



# News & Classes • Spring 2020

Inspiring older adults through volunteerism, enrichment and community connection



## Chef Showcase 2020 Sunday, April 19, 5:30-8 pm Kirkwood Community Center, 111 S. Geyer, 63122

Tickets are on sale and seating is limited – last year was a sell out!

Relax and enjoy some of the finest dishes prepared by master chefs from our most prestigious senior living communities. Last year's dishes included: bourbon chicken lollipops, bacon wrapped duck, beef tenderloin, bananas foster and chocolate peanut butter crème Brule. \$40 ticket (all-inclusive food, beer, wine), silent auction and raffle for big screen TV and sound system, raffle tickets \$25 each. Proceeds support the Shepherd's Center. Event tickets and raffle tickets sold in the Shepherd's Center office, any Shepherd's Center class or online at [www.shepherdscenter-wk.org](http://www.shepherdscenter-wk.org).

## Volunteer Drivers Needed

Good news! In 2019, the Shepherd Center's number of transportation clients increased by more than 30%! We are now serving more older adults than ever and we need your help. Volunteers are needed to drive older adults to medical appointments. Minimum commitment is one ride per month. For more information and to volunteer, call Karen Zelle at the Shepherd's Center, (314) 395-0988 or [kzelle@shepherdscenter-wk.org](mailto:kzelle@shepherdscenter-wk.org).

## 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*

## We Moved! New Office & Class Location

**Shepherd's Center  
at Webster Groves  
Christian Church**  
1320 W. Lockwood Ave.  
St. Louis, MO 63122  
Phone: (314) 395-0988  
[www.shepherdscenter-wk.org](http://www.shepherdscenter-wk.org)



All classes previously held at Webster Hills UMC will be held at the above address beginning February 1, 2020. Refer to page 3 for specifics like parking, which door to enter, etc.

## 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)

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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. No class 3/3.

**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.

- February 18 – First Watch
- March 17 – Cracker Barrel
- April 21 – Katie's Pizza & Pasta Osteria
- May 19 – Chili's

## Science Center Field Trip

**Tuesday, March 3, 10:30 carpool**

Connect with curiosity – more than 700 interactive exhibits. Explore the exhibition galleries, enjoy an Omnimax film and have lunch on your own. \$8.95 senior ticket to Omnimax, film TBD based on scheduling. **RSVP REQUIRED, call (314) 395-0988 before February 25.**

## Census 2020: Why We Should Count Every Person

*Presented by League of Women Voters*

**Tuesday, April 7, 10-11**

The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources based on census data. **Fee: \$5, coffee and refreshments provided.**

## Film Screening & Discussion: *Harriet*

*Starring Cynthia Erivo and Leslie Odom Jr.,  
Directed and Written by Kasi Lemmons*

**Tuesday, February 11, 12:30-2:45**

Based on the inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Haunted by memories of those she left behind, Harriet ventures back into dangerous territory on a mission to lead others to freedom. She risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad.

**Fee: \$5/person,  
snacks provided**



## Understanding Alzheimer's and Dementia

*An education program presented by the Alzheimer's Association*

**Tuesday, May 5, 10-11**

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about:

- The impact of Alzheimer's
- The difference between Alzheimer's and dementia
- Alzheimer's disease stages and risk factors
- Current research and treatments available to address some symptoms
- Alzheimer's Association resources

**Free, Please RSVP to (314) 395-0988**

# Webster Groves Christian Church – New Location

1320 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. Held in Fellowship Hall. Park in the back lot and enter directly into the Fellowship Hall.

### Healthy Living for the Brain & Body

*An education program presented by the Alzheimer's Association*

**Friday, March 6, 11:30 lecture**

*(Registration Deadline March 4)*

Menu: pizza & salad



### Use Your Own Stuff to Create a Beautiful Home

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

**Friday, March 13, 11:30 lecture**

*(Registration Deadline March 11)*

Menu: make your own taco bar



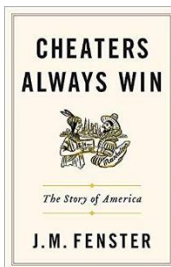
### Book Review – Cheaters Always Win: The Story of America

*By J.M. Fenster and presented by Tom Cooper, Director Webster Groves Public Library*

**Friday, March 20, 11:30 lecture**

*(Registration Deadline March 18)*

Menu: sub sandwiches, pasta salad



### Shoe Crew Water Projects

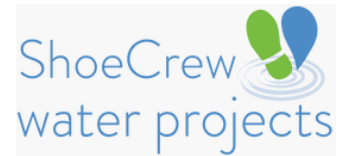
*Presented by Yolanda DePrater, Executive Director, Shoe Crew Water Projects*

**Friday, March 27,**

**11:30 lecture**

*(Registration Deadline March 25)*

Menu: chicken salad sandwiches, fruit salad, chips



### A New Performing Arts Center in Kirkwood

*Murray Pounds, Director, Kirkwood Parks & Recreation*

**Friday, April 3, 11:00 lecture**

*(Registration Deadline April 1 – no foolin')*

Menu: penne with marinara & salad



## New Class Location at WGCC – Where do I go?

**Colored Pencil, Tech Tutor, Book Club, Needlework Society, Art History, Opera Theatre, ESL Book Group and Living with Memory Loss**

→ park on the west side of the building, use stairs or elevator to enter main entrance marked “office” with white sign, go to main lobby on level 1, volunteers and staff will direct you to your classroom.

