

### Sponsoring Congregations

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

### Community Partners

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 at 785-249-3258 and spread the good news later!

Aldersgate Village  
Arbor Court  
Atria Hearthstone  
Brewster Place  
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



## **April 2023 "Adventures in Learning"! Engage, Learn, Enjoy! Meet new Friends and Make a Difference!**

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

Registration for February AiL — 124

Issue No. 85 — March / April 2023

We are off to a great start in 2023! Our membership is growing, and we had 124 February Adventures in Learning registrations! We are still about half where we were in February 2020, but let's look toward the future and share the wonderful benefits of the Shepherd's Center with seniors in and around Topeka and we will see growth.

In the last few newsletters, we have featured SCT volunteers and members so you can get to know one another. I want to thank Donna Clark for volunteering her time and talent to interview and write these member articles for our newsletter.

Over the past several years, travel has changed for the Shepherd's Center. The goal of the travel committee is to bring you affordable fun travel opportunities. So with this in mind we have partnered with Sunflower State Tours for two Kansas day trips this summer. We will continue to partner with Great Adventure Tours for shows at New Theater in Overland Park. For information on trips, see the travel section or visit our website.

I am pleased to announce that the board has approved the use of a members-only online directory. An online directory will allow members immediate access to membership information instead of waiting a year to receive a directory. We are planning to launch the online directory in April, and when we do, you will receive an email with instructions on how to access the password-protected online directory. I have been using this directory for about a year and have found it provides easy access to member information and allows immediate updates for changes. Using an online directory will also help save on the cost of over printing. Printed directories will still be available to those who do not have computers and to those who request them. If you paid membership dues in 2022 and haven't received your printed membership directory, please email or call me to arrange a time to pick it up at the office.

I'm looking forward to another great Adventures in Learning in April! Blessings, Karen



### **Featured Volunteer — Feature Writer**



Donna Clark's first experience with Shepherd's Center came in 2016 when she was invited by friends who were SCT members to attend an Adventures in Learning session. Having recently retired from Washburn University Human Resources, she was looking for ways to keep busy, and realized immediately that SCT was a good way to do it. She began by attending AIL sessions. As time went on, Donna volunteered to serve as Co-coordinator of Registration and eventually became involved in Hand and Foot Canasta, Line Dancing, and Mexican Train Dominoes. Donna developed writing skills when writing position descriptions as a Human Resource professional for the State of Kansas. She further developed her skills as a master's student in Liberal Studies at Washburn. To Donna, the best part of writing feature stories about SCT members is talking with them about their lives and experiences and learning more about and from her fellow SCT members. We appreciate Donna volunteering her talent at SCT, and look forward to reading more about our volunteers.

**REGISTER NOW - APRIL ADVENTURES IN LEARNING!**

# SCT Group Activities

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

**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.



**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 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.



**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, Ottie Reed, [reed7111@gmail.com](mailto:reed7111@gmail.com), or Mary Adkins, [marycatkeeper@gmail.com](mailto:marycatkeeper@gmail.com)



**Shepherd's Center Book Club** - 1st and 3rd Monday of the month from 2:00 - 4:00 pm at Westminster Presbyterian Church, 1275 SW Boswell Ave., Topeka. Contact Pat Kirkman at [pattyk696@yahoo.com](mailto:pattyk696@yahoo.com).

**MAP Group (Memoirs, Ancestry, Photos)** - **via Zoom** - 4th Wednesday of the month 10:00 - 11:30 am. Contact Rich McReynolds at [rlm4017@gmail.com](mailto:rlm4017@gmail.com) if you would like to join this group. A Zoom link will be sent to you before the meeting.



**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 you want to pass them down to the next generation but don't know where to start? Sally Kahle, the coordinator for this group, will help you get started. 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. Please contact Karen Botkin at 785-945-6785 or Jim Baer at 785-256-2432 at [jimbaer73@gmail.com](mailto:jimbaer73@gmail.com) to register for this activity.



