



Inspiring older adults through volunteerism, enrichment and community connection

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%! 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.

Summer Fitness Challenge

Attend 12 exercise classes and earn a Shepherd’s Center SWAG BAG

Endurance, Strength, Balance, Flexibility – The National Institute on Aging encourages everyone to be creative and choose exercises in each of these 4 categories. The Shepherd’s Center can help! With five classes at three locations every week we’ve got all the bases covered and we are awarding incentives!

Attend 12 classes between June 10 and August 9 and you will win a *SWAG BAG* with Shepherd’s Center branded giveaways:

- Reusable grocery tote for eco-friendly shoppers
- Pen and notebook to take to classes
- Refrigerator magnet so our phone number and web address are always handy
- And more goodies!

PUNCH CARDS to help you keep track will be available in all Shepherd’s Center exercise/dance classes beginning June 10. Everybody get moving!



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 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

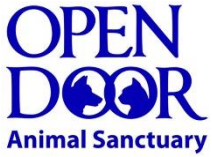
If our Handy Hands volunteers are unable to help you with your home repair, we can connect you with vetted professionals from our resource referral directory.

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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Harrison Avenue MBC Annex
347 S. Harrison Avenue, Kirkwood, 63122



**Pizza & Project:
T-Shirts to Dog Toys**
Coordinated by Donna Halsband
Tuesday, June 4, 12:30-2 pm

Join Shepherd's Center friends at Harrison Avenue for a slice and some volunteer service. We will weave strips of fabric cut from old t-shirts into dog toys for the Open Door Animal Sanctuary.

\$5/person for pizza. Registration required by May 30. Call (314) 395-0988 or use registration form on page 7.



**Special Lecture:
The Importance of
Freedom Songs
and Protest Music**
*Presented by Treasure
Shields Redmond*
Tuesday, July 2, 1-2 pm

Back by popular demand, Treasure Shields Redmond returns! Treasure introduces herself as "first and foremost a poet." She is much more – a musician and performer, storyteller, educator, scholar and advocate for justice. Join us as Treasure teaches us about *The Importance of Freedom Songs and Protest Music*. **\$5/person**

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. **Fee: \$5/week or free for participants in afternoon program when applicable**



Thank You!

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

Film Screening and Discussion – *Amazing Grace: Aretha Franklin*

Directed by Sydney Pollack

Tuesday, August 6, 12:30-2:30 pm

In 1972, having topped the pop charts with a series of hits, Aretha Franklin returned to her family's gospel roots. She held two concerts of the most deeply moving spirituals at a Baptist church in Watts, a Los Angeles neighborhood still recovering from the riots six years earlier. Director Sydney Pollack was hired to document the shows, but he neglected to bring some of the sound equipment. As a result, the footage sat unused for more than 40 years. Just months after Franklin's death, this film is finally being seen, and it's an unforgettable testament to her musical influences and legacy.

\$5/person, snacks provided



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.

- June 18 – Longhorn Steakhouse
- July 16 – Maggie O'Brien's
- August 20 – The Mellow Mushroom



Stay in Contact!

1. Like us on Facebook – Shepherd's Center of Webster/Kirkwood
2. Join our Email List – call (314) 395-0988
3. Visit our Website – www.shepherdscenter-wk.org

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 7, Fee: \$12/week lunch included.**

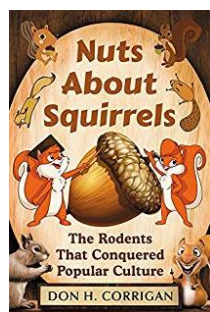
Panel Discussion: Armchair Advocacy

Deb Lavender, Missouri State Representative; Mary Clemons, Women's Voices Raised; and a representative from Issues & Actions

July 12, 11:30 lecture

(Registration Deadline: July 10)

Menu: Make Your Own Taco Bar



Author Visit: Don Corrigan, *Nuts About Squirrels*

July 19, 11:30 lecture

(Registration Deadline: July 17)

