \$16/person** for tickets, lunch on own. **PRE-REGISTRATION REQUIRED NO LATER THAN MAY 13**, carpool space is first-come, first-served. Use registration form on page 11.

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.

- February 19 – Longhorn Steakhouse
- March 19 – Maggie O'Brien's
- April 16 – Golden Corral

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. **Fee: \$2/class**



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



Spring Chores Galore

May 1-15

Family, youth, scout and volunteer groups of all kinds are needed to help rake leaves and get yards in shape for the summer, 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.

Webster Hills UMC
1333 West Lockwood, Glendale, 63122



Friday Lecture & 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 on page 11, Fee: \$12/week lunch included.**

Author Visit – Jim Merkel, *The Making of An Icon: The Dreamers, The Schemers, and the Hard Hats that Built the Gateway Arch*, Second Edition

March 8, 11:30 lecture

Menu: Chicken Alfredo Pasta, Italian Salad

Ten Best Paintings of All Time

Presented by Betsy Solomon, MA, Art Historian

March 15, 11:30 lecture

Menu: Soup, Deli Sandwiches, Chips

Maturity and It's Muse: A Positive Reflection of Aging through the Arts

Documentary Film Screening and Discussion, Lynn Friedman Hamilton, Executive Director, Maturity and It's Muse

March 22, 11:30 lecture

Menu: Meatball Sliders, Caesar Salad

Sand and Stones: A Visit to Jordan, Israel and Egypt

Presented by Susan Eaton

March 29, 11:30 lecture

Menu: Penne & Marinara, Italian Salad

Book Review: *The Last Palace: Europe's Turbulent Century in Five Lives and One Legendary House* by Norman Eisen

Presented by Tom Cooper, Director, Webster Groves Public Library

April 5, 11:30 lecture

Menu: Chicken Salad Sandwiches, Fruit Salad, Chips

Greatest, Boomer, X, Millennial, Y, Z: Generational Differences

Presented by Pepi Parshall

April 12, 11:30 lecture

Menu: Sub Sandwiches, Pasta Salad

Living with Memory Loss

For people with memory loss and care team

An education program by the Alzheimer's Association

4-part class: Wednesdays, March 20-April 10, 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



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 FRIDAY 4/19 and MONDAY 5/27. **Fee: \$5/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 4/19. **Fee: \$5/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 4/19. **Fee: \$5/week**

Needlework Society

Kacey Cowdery, Fiber Artist and Interior Designer

Fridays from 10:30-12:30: March 15, 29; April 26; May 3, 17, 31; June 28

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. **Fee: \$10/class**

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 4/19. **Fee: \$10/week**

Tech Tutors

Alice Pierce and Webster Groves Public Library Staff

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. **Free**

Book Club

Second Friday Monthly, 1:00

Hosted by St. Louis County Library Oak Bend Branch. All are welcome to join, books provided, call 314-395-0988 for details. **Free**

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. **Free**

Staying Safe in Your Home: Panel Discussion with Local Firefighters

*Community Connection Coffee Program
hosted by the Shepherd's Center*

Wednesday, April 3, 9:30-11

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

How can you be prepared for a 911 call if needed? Where should your emergency information be kept? If you call 911 from a cell phone can your location be tracked? What if I have a security system? Pets?

Representatives from the Kirkwood, Webster Groves, Glendale, Crestwood and Shrewsbury Fire Departments will answer these questions and more. Learn how to stay safe in your home. **Free**

Webster Groves Christian Church

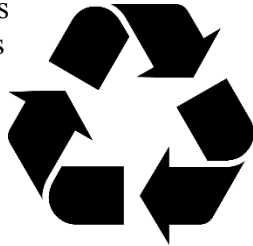
1320 West Lockwood, Glendale, 63122

Recycling WORKS!

St. Louis Regional Recycling Updates with Jean Ponzi

Wednesday, May 8, 6:30-7:30 pm

Recycling is a system that relies on all participants to keep it running well, profitably, and free of contamination. Recyclers at home, at work, at school and in public places are called upon now to do our part more effectively than we have been: only putting in our single-stream bin what single-stream recycling companies can accept, getting other kinds of items to their proper recycling system points – and understanding the difference! “Green Jean” Ponzi, Green Resources Manager from the EarthWays Center at Missouri Botanical Garden, brings recycling info, encouragement and answers to your questions. **Fee: \$5/person**



Funds earned from Shepherd's Center classes help keep our transportation and simple home repair services free.

