

Sponsoring Congregations

Brookwood Covenant
Central Congregational
Christ the King
Countryside United Methodist
Crestview United Methodist
Faith Lutheran
First Baptist
First Congregational
First Christian (Disciples)
First Lutheran
First Presbyterian
First United Methodist
Grace Episcopal Cathedral
Grace United Methodist
Lowman United Methodist
Most Pure Heart of Mary
Our Savior's Lutheran
St. Augustine's Anglican
St. David's Episcopal
Susanna Wesley U. Methodist
Trinity Presbyterian
University United Methodist
Westminster Presbyterian
West Side Christian

We welcome clergy of our sponsoring churches who may attend Shepherd's Center FREE for a single class or a full session. We only ask that you call the office beforehand, 249-3258, and spread the good news later!

Community Partners

Aldersgate Village
Arbor Court
Atria Hearthstone
Brewster Place
Grace Home Care
Great Adventure Tours
Great Lakes Caring
Healthcare Resort



April "Adventures in Learning"! Engage, Learn, Enjoy! Meet new Friends and Make a Difference!

Shepherd's Center of Topeka is a community ministry whose mission is to operate a volunteer seniors organization that enhances socialization, physical well-being, spiritual growth, and education for life.

Registration February AiL — 61 via Zoom

Issue No. 76 — March and April 2021

The Treasurer's Report - Getting Past 2020

The year 2020 has been a challenge for Shepherd's Center of Topeka. However, financially we fared rather well considering the situation. We started the year with a cash balance of \$35,422 and ended the year with a cash balance of \$35,322. A total income of \$36,841 was only 72% of our budget, but we did receive one donation of \$5,000 during the year. Expenses of \$41,509 were 86% of the budget. Accounting charges and financial fees were 200% over budget. Our Director, Karen, has done a superb job of keeping costs down through these difficult times. The Board of Directors thanks all who made extra contributions to SCT this past year. Your continued support is needed to maintain our many programs for your benefit.

Carl Nuzman, Treasurer



Last year when hired as the director of the Shepherd's Center, I looked forward to working with all the volunteers who dedicate their time to make this organization a place for many people to learn, grow, socialize, and be involved with something beneficial. Last year we faced many challenges, and I think we have done an excellent job of adapting and working around obstacles. We had to slow down and do things differently, and we made the best of it. We canceled our socials and travel, and we missed one month of "Adventures in Learning", but we improvised with Zoom. We stopped several programs, and we worked together to continue other programs safely. In-person activities continued over this past year with Shirley's SMS Exercise Class and Madon's Tai Chi. We continued "Adventures in Learning", and two Activity Groups remain active via Zoom—the Spiritual Book Club, coordinated by Pat Kirkman, and the MAP Group, coordinated by Ellen Horn. Mike Stanfill, SCT's Chairman, has been there along the way, helping facilitate Zoom events.

It concerns me that our membership is one-third, and AiL registration is one-third of what it was last year. SCT is an organization run by volunteers, and I know the isolation has kept us from meeting and planning as usual, but I ask that you join me to raise funds this summer for SCT. To help, please email me at shepherdstopeka@yahoo.com.

I want you to know that the board and I have thought often about you during this pandemic, and we have tried our best to keep our programs going. Many of you have started getting your vaccines, and I think we are getting closer to getting back together. We are planning on having August "Adventures in Learning" in person. Are you ready? I am, are you with me? Let's do it!

Blessings, Karen Willard, Director

April "Adventures in Learning" via Zoom! Online Registration is Now Open



March 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Spiritual Book Club 2-4 via Zoom Tai Chi 10 LUMC & Zoom	2 Tai Chi 10 Zoom	3 Tai Chi 10 Zoom	4 Tai Chi 10 LUMC & Zoom	5 Tai Chi 10 Zoom	6
7	8 Tai Chi 10 LUMC & Zoom	9 Tai Chi 10 Zoom	10 Tai Chi 10 Zoom	11 Tai Chi 10 LUMC & Zoom	12 Board Meeting Tai Chi 10 Zoom	13
14	15 Spiritual Book Club 2-4 Zoom Tai Chi 10 LUMC & Zoom SMS 10 Grace UMC	16 Tai Chi 10 Zoom	17 St. Patrick's Day Tai Chi 10 Zoom	18 Tai Chi 10 LUMC & Zoom SMS 10 Grace UMC	19 Tai Chi 10 Zoom	20
21	22 Tai Chi 10 LUMC & Zoom SMS 10 Grace UMC	23 Tai Chi 10 Zoom	24 MAP Group 10-11:30 Zoom Tai Chi 10 Zoom	25 Tai Chi 10 LUMC & Zoom SMS 10 Grace UMC	26 Tai Chi 10 Zoom	27
28	29 Tai Chi 10 LUMC & Zoom SMS 10 Grace UMC	30 Tai Chi 10 Zoom	31 Tai Chi 10 Zoom			

