

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
Wanamaker Woods—Church
of the Nazarene
Westminster Presbyterian
West Side Christian

Community Partners

Aldersgate Village
Arbor Court
Atria Hearthstone
Brewster Place
Caregivers Home Health
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

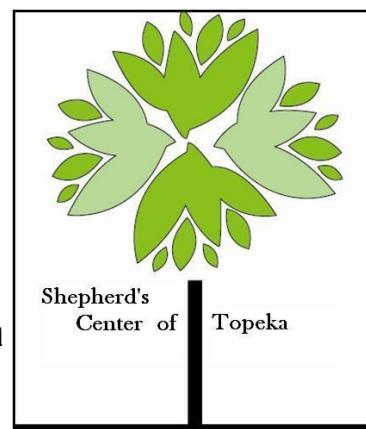
Adventures in Learning!

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

Attendance Fall Session— 250

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Issue No. 70: Winter 2020



New Year's Social—Jan. 9th!

Join us for this fun annual event that showcases our different programs, activity groups, and community partners. Invite your friends (55+) to join you. This is the very best time to introduce someone new to SCT! This year we will be at **Brookwood Covenant Church** located at **3601 SW 33rd Street**. Best way to get there is from SW29th St, turn south on SW Arnold St. then right onto 33rd St. There will not be any demonstrations or entertainment, since this year's social will also be dedicated to thanking Debra for her service to Shepherd's Center, and give people the opportunity to meet the new Director. "Come and Go" between 2:00 and 4:00. Enjoy the food, fellowship, drawings; visit with our community partners about services they provide for seniors, and with our group coordinators about our free activity groups that are hosted at sponsoring churches. Those who paid their membership dues for 2019, can pick up the newest directory. Staff will be available to take payment for 2020 membership. **In case of cancellation due to bad weather, the event will be one week later on Jan 16th.**

Annual SCT Vacation — June 6—13, 2020!

Great Adventure Tours hosts a vacation to Apostle Islands and Wisconsin Dells. Along windswept beaches and cliffs, visitors experience where water meets land and sky, and past meets present. The 21 islands and 12 miles of mainland showcase a unique blend of cultural and natural resources. Lighthouses shine over new wilderness areas, viewed as you cruise these jewels of Lake Superior. The price per person is \$1,199 for double occupancy; \$1,599 for single occupancy. Insurance is \$98 per person for dbl occ or \$125 for single occ. Roommates must sign up together to receive the dbl occ rates. **Insurance is non-refundable. SCT MEMBERS-ONLY have until February 29th to secure their place on this trip with a \$100 deposit. Insurance must be purchased at the time of making deposit. Make checks payable to Great Adventure Tours and mailed to P.O. Box 4126, TopekaKS 66604.** Balance of the trip will be due April 15th—50% refund until May 6th; no refund thereafter. Price includes Arrow deluxe motorcoach, 7 overnights with breakfast, 1 lunch, 4 dinners and admission to 15 major attractions. Trip flyers available on SCT bulletin kiosk inside Lowman Church & at New Year's Social. Complete itinerary available online:

<http://shepherdscentertopeka.org/files/documents/04710d46-0a76-40dd-9d54-23b4cd588f24.pdf>



A Little Discussion with the Director

Hello Everyone:

My name is Karen Willard, and I was very excited to be offered the position of Director for Shepherd's Center Topeka in mid-December. I'm looking forward to carrying on where Debra has left off, and welcome her to a time of personal rest and growth. I know that she has always been very open with people at the Shepherd's Center, and so would like to begin by sharing a little about myself.

I have been involved with the Topeka Rescue Mission for twenty years, either by employment as Manager of the Distribution Center that distributes or converts to cash donated items to TRM, or as a volunteer leading Bible studies, working the Hope Center's front desk, coordinating volunteers for newsletter distribution, and helping guests shop for Christmas. I formerly was Business Manager of Interim Healthcare.

