



Shepherd's center

OF TOPEKA

Engage, Learn, Enjoy!

Meet new Friends and Make a Difference!

Shepherd's Center of Topeka is a community ministry whose mission is to operate a volunteer seniors organization that enhances socialization, physical well-being, spiritual growth, and education for life.

Attendance Winter Session— 220

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Issue No. 71 Spring 2020

Sponsoring Congregations

- Brookwood Covenant
- 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

- Aldersgate Village
- Arbor Court
- Atria Hearthstone
- Brewster Place
- Grace Home Care
- Great Adventure Tours
- Great Lakes Caring
- Healthcare Resort
- Home Instead Senior Care
- Jayhawk Area Agency on Aging
- Kansas Rehab Hospital
- Legend at Capital Ridge
- McCrite Plaza Topeka
- Midland Care

New Year Social 2020

We had 187 people in attendance for the 2020 New Year Social at the Brookwood Convent Church to acknowledge and celebrate the leadership and service of Debra and Mike Stufflebean. The day was made extra special when the **City of Topeka proclaimed January 9th as Shepherd's Center of Topeka Day**. Many of our community partners turned out to support the event by providing snacks and drinks.



Shepherd's Center Social Committee 2020

Thank you to the committee members who organized the New Year Social event. Committee members: Charles & Charlotte Bates; Anne Bennett; Star Caywood; Kem & Sharla Cooper; Sherry Cunningham; Walter & Ellen Horn; Joan Porter; Linda Sobba; Mike & Linda Stanfill; Glenda Yocom



TACC Senior Resource Fair - April 8

Topeka Area Continuity of Care Senior Resource Fair at Fairlawn Plaza Mall

Wednesday, April 8, 2020 10:00 a.m. – 2:00 p.m.



Admission is free to the April 8 health fair in Fairlawn Plaza at SW 21st and Fairlawn in Topeka. There will be 40-plus vendors in the mall who can help you get your health and senior care resources questions answered.

Greetings From Your Director

Hello Everyone,

These past two months have been a whirlwind of activity! I have loved meeting everyone during Adventures in Learning (AiL), and experiencing the wonderful SCT programs. In January, I hit the ground running and have spent most of my time on AiL, the newsletter, and the new website. Please go online and check out our new website. Don't hesitate to email me if you find anything that needs correcting. I know things will smooth out, and slow down a bit over the summer, so in May, June and July I plan on visiting our Community Sponsors and Partners to get to know them better. I so appreciate everyone's help and patience, and it is a joy to have found such wonderful organization to be a part of. I'm looking forward to experiencing every event, and to see more how Shepherd's Center volunteer members work together to make such a great organization. Until next time, take care and enjoy living life to it's fullest. Blessings, Karen



Featured Activity Group - Pickleball



The Shepherd's Center pickleball program, coordinated by volunteers Debbie Basom and Cyndi Ryan, is a popular way for area folks over 55-years-old to stay active and involved socially. Shepherd's Center hosts recreational pickleball on Monday and Wednesday afternoons in local churches. (See the calendar in this newsletter.) Volunteers teach the game on Wednesdays from 1:00 - 3:00 at the First Baptist Church location, where we have four courts and can reserve one court for new players.

A new pickleball player, Betsy Thompson began playing with the Shepherd's Center group last year. Betsy and her husband Bob moved to Topeka two years ago, to be near family when they retired and she's glad she found this group. "The experienced players have been so friendly and helpful. I remember Dave Mathias loaning me a paddle on my first day. And, Kem Cooper is an especially good and patient training volunteer--I've heard others refer to him as coach."

The number of participants continues to grow and Debbie has made arrangements to add a second location on Wednesdays. Thanks to a Thrivent Financial Community Impact grant and generous donations of time and dollars from volunteers, two more courts at Brookwood Covenant Church will be ready for Shepherd's Center pickleball in early March.

Frequently Asked Questions:

How do I become a member of Shepherd's Center?

Membership is \$30 per year, pre-pay in December or by January 15th (to maximize benefits). The benefits of membership are:

- Reduced fee for *Adventures in Learning* sessions. (\$25 members; \$30 regular fee)
- Eligible for Travelers field trips, day trips, vacation, depending on registering before filled.
- Inclusion in SCT Membership Directory in next printing. Free directories for members. (\$5 value)

Do I have to be a member to participate in group activities?

