



FAQ: Online Zoom Classes

Who can participate?

Everybody! Online classes started in April 2020. To date, people from 6 states are participating weekly and our attendance number has just exceeded 1600. Everyone is invited to register and join in!

What do I need?

You will need a laptop, tablet or smartphone with an internet connection and an email address. For instructions on how to use Zoom, go to www.shepherdscenter-wk.org and click on the online class page link. A few classes can be accessed via telephone, call (314) 395-0988 for more information.

How do I register?

Registration is required for everyone. Refer to the last page of this newsletter for registration information.

Class Fees?

The Shepherd's Center relies upon revenue from classes to support our free, essential services for older adults in need. It's a bargain!

There's More!

As opportunities arise we will be adding additional online classes throughout the Fall and Winter. To stay up to date, make sure you are on our email list. To join the list or update your email address, call (314) 395-0988.

Plan Your Vote – November 3

How are you going to vote this year? Are you going to your polling place or choosing absentee or mail-in voting? It all starts with a plan. Go to www.shepherdscenter-wk.org/voter-information for links to the following information:

- Absentee vs. Mail-In Voting
- Voter Registration
- Acceptable ID
- Polling Places
- Sample Ballots

Adapting: Services for the “New Normal”

- **Transportation to Medical Appointments** – With health safety protocols from the St. Louis County Health Department in place, we continue to drive clients to medical, dental and therapy appointments.
- **Phone Pals** - Shepherd's Center volunteers connect with clients living alone for friendly chats on a daily/weekly basis.
- **Grocery Getters** - While they are at the store for themselves, Shepherd's Center volunteers help clients in need with shopping and grocery delivery.

If you are in need of any of these services or if you would like to volunteer, call (314) 395-0988.

Better Together – Virtually Amazing *Shepherd's Centers of America National Conference*

MWF, October 21-30

Did you know that our Shepherd's Center is only one of 57 centers in 17 states across the country? The Mission of Shepherd's Centers of America is now more important than ever. This year, the SCA National Conference will be held virtually. All participants registered in Fall 2020 online classes will have the opportunity to attend for free. For more information, call (314) 395-0988 or email Betsy at

bsolomon@shepherdscenter-wk.org.

Themes for the conference will include:

- Reframing the New Normal
- Understanding Social Isolation
- Examining the Sustainability of Aging Services
- Inspiring Creative Solutions
- Celebrating Aging



SCA Virtual Conference



Exercise

Exercise on Zoom

Thursdays, 10:30-11:30 CT

Interval Exercise and Chair Yoga classes are offered on Zoom on alternating Thursdays, see specific dates for each class listed below. Registered participants will be given links to class recordings upon request.

Class Fee: \$16/4-week class sessions

Interval Exercise with Mary Beth Wilczak

Fall 2020 Dates: 9/24, 10/8, 10/22, 11/5, 11/19, 12/10

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.

Chair Yoga with Debbie Daugherty

Fall 2020 Dates: 10/1, 10/15, 10/29, 11/12, 12/3, 12/17

Improve your balance, learn restorative breathing, functional skills and relaxation techniques. Includes seated and standing yoga poses.



Stay Healthy: Flu Shot Clinic

The Affton Medicine Shoppe Pharmacy will be at the Shepherd Center's Webster Groves Christian Church location (1320 W. Lockwood Ave., 63122) on Friday, October 2nd from 10:00-11:00 am to provide Flu, Hepatitis A, Pneumonia, and TDAP immunizations.

In order to maintain social distancing, ALL are required to pre-register by September 28th, call (314) 395-0988 to register.

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.

Lectures

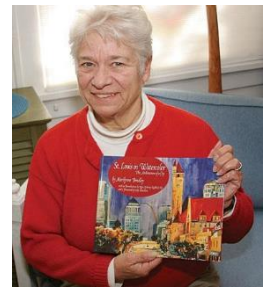
Artist Visit: Marilynne Bradley

St. Louis in Watercolor: Living History in the Gateway City

Friday, November 6, 1:00-2:00 CT

Artist Marilynne Bradley has spent half a century immortalizing and updating treasures of St. Louis landmarks in the vibrant pigments of watercolor. This collection of local scenes beautifully captured in paint documents the pleasures of the good life in St. Louis: the applause of a good play, the satisfaction of a gourmet meal, and the beauty of St. Louis' unique architecture. Writer Jennifer Grotpetter captures the essence of the image in animated memories and offers the reader a connection with the culture of St. Louis.

