

Sponsoring Congregations

Central Congregational
Christ the King
Countryside United Methodist
Crestview United Methodist
Faith Lutheran
Fellowship Bible Church
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
Prince of Peace Lutheran
St. Augustine's Anglican
St. David's Episcopal
Susanna Wesley U. Methodist
University United Methodist
Wanamaker Woods
Nazarene
Westminster Presbyterian
Westside Christian



Shepherd's center

OF TOPEKA

Engage, Learn, Enjoy

Meet new Friends and Make a Difference!

Shepherd's Center of Topeka is a interfaith-based ministry that provides opportunities for adults 55 and older to participate in educational, physical, spiritual, and social activities and events.

September / October 2025 Newsletter

Issue No. 95

Please welcome our new board member, Karen Odgers to the Board of Trustees

Karen will serve for two years, 2025-2027. Her experience will be very welcomed.

She has volunteered to be a part of your board while adjusting to retirement, moving to a our community, and downsizing on top of all this. Being able to move closer to family and grandchildren is a blessing.

Please take a few minutes to read about her and welcome them at our next Adventures in Learning in October.

My husband, Rodney, and I bought a house in Topeka in April 2023, but did not officially move in until July 2024. We had lived in Pittsburg, KS, for 47 years (in the same house!). Rodney was an internal medicine physician for 42+ years; I was a high school secretary for 20 years.

Our son's family, with 3 boys (7, 9, and 11), lives here, as does my sister/husband and my niece and her husband. Our daughter and husband live in Mission with 10-year-old twins. The move was to downsize and be closer to family - mission accomplished!

We have enjoyed attending the Adventures in Learning. Volunteering has been an important part of my life, and I look forward to having this opportunity here in Topeka.

The Big Move

Yes, We are looking for a new home! Lowman Church will not be renewing our lease, and has given us notice to vacate by December 31, 2025.

This decision is not in any way negative for either party. Lowman has given us a nice letter of recommendation for our future home.

So....we are looking for a new home. We will be contacting other churches for availability. We have a couple of meetings set up and are working on others.

We welcome **clergy** of our **Sponsoring Congregations** to attend **Adventures in Learning FREE for a single class or a full session.**

Please call the office beforehand at **785-249-3258** to let us know you're coming, and then share the Shepherd's Center's story with your congregation.

Community Partners

Aldersgate Village
Arbor Court
Cedarhurst
Celebration Villa of Hearthstone
Elara Caring
Grace Home Care
Great Adventure Tours
Great Lakes Caring
Healthcare Resort Topeka
Home Instead Senior Care
Jayhawk Area Agency on Aging
Kansas Rehab Hospital

Chili and Cinnamon Fundraiser November 1, 2025

Please come and join us for our next planning meeting on September 4, 2025 at 10:00 am

We will be a stand-alone project this year as Lowman will be holding the craft fair the following weekend. We are also looking to ask our activity groups to donate a basket for a silent auction. We are looking at having musical entertainment from 11:30 to 1 pm.

Volunteers Needed Contact the office, Marylin Buzzell or Karen Willard

Children's Discovery Center Tour October 22 at 10:00 am

We will meet at the Discovery Center at 9:45. Please let either me or Peggy McAdoo (peggymcadoo@gmail.com) so we know how many would like to attend.

REGISTER NOW FOR OCTOBER 2025 ADVENTURES IN LEARNING!

Shepherd's Center Activity Groups

Bridge Group - 1st and 3rd Thursday of the month from 1:00 - 3:30 pm Our Savior Lutheran Church, 2021 SW 29th St, Topeka. To play, arrangements must be made by Monday at 5:00pm by calling Joan Arterburn at 785-408-5174.



Writing Group - 2nd Wednesday of the month, 10:00 - 11:30 am Lowman UMC 4101 SW 15th St, Topeka 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 at 785-249-3258 email shepherdstopeka@yahoo.com.

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. **Do not enter the building before 1:45 pm** If you would like to play, please email Caroline Huff at lilbopper1@gmail.com.



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.

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.** Please email the co-coordinators, Marylin Buzzell mbuzz55@gmail.com, Judy Samuels dannysamuels@sbcglobal.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 Pat Kirkman pattyk696@yahoo.com



SMS - Strength, Mobility, Stability Exercise Group (SMS) Tuesday and Thursday, 10:00 - 10:45, Countryside United Methodist Church 3221 SW Burlingame Rd, 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 9:30 - 10:30 Lowman United Methodist Church 4101 SW 15th St, Topeka Tuesday 9:30—10:30 at Topeka Zoo in Kay's Japanese Garden No training is needed. Contact Madon Daily at 785-845-4478 or madondailey@gmail.com. To join from home via Zoom, contact Madon for the link and password.