Because we are a community ministry, we do not charge for our 8 group activities. Our host does not charge SCT, and we pass it on. However, many people CHOOSE to become members of Shepherd's Center, not just for the benefits, but because they believe in its mission and want to support the ministry.

How much time commitment is there to volunteer?

You can help a little or a lot, as many hands make less work. When you do, you're eligible for the annual volunteer banquet and volunteers get first preference for the annual vacation. All aspects of SCT is run by volunteers whose efforts are coordinated by the Director. If you'd like to help out, just ask.

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Pickleball Spiritual Book Club	3 SMS Exercise	4 Pickleball	5 SMS Exercise Bridge Group	6	7
8	9 Pickleball	10 SMS Exercise Hand/Foot Canasta	11 Pickleball	12 SMS Exercise Line Dancing	13 SCT Board Meeting 9:00	14
15	16 Pickleball	17 St. Patrick's Day  SMS Exercise	18 Pickleball	19 SMS Exercise Bridge Group	20	21
22	23 Pickleball	24 SMS Exercise Hand/Foot Canasta	25 Pickleball MAP Group	26 SMS Exercise Line Dancing	27	28
29	30 Pickleball	31 SMS Exercise				

April 2020

Let the Adventures begin! Fridays 9-11:30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Pickleball	2 SMS Exercise Bridge Group	3 Adventures in Learning	4
5	6 Pickleball Spiritual Book	7 SMS Exercise	8 Pickleball	9 SMS Exercise Line Dancing	10 Adventures in Learning	11 TULIP TIME: APRIL 10-26 Ted Ensley Gardens
12 Easter 	13 Pickleball	14 SMS Exercise Hand/Foot Canasta	15 Pickleball	16 SMS Exercise Bridge Group	17 Adventures in Learning	18
19	20 Pickleball	21 SMS Exercise	22 Pickleball	23 SMS Exercise	24 Adventures in Learning	25
26	27 Pickleball	28 SMS Exercise Hand/Foot Canasta	29 Pickleball	30 SMS Exercise		

SCT Group Activities

MAP Group



MAP (Memoirs—Ancestry—Photos) group is coordinated by Ellen Horn, asst. Debbie Gassert. It meets on the **fourth Wednesdays of the month**, 10:00-11:30 at First Presbyterian, 8th & Harrison.

Park on the north side, interior parking spaces. Use the north doors and take the elevator to the 2nd floor. Classroom 206 is to the right, after exiting elevator. The group shares genealogy information, ideas for documentation and story-telling, and occasionally takes field trips to enhance their research.

Pickleball Group for Doubles

This group plays on **Monday and Wednesday** each week.



Mondays we play at Countryside UMC, 32nd & Burlingame, from 3-5:00. Park on the NORTH side and use the furthest WEST door. Follow the hallway to gym.

Wednesdays we play at First Baptist, 30th & MacVicar, from 1-3:00. Park on the WEST side. Gym is right inside the doors. This is the **best location for first time players** since there are four courts and one can be set aside for beginners needing lessons. Extra paddles available for newbies. Requires a signed liability waiver. Group Coordinator is Debbie Basom; Sub/Assistant is Cyndi Ryan.

Bridge Group

(Party Bridge - American Standard)



This Bridge group meets on the **1st & 3rd Thursdays** from 1-3:30 at Our Savior's Lutheran, 29th & Jewell. Park on the EAST side and use double doors.

This group consists of skilled AND learning players. **Must at least know bridge basics**, but it is ok to ask the dummy from another table for help bidding. Please arrive a few minutes early, ready to play at 1:00. Group Coordinator is Roma Sessin; Sub/Assistant is Joan Arterburn. **Arrangements must be made by Monday at 5:00 by calling Joan, 408-5174.** Players record scores on tallies and winners calculated by Kathy Harr.

Hand & Foot Canasta Group



We meet on the **2nd & 4th Tuesday** of the month from 2-4:00 at St. David's Episcopal, 17th & Gage. Park on the WEST side of Church and walk

hallway to the EAST end to fellowship hall.