I have my own consulting business addressing the needs of small businesses in marketing, human resources, website design, project management, and accounting. I'm a people-person, and enjoy helping others reach their full potential. I believe organizations enjoy good outcomes when they communicate effectively and build trust.

I have been involved with SCORE (Counselors to America's Small Businesses) since 1998, and am a Director Emeritus. I have held leadership positions on the Board of Directors as Chapter Chair, Secretary & Public Relations Officer.

I was born in Reno, NV but growing up also lived in CA, TX & KS, moving around to be near family. My educational background is in business and psychology, with a masters in Industrial Organizational Psychology. I am an alum of Emporia State University.

My husband, Delaine, and I live on a farm SW of Auburn. We have two kids, Kristen & Justin, and one granddaughter. Delaine works at MARS and loves old cars. He is very resourceful when it comes to repairing, rebuilding or repurposing anything old. I love cooking, reading, and having family-time.

I, like Debra, look forward to all of you becoming part of my extended family. She thinks I'm an answer to your prayers. I hope she's right. I am a member of Topeka Bible Church and have been praying that God would place me where I am needed. This is exactly the type of job I want to do. When the Board asked me to sum up my professional journey, I said, *"Always trust God, never quit learning, keep moving, build relationships, strive to do your best, never give up hope."*



— Karen

New 2020 members may be eligible to buy current directory, see Marilyn Grause.

Frequently Asked Questions:

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

Membership is \$30 per year, paid in January (to maximize benefits). The benefits of membership are:

- Reduced fee for *Adventures in Learning* sessions. (\$25 members; \$30 regular fee)
- Inclusion in free SCT Members-Only Directory. (\$5 value)
- Opportunity to sign up for all Travelers trips during introductory period.


























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

Because we are a community ministry, we do not charge for group activities. Our host churches do 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 appreciation banquet. All aspects of SCT is run by volunteers whose efforts are coordinated by the Director. If you'd like to help out, just ask.

2020 JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	 1	 2	<div>Psst! Your 2020 SCT dues are due. (\$30)</div> 3	4
5	  6	 7	 8	  9	10	11
12	 13	  14	 15	  16	17	18
19	 20	 21	  22	  23	24	25
26	 27	  28	 29	Task Force Mtg 10:00  30	31	1

2020 FEBRUARY

2	3  	4 	5 	6  	7 <i>A in L</i> <div>Let the Adventures begin! Fridays 9-11:30</div>	8
9	10 	11  	12 	13  	14  <i>A in L</i>	15
16	17 	18 	19 	20  	21 <i>A in L</i>	22
23	24 	25  	26  	27  	28 <i>A in L</i>	29

SCT Activity Groups



Pickleball Group (Doubles—4 per Court)

Pickleball group plays on Mondays and Wednesdays of each week. Mondays meet 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 meet at First Baptist, 30th & MacVicar, from 1-3:00. Park on the WEST side. Gym is right inside the doors. Wednesday at FBC 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. Voluntary SCT dues are appreciated, but not required.



SMS Exercise Group

SMS group meets at 10:00 on Tuesdays at Countryside UMC, 32nd & Burlingame, park on NORTH side, use middle door, turn left to go downstairs; and 10:00 on Thursdays at Grace UMC, 26th & Western, middle door. The one hour class includes a little Yoga, a little Tai Chi, a little Pilates, and Calisthenics to provide Strength, Mobility & Stability (SMS). Liability waiver required. Instructor/Coordinator is Shirley Edgerton; Sub/Assistant is Anne Crawford. Voluntary donations support local charities.



Spiritual Book "Club" Group

This book group meets on the first Monday of the month (unless an alternate date is chosen due to holidays) at First Congregational, 17th & Collins, from 2:00— 4:00. Enter through SOUTH door, turn LEFT and go to the library. Members select a book of study based upon how well it lends itself to spiritual growth and group discussion. Each is committed to doing the assigned readings, and each person interacts respectfully of the opinions of others. Group Coordinator is Pat Kirkman, who may be contacted for information on present book of study, 231-0376.



