


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


September 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
3	4 SMS Book Club 	5 SMS Mexican Train Tai Chi - Lowman	6 Pickleball	7 SMS Bridge Tai Chi - Zoo Line Dancing	8 Board Meeting 9:30	9
10	11 SMS Pickleball	12 SMS Canasta Tai Chi - Lowman	13 Writing Group LUMC Pickleball	14 SMS Tai Chi - Zoo Line Dancing	15 Counters 1-3	16
17	18 SMS Book Club Pickleball	19 SMS Mexican Train Tai Chi - Lowman	20 Pickleball	21 SMS, Bridge Tai Chi - Zoo Line Dancing	22 Counters 1-3	23
24	25 SMS Pickleball	26 SMS Canasta Tai Chi - Lowman	27 MAP via Zoom Pickleball	28 SMS, Tai Chi - Zoo Line Dancing Task Force Meeting	29 Counters 1-3	30

October 2023

Let the Adventures Begin with
"Adventures in Learning!"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 SMS Book Club Pickleball	3 SMS Mexican Train Tai Chi - Lowman	4 Pickleball	5 AiL Setup SMS, Bridge Line Dancing Tai Chi - Zoo	6 Adventures in Learning	7
8	9 SMS Pickleball	10 SMS Canasta Tai Chi - Lowman	11 Writing Group LUMC Pickleball	12 AiL Setup SMS Line Dancing Tai Chi - Zoo	13 Adventures in Learning	14
15	16 SMS Book Club Pickleball	17 SMS Mexican Train Tai Chi - Lowman	18 Pickleball	19 AiL Setup SMS, Bridge Line Dancing Tai Chi - Zoo	20 Adventures in Learning	21
22	23 SMS Pickleball	24 SMS Canasta Tai Chi - Lowman	25 MAP via Zoom Pickleball	26 AiL Setup SMS Line Dancing Tai Chi - Zoo	27 Adventures in Learning	28
29	30 SMS Pickleball	31 SMS Tai Chi Lowman 				

Shepherd's Center's Group Activities

Sign up for our Monday email at 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 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, or Mary Adkins, 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.

MAP Group (Memoirs, Ancestry, Photos) - via Zoom - 4th Wednesday of the month 10:00 - 11:30 am. Contact Rich McReynolds at 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 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. Please contact Karen Botkin at 785-945-6785 or Jim Bauer at 785-256-2432 at 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) - Tuesday 9:30 - 10:30 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. **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,

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