

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
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, 249-3258, and spread the good news later!

Community Partners

Aldersgate Village
Arbor Court
Atria Hearthstone
Brewster Place
Grace Home Care
Great Adventure Tours
Great Lakes Caring
Healthcare Resort



Engage, Learn, Enjoy! Meet new Friends and Make a Difference!

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

Attendance Winter Session— 220

Issue No. 72 Summer 2020

“Adventures in Learning” and Annual Meeting

We are excited to announce our August “Adventures in Learning”! This is our first gathering since Covid-19, and we want you to be as safe as possible, so we are offering a modified “Adventures in Learning” (AiL). To provide for social distancing, our speakers will use the two largest rooms at LUMC, the Sanctuary and the Fellowship Hall which means we will have four speakers each Friday morning instead of the usual eight. In addition, for the safety of our speakers and participants, we will require you to wear masks and we will be cleaning surfaces, taking temperatures, and we will not be using our name tags. Please remember **no physical contact** including hugs, handshakes, or elbow bumps for social distancing.


We have sixteen wonderful speakers lined up for the month. Our community partners will be providing snacks for our break. We hope you can join us, but if you don't feel comfortable getting out and around people we understand and maybe you can join us in October.

Covid-19 has affected all of society including SCT. The April “Adventures in Learning” and all our group activities were canceled. The cancelling of AiL meant a loss of about 20% of our annual income. While some of our expenses went down, we still have most of our expenses (contributions to Lowman UMC, the Director's salary, insurance, membership fee to National, fees for our constant contact software for the membership information and webpage). Financially we were in great shape and could absorb the loss of income in April, but now we expect August and possibly October attendance for “Adventures in Learning” to be low due to isolation and social distancing. If you normally attend AiL, but are uncomfortable and chose not to attend, please consider making a donation to Shepherd's Center of Topeka to help with our loss of annual income. You can make your donation by going to our website and click on the donation button, or you can mail a check to 4101 SW 15th St., Topeka KS 66604. At this time, please do not take your AiL registrations or donations to the church office. We appreciate your generosity and support. Please remember the most important thing is for everyone to stay safe.

August 7 - SCT Annual Meeting at Lowman Sanctuary 11:30. We will be voting on new Board Members, reviewing our finances, and the year since the last meeting. You do not have to be a member to attend but do have to be a member to vote.

**“Adventures in Learning” - We Never Stop Learning,
Because Life Never Stops Teaching**

JULY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 SMS Exercise 8:45 & 10:00am at Grace UMC Counters 9:30	3	4 
5	6 Spiritual Book Club 2-4 via Zoom	7 SMS Exercise 8:45 & 10:00am at Grace UMC	8	9 SMS Exercise 8:45 & 10:00 at Grace UMC Counters 9:30	10	11
12	13	14 SMS Exercise 8:45 & 10:00am at Grace UMC	15	16 SMS Exercise 8:45 & 10:00 at Grace UMC Counters 9:30	17	18
19	20	21 SMS Exercise 8:45 & 10:00am at Grace UMC	22	23 SMS Exercise 8:45 & 10:00am at Grace UMC Counters 9:30	24	25
26	27	28 SMS Exercise 8:45 & 10:00am at Grace UMC	29	30 SMS Exercise 8:45 & 10:00am at Grace UMC Task Force 9:30	31	

AUGUST 2020

Let the Adventures
begin! Fridays 9 - 11:30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Spiritual Book Club 2-4 via Zoom	4 SMS Exercise 8:45 & 10:00am at Grace UMC	5	6 SMS Exercise 8:45 & 10:00am at Grace UMC	7 "Adventures in Learning" Annual Meeting 11:30	8
9	10	11 SMS Exercise 8:45 & 10:00am at Grace UMC	12	13 SMS Exercise 8:45 & 10:00am at Grace UMC	14 "Adventures in Learning"	15
16	17	18 SMS Exercise 8:45 & 10:00am at Grace UMC	19	20 SMS Exercise 8:45 & 10:00am at Grace UMC	21 "Adventures in Learning"	22
23 30	24 31	25 SMS Exercise 8:45 & 10:00am at Grace UMC	26	27 SMS Exercise 8:45 & 10:00am at Grace UMC	28 "Adventures in Learning"	29

SCT Group Activities

Please check our calendar for current activities. You will be notified by email when Activity Groups start up.

MAP Group



MAP (Memoirs—Ancestry—Photos) group is coordinated by Ellen Horn, asst. Debbie Gassert. It meets on the **fourth Wednesdays of the month**, 10:00-11:30 at First Presbyterian, 8th & Harrison.

