

BULLETIN INSERTS – Winter 2012

January

Enjoy Exercise and Much More with Senior Neighbors !

Spending time with friends can be just as important as exercise. Get both at the Shepherd's Center Winter session of "Adventures in Learning" being held each Friday morning from 8:30 – 12 between Jan. 6 – Feb. 24. Classes include tai chi, yoga and line dance. Topics of interest presented are Art History, Books/Travel, In the News. Discussion group is "My Life Journey" and Brown bag workshop at noon is about writing your life story. For more information, call us at 314-395-0988, or check our website www.shepherdscenter-wk.org

January

Still Doin' Good in the Hood

Do you have a minor home repair? If you are a senior in our area, call Shepherd's Center and one of our Handy Hands volunteers will come to your aid. They are trained to do those minor things such as change light bulbs, hang pictures, secure a grab bar and much more. Call us at 395-0988 to learn more. At Shepherd's Center we know that small tasks can make a big difference.

January

Adventures in Learning – Harrison Avenue

The Shepherd's Center of Webster/Kirkwood has opened a sister site for Adventures in Learning at Harrison Avenue Missionary Baptist Church in Kirkwood. Join neighbors in the HAMBC annex located at 355 S. Harrison Ave. on Tues. mornings Jan. 17 – Feb. 21, from 9 – 12 for Coffee Talk, a Featured Speaker and Yoga. Call Betsy Solomon at 779-9231 for details.

February

Share the Warmth

As winter envelops us, let's remember to "share the warmth" with our senior neighbors. If you make a pot of soup, share it with someone who would totally enjoy it! Think of the neighbors who need Meals on Wheels... there are no meals served on the weekend. So Saturday and Sunday are perfect days to share! Call Gayle at the Shepherd's Center, 395-0988, if you would like us to connect you with a senior neighbor.

March

Share a "Taste" with your Neighbors

Mark your calendars on Sunday, April 22, 2012 from 5:30 – 8:00 pm and join neighbors in support of our Shepherd's Center, a local nonprofit organization that helps seniors in our neighborhood remain independent. Come to the 9th annual Taste of Webster/Kirkwood where all proceeds benefit the Shepherd's Center of Webster/Kirkwood, Inc. The "Taste" takes place at the Kirkwood Community Center. Call 314-395-0988 for ticket information. This is the SCWK signature fundraising event and helps sustain the programs and services offered to all senior seniors in this community.

If you would like this to be e-mailed to your church office, please call us @ our number 395-0988 with your e-mail address and we would be happy to forward it.