Bridge Group

(Party Bridge - American Standard)

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 EAST 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.** Score tallies and winners are calculated by Kathy Harr.



Hand & Foot Canasta Group

Hand & Foot group meets on the 2nd & 4th Tuesdays from 2-4:00 at St. David's Episcopal, 17th & Gage. Park on the WEST side of the church and walk hallway to the EAST end to fellowship hall. This is a fun and easy game to learn for tables of 4-6 people; rules can be modified for odd numbers at a table, so no reservations required. Printed game rules are available at the table, but you will also find people more than willing to teach you how to play. Group Coordinator is Caroline Huff; Sub/Assistant is Sharon Young.



Line Dancing Group

This group meets on the 2nd & 4th Thursdays 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. This is a mixed group of dancing experience and each learns at their own pace. You're welcome to watch, dance for a while, and as confidence grows, you may even enjoy joining some of them in taking the show on the road! Some like to entertain at senior-living residences. The main objective is to have fun with others, enjoy the music, and get some exercise. Instructor/Group Coordinator is Glenna Meek. Sub/Assistant is Kathy Ogle. Boots and hats are not required!



MAP Group

MAP (Memoirs—Ancestry—Photos) group meets on the fourth Wednesday 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. We share the premise that we all have a story within us, be it our own life memoir, or telling stories about our ancestors. This group enjoys sharing genealogy discoveries, learning from others about sources, creating keepsakes, photo-books, scrap-books, albums and videos to bring history to life. On occasion the group takes research field trips; and all have a particular interest in members telling about trips to destinations where ancestors once lived. Group Coordinator is Ellen Horn. Sub/Assistant is Joyce Hazelton.

“Adventures in Learning!” Winter Session

Classes for Friday, February 7, 2020

9:00—9:50 a.m.

News & Views

Current Events—Get Involved

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.



9:00—9:50 a.m.

Back by Popular Demand



William Allen White—Sage of the Midwest

The Emporia Gazette never had a circulation of over 8,000 when William Allen White was editor. How did this small town newspaper editor become a national figure, providing advice to six U.S. presidents? Popular speaker, Tom Luellen, shares White's remarkable story.

9:00—9:50 a.m.

Health

Regenerative Medicine

Dr. Doug Frye is one of the first doctors in Kansas to implement regenerative medicine which utilizes the body's own biologics to heal itself, offering patients an alternative to treatment that just masks pain. The Center for Manual Medicine & Regenerative Orthopedics uses plasma derived from adult stem cells to repair tissue.

9:00—9:50 a.m.

Religion

How Big is YOUR God?

Rev. Sandra Stogsdill Brown provides an enlightening program about how our perceptions influence what we perceive to be reality, such as an artists depiction of Jesus as white and blue-eyed. Does God have a gender? Does language restrict access to an inclusive God that created all of us? Norma Pettijohn joins with music.

9:50—10:40 a.m.

Refreshments



Community Partner Showcase:

Join Michelle Hubbart & Jill Carter for refreshments and information about services at Interim Healthcare.

10:40—11:30 a.m.

People/Places

From German Zeppelins to American Airships

Dr. Paul Kindling tells the story of his father, who was the helmsman of the Graf Zeppelin on its maiden voyage in 1928. He was asked to come to America to help Goodyear build Akron and Macon airships, both launched in the 1930s.



10:40—11:30 a.m.

Community

Recycling and Solid Waste Management

Bill Sutton is the new Director of Shawnee County's Recycling & Solid Waste Department. Formerly he was Director of Waste Management Inc. There is much curiosity about Topeka's recycling process. Bill will provide an overview and answer questions.

10:40—11:30 a.m.

