

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



February "Adventures in Learning"! 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.

Registration October AiL — 101 via Zoom

Issue No. 75 Winter 2021

Happy New Year 2021

Welcome "2021" and good riddance "2020". With the vaccines being rolled out, I am optimistic and looking forward to some type of new normal. I for one am looking forward to seeing everyone face to face and sharing hugs with those who want them. Until then, I am glad we have "Zoom" to use for SCT activities and we will continue to use it where we can.

The board wants to thank everyone for your financial support last year with the special donations and paying for "Adventures in Learning" even if you were not able to participate. January is the normal month we ask people to renew their memberships. The money we take in from memberships and "AiL" fees, makes up the bulk of our income, and we hope you are willing and able to continue with your paid memberships and donations.

SCT worked hard to reduce our expenses last year, but we need your continued support. In 2021 we may try some new things like having a fund-raising event or two. If you have ideas, please reach out to Karen. Also please watch for her requests for volunteers for different committees or projects and volunteer where you can.


With the Corona virus we were not able to publish a new directory, but we think we will work on one during the second half of 2021 or at least provide a supplement. If you were a new member last year, we have 2020 directories that we can give you. Please let Karen know that you are a new member, and you would like a directory so she can arrange a time for you to pick one up.

I want to thank Karen for her leadership in 2020. What a time to join us and learn about us. Keep up the good work. To everyone, this is our organization and by working together we can get through this time and come out stronger.

Mike Stanfill, Chairman

**February "Adventures in Learning" via Zoom!
Online Registration is Now Open**

JANUARY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2
3	4 Spiritual Book Club 2-4 via Zoom Tai Chi 10 LUMC & Zoom	5 Tai Chi 10 Zoom	6 Tai Chi 10 Zoom	7 Tai Chi 10 LUMC & Zoom	8 Tai Chi 10 Zoom	9
10	11 Tai Chi 10 LUMC & Zoom	12 Tai Chi 10 Zoom	13 Tai Chi 10 Zoom	14 Tai Chi 10 LUMC & Zoom	15 Tai Chi 10 Zoom	16
17	18 Spiritual Book Club 2-4 via Zoom Tai Chi 10 LUMC & Zoom	19 Tai Chi 10 Zoom	20 Tai Chi 10 Zoom	21 Tai Chi 10 LUMC & Zoom	22 Tai Chi 10 Zoom	23
24 /	25 Tai Chi 10 LUMC & Zoom	26 Tai Chi 10 Zoom	27 MAP Group 10 - 11:30 via Zoom Tai Chi 10 Zoom	28 Tai Chi 10 LUMC & Zoom	29 Tai Chi 10 Zoom	30
31						

FEBRUARY 2021

Let the Adventures begin via Zoom! Fridays 9 - 11:30

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

SCT Group Activities

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



MAP Group - Online via Zoom

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.



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.



Tai Chi for Health with Madon Dailey

Mondays and Thursdays 10:00 - 11:00 am at Lowman United Methodist Church, Fellowship Hall, 4101 SW 15th Street, Topeka. If you would like to sign up for this class, please contact Madon by emailing her at madondailey@gmail.com or call 785-845-4478. There is a limit of 15 in-person attendees for this class. Due to Covid, Social distancing is required, and masks are to be worn. To Join **Madon from Home via Zoom** Monday thru Friday at **10:00 am contact Madon or go to our website for the Zoom link.**



SMS Strength, Mobility and Stability Exercise Group - **Currently Not Meeting**

Tuesdays and Thursdays at 8:45 and 10:00 am at Grace United Methodist Church, 26th & Western (middle door). Instructor is Shirley Edgerton. Ann Look is group coordinator. Voluntary donations support local charities.

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

The Following Groups are Not Meeting Due to Covid



Pickleball Group for Doubles

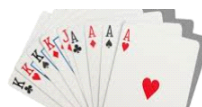
Mondays we play at Countryside UMC, 32nd & Burlingame, from 3-5:00. Park on the NORTH side and use the furthest WEST door. Follow the hallway to gym.

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 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.



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.

TRAVELERS NEWS - Members Only

SCT members will have first opportunity to fill the buses on our day trips and summer vacation 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!” Winter Session
Classes for Friday, February 5, 2021**

9:00 - 9:50 a.m. Living In Retirement :A Successful Foundation with Kasey Priddy

Kasey will discuss steps that retirees and those preparing for retirement can take to help ensure they can achieve what's most important to them. For example, income and spending in retirement, and preparing for unexpected expenses such as Long Term Care.

