



Shepherd's Center of Topeka - 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. Arrangements to play must be made by Monday at 5:00 by calling Joan Arterburn, 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 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. Vaccination required, and masks in building halls.

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

Family History Writing Special Interest Group - 2nd Wednesday of the month, 10:00-11:30, at Lowman UMC, Room 12. Participation in the MAP group (or Shepherd's Center) is not required, so bring friends if interested. Sally Kahle, Instructor, spkahle@sbcglobal.net.

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 Meek at 785-273-4727 to register for this activity.

SMS - Strength, Mobility, Stability Exercise Group (SMS) – Monday, 9:30-10:30, Arbor Valley Senior Homes Clubhouse, 1414 SW Arbor Valley Dr, Topeka, **Tuesday and Thursday, 9 - 9:30**, Rosehill Place, 3600 SW Gage Blvd # 97, Topeka, **Tuesday and Thursday, 10 - 10:45**, Grace UMC, 2627 SW Western Ave, Topeka. Please contact Shirley Edgerton, our instructor, at 979-4495 if you want to attend.

Tai Chi for Health (TC) - Monday and Thursday from 10:00 - 11:00 at Lowman United Methodist Church Fellowship Hall. No training is needed, watch, and follow. Please contact Madon Daily at 505-424-8989 or madondailey@gmail.com. Contact Madon for the Zoom link and password to join Madon from Home via Zoom on Monday, Tuesday, Wednesday, and Friday.

Pickleball - Monday and Wednesday, 1 – 3:00, First Baptist, 3033 SW MacVicar Ave, Topeka. Park on West Side, the gym entrance. To play pickleball, you are required to sign a liability waiver. No inexperienced players at this time. Cyndi Ryan, Group Coordinator cyndi.ryan@sbcglobal.net, Dave Mathis Co-Coordinator.