Group coordinator is Caroline Huff; Asst. Sharon Young. This is a fun & easy game to learn for tables of 4-6 people; rules can be modified for odd numbers at a table.

Line Dancing Group



This group meets the **2nd & 4th Thursdays** of the month from 1:30-3:30 at First United Methodist, 6th & Topeka. Park on the WEST side and use the WEST door. Immediately inside, turn left and walk the ramp to the library, then left to the elevator.

Push [B] to go to the fellowship hall. Group Coordinator & Instructor is Glenna Meek. Sub/Assistant is Kathy Ogle. Sometimes they take the show on the road!

Spiritual Book "Club" Group

Spiritual Book Group meets on the **first Mondays** in the library at First Congregational, 17th & Collins, from 2-4:00. Members select a book of study based upon how well it lends itself to spiritual growth and discussion.

Each is committed to doing the assigned readings, and each person interacts respectfully of the opinions of others. Group Coordinator is Pat Kirkman, for information on present study, 231-0376.

SMS Exercise Group



This group meets on **Tuesdays** at 10:00 at Countryside UMC, 32nd & Burlingame (park on NORTH side, use middle door, turn left to go downstairs)

On **Thursdays** we meet at 10:00 at Grace United Methodist Church, 26th & Western (middle door).

This one hour class includes a little Yoga, a little Tai Chi, a little Pilates to provide **S**trength, **M**obility and **S**tability. Liability waiver required. Instructor is Shirley Edgerton. Ann Look is group coordinator. Voluntary donations support local charities.

***“Adventures in Learning!”* Spring Session**

Classes for Friday, April 3, 2020

Current Events—Get Involved

9:00—9:50 a.m.

News & Views

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 a.m.

Back by Popular Demand

Kansas Wild Flowers A—Z

Vivien will give us a tour of photos of native Kansas Plants, from *Abronia fragrans* (Sweet Sand Verbena) to *Zizia aurea* (Golden Alexanders) with stops for birds, butterflies, and other critters in between. She will talk about the habitats, the bloom times, identification features, and the insects that need specific plants to survive.

9:00—9:50 a.m.

Health

“The Future of Alzheimer’s Disease and Stem Cells”

Dr Van Camp will discuss his research into Alzheimer's Disease and Stem Cells. Unlocking the treatment of disease may lie within our own bodies.

9:00—9:50 a.m.

Religion

“Changing Presence of Central Congregational in Topeka”

Central Congregational Church was founded December 11, 1888. Our 1st pastor Charles Sheldon authored several books including in “His Steps” and coined the phrase “What Would Jesus Do?” In June of 2017 we sold our historic building. Join Central Congregational UCC member Dee Moore as she shares the congregation’s vision and journey over the past three years.

9:50—10:40 a.m.

Refreshments

Community Partner Showcase

 **BREWSTER** Join the team at Brewster Place for light refreshments and social time, and hear about activities and what’s new.

10:40—11:30 a.m.

People/Places

Antarctic Adventure Guide: Phil Norris

Antarctic expedition guide, Phil Norris, will be in Topeka to share stories of the guided adventures he does in the polar region of the world.

10:40—11:30 a.m.

Community

SCT Charity 2020: TARC

This presentation will share information about the services provided for infant and toddlers in Shawnee County with developmental delays/disabilities. It will include information on requirements for the program, as well as, exciting technologies that help babies and toddlers participate in community activities, and interventions that assist families to support their child’s development. We will also demonstrate the use of a communication device with a parent and child.

10:40—11:30 a.m.

Arts

Murals & Paintings

Andy Valdivia will share his series of images - people, places, and events - that share personal and community histories.

10:40—11:30 a.m.

Library

Senior Cyber Safety

Shari Schawo from the Library will talk about cybersecurity, password management, common internet scams and threats, and get cyber safety resources. Based on the Cyber Generations Senior Citizens Cyber Safety Initiative.

***“Adventures in Learning!”* Spring Session**

Classes for Friday, April 10, 2020

Current Events—Get Involved

9:00—9:50 a.m.

News & Views

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.

Aging in America by Connie Michaelis

9:00—9:50 a.m.

