

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

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!

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



February 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 October AiL — 110

Issue No. 84 — January/February 2023

I hope you had a wonderful Christmas and are ready to ring in the new year! This past year was full of activities and accomplishments. We had two fundraisers, which raised around \$6,500 to help with operating costs for the Shepherd's Center; we attended the TACC fall senior resource fair, our membership has grown, and we added a new Activity Group. It is wonderful to see us growing and positively impacting seniors. Let's continue to work on increasing our membership, volunteerism, and attendance for Adventures in Learning because we don't want to be the best-kept secret in Topeka; we have so much to offer seniors in our community.



I want to thank all the members and volunteers who help make Shepherd's Center one of the best organizations in Topeka for older adults. Your generosity and support have been the key ingredients to our success. I want to thank our church sponsors and community partners who support us, and I want to thank our board of trustees. Their leadership has helped us weather the storm, and we can see the fruit of their labor; we are rebuilding. Some programs may change, but our purpose and mission to be a volunteer-run organization providing opportunities to engage older adults through activities to enrich their lives will always remain the same. I am looking forward to this new year. May this year bring to your life more joy and happiness. Happy New Year! Karen



Featured Members When Herschel and Jacque Stroud were asked what they would like Shepherd's Center (SCT) members to know about them, they answered simultaneously and without hesitation, "That we love Shepherd's Center!" They first became involved in SCT when Adventures in Learning (AIL) was held at First Baptist Church, and Herschel was invited to deliver a presentation. Over the years, Herschel has delivered a variety of presentations, primarily regarding one of his favorite topics, the Civil War. Jacque has served as a valuable member of the program committee, providing input to ensure a variety and richness of AIL programming. Herschel and Jacque's enthusiasm for AIL stems from their love of learning. They both ascribe to a favorite adage Herschel learned from his father. "If you have the opportunity to see someone who is an expert at something — even if it's Tiddlywinks — go see them. You can learn something from them." It is clear from their eager involvement that they do indeed love Shepherd's Center.

Herschel and Jacque met on a blind date over 70 years ago when he was a medical student at KU (Herschel is an optometrist turned dentist), and she was studying Spanish at UMKC. Herschel was attracted to Jacque's beautiful smile, and Jacque was taken with Herschel's outgoing personality. As their courtship progressed, Jacque's mother forgot her concern over her Missouri born and bred daughter keeping company with a man from Peabody, Kansas, and she readily accepted Herschel as her son-in-law when the couple married a year and a half later. Their long marriage has been a blissful one, and anyone around their devotion to each other. They raised two children, a daughter who is a successful physician, and a son who is an equally successful mechanic. Church membership, world travel, scuba diving, sailboat racing, and snow skiing are counted among their many shared experiences. To Herschel and Jacque, the most rewarding thing about growing older is being able to do things that allow them to continue to grow personally and meet new people. Herschel and Jacque Stroud value SCT as a valuable resource in their lives. In turn, they have been and continue to be a valuable resource to SCT. Submitted by Donna Clark

REGISTER NOW - FEBRUARY 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 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 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.

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

January 2023

Happy New Year

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

February 2023

Let the Adventures Begin with
"Adventures in Learning!"

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

**“Adventures in Learning!”
Classes for Friday, February 3, 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 Before the When with Dusty Nichols

A brief look behind the scenes of Emergency Management day-to-day responsibilities. The “when” refers to “when something has happened” and what planning and guidance were used to prepare.

9:00 - 9:50 am Native American Culture and Traditions with Susan Holland In Person and via Zoom

Susan will explore Native Americans of the Southwestern United States, their culture, ceremonies, and spiritual beliefs.

10:00 Break - Refreshments provided by McCrite Plaza

10:40 - 11:30 am Learning and Decision Making in Insects with Rodrigo Mercader, Ph.D.

Insects are often thought about as little machines that simply react to their environments and behave purely on “instinct”. However, insects have complex decision-making abilities that can be modulated by their prior experiences. Despite their relatively simple nervous systems, learning has been found in all insects in which it has been tested and includes sophisticated forms of learning. In this talk we will discuss some of the unique aspects of learning in insects and highlight the importance of learning to our understanding of the ecology and management of insects.

10:40 - 11:30 am Kansas’ Most Celebrated Community Theatre; Topeka Civic Theatre with Shannon Reilly, TCT Artistic Director

Shannon will detail the birth, history and rise of the oldest community theatre in Kansas, Topeka Civic Theatre. A theatre that has been nationally and internationally recognized for its excellence.

10:40 - 11:30 am Trusses, Brushes, and Balm with Mark Law—In Person and via Zoom

The history of drug stores in Topeka beginning in the 1860’s. With photos and descriptions of current buildings and locations and the history behind them.

**“Adventures in Learning!”
Classes for Friday, February 10, 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 Shawnee County Public Library

There’s always something happening at the Topeka & Shawnee County Public Library! Come and hear what’s new for 2023!

