



Shepherd's Center of Webster-Kirkwood

1333 West Lockwood Avenue, Glendale, MO 63122

Phone: 314-961-2661 FAX: 314-961-7790

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, Summer 2010 Fridays, July 9 through July 30, 2010

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 \$28 for all four weeks entitles you to breakfast and attendance in any/all classes on Fridays during the summer session or you may pay \$7 for individual Fridays.

Please note that we have a few scholarships available. Call Gayle @ 961-2661 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 961-2661.

9:10 am – 10:00 Session

Very Interesting...Books, Travel and More

Coordinators: Sparkle Mortland and Helen Goertz

July 9 – How To Be Rude Politely presented by the author, Don Marsh, host of KWMU, St. Louis On The Air.

July 16 – Grandmothers Counsel the World: Women Elders Offer Their Vision for Our Planet by Carol Schaefer presented by Damaris Schmitt

July 23 – The Blind Side & The Big Short by Michael Lewis, the Mark Twain of our day, presented by Bill German.

July 30 – Cultural and educational experiences in Peru as part of a National Science Foundation grant to inspire students interest in engineering presented by Steger Sixth Grade Center teacher Don Knobbe.

Life Is Still Good

**Facilitators: Chandelle Martel, MSW and
Debbie Eldridge, MSG Student from UMSL**

Back by popular demand! Join us for four spirited discussions about aging successfully. We will explore topics based on the group's needs and wants. During each session, lively and honest peer-sharing will occur. Come and share your thoughts, ideas and experiences while you listen to your friends share their stories.



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.

10:10 – 11:00 am Session

“What’s Up?”

Coordinator: AIL Committee

July 9 – “Global Warming” with Don Conway- Long of Webster University.

July 16 – “Roman Britain & Hadrian’s Wall-Where Roman Expansion met opposition” presented by Bob Eastin.

July 23 –“Green Revolution, Methane and Sustainable Agriculture” presented by Warren Graef. Sustainable agriculture encompasses diverse methods of farming and ranching that are more profitable, environmentally sound and good for communities.

July 30 – “Jazz at the Bistro/Jazz St. Louis” presented by a representative of Jazz at the Bistro courtesy of Gene Dobbs Bradford.

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.

Watercolor Class

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



11:10 am – 12:00 Noon Session

Taking Care of YOU: Body-Mind-Spirit

An **8-week** Program presented by Mary Wissman, St. Louis County Extension, Cost \$25.00....**BUT**, if you participate in the evaluation surveys, you will receive \$40 for your time!! Check payable to St. L. Extension.

July 9 —Introduction

July 16—Dimensions of Wellness & Mind-Body Connection

July 23—Happiness & Learning to Practice Self-Care.

July 30—Living In The Moment

Aug. 6—Freeing Yourself From Time Constraints

Aug. 13—Dealing With Life Challenges

Aug. 20—Coping With Stressful Situations You Can’t Control

Aug. 27—What Have You Changed?



Laughter Exercise

A four-week class facilitated by Jane Hardy, a Certified, Laughter Club Leader.

Come to Laughter Club and start your day with joy. Improve your immune system and do your heart good. Explore different kinds of laughter with gentle, easy, funny laughter exercises. You can laugh standing up or sitting down. Join the fun!

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 cool space, stop by Mon. through Fri. from 8:00 am to 9:30 am. The Gym will be open unless the church is closed or there is an event going on in the gym or the staff is cleaning the floors.



In The News

Coordinator: Roy Malone

This segment features professionals from various media organizations, such as KSDK Channel 5, the St. Louis Post-Dispatch, the St. Louis Beacon online news operation, and KWMU 90.7 FM, St. Louis' public radio station. They will discuss their work, the media in general and respond to questions from the audience.

July 9 — Kay Quinn, reporter and news anchor at KSDK.

July 16—R.T. Matson, political cartoonist at the Post-Dispatch.

July 23—Linda Lockhart, retired Post reporter and Editor now with the Beacon online news operation.

July 30 – Bill Raack, news director at KWMU 90.7, St. Louis Public Radio Station

Watercolor Class

Continue with your watercolors in hour 2 of this 2-hour session.

