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 Marv

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

We welcome clergy of our sponsoring congregations to attend Adventures in Learning FREE for a single class or a full session. Please call the office beforehand at 785-249-3258 to let us know you're coming, and then share the Shepherd's Center's story with your congregation.

Community Partners

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



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.

July / August 2023 Newsletter

Issue No. 86



Shepherd's Center's 20th anniversary will be celebrated on August 11, with a fundraising lunch and program. A full morning is planned, beginning with Adventures in Learning presentations at 9:00 am, **the Annual Meeting** at 10:00, and the lunch following around 11:00 am. Electing and introducing new board members is the primary agenda item for the Annual Meeting. Our celebration program and lunch will be held in the Lowman United Methodist Church fellowship hall with a 20th anniversary cake and coffee to be served to all attending. Those who want to participate in our fundraiser lunch are asked to order online or call Karen at 785-249-3258.

It took a committee of volunteers to establish Shepherd's Center of Topeka in 2002 and 2003. First, a Senior Citizens Committee at First Baptist Church researched community needs and invited Dr. Elbert Cole, founder of Shepherd's Center in Kansas City, to share his vision. Representatives from Topeka's First Methodist, Countryside Methodist, Brookwood Covenant, First Baptist, and Our Savior's Lutheran attended this presentation, and by spring 2003, the organziation team was ready to make it official. On May 21, 2003, four founding members— Vera Goodman, Joan Porter, Elaine Shutt, and Lawrence Brock—signed the articles of incorporation establishing Shepherd's Center of Topeka as a not-for-profit. We are blessed today to be the benefactors of their vision as we celebrate 20 years of Shepherd's Center Topeka. Through our three directors' leadership, board of trustees, and numerous volunteers working over the years, Shepherd's Center of Topeka has continued to provide life-enriching opportunities for adults 55 and older to participate in educational, physical, spiritual, and social activities. Kathy Harr, Chair

REGISTER NOW FOR AUGUST ADVENTURES IN LEARNING!

SCT 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

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 Storm 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 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. 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 or Betsy Thompson, betsyjthompson@gmail.com.

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

July 2023



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

August 2023

Let the Adventures Begin with "Adventures in Learning!"

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

"Adventures in Learning!" Classes for Friday, August 4, 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

A Poetry Journey or How to Launch a New Career from an Old Passion with Ruth Maus
Ruth will tell how, at age 65 and much to her surprise, she became a college student, then an award-winning author and poet as a diversion for caring for a dying parent. The story will be interspersed with a wide variety of funny, sad, existential, experimental, formal and informal styles of poetry from her two books *Valentine* and *Puzzled*. Whether you're a "poetry geek" or just enjoy a friendly verse, there's a poem here that will sing to your soul.

9:00 - 9:50 am Pakistan Travels in the 1970s with Dan Pauls - In Person and via Zoom

Dan's presentation will be a photographic record of living, working, and traveling in Pakistan from 1972 till 1975.

10:00 Break - Refreshments provided by Midland Care

10:40 - 11:30 am A Repurposed Life of Art with Gina Zidek

Gina has been selling her art using repurposed screens and windows since 2015. Hear how an empty nest, some personal challenges and God's guidance led her to create and sell over 1000 paintings and start a small business that is now helping others with their own creative spark.

10:40 - 11:30 am Mental Health and Seniors with Anabel Feauto, Valeo

The importance of mental health screenings and programs available at Valeo.

10:40 - 11:30 am Every Kid Needs 5 Adult Fans with Chris Stewart —In Person and via Zoom

We were created for community. We thrive when the older generations take an interest in us. Our culture fragments generations. But we were created for community. Kids thrive when the older generations take an interest in them.

"Adventures in Learning!" Classes for Friday, August 11, 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 Topeka's History - Shawnee County Historical documents with Donna Rae Pearson, History Librarian Donna Rae Pearson is the local history librarian who is a skilled researcher with former ties to the Kansas Historical Society. She loves history, and will be here to share some of her life's work. Donna's motto is "History can change the community. If you understand the past, you can do better today and tomorrow."

