



News • Spring 2018

Inspiring older adults through volunteerism, enrichment and community connection



Shepherd's Center Chef Wars 2018 Sunday, April 15, 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: seared sea scallops, beef tenderloin, veal roulade, and braised beef short ribs. \$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 or online at www.shepherdscenter-wk.org

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 walk 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.

Thank You and Welcome

Many thanks to Dick Entenmann, Kacey Cowdery and Ann Zimmerman who recently retired from six years of service to the Shepherd's Center Board. Their many years of hard work and determination are greatly appreciated. New members we welcome to the Board in 2018 are: Gloria Bossman, Carl Jones, Don Kamps and Robin Tellor.

Saturday, May 5 Spring Chores Galore

Youth, Scout, family and professional groups will be cleaning up yards for senior neighbors. If you live in our service area and need some help in the yard call 314-395-0988 to register. Service on a first come first serve basis. Youth groups and families who wish to lend a hand please call to get involved.



Handy Hands Simple Home Repair

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. For more information and to register for service, call Karen Zelle at 314-395-0988.

In This Issue	
Harrison Avenue African-American History Series	2
Webster Hills Friday Lunch and Lecture	3
Exercise and Dance	2,4
Knitting, Needlework	2,4
Lunch Bunch	2
Tech Tutor	4
Quick Witz	4
Walk The Parks – Walking Program	4
Colored Pencil	4
Book Club	4
Scrabble	4
Daytrips	5
Laclede Groves	5
Meramec Book Club Event	5
Winter Weather Cancellations	2



Classes • Spring 2018

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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 Tuesdays: African-American History

Tuesdays, 10-11*

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

- March 6 – *Poems about Fannie Lou Hamer: Civil Rights Icon*, Treasure Shields Redmond, Poet, Performer and Educator
- April 3 – *The Immortal Life of Henrietta Lacks* – Film Screening and Discussion, *start time 9:30 for film
- May 1 – *Black Music and the Black Experience: From Slave Songs to Hip-Hop*, Dorian Brown, Associate Professor, St. Louis Community College

\$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.

- March 20 – C.J. Muggs, carpool leaves at 12:30
- April 17 – Honey Pit Smokehouse, carpool leaves at 12:30
- May 15 – Circa STL, carpool leaves at 12:30

Harrison Avenue Knitters

Led by Kacey Cowdery

Tuesdays, 1-3: March 6, 13, 27; April 10, 24; May 8, 22

Both complete beginners and experienced knitters welcome. Knitting 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 hand coordination. Kacey will teach you how. Beginners need to bring worsted weight acrylic yarn in their favorite color and a pair of knitting needles in size 6, 7 or 8. Limited number of knitting needles available to borrow on a first-come, first-served basis. **\$6 class, to register call 314-395-0988.**

Webster Groves Christian Church 1320 W. Lockwood, Glendale, 63122

Line/Slide Dance

Pat Clark and Glenda Gordon

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**

Winter Weather Cancellations



In the event of hazardous winter weather, program cancellations will be listed with the school closings on Channel 5 or, go to www.shepherdscenter-wk.org

Webster Hills UMC
1333 West Lockwood, Glendale, 63122



Friday Lecture and Lunch

A new format for a new year! Join friends for a lecture, book review or film 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.**

Sports: History & All Ages

The 1904 Olympics

Jody Sewell, Missouri History Museum

March 9, 11:30 lecture

Menu: sub sandwiches, salad, chips and dessert

The Saint Louis Giants Baseball Team

Dwayne Isgrig, Society for American Baseball Research

March 16, 11:30 lecture

Menu: pizza, salad and dessert

The Age of Champions: Winning Never Gets Old

Award-Winning documentary by Director Christopher Rufo

March 23, 11:00 film screening and discussion

Menu: lasagna, salad, bread and dessert



Food For Thought

New Voter Regulations

Presentation and Discussion with Nancy Price, League of Women Voters

April 6, 11:30 lecture

Menu: chicken salad sandwiches, salad, chips and dessert

The Best Congress Money Can Buy

John Messmer, Professor of Political Science, St. Louis Community College Meramec

April 13, 11:30 lecture

Menu: pizza, salad and dessert

High Noon

*The Hollywood Blacklist and the Making of an American Classic, by Glenn Frankel
Book Review with Tom Cooper, Director, Webster Groves Public Library*

April 20, 11:30 book review

Menu: lasagna, salad, bread and 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

<i>Sports: History & All Ages</i>	<i>Food For Thought</i>	<i>\$10/week, lunch included menus listed above</i>
<input type="checkbox"/> The 1904 Olympics <input type="checkbox"/> The Saint Louis Giants Baseball Team <input type="checkbox"/> The Age of Champions	<input type="checkbox"/> League of Women Voters <input type="checkbox"/> Best Congress <input type="checkbox"/> Book Review: High Noon	Amount enclosed: \$ _____

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.

