

Adventures in Learning – Harrison Avenue

Winter 2011-2012



*All programs held at Harrison Avenue Missionary Baptist Church Annex
355 South Harrison Avenue, Kirkwood, MO 63122*

Tuesday Morning Chair Yoga

with Holly Ohmes

December 13 through January 10, 11:10-12:00

\$4/session, payable at the door

Mark Your Calendars!

Adventures in Learning – Harrison Avenue Winter 2012 Session

Tuesdays, January 17 through February 21, \$4/session

Three programs each week beginning with coffee and bagels at 9:00,
a guest speaker at 10:10, and Chair Yoga 11:10.

Highlights from the Winter Session:

Chair Yoga and More
Helpful Hints for Seniors
Alzheimer's Association

Book Reviews
Cooking Demonstrations
And Much More!

New for Spring 2012! Harrison Avenue – Studio Arts

Weekly studio arts classes on Monday afternoons at 1:00 will begin on March 5.
Watch for more details!

Adventures in Learning – Harrison Avenue is a program for older adults created in collaboration between the Shepherd's Center of Webster-Kirkwood and Harrison Avenue Missionary Baptist Church. For more information, call (314) 779-9231 or visit our website at www.shepherdscenter-wk.org.

*Join our mailing list to receive program updates and registration information.
Call (314) 779-9231 or email betsysolomon@charter.net.*