

# SCT Group Activities

Sign up for our Monday email at [www.shepherdscentertopeka.org](http://www.shepherdscentertopeka.org) to receive information on Activity Group changes.

**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 at 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](mailto:lilbopper1@gmail.com) or call 228-2447.



**Spiritual Book Club** - 1st Monday of the month from 2:00 - 4:00 pm at First Congregational, 1701 SW Collins Ave, Topeka. Contact Pat Kirkman at [pattyk696@yahoo.com](mailto:pattyk696@yahoo.com). **Vaccination required**, and masks in building halls.



**MAP Group (Memoirs, Ancestry, Photos)** - 4th Wednesday of the month 10:00 - 11:30 am. at First Presbyterian Church, 817 SW Harrison St, Topeka. Contact Ellen Horn at [elnhorn@yahoo.com](mailto:elnhorn@yahoo.com) if you would like to join this group. **Vaccination required.**



**Family History Writing Group (Special Interest Group)** - 2nd Wednesday of the month. Starting Wednesday, July 14, 10:00 - 11:30 am, Lowman United Methodist Church, room 12. This group is a special interest group from the MAP Group and will be lead by Sally Kahle. 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 Meeks at 785-273-4727 to register for this activity.



**SMS - Strength, Mobility, Stability Exercise Group (SMS)** - Tuesdays and Thursdays, 9:00 - 9:30 am. at Rosehill Place, 3600 SW Gage Blvd # 97, Topeka, and Tuesday and Thursday, 10:00 - 10:45 at 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](mailto:madondailey@gmail.com). **To Join from Home via Zoom** Monday - Friday contact Madon for the Zoom link and password.



**Pickleball** - Wednesdays, 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](mailto:cyndi.ryan@sbcglobal.net). Dave Mathis Co-Coordinator.



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