

Sponsoring Congregations

- Central Congregational
- Christ the King
- Countryside United Methodist
- Crestview United Methodist
- Faith Lutheran
- Fellowship Bible Church
- 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
- Nazarene
- Westminster Presbyterian
- West Side Christian

Community Partners

- Aldersgate Village
- Arbor Court
- Caregivers Home Health
- Cedarhurst
- Celebration Villa of Hearthstone
- Elara Caring
- Grace Home Care
- Great Adventure Tours
- Great Lakes Caring
- Healthcare Resort Topeka
- Home Instead Senior Care
- Lexington Park
- Homestead of Auburn
- Jayhawk AAA
- Kansas Rehab Hospital
- Legend at Capital Ridge
- McCrite Plaza
- Midland Care
- Midwest Health
- Oakley Place
- Presbyterian Manor
- Rebound Physical Therapy
- Rolling Hills



Shepherd's center

OF TOPEKA

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

Shepherd's Center of Topeka is a interfaith-based ministry that provides opportunities for adults 55 and older to participate in educational, physical, spiritual, and social activities and events.

March/ April 2025 Newsletter

Issue No. 93

FROM MARYLIN BUZZELL BOARD CHAIR

Well, February is at a close and March is here, WELCOME SPRING!

The warmer weather is on its way. How wonderful it will be to see all the beautiful flowers and colors once again. I know this winter has been a bit harsher than others but remember, it was winter. I am hoping we get a spring that will last longer than a couple of weeks before the hot summer days will be upon us.

Our AIL committee has scheduled some sessions that I hope everyone will find some enjoyment. They work very hard to keep looking for subjects and presenters who are able to come and talk with us. If you know of a topic that would be of interest, please let Donna or one of the committee members know. Your input will be greatly accepted.

I know we increased our yearly membership and the AiL price. It was done with much thought and discussion. As in all things, our costs have increased also. We appreciate your continued membership and AiL registration.

If you would like to see our budget, please let the office know and Donna will make arrangements at your convenience. Thank you for your understanding. Also with changes, Lowman put in a new door and many have told me no one would answer the doorbell. With the new system, please touch the small black panel and slide the small doorbell upwards. This will alert the church office to open the doors. Hope this helps. Best regards,
Marylin Buzzell



FROM Donna Parrigin Office Manager

First of all I want to say thank you to all of you for the warm welcome.

A special thank you to Besty Thompson, Bev Lutz, Becky Henry, Phyllis Herzog for their time in showing me the ropes. The Planning and Task Force committees' for their patience as I learn how to gather everything they need. I am very amazed with the way they bring Adventures in Learning to you all.

I will be available in the office from 9 am to 1 pm Monday thru Thursday. Available by phone Monday thru Friday 9 am to 4 pm, and of course you can email me shepherdstopeka@yahoo.com

DONATIONS IN REMEMBERENCE OF ROMA SESSIN

The Shepherd Center of Topeka would like to Thank Roma and her family for remembering us. We have received so many donations in her memory from her friends. I did not know her, but so many of you have emailed me with stories of what a wonderful woman she was.



Shepherd's Center Activity Groups

Bridge Group - 1st and 3rd Thursday of the month from 1:00 - 3:30 pm
Our Savior Lutheran Church, 2021 SW 29th St, Topeka. To play, arrangements must be made by Monday at 5:00pm by calling Joan Arterburn at 785-408-5174.



Family History Writing Group - 2nd Wednesday of the month, 10:00 - 11:30 am St. David's Episcopal Church, 3916 SW 17th St, Topeka Do you have great family stories to tell and want to pass them down to the next generation but don't know where to start?
Contact our office at 785-249-3258 email shepherdstopeka@yahoo.com.

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 must arrive before 2:00 pm and stay for the entire game. **Do not enter the building before 1:45 pm** If you would like to play, please email Caroline Huff at lilbopper1@gmail.com or call 785-228-2447.



Line Dancing - 2nd and 4th Thursdays, 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. For questions, contact Karen Botkin at 785-945-6785 or Jim Bauer at 785-256-2432.

