



Fall 2026

September through December Program Schedule

Attending a Class? Things You Need to Know

REGISTRATION REQUIRED - In order to maintain appropriate class size, ALL PARTICIPANTS must be pre-registered for ALL CLASSES. Maximum registration limitations apply for some programs. Registration can be done both online or via phone, see contact info below.

LOCATION - We moved in 2024. Unless otherwise noted, all programs are held at the Shepherd's Center @ Webster Groves Presbyterian Church location, 45 W. Lockwood Ave., Webster Groves, MO 63119.

WEATHER RELATED CANCELLATIONS
In the event of hazardous weather, program cancellations will be announced on the Shepherd's Center website (www.shepherdscenter-wk.org), Facebook and Instagram. Registered participants will be notified via email. When in doubt, just call us at 314-395-0988, if you leave a voicemail message we will call you back promptly.

To Register

call 314-395-0988 or go to the "classes" page on our website
www.shepherdscenter-wk.org

Shepherd's Center Address

**45 W. Lockwood Avenue, Room 303
Webster Groves, MO 63119**

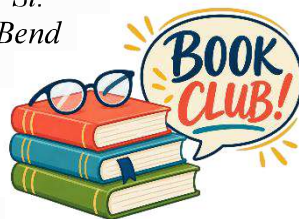
PLEASE NOTE

Both of the Shepherd Center's previous addresses were on W. Lockwood. Please be sure you are using the CORRECT STREET NUMBER AND ZIP CODE.

Monthly Book Group

Facilitated by Jesse Tisdale, St. Louis County Library, Oak Bend

Group meets in-person the second Friday of every month at 1:00. Books are selected by library staff and can be checked out and picked up at the Oak Bend Branch (842 S. Holmes Ave., 63122). A limited number of books can also be borrowed from the Shepherd's Center office.



- September 11 – The Stars Are Fire by Anita Shreve
- October 9 - Such a Fun Age by Kiley Reid
- November 13 - The Tumbling Turner Sisters by Juliette Fay
- December 11 - The Art Thief by Michael Finkel
- January 8 - The Maid by Nita Prose
- February 12 - Kindred by Octavia Butler

Tech Tutoring

Just got a new smartphone and you can't figure out how to use it? Did you get a tablet or laptop as a gift and you don't know what it can do? You need a Tech Tutor! Shepherd's Center volunteer techies are available **by appointment only** to give you one-on-one assistance with your technology issues.

We Can Help!

- Cell Phone and Tablet Basics
- Email Setup & Use
- Internet Basics & Safety
- Zoom
- Health Portal Registration (ie. MyChart)
- and More!



Call (314) 395-0988 for more information and to schedule an appointment.

Wellness Wednesdays

Wellness is about so much more than exercise and nutrition—it's also about **learning, social connection, purpose, meaning, and creativity**. Wellness Wednesdays offer opportunities to nurture all of these important parts of well-being: discover something new, get creative, participate in meaningful service projects, connect with others, and simply have fun. Join us on Wednesdays and discover new ways to stay engaged, connected, curious, and well!

Wednesday, September 30

12:00-12:45

Home Tweet Home: Build a Birdseed House

Get crafty and give your backyard birds a treat! Join us to create a charming little birdseed house using bird-friendly materials and plenty of creativity. Decorate your edible abode, take it home, and place it outdoors for your feathered neighbors to enjoy. No crafting experience needed—just come ready for some fun!

Fee: \$5/per person to cover supplies

1:00-2:00

Ballot Measure Review: What You'll See on the November Ballot

League of Women Voters of Metro St. Louis

Get ready for the November election with a clear, non-partisan review of the ballot measures you'll be asked to consider. Presented by the League of Women Voters of Metro St. Louis, this informative session will explain what each measure says and provide helpful background so you can head to the polls better informed.

2:00-3:00

Appy Hour – What's That Bird? Meet Merlin Bird ID

Merlin Bird ID is a free, easy-to-use app that helps you identify the birds you see and hear. Simply answer a few questions, snap a photo, or record a bird's song, and Merlin will help you discover which feathered friend is nearby. Bring your smartphone and Shepherd's Center Tech Tutors will teach you how to use it.



Wednesday, October 28

12:00-12:45

Pumpkins & Petals: A Fall Floral Craft

Celebrate the colors and textures of fall by transforming a mini pumpkin into a beautiful seasonal decoration. Using dried flowers and other natural touches, you'll create a one-of-a-kind pumpkin centerpiece to enjoy throughout the autumn season.

Fee: \$5/per person to cover supplies

1:00-2:00

Medicare Updates

Mary Biggs, MBA, Mary Biggs Insurance Consulting

With continuing changes in the Medicare marketplace, it is more important than ever to understand what to expect when you transition to Medicare or update your coverage during the enrollment period. There are many options for Medicare Advantage, Medicare Supplement and Medicare Part D plans. This general presentation will answer frequently asked questions.