**Back by Popular
Demand**

What is ageism? Do older Americans suffer from the impact? How does growing old in the United States differ from Eastern cultures. What does aging look like in marketing and advertising? How conscious are we of it's effects? Let's take a look together and have a conversation about aging in America!

Common Eye Diseases That Affect the Older Population

9:00—9:50 a.m.

Health

Learners will have the opportunity to learn about common eye diseases that affect the older population. Dr. Genstler will also provide safety tips on how to prevent falls by focusing on your vision.

Results of the Resurrection - Dr. Jim McCollough

9:00—9:50 a.m.

Religion

A survey of how the Resurrection of Jesus has affected cultures of the world.

9:50—10:40 a.m.

Refreshments



MIDLAND
CARE

Community Partner Showcase

Join Adrianna for refreshments and information on National Healthcare Decisions Day. Adrianna will have Washburn law students join her in this discussion.

Class Cancelled

10:40—11:30 a.m.

People/Places

Our previously scheduled class was cancelled, but included in the program in error. Please accept our apologies if you have signed up for this class. At this time, a replacement for this speaker has not been scheduled.

10:40—11:30 a.m.

Community

“Shawnee County Parks & Recreation Update”

Tim Laurent, Director of SCP&R, will cover the scope of the responsibility of the Department, their Master Plan and the progress, current projects they are working on and what is coming up in the future.

10:40—11:30 a.m.

Arts

Keeping an Art Form Alive: Woodcarving Styles, Tools, and Techniques

Michael Keil will give a brief history of woodcarving as an art form, but will focus on the art of woodcarving and how this art is produced. He will include examples of various styles of woodcarving including Stylized Carving, Bark Carving, Chip Carving, Relief Carving, and Carv-

10:40—11:30 a.m.

Potpourri

"If We Came From Monkeys, Why Are There Still Monkeys?"

Jan Stotts will give a brief description of the program would be "This program hopes to debunk some of the popular misconceptions about evolution and show how accepting the facts surrounding evolution is not incompatible with a belief in God."

***“Adventures in Learning!”* Spring Session**

Classes for Friday, April 17, 2020

Current Events—Get Involved

9:00—9:50 a.m.

News & Views

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 a.m.

**Back by Popular
Demand**

Outsmart the Scammers by Sandra Davis

Sandra Davis will talk about how incidents of fraud are on the rise, and scammers’ tactics are becoming more complex. While no one is immune, you can take steps to keep yourself safe.

9:00—9:50 a.m.

Health

Thirty Days from Banff, Canada to Antelope Wells, N.M. - Tour Divide Ride

Andy will give a brief overview of the Tour Divide Bicycle Race which he completed in 30 days last summer. He will describe the equipment used and the adventures encountered along his nearly 2700 mile-long journey on the Continental Divide.

9:00—9:50 a.m.

Religion

Dining with Christ

Join Jeff Potter in “Dining with Christ”. The Bible doesn’t share a great of information about Jesus’ time on earth after the Resurrection, but one strong theme that is revealed is the significance of eating together as a means to experience Christ.

9:50—10:40 a.m.

Refreshments



Join Michael Bolton , Lisa Long and Carley Frye for light refreshments and social time. Hear about activities and services available at Lexington Park.

Community Partner Showcase

10:40—11:30 a.m.

People/Places

Dr. Karl Menninger - Tom Luellen

In 1925 Dr. Karl Menninger, along with his father and brother, established the Menninger Clinic in Topeka. By the 1950s and 60s it was one of the most important psychiatric centers in America. This presentation will explain the ascent of the Menninger Clinic and the factors leading to its move to Huston.

10:40—11:30 a.m.

Community

Bishop Professional Development Training Center

Mrs. Billie Wallace will discuss the newly developed Training Center opened in the Fall of 2019. The center is equipped with cutting edge technology for training and is one of the only buildings specifically designed for professional development in the state of Kansas.

10:40—11:30 a.m.

Arts

Jazz Concert - by Rev Ed Ferris

The course will show how ragtime is the basis of jazz. Examples will be heard as ragtime developed into different kinds of music styles.

10:40—11:30 a.m.