Laclede Groves

723 S. Laclede Station Road, 63119

Write Your Life

Presented by Lori Jurgiel, MA, CMC

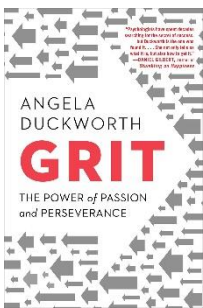
Tuesdays, March 19-May 7, 1:00-3:15, 8-week class

In this course you will document your memories prompted by priming questions led by a personal historian. Each class will give you tips, techniques, and instructions for getting started. **No formal writing experience necessary to complete this course.** Each week's writing assignment is based on a new theme. Participants will share their writings in small groups. Simply put, by the end of the course you will have a priceless Life Story to share with friends and family. **Fee: \$90** (price includes class materials), **PRE-REGISTRATION REQUIRED, refer to form on page 11.**

AARP Driver Safety Course

Wednesday, March 13, 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. **Fee: \$15 for AARP members, \$20 for non-members. REGISTRATION REQUIRED, please refer to the form on page 11.** Shepherd's Center Transportation volunteers attend for free.



Meramec/Shepherd's Center Book Club Event

Grit, by Dr Angela Duckworth, 2013 MacArthur Fellow and Associate Professor of Psychology, University of Pennsylvania.

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:** *Grit*, takes readers into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. This is a book about what goes through your head when you fall down, and how grit—not talent or luck—makes all the difference. **Free**

1

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

2

Attend the Book Discussion

Wednesday, April 24, 2:3:15
Webster Hills UMC, 1333 W. Lockwood Ave., 6312



Annual Report 2018

Inspiring older adults through volunteerism,
enrichment and community connection

From the Board Chair

2018 has been an eventful year. Exciting new efforts have kept the Shepherd's Center on track with our mission. Increasing our fundraising efforts, re-evaluating our services, and refreshing our program offerings have been the focus of a busy year.

Our first restaurant fundraiser was very successful. Katie's Pizza and Pasta Osteria generously donated 100% of their profits for a whole day to the Shepherd's Center and we packed the house! In the spirit of building community support, we welcomed Wellhome as a corporate sponsor. Wellhome, an agency specializing in care for the elderly and disabled in the home setting, underwrites select Shepherd's Center exercise classes and sponsored our volunteer appreciation luncheon in 2018. Back by popular demand, Chef Wars 2018 was a fabulous evening of gourmet food and fun.

In order to better serve older adults in our region, the Shepherd's Center began a year long process of researching our impact and re-connecting with community partners. A team of dedicated volunteers has moved the project forward with the end goal of expanding select services based on need and demographics.

Programming got a new look in 2018. The long-time Friday breakfast format is now Lecture & Lunch with select speakers and a lunch menu prepared by dedicated volunteers. Many old favorite classes remain; like exercise, colored pencil, book club and the lunch bunch; but they are now joined by Tech Tutor and all new classes each season. With these new efforts, participation is on the rise!

A huge thanks goes to Dick Entenmann, a natural leader who began a term as Board Chair in January 2019. Dick has been Board Chair in the past and has led the Shepherd's Center to many new initiatives and great success. On behalf of the Shepherd's Center, I want to thank each of you for all of your support. This past year proved to be productive and fun for the Shepherd's Center. We love seeing you at our gatherings and look forward to spending many more years together!

Barb Ehnes, Board Chair 2018

From the Executive Director

Some of my favorite Shepherd's Center memories are from our classes. Although I appreciate them all, I am particularly touched by our line dance class. I think because it is an example of the Shepherd Center's aspirations.

First started in 2011, the class that meets every Thursday has grown to a spirited number of 20-30 each week. They work hard to learn and remember new dances and everyone gets a great workout but, they are more than just a dance class – they have become a community. Many friendships have formed among the diverse group that attends regularly. Made up of women (occasionally a gentleman) of several generations, differing life experiences, ethnicities and abilities, the friends support each other and share their lives together, now, both in and outside of class.

The Shepherd's Center has many success stories of "communities" that have formed among various groups of class participants and volunteers. Creating a sense of community connection is one of the chief goals of our mission.

As we move forward through 2019, the Shepherd's Center plans ambitiously to grow our community. We are looking to increase the impact of our services by re-connecting with current partners, forging new relationships, expanding our service area, developing new programming, and embracing new fundraising efforts.

Ambitious goals are not achieved alone. Many thanks to the Shepherd's Center staff (Karen and Pegi), the Board and ALL the volunteers! I am very grateful for your hard work and I am looking forward to sharing the exciting year ahead with all of you.

