



News & Classes • Fall 2019

Inspiring older adults through volunteerism, enrichment and community connection

BBQ BASH

**Fundraiser to Benefit
Shepherd's Center**

BBQ Cooked On-Site

All Your Favorite Sides
Cash Bar Hosted by Affton Elks
Picnic Games
Dinner To Go Available
After 5:30 pm While Supplies Last

The Zelle Trio

Playing musical favorites
for enjoyment and dancing

Friday, Sept 6, 5-7:30 pm

Affton Elks #2635
6330 Heege Rd., Affton, MO, 63123

Reservations

\$25/person, suggested
minimum donation, go to

www.shepherdscenter-wk.org/giving-2

walk-ins welcome, space limited



carpool from
Webster Hills UMC
available,
call (314) 395-0988
for information

Call for Volunteers

Volunteers make it happen! The Shepherd's Center couldn't function without the help of volunteers.

We are currently seeking volunteers for the following opportunities:

- Transportation to medical appointments
- Seasonal yard cleanup
- Simple home repairs
- Special events
- Data entry

Time commitments vary. Training provided. Call Karen at (314) 395-0988 to get involved.

Chores Galore:

Seasonal Yard Cleanup

October 26-November 9

Do you need help with leaf raking and/or getting your yard in shape for winter? The Shepherd's Center has volunteers to help. Call (314) 395-0988 to register for the service.

In This Issue

Harrison Avenue	2
Webster Hills UMC	3-6
Webster Groves Christian Church	6
Flu Shots	3
Book Club, Scrabble	4
Colored Pencil, Needlework	4
Exercise and Dance	2, 4, 6
Lecture & Lunch	3
Lunch & Serve	6
Art History	5
Tech Tutor	4
AARP Safe Driving	3
ESL EXCHANGE Discussion Group	3
Estate Planning	5
Medicare Q&A	5
Donate	5
Registration Form	7

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 10/1, 12/24 and 12/31. **Fee: \$5/week**

Lunch Bunch

Third Tuesday of every month. Carpool leaves from 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 17 – Rib City
- October 15 – Hacienda
- November 19 – Mike Duffy's

Saint Louis Zoo Field Trip

Tuesday, October 1, 9:30 am

How long has it been since you last visited our Zoo – it's rated the best Zoo in the country! We'll visit select areas of the Zoo and enjoy lunch at Lakeside Café. Carpool will leave Harrison Avenue at 9:30 am. Lunch on own. **PRE-REGISTRATION REQUIRED NO LATER THAN SEPTEMBER 24**, carpool space is first-come, first-served. Use registration form on page 7.



Christmas Pizza Party

Tuesday, December 3, 12:30-2:00

A Harrison Avenue Tradition

Pizza, salad, dessert and holiday cheer. Everyone pays \$5 for

pizza and salad. A few volunteers are needed to bring desserts. In lieu of a holiday gift grab, this year we will package gift bags for seniors in need in Kirkwood. Lists of items needed for donations will be distributed in fall classes at Harrison Avenue. **RSVP to (314) 395-0988.**

Film Screening & Discussion: Won't You Be My Neighbor

A Little Kindness Makes a World of Difference

Tuesday, November 5, 12:30-2:30

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. **Fee:**

\$5/person, snacks provided



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

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

Webster Hills UMC
1333 West Lockwood, Glendale, 63122



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.**



The History of the Lucius and Mary Culver: Founders of the 153 Year-Old Haven for Elderly Blind Women

Presented by Gina March, Director of Community Relations at Mary Culver Home

September 27, 11:30 lecture

(Registration Deadline September 25)

Menu: taco bar

A History of Kirkwood & Some Fun Facts

Presented by Nancy Reeves, Board Secretary, Kirkwood Historical Society

October 4, 11:30 lecture

(Registration Deadline October 2)

Menu: sub sandwiches and pasta salad



Land of Vikings

Presented by Susan Eaton, World Traveler

October 11, 11:30 lecture

(Registration Deadline October 9)

Menu: penne with meatballs and salad



Stay Healthy - Flu Shots Available

The Affton Medicine Shoppe Pharmacy will be at the Shepherd Center's Webster Hills UMC location on Friday, October 4th from 9:00-10:30 am to provide flu shots. Please register by September 27th 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.

AARP Driver Safety Course

Monday, September 16, 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 7. Shepherd's Center Transportation volunteers attend for free.

Cultural EXCHANGE:

Discussion Group

Facilitated by Francine Sigmund, ESL/English Instructor, St. Louis Community College
Debbie Corson, Coordinator of Service Learning and Civic Engagement, STLCC Meramec

Thursday, September 19, 9:40-10:30

Through guided discussion, older adults and students from the ESL program will share their life stories. We are often stuck in the attitudes and routines of our everyday lives. This discussion provides an opportunity to gain new perspectives on age and life experience. **FREE, REGISTRATION REQUIRED, please refer to the form on page 7.**

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. No Class 9/2, 12/3. **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 11/29, 12/27. **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 11/29, 12/27. **Fee: \$5/week**

Needlework Society

Kacey Cowdery, Fiber Artist and Interior Designer

First & Third Fridays from 10:30-12:30:

September 6 & 20, October 4 & 18, November 1 & 15, December 6 & 20

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 11/29, 12/27. **Fee: \$10/week**

Tech Tutors

Alice Pierce, Mindy Bethke 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. No Scrabble 9/2. **Free**



Many Thanks to Wellhome
Our October Exercise Class
Sponsor!