**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. Please contact Shirley Edgerton - Instructor at 979-4495 if you would like to attend.

**Tai Chi for Health (TC)** - **Monday 10:00 - 11:00 at Lowman United Methodist Church and Thursday 9:30—10:30 Topeka Zoo.** 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** contact Madon for the Zoom link and password.



**Pickleball** - Monday and Wednesday, 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. If you would like to play, contact coordinator Dave Mathias, [davemathias@sbcglobal.net](mailto:davemathias@sbcglobal.net) or Betsy Thompson, [betsyjthompson@gmail.com](mailto:betsyjthompson@gmail.com).

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

Please Note - Tai Chi is available via Zoom M - F. Please see the Activity Group page for location, times, and contacts.

# March 2023





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 Pickleball	2 SMS, Bridge Tai Chi - Zoo	3	4
5	6 SMS Pickleball SCT Book Club Tai Chi - Lowman	7 SMS Mexican Train	8 Pickleball Writing Group LUMC	9 SMS Line Dancing Tai Chi - Zoo	10 Board Meeting	11
12	13 SMS Pickleball Tai Chi - Lowman	14 SMS Canasta	15 Pickleball	16 SMS, Bridge Tai Chi - Zoo Counters	17 St. Patrick's Day 	18
19	20 SMS Pickleball SCT Book Club Tai Chi - Lowman	21 SMS Mexican Train	22 Pickleball MAP via Zoom	23 SMS, Line Dancing Tai Chi - Zoo Counters	24 <b>AiL Early Registration Deadline</b>	25
26	27 SMS Pickleball Tai Chi - Lowman	28 SMS Canasta	29 Pickleball	30 SMS Tai Chi - Zoo Counters Task Force	31	

# April 2023



**Let the Adventures  
Begin!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1 New Theatre Overland Park
2 	3 SMS Pickleball SCT Book Club Tai Chi - Lowman	4 SMS Mexican Train	5 Pickleball	6 SMS Bridge Tai Chi - Zoo	7 Adventures in Learning	8
9 Easter 	10 SMS Pickleball Tai Chi - Lowman	11 SMS Canasta	12 Pickleball Writing Group LUMC	13 SMS Line Dancing Tai Chi - Zoo	14 Adventures in Learning	15
16	17 SMS Pickleball SCT Book Club Tai Chi - Lowman	18 SMS Mexican Train	19 Pickleball	20 SMS Bridge Tai Chi - Zoo	21 Adventures in Learning	22
23	24 SMS Pickleball Tai Chi - Lowman	25 SMS Canasta	26 Pickleball MAP via Zoom	27 SMS Line Dancing Tai Chi - Zoo	28 Adventures in Learning	29
30						

**“Adventures in Learning!”**  
**Classes for Friday, April 7, 2023**

**9:00 - 9:50 am                      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                      An Animal's Journey through the Shelter with Grace Clinton**

Grace Clinton will share the experience of an animal's journey through the Helping Hands Humane Society animal shelter. From the lens of a pet, what does the admissions process to adoptions look like, what all goes into providing compassionate care to the homeless pets in Topeka and Shawnee County, and how you can get involved in this life-saving work of the most vulnerable among us – the 6,000 pets in Topeka who find themselves at our local shelter.

**9:00 - 9:50 am                      Every Kid Needs 5 Adult Fans with Chris Stewart - In Person and via Zoom**

Our culture fragments generations, but we were created for community. Kids thrive when the older generations take an interest in them. Hear how The Bridge works to make this happen in Topeka.

**10:00 Break - Refreshments provided by Oakley Place**

**10:40 - 11:30 am                      Washburn Libraries: Yesterday, Today, and Tomorrow with Sean Bird**

From its original College Hill home in Rice Hall in 1874 to its current iteration as Mabee Library, the university libraries have changed with the times to support the student experience. Academic librarians today focus on Information Literacy as a set of skills to teach students how to find books, articles, and, increasingly, web-based information sources, determine the credibility of the information they find, and use that information effectively, efficiently, and ethically.