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.** Please email the co-coordinators, Marilyn Buzzell mbuzz55@gmail.com, Judy Samuels dannysamuels@sbcglobal.com or Mary Adkins, marycatkeeper@gmail.com.



Pickleball - Monday and Wednesday, 1:00 – 3:00 pm, First Baptist Church, 3033 SW MacVicar Ave, Topeka. Park on the West Side, where the gym is located. Requires a signed liability waiver. SCT-Membership is strongly encouraged. Contact coordinator Dave Mathias at davemathias@sbcglobal.net or Betsy Thompson at betsyjthompson@gmail.com for more information.

Shepherd's Center Book Club - 1st and 3rd Monday of the month, 2:00 - 4:00 pm at Westminster Presbyterian Church, 1275 SW Boswell Ave., Topeka.
For more information, contact the Pat Kirkman pattyk696@yahoo.com



SMS - Strength, Mobility, Stability Exercise Group (SMS)
Tuesday and Thursday, 10:00 - 10:45, Countryside United Methodist Church 3221 SW Burlingame Rd, Topeka If you would like to attend, call Anne Crawford at 785-273- 4527 or email anne.crawford@cox.net.

Tai Chi for Health (TC) - Monday 9:30 - 10:30 Lowman United Methodist Church 4101 SW 15th St, Topeka
Tuesday 9:30—10:30 at Topeka Zoo in Kay's Japanese Garden No training is needed.
Contact Madon Daily at 785-845-4478 or madondailey@gmail.com.
To join from home via Zoom, contact Madon for the link and password.



Mah Jongg – Meeting the 1st and 3rd Thursday of the month from 1:00—3:00 pm at Prince of Peace Lutheran Church at 3625 SW Wannamaker Road. For more information email Mike Stanfill mstanfill@cox.net







Sign up for our Monday email at www.shepherdscentertopeka.org

to receive information on Activity Groups

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

March 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1 
2 	3 SMS Book Club Pickleball Tai Chi - LUMC	4 SMS, Mexican Train Tai Chi - Zoo	5 Pickleball	6 SMS Mah Jongg Tai Chi - Zoo Beg-Line dancing Bridge	7	8
9	10 SMS Pickleball Tai Chi - LUMC	11 Pitch/Pinochle SMS, Canasta Tai Chi - Zoo	12 Pickleball Writing Group LUMC	13 SMS, Line dancing	14 Board Meeting 9:30	15
16	17 <i>St Patrick's Day</i> SMS Pickleball Book Club Tai Chi - LUMC	18 SMS, Mexican Train Tai Chi - Zoo	19 Pickleball	20 SMS, Mah Jongg Tai Chi - Zoo Beg-Line dancing Bridge	21	22
23	24 SMS Pickleball Tai Chi - LUMC	25 SMS, Canasta Tai Chi - Zoo	26 Pickleball	27 SMS Line dancing	28	29
30 	31 SMS Pickleball Tai Chi - LUMC					

April 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 SMS Tai Chi - Zoo Mexican Train	2 Pickleball	3 SMS Mah Jongg, Bridge, Beg-Line dancing	4 Adventures in Learning 9 -1130 am	5
6	7 SMS Pickleball Tai Chi - LUMC Book Club	8 SMS Tai Chi - Zoo Canasta Pitch/Pinochle	9 Pickleball Writing Group LUMC	10 SMS, Tai Chi Line Dancing,	11 Adventures in Learning 9 -1130 am	12 Passover
13 Palm Sunday	14 SMS Pickleball Tai Chi - LUMC	15 SMS Tai Chi - Zoo Mexican Train	16 Pickleball	17 SMS Mah Jongg Beg-Line dancing Mah Jongg	18 Good Friday Adventures in Learning 9 -1130 am	19
20 Easter	21 SMS Pickleball Tai Chi - LUMC Book Club	22 Earth Day SMS Tai Chi - Zoo Canasta	23 Pickleball	24 SMS Line dancing	25 Adventures in Learning 9 -1130 am	26
27	28 SMS Tai Chi Pickleball	29 SMS Tai Chi - Zoo	30 Pickleball			

Adventures in Learning - Friday, April 4, 2025

9:00 - 9:50 am News and Views - Current Events- 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 Hazel Hill Chocolatiers with Nick Xidis

Hazel Hill uses classic techniques and simple ingredients to create confectionary delights. Hazel Hill Chocolate is one of a small number of artisan chocolate makers that hand craft chocolate from specialty cacao sourced around the globe.