Mah Jongg - 1st and 3rd Thursday of the month from 1:00—3:00 pm at Prince of Peace Lutheran Church at 3625 SW Wannamaker Road. For more information email Mike Stanfill at mstanfill@cox.net

Pitch & Pinochle - 2nd Tuesday of the month from 1:00—3:00 Our Savior Church at 2021 SW 29th St Contact Sandi or Roland by email at ckrskass1@att.net



**To receive information on Activity Groups
sign up for our Monday email at www.shepherdscentertopeka.org!**

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


September 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 LABOR DAY Book Club Pickleball Tai Chi - LUMC	2 SMS Mexican Train Tai Chi - Zoo	3 Pickleball	4 Chili Meeting 10 am SMS Mah Jongg Beg-Line dancing Bridge	5	6
7 Grandpar- ents Day	8 Pickleball Tai Chi - LUMC	9 Pitch/Pinochle SMS Canasta Tai Chi - Zoo	10 Pickleball Writing Group	11 SMS Line dancing	12 Board Meeting LUMC @ 9:30	13
14	15 Pickleball Tai Chi - LUMC Book Club MC	16 SMS Mexican Train Tai Chi - Zoo	17 Pickleball	18 SMS Mah Jongg Beg-Line dancing Bridge	19	20
21	22 Pickleball Tai Chi—LUMC	23 Rosh Hashanah SMS Canasta Tai Chi - Zoo	24 Rosh Hashanah Pickleball	25 Task Force Mtg 10:00 SMS Line dancing	26	27
28	29 Pickleball	30 SMS Tai Chi - Zoo				

October 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 Yom Kippur Pickleball	2 Yom Kippur SMS Mah Jongg Beg-Line dancing Bridge	3 Adventures in Learning LUMC	4
5	6 Book Club Pickleball Tai Chi - LUMC	7 SMS Mexican Train Tai Chi - Zoo	8 Pickleball Writing Group	9 SMS Mah Jongg Line dancing	10 Adventures in Learning LUMC	11
12	13 Pickleball Tai Chi - LUMC	14 SMS Tai Chi - Zoo Pitch/Pinochle Canasta	15 Pickleball	16 SMS Mah Jongg Bridge Beg-Line dancing	17 Adventures in Learning LUMC	18
19	20 Pickleball Tai Chi - LUMC Book Club	21 SMS Tai Chi - Zoo Mexican Train	22 Pickleball	23 SMS Line dancing	24 Adventures in Learning LUMC	25
26	27 Tai Chi-LUMC Pickleball	28 SMS Tai Chi - Zoo Canasta	29 Pickleball	30 SMS Line dancing	31 	CHILI FEED 

Adventures in Learning - Friday, October 3, 2025

9:00 - 9:50 News and Views - Current Events - Get Involved with Jim Brewer

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 am Dealing with Change and Transition in Later Life with Connie Michaelis

Change is life's constant companion—sometimes it's a small adjustment, other times it feels like an earthquake. For older adults, transitions can be especially challenging, whether it's a move, a health shift, or the loss of a loved one.

9:00 - 9:50 am Writing Non-Fiction: A True Crime Example with Ernie Webb III

Ernie Webb III will talk about writing nonfiction, sharing his experiences researching and writing his true crime book Goodbye, Butterfly.

10:00 Break

Refreshments provided by Tanglewood Health and Rehab

10:40 - 11:30 am Which Hat Will You Wear Today Cyrus? with Sara Neiswanger Weaver

From ideation to illustration, hear the background of why and how a native Topekan chose to write and self-publish a children's book celebrating local history and encouraging young readers to experiment and explore the opportunities that surround them

10:40 - 11:30 am Shades of Theater with Jim Ramos

Shades of Theatre Company is a new 501(c)(3) community theatre that was created to amplify the voices of underserved, underrepresented communities. 2025 is SOTC's inaugural season and is a new gem of the Topeka Community.

10:40—11:30 am Hiking the Appalachians with Tobias Schlingensiepen

Sir Snail's adventures from his latest 3-month hiking sabbatical from the top to the bottom of the Appalachian Trail.