**10:40 - 11:30 am                      Restoring the Riverbank at Kaw River State Park with Kim Bellemere**

Kim Bellemere, Program Manager for Friends of the Kaw, will talk about a land restoration project at Kaw River State Park, how it impacts water quality in the Kansas River (the source of all of Topeka's drinking water), and how everyone can get involved.

**10:40 - 11:30 am                      The Peace Corps in Ukraine with Christie Appelhanz —In Person and via Zoom**

Christie will discuss her experience with the Peace Corps in Ukraine and her current work with refugees in Topeka.

**“Adventures in Learning!”**  
**Classes for Friday, April 14, 2023**

**9:00 - 9:50 am                      Read Around The World with TSCPL” with Miranda Ericsson and Deb Ellerbrook**

“Join us for a virtual road trip! We are reading around the world this year in the Top City Reads Facebook group sponsored by the Topeka and Shawnee Public Library. In this session we will be focusing on great reads from the continents of North and South America – our first stops on our journey around the globe.”

**9:00 - 9:50 am                      Jackie Robinson and The Dodgers’ Plan B with Todd Fertig**

Everyone knows Jackie Robinson integrated major league baseball 75 years ago. But, what if he hadn't? Learn about the Brooklyn Dodgers’ other plans for integration.

**9:00 - 9:50 am                      Why Ninety is Nifty with Herschel Stroud - In Person and via Zoom**

One life. Live it to the fullest! Behind every face there is a story. Thanks for coming to hear about what is behind the face of Herschel Stroud.

**10:00 Break - Refreshments provided by Community Partner**

**10:40 - 11:30 am    Taking Care of Your Health, Mind, and Body with Kayleigh Macko, LMSW Heritage Senior Behavioral Health**  
Kayleigh will discuss how physical health problems can contribute to depression, anxiety, and isolation or how depression, anxiety, and isolation can contribute to health concerns. Kayleigh will discuss the benefits of group therapy and the services at Heritage, a Medicare based program.

**10:40 - 11:30 am                      Welcome to Bethany House & Peace Garden with Rev. Jennifer Allen**

An update on the newly developed garden in Topeka. New and upcoming events will be shared as well as an opportunity to visit the garden following the presentation.

**10:40 - 11:30 am                      The Orphan Train Ride of My Father and Aunt with Jan Bolejack —In Person and via Zoom**

In the early 1900's life in New York was very hard. Immigration was high and it was hard to find a job or a place to live. Health conditions were compromised and the Spanish flu took many lives. My father's, mother died of the flu when he was 3 and his father died 2 years later of health conditions. My father and his sister were then put in an orphanage and later on the orphan train heading to the Midwest.

**“Adventures in Learning!”**  
**Classes for Friday, April 21, 2023**

**9:00 - 9:50 am                      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                      Silverbacks, Inc. - Connecting with the Homeless and Less Fortunate with Jackie Brown**

The Silverback gorilla leads, helps, builds, and protects his troop. We have Silverbacks in Topeka providing these same basic needs for our community.

**9:00 - 9:50 am                      Cast Iron Skillets and Mason Jars Introduction & History with Keith Thalken    In Person and via Zoom**

Keith will present a discussion of the history, uses, and collectability of cast iron pans and Mason jars. He will have numerous examples on display.

**10:00    Break - Refreshments Provided by Brewster Place**

**10:40 - 11:30 am    Intercontinental Ballistic Missiles in Cuba: What Did The US Do In 1964-1965 with Tom Cook**

The Cuban Missile Crisis of October 1962 was a direct and dangerous confrontation between the United States and the Soviet Union during the Cold War. Tom Cook will discuss how the Russians didn't take out all of the missiles in the Cuban missile crisis, and Tom's experience as part of the military team that was sent in to blow up the remaining missiles.

