

Adventures in Learning – Harrison Avenue

Tuesdays, October 18 to November 15, 2011 with
 Special Lecture *Kirkwood Roots* Tuesday, December 6

*A program for older adults created in collaboration between the Shepherd's Center of
 Webster-Kirkwood and Harrison Avenue Missionary Baptist Church*

9:00-10:00 Session – Coffee Talk

A new topic each week shared over coffee and bagels.

- **October 18** – Helpful Hints for Seniors: 10 Ways to Improve Your Memory, Carol Melka, Lutheran Senior Services
- **October 25** – UMSL Life Review Project with Laurel Willis
- **November 1** – Helpful Hints for Seniors: Terese Labovitz, County Older Residents Program (CORP)
- **November 8** – TBD
- **November 15** – TBD

10:10-11:00 Session – Featured Speakers

- **October 18** – “Adventures and Absolutes,” Rev. Karen Anderson, Olive Chapel AME
- **October 25** – Gretchen Curry, Book Review *The Grace of Silence* by Michele Norris
- **November 1** – Betsy Solomon, Edmonia Lewis and Camille Claudel: Two Women Artists of the 19th Century
- **November 8** – TBD
- **November 15** – TBD

11:10-12:00 Session – Exercise Hour

Chair Yoga and More with Holly Ohmes. This chair-based exercise class is a blend of stretching and conditioning done to music. It includes some T'ai Chi and Yoga. Holly has taught this class in conjunction with the Arthritis Foundation.

Come to one session or attend all three!

Space is limited, see reverse of this flyer for registration and fee information.

All programs held at

Harrison Avenue Missionary Baptist Church
 355 South Harrison, Kirkwood MO 63122

Special Lecture!

*Kirkwood Roots with Curator Thomas Sleet,
 Missouri History Museum*

Tuesday, December 6, 10:00 – 11:00

Kirkwood Roots is a multimedia installation exploring the historic African American community in Kirkwood, Missouri. From the first settlement before the Civil War to the period of intensive suburban development following World War II, African Americans lived in a cohesive community composed of 11 separate neighborhoods in an area that is part of today's Kirkwood. This new installation at the Missouri History Museum is drawn from memories, interviews, community history and evocative objects. Join exhibition curator Thomas Sleet as he shares *Kirkwood Roots*.

Space is limited, see reverse of this flyer for registration information.



TBD

**What do you want to learn? What are your interests?
What's fun? Who should our guest speakers be?**

Tell us what this program should be ...

**Topic To Be
Determined**

Return your suggestions to the Shepherd's Center with your registration or bring them to Adventures in Learning. Include your name to enter in a drawing for great prizes. Name: _____

Registration and Fees

- Adventures in Learning cost per person is \$4.00 for each Tuesday (breakfast included) or \$20 for the entire 5-week session plus the special lecture on December 6.
- Scholarships available. Or, give your time inkind, help us on Tuesdays and attend the program. For more information, call Betsy at 314-779-9231.
- To register, please use the attached registration form and include a check payable to Shepherd's Center of Webster-Kirkwood.

Volunteers

- We need your help on Tuesdays! For more information, call Betsy at (314) 779-9231.

Community Advisors

Many thanks to our community advisors for their ideas and support: Rev. Jeffery Croft, Pastor, Harrison Avenue Missionary Baptist Church; Rev. Monte Haun, Executive Pastor, Concordia Lutheran Church; Ron Hodges, Board of Directors, Shepherd's Center of Webster-Kirkwood; Gayle McHenry, Executive Director, Shepherd's Center of Webster-Kirkwood; Harriet Patton, President, Meacham Park Neighborhood Improvement Association; Geneva Powell, Shepherd's Center Volunteer, HAMBC



Shepherd's Center Services For Older Adults 55+

Transportation Ministry

Our volunteers drive older adults 55+ in our area to their medical appointments.

Chores Galore

Get a clean start to spring or fall as youth groups offer weekend yard work.

Handy Hands

Volunteers roll up their sleeves and get to work as they provide minor home repairs.

Youth Shepherding the Journey

Girl Scouts and older adults enjoy time together as they write letters, bake cookies and just have fun.

Resource Center

Give us a call and we can help you locate professional agencies and services.

Lending Library

Books, movies and more are here for you to check out and enjoy at home.



The Shepherd's Center of Webster/Kirkwood, Inc. is a non-profit interfaith volunteer organization that provides programs and services for older adults. For more information, call 314-395-0988 or go to www.shepherdscenter-wk.org.