April 2021

Let the Adventures begin via Zoom! Fridays 9 - 11:30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Tai Chi 10 LUMC & Zoom SMS 10 Grace UMC	2 Tai Chi 10 Zoom	3
4	5 Spiritual Book Club 2-4 via Zoom Tai Chi 10 LUMC & Zoom SMS 10 Grace UMC	6 Tai Chi 10 Zoom	7 Tai Chi 10 Zoom	8 Tai Chi 10 LUMC & Zoom SMS 10 Grace UMC	9 Adventures in Learning— Zoom Tai Chi 10 Zoom	10
11	12 Tai Chi 10 LUMC & Zoom SMS 10 Grace UMC	13 Tai Chi 10 Zoom	14 Tai Chi 10 Zoom	15 Tai Chi 10 LUMC & Zoom SMS 10 Grace UMC	16 Adventures in Learning— Zoom Tai Chi 10 Zoom	17
18	19 Spiritual Book Club 2-4 via Zoom Tai Chi 10 LUMC & Zoom SMS 10 Grace UMC	20 Tai Chi 10 Zoom	21 Tai Chi 10 Zoom	22 Tai Chi 10 LUMC & Zoom SMS 10 Grace UMC	23 Adventures in Learning— Zoom Tai Chi 10 Zoom	24
25	26 Tai Chi 10 LUMC & Zoom SMS 10 Grace UMC	27 Tai Chi 10 Zoom	28 MAP Group 10-11:30 Zoom Tai Chi 10 Zoom	29 Tai Chi 10 LUMC & Zoom SMS 10 Grace UMC	30 Adventures in Learning—Zoom Tai Chi 10 Zoom	

SCT Group Activities

Please check our calendar for current activities.
You will be notified in our Monday email when Activity Groups start up.



MAP Group - Online via Zoom

MAP (Memoirs—Ancestry—Photos) group is coordinated by Ellen Horn. They meet on the **fourth Wednesdays of the month**, 10:00-11:30 at First Presbyterian, 8th & Harrison.



Spiritual Book "Club" Group - Online via Zoom

Spiritual Book Group meets on the **first Mondays** in the library at First Congregational, 17th & Collins, from 2-4:00. Group Coordinator is Pat Kirkman, for information on present study, 231-0376.



Tai Chi for Health with Madon Dailey

Mondays and Thursdays 10:00 - 11:00 am at Lowman United Methodist Church, Fellowship Hall, 4101 SW 15th Street, Topeka. If you would like to sign up for this class, please contact Madon by emailing her at madondailey@gmail.com or call 785-845-4478. There is a limit of 15 in-person attendees for this class. Due to Covid, Social distancing is required, and masks are to be worn. To Join **Madon from Home via Zoom** Monday thru Friday at **10:00 am contact Madon or go to our website for the Zoom link.**



SMS Strength, Mobility and Stability Exercise Group

Monday and Thursdays at 10:00 am at Grace United Methodist Church, 26th & Western (middle door). Instructor is Shirley Edgerton. Ann Look is group coordinator. Voluntary donations support local charities.

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

Pickleball Group for Doubles

Wednesdays First Baptist, 30th & MacVicar, from 1-3:00. Park on the WEST side. Gym is right inside the doors. **No new players at this time. You must register online to play.** Requires a signed liability waiver. Email Cyndi if you would like to play. Group Coordinator is Cyndi Ryan and Dave Mathias Co-Coordinator.



The Following Groups are Not Meeting Due to Covid

Bridge Group



(Party Bridge - American Standard)

This Bridge group meets on the **1st & 3rd Thursdays** from 1-3:30 at Our Savior's Lutheran, 29th & Jewell. Park on the EAST side and use double doors. **Arrangements must be made by Monday at 5:00 by calling Joan, 408-5174.** Players record scores on tallies and winners calculated by Kathy Harr.

Hand & Foot Canasta Group

We meet on the **2nd & 4th Tuesday** of the month from 2-4:00 at St. David's Episcopal, 17th & Gage. Park on the WEST side of Church and walk hallway to the EAST end to fellowship hall. Group coordinator is Caroline Huff; Asst. Sharon Young.



Line Dancing Group



This group meets the **2nd & 4th Thursdays** of the month from 1:30-3:30 at First United Methodist, 6th & Topeka. Group Coordinator & Instructor is Glenna Meek. Sub/Assistant is Kathy Ogle.