Adventures in Learning - Friday, October 10, 2025

9:00 - 9:50 am News and Views—Current Events - Get Involved with Jim Brewer

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 am Empowered Caregiving: Support & Respite Resources with Jayhawk Area Agency on Aging

Empowered Caregiving is designed for those caring for senior adults, offering a heartfelt conversation about the challenges caregivers face—and the vital support available to them. This event will explore local resources, respite care options, and tools to help caregivers feel supported, informed, and empowered in their journey. Whether you're a family member, friend, or professional caregiver — you are not alone!

9:00 - 9:50 am Let's Help with Pat Yancy

Since 1969, Let's Help has worked to help fellow citizens by providing support to meet basic needs including food, shelter, clothing, medical care, child care, and other daily living expenses of Topekans who live in extreme poverty. Pat Yancy, Director, will share the Let's Help vision of building a better community by inspiring hope, promoting self-sufficiency, and breaking the cycle of poverty during this time of declining federal support, reduced food supplies, and staffing challenges.

10:00 Break

Refreshments provided by Cedarhurst

10:40 - 11:30 am Photography with Dave Mathias

Dave will share some of the many photos he has taken during his 70 years as a professional photographer. He has put many into small visual shows with music that tell stories about people and the times that he has enjoyed working with all these years.

10:40 - 11:30 am History of Dover, KS and The Historic Sage Inn & Stagecoach Station with Debra Oliva

The Sage brothers came to territorial Kansas via the Lane Trail. Debra Oliva shares her love of Kansas history and the significance of this landmark that she and Mike Stufflebean once owned.

10:40 - 11:30 am Getting Comfortable with Your Smart Phone with Meg Porteous

In this presentation, you'll learn ways to use a Smartphone to make your life better: connecting with family and friends, exploring your hobbies and interests, using MyChart and paying bills, streaming movies and music, and learning everything from "how to change a gasket on your kitchen sink" to "how to pronounce 'gyro'".

Please Register for Adventures in Learning before Friday, September 25, 2025 to avoid a \$5 late

Adventures in Learning - Friday, October 17, 2025

9:00 - 9:50 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 am Introduction to JAAA and Fraud and Scams with Pam Brown

Pam will review what JAAA does and recap the top 10 fraud and scams perpetrated on people over 50.

9:00 - 9:50 am Egypt: Treasures of the Pharaohs with Linda Elrod

From Cairo to Luxor and Aswan, a journey up the Nile explores some of the amazing sites and sights of ancient and modern Egypt. From the museums, ruins of temples, to the tombs in the Valley of the Kings, we get a glimpse of a civilization that shaped the world.

10:00 Break Refreshments provided by Thornton Place

10:40 - 11:30 am Somerset Lavender Farm with Joe & Teryl Studebaker

Joe and Teryl are the husband-and-wife team behind Somerset Lavender, a picturesque one-acre farm in Topeka, Kansas, where over 1,200 lavender plants in 20 varieties flourish thanks to their dedication and hard work. Their journey began with just three lavender shrubs at their former city home, sparking a passion that eventually grew into a thriving small business.

10:40 - 11:30 am League of Women Voters: Still Relevant After 105 Years with Dr. Glenda Overstreet

The League of Women Voters was founded in 1920 as the successor to the National American Woman Suffrage Association which had led the nationwide fight for women's suffrage. As a nonprofit, nonpartisan organization its focus is on political education and advocacy. It takes on the tasks of encouraging voter registration and informing voters of important issues through careful study and documentation.

10:40 - 11:30 am Remnants of The World's Fair with Tom Prasch

Kansas has never hosted the World's Fair but is home to at least four remarkable remnants from significant world's fairs. Tom will share the history and significance of international exhibitions worldwide and focus on the marvels held today in Lawrence, Lindsborg, and Wamego.

Adventures in Learning - Friday, October 24, 2025

9:00 - 9:50 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 am PARS Elderly Drug Safe: Overdose Identification and Naloxone Administration with Haley Gil

This presentation covers how to recognize the signs of an opioid overdose and provides step-by-step instructions on how to administer naloxone, the life-saving medication that can reverse an opioid overdose. Haley will also give tips on safe medication storage so it doesn't get into the wrong hands.

9:00 - 9:50 am Painting Across Kansas with Cally Krallman

Cally Krallman, a professional fine artist for over 30 years, shares the paintings she created when she traveled every Scenic Byway of Kansas for an art exhibit. Additionally, she will share stories of her favorite places and historical sites.

10:00 Break Refreshments provided by Elara Caring

10:40 - 11:30 am Stories and Music with Rosie Cutrer

Maybe a Folktale? Maybe an original story? Maybe a song or two? Whatever Rosie decides to share is always a pleasant surprise.