Arts



Fabric Art: Everything Old is New Again

Kris Luber makes her award-winning art from vintage and scrap material gleaned from family, friends, and resale shops. Kris's creativity is an expression of her faith as it has been for countless women throughout generations. Hear about this correlation and view her work.

10:40—11:30 a.m.

Library Wisdom

2-Book Topeka—Under the Big Top

Two times a year, Topekans are asked to read two books. Miranda Ericsson's picks for this winter's "Under the Big Top" theme are *The One & Only Ivan* by Katherine Applegate and *The Night Circus* by Erin Morgenstern.



“Adventures in Learning!” Winter Session

Classes for Friday, February 14, 2020

9:00—9:50 a.m.

News & Views

Current Events

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.



9:00—9:50 a.m.

Back by Popular Demand

The Abolitionist who refused to free his Slave

Kirk Nystrom returns to tell the story of Dred Scott who from 1842—1857, was sold in and out of free-state/slave-state territory, even by one cloaked as an abolitionist. The case went to the U.S. Supreme Court, but Scott was not emancipated until 18 months before his death.

9:00—9:50 a.m.

Health

LSVT Loud—Therapy for Parkinson’s

Laura Ferguson, physical therapist, Jamie Swafford, speech therapist, and Drake Lovvorn, personal trainer, discuss LSVT LOUD, a standardized voice therapy that helps persons with Parkinson’s regain and maintain speech.

9:00—9:50 a.m.

Religion

Our Hope for Heaven

What does the Bible say about Heaven? How does the possibility of Heaven shape our spiritual beliefs? Pastor Jim Peters leads a discussion on our most common hopes for Heaven.



9:50—10:40 a.m.

Refreshments



OakleyPlace

Community Partner Showcase

Join Lisa Long & Mandy Wales for light refreshments and information about services at Oakley Place, in Topeka & Rossville.

10:40—11:30 a.m.

People/Places

Women’s Suffrage

Women in Kansas received the right to vote in incremental steps. Pat Michaelis’ talk focuses on the years from 1861 to 1912 and the progress that was made leading to the 19th amendment.



10:40—11:30 a.m.

Community

Overcoming Abuse

Amanda Ferris Mathews, daughter of an American missionary to Brazil, specialized in comparative religions, helping families with broken relationships, addiction, and abuse. Never did she imagine, that she would become a victim herself. Her survival from domestic violence is a story all too familiar throughout communities.

10:40—11:30 a.m.

Arts



Legacy of two Washburn Artists

Abby Wright Schlingensiepen is the daughter of Jack and Rebecca Wright, art professors at Washburn University. Her father’s forte was pottery; her mother’s was painting. Abby will share examples of their work which is widely collectible.

10:40—11:30 a.m.

Potpourri

New Life!

Great Commission Baptist Church was birthed in Topeka, KS under the direction of Pastor Clarence Newton. Four years later this primarily black congregation merged with Gage Park Baptist, primarily white, and they were transformed by the Holy Spirit into “New Life!” Baptist. [We regret this program had previously been scheduled for an incorrect date/time in the Summer religion category.]

“Adventures in Learning!” Winter Session

Classes for Friday, February 21, 2020

Current Events—Get Involved

9:00—9:50 a.m.
News & Views

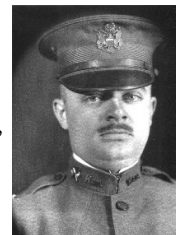
Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas & viewpoints.



Philip Billard—Topeka’s Birdman

9:00—9:50 a.m.
Back by Popular Demand

Louis Philip Billard, after whom Topeka’s municipal airport is named, was a man who raced through life—who transitioned from a wild teenager to a war hero and who gave his life for France, his family’s homeland, and the U.S. Doug Wright tells stories of his adventures.



Anesthesiology

9:00—9:50 a.m.
Health



Dr. Adam Madl, anesthesiology and interventional pain physician, with the University of Kansas Health System, St. Francis Campus, discusses the impact of anesthesiology on older patients, as well as treatment modalities for decreasing pain in the aging body.

