

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



March 2024

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

April 2024



*Let the
Adventure Begin!*

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

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. Pat Kirkman is the coordinator. Please contact the office at 785-249-3258 for the book of study.

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? For more information about this group contact the office.



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 Anne Crawford at 785-273- 4527 or email anne.crawford@cox.net.



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, davemathias@sbcglobal.net or Betsy Thompson, betsyjthompson@gmail.com.

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