TRAVELERS NEWS - Members Only

SCT members will have first opportunity to fill the buses on day trips, and summer vacation before a designated deadline, or filled. If space is still available by deadline, the trip may be open to non-members. Contact Great Adventure Tours at 785-633-8761 with questions, enrollment, or cancellations. Currently, no trips are planned for 2021.

**“Adventures in Learning!”
Classes for Friday, April 9, 2021**

9:00 - 9:50 a.m. Crafting with Yak’n Yarn and Karen Taylor

Do you love crafting? Do you love to crochet, knit, or weave? These are ways to reduce stress and make beautiful items for yourself or family and friends. Join Karen from Yak’n Yarn and learn more about crafting projects with yarn and fabric.



9:00 - 9:50 a.m. “Shawnee County Parks & Recreation Update”

Tim Laurent, Director of SCP&R, will cover the scope of the Department's responsibility, their Master Plan and the progress, current projects they are working on, and what is coming up in the future.

10:00 - Break

10:30 - 11:20 a.m. Trash Mountain Project with Bret Durbin

"Trash Mountain Project exists to develop Christ-centered environments for children and families living in trash dump communities worldwide. "Every day, thousands of children in many countries work tirelessly picking through trash in dangerous and unsafe dumps to help support their family. Brett will talk about the long-term changes they have begun to see due to their work over the past eleven years and their partnership with local leaders.

**10:30 - 11:20 a.m. Even the hairs of your head are numbered, but sometimes you need
a friend to help you count them! with Dana Schoffelmah**

This program will explore the power of supportive relationships and their connection to our mental, physical, and spiritual health. Learn how we are designed for relationships and how to unlock the power of the enlightened witness.

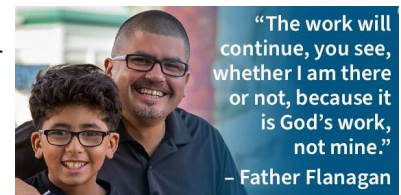
**“Adventures in Learning!”
Classes for Friday, April 16, 2021**

9:00 - 9:50 a.m. News and Views - Current Events Get Involved with Kevin McFarland

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas & viewpoints. Comments welcomed.

9:00 - 9:50 a.m. Boys Town Past and Present - by Mike Meek and Tom Lynch

Do you remember the 1938 movie “Boys Town” with Spencer Tracy as Father Edward J. Flanagan? Join Mike Meeks of Boys Town and Tom Lynch, Boys Town’s resident historian, and learn about their history and what Boys Town is doing now.



10:00 - Break

**10:30 - 11:20 a.m. The Mind of a Composer: How a Classical Music
Composition is Created with Dr. Gordon McQuere**

With the help of examples from historical musical works and his own compositions, we will explore the process of composing music. Here are some questions to be asked: Where do musical ideas come from? What is the starting point? Is there a typical or “best practice” method of work? What happens when things get complicated? What is the hardest part? How long does it take to write a piece of music? What are some common misconceptions?

10:30 - 11:20 a.m. Emerging Technology Trends with David King

We are living in a rapidly changing world with always-on connectivity. Many of these changes are taking place because of emerging technology trends. This presentation provides a brief explanation of current and emerging technology trends and how those trends affect our lives and community.

“Adventures in Learning!”
Classes for Friday, April 23, 2021

9:00 - 9:50 a.m. What’s Happening at the Topeka Zoo? with Brendan Wiley, Director
Join Brendan for an update on what’s happening at the Zoo.

9:00 - 9:50 a.m. Live Demonstration - The Art of Bagels with Pastor Patrick Yancey
Using just six easily found ingredients, we will show you how you can make bagels in your own home! There is nothing better than home baking, and these bagels are far better than what you can buy at any bagel shop. We'll give you a great recipe as a guide and show you how to make the dough, shape and boil the bagels, add toppings of your choice and bake them to perfection. With the time we have, we will make "Everything" bagels and discuss options for many other enhancements - the possibilities are unlimited! Once you learn to make bagels at home, you'll never buy them again!

10:00 Break

10:30 - 11:20 a.m. “Where do I Start.” Reversing the Physical Effects of a Pandemic with Julie
Do you need a little encouragement with getting more active? Join Julie with Brewster to get started with this interactive class. She'll talk a little and teach a lot in this interactive exercise class. So, get your comfy clothes on, and get ready to rumble, and be encouraged. Join in on the fun to get your jump start.