Please Register for Adventures in Learning before Friday, September 26, 2025 to avoid a \$5 late

2024 Funding Church Sponsors

Fellowship Bible Church
First Lutheran Church
First United Methodist Church
St. Augustine Anglican Church
Trinity Presbyterian Church
University United Methodist

Thank you to our Community Partners for Providing Refreshments in 2025

Aldersgate Village	Presbyterian Manor
Brewster Place	Holiday Senior Living
Legend at Capital Ridge	Cedarhurst
Lexington Park	Caregivers Home Health
McCrite Plaza	Oakley Place
Midland Care	

Our sponsoring congregations and community partners have a link directly to their websites on our website. Just click on their name at shepherdscentertopeka.org.

Guest Policy

There is no charge for attending Activity Groups. You can attend one FREE Friday at Adventures in Learning (AiL) as a guest. You may register by mail or online. Please check in at the registration table for your guest name tag.

If you decide to attend more AIL classes there is a \$40 registration fee, when you become a member the cost is \$35. It doesn't cost anything to check us out — We would love for you to join us!

We care about you!

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.

**Contact Chaplain Charlotte Milroy
for Prayer and Support at
785-409-4406 or via email
charmilr@gmail.com**

Travel Opportunities 2025

The following trips are coordinated with Great Adventure Tours. Please call Oneta at 785-633-8761 to register. A \$10 deposit will reserve your seat, with the remainder due at least 30 days before the travel date.

Mail checks to P.O. Box 4126, Topeka, KS 66604. Checks or cash payments are also accepted in person at their travel meetings held each month on the first Tuesday at Golden Corral, 1601 SW Wanamaker Rd. Doors open at 9:00 AM. Meetings begin at 9:30 AM.

KC Royals vs Toronto Blue Jays Baseball with Fireworks, Friday, September 19th, 4:00 PM-Midnight, \$95. Seats are located in the Loge (covered) section, with just a few steps down to any row.

Christmas at Resurrection Church in Leawood, featuring an all-you-care-to-eat lunch at Cinzetti's Italian Market Restaurant, Saturday, December 13th. Price to be announced soon.

Motor Coaches depart from the Fairlawn Plaza Shopping Center parking lot as soon as they are loaded. Plan to arrive 15 minutes earlier than the listed LEAVE time.

Park north of light pole base #13, which is midway (east) between the Classic Bean Coffee Shop and the row with the electric vehicle charging stations.

By Rich McReynolds

Membership Questions

Membership is \$40 per calendar year, pre-pay in December or by January 15th (to maximize benefits). The benefits of membership are: Reduced fee for Adventures in Learning. (\$35 members; \$40 non member fee), printed Membership Directory, and access to the Online Directory. You **do not need to be a member** to participate in our Activity Groups.

We are a community ministry, we do not charge for our group activities. Our host locations do not charge us, and we pass it on. However, we encourage people to become members to support the Shepherd's Center mission.

We are a volunteer-run organization, your help is essential for our success. Volunteers are very important to the Shepherd's Center and all aspects of SCT are run by volunteers whose efforts are coordinated by the Office Manager.

October 2025 Adventures in Learning

☐ Check this box if you are a **NEW MEMBER** or if your contact information has **CHANGED**.

To Register: Mail registration form and payment to SCT, 4101 SW 15th St, Topeka, KS 66604.

Name (s) _____ Phone # _____ Home or Cell _____

Address _____ Zip _____

E-mail Required: _____ Place of Worship: _____

Reminder: You can also register and pay online at www.shepherdscentertopeka.org or you can drop your registration off at the Lowman Office.

2025 Membership Dues per Calendar Year _____ x \$ 40.00 = _____

Adventures in Learning per month _____ **Member Rate x \$ 35.00** = _____

Adventures in Learning per month _____ **Non-Member Rate x \$ 40.00** = _____

Please add late fee to your registration if paid after Sep 26, 2025 Registrations x \$ 5.00 = _____

Donation to SCT = _____

Make Check Payable to SCT - Check Total = \$ _____ Check # _____

☐ Check this box if you are a **FIRST TIME GUEST** = You get 1 Friday **FREE**. (Make class selections below)

Check the 10:00 Box if You Would Like Refreshments.