Pickleball Group for Doubles



Mondays we play 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 we play at First Baptist, 30th & MacVicar, from 1-3:00. Park on the WEST side. Gym is right inside the doors. This is the **best location for first time players**. Extra paddles available for newbies. Requires a signed liability waiver. Group Coordinator is Debbie Basom; Sub/Assistant is Cyndi Ryan.

Bridge Group



(Party Bridge - American Standard)

This 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 double doors. **Arrangements must be made by Monday at 5:00 by calling Joan, 408-5174.** Players record scores on tallies and winners calculated by Kathy Harr.

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

Hand & Foot Canasta Group



We meet on the **2nd & 4th Tuesday** of the month from 2-4:00 at St. David's Episcopal, 17th & Gage. Park on the WEST side of Church and walk hallway to the EAST end to fellowship hall. Group coordinator is Caroline Huff; Asst. Sharon Young.

Line Dancing Group



This group meets the **2nd & 4th Thursdays** of the month from 1:30-3:30 at First United Methodist, 6th & Topeka. Group Coordinator & Instructor is Glenna Meek. Sub/Assistant is Kathy Ogle.

Spiritual Book "Club" Group - Online via Zoom



Spiritual Book Group meets on the **first Mondays** in the library at First Congregational, 17th & Collins, from 2-4:00. Group Coordinator is Pat Kirkman, for information on present study, 231-0376.

SMS Strength, Mobility and Stability Exercise Group



Tuesdays at 10:00 at Countryside UMC, 32nd & Burlingame (park on NORTH side, use middle door, turn left to go downstairs) On **Thursdays** we meet at 10:00 at Grace United Methodist Church, 26th & Western (middle door). Instructor is Shirley Edgerton. Ann Look is group coordinator. **Voluntary donations support local charities.**

TRAVELERS NEWS— Members Only

August 7 - SCT Annual Meeting and 2021 trip discussions

September 9 - SPIRIT OF BROWNVILLE Riverboat Lunch & Cruise Sept. 9, 2020, Wednesday \$75 Brownville, NE Riverboat with lunch. We will also visit Brownville and visit their Captain Meriwether Lewis Drege Museum.

December 9 - Quality Hill Playhouse Christmas Program

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 Great Adventure Tours at 785-633-8761 with questions, enrollment or cancellations.



"Adventures in Learning!" Summer Session

Classes for Friday, August 7, 2020

9:00 - 9:50 a.m. News and 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. Health - Diabetes Prevention

Donna Doel will explain the 24 for Life curriculum being offered at Midland Care to prevent Type2 Diabetes. Especially for those with high risk (BMI of over 25), a life style coach works with individuals to adopt new habits.

9:50 - 10:40 a.m. Refreshments by our Community Partner

10:40 - 11:30 a.m. "Kansas Oddities" by Speaker, Author, and Entrepreneur Tim Shepard

Kansas is a place beyond the imagination. Frank Baum wrote of it in the Wizard of OZ. Still the true stories of Kansas's history can be stranger than most authors could imagine.

★ **11:30 SCT Annual Meeting at Lowman Sanctuary. We will be voting on new Board Members, reviewing our finances, and the year since the last meeting. You do not have to be a member to attend but do have to be a member to vote.**

"Adventures in Learning!" Summer Session

Classes for Friday, August 14, 2020

9:00 - 9:50 a.m. "The 2020 Elections" by Dr. Bob Beatty

Dr. Beatty, Washburn political science professor and political analyst for KSNT news, will analyze the 2020 races in Kansas for the US Senate and for 2nd District Congress. Dr. Beatty will also take questions and discuss the 2020 presidential race.

9:00 - 9:50 a.m. Meditation in Motion - Tai Chi for Health by Madon Dailey

Madon Dailey will show you how Tai Chi focuses on breathing, posture, and balance through slow, calm movements which improve our physical health and release tension in our bodies. This gentle exercise is proven to provide many health benefits. Tai Chi calms your mind and body, as we gently stretch and rotate muscles, tendons and ligament, helping improve balance, strength, and lessen anxiety. It's something that can be done by anyone either standing or seated, requires no special skills, fitness level, equipment, or clothing.

9:50 - 10:40 a.m. Grace Home Care & Health Care Resort of Topeka

10:40 - 11:30 a.m. Life in the Fast Lane and Still Dishing it Up! by Chef Alli

Join Chef Alli as she takes you on a journey of her life in the fast lane. She will also share the meaning of hospitality and the importance of passing this gift of service on to future generations. Chef Alli will show you how to keep it simple, and help you to remember hospitality is not about you.



