



# Shepherd's Center of Webster-Kirkwood

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www.shepherdscenter-wk.org

The Shepherd's Center of Webster/Kirkwood, Inc. is an interfaith volunteer organization that provides programs and services for older adults

## A Shepherd's Center Program Adventures in Learning, Winter 2012 Fridays, January 6 through February 24, 2012

### Save Fridays for us!

Join us for breakfast between 8:30 and 9:10 a.m. and meet old & new friends. Classes begin at 9:10, 10:10 and 11:10 a.m. We dismiss at 12:00 Noon.

### Registration Information

To register by mail, complete the Registration form and mail it to the above address or just join us on Friday. A tuition payment of \$56.00 for all eight weeks entitles you to breakfast and attendance in any/all classes on Fridays during the Winter session or you may pay \$8.00 for individual Fridays.

Please note that we have a few scholarships available. Call Gayle @ **314-395-0988** for more information.

### Blood Pressure Screening

Free blood pressure screening will be available in the Great Hall from 8:15 am to 9:15 am, courtesy of Lutheran Senior Services, Home Health & Private Duty.

### Make a Difference at Any Age

Volunteering can be sharing your time with those who need help. At the Shepherd's Center we share our time with older neighbors in our community. Our goal is to enable senior independence. Our volunteers are the HEART of our organization and we have a spot for every volunteer:

- ♥ Do you enjoy lending a hand one-on-one with neighbors?
- ♥ Do you like being part of a team?
- ♥ Do you like leading a team?

If you would like to know more about volunteering at our Shepherd's Center, call Gayle McHenry, Executive Director at 314-395-0988.

## 9:10 am – 10:00 Session

### CONSCIOUS BODY ALIGNMENT (TAI CHI)

This gentle exercise class focuses on stretching, balance and movement. It is for beginners and experienced participants. **Michael Schomaker** is the leader of this popular class.

Come learn the 5 principles of Body-Awareness via simple exercises. The exercises are done standing and sitting. You will be working with your balance, alignment and movement awareness. These five principles are applicable in everyone's life.



**THANKS FOR ALL YOU DO TO HELP  
OUR TREE GROW!**

### BOOKS, TRAVEL AND MORE

Coordinators: Helen Goertz/Sparkle Mortland

**Jan 6** – Booked at the Castle (slides and review) presented by author, Jo Hiestand.

**Jan 13** – "Charity Sharity, The Fabric of People's Lives" (A unique fabric charity) presented by coordinator, Carole Splater.

**Jan 20** – "Missouri Veterans History Project," and a discussion on the Battle of the Bulge Museum at Jefferson Barracks with Veterans Phillip Modrell and Donald Green.

**Jan 27** – "The Blessing Basket Project" presented by Sharon Giacomo

**Feb 3** – "Kwasha Kids, Inc.," located in Zambia, presented by Karen Vundamina-Rayborn.

**Feb 10** – "Bosnia Memory Project" presented by Ben More, Ph. D, Associate Professor of English & Communication, Fontbonne University.

**Feb 17** – "Haiti—Then and Now" presented by Dick Vreeland.

**Feb 24** – "Rome: A City of History; A City of Churches" presented by Rev. Robert Reiker, Pastor, Mary Queen of Peace Catholic Church.

 **WALKERS WELCOME** 

Webster Hills UMC has opened the doors to the gym in the Christian Life Center for walking. If you want to stay in shape and walk in a warm space, stop by Mon. through Fri. from 8:00 am to 9:30 am. The Gym will be open unless the church is closed, there is an event going on in the gym or the staff is cleaning the floors.

## 10:10 – 11:00 am Session Continued

### CHAIR YOGA AND MORE

**Holly Ohmes** will teach this chair-based exercise class that is a blend of stretching and conditioning done to music. She taught this as the “Arthritis Foundation Exercise Class.” It includes some Tai Chi and Yoga.

### ART HISTORY SAMPLER: MASTERPIECES OF WESTERN ART with Betsy Solomon, MA Art History Instructor and Consultant for the Arts.