Betsy Solomon, MA, Executive Director

Programs

570 Class Participants (Webster Hills UMC, Harrison Avenue MBC, Webster Groves Christian Church and Laclede Groves combined)

Services

1240 Rides (1240 one-way/620 round trip)
13,576 Miles Driven
31 Home Repairs
25 Yards Serviced

Volunteering

484 hours Program Support (planning, presenters, implementation help, mailings)
589 hours Fundraiser Support (planning, marketing, implementing)
1489 hours Transportation
1409 hours Resource Center
31 hours Handy Hands Simple Home Repair
340 hours Chores Galore Yard Clean-Up
522 hours Board, Marketing, Outreach, Admin

Total Volunteer Hours 4864

Total Volunteers 311

Total Number Served 1237

Financial Summary

2018 Income

Program	15,644
Fundraising	50,000
Contributions	10,252
Congregations	975
Grants	56,961
Misc.	616
Reserve Contribution	58,029
Total Income	192,477

2018 Expense

Adventures in	54,779
Learning/Programming	
Handy Hands/Chores Galore	12,213
Transportation	20,251
Resource Center	12,374
Fundraising	28,264
Administration	64,596
Total Expenses	192,477

Hear what people are saying about the Shepherd's Center ...

"How thankful all of us without our own transportation are that your wonderful volunteers are there!"

"I love the Birthday card and your thoughtfulness for sending it to me."

"I met a nice lady, she was a joy to be with. As always my driver was kind and helpful."

"Thank you for your continued service to many seniors in different ways."

"I know that the Shepherd's Center is there to help."

"Your volunteers were so nice and helpful. They fixed the problem! I feel a little less insecure knowing I can call you for help."

"Thank you ever so much for the Chores Galore volunteers. I don't think I would be able to have my garden without them."



The Shepherd's Center is grateful for each generous gift in 2018

BENEFACTORS 5000+

Clifford Willard Gaylord
Foundation
Phyllis Tirmenstein, Roland
Quest Memorial Fund of the
Greater St. Louis Community
Foundation
Daughters of Charity
Foundation of St. Louis

PATRONS 2500-4999+

Enterprise Holdings Foundation
Dick and Becky Entenmann
Katie's Pizza and Pasta Osteria
Western Construction

PARTNERS 1000-2499

Affton Elks #2635
Joel and Rev. Sharon Kichline
Concordia Lutheran Church
Jill Jordan
Bette Miller
Charlotte Pullen
Ron and Robin Tellor
The Circle Fund
The Sheridan at Creve Coeur
Mr. and Mrs. Whitener
Whitener Family Charitable
Fund
Jerry and Carol Witte

SUPPORTERS 500-999

Aberdeen Heights
Cardinal Ritter Senior Services
First UMC of Webster Groves
Good Samaritan Independent
Living Inc., Cape Albeon
Grace Episcopal Church of
Kirkwood
Paul and Jean Greenlaw
Sally Haffner
Lutheran Senior Services Home
Health
Ruth Nickerson
Mike and Betsy Solomon
Dick Vreeland
Webster Groves Christian
Church

CONTRIBUTORS 100-499

Martha Alderson
Harry and Corky Bahr
Frank and Mariann Baker
Lorraine Bemis
Betty Biebel
Linda Burgdorf
Polly Burtch
Joan Burtelow
John Christensen
County Brake Service
Conrad Damsgaard
Raymond and Jane Done
Bobbi Dunn
Jerry and Barb Ehnes
Tim and Sharon Ema
Jane Evans
John and Melanie Fechter
First Congregational Church of
Webster Groves
Paul Fredstrom
Friendship Village Chesterfield
Charleen and Kathleen
Gallagher
Helen Goertz
Pat Greenblatt
Peggy Greene
Mary Greenwald
Helen Guentzel
Bruce Hamper and Ms. Mary
Beth Wilczak
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Jim and Daun Hashbarger
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Lillie Niebuhr
Nothing Bundt Cakes
Helen Oursler
Robert Radel
Raymond James
Mary Beth Reynolds
Rich and Charlie's Italian
Restaurant
Stan and Leah Richert
Charlie Ries
Diana Rotramel
Ruth Schmidt
Austera Schulte
Owen and Gail Taylor
Audrey Tegethoff
Doris Thomas
Chris Tillman
Bill Valle and Ms. Kacey
Cowdery
Bob and Elaine Wagner
Pat and Gerry Welch
Tom and Julie Wood
Ray and Ann Zimmerman

FRIENDS 1-99

Don and Kari Adams
Rose Marie Anderson
Elaine Bante
Jill Bertram
Joan Billing
Gloria Bossman
Daniel Brewer
Elaine Bryant
Barb Buettner
Stephanie Burns
Dan and Ann Cain
Carol Carr
Rosemary Christie