10:30 - 11:20 a.m. Cultures of the Middle East with Dr. Bassima Schbley Associate Professor in of the Social Work Department at Washburn University
Dr. Bassima Schibley will share her extensive, personal knowledge of Middle Eastern cultures. Among other topics, she will focus on Gender Equity Theory, Muslim Lebanese women's religious resurgence, socio-economic barriers to health and education.

“Adventures in Learning!”
Classes for Friday, April 30, 2021

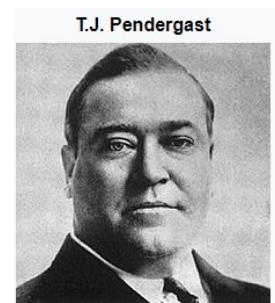
9:00 - 9:50 a.m. News and Views - Current Events Get Involved with Kevin McFarland
Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas & viewpoints. Comments welcomed.

9:00 - 9:50 a.m. TARC with Cathy Huckins
Cathy will share information about the services provided for infants and toddlers in Shawnee County with developmental delays/disabilities. It will include information on requirements for the program and exciting technologies that help babies and toddlers participate in community activities and interventions that assist families in supporting their child's development. We will also demonstrate the use of a communication device with a parent and child.

10:00 - Break

Please Note - There is only one presentation at 10:30

10:30 - 11:20 a.m. Boss Tom, Kansas City’s Infamous Mobster by Tom Luellen
During the 1920s and 1930s, Kansas City was called 'Tom's Town'. Learn how the Tom Pendergast machine controlled the city and allowed open saloons and gambling during Prohibition and the Depression.



Funding Sponsors

Thank you to Sponsoring Churches who have donated in 2021

Brookwood Covenant Church
 Trinity Presbyterian Church
 First Lutheran Church
 Wanamaker Woods Church of The Nazarene
 St. Augustine Anglican Parish
 First Baptist Church

Thank you to our Host Sponsors

- Arbor Court
- Countryside UMC
- Christ the King
- First Baptist
- First Christian
- First Congregational
- First Methodist
- First Presbyterian
- Grace UMC
- Lowman UMC
- Our Savior's Lutheran
- St. David's Episcopal

Community Partners

Don't forget that our sponsoring church congregations and community partners have a link directly to their websites on our website at **shepherdscen-ter-topeka.org**. Just click on the sponsor name.

Sponsors/Community Partners

Keeping Seniors Active is the Best Medicine!

Please help us spread the news about Shepherd's



Center and all of the classes and activities that this community ministry provides. If you would simply make a few copies of this newsletter available for folks to pick up and read, you would help us connect

with people who may benefit from our program who may never learn of Shepherd's Center otherwise.

"Because We Care"



If you, or a member you know, are having health issues or have had a death in the family, we sincerely want to hear from you. Please contact our chaplain Charlotte Milroy for Prayer and Support at 234-4243 charmilr@gmail.com.

Frequently Asked Questions

How do I become a member of Shepherd's Center?

Membership is \$30 per year, pre-pay in December or by January 15th (to maximize benefits). The benefits of membership are:

Reduced fee for Adventures in Learning sessions. (\$25 members; \$30 regular fee)

Eligible for Travelers field trips, day trips, vacation, depending on registering before filled.

Inclusion in SCT Membership Directory in next printing. Free directories for members. (\$5 value)

Do I have to be a member to participate in group activities?

Because we are a community ministry, we do not charge for our 8 group activities. Our host does not charge SCT, and we pass it on. However, many people CHOOSE to become members of Shepherd's Center, not just for the benefits, but because they believe in its mission and want to support the ministry.

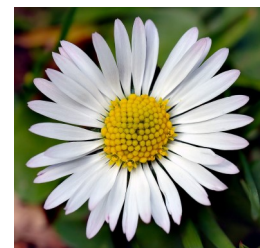
How much time commitment is there to volunteer?

You can help a little or a lot, as many hands make less work. When you do, you're eligible for the annual volunteer banquet and volunteers get first preference for the annual vacation. All aspects of SCT is run by volunteers whose efforts are coordinated by the Director. Just ask or email shepherdstopeka@yahoo.com if you would like to help out.

Guest Policy

Everyone (member or guest) must register to attend an Adventures in Learning session. First time guests are FREE but need to register by Tuesday before the Friday they plan to attend so we have an accurate count for refreshments. A new walk-in, however, is never turned away. Guest tags are at the front registration table.

Visitors may come ONCE without paying, but then must pay the \$30 registration fee if they wish to come the remaining Fridays for that month. It costs nothing to check us out — we're confident that you'll want to come again.



April "Adventures in Learning" via Zoom

Registration:

Mail completed registration form to SCT, 4101 SW 15th ST, Topeka, KS 66604, along with check payable to SCT. Check Box if New Member or Information Change.