Library

Reading Champions

Reading Champions are advocates for literacy in their communities. Learn about practical ways to promote literacy, such as organizing a book club, building a book nook or planning a workshop and help our community become an engaged community of readers.

***“Adventures in Learning!”* Spring Session**

Classes for Friday, April 24, 2020

Current Events—Get Involved

9:00—9:50 a.m.

News & Views

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 a.m.

Back by Popular Demand

Presidential Gardens by Carol Bragdon

This presentation explores the history and development the White House gardens, presidential gardens and contributions of some of our First Ladies to these national treasures.

9:00—9:50 a.m.

Health

Warning Signs When Seniors Need Assistance—Jill Carter, Interim

How do you know when a senior needs assistance? The signs could be from spoiled food that doesn't get thrown away or important missed appointments. Jill Carter with Interim Healthcare will discuss the warning signs that you need to watch for.

9:00—9:50 a.m.

Religion

Writing the Tree of Life

Drawing on her novel, *Miriam's Well*, Mirriam-Goldberg will present a talk and reading focused on the role of mythology and midrash -- the Hebrew tradition of making art and meaning from sacred texts -- to enable us see our lives with new eyes.

9:50—10:40 a.m.

Refreshments

Community Partner Showcase



Join Cindee Williams and Anna Gemmer for light refreshments and social time. Hear what's new at McCrite Plaza Topeka.

10:40—11:30 a.m.

People/Places

Gettysburg National Battle Field - Jim Hanni

Disagreement now permeates American public life. So what does that have to do with a place like Gettysburg? Our speaker, James Hanni, Secretary of the Board of the Gettysburg Foundation, will be here to share what's special about Gettysburg and its connections to Kansas.

10:40—11:30 a.m.

Community

Homelessness in our Schools

Carrie Higgins will discuss Impact Avenues a group of over 35 partner agencies working together to reduce student homelessness in Topeka. They utilize collective impact, single point of service, intensive case management, and sustainable housing to eliminate barriers and help families.

10:40—11:30 a.m.

Arts

“Garden Gate: Writings and Art from Gardens Around the World”

Thomas Fox Averill will discuss his experiences visiting botanical gardens around the world. Tom will also share his photos, poetry and short stories based on his visits.

10:40—11:30 a.m.

Potpourri

PANT—Pet Assist Program for the Homeless

Dr. Joe Cook will discuss how PANT raises funds to pay for the costs to board pets and provide any necessary pet care during times when owners are homeless and trying to get back on their feet.

Registration:

Mail completed registration form to SCT, 4101 SW 15th ST, Topeka, KS 66604, along with check payable to SCT. Check Box if New or Changed Info. 



Name (s) _____ Phone # _____

Address/Zip _____

E-mail: _____ Place of Worship: _____

Reminder: You can also register online: www.shepherdscentertopeka.org

2020 Membership Dues _____ x \$30.00 = _____

Adventures in Learning _____ **Member Rate** x \$25.00 = _____

Adventures in Learning _____ **Regular Rate** x \$30.00 = _____

Late fee **after MAR 15**, _____ Registrations x \$5.00 = _____

Donations to SCT = _____

Checks Payable to SCT Check Total = \$ _____

I am a FIRST TIME GUEST = 1 Friday **FREE**. (Make class selections below for chosen Friday)

Mark one of the first four class choices; Mark yes or no if you will partake of refreshments; Mark one of the next four class choices. Numbers are used for room assignments & help speakers prepare. (Force yourself to make a decision) .

April 3, 2020

- 9:00-9:50 A. News & Views _____
 B. Flowers from A—Z _____
 C. Alzheimer's/Stem Cells _____
 D. Central Congregation _____

9:50-10:40 **REFRESHMENTS** YES / NO

- 10:40-11:30 E. Antarctica Adventure _____
 F. SCT Charity: TARC _____
 G. Murals & Paintings _____
 H. Senior Cyber Safety _____

April 10, 2020

- 9:00-9:50 A. News & Views _____
 B. Aging In America _____
 C. Eye Diseases of Elderly _____
 D. Results of the Resurrection _____

9:50-10:40 **REFRESHMENTS** YES / NO

- 10:40-11:30
 F. Shawnee Co Parks & Rec _____
 G. Woodcarving _____
 H. Evolution— Monkeys? _____

