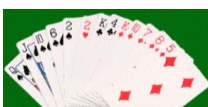


SCT Group Activities

Sign up for our Monday email at www.shepherdscentertopeka.org to receive information on Activity Groups.



Bridge Group - 1st and 3rd Thursday of the month from 1:00 - 3:30 pm, at Our Savior Lutheran Church, 2021 SW 29th St, Topeka. To play, arrangements must be made by Monday at 5:00 by calling Joan Arterburn at 408-5174. You need to be **fully vaccinated** to play.

Hand and Foot Canasta - 2nd and 4th Tuesday of the month from 2:00 - 4:00 pm, St. David's Episcopal Church, 3916 SW 17th St, Topeka. You will need to be **fully vaccinated** to play. You will need to be there before 2:00 pm, and stay for the entire game. If you would like to play, please email Caroline Huff at lilbopper1@gmail.com or call 228-2447.



Shepherd's Center Book Club - 1st and 3rd Monday of the month from 2:00 - 4:00 pm at Westminster Presbyterian Church, 1275 SW Boswell Ave., Topeka. Contact Pat Kirkman at pattyk696@yahoo.com. **Vaccination required**, and masks in building halls.

MAP Group (Memoirs, Ancestry, Photos) - via Zoom - 4th Wednesday of the month 10:00 - 11:30 am. Contact Rich McReynolds at rlm4017@gmail.com if you would like to join this group. A Zoom link will be sent to you before the meeting.



Family History Writing Group - 2nd Wednesday of the month, 10:00 - 11:30 am, Lowman United Methodist Church, room 12. Do you have great family stories to tell, and you want to pass them down to the next generation but don't know where to start? Sally Kahle, the coordinator for this group, will help you get started. Contact our office for more information.



Line Dancing - 2nd and 4th Thursday of the month from 1:30 - 3:30 at First Baptist Church, 3033 SW MacVicar Ave, Topeka. **Vaccines are required**, masks optional. Please call Glenna Meek at 785-273-4727 to register for this activity.



SMS - Strength, Mobility, Stability Exercise Group (SMS)

Monday 9:00- 9:30 am, Arbor Court, 4200 SW Drury Lane, Topeka.
Tuesday and Thursday, 9:00 - 9:30 am, Rosehill Place, 3600 SW Gage Blvd # 97, Topeka.
Tuesday and Thursday, 10:00 - 10:45, Grace UMC, 2627 SW Western Ave, Topeka.
Please contact Shirley Edgerton - Instructor at 979-4495 if you would like to attend.

Tai Chi for Health (TC) - Monday and Thursday each week from 10:00 - 11:00 at Lowman United Methodist Church Fellowship Hall. No training needed, just watch and follow. Please contact Madon Daily at 505-424-8989 or madondailey@gmail.com. **To Join from Home via Zoom** Monday - Friday contact Madon for the Zoom link and password.



Pickleball - Monday and Wednesday, 1:00 – 3:00 pm, First Baptist Church, 3033 SW MacVicar Ave, Topeka. Park on West Side where gym is located. Requires a signed liability waiver. SCT Membership strongly encouraged. No inexperienced at this time. Contact Cyndi Ryan, Group Coordinator, at cyndi.ryan@sbcglobal.net. Dave Mathis Co-Coordinator. Mask are required off the court.

Donations are welcomed to help support the Shepherd's Center of Topeka.