Doorstep

9:00—9:50 a.m.
Religion

Carolyn Zimmerman is the new Congregation Coordinator at Doorstep which provides short-term emergency aid and offers information about services available to promote long-term self-sufficiency. Over 50 faith-based organizations provide food and volunteers to help with this mission.

9:50—10:40 a.m.
Refreshments



LEXINGTON PARK

Community Partner Showcase

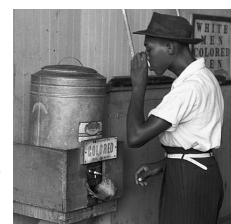
Join Michael Bolton & Lisa Long for light refreshments and social time. Hear about activities and services available at Lexington Park.

10:40—11:30 a.m.
People/Places

A Peek behind the Veil:

Life in Kansas during Jim Crow Era

Deborah Dandridge, Director of African American Studies, Spencer Research Library @ KU, teaches what life was like in the mid-west during the time of segregation and discrimination.

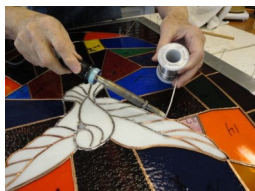


10:40—11:30 a.m.
Community

Kansas Climate & Health Declaration

Rachel Myslivy is the Asst Director of the Climate and Energy Project. Her responsibilities include increasing the awareness of climate change and its impact on public health and increasing civic engagement on climate action in Kansas.

10:40—11:30 a.m.
Arts



Stained Glass Creations

Artist Carol Ann Holcomb will demonstrate the steps for creating a stained glass project. Examples will be shown of various types of glass. Dr. Holcomb will display some of her completed creations.

9:00—9:50 a.m.
Library Wisdom

What’s new at the Sabatini Art Gallery?

As the library is celebrating its 150th birthday, the Sabatini has gone through a makeover! Zan Popp shares before and after photos and tells about upcoming exhibits you won’t want to miss.



“Adventures in Learning!” Winter Session

Classes for Friday, February 28, 2020

9:00—9:50 a.m.
News & Views

Current Events—Get Involved

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

The Topeka Rescue Mission

This past summer, Barry Feaker, TRM Ministries, shared with us that the mission was in severe financial straits. The response from the Topeka community was phenomenal, but some programs, like the Children’s Palace, had to be cut. Hear a current status report.

9:00—9:50 a.m.
Health

Type II Diabetes & Endocrinology

Carmen Barnes and Patty Elliott from Cotton O’Neil’s Diabetes and Endocrinology Research Center, will discuss current research related to Type II Diabetes being done in Topeka, and new treatment and management modalities for patients.



9:00—9:50 a.m.
Religion

Topeka JUMP Initiates

Shanae Holman says that JUMP is a powerful vehicle for marginalized groups in Shawnee Co to fight for justice. They are currently focusing on affordable housing, access to transportation to work, payday loan reform, and reducing gun violence.

9:50—10:40 a.m.
Refreshments



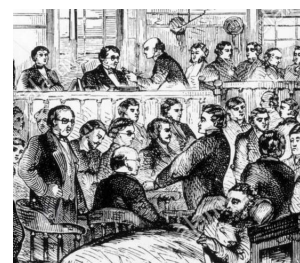
Community Partner Showcase

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

10:40—11:30 a.m.
People/Places

John Brown: Road to Martyrdom

Paul Metzenthin will describe events that took place in John Brown’s story from Oct 16 to Dec 2, 1859 which includes the raid at Harper’s Ferry, VA; his trial, where he lay wounded on a cot in the courtroom; and his hanging for treason.

