

NEWSLETTER or BULLETIN INSERT Summer 2010

June

Senior Summer Series at Shepherd's Center

The Summer Adventure in Learning session is just four weeks from **July 9 – July 30**. Join your senior neighbors for exercise, enrichment and enlightenment on Fridays from 8:30 – 12. Cost is \$7.00 which covers all three hours of class and a great breakfast, the best fruit salad in town. New topics this summer include “In the News” with local media personalities, “Life is Still Good” discussions, “Taking Care of You, Dealing with Life Stress” and” Laughter Exercise.” For a program call 961-2669 and enjoy the summer with us!

Taking Care of You

Join friends of all ages for this 8-session class offered at the Shepherd's Center through the University of Missouri Extension on Fridays, **July 9 – August 27** from 11:10 – 12:00. Topics to be explored include wellness & mind-body connection, happiness & learning to practice self-care, living in the moment, freeing yourself from time constraints, life challenges and coping with stress. Cost is \$25 but if you participate in the evaluations, you will receive \$40 back. To register call 961-2669.

July

Transitions: Shepherding Concerns and Conversations

Aging is good.... and as we face life's transitions sometimes we need a little more information. Join us four Tues. evenings, **August 10 through 31**, from 6 – 7:30 p. m. for this series designed for seniors and/or their children. Topics covered are writing an ethical will, de-clutter and downsizing, top 10 things you need to know when living alone and local senior living options. Cost is \$7 each week or \$21 for all four sessions. For more information and to register, call Shepherd's Center at 961-2669.

Calling all Cars!

One of the largest needs for our senior neighbors is transportation to appointments when they can't drive or have decided they no longer should drive. Through our Transportation Ministry at the Shepherd's Center we provide this outreach service. You can volunteer to help your senior neighbor by driving one time a month for a few hours. Please call the Shepherd's Center @ 961-2669 if you are interested in this volunteer service, our elders need your help.

August

Shepherd's Center Offers AARP Driver Safety Program

Our Shepherd's Center will offer the AARP Safe Driving Program which is a good review of driving skills for mature drivers. It is scheduled for **September 2** from 9 a.m. to 1 p.m.. Call the Shepherd's Center @ 961-2669 to confirm your reservation. All seniors are welcome to attend. The cost is \$12 for AARP members, \$14 for non-members and free to Shepherd's Center volunteer drivers.