


June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 SMS TC – Zoom	2 TC – Zoom Pickleball	3 Bridge SMS TC – LUMC & Zoom	4 TC - Zoom	5
6	7 Spiritual Book Club TC – LUMC & Zoom	8 SMS Hand & Foot TC – Zoom	9 Pickleball TC – Zoom	10 1:00 Board Meeting SMS Line Dancing TC – LUMC & Zoom	11 TC - Zoom	12
13	14 TC – LUMC & Zoom	15 SMS TC - Zoom	16 Pickleball TC – Zoom	17 Bridge SMS TC – LUMC & Zoom	18 TC - Zoom	19
20	21 TC – LUMC & Zoom 2 -Planning Committee Meeting via Zoom	22 SMS Hand & Foot TC – Zoom	23 Pickleball TC – Zoom MAP	24 SMS Line Dancing TC – LUMC & Zoom 10 – BBQ Volunteer Meeting	25 TC - Zoom	26
27	28 TC – LUMC & Zoom	29 SMS TC – Zoom	30 Pickleball TC – Zoom			

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 12-6:30 BBQ Fundraiser Bridge SMS TC -LUMC & Zoom	2 TC - Zoom	3
4  HAPPY JULY 4TH	5 Spiritual Book Club TC – LUMC & Zoom	6 SMS Hand & Foot TC – Zoom	7 Pickleball TC – Zoom	8 SMS Line Dancing TC -LUMC & Zoom	9 TC - Zoom	10
11	12 TC – LUMC & Zoom	13 SMS TC - Zoom	14 Pickleball TC – Zoom	15 Bridge SMS TC -LUMC & Zoom	16 TC - Zoom	17
18	19 TC – LUMC & Zoom	20 SMS Hand & Foot TC – Zoom	21 Pickleball TC – Zoom MAP	22 SMS Line Dancing TC -LUMC & Zoom	23 TC - Zoom	24
25	26 TC – LUMC & Zoom	27 SMS TC – Zoom	28 Pickleball TC – Zoom	29 SMS TC -LUMC & Zoom	30 TC - Zoom	31

SCT Activity Group Schedule

Please sign up on our website to receive our News and Update emails on Mondays.

Bridge Group - The 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. You need to be **fully vaccinated** to play.



Hand and Foot Canasta - The 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.



Line Dancing - The 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 Gleena Meeks at 785-273-4727 to register for this activity.



SMS - Strength, Mobility, Stability Exercise Group SMS - Tuesdays and Thursdays, 9 - 9:30 am. at Rosehill Place, 3600 SW Gage Blvd # 97, Topeka, and Tuesday and Thursday, 10:00 - 10:45 at 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 and Thursday each week from 10:00 - 11:00 at Lowman United Methodist Church Fellowship Hall. No training needed, just watch and follow. Please contact Madon Daily at 505-424-8989 or madondailey@gmail.com. To Join Madon from Home via Zoom on Monday, Tuesday, Wednesday, and Friday contact Madon for the Zoom link and password.



Pickleball - Wednesdays, 1 - 3:00, First Baptist, 3033 SW MacVicar Ave, Topeka. Park on West Side where gym is located. Requires a signed liability waiver. No inexperienced at this time. Cyndi Ryan, Group Coordinator cyndi.ryan@sbcglobal.net, Dave Mathis Co-Coordinator.

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) - Meeting via Zoom 4th Wednesday of the month 10 - 11:30 am. Contact Ellen Horn at elnhorn@yahoo.com if you would like to join this group.

Please check this sheet for the time of each activity as the time is not on the calendar due to limited space.