

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



October "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.

Attendance AiL Fall Session - 75 via Zoom

Issue No. 74

Winter 2020

A Year of Change... 2020

Greetings, as we approach the holiday season and year end, I want to reflect just a bit on our journey over the year. A new director, new website, new email system, new virus, lock downs, masks, isolation, new ways to communicate, "AiL" via Zoom, too much television not enough activity, social discourse, media conflicts, elections. When you look at these changes maybe all you can see is adversity but look a little closer and see that there are many blessings even in the trials and tribulation of life.

I found many blessings in my year of adversity. I discovered a simple platform to create a website and new email system, the virus locked me down, but I see my out of state family more via Zoom, I saved money this year, and I don't take small things for granted. What have you learned over this past year? I would ask that you reflect on what you have learned about yourself and your strengths and take a closer look and discover your blessings. You might have a new perspective on life or maybe you have found that you are more resilient than you thought. We will get through these trials, and I am hoping for a better next year. Our lives might not be the same or what we expected, but what we do know is that God is good, He remains sovereign and we can put our trust in that truth.

Now for one more change, as you are aware, our income has significantly decreased over this past year due to Covid. It is because of this that we have decided to discontinue mailing our bi-monthly Newsletter unless **you request** to be put on the mailing list. You can do this by emailing me or calling the office. To receive our Monday emails and the bi-monthly Newsletter by email you will need to subscribe to our Newsletter on our website at www.shepherdscentertopeka.org. Our next Newsletter in December will be sent to your email and available on our website. Please remember that "AiL" registration forms can be printed from our website and mailed. Our February "Adventures in Learning" will be held via Zoom. Please let me know if you have any questions.

Just a reminder that Membership Dues are to be paid in January. Membership dues, "Adventures in Learning" fees, sponsorship, donations, and grants are the only income for the Shepherd's Center, and your membership is important for the sustainability of SCT.


Sincerely, Karen Willard, Director

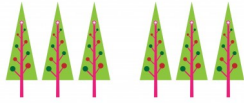




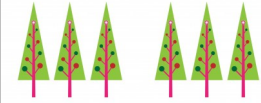
NOVEMBER 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Spiritual Book Club 2-4 via Zoom	3 SMS Exercise 8:45 & 10:00am at Grace UMC	4	5 SMS Exercise 8:45 & 10:00 at Grace UMC	6	7
8	9	10 SMS Exercise 8:45 & 10:00am at Grace UMC	11 	12 SMS Exercise 8:45 & 10:00 at Grace UMC	13	14
15	16 Spiritual Book Club 2-4 via Zoom	17 SMS Exercise 8:45 & 10:00am at Grace UMC	18	19 SMS Exercise 8:45 & 10:00 at Grace UMC	20	21
22	23	24 SMS Exercise 8:45 & 10:00am at Grace UMC	25 MAP Group 10 - 11:30 via Zoom	26	27	28
29	30					



DECEMBER 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 SMS Exercise 8:45 & 10:00am at Grace UMC	2	3 SMS Exercise 8:45 & 10:00am at Grace UMC	4	5
6	7 Spiritual Book Club 2-4 via Zoom	8 SMS Exercise 8:45 & 10:00am at Grace UMC	9	10 SMS Exercise 8:45 & 10:00am at Grace UMC	11 Board Meeting 10:00 LUMC	12
13	14	15 SMS Exercise 8:45 & 10:00am at Grace UMC	16	17 SMS Exercise 8:45 & 10:00am at Grace UMC	18	19
20	21 Spiritual Book Club 2-4 via Zoom	22 SMS Exercise 8:45 & 10:00am at Grace UMC	23 MAP Group 10 - 11:30 via Zoom	24 SMS Exercise 8:45 & 10:00am at Grace UMC	25 	26
27	28	29 SMS Exercise 8:45 & 10:00am at Grace UMC	30	31 SMS Exercise 8:45 & 10:00am at Grace UMC		

SCT Group Activities

Sign up for our Monday emails at
www.shepherdscentertopeka.org to receive weekly updates.