9:00 - 9:50 am Photographing hummingbirds with Bill Stephens

As a photographer, Bill Stephens has photographed many things including hummingbirds. He will share his photographs and techniques for catching images of these beautiful little birds.

10:00 Break Refreshments provided by Cedarhurst

10:40 - 11:30 am From Havana to Topeka with Israel Sanchez

When he left Cuba, Israel had no idea whether he would ever see his parents again. Come hear this riveting tale of sacrifice, perseverance, and new beginnings.

10:40 - 11:30 am Flooded! North Topeka in the 1951 Flood with Devin Cooper

On July 12 of 1951 the Kansas River rose to 36 feet making it one of the worst floods in Kansas history. Great Overland Station was flooded with eight feet of water and North Topeka was changed forever. This program explores this historic event, the people it affected.

10:40 - 11:30 Living Soil with Master Gardener Linda Jakle

Healthy soil is a living ecosystem. It is alive with both visible and invisible organisms working together to sustain plants, animals and humans. It is essential for food production and beautiful landscapes.

Adventures in Learning - Friday, April 11, 2025

9:00 - 9:50 am News and Views - Current Events - 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 With Heart to God and Hand to Man with Major Tom McDowell Salvation Army

From his perspective of 40 years of leadership, in 13 Salvation Army locations and in five states, Major Tom will answer a question he's been asked often, "How does Topeka's Salvation Army measure up?"

9:00 - 9:50 am Library— AI—Basics

AI is quickly transforming our technology. David will explain what AI is, how we can use it as a tool, and how to not be worried about it!

10:00 Break Refreshments provided by Aldersgate Village

10:40 - 11:30 am Learning About Native Alaskans with Mary Hume and Jamie Spikes

As Parish nurses, we go on study tours to learn from others about their cultures and share ideas how we can serve others through the love of God. We traveled Alaska to learn about the culture of the natives.

10:40 - 11:30 am Capper Foundation: Empowering Lives and Building Abilities with Zach Ahrens

Capper Foundation's CEO will share an engaging overview of the organization's mission, impact, growth, future goals, and the transformative power of its work.

10:40 - 11:30 am TPD Scamming in our Community with Sgt Mike Burns

Sgt Burns is currently the Community Policing and Crime prevention Sgt. He will be giving information on scam prevention. Sgt Burns is currently the Community Policing and Crime prevention Sgt. He will be giving information on scam prevention.

Please Register for Adventures in Learning before Friday, March 27, 2025 to avoid a \$5 late fee.

Adventures in Learning - Friday, April 18, 2025

9:00 - 9:50 Sgt Burns is currently the Community Policing and Crime prevention Sgt. He will be giving information on scam prevention.
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 It's Just Wood with Susie Graber

Susie Graber carves wood dolls. She will share information about this unique and fascinating craft.

9:00 - 9:50 am "History of Topeka Radio" with Marshall Barber

Join Marshall Barber as he takes you through the roots of rock and roll with classic soul, R&B, and rock! Vinyl is a large part of each show, as some songs are very hard to find. Has been active in radio since the late 60's.

10:00 Break Refreshments provided by Presbyterian Manor

10:40 - 11:30 am Growing Wiser and Going Smaller with Carol and Tracy Ronnebaum

Downsizing can be a positive move for baby boomers and seniors. Learn rehoming tips for your stuff and real estate trends so you too may find a feeling of freedom that comes from having a smaller space.

10:40 - 11:30 am Renovations at the Kansas Museum of History with Sarah Bell

She will tell us about all the exciting new transformations to the museum.