**Exercise, Dance, Lecture & Lunch**

→ park in back parking lot, enter through Fellowship Hall



# Webster Groves Christian Church – New Location

1320 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**

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



## 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 4/10. **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 4/10. **Fee: \$5/week**

## 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 4/10. **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**

## Needlework Society

*Kacey Cowdery, Fiber Artist and Interior Designer*

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

**February 3 & 17, March 2 & 16, April 6 & 20, May 4 & 18**

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**

## Webster Groves Christian Church – New Location

1320 West Lockwood, Glendale, 63122

*Continued*



### Fine Art Fridays

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

#### **Modern Spirit: Henry Ossawa Tanner**

**Friday, May 15, 10:30-12 noon**

One of the most distinguished artists of the 19<sup>th</sup> century, African-American painter Henry Ossawa Tanner enjoyed a successful career and achieved international acclaim.

**Fee: \$8/lecture**

#### **Titian: Master of the Venetian School**

**Friday, May 22, 10:30-12 noon**

One critic described Titian's style as "the greatest handling of paint on canvas – dragged, scumbled, splodged, impasto and glaze." Like his fellow Venetian artists, Titan used strong colors as an expressive device. For his mastery, the Venetians of the 16<sup>th</sup> century called him "the sun amidst the stars."

**Fee: \$8/lecture**

#### **Centuries of Sculpture: Highlights from the Saint Louis Art Museum Collection**

**Friday, May 29, 10:30-12 noon**

From ancient Greek figurines to monumental contemporary installations – artists through the centuries have created sculptural works narrating countless themes, creating intriguing forms and innovating with all different media.

**Fee: \$8/lecture**

### Opera Theatre of Saint Louis: 2020 Season Preview Lecture & Coffee Series

*Presented by Diane McCullough, Opera Theatre Docent*

#### **Carmen**

**Friday, April 17, 10-11**

Set in southern Spain, Carmen tells the story of a naïve soldier who is seduced by the wiles of a fiery gypsy.

**Fee: \$5/lecture**

#### **Die Fledermaus**

**Friday, April 24, 10-11**

"The revenge of the bat." The light-hearted story of *Die Fledermaus* tells of the revenge taken by Dr. Falke on his friend Gabriel von Eisenstein for playing a practical joke.

**Fee: \$5/lecture**

#### **Awakenings**

**Friday, May 1, 10-11**

New commission and world preview. Imagine watching the world pass you by...but being unable to do anything about it. Such was the fate of thousands who succumbed to a mysterious sleeping sickness. Based on the true story of Dr. Oliver Sacks, *Awakenings* is a moving story of memories, loss, and life rediscovered.

**\$5/lecture**

#### **Susannah**

**Friday, May 8, 10-11**

An essential work that put American Opera "on the map." Susannah Polk lives a simple and happy life. She finds herself viciously ostracized by her small Tennessee mountain village after a group of church elders discover her bathing nude in a secluded stream near her home.

**\$5/lecture**

## WGCC – Gallery Within

1320 West Lockwood, Glendale, 63122



### The World Around Us: Women in Focus St. Louis

Women In Focus St. Louis is an organization of women

photographers who center their work on a variety of issues such as climate change and endangered species protection. For more information, to go

<https://wgcc.org/ministries/fine-arts/>

**On View January 12 through February 22, 2020**

### Debbie Kindschuch: Rwanda Reconciliation Project

Travelling to Rwanda, Debbie Kindschuch captured images of genocide survivors. Her work shares their stories. For more information, to go

<https://wgcc.org/ministries/fine-arts/>

**On View March 1 through April 12, 2020**

**Opening reception 4-6**

## Offsite Programs

Affton Senior Center • Webster Hills UMC

### AARP Driver Safety Course

Friday, March 13, 10-2

Affton Senior Center/Village at Mackenzie Place  
8520 Mackenzie Road, Affton, 63123

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.

### Monday Scrabblers

First and Third Monday Monthly, 2-4 pm

Webster Hills UMC/Great Hall, 1333 W.

Lockwood, 63122

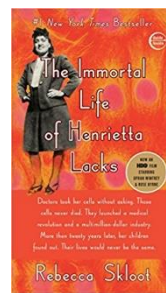
Exercise your brain with a game of Scrabble, call 314-395-0988 to reserve your spot at the table. **Free**



### Contemporary Art Museum St. Louis Field Trip

**Wednesday, May 27, carpool leaves WGCC 9:30  
1320 W. Lockwood Ave., Glendale, 63122**

The Contemporary Art Museum St. Louis works to enrich lives and inspire curiosity, creativity, and learning through experiences with contemporary art. Docent-led tour will include featured installations by artist Ebony G. Patterson. Museum admission free, lunch on own. **RSVP REQUIRED, call (314) 395-0988 before May 18.**



Meramec/Shepherd's Center Book Club Event  
*The Immortal Life of Henrietta Lacks*  
by Rebecca Skloot  
**Thursday, April 30, 11-12**  
Webster Groves Christian Church,  
1320 W. Lockwood, Glendale, MO  
63122

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. **To register call, (314) 395-0988.**

## Class Registration Form

To pre-register for classes by mail, complete the following form and mail with payment to:  
Shepherd's Center, 1320 W. Lockwood Ave., St. Louis, 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
<b>Total Class Fees</b>			
<b>Donation to Shepherd's Center (optional)</b>			
<b>Total Amount Enclosed</b>			



### 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.**  
**1320 West Lockwood Ave., St. Louis, MO 63122**

## Living with Memory Loss

*For people with memory loss and care team*

**4-part class: Mondays, April 27-May 18, 1-3**  
**Shepherd's Center at Webster Groves Christian Church, 1320 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**



## **Many thanks to our Sponsoring Congregations:**

Concordia Lutheran Church  
First Congregational Church of Webster Groves  
First Presbyterian Church Kirkwood  
First United Methodist Church of Webster Groves  
Glendale Presbyterian Church  
Grace Episcopal Church  
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