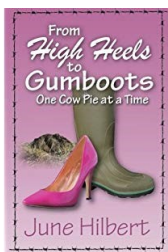


10:40—11:30 a.m.
Community

Transportation Options

More options are available for seniors without transportation but access and price varies. Join Bob Nugent from Topeka Metro and Kevin Litscher from Uber-Lyft for discussion of these differences, and how they can be contacted. Phyllis Herzog also explains how to utilize the SCT Membership Directory for ride assistance.

10:40—11:30 a.m.
Arts



From High Heels to Gumboots

Author June Hilbert was transformed from the world of finances to farming, one cow pie at a time. This book is both humorous and educational, *i.e. bovine dating and mating habits*. You can enjoy the authors blog on her website by the same name. Books available for purchase.

10:40—11:30 a.m.
Potpourri

The Primaries

Bob Beatty returns to SCT to provide some insights on the candidates based upon his having spent extensive time traveling and meeting them on the campaign trail. Remember the importance of voting — but be an INFORMED voter.

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 Jan 15 ____ x **\$5.00** = ____
Check Total = ____

First Time Guests, skip AiL payment, and choose classes below for the date you will attend.

Remember that all Great Adventure Tours are paid to GAT and Mailed to GAT!!!

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 speaker s prepare. (Force yourself to make a decision :)

February 7, 2020

9:00-9:50 A. News & Views _____
 B. William Allen White _____
 C. Regenerative Medicine _____
 D. How big is YOUR God? _____

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

10:40-11:30 E. Zeppelins to Airships _____
 F. Recycling/Waste Mgmt _____
 G. Fabric Art _____
 H. 2-Book Topeka _____

February 14, 2020

9:00-9:50 A. News & Views _____
 B. Dred Scott Case _____
 C. LSVT Loud _____
 D. Hope for Heaven _____

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

10:40-11:30 E. Women's Suffrage _____
 F. Overcoming Abuse _____
 G. WU Artists: Wrights _____
 H. New Life Baptist _____

February 21, 2020

9:00-9:50 A. News & Views _____
 B. Philip Billard _____
 C. Anesthesiology _____
 D. Doorstep _____

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

10:40-11:30 E. Jim Crow in Kansas _____
 F. Climate Change _____
 G. Stained Glass _____
 H. Sabatini Art Gallery _____

February 28, 2020

9:00-9:50 A. News & Views _____
 B. Rescue Mission _____
 C. Type II Diabetes _____
 D. JUMP Initiatives _____

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

10:40-11:30 E. John Brown Martyrdom _____
 F. Transportation Options _____
 G. High Heels to Gumboots _____
 H. The Primaries _____

DUE DATE—JANUARY 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.



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 over-crowded, and attendance figures given to speakers are accurate.

Membership Connection

→ **Newsletters**—We send out bi-monthly newsletters by USPS. We also upload the newsletter to our website: www.shepherdscscentertopeka.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 inbox. (usually mailings are on Mondays). **PLEASE NOTE THIS CONNECTION IS TEMPORARILY IN TRANSITION.**

→ **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 spread the good news later!

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.**

Funding Sponsors



Thank you to Sponsoring Churches for financial support in 2019:

- Brookwood Covenant
- Christ the King Catholic
- Countryside United Methodist
- First Presbyterian
- First United Methodist
- Grace United Methodist
- Our Savior's Lutheran
- St. Augustine's Anglican
- Susannah Wesley United Methodist
- Wanamaker Woods—Church of the Nazarene
- Westminster Presbyterian
- West Side Christian—Disciples of Christ

In-Kind Support

- | | |
|----------------------------|-------------------------|
| • Arbor Court | • First Congregational |
| (use of waste receptacles) | • First Methodist |
| • Brookwood Covenant | • First Presbyterian |
| • Countryside UMC | • Grace UMC |
| • Christ the King | • Lowman UMC |
| • First Baptist | • Our Savior's Lutheran |
| • First Christian | • St. David's Episcopal |

Thank you from Mike Stufflebean

I want to thank Mike Stanfill and Terry Taylor for covering some of my responsibilities last Fall and to thank Roland Swanson for being willing to take responsibility going forward for purchasing & hauling water, and other supplies, for *Adventures in Learning*. Also thank you to the ladies that assisted Bev Lutz in the parlor last Fall. Glad to know that Peggy Kaspar and Judi Schultz are going to tackle this area as a team, at least to start out in 2020. I've really enjoyed serving you in my "coffee house." Hope to join you for a cup from time to time.