10:40—11:30 am Holy Week with Pastor Ben at Cornerstone Community Church

Discover the spiritual significance of Holy week. Exploring events Like Palm Sunday, Maundy Thursday, Good Friday and Holy Saturday, looking at different traditions what they can tell us about the Easter season.

Adventures in Learning - Friday, April 25, 2025

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 Korea Past, Present, and Future with Tom Luellen

Tom and his wife accompanied a class of 12 Washburn students on a two week visit to South Korea this past May. The presentation has a brief summary of Korea's history, focusing on the Korean War. This is followed by a summary of highlights from the trip and observations on the differences between Korean and United States cultures. A major problem Korea will face in the future is also presented.

9:00 - 9:50 am Card Making class with Marylin Buzzell

Make a "Happy Birthday" specially made card for someone special.

10:00 Break Refreshments provided by Interim Health

10:40 - 11:30 am Topeka Big Band

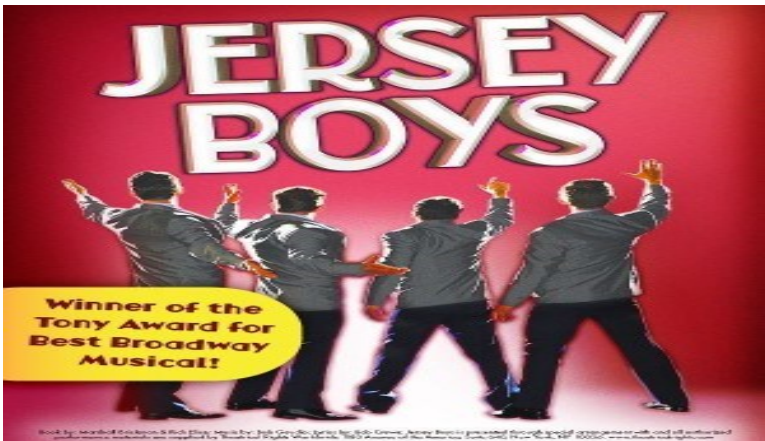
Big band swing, Show tunes, Rock, Dixieland, ballads, Top 40 and more.

2024 Funding Church Sponsors

Fellowship Bible Church	Trinity Presbyterian Church
First Lutheran Church	Church
First United Methodist Church	University United
St. Augustine Anglican Church	

Travel Opportunities 2025

The following trips are coordinated with Great Adventure Tours. Please call Oneta at 785-633-8761 to register. Mail checks to P.O. Box 4126, Topeka, KS 66604. Checks or cash payments are also accepted in person at their **travel meetings held each month on the first Tuesday at Golden Corral, 1601 SW Wanamaker Rd. Doors open at 9:00 AM. Meetings begin at 9:30 AM.**



Thank you to our Community Partners for Providing Refreshments in 2025

Aldersgate Village	Cedarhurst
Brewster Place	Caregivers Home Health
Legend at Capital Ridge	
Lexington Park	
McCrite Plaza	
Midland Care	
Oakley Place	
Presbyterian Manor	
Holiday Senior Living	

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 may register by mail or online. Please check in at the registration table for your guest name tag.

If you decide to attend more ALL classes there is a \$40 registration fee, when you become a member the cost is \$35. It doesn't cost anything to check us out — We would love for you to join us!

We care about you!

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 or via email charmilr@gmail.com

"Jersey Boys", New Theatre, Overland Park, Saturday, June 21st, 9:45am -5:30pm, \$80, Buffet lunch included.

This Tony Award winning musical tells the rags-to-riches story of four blue collar Italian boys - Frankie Valli, Bob Guadio, Tommy DeVito and Nick Massi. **Note: Unlike the Broadway version, this is a PG version!**

Motor Coaches depart from Fairlawn Plaza Shopping Center parking lot as soon as loaded. Plan to arrive a few minutes earlier than spot time listed. Park in the area two rows west of electric car charging stations; south of Barber Shop and north of light pole base #13.