**10:40 - 11:30 am                      Adventures in Dulcimering with Allen Macfarlane**

Mr. Macfarlane has been playing the lap dulcimer since 1980. Along the way, it has been an adventure meeting new people and learning to play this seemingly simple instrument. Allen will share some of his travels and the people he met along the way and, of course, his music.

**10:40 - 11:30 am                      Missionary Preparation and Work with Josh & Andrea Thompson—In Person and via Zoom**

The work of missions today is different from how it was conducted in the past. With technology changes, closed countries and shifts in culture, missionaries today must also change how they prepare & do the work of establishing churches among the unreached. This session will present modern day cross-cultural worker development and explain the work of pioneer church planting in closed countries.

**“Adventures in Learning!”**  
**Classes for Friday, April 28, 2023**

**9:00 - 9:50 am                      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                      Common Causes and Management of Hand, Arm, and Wrist Pain with Margaret Stohlmann, DPT**

This program will educate you on the common causes of hand, arm and wrist pain and how to manage carpal tunnel and arthritis of the hand.

**9:00 - 9:50 am                      Realistic Sculptures of Historic People with Melissa Rau    In Person and via Zoom**

Melissa has become a renowned sculptor of life-sized historical figures for museums, churches, and other organizations. Through her art, Melissa wants you to know what it might be like to meet face-to-face with these great individuals.

**10:00    Break - Refreshments provided by Interim Health**

**10:40 - 11:30 am                      I'm a 70's Influencer! with Stand-up Comedian Jay Patterson    In Person and via Zoom**

Jay Patterson (Just J) is a brave and adventurous woman who has no problem saying yes to new ideas. She is fun, hilarious, and inspiring, and has used comedy and storytelling to help her face life's adversities. Join us for fun and laughter and learn how Jay began her new career as a comedian in January 2021.

Adventures in Learning is held at Lowman United Methodist Church, 4101 SW 15th St., Topeka.



## 2022 Funding Church Sponsors

First Lutheran Church  
First Presbyterian Church  
Our Savior's Lutheran  
St. Augustine Anglican Parish  
University United Methodist  
West Side Christian Church

## Thank you to our Community Partners for Providing Refreshments in 2023

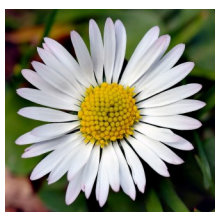
Aldersgate Village	Lexington Park
Brewster Place	McCrite Plaza
Caregivers Home Health	Midland Care
Interim Healthcare	Oakley Place
Legend at Capital Ridge	Presbyterian Manor

Don't forget that our sponsoring congregations and community partners have a link directly to their websites on our website. Just click on their name at [shepherdscentertopeka.org](http://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 will need to register by mail or online. Please check in at the registration table for your guest name tag.

If you decide to attend other "AiL" classes you will need to pay \$30 registration fee, unless you become a member and then the cost is \$25. It doesn't cost anything to check us out — We would love for you to join us.



### "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. **Contact Chaplain Charlotte Milroy for Prayer and Support at 785-409-4406 [charmilr@gmail.com](mailto:charmilr@gmail.com).**



## Travel 2023 - Members Only

A benefit to membership is the opportunity to travel as a group. Members will have first opportunity to fill the buses on day trips, before a designated deadline, or filled. If space is still available by deadline, the trip may be open to non-members.

**CONDO-MONIUM, New Theatre Overland Park, \$73**, starring Barry Williams Pick up at Fairlawn Plaza Saturday, April 1 - Coach arrives 10 am.

**Million Dollar Quartet, New Theatre, Overland Park, \$75**, includes lunch. Pick up at Lowman, Wednesday, June 14, 9:00 am.

**Lucas Grassroots Art Tour** – June 3, 2023, \$85 includes transportation, ticket, and lunch. Custom 2023 Tour for Shepherd Center members. Pick up at Lowman. This tour is limited to 14 passengers. Submit Registration and Tour Payment – 505 E Broadway, Hope, KS 67451.