10:40 - 11:30 a.m. "Through the looking glass: hidden stories, stolen glances" by David Zlotky

David is especially drawn to deserted homesteads and houses in the Flint Hills and elsewhere that have a ghostly quality which gives him inspiration. Stolen glances refer to another piece of his work that involves what's known as "Street Photography" David will share his candid work taken of people in a variety of settings, including France and KCI airport. www.davidzlotkyphotography.com.

"Adventures in Learning!" Summer Session Classes for Friday, August 21, 2020

9:00 - 9:50 a.m. News and 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. Prehistoric Art by Jurahee Shriver

Onward into the past. What if they got it wrong? With every passing day a new complex civilization is found or redefined. Reading the cave art; perhaps finding the source for Atlantis -- and realizing we come from a much older planet filled with newly discovered wonder will be the focus of "The Ancients" Come and explore with Jurahee.

9:50 - 10:40 a.m. Refreshments by Lexington Park, Carley Frye - Executive Director

10:40 - 11:30 a.m. Come Taste, See and Hear about Life in Morocco by Sue McFall

You may not be able to travel to Morocco right now, but you can still enjoy a virtual tour with Sue McFall through photos and stories that could inspire a future trip. Sue was born in Morocco, and she will share the sights, sounds and foods of the beautiful country of Morocco.



10:40 - 11:30 a.m. Kansas Excursions by Lenora Kinzie

In the mood to go somewhere but not sure which direction to go or what you want to see? Kansas Excursions provides day-trip ideas to help you start your travel lists now.

"Adventures in Learning!" Summer Session Classes for Friday, August 28, 2020

9:00 - 9:50 a.m. Human Trafficking by Sharon Sullivan

Human trafficking happens here! In Kansas, in Shawnee County, in Topeka. Dr. Sharon Sullivan will discuss how human trafficking happens and what we can do to find it and stop it in our own communities. She is a Professor at Washburn University and her research and activism focus is on violence against women. Sharon is cofounder and director of STARS (Stop Trafficking and Reject Slavery).

9:00 - 9:50 a.m. Kairos Torch by Charlotte Milroy

Kairos Torch consists of a Christian weekend retreat for young female and male offenders, 15-23 years of age, who live in a juvenile correctional facility. Weekly one-on-one mentoring and a once a month reunion follows the retreat. Come and listen to what takes place at Kansas Juvenile Correctional Complex (KJCC) right here in Topeka.

9:50 - 10:40 a.m. McCrite Topeka

10:40 - 11:30 a.m. Life in Germany prior to WWII by Dr. Paul Kindling

Dr. Kindling will share with us what life was like in Germany prior to WWII. He is translating writings that are in German to English and will share those stories and experiences.

10:40 - 11:30 a.m. Stained Glass Creations by Dr. Carol Ann Holcomb

Artist Dr. 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.



Funding Sponsors

Thank you to Sponsoring Churches who have donated in 2020

Brookwood Covenant Church
Trinity Presbyterian Church
First Lutheran Church
Wanamaker Woods Church of The Nazarene
St. Augustine Anglican Parish
First Baptist Church

Thank you to our Host Sponsors

- | | |
|------------------------|-------------------------|
| • Arbor Court | • First Methodist |
| • Countryside UMC | • First Presbyterian |
| • Christ the King | • Grace UMC |
| • First Baptist | • Lowman UMC |
| • First Christian | • Our Savior's Lutheran |
| • First Congregational | • St. David's Episcopal |

Community Partners

Don't forget that our sponsoring church congregations and community partners have a link directly to their websites on our website at **shepherdscen-
topeka.org**. Just click on the sponsor name.

Sponsors/Community Partners

Keeping Seniors Active is the Best Medicine!

Please help us spread the news about Shepherd's



Center and all of the classes and activities that this community ministry provides. If you would simply make a few copies of this newsletter available for folks to pick up and read, you would help us connect

with people who may benefit from our program who may never learn of Shepherd's Center otherwise.



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. Please contact our chaplain Charlotte for Prayer and Support - Chaplain Charlotte 234-4243 charmilr@gmail.com "Because we Care"

Frequently Asked Questions

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

Membership is \$30 per year, pre-pay in December or by January 15th (to maximize benefits). The benefits of membership are:

Reduced fee for Adventures in Learning sessions. (\$25 members; \$30 regular fee)

Eligible for Travelers field trips, day trips, vacation, depending on registering before filled.

Inclusion in SCT Membership Directory in next printing. Free directories for members. (\$5 value)

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

Because we are a community ministry, we do not charge for our 8 group activities. Our host does 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.

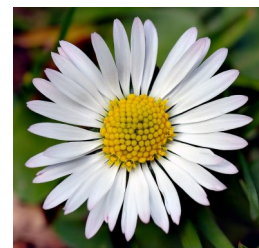
How much time commitment is there to volunteer?