9:00 - 9:50 am Stories and Music by Storyteller Rosie Cutrer In Person and via Zoom

Storyteller Rosie Best-Cutrer will present a program of folktales, songs, and an original story about growing up in Topeka during the 1950’s.

10:00 Break - Refreshments provided by Oakley Place

10:40 - 11:30 am Project 2 Restore with Heidi Pitman

Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy. Hear how a Topeka program seeks to live out Proverbs 31:8-9.

10:40 - 11:30 am Cast Iron Skillets and Mason Jars Introduction, History, Discussion with Keith Thalken

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.

10:40 - 11:30 am Light Brown Hair and Blue Green Eyes with David Fisher In Person and via Zoom

The amazing and little known full story of Joan of Arc. It is based on the word-for-word transcripts of her two trials and Dave’s five pilgrimages to France.

"Adventures in Learning!"
Classes for Friday, February 17, 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 "Robert Burns: a poetry performance," Tom Averill

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

9:00 - 9:50 am "Pakistan Travels In the 1970's" with Dan Pauls - In Person & 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 our Community Partner

10:40 - 11:30 am Prairie Glass: Fused Glass with Kymm Ledbetter

Kymm is the artistic energy of Prairie Glass Studio. She attended Washburn University where she fell in love with her chosen medium – fused glass. Kymm conducts classes at the studio and occasionally teaches at Washburn University, always challenging her students to push the boundaries of their own creativity.

**10:40 - 11:30 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.

10:40 - 11:30 am Stories of Washburn Women's Basketball with Ron McHenry In Person and via Zoom

Former women's basketball coach, Ron McHenry, will share some of his experiences and highlights of his time with the Ichabods.

"Adventures in Learning!"
Classes for Friday, February 24, 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 Importance of Wetlands for Biodiversity, Bluebird Taylor

Bluebird will talk about the how wetlands can host a variety of life and the different types of wetland habitats. She will go into the history of the Baker University Wetlands (Native American Impact on the land and pre-European settlement to the discovery center education), and talk about land management and how it affected the environment.

**9:00 - 9:50 am Hope Ranch and Therapeutic Riding Center with Amanda Lynch, Cathy & Ken Scroggins
In Person and via Zoom**

In 2006, a dream became a reality when Ken Scroggs and his 10-year-old daughter, Cassidy, opened the doors to Hope Ranch Therapeutic Riding Center in Manhattan, Kansas. In August of 2018, Hope Ranch, Inc. purchased the Daisy Hindman Girl Scout Camp in Topeka, Kansas. Mission Creek Camp & Retreat Center had its first summer camp season in 2019, and Hope Ranch Therapeutic Riding Center – Topeka opened in the Spring of 2020. Hope Ranch is a non profit and incorporates equine therapy for individuals with disabilities. They also offer riding lessons in English and Western styles.

10:00 Break - Refreshments provided by Presbyterian Manor

10:40 - 11:30 am Ralph's Brush with Greatness with Ralph Hipp In Person and via Zoom

Ralph Hipp, host of WIBW's famous "Red Couch Show" at 4:00 and 13 News at 6, 9 and 10 for 30 years retired on September 2, 2022. Ralph will share stories about his large collection of autographed books and how he got famous people to sign his books.

2022 Funding Church Sponsors

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

Thank you to our Community Partners for Providing Refreshments in 2022

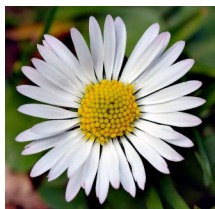
Aldersgate Village	Interim Healthcare
Atria Hearthstone	Lexington Park
Brewster Place	McCrite Plaza
Caregivers Home Health	Midland Care
Elara Caring	Presbyterian Manor

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 Update - 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.

Upcoming 2023 Trips

Wednesday, June 14, 2023, Million Dollar Quartet, New Theatre, Overland Park, \$75, includes lunch.

The Travel Committee met to discuss 2023 travel and selected two Great Adventure Tour day trips to promote to New Theatre in addition to the already scheduled Million Dollar Quartet trip on **June 14** (\$75). These are: Condo-Monium on **April 1** (\$73) and Dreamgirls on **September 9** (\$75). Contact Oneta Ashcraft at 785-633-8761 to reserve your seat. (A \$10 deposit will reserve your seat with the remainder due 30 days before the event).

Les Streit joined the travel committee and is investigating 14-passenger bus day trip opportunities that better match our current member travel interest. Several mid-week local field trips patterned after the Capitol City Explorers would also be offered, but we need a volunteer to make arrangements for these trips. If you're interested in volunteering, please contact Rich McReynolds at 785-267-4017 or the office at 785-249-3258.

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.

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.

February "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 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 January 20 _____ 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 to Check if You Would Like Refreshments.