**DREAM GIRL, New Theatre Overland Park** - \$75 Pick up at Fairlawn Plaza, Wednesday, August 9 - Coach arrives 9:30 am and Saturday, September 9 - Coach arrives 10 am.

**Eisenhower Tour – August 10, 2023**, \$85 includes transportation, ticket, and lunch. Custom 2023 Tour for Shepherd Center members. Pick up at Lowman. This tour is limited to 14 passengers. Submit Registration and Tour Payment – 505 E Broadway, Hope, KS 67451.

**Call 785-249-3258 for more information. For all New Theatre Day Trips call GAT 785-633-8761 to register. Mail checks to P. O. Box 4126, Topeka, KS 66604.**

## Membership Questions

Membership is \$30 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. (\$25 members; \$30 regular fee)

Eligible for travel opportunities and free SCT Membership Directory.

You **do not need to be a member** to participate in our Activity Groups.

Because 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, many people become members to support the Shepherd's Center in its mission.

We are a **volunteer-run organization**, and your help is needed. When you volunteer, you are eligible for the annual volunteer banquet and volunteers get first preference for the annual vacation. Volunteers are very important to the Shepherd's Center, and all aspects of SCT is run by volunteers whose efforts are coordinated by the Director.

# April 2023 "Adventures in Learning" In Person and via Zoom

☐ 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](http://www.shepherdscentertopeka.org) or you can drop your registration off at the Lowman Office.**

**2023 Membership Dues** \_\_\_\_\_ x \$ 30.00 = \_\_\_\_\_

*Adventures in Learning* In Person or Zoom \_\_\_\_\_ **Member Rate** x \$ 25.00 = \_\_\_\_\_

*Adventures in Learning* In Person or Zoom \_\_\_\_\_ **Non-Member Rate** x \$ 30.00 = \_\_\_\_\_

**Please add late fee to your registration after March 24** \_\_\_\_\_ Registrations x \$ 5.00 = \_\_\_\_\_

**Donation to SCT** = \_\_\_\_\_

**Checks 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)

## Please Be Sure and Check the Line if You Would Like Refreshments.

**April 7, 2023**  
**9:00-9:50**  
 \_\_\_\_\_ A. News and Views with Kevin McFarland  
 \_\_\_\_\_ B. Animal Journey thru the Shelter with Grace Clinton  
 \_\_\_\_\_ C. Every Kid Needs 5 Adult Fans with Chris Stewart  
 \_\_\_\_\_ **D. ZOOM** - Every Kid Needs 5 Adult Fans

\_\_\_\_\_ **10:00 Break Refreshments - Oakley Place**

**10:40-11:30**  
 \_\_\_\_\_ E. Washburn Libraries with Sean Bird  
 \_\_\_\_\_ F. Friends of the Kaw with Kem Bellemere  
 \_\_\_\_\_ G. Peace Corps in Ukraine with Christie Appelhanz  
 \_\_\_\_\_ **H. ZOOM**—Peace Corps in Ukraine

**April 14, 2023**  
**9:00-9:50**  
 \_\_\_\_\_ A. Read Around the World with TSCPL's Miranda and Deb  
 \_\_\_\_\_ B. Jackie Robinson & The Dodgers' Plan B - Todd Fertig  
 \_\_\_\_\_ C. Why Ninety is Nifty with Herschel Stroud  
 \_\_\_\_\_ **D. ZOOM** - Why Ninety is Nifty

\_\_\_\_\_ **10:00 Break Refreshments - Community Partner**

**10:40-11:30**  
 \_\_\_\_\_ E. Mental Health Issues Among Seniors Kayleigh Macko LMSW  
 \_\_\_\_\_ F. Welcome to Bethany House with Jennifer Allen  
 \_\_\_\_\_ G. The Orphan Train Ride with Jan Bolejack  
 \_\_\_\_\_ **H. ZOOM** - The Orphan Train Ride