April 17, 2020

- 9:00-9:50 A. News & Views _____
 B. Outsmart Scammers _____
 C. Thirty Days From Banff _____
 D. Dinning with the Risen Christ _____

9:50-10:40 **REFRESHMENTS** YES / NO

- 10:40-11:30 E. Dr. Karl Menninger _____
 F. Bishop Development Center _____
 G. Jazz Concert _____
 H. Reading Champions _____

April 24, 2020

- 9:00-9:50 A. News & Views _____
 B. Presidential Gardens _____
 C. Signs Seniors need Help _____
 D. Writing the Tree of Life _____

9:50-10:40 **REFRESHMENTS** YES / NO

- 10:40-11:30 E. Gettysburg National Battle Field _____
 F. Homelessness in our Schools _____
 G. Garden Gate—Writings and Art _____
 H. PANT—Pet Assist Program _____

DUE DATE—MAR 15TH !

Location/Parking

Adventures in Learning is hosted at Lowman United Methodist Church, 4101 SW 15th Street, turn West at the Gage & 15th Street stop light. Everything is on the main floor, fully handicap accessible. .



Please **DO NOT** park along the front drive of the church as this area is reserved for community partners bringing refreshments and for our speakers, who may need to come from or go back to work.



Overflow parking is available in the Marco's Pizza & Family Video lot north of the church.

Membership Connection

—**Newsletters**—We send out bi-monthly newsletters by USPS. We also upload the newsletter to our website:

www.shepherdscentertopeka.org so that it can be read online and printed to give to friends. In addition, we have

SCT E-

Group, a one-way communication from the Director to your in-box. (usually mailings are on Mondays). Go to our website, and click on the “News” tab on the top bar. Follow directions in the middle column to self-enroll.

Facebook—Like us on facebook and our postings will be seen on your home feed. In the search box, type in **Shepherd’s Center Topeka**. Most recent facebook postings can also be seen on the “News” page of our website.

Not computer savvy? Let your SCT friends show you how to access these things, shown in our directory with this icon.

Calling Tree — We still try to

keep you in the loop by assigning folks without email to a volunteer caller. .



Help us help you become better acquainted. Fill out **_____** a **Membership Profile**. Wear **Name Tags** during activities. Put your photo in the **Membership Directory**. Enjoy the 4-sided bulletin board **Kiosk** in the hallway at *Adventures*. **Volunteer** to help with the hospitality, nametags, program planning, etc. The more active you are, the better people will know you.

Guest Policy

Everyone (member or guest) must register to attend an *Adventures in Learning* session. First time guests are **FREE** but need to register by Tuesday before the Friday they plan to attend so we have an accurate count for refreshments. A new walk-in, however, is never turned away. Guest tags are at the front registration table.

Visitors may come **ONCE** without paying, but then must pay the \$30 registration fee if they wish to come the remaining Fridays of that session. It costs nothing to check us out — we’re confident that you’ll want to come again.

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, 249-3258, and

Late Fee

Late registrations create more work for the Task Force. For this reason, a \$5 late fee is assessed after the due date as incentive to get people to register in a timely manner. **Please pay by the 15th of the month, as the late fee can nullify the \$5 member discount.**

Registration Reference

It’s hard to remember what you’ve signed up for when you send in the form early. Mark an **X** beside programs in the class catalog part of newsletter and keep for reference. However, if you forget, your registration sheet is alphabetically filed in a notebook on the registration table. If you enroll online you’ll receive a receipt by email listing the classes you’ve chosen. Handy for wallet!

Please attend classes you have registered for so that rooms are not overcrowded, and attendance figures given to speakers are accurate.

Funding Sponsors

Thank you to Sponsoring Churches who have donated in 2020

Brookwood Covenant Church
 Trinity Presbyterian Church
 First Lutheran Church
 Wanamaker Woods Church of The Nazarene
 St. Augustine Anglican Parish
 First Baptist Church

Thank you to our Host Sponsors

- Arbor Court
- Countryside UMC
- Christ the King
- First Baptist
- First Christian
- First Congregational
- First Methodist
- First Presbyterian
- Grace UMC
- Lowman UMC
- Our Savior's Lutheran
- St. David's Episcopal

Community Partners

Don't forget that our sponsoring church congregations and community partners have a link directly to their websites on our website at shepherdscenter-topeka.org. Just click on the sponsor name.