9:00 - 9:50 a.m. “The Future of Alzheimer’s Disease and Stem Cells” with Dr. Van Camp

Dr Van Camp will discuss his research into Alzheimer's Disease and Stem Cells. Unlocking the treatment of disease may lie within our own bodies.

10:00 - Break

10:30 - 11:20 “The Dust Bowl Revisited” by Elizabeth Black

The Dust Bowl of the 1930s devastated areas of Kansas, Oklahoma, Texas, New Mexico, and Colorado. Liz will discuss the greatest man-made ecological disaster of that time and the actions taken to reclaim the land and restore the lives of people who lived through those times.



10:30 - 11:20 “The Art of Glass Blowing” with April Lemon

An artist is someone who can look at what most see as a pile of junk and see beauty and meaning within the chaos, then take those elements that they have seen, put the pieces together in such a way as to share their vision with the world. April tries to do this in her life as well as her art, and her hope is that when she someday leaves this world that the people who have known her and my work might somehow be affected for the good.

**“Adventures in Learning!” Winter Session
Classes for Friday, February 12, 2021**

9:00 - 9:50 a.m. 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.

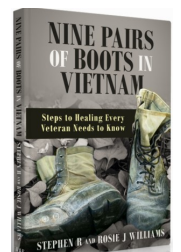
9:00 - 9:50 a.m. “Dining with Christ” with Pastor Jeff Potter

Join Jeff Potter in “Dining with Christ”. The Bible doesn’t share a great of information about Jesus’ time on earth after the Resurrection, but one strong theme that is revealed is the significance of eating together as a means to experience Christ.

10:00 - Break

10:30 - 11:20 a.m. Nine Pairs of Boots in Vietnam: Steps to Healing Every Veteran Needs to Know with Steve and Rosie Williams

Steve and Rosie will share their life journey from how they met to Steve getting drafted to Vietnam in 1969. Steve will share some of his stories of God’s protection, what it was like coming home, the effect of Post-Traumatic Stress Disorder and a couple of the steps to healing.



10:30 - 11:20 a.m. 7 Steps to Reduce Pandemic Fatigue with Kate Clemmons, Grace Health Care

Are you feeling the fallout from COVID-19? Do you feel exhausted, burned out, fearful, sleeplessness or anxiety? These things can be brought on by the effects of the coronavirus and it’s called Pandemic Fatigue. From stay-at-home orders, isolation, and fear of getting sick the struggle is real. Kate and Sybll will discuss the seven steps we can take to reduce stress due to the pandemic.

**“Adventures in Learning!” Winter Session
Classes for Friday, February 19, 2021**

9:00 - 9:50 a.m. "If We Came From Monkeys, Why Are There Still Monkeys?"

Jan Stotts will give a brief description of the program would be "This program hopes to debunk some of the popular misconceptions about evolution and show how accepting the facts surrounding evolution is not incompatible with a belief in God."

9:00 - 9:50 a.m. Automobile Restoration and Recreation with Lorne Willard

Lorne Willard - A retired IT Professional who also enjoys collector cars and restoration. Past President of the Mustang Club of Greater Kansas City (among other offices) and Gold Card Judge for the Mustang Club of America.



10:00 Break

10:30 - 11:20 a.m. Reading Champions with Deb Ellerbrook (TSCL)

Reading Champions are advocates for literacy in their communities. Learn about practical ways to promote literacy, such as organizing a book club, building a book nook or planning a workshop and help our community become an engaged community of readers.

10:30 - 11:20 a.m. "Thinking outside the Box" with Angela Dake - Hidden Hill Farms of Kansas

Angela will talk about her experience from leaving a career that she was extremely comfortable doing as a teacher to farming, and how she believes we never stop learning and growing. She will share a few fun and humorous stories about being courageous post retirement and finding a new skill set.

**“Adventures in Learning!” Winter Session
Classes for Friday, February 26, 2021**

9:00 - 9:50 a.m. 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 a.m. All About Alaskan Travel with Bill Williams

Bill will talk about all aspects of Alaskan travel. Plus, he will discuss the eight things we need to know about planning travel to and through Alaska. This will be laced with anecdotes about some truly Amazing Alaskan Adventures.



10:00 - Break

**10:30 - 11:20 a.m. “Garden Gate: Writings and Art from Gardens Around the World”
with Thomas Fox Averill**

Thomas Fox Averill will discuss his experiences visiting botanical gardens around the world. Tom will also share his photos, poetry and short stories based on his visits.