Throughout the centuries, artists have created extraordinary works of art, each reflecting their time and leaving behind a legacy of artistic masterpieces. Featuring a different selection of artwork each session, this 8-part art history series will explore the following topics:

- Jan 6** – Art Appreciation 101: How to Look at a Work of Art
- Jan 13** – The Book of Genesis as Told by Michelangelo on the Sistine Chapel Ceiling
- Jan 20** – Northern Renaissance Masters
- Jan 27** – Hans Holbein the Younger: Painter of Princely Portraits
- Feb 3** – The Inspiration of Ancient Greece and 19<sup>th</sup> Century Neoclassicism
- Feb 10** – Edmonia Lewis and Camille Claudel: Two 19<sup>th</sup> Century Women Artists
- Feb 17** – The Barbizon School: French Realism Outdoors
- Feb 24** – A Virtual Tour of Laumeier Sculpture Park

### WATERCOLORS

**Beverly Hoffman** from the Water Color Society will lead this 2-hour session. Bring your own pad and paints and join the class. (continued next hour)

### SHARING MY STORY

Coordinators: **Pat Greenblatt/Eileen Hahn / Lois Laster**

- Jan 6**— “EarthWays Center Missouri Botanical Garden-Living Green” presenter and Director of Green Resources, Jean Ponsi.
- Jan 13**— “All about Lydia House” presented by Rev. Warren Crew and LH Chaplain.
- Jan 20** –Caring for Victor: a U.S. Army Nurse and Saddam Hussein presenter and author, Robert Ellis.
- Jan 27** –“Flower Quilling-Presentation and Participation” by May Webster.
- Feb 3**—“A few minutes reviewing her recent columns” with author and Webster-Kirkwood Times columnist, Mary Bufe.
- Feb 10** –“Backercise According to a Chiropractor” with Matthew Goben, DC.
- Feb 17** – “Helpful Hints for Seniors: 10 Ways to Improve your Memory” with Carol Melka, MSW, LCSW.
- Feb 24** – “St. Louis in 19<sup>th</sup> Century—A Tour of Campbell House Museum” with Director, Andy Hahn.

## 11:10 am – 12:00 Noon Session

### IN THE NEWS AND MORE

Coordinators: **Roy Malone and Joe Dunne**  
(DUE TO NEWS OF THE DAY, SPEAKER DATES MAY CHANGE)

- Jan 6**—“Lambert Airport Update” presented by Rhonda Hamm-Niebruegge, Director of Lambert St. Louis Airport.
- Jan 13**—“Transforming Lives, Enriching Communities” presented by Dr. Elizabeth Stroble, President of Webster University.
- Jan 20**— Voices of the Wright Brothers presented by author and flight instructor, Jim Tecu. Books available.
- Jan 27**— Post-Dispatch and MU Tigers with Vahe Gregorian, Sports Writer with the St. Louis Post-Dispatch.
- Feb 3** —“A Tour of the Stans: KazakhSTAN, KyrgyzSTAN, UzbekiSTAN, TurkmeniSTAN, and TajikiSTAN” presented by Jean Kirsten.
- Feb 10** –“Romantic Love Songs,” with Frank Stobart and Betty Phillips.
- Feb 17**—“Post-Dispatch Editorials” presented by Gilbert Bailon, Editorial Page Editor.
- Feb 24** – “Toto, I Have a Feeling We’re not in Kansas Any More” The Changing Financial World with Ray Worseck.

### MY LIFE JOURNEY

Facilitator: **Helen C. Gennari, LCSW**

What is it teaching me? Where is it taking me? How am I responding to detours along the way? How committed am to making the best of it? How am I relating with my companion travelers on this journey, including my children? What “unfinished business” awaits my attention? What am I doing to attend to the final stage of my journey?

If you would like to talk about these and other life issues, come and join us for eight sessions of a lively discussion where we can shed light on these very important questions. Your own life wisdom will find a place to be appreciated and enhanced.

**PLEASE NOTE: NO CLASS FEB. 3.**

### Line Dancing Returns

Gina Evans, former Director and Owner of Midwest Academy of Dance will join us for some fun and frivolity on Fridays. Come prepared to kick up your heels and be sure to let Gina know your favorite tunes and dances.

**SOMETHING  
NEW!!!**

## 12:10 – 1:00 – Brown Bag Workshop

### Life Stories, One Story at a Time

Bring your notebook and pen and join Professor Fred Stopsy for this workshop which provides an opportunity to begin writing your life story. A life story is the most valuable gift one can give children and grandchildren. You will learn specific ways to write a life story. Professor Stopsy will remain an hour after the session in order to work individually with participants.