Menu: Sub Sandwiches and Pasta Salad

Book Review: *City of Lights, City of Poison: Murder, Magic, and the First Police Chief of Paris*, by Holly Tucker

Presented by Tom Cooper, Director, Webster Groves Public Library

July 26, 11:30 lecture

(Registration Deadline: July 24)

Menu: Pizza and Salad

So You Want to Run for Congress

Presented by John Messmer, Professor of Political Science, St. Louis Community College Meramec and past Congressional Candidate

August 2, 11:30 lecture

(Registration Deadline: July 31)

Menu: Pulled Pork Sandwiches, Cole Slaw, Chips

Living with Alzheimer's: For Caregivers – Mid-Stage

For caregivers (family/friends) of people with middle-stage Alzheimer's or other types of dementia/memory loss

3-part class: Fridays, June 7-21, 1-3 pm

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

In the middle stage of Alzheimer's/dementia/memory loss, those who were care partners now become hands-on caregivers. Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to cope with changes in communication, behaviors and relationships, and get tips for providing safe and effective care in the middle stage of Alzheimer's. This class is not appropriate for those who have memory loss and is not for paid caregivers. **Pre-Registration Required call 800-272-3900, class size limited, Free**

Living with Memory Loss

For people with memory loss and care team

4-part class: Fridays, August 16-September 13, 10 am-12 noon (no class August 30)

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

alzheimer's
association®

Webster Hills UMC
1333 West Lockwood, Glendale, 63122
Continued

Weights=Strength=Health

Led by Kacey Cowdery

Every Monday, 1-2

Improve your fitness using small weights! Weights provided. **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 July 5. **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 July 5. **Fee: \$5/week**

Needlework Society

Kacey Cowdery, Fiber Artist and Interior Designer

Fridays from 10:30-12:30: June 28, July 12 & 19, August 2 & 16

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 July 5. **Fee: \$10/week**

Tech Tutors

Alice Pierce, Mindy Bethke and Webster Groves Public Library Staff

First Fridays, 1-2:30

(except no Tech Tutoring July 5)

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**



Many Thanks to Wellhome
Our June Exercise Class Sponsor!

Webster Hills UMC
1333 W. Lockwood, Glendale, 63122
continued



Fine Art Fridays
Art History with Betsy Solomon, MA, Art Historian and Executive Director, Shepherd's Center

Autobiographies in Paint: The Self-Portraits of Rembrandt and Van Gogh

Friday, June 7, 10:30-12 noon

Although they lived and worked more than a century apart, Rembrandt and Van Gogh share a few things in common. Both were Dutch and both were inspired by painting their own image. Compared to other artists, they created an unusual number of self-portraits – Rembrandt credited with about 100 and Van Gogh 30. Like autobiographies in paint, their portraits follow the developments of their careers and reveal much about their lives.

Fee: \$8/lecture

Art and Image: Portraiture through the Centuries

Friday, June 21, 10:30-12 noon

Portraits are more than just pictures of pretty faces. They reflect the art and ideas of their time and place. Beginning with ancient Egypt and Rome and spanning the eras of European art through to the 19th century, a selection of portraits will help us explore the significance of the personal image.

Fee: \$8/lecture

More than Just Stuff: Understanding Symbols in Paintings

Friday, June 28, 10:30-12 noon

Animals, plants and objects of all kinds – these items are not simply incidental details in paintings. They reveal layers of meaning that help us to fully understand masterworks. We will explore the meaning that lies beneath symbols in a selection of well known, and a few lesser known, works of art.

Fee: \$8/lecture

Webster Groves Christian Church
1320 West Lockwood, Glendale, 63122



Line/Slide Dance

Glenda Gordon, Rita Lay and Pat Clark

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 July 4. **Fee: \$2/class**

Did You Know ...



... our Shepherd's Center is part of a network of 55 Shepherd's Centers in 15 states across the country? Shepherd's Centers of America was first founded in 1971 in Kansas City Missouri.