Church Mutual Insurance
Company
Marilyn Combs
Susan Conlisk
Inez Conrad
Delcia Corlew
Tom and Rebecca Coulter
Ann Cramer
Jeffery and Roslyn Croft
Marion Davis
Paula Dean
Conchita Dominguez
Joseph and Sylvia Dunne
Marie Dunz
Shirley Enos
Justine Eresh
Audrey Flavin
Ralph Fournier
Eileen Franke
Marilyn Godar
Frank and Debbie Goodwin
Michael and Carolyn Gunn
Leo and Nancy Haas
Henry and Loretta Hampel
Roger and Barbara Hastey
Ralph and Laura Heathcote
John and Jan Hoffmann
Thomas Hogan
Vicki Hoyer
Geraldine Hulling
Mildred Jones
Ruth Kennedy
Marcia Kennon
Rodney Kerner
Lynn Kessler
Jim and Jeanette Kille
Pat Kleinknecht
Sri Kolli
Jean Kopff
Noel Koranda
Earline Kuthe
Jerry and Carolyn Kwentus

Lynn Lammlein
Martha Lane
Lois Laster
Nora Lautner
Gabriele Lieder
Joan Madel
Kathryn Malik
Ann Manhart
Alice Marshall
Katherine Mroczkoski
Thelma Nobbe
John and Donita Obermann
Barbara O'Halloran
Dave and Ann O'Malley
Paul Owoc
Gloria Parker
Mike and Joyce Patton
Thomas Pulliam
Shirley Quello
Helen Quick
June Reed
John Rice
Pat Roseman
Roy and Mary Ruckdeschel
Barb Russell
John and Dorothy Ruzyski
Gilda Rzechowski
Loretto Schaeffer
Hank and Celeste Schilly
Mary Ellen Schukai
Judy Schuster
Willa Sloan
Bernice Smith
Bob Spargo
Joan Stephens
Shirley Stephenson
Deanna Stevenson
Michael and Susan Tilton
Donald Timmerberg
Ed and Irene Travis
Claudette Turns
Arleen Ulz

Polly Walsh
Beth Warburton
Lorene Wasinger
Linda Wheatley
Larry, Sandra, Andrea and Rod
Whitener
Dave and Mary Wichman
Chris and Pat Winkelmann
Janet Wintermantel
Mary Jane Wood
Suzanne Zepf

2018 Board of Directors:

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Geneva Powell, Vice Chair
Sharon Ema, Secretary
Jerry Ehnes, Treasurer
Gloria Bossman
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John Christensen
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Jane Done
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Deborah Graves-Manns
Daun Hashbarger
Mike Heyer
Judy Horan
Carl Jones
Don Kamps
Rev. Owen Taylor
Robin Tellor
Irene Travis
Carol Witte
Betsy Solomon, MA, Executive
Director

Office Manager: Pegi Nardoni
Services Coordinator: Karen
Zelle, MAT

Many thanks to our Sponsoring Congregations:

Webster Hills United Methodist Church, Harrison Avenue Missionary Baptist Church, Concordia Lutheran Church, First Congregational Church of Webster Groves, First United Methodist Church of Webster Groves, Glendale Presbyterian Church, Grace Episcopal Church, Kirkwood United Church of Christ, Mary Queen of Peace Catholic Church, The Lutheran Church of Webster Gardens, Sanctuary Fellowship, Unity United Methodist Church, Webster Groves Christian Church, Webster Groves Presbyterian Church

Class Registration Form

To pre-register for classes by mail, complete the following form and mail with payment to:
Shepherd's Center, 1333 W. Lockwood Ave., Glendale, MO 63122

Name _____

Phone _____

Email _____

Address _____

City, State, Zip _____

Class Title	# Attending	Fee
<i>Spaces below for Exercise and Colored Pencil Classes Only</i> <i>(Exercise includes: weights, interval, chair yoga and line dance)</i>		
Class Title	Per week fee	# of weeks
Total Class Fees		
Donation to Shepherd's Center (optional)		
Total Amount Enclosed		



New Ways to Register and Pay for Classes

- Pre-register for classes by mail using the registration form on this page.
 - Pay with a credit card, cash or check at the door.
- Please note, not all classes welcome walk-ins. Some classes require pre-registration, refer to individual class listings for registration requirements.*



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

Shepherd's Center Chef Wars 2019

Relax and Enjoy Some of the Finest Dishes Prepared by Master Chefs from our
Most Prestigious Senior Living Communities

WHEN: Sunday, April 14, 5:30-8 pm

WHY: Proceeds will help older adults
remain active and independent

WHERE: Kirkwood Community Center
111 S. Geyer Road, 63122

TICKET INFO

and MORE DETAILS: Just look inside ...



Last Year's Entrées Included:

Prociutto Wrapped Halibut

BBQ Spiced Shrimp

Seafood, Veal, Lamb and Pork Dishes