2:00-3:00

Appy Hour – Hidden in Plain Sight: Discover Your Smartphone's Everyday Apps

Your smartphone comes loaded with handy tools you may not even know are there! Learn how to find and use everyday apps and discover how your phone can make your life a little easier.

More Wellness Wednesday on the next page



Wellness Wednesdays cont.

Wednesday, November 18

12:00-12:45

Tugging for a Cause: Make a Toy, Make a Tail Wag!

Turn ordinary T-shirt strips into colorful braided dog toys while doing something good for our four-legged friends! Join us for a fun, easy, hands-on workshop where we'll create sturdy tug toys to be donated to the Humane Society for dogs awaiting their forever homes.



1:00-2:00

Turning the Pages of History: 142 Years of the Webster Groves Public Library

Presented by John Egel, Reference Librarian

Take a journey through 142 years of the Webster Groves Public Library and discover how it has grown and changed alongside the community it serves. Explore the people, places, milestones, and stories that shaped this beloved local institution—from its earliest beginnings to the library we know today.



2:00-3:00

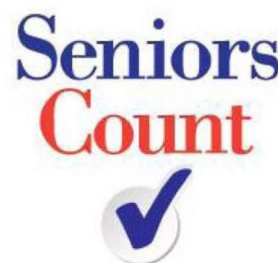
Appy Hour – AI Unpacked: The Good, the Bad & the Useful

Andrew Giesler, Principal Software Engineer, Mastercard

Artificial intelligence is becoming part of everyday life—but what exactly is it, and what should you know before using it? This presentation takes a practical, easy-to-understand look at AI, including how it works, useful ways it can make everyday tasks easier, protecting your personal information, recognizing its limitations, and concerns about energy use, water consumption, and the growing number of data centers.

What is Proposition S?

Proposition S is a community-led initiative exploring a non-partisan property tax levy on the November 2026 ballot to expand essential services for St. Louis County residents age 60 and older.



The proposed levy would help fund community-based supports such as transportation, home repair, and other essential services that enable older adults to remain healthy, safe, and independent. The levy would cost approximately \$19 per year for a \$200,000 home and is estimated to generate \$14 million annually for services benefiting older adults.

Why is it important?

- **Our population is aging:** 1 in 4 St. Louis County residents is over age 60, increasing the need for accessible community-based services.
- **Existing resources are shrinking:** Missouri funding for home- and community-based services for older adults and adults with disabilities has declined significantly, while additional federal and state funding reductions are expected.
- **Community services help older adults remain independent:** Without adequate support, more older adults may be forced to rely on higher levels of institutional care.
- **There is strong community support for action:** 81% of St. Louis County residents agree that more needs to be done to help aging adults.

Learn More

Prop S Information Session

Want to learn more about Proposition S and what it could mean for older adults in St. Louis County? Join us for a community information session to hear about the initiative, why it is needed, and how additional funding could strengthen services for older adults. There will also be an opportunity to ask questions and learn how you can get involved.

Tuesday, September 15, 9:30

Sketchbook Class

Facilitated by Joe Lammert

Thursdays, October 1 – December 10, 1:00-3:00

Call 314-395-0988 for the fall class schedule

An art class designed to enhance and develop new and existing skills in drawing and painting. The format includes practice in a sketchbook to try a variety of methods and media that may enhance more detailed or finished works. Weekly sessions



include discussion of art, artists, styles and techniques as well as practice in individual sketchbooks and sharing work and ideas with fellow artists. Learning is collaborative and flexible. **\$50/10-week class**

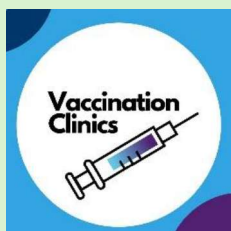
Vaccine Clinic

Clinic date:

Monday, October 5
11:00-12:30

Register by:

Monday, September 28



The Affton Medicine Shoppe Pharmacy will be at the Shepherd's Center, Webster Groves Presbyterian Church (45 W. Lockwood Avenue, Room 305, Webster Groves, MO 63119) on Monday, October 5 from 11:00-12:30 to provide Flu/Flu 65+, COVID and other vaccines (Pneumonia, Tdap, Hepatitis A, and Shingles) as available. This will be an in-person clinic held in the Shepherd's Center office/classroom suite.

Pre-register by September 28 by calling (314) 395-0988. Please state which vaccine(s) you want to receive when you register.



Getting a Shot?

Scan the QR code with your smartphone camera, print the form and bring it completed to the clinic with your Health Insurance/Medicare Card. Don't

have a smartphone and/or printer, no worries. Just let us know and we will provide you with a form.

Online Art History

Presented by Betsy Solomon, MA, Art Historian and Executive Director, Shepherd's Center

Select Fridays, 10:00-11:30 CT

Online Art History features a different topic each week. Selections are inclusive focusing mainly on European and American painting and sculpture, African American and Women artists.

