

Shepherd's Center Activity Groups Activities

For more information, call **785-249-3258** or go to www.shepherdscentertopeka.org and sign up for our emails.



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 785-408-5174.

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 want to pass them down to the next generation but don't know where to start? Contact our office for more information.



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 must arrive 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 785-228-2447.

Line Dancing - 2nd and 4th Thursdays, 1:30 - 3:30, and beginners class 1st and 3rd Thursdays from 1:30 - 2:30 at First Baptist Church, 3033 SW MacVicar Ave, Topeka. For questions, contact Karen Botkin at 785-945-6785 or Jim Bauer at 785-256-2432.



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.

Mexican Train Dominoes - 1st and 3rd Tuesday of the month from 2:00 - 4:00 pm, St. David's Episcopal Church, 3916 SW 17th St, Topeka. Do not enter the building before 1:45 pm. If you are interested in playing, please email the co-coordinators, Oattie Reed, reed7111@gmail.com, or Mary Adkins, marycatkeeper@gmail.com.



Pickleball - Monday and Wednesday, 1:00 - 3:00 pm, First Baptist Church, 3033 SW MacVicar Ave, Topeka. Park on the West Side, where the gym is located. Requires a signed liability waiver. SCT Membership is strongly encouraged. Contact coordinator Dave Mathias at davemathias@sbcglobal.net or Betsy Thompson at betsyjthompson@gmail.com for more information.

Shepherd's Center Book Club - 1st and 3rd Monday of the month, 2:00 - 4:00 pm at Westminster Presbyterian Church, 1275 SW Boswell Ave., Topeka. For more information, contact the office at 785-249-3258 or shepherdstopeka@yahoo.com.



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. If you would like to attend, call Anne Crawford at 785-273- 4527 or email anne.crawford@cox.net.

Tai Chi for Health (TC) - Monday 10:00 - 11:00 at Lowman United Methodist Church and Thursday 9:30—10:30 at Topeka Zoo. No training is needed. Contact Madon Daily at 505-424-8989 or madondailey@gmail.com. To join from home via Zoom, contact Madon for the link and password.



Widowed Support Group - 1st and 3rd Wednesday of the month from 3:30 - 5:00 pm, Arbor Court, 4200 SW Drury Lane, Topeka (Enter off 15th Street) Please park in Lowman UMC's parking lot. For more information contact one of the co-coordinators: Jerel Wright, 913-707-3377 B. Munoz, 785-249-2449, or S. McManus 785-230-4149.

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