9:00 - 9:50 am John James Audubon and Alexander Wilson, the Founding Fathers Of American Bird Watching with Tom Luellen

Over 57 million Americans feed wild birds in their backyards. The appreciation of birds in this country can be traced to John James Audubon, but Audubon's classic publication Birds of America was inspired by Alexander Wilson, a weaver and convicted felon from Scotland. This program will cover the fascinating history of these two pillars of American birding.

10:00 - 11:00 — Shepherd's Center of Topeka Annual Meeting

11:00 - 12:30 — 20th Anniversary Celebration and Program

20 for 20 BBQ Fundraiser Lunch

(please go to our website at www.shepherdscentertopeka.org to pre-order your lunch)

"Adventures in Learning!" Classes for Friday, August 18, 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 Stories of Washburn Women's Basketball with Ron McHenry

Former Washburn Women's Basketball Coach, Ron McHenry, will share some of his experiences and highlights of his time with the Ichabods.

9:00 - 9:50 am Topeka's Strategic Momentum-Through the Lens of Adaptive Leadership with Michelle Stubblefield In Person and via Zoom

Momentum 2027 Strategic Plan addresses some of the most daunting challenges in Topeka and Shawnee County. As the community works together keeping equity at the center toward creating economic prosperity for all. See the importance of adaptive leadership at play to mobilize change

10:00 Break - Refreshments Provided by Presbyterian Manor

10:40 - 11:30 am Kansas Assistance Dogs with Bryce Dolan

Have you wondered how assistance dogs were trained and prepared for their roles as guide, service, or facility dogs? Learn how the KSDS Assistance Dogs program in Washington, Kansas, prepares dogs to be more than man's (or woman's) best friend.

10:40 - 11:30 am Robert Burns: A Poetry Performance with Tom Averill

Join author Tom Averill for a talk about the poetry of Roberts Burns, complete with a recitation of some of the 30 poems Tom has committed to memory.

10:40 - 11:30 am Conservation for Nature and for the People with Rob Manes—In Person and via Zoom

The Nature Conservancy's global work is focused on lasting, large scale environmental conservation and restoration that also supports the wellbeing of people, communities, economies, and cultures. The non-profit organization's long-standing success is achieved by reliance on collaboration, integrity, science, and inclusiveness. This program will highlight a few of the Conservancy's most important challenges and projects.

"Adventures in Learning!" Classes for Friday, August 25, 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 Local K-State Research and Extension Office with Candis Meerpohl

With this program you will learn a little bit of history of the Extension system, how the Extension Office is supported in Shawnee County and programs we are currently offering. Extension offers research based education in the areas of Agriculture, Horticulture, Family and Consumer Sciences, Nutrition, Youth Development and Community Vitality.

9:00 - 9:50 am Stroke: A Collaborative Approach with Amy Whitlock, BSN, RN PPS - In Person and via Zoom

This presentation will review areas affected following stroke, highlight the disciplines role in care, and provide community resources following inpatient rehabilitation discharge. A physical therapist and an occupational therapist will facilitate.

10:00 Break - Refreshments provided by Brewster Place

10:40 - 11:30 am Dr. Farley's 25-year Career and Legacy as Washburn University's President In Person and via Zoom Come hear the extraordinary and accomplished life of Dr. Jerry Farley the past president of Washburn University. After 25 years Dr Farley is taking on a new role as President Emeritus. He will focus on fundraising and international student recruitment.

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.

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.

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.

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 Sunflower State Tours – 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.

For more information on Sunflower State Tours call 785-470-7720. For all New Theatre Day Trips call Oneta at 785-633-8761 to register. Mail checks to P. O. Box 4126, Topeka, KS 66604.

Past 2023 Trips

CONDO-MONIUM, New Theatre Overland Park, \$73, starring Barry Williams Pick up at Fairlawn Plaza Saturday, April 1

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. Hope, KS 67451.