Class Fee: \$5/one-time lecture



Online Art History

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

Fall Series 1

Fridays, 11:00-12:30 CT

- October 2 – Defining Impressionism: Monet & Degas
- October 9 – Van Gogh: Life & Art
- October 16 – Auguste Rodin: First Modern Sculptor

Class Fee: \$12/3 weeks

Fall Series 2

Fridays, 11:00-12:30 CT

- November 6 – Camille Claudel: First Modern Sculptress
- November 13 – Picasso: Genius of Modern Art
- November 20 – Images of the Nativity Story in Painting

Class Fee: \$12/3 weeks





Discussion Groups

TED Talk Discussion Group

Facilitated by Gina March, Interior Designer
& Radio Host

Fridays, 2:00-3:00 CT

Ideas worth spreading! Join us each week to view a TED Talk (pre-selected by Shepherd's Center volunteers) followed by discussion led by Gina March.



- September 25 – The Gift and Power of Emotional Courage, Susan David, TEDWomen 2017
- October 2 – “Good” and “Bad” are Incomplete Stories We Tell Ourselves, Heather Lanier, TED Milan 2017
- October 9 – How Symbols and Brands Shape Our Humanity, Debbie Millman, TEDWomen 2019
- October 16 – Harmonicas, Herbie Hancock and Fatherhood; Gene Dobbs Bradford, TEDx Clayton 2019

Class Fee: \$16/4 weeks

Book Club on Zoom

Second Friday Monthly, 1:00-2:00 CT

Hosted by St. Louis County Library Oak Bend Branch. Featured book titles provided with registration. For information on how to join the group via telephone call (314) 395-0988.

Free – donations in support of the Shepherd's Center accepted

Film Screening & Discussion

John Lewis: Good Trouble

Discussion Led by Dr. Treasure Shields Redmond,
Educator and Activist

Fridays, November 13 & 20, 1:00-2:30 CT

An intimate account of legendary U.S. Representative John Lewis' life, legacy and more than 60 years of extraordinary activism — from the bold teenager on the front lines of the Civil Rights movement to the legislative powerhouse he was throughout his career. We will view the film together in two installments followed by guided discussion each week.

Class Fee: \$8/2 weeks

Coffee Talk

Join us for a virtual coffee hour using Zoom or connecting by phone. Do you miss seeing your Shepherd's Center friends? We may not be able to gather in person but we can certainly still connect with a little technology. This informal discussion group meets every Tuesday at 10:30 CT. BYOC (*bring your own coffee*) and join us for casual chats and/or for one of the special guests planned below.

Free – donations in support of the Shepherd's Center accepted

Every Tuesday at 10:30-11:30 CT (no meeting 11/3)
Special guests for the Fall season include:

- September 29 – 2020 Vision for Fall Prevention, Helen Lach, Associate Dean for Research/PhD Director, Saint Louis University
- November 10 – Hands-On Art from “Stuff,” Debbie Corson, Coordinator of Service Learning & Civic Engagement, SLCC-Meramec

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 essential services like transportation to medical appointments, grocery delivery, simple home repairs and seasonal yard clean-up. We are grateful for every gift we receive!

Class Registration Required – Two Ways to Register



Online Registration – Preferred

Register online by going to the Shepherd’s Center website, www.shepherdscenter-wk.org. Click on the “ONLINE CLASS REGISTRATION” link on the homepage. The link will take you to our new online registration portal. Payments are made online with a credit card. Online registration is preferred for faster processing.



Mail-In Registration

Fill out the form below and mail with payment to Shepherd’s Center, 1320 W. Lockwood Ave., St. Louis 63122.

Things to remember:

- It is highly recommended that you register no less than 1 week prior to the class meeting so that you will receive the Zoom link via email and any other class information in a timely fashion.
- You will need an internet connection, laptop, tablet or smartphone and an email address to participate.
- For instructions on how to use Zoom, go to www.shepherdscenter-wk.org and click on the online class page link, scroll down until you see “How to Zoom.”

Questions? Call (314) 395-0988

Mail-In Registration Form

Complete and return with payment to:
Shepherd’s Center, 1320 W. Lockwood Ave., St. Louis, MO 63122

Name _____

Phone _____

Email (required) _____

Address _____

City, State, Zip _____

Class Title	Fee
Total Class Fees	
Donation to Shepherd’s Center (optional)	
Total Amount Enclosed	