Webster Hills UMC

1333 West Lockwood, Glendale, 63122

Continued



Fine Art Fridays

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

Images of America

From the 18th century to the present day, artists have shown us many different images of America – portraiture, Civil War camps, rural life, urban life, tributes to the working class and haunting visions of everyday. This three-part series will feature a selection of American artists including: Augusta Savage, Edmonia Lewis, Winslow Homer, Andrew Wyeth and Jacob Lawrence.

Augusta Savage and Edmonia Lewis
Friday, November 8, 10:20-12 noon
Fee: \$8/lecture

Winslow Homer
Friday, November 15, 10:30-12 noon
Fee: \$8/lecture

Andrew Wyeth and Jacob Lawrence
Friday, November 22, 10:30-12 noon
Fee: \$8/lecture

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 senior resource center, and affordable classes for many interests. We are grateful for every gift we receive!

*Thank
you*

No Fear Family Estate Planning: A Community Connection Coffee Program

Presented by Bob Miller, Miller & Roberts

Wednesday, October 2, 9:30-10:30

Join Bob Miller, a local estate planning and elder law attorney, for a casual and informative hour of discussion about how to protect yourself, your family and your property during your lifetime and after your death. Bob and his legal team at Miller & Roberts will take the fear, mystery and feeling of intimidation out of your estate planning and help you understand what you need to do to protect your family and assets. **FREE, please RSVP to (314) 395-0988.** Coffee and light refreshments served.

Topics will include:

- Your questions
- Powers of attorney
- Wills
- Trusts
- Beneficiary deeds
- IRAs
- Retirement plans
- Long-term care

Medicare Q&A: An Afternoon with Experts

*Facilitated by Mary E. Biggs, MBA, Benefit &
Insurance Consulting*

*Lin Lewis, PhD, Health Insurance Broker
and Wellhome Staff*

Thursday, November 7, 1:00-2:30

Get your Medicare questions answered. Whether you are newly retired or completing an annual enrollment. Bring your questions and have one-on-one consultation time with an expert. Program is offered as a free service to the community, facilitators are volunteering their time. **RSVP Recommended, call (314) 395-0988.** Walk-Ins welcome on a first-come first-served basis.

Webster Hills UMC

1333 West Lockwood, Glendale, 63122

Continued



Lunch & Serve

Join Shepherd's Center friends for lunch followed by a service project.

PRE-REGISTRATION WITH

PAYMENT REQUIRED, complete and return the form on page 7, Fee: \$12/person to cover lunch and related material costs. Lunch menus TBD.

Nurses for Newborns Baby Shower

Friday, October 18, 11:30-1:30

Create "baby shower" kits for new families in need.

Circle of Concern Birthday Club

Friday, October 25, 11:30-1:30

Wrap birthday gifts and assemble birthday party kit bags.

Operation Food Search: Family Meal Kits

Friday, November 1, 11:30-1:30

Assemble family meal kits and package for delivery.



Donations Needed!

Help us gather the supplies needed for our Fall Lunch & Serve projects, listed above. Bring donated items to the Shepherd's

Center offices (1333 W. Lockwood Ave., Glendale, MO 63122) Monday-Thursday, 9 am to 4 pm or to any Shepherd's Center program. Go to www.shepherdscenter-wk.org/programs for a list of needed items – ONLY ITEMS LISTED WILL BE ACCEPTED.

Webster Groves Christian Church

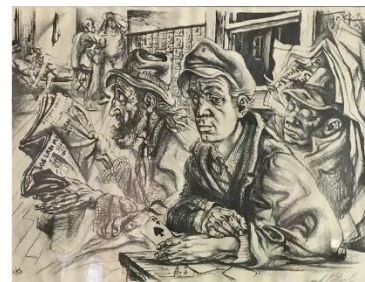
1320 West Lockwood, Glendale, 63122

"Imag(in)ing the Real"

The Art of Jack Keijo Steele
Opening Reception

Sunday, September 22, 4-8 pm

What is "real" - real life, real feelings, real experience? Working in the middle of the 20th century, and often associated with a style known as 20th century or urban "realism," Jack Keijo Steele created images that reflect daily life, troubled times, and deep feeling, allowing us to see beneath and beyond the images to explore profound questions of human life, culture, joy, and pain. As one observer from the Cranbrook Art Museum has described it, referring to a war image, "Steele depicts this subject with a painterly vigor that verges on abstraction, relating the emotional impact of war as only the artist can convey it."



This show of Steele family-owned pieces includes finished

works as well as studio sketches, notes, and works-in-progress. Jack Keijo Steele was born in 1919 in Ironwood, Michigan, and died in 2003 in Garden City, Michigan.

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 11/28, 12/26. **Fee: \$2/class**



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 for class
Total Class Fees			
Donation to Shepherd's Center (optional)			
Total Amount Enclosed			



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



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