10:30 - 11:20 a.m. Homelessness in our Schools with Carrie Higgins

Carrie Higgins will discuss Impact Avenues a group of over 35 partner agencies working together to reduce student homelessness in Topeka. They utilize collective impact, single point of service, intensive case management, and sustainable housing to eliminate barriers and help families.

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
- Countryside UMC
- Christ the King
- First Baptist
- First Christian
- First Congregational
- First Methodist
- First Presbyterian
- Grace UMC
- Lowman UMC
- Our Savior's Lutheran
- 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 shepherdsceneter-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.

"Because We Care"



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 Milroy for Prayer and Support at 234-4243 charmilr@gmail.com.

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.

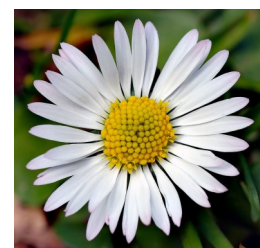
How much time commitment is there to volunteer?

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.



February "Adventures in Learning" via Zoom

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 Required: _____ Place of Worship: _____

Reminder: You can also register and pay online at www.shepherdscentertopeka.org

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

2020 Membership Dues _____ x \$30.00 = _____

Adventures in Learning Zoom _____ **Member Rate** x \$25.00 = _____

Adventures in Learning Zoom _____ **Regular Rate** x \$30.00 = _____

Late fee after Jan 25, _____ 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 of January 25.

Mark one class for each time slot.

February 5, 2021

9:00-9:50 A. Living in Retirement - Priddy _____

B. Alzheimer & Stem Cell - Van Camp _____

10:00 Break

10:30-11:20 C. The Dust Bowl Revisited _____

D. "The Art of Glass Blowing" _____

February 12, 2021

9:00-9:50 A. News and Views _____

B. "Dining with Christ" - Potter _____

10:00 Break

10:30-11:20 C. Nine Pairs of Boots - Vietnam _____

D. Reduce Pandemic Fatigue _____

February 19, 2021

9:00-9:50 A. "If We Came From Monkeys" _____

B. Automobile Restoration & Recreation _____

10:00 Break

10:30-11:20 C. Reading Champions - Library _____

D. "Thinking Outside the Box" _____

February 26, 2021

9:00-9:50 A. News and Views _____

B. All About Alaskan Travel _____

10:00 Break

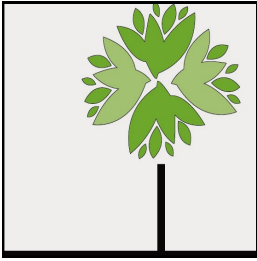
10:30-11:20 C. "Garden Gate" - Averill _____

D. Homelessness in Schools _____

Shepherd's Center of Topeka is located at Lowman United Methodist Church, 4101 SW 15th Street, Topeka, Kansas. We are NOT hosting February "Adventures in Learning" face to face at LUMC, but our speakers will be presenting via Zoom and we hope you will join us. If you have any questions, or need help with Zoom, please email Karen at shepherdstopeka@yahoo.com or call 785-249-3258.

Thank you for your patience and support during these past months of isolation as we continue to bring you "Adventures in Learning" via Zoom!

DUE DATE—January 25!



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

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 or email shepherdstopeka@yahoo.com.

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

Happy New Year from the Director

I want to thank everyone for hanging in there with us over this past year. It has been a challenging year in more ways than one, and I continue to have hope that things will get better and we will once again resume our programs face-to-face by August. I appreciate your continued support and encouragement.

Membership Dues: I want to encourage you to pay your membership dues online or by mail this month. Membership dues of \$30 a year and “Adventures in Learning” fees pay for our office location, national dues, website, email platform, Zoom, supplies, printing, and the director. Your financial support is appreciated.

“Adventures in Learning” February via Zoom: “AiL” is important to many because it brings us together socially, and the wonderful presentations help us to grow spiritual, emotionally, and intellectually. We have a great line up of speakers in February, please encourage your friends and family to join us. Every registration helps to support the Shepherd’s Center.

Volunteers Needed: I need your help. Volunteers are the reason SCT is so successful. By volunteering you help keep expenses down and our membership fees and “AiL” fees to a minimum. At this time, I want to ask for volunteers who would help me with an **SCT Fundraiser** sometime this year, I also need someone who can help me put together a **list of our past “AiL” speakers, topics and categories.** Please email me if you can help.

Happy New Year, Karen