October 3, 2025

9:00-9:50

- _____ A. News and Views with Jim Brewer
- _____ B. Dealing with Change/Transition in Later Life Connie Michaelis
- _____ C. Writing Non-Fiction with Ernie Webb III

☐ **10:00 Break Refreshments—Tanglewood Health And Rehab**

10:40-11:30

- _____ D. Which Hat Will You Wear, Cyrus with Nancy Neiswanger
- _____ E. Shades of Theater with Jim Ramos
- _____ F. Hiking the Appalachians with Tobias Schlingensiepen

October 10, 2025

9:00-9:50

- _____ A. News and Views with Jim Brewer
- _____ B. Empowered Caregiving with Jayhawk Area Agency on Aging
- _____ C. Let's Help with Pat Yancy

☐ **10:00 Break Refreshments—Cedarhurst**

10:40-11:30

- _____ D. Photography with Dave Mathias
- _____ E. Dover and Sage Inn with Debra Oliva
- _____ F. Smart Phones with Meg Porteous

October 17, 2025

9:00-9:50

- _____ A. News and Views with Kevin McFarland
- _____ B. Intro to JAAA & Fraud and Scams with Pam Brown
- _____ C. Egypt: Treasures of the Pharaohs with Linda Elrod

☐ **10:00 Break Refreshments-Thornton Place**

10:40-11:30

- _____ D. Somerset Lavendar Farm with the Studebakers
- _____ E. League of Women Voters with Dr. Glenda Overstreet
- _____ F. Remnants of The World's Fair with Tom Prasch

October 24, 2025

9:00-9:50

- _____ A. News and Views with Kevin McFarland
- _____ B. PARS Drug Safe Prevention with Haley Gil
- _____ C. Painting Kansas Byways with Cally Krallman

☐ **10:00 Break Refreshments — Elara Caring**

10:40-11:30

- _____ D. Stories and Music with Rosie Cutrer

Adventures in Learning is located at LUMC, 4101 SW 15th Street, Topeka, Kansas, 66604. For questions call 785-249-3258.



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

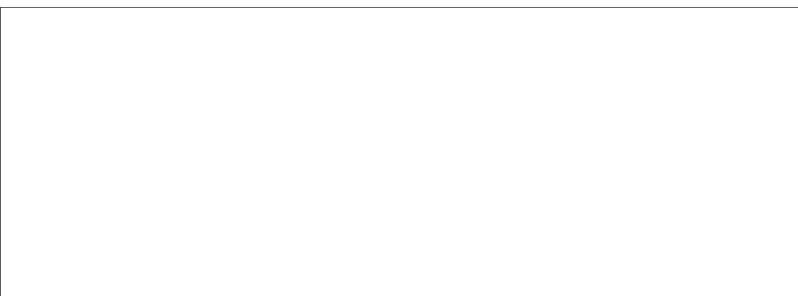
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www.shepherdscentertopeka.org

Email: shepherdstopeka@yahoo.com

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Community Partners cont.

Legend at Capital Ridge

McCrite Plaza Topeka

Midland Care

Midwest Health:

Caregivers Home Health

Lexington Park

Rolling Hills

Homestead—Auburn

Oakley Place Care

Presbyterian Manor

Rebound Physical Therapy

Stormont—Vail Healthwise

Tanglewood Health & Rehab

Thornton Place

Topeka—Shawnee County

Public Library

KU Health System St. Francis Cam-
pus Continued Care



Judy Owens

You can't find more of a hometown girl than one of Shepherd's Center (SCT) newer members, Judy Owens. Born and raised in Topeka, Judy and her husband, Mark, made their home here after their marriage. They raised their three daughters and now enjoy their eight grandchildren here in Topeka. Judy and Mark met while Judy was a student at Washburn University studying Home Economics. One Saturday evening, when her boyfriend at that time was out of town, Judy was invited by a sorority sister to join a small group for a night out. Mark was among the group that evening. She left school after their marriage to focus on home and family.

It was Mark (a pickleball player) who first brought Judy to SCT. Although she admits to attending Adventures in Learning (AIL) for two years now, Judy modestly didn't share that her first connection with SCT came when she agreed (at Mark's suggestion) to take a late-night shift tending the cooking pork for SCT's first barbecue fundraiser. (A little birdie who shall remain nameless shared that tidbit for this story!) Judy now serves as AIL Hospitality Coordinator, working with partners who provide snacks, making and serving coffee before sessions begin and at breaks. She enjoys seeing fellow members at AIL.

When she's not volunteering at SCT, Judy is busy with family or helping at her church. She also enjoys shopping at garage sales, thrift stores, antique shops, or spending some quiet time reading Amish books. Judy describes herself as someone who tells it "plain and simple" while showing interest and respect for other people's views. Her warm demeanor and sense of humor make her a welcome and well-liked member of the SCT family. We are fortunate to have Judy Owens as one of our fellow SCT members. — Submitted by Donna Clark

Newsletter Printed By