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.

August 2023 "Adventures in Le	earning" 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						
	Place of Worship:						
Reminder: You can also register and pay online at www.shepherdscentertopeka.org or you can drop your registration off at the Lowman Office.							
2023 Membershi	p 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 July 21	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.							
August 4, 2023 9:00-9:50	August 11, 2023 9:00-9:50						
A. News and Views with Kevin McFarland B. A Poetry Journey with Ruth Maus C. Pakistan Travels in the 1970s with Dan Paul D. ZOOM - Pakistan Travels with Dan Paul	A. News and Views with Kevin McFarland B. Shawnee County History with Donna Rae Pearson C. American Bird Watching with Tom Luellen D. ZOOM - American Bird Watching with Tom Luellen						
10:00 Break Refreshments - Midland Care 10:40-11:30 E. Mental Health and Seniors with Anabel Feauto F. A Repurposed Life of Art with Gina Zidek G. Every Kid Needs 5 Adult Fans with Chris Stewart H. ZOOM—Every Kid Needs 5 Adult Fans	E. 10:00 - 11:00 — Shepherd's Center's Annual Meeting F. 11:00 - 1:00 — 20th Anniversary Celebration G. 20 for 20 Fundraiser Lunch and Program To pre-order your lunch go to our website at www.shepherdscentertopeka.org. Meals can be purchased for carry-out and picked up in Lowman's Fellowship Hall.						
August 18, 2023 9:00-9:50 A. News and Views with Kevin McFarland B. Topeka Strategic Momentum with Michelle Stubblefield C. Washburn Women's Basketball with Ron McHenry D. ZOOM - Washburn Women's Basketball 10:00 Break Refreshments - Presbyterian Manor	August 25, 2023 9:00-9:50 A. News and Views with Kevin McFarland B. Stroke: A Collaborative Approach with Amy Whitlock C. K-State Research Extension Office with Candis Meerpohl D. ZOOM - K-State Research Extension Office with Candis 10:00 Break Refreshments - Brewster Place						
10:40-11:30	10:40-11:30						
E. KSDS Assistance Dogs with Bryce Dolan	E. Dr. Jerry Farley's 25 Year Career and Legacy						
F. Robert Burns: A Poetry Performance with Tom Averill G. Conservation for Nature and for People with Rob Manes	F. ZOOM - Dr. Farley's 25 Year Career and Legacy						
H. ZOOM - Conservation for Nature and for People	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, July 21 to avoid \$5 late fee							

Processed QB_____ CC ____ Mail List ___

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

785-249-3258

www.shepherdscentertopeka.org Email: shepherdstopeka@yahoo.com

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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

Public Library KU Health System St. Francis Campus Continued Care

Topeka—Shawnee County

Join Us on August 11 for our 20th Anniversary Celebration!



We are excited to announce that KB's Smokehouse will be catering our 20th Anniversary Fundraiser Lunch on August 11, 11:00 am. Karen Glotzbach, the owner of KB's Smokehouse, has generously offered her services for our fundraiser. Karen is Pat Kirkman's daughter. Pat is the coordinator of the Shepherd's Center's Book Club and a board member.

Karen has a big heart for helping nonprofits; and we know you will love her food.

You can pre-order your lunch online starting on Saturday, July 1, until Monday, July 31. The menu— Pulled Pork Sandwich or Smoked Meatloaf with two sides, or an all-time favorite, the "Trash Can" (sides not included). The side dishes are Beans, Cheesy Mac and Corn, and Coleslaw. To purchase your meal after July 1,

visit our website and click on the 20th Anniversary Tab.

Over the past three years, we have overcome many challenges and changes, and now it's time to celebrate! I want to thank Kathy Harr, Betsy Thompson, and Pat Kirkman for helping to organize our celebration. Come and celebrate this momentous event! I hope to see you on August 11. Karen Willard, Director



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