Name (s) _____ Phone # _____

Address/Zip _____

E-mail Required: _____ Place of Worship: _____

Reminder: You can also register and pay online at www.shepherdscentertopeka.org

For April AiL please do not drop your registrations off at the office.

2021 Membership Dues _____ x \$30.00 = _____

Adventures in Learning Zoom _____ **Member Rate** x \$25.00 = _____

Adventures in Learning Zoom _____ **Regular Rate** x \$30.00 = _____

Late fee after March 31, _____ Registrations x \$5.00 = _____

Donations to SCT = _____

Checks Payable to SCT - Check Total = \$ _____

Check if you are a FIRST TIME GUEST = You get 1 Friday FREE. (Make class selections below for chosen Friday)

Please add a \$5 late fee to your registration after the due date of March 31.

Mark one class for each time slot.

April 9 , 2021

9:00-9:50 A. Yak'n Yarn - Karen Taylor _____

B. Shawnee County Parks & Rec _____

10:00 Break

10:30-11:20 C. Trash Mountain Project _____

D. "Sometimes you Need a Friend" _____

April 16, 2021

9:00-9:50 A. News and Views with Kevin _____

B. Boys Town Past and Present _____

10:00 Break

10:30-11:20 C. Music Composition - G. McQuere _____

D. Emerging Technology Trends - D. King (TSCL) _____

April 23, 2021

9:00-9:50 A. What's Happening at Topeka Zoo _____

B. Making Bagels with Pastor Patrick Yancy _____

10:00 Break

10:30-11:20 C. "Where do I Start" - Julie, Brewster _____

D. Cultures of the Middle East with Dr. Schbley _____

April 30, 2021

9:00-9:50 A. News and Views with Kevin _____

B. TARC Update - Cathy Huckins _____

10:00 Break

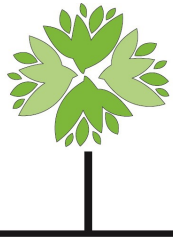
10:30-11:20 C. Boss Tom, Kansas City's Infamous

Mobster by Tom Luellen _____

Shepherd's Center of Topeka is located at Lowman United Methodist Church, 4101 SW 15th Street, Topeka, Kansas. We are NOT hosting "Adventures in Learning" face to face at LUMC. Our speakers will be presenting via Zoom and we hope you will join us. If you have any questions, or need help with Zoom, please email Karen at shepherdstopeka@yahoo.com or call 785-249-3258.

Thank you for your patience and support during these past months of isolation as we continue to bring you "Adventures in Learning" via Zoom!

DUE DATE— March 31



Shepherd's Center of Topeka
4101 SW 15th Street
Topeka, Kansas 66604-4337

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Community Partners Cont'

- Home Instead Senior Care
- Jayhawk Area Agency on Aging
- Kansas Rehab Hospital
- Legend at Capital Ridge
- McCrite Plaza Topeka
- Midland Care
- Midwest Health:*
 - Caregivers Home Health
 - Lexington Park
 - Rolling Hills
 - Homestead—Auburn
- Oakley Place Care
- Rebound Physical Therapy
- Stormont—Vail Healthwise
- Tanglewood Health & Rehab
- Topeka—Shawnee County
- Public Library
- University of Kansas Health System—St. Francis Campus
- Continued Care

Donations and Volunteers

Shepherd's Center of Topeka is now one of the charitable organizations eligible to receive Thrivent Financial Choice Dollars. If you are a Thrivent client, please consider directing some of your Choice Dollars to Shepherd's Center by the **March 31, 2021 deadline**. We know at least one Shepherd's Center member had already donated Choice Dollars.

Thrivent is a membership-owned financial services organization providing financial advice, investments, insurance, banking, and generosity programs to help people make the most of all they've been given. Through Thrivent Choice, members/clients can influence how Thrivent distributes some of its charitable funding. Giving back is important to many clients, and it's part of what makes Thrivent Financial truly unique. Thrivent Choice is one of the membership programs available to help clients make a meaningful impact in their communities. To learn more, visit thrivent.com or contact the local Kansas Heartland Thrivent Financial group.

New Volunteers – Marilyn Rowland has volunteered for the bookkeeper position, and Elaine has graciously agreed to stay on to help train Marilyn. Janice Brown has volunteered to create our speakers catalog for "Adventures in Learning". Thank you, Marilyn and Janice, for your help and support.

Volunteers Needed for SCT Fundraiser: I need volunteers to help with a Fundraiser in June or July. Please email me to help.

Register Now - April "Adventures in Learning" via Zoom!
Online Registration is Now Open