You can help a little or a lot, as many hands make less work. When you do, you're eligible for the annual volunteer banquet and volunteers get first preference for the annual vacation. All aspects of SCT is run by volunteers whose efforts are coordinated by the Director. Just ask or email shepherdstopeka@yahoo.com if you would like to help out.

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 for that month. It costs nothing to check us out — we're confident that you'll want to come again.



August "Adventures in Learning"

Registration:

Mail completed registration form to SCT, 4101 SW 15th ST, Topeka, KS 66604, along with check payable to SCT. Check Box if New Member or Information Change. 

☐

Name (s) _____ Phone # _____

Address/Zip _____

E-mail: _____ Place of Worship: _____

Reminder: You can also register online: www.shepherdscentertopeka.org

For August AiL please do not drop your registrations off at the office.

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 MAR 15, _____ **Registrations** x \$5.00 = _____

Donations to SCT = _____

Checks Payable to SCT - Check Total = \$ _____

☐ Check if you are a FIRST TIME GUEST = You get 1 Friday **FREE**. (Make class selections below for chosen Friday)
Please add a \$5 late fee to your registration after the due date. Please pay by the 15th of the month.

**For each week, mark one class for each time slot. Mark yes or no if you would like refreshments.
 Total attendee numbers are used for room assignments and to help our speakers prepare.**

August 7, 2020

9:00-9:50 A. News & Views _____
 B. 24 for Life _____
 9:50 - 10:40 Refreshments YES / NO
 10:40-11:30 C. Kansas Oddities _____

August 14, 2020

9:00-9:50 A. 2020 Election - Dr. Beatty _____
 B. Tai Chi _____
 9:50 - 10:40 Refreshments YES / NO
 10:40-11:30 E. Chef Alli _____
 F. Photography by Zlotky _____

August 21, 2020

9:00-9:50 A. News & Views _____
 B. Prehistoric Art _____
 9:50 - 10:40 Refreshments YES / NO
 10:40-11:30 C. Life in Morocco _____
 D. Kansas Byways _____

August 28, 2020

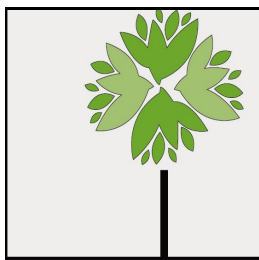
9:00-9:50 A. Human Trafficking _____
 B. Prison Ministry _____
 9:50 - 10:40 Refreshments YES / NO
 10:40-11:30 C. Germany Prior to WWII _____
 D. Stained Glass _____

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 and our speakers. Over-flow parking is available in the Marco's Pizza & Family Video lot north of the church.

**Thank you for your patience and support during these past months of isolation.
 We have missed you and we are so happy to see you!**

DUE DATE—July 15!



Shepherd's Center of Topeka
4101 SW 15th Street
Topeka, Kansas 66604-4337
Phone: 785-249-3258

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Community Partners Cont'

Home Instead Senior Care

Jayhawk Area Agency on Aging

Kansas Rehab Hospital

Legend at Capital Ridge

McCrite Plaza Topeka

Midland Care

Midwest Health:

Caregivers Home Health

Lexington Park

Rolling Hills

Homestead—Auburn

Oakley Place Care

Rebound Physical Therapy

Stormont—Vail Healthwise

Tanglewood Health & Rehab

Topeka—Shawnee County

Public Library

University of Kansas Health

System—St. Francis Campus

Continued Care

Membership Connection

Newsletters are mailed bi-monthly and uploaded to our website at www.shepherdscentertopeka.org. In addition, the director sends out an email on Monday with updates and information on Activity Groups or other important matters at SCT. They are also uploaded to our website. If you would like to receive our Monday emails and newsletters go to our website and scroll down on the home page and subscribe.

Facebook—Like us on Facebook and our postings will be seen on your home feed. You can find us under Shepherd's Center Topeka.

Not computer savvy? Let your SCT friends show you how. Our directory lists individuals who would be happy to show you how to find us online.

Connecting – We want to get to know you better! Please fill out a Membership Profile, submit your photo for the directory, wear a name tag during activities, and introduce yourself as a new member. Volunteer to help with the hospitality, nametags, registration, program planning, etc. There is plenty to do, and when you get involved you will get to know more people, make friends, and build relationships.

Calling Tree — We still try to keep you in the loop by assigning individuals without email to a volunteer caller.

Ministry – SCT is a ministry, but some members extend this ministry by serving one another by providing transportation to SCT activities, helping with basic computer skills, or doing small handyman chores and repairs. Look for the help icons in the directory. Please contact us if you have any questions.