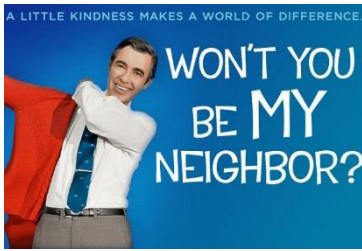
... 81% of Shepherd's Centers offer volunteer transportation service to medical appointments? Last year 55,000 older adults nationwide were helped through free informal caregiving services provided by Shepherd's Centers.

... our Shepherd's Center of Webster-Kirkwood served 1300 older adults last year with a variety of programs and services? Over 300 volunteers worked 4,864 hours last year in support of our mission.

... 92% of Shepherd's Centers across the country offer Adventures in Learning educational programs? Our Shepherd's Center offers a variety of new classes each season, multiple days a week at several locations. All of our classes are listed on our website calendar www.shepherdscenter-wk.org

Sunday Afternoon Film Series at Laclede Groves

723 S. Laclede Station Road, Webster Groves, 63119



Sunday, August 4, 1:30-3:30

Won't You Be My Neighbor

A Little Kindness Makes a World of Difference

Directed by Morgan Neville, 2018

Academy Award, Best Documentary

For over 30 years, Fred Rogers, an unassuming minister, puppeteer, writer and producer, was beamed daily into homes across America. In his beloved television program, Mister Rogers' Neighborhood, Fred and his cast of puppets and friends spoke directly to young children about some of life's weightiest issues, in a simple, direct fashion. There hadn't been anything like Mr. Rogers on television before and there hasn't been since.



Sunday, August 11, 1:30-3:30

Alive Inside

A Film by Michael Rossato-Bennett, 2014

Alive Inside is a joyous cinematic exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity. Filmmaker Michael Rossato-Bennett chronicles the astonishing experiences of individuals around the country who have been revitalized and awakened by the simple act of listening to the music of their youth.



Sunday, August 18, 1:30-3:30

STEP: A Real Life Story

Directed by Amanda Lipitz, 2017

Set against the backdrop of Baltimore's inner city, STEP chronicles the senior year of a girls' high school step dance team. Empowered by their teachers, coaches, families, and each other, they strive to win a championship and go to college. Deeply insightful and inspiring, this powerful film embodies the true meaning of sisterhood through a story of courageous young women worth cheering for. You will laugh, cry, and cheer!

Admission Free

Concession Stand Snacks For Sale, Proceeds Benefit the Shepherd's Center

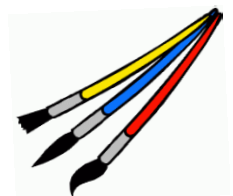
RSVP to the Shepherd's Center

(314) 395-0988, Walk-ins welcome on a first-come, first-served basis

News for Artists!

Beginning Watercolor Class Starting in August

If you have always wanted to learn to paint but you are not sure how to start, this is the class for you. The Shepherd's Center will be starting a new watercolor class in August at Webster Hills UMC, 1333 W. Lockwood Ave., 63122. Details are still being confirmed. If you are interested in more information, please call the (314) 395-0988 and we will keep you informed!



Registration Form for All Classes on Page 7

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 (Exercise includes: weights, interval, chair yoga and line dance)</i>			
Class Title	Per week fee	# of weeks	Total for class
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.*

*Classes that do not reach minimum enrollments may be cancelled.
Class fees will be refunded for classes cancelled due to low enrollment.*



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



Call for Volunteer Drivers!

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

Learn more about volunteer driving for the Shepherd's Center, call Karen Zelle at (314) 395-0988.

Many thanks to 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, Kirkwood United Church of Christ
Harrison Avenue Missionary Baptist Church
Kirkwood United Church of Christ
Mary Queen of Peace Catholic Church
The Lutheran Church of Webster Gardens
Sanctuary Fellowship
Trinity Lutheran Church Kirkwood
Unity United Methodist Church
Webster Groves Christian Church
Webster Groves Presbyterian Church
Webster Hills United Methodist Church