February 3, 2023

9:00-9:50

- _____ A. News and Views with Kevin McFarland
 _____ B. Before the When Dusty Nichols
 _____ C. Native American Culture and Traditions, S. Holland
 _____ **D. ZOOM** - Native American Culture and Traditions

_____ **10:00 Break Refreshments - McCrite Plaza**

10:40-11:30

- _____ E. Learning and Decision Making in Insects, Mercader
 _____ F. Kansas' Most Celebrated Community Theatre; Topeka
 Civic Theatre with Shannon Reilly
 _____ G. Trusses, Brushes, and Balm with Mark Law
 _____ **H. ZOOM** - Trusses, Brushes, and Balm with Mark Law

February 10, 2023

9:00-9:50

- _____ A. News and Views with Kevin McFarland
 _____ B. Come and Hear What's Happening at the TSCPLibrary!
 _____ C. Stories and Music with Rosie Cutrer
 _____ **D. ZOOM** - Stories and Music with Rosie Cutrer

_____ **10:00 Break Refreshments - Oakley Place**

10:40-11:30

- _____ E. Light Brown Hair and Blue Eyes, Joan, with David Fisher
 _____ F. Project 2 Restore with Heidi Pitman
 _____ G. Cast Iron Skillets and Mason Jars with Keith Thalken
 _____ **H. ZOOM** - Cast Iron Skillets and Mason Jars

February 17, 2023

9:00-9:50

- _____ A. News and Views with Kevin McFarland
 _____ B. "Robert Burns: a poetry performance," Tom Averill
 _____ C. "Pakistan Travels In the 1970's" with Dan Pauls
 _____ **D. ZOOM** - "Pakistan Travels In the 1970's" Dan Pauls

_____ **10:00 Break Refreshments - Community Partner**

10:40-11:30

- _____ E. Founding Fathers of Bird Watching with Tom Luellen
 _____ F. Prairie Glass: Fused Glass with Kymm Ledbetter
 _____ G. Stories of Washburn Women's Basketball, McHenry
 _____ **H. ZOOM** - Stories of Washburn Women's Basketball

February 24, 2023

9:00-9:50

- _____ A. News and Views with Kevin McFarland
 _____ B. Importance of Wetlands for Biodiversity, Bluebird Taylor
 _____ C. Hope Ranch & Therapeutic Riding Center
 _____ **D. ZOOM** - Hope Ranch and Therapeutic Riding Center

_____ **10:00 Break Refreshments - Presbyterian Manor**

10:40-11:30

- _____ E. Ralph's Brush with Greatness with Ralph Hipp
 _____ **F. ZOOM** - Ralph's Brush with Greatness with Ralph Hipp

Shepherd's Center of Topeka is located at LUMC, 4101 SW 15th Street, Topeka, Kansas, 66604. For questions call 785-249-3258.

Adventures in Learning - Register before Friday, January 20 to avoid \$5 late fee



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

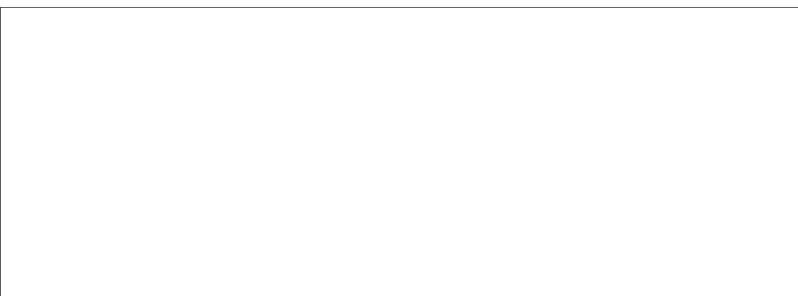
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www.shepherdscentertopeka.org

Email: shepherdstopeka@yahoo.com

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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



Treasurer Report - Mike Stanfill

Happy Holidays to all,

COVID continues to present challenges to everyone. In 2022 we have seen increases in our Membership numbers and Adventures in Learning attendance from the previous year, but we are not at pre-Covid numbers. We conducted two chili feed fundraisers and continued to receive donations from our generous members and friends. We again paid our pledge to Lowman United Methodist Church from our Topeka Community Foundation account this year and had a couple of items (expenses) we could defer until 2023. At the end of the year, it appears we will be close to balancing income vs. expenses. We have a solid balance in both our bank account and the Topeka Community Foundation account, so we are entering 2023 in decent shape. Thank you for your efforts and support.

Make sure to invite your friends to AiL or any small group activities in 2023. Keeping active mentally, physically, and socially is important for our health, so share our opportunities with others. We are nothing without your membership, participation, and support. Mike Stanfill

Thank You Host Churches

We are deeply grateful to the commitment of our host churches providing locations for our activity groups to meet. They are an important part of our ministry at the Shepherd's Center.

First Congregational Church - Spiritual Book Club

First Baptist Church - Pickleball and Line Dancing

Grace United Methodist Church - SMS (Strength, Mobility, Stability Exercise)

Lowman United Methodist Church - Tai Chi and Family Writing Group

Our Savior Lutheran Church - Bridge

St. David's Episcopal Church - Hand and Foot Canasta and Mexican Train Dominoes