September

Saint Louis Art Museum Highlights

- 9/11 Picturing Independence
- 9/25 Visions of Antiquity

\$10/2 lectures

October – Three-Part Series

A New Way of Seeing: Impressionism and the Road to Modern Art

Today, the soft colors, shimmering light, and familiar scenes of Impressionism can seem wonderfully inviting—but in the 19th century, these paintings were revolutionary. Impressionist artists challenged long-held ideas about what art should look like, what subjects were worthy of painting, and even what it meant for a painting to be “finished,” helping set art on a new path toward modernism. In this series, we'll explore the 19th century artistic context, meet its major artists and discover their distinctive approaches, and give special attention to the remarkable women who helped shape Impressionism and brought their own perspectives to modern life.

Fridays, October 2, 9 & 16

\$15/3-part series

November

- 11/13 The Divine M: Michelangelo and the High Renaissance
- 11/20 Domenikos Theotokopoulos aka El Greco: The Greek Who Transformed Spanish Painting

\$10/2 lectures

December

- 12/11 Winged Messengers: The Symbolism of Angels in a Selection of European Painting

\$5/1 lecture



Friday Film Club

The Picnic (1955)

Winner of Six Academy Awards

Starring William Holden, Kim Novak, and Betty Fields; Joshua Logan

Director

Emotions are ignited among the complacent townsfolk of a small Kansas community when a handsome drifter arrives on the morning of the Labor Day picnic. Running time 1 hour, 55 minutes

September 25, 1:00

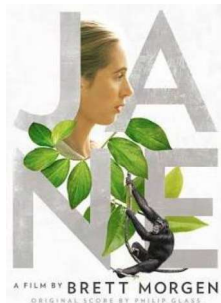


Jane (2017)

Documentary Directed by Brett Morgen

The acclaimed 2017 biographical documentary *Jane*, directed by Brett Morgen, draws from over 100 hours of rediscovered National Geographic archival footage to chronicle Jane Goodall's early scientific fieldwork and revolutionary chimpanzee research in Tanzania. Running time 1 hour, 30 minutes

October 16, 1:00



Meet Me In St. Louis (1944)

Starring Judy Garland, Margaret O'Brien, and Mary Astor; Vincente Minnelli Director

The movie, set in the year leading up to the 1904 St. Louis World's Fair, tells the story of the four well-to-do Smith daughters, who learn lessons of life and love as they reluctantly prepare for a move to New York with their parents. Running time 1 hour, 53 minutes

November 20, 1:00



Weekly Exercise Classes

Registration Open!

3 Ways to Participate

In-person, Online, Recordings

Interval Exercise

Led by Mary Beth Wilczak

Every Tuesday from 10:30-11:30

Webster Groves Presbyterian Church

45 W. Lockwood, 63119

Five-minute intervals of cardio, isolation exercises, stretching and balance done to music. With or without weights, standing or seated – suited to all exercise abilities. In-person, via Zoom & recordings available for registered participants. Class Fee: \$5/week

Chair Yoga

Led by Debbie Daugherty

Every Thursday from 10:20-11:05

Webster Groves Presbyterian Church

45 W. Lockwood, 63119

Improve your balance, learn restorative breathing, functional skills and relaxation techniques. Includes seated and standing yoga poses. In-person, via Zoom & recordings available for registered participants. Class Fee: \$5/week

Line Dance

Glenda Gordon, Instructor

Every Friday from 10:00-11:00

Grace Episcopal Church

514 E. Argonne Dr., Kirkwood 63122

(corner of Argonne & Woodlawn)

The Wobble, Cupid Shuffle, Electric Slide and more! A few current class favorite dances include: Chicago Style, Friday Night, Jerusalema, Tucka and Pressure. Wear comfortable shoes, bring a water bottle and be ready to move! In-person only. Class Fee: \$2/week payable at the door, all participants must pre-register.



Shepherd's Center History

The Shepherd's Center of Webster-Kirkwood is part of a national network of 55 centers. Since 1998, we have helped older adults to find enrichment, maintain independence and stay socially active. Over 300 local volunteers help us fulfill our mission.

Mission & Purpose

Inspiring older adults through volunteerism, enrichment, and community connection.

Offering volunteer driven programs and services, we help older adults to remain active, independent, intellectually engaged and socially connected.

Community

The Shepherd's Center is committed to bringing together individuals from all walks of life to strengthen communities through support and service. Our values of inclusion and empowerment create a culture of belonging where all are welcome.

Ways to Give

With your partnership, we can equip, empower, and engage older adults to be active, independent, intellectually engaged and socially connected. 58% of the Shepherd Center's annual budget comes from individual donors. Every dollar makes a difference!

To Donate:

Go to www.shepherdscenter-wk.org and click/tap on Donate Now or, mail checks to Shepherd's Center, 45 W Lockwood Ave., Room 303, Webster Groves, MO 63119



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