SMS - Strength, Mobility, Stability Exercise Group at GRACE UMC ONLY Tues and Thurs, 8:45 - 9:30 and 10:00 - 10:45, Grace UMC, 2627 SW Western Ave, Topeka

Spiritual Book Club - Meeting via Zoom 1st Monday of the month from 2:00 - 4:00 pm Contact Pat Kirkman or SCT if you would like more information.

MAP Group (Memoirs, Ancestry, Photos) Meeting 4th Wednesday of the month via Zoom from 10 - 11:30 Contact Ellen Horn if you would like to join this group.

Tai Chi for Health - Monday and Thursday 9:30 - 10:30 at Lowman United Methodist Church, Fellowship Hall. Contact Madon Daily at 505-424-8989 785-845-4478 or madon-dailey@gmail.com. To Join Madon from Home via Zoom go to Zoom Meeting ID: 879 2206 7084 Passcode: 759029

THE SCT GROUP ACTIVITIES LISTED BELOW HAVE BEEN CANCELLED THROUGH NOVEMBER and DECEMBER OR UNTIL FURTHER NOTICE.

Pickleball Mondays, 3 – 5:00, Countryside UMC, 3221 SW Burlingame Rd, Topeka

Hand and Foot Canasta 2nd and 4th Tuesday of the month, 2 - 4:00 pm, St. David's Episcopal Church, 3916 SW 17th St, Topeka

Bridge 1st and 3rd Thursday of the month, 1 - 3:30 pm, Our Savior Lutheran Church, 2021 SW 29th St, Topeka

Line Dancing 2nd and 4th Thursday of the month from 1:30 - 3:30 at First United Methodist Church, 600 SW Topeka Blvd, Topeka

TRAVELERS NEWS - Members Only

Our next scheduled day trip is "Hank Williams: Lost Highway" at New Theatre in Overland Park on June 9, 2021. SCT members will have first opportunity to fill the buses on any trips before a designated deadline. There will be more information to come after the first of the year regarding day trips and summer vacation.

If you are interested in travel before SCT sponsored trips resume you can check Great Adventures Tours at: www.greattourstopeka.com Contact Oneta by emailing her greattours@gmail.com or call 633-8761.

MEMBERSHIP AND PARTICIPATING

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.

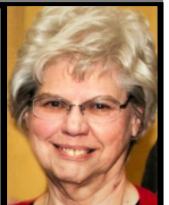
Membership is \$30 per year, pre-pay by January 15th (to maximize benefits). The benefits of membership are: Reduced fee for Adventures in Learning sessions. Eligible for Travelers field trips, day trips, vacations. Inclusion in SCT Membership Directory in next printing. Free directories for members.

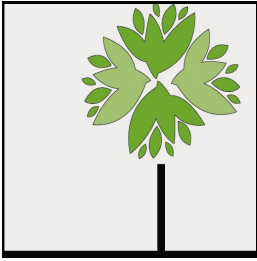
You don't have to be a member to participate in group activities. We are a community ministry, so we do not charge for our nine group activities. People become members of Shepherd's Center, not just for the benefits, but because they believe in its mission and want to support the ministry. Donations are always welcomed.

Shepherd's Center of Topeka is a 501 (c)(3) SCT's mission is to support the aging population with spiritual, physical, social and intellectual programs which has proven to make a difference in the quality of life of aging adults.

"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.





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 or email shepherdstopeka@yahoo.com.

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 2020

Thank you to Sponsoring Churches who donated in 2020

- Brookwood Covenant Church
- First Lutheran Church
- Trinity Presbyterian Church
- Wanamaker Woods Church of The Nazarene
- St. Augustine Anglican Parish
- First Baptist Church
- West Side Christian Church
- Our Savior's Lutheran Church
- Countryside United Methodist Church

Additional Donations and Grants - Thank you!

- United Way of Kansas Grant \$1,500
- Joan Porter \$500
- For the many individual donations to SCT of \$1,451

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