**April 21, 2023**  
**9:00-9:50**  
 \_\_\_\_\_ A. News and Views with Kevin McFarland  
 \_\_\_\_\_ B. Silverbacks, Inc. with Jackie Brown  
 \_\_\_\_\_ C. Cast Iron Skillets and Mason Jars with Keith Thalken  
 \_\_\_\_\_ **D. ZOOM** - Cast Iron Skillets and Mason Jars

\_\_\_\_\_ **10:00 Break Refreshments - Brewster Place**

**10:40-11:30**  
 \_\_\_\_\_ E. ICBMs in Cuba and the US Military with Tom Cook  
 \_\_\_\_\_ F. Adventures in Dulcimering with Allen Macfarlane  
 \_\_\_\_\_ G. Missionary Work with Josh and Andrea Thompson  
 \_\_\_\_\_ **H. ZOOM** - Missionary Work

**April 28, 2023**  
**9:00-9:50**  
 \_\_\_\_\_ A. News and Views with Kevin McFarland  
 \_\_\_\_\_ B. Hand, Arm, Wrist Pain Management, Margaret Stohlman  
 \_\_\_\_\_ C. Realistic Sculptures of Historic People with Melissa Rau  
 \_\_\_\_\_ **D. ZOOM** - Realistic Sculptures of Historic People

\_\_\_\_\_ **10:00 Break Refreshments - Interim Health**

**10:40-11:30**  
 \_\_\_\_\_ E. I'm a 70's Influencer! Stand-up Comedian Jay Patterson  
 \_\_\_\_\_ **F. ZOOM** - Stand-up Comedian Jay Patterson

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

**Adventures in Learning - Register before Friday, March 24 to avoid \$5 late fee**



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

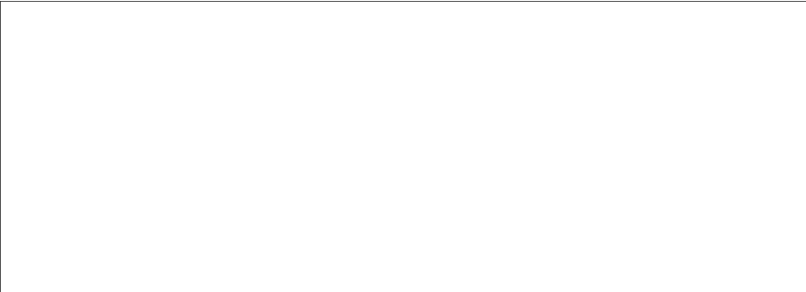
**785-249-3258**

**www.shepherdscentertopeka.org**

**Email: shepherdstopeka@yahoo.com**

NONPROFIT ORG  
US POSTAGE  
PAID  
TOPEKA KS  
PERMIT NO 10

Electronic Service Requested



If you wish to be deleted from our mailing, please call 249-3258  
or email shepherdstopeka@yahoo.com.

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

Topeka—Shawnee County

Public Library

KU Health System St. Francis  
Campus Continued Care



## Congratulations - Pickleball Players Steve and Judy!



SCT members and pickleball players Steve LaGrone and Judy Dowd were married on Saturday, February 18, and the pickleball group congratulated them the Monday after the wedding. Steve has been playing SCT pickleball for several years, and Judy has enjoyed playing since she retired last year. Steve and Judy had known each other for 36 years through their daughters, who became best friends at age 12, and now at 48, they love being "sistas"! Judy and Steve reconnected at the Cotton O'Neil dermatology office where Judy worked. They knew each other's spouse, who passed away 2.5 and 5 years ago, and having known each other for so long, they started meeting for coffee or a glass of wine. Over time, their relationship gradually developed through enjoying activities such as pickleball at the Shepherd's Center. Because Steve and Judy enjoy playing pickleball together, a friend designed a personal logo for them and made matching pickleball t-shirts! What a great gift! Congratulations and best wishes to Steve and Judy!



T-Shirt Logo

## Correction

Correction - In our January February Newsletter I indicated that the Spiritual Book Club was meets at First Congregational Church. The Spiritual Book Club has been meeting at Westminster Presbyterian Church for the past three years.