Membership Questions

Membership is \$40 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. (\$35 members; \$40 non member fee), printed Membership Directory, and access to the Online Directory. **You do not need to be a member** to participate in our Activity Groups.
 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, we encourage people to become members to support the Shepherd's Center mission.
 We are a volunteer-run organization, your help is essential for our success. Volunteers are very important to the Shepherd's Center and all aspects of SCT are run by volunteers whose efforts are coordinated by the Director.

April 2025 Adventures in Learning

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.

2025 Membership Dues per Calendar Year _____ x \$ 40.00 = _____

Adventures in Learning per month _____ Member Rate x \$ 35.00 = _____

Adventures in Learning per month _____ Non-Member Rate x \$ 40.00 = _____

Please add late fee to your registration if paid after July 31 2025 Registrations x \$ 5.00 = _____

Donation to SCT = _____

Make Check 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)

Check the 10:00 Box if You Would Like Refreshments.

April 4, 2025

9:00-9:50

____ A. News and Views with Kevin McFarland

____ B. Chocolate Makers at Hazel Hill with Nick Xidis

____ C. Photographing Hummingbirds with Bill Stephens

10:00 Break Refreshments—Cedarhurst

10:40-11:30

____ D. From Havana to Topeka with Israel Sanchez

____ E. North Topeka in the 1951 Flood with Devin Cooper

____ F. Living Soil with Master Gardener Linda Jakle

April 18, 2025

9:00-9:50

____ A. News and Views with Kevin McFarland

____ B. It's just wood with Susie Graber

____ C. History of Topeka Radio with Marshall Barber

10:00 Break Refreshments — Presbyterian Manor

10:40-11:30

____ D. Growing Wiser & Going Smaller w/ the Ronnebaums

____ E. Renovations at the Museum with Sarah Bell

____ F. Holy Week with Paster Ben

April 11, 2025

9:00-9:50

____ A. News and Views with Kevin McFarland

____ B. With Heart to God & Hand to Man with Major Tom

____ C. TSPL A-I

10:00 Break Refreshments — Aldersgate

10:40-11:30

____ D. Learning about Native Alaskans w/Mary Hume & Jamie Spikes

____ E. Capper Foundation with Zach Ahrens

____ F. TPD Scamming in our Community with Sgt Burns

April 25, 2025

9:00-9:50

____ A. News and Views with Kevin McFarland

____ B. Korea Past Present and Future with Tom Luellen

____ C. Card Making Class with Marylin Buzzell

10:00 Break Refreshments — Interim Health

10:40-11:30

____ D. Topeka Big Band

Adventures in Learning is located at LUMC, 4101 SW 15th Street, Topeka, Kansas, 66604. For questions call 785-249-3258.

Adventures in Learning - Register before Friday, July 31, 2025 to avoid \$5 late fee



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

785-249-3258

www.shepherdscentertopeka.org

Email: shepherdstopeka@yahoo.com

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or email shepherdstopeka@yahoo.com.

The week leading up to Easter Sunday, known as Holy Week, is of immense significance. It begins with Palm Sunday, which commemorates Jesus' triumphant entry into Jerusalem. Maundy Thursday follows, marking the Last Supper Jesus had with his disciples. Good Friday is observed solemnly as the day of Jesus' crucifixion and death. These days are marked by various religious services, rituals, and traditions that help the faithful reflect on the events leading up to the resurrection.

The Easter season is a profound period of reflection, renewal, and celebration within the Christian faith. It encapsulates the core message of Christianity: the triumph of life over death, hope over despair, and light over darkness. Whether observed through solemn religious rituals or joyful secular traditions, Easter remains a time for individuals to come together, reflect on their spiritual journey, and embrace the promise of new beginnings.

Easter is also a time for family and community gatherings. Many people attend special church services, followed by festive meals with loved ones. It is a time to reconnect with family, share stories, and create lasting memories.

The Easter Bunny, a character that delivers Easter eggs to children, has its origins in German folklore. It is said that the bunny lays, decorates, and hides eggs, which are symbols of new life. This tradition has been widely adopted and is a central part of modern Easter celebrations.

Pre-order and print tickets at
www.shepherdscentertopeka.org