Activity Group News



Anne Crawford has taken over as assistant for Shirley Edgerton in the SMS Exercise Group. Paul Porter has moved to Kansas City to be closer to his son.

Cyndi Ryan has taken Betty Seachord's place as Assistant Coordinator of the Pickleball Group. Her mother, Sally Wright is also helping players get signed up on the rotation schedule to play. MAP returns to its 4th Wednesday schedule with a program on "Family Tree Maker" by Judy Samuels on Jan 22, 10-11:30. Spiritual Book Club is studying "Falling Upward" by Rohr.



Travelers News—Members Only

Mar 25 — *Church Basement Ladies* @ New Theatre in Overland Park

June 3— Kansas Wetlands @ Cheyenne Bottoms, visiting Great Bend & Ellsworth

June 6-13 — SCT Summer Vacation @ Apostles Island & Wisconsin Dells

Aug 7 — SCT Annual Meeting @ Summer AiL, provide input for 2021 trips

Sept 9 — Riverboat Cruise @ Brownsville, Nebraska

Dec 9 — Quality Hill Playhouse Christmas Program

IMPORTANT: Transitioning all SCT travel to Great Adventure Tours (GAT) in 2020 will now mean that payment for trips will be made by check payable to GAT and mailed to PO Box 4126, Topeka, KS 66604. 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 GAT directly with questions/enrollment/cancellations, 633-8761.



March 25, 2020, New Theatre, includes wonderful gourmet buffet lunch and Arrow motorcoach transportation. Coach spots at Lowman 9:30AM. **Cost is \$62 per person. Members register by Feb 15.** "If laughter is the best medicine, this comedy would raise the dead!" — Chicago Sun
Cindy Williams stars in this musical comedy with Cathy Barnett and Jim Korinke. It's a celebration of the church basement kitchens everywhere! Join the toe-tapping fun!

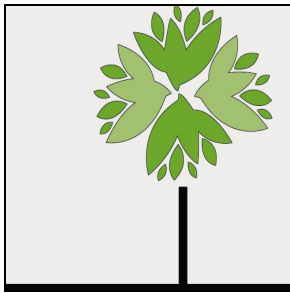
In Memory



Long-time SCT member, Dean Fager, passed away Dec 8, at age 93. Dean was, & Doris is, a member of Brookwood Covenant, one of SCT's founding churches, and have been regular participants. Dean was a WWII air force veteran, Washburn grad, & CEO of Ray Anderson Co. Our sympathies and love are extended to Doris.

Prayer Support—Chaplain Charlotte
234-4243 ~ charmilr@gmail.com
"Because we Care"





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Tanglewood Health & Rehab

Topeka—Shawnee County Public Library

University of Kansas Health System—St. Francis Campus Continued Care

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.

Volunteer Banquet Recap

Many thanks to host, Aldersgate Village, for a lovely banquet Nov 8th. Director Debra recognized Dale Fooshee, Roland & Karen Swanson, and Ottie Reed for 5 years of service; Mike Stufflebean for 10 years of service. She also acknowledged two people for exceptional service to their respective areas this year: Kem Cooper, Audio-Visual Technology, and Beverley Lutz for setting up and hosting the parlor Hospitality area for Adventures in Learning. Activity group assistants were recognized as well.



2019 Award Banquet Winners—Elaine Schulz, *Volunteer of the Year*; Charlotte Bates, Debbie Basom, Shirley Edgerton and Ottie Reed.