\$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 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/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.

Tech Tutors

Alice Pierce and Haley Goebel

Fridays, March 9 through April 20, 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, March 9 through April 20 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.

Quick Witz: Brain Fitness Program

(Quick Witz 1 for beginning and returning students)

Facilitated by Karen Dickerson

Fridays, March 9-June 1, 1-2, 12-week class (no class March 30)

It happens to all of us, we forget a name or where we've parked our car. Get sharp and stay sharp with Quick Witz: a one of a kind, fun and interactive brain training program. \$50 including workbook, **REGISTRATION REQUIRED, to register call 314-395-0988.**

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.

New! Walk the Parks

Led by Jane Done and Gina Ferguson

Dust off your walking shoes.

Spring has almost Sprung!

- Exercise
- Explore Nature
- Enjoy Meeting Fellow Walkers



Stay tuned for details. If you are interested in joining the group, call 314-395-0988 for more information.

Day Trips

New Collaboration with Kirkwood
Parks & Recreation

Hannibal, MO

Wednesday, April 18, 7:15 am-5 pm

Explore this historic river town and walk the streets of Mark Twain's boyhood home. Trip includes Mark Twain Home and Museum and a narrated river boat cruise. Lunch on own at Mark Twain Brewing Company. Bus pick-up and drop-off is at the Kirkwood Community Center. **\$70/per person (adults only), registration deadline April 1. To register call Kirkwood Community Center and tell them you are with the Shepherd's Center, 314-822-5855.**

Stone Hill Winery

Thursday, May 17, 8:45 am-5:30 pm

Established in 1847, Stone Hill Winery is nestled in the rolling hills of Hermann, MO. Trip includes: winery tour, lunch at Stone Hills Vintage Restaurant, wine tasting, and shopping in Old Downtown Hermann. Bus pick-up and drop-off is at the Kirkwood Community Center. **\$70/per person (adults only), registration deadline May 3. To register call Kirkwood Community Center and tell them you are with the Shepherd's Center, 314-822-5855.**

Class fees do not cover
program expenses.

Please consider
donating in support of
the Shepherd's Center. Thank you!



Laclede Groves

723 S. Laclede Station Road, 63119

Where is "Away?"

Community Connection Coffee

Thursday, March 8, 9:30-11

Jean Ponzi, Green Resources Answer Service,
Missouri Botanical Garden

Where does stuff go when you throw it away? This fascinating behind-the-scenes tour of waste handling processes covers recycling, community-scale composting and landfilling of the stuff that leaves our homes everyday. Coffee and light refreshments provided. **Please RSVP to 314-395-0988.**

AARP Driver Safety Course

Tuesday, March 13, 10-2

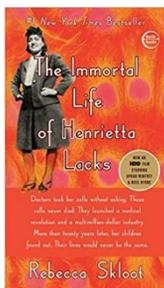
Cars have changed and so have traffic rules. Learn how to operate your vehicle more safely in today's increasingly challenging driving environment. Learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. **\$15 for AARP members, \$20 for non-members. REGISTRATION REQUIRED, to register call 314-395-0988.**

Know the 10 Signs

Presented by the Alzheimer's Association

Friday, May 11, 10-11

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. **Please RSVP to 314-395-0988.**



Meramec/Shepherd's Center Book Club Event

The Immortal Life of Henrietta Lacks by Rebecca Skloot

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:** Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor black woman whose cells—taken without her knowledge in 1951—became one of the most important tools in medicine.

1

Sign-up and Read the Book

Call 314-395-0988 to register

2

Attend the Book Discussion

Thursday, April 19, 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

Shepherd's Center Chef Wars 2018

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

WHEN: Sunday, April 15, 5:30-8 pm

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

WHY: Proceeds will help older adults
remain active and independent

TICKET INFO

and MORE DETAILS: Just look inside ...



Last Year's Entrées Included:

Seared Sea Scallops
Beef Tenderloin
Veal Roulade
Braised Beef Short Ribs