Sponsors/Community Partners

Keeping Seniors Active is the Best Medicine!

Please help us spread the news about Shepherd's



Center and all of the classes and activities that this community ministry provides. If you would simply make a few copies of this newsletter available for folks to pick up and read, you would help us connect

with people who may benefit from our program who may never learn of Shepherd's Center otherwise.



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. Please contact our chaplain Charlotte for Prayer and Support - Chaplain Charlotte 234-4243 charmilr@gmail.com "Because we Care"

Travelers News - Members Only

March 25 - Church Basement Ladies at New Theatre in Overland Park.

June 3 - Kansas Wetlands at Cheyenne Bottoms \$74

June 6 - 13, 2020 Great Adventures Tours hosts a vacation to Apostle Islands and Wisconsin Dells. The 21 Islands and 12 miles of mainland showcase a unique blend of cultural and natural resources. For more information click below.

August 7 - SCT Annual Meeting - 2021 trip discussions

September 9 - Riverboat Cruise at Brownsville NE

December 9 - Quality Hill Playhouse Christmas Program

SCT members will have first opportunity to fill the buses before a designated deadline, or until filled. If space is still available by deadline, the trip may be open to non-members. Contact Great Adventure Tours at 785-633-8761 with questions, enrollment or cancellations.

Travelers - March 25 Day Trip

Church Basement Ladies with Cindy Williams

9:30 am Coach spots at Lowman United Methodist Church
 11:15 am Arrive at New Theatre, get tickets on bus
 12:15 pm Lunch
 3:30 pm Leave for Home - To Lowman by 5:00 pm

SCT Activity Group Announcements

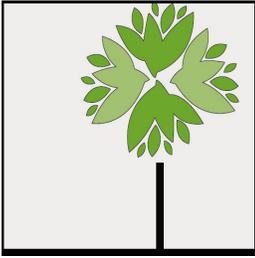
Spiritual Book Club

If anyone is interested in joining this group they are **starting a new book on June 1**. The Book is titled "The Return of the Prodigal Son" by Henri Nouwen. Everyone purchases their own book, most get it from Amazon. We meet at First Congregational Church 1701 SW Collins Ave. the first Monday of every month from 2 to 4 in the library.

MAP Group

Hello, friends, our Mar. 25 MAP program will be "Mennonite Immigration to Kansas" by Dan Pauls.

The Shepherds Center's MAP group (Memoirs, Ancestry, Photos) meet at 10:00 -11:30 a.m. the **4th Wednesday** of the month in room 206, First Presbyterian Church, 8th & Harrison (enter parking lot off of Harrison). Please join us!



Shepherd's Center of Topeka
4101 SW 15th Street
Topeka, Kansas 66604-4337
Phone: 785-249-3258

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Community Partners Cont'

Midwest Health:

- Caregivers Home Health*
- Lexington Park*
- Rolling Hills*
- Homestead—Auburn*

Oakley Place Care

- Rebound Physical Therapy*
- Stormont—Vail Healthwise*

Tanglewood Health & Rehab

Topeka—Shawnee County Public Library

Our commitment to education extends to information about services provided by Community Partners that seniors may need. Take time to visit, tour, and attend their events. Be informed.

Save the Date - SCT Charity Social - July 16, 5 - 8:00

Save the Date! Mark your calendars and let's get ready for SCT Charity Social 2020! The Charity Social will be held at Christ the King, on July 16 from 5:00 - 8:00 pm. This year our annual social and fundraiser will benefit TARC a wonderful organization, who for 65 years, has provided excellent services to children, adults and families with developmental, intellectual and related disabilities. All proceeds support services of TARC and is SCT's way of giving back to the community.



Volunteers Needed

As you know, just one person can make a big difference, but sometimes it takes a village. Well, we need a village to throw this party! So, we invite you to join us, and be a part of the Charity Social Committee village. If you have a little time, we have a few tasks. Please contact Linda Ruff, Committee Chair, at 817-5530 or linda.65@att.net.

