

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
Westminster Presbyterian
West Side Christian



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

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

September / October 2023 Newsletter

Issue No. 87

Shepherd's Center of Topeka celebrated its 20th anniversary and held its 20th annual meeting on August 11, 2023. During the annual meeting, board chair Kathy Harr and Shepherd's Center's director Karen Willard reviewed how our organization enriches the lives of older adults, noting that memberships and Adventures in Learning attendance are rebounding, post-COVID-pandemic. During 2022 and early 2023, Shepherd's Center implemented new ways to engage members/volunteers via an online membership directory, a streamlined office space with new flooring and equipment, and travelers' small-group day trips. Kathy and Karen thanked all those who volunteer their time and talent.

Treasurer Mike Stanfill reported on the 2022 fiscal year financials, noting a \$2,072 deficit. Income and expenses for the current year were also highlighted. Mike noted that income from fundraising has helped to cover the flooring update in the office, the annual contribution to Lowman, and replacement of out of date computers.

The board revised its by-laws and explored strategies to assure Shepherd's Center of Topeka had a solid financial foundation given inflationary operating costs, the need for technology upgrades, and the depletion of reserves during the pandemic.

Thanks to a generous donor who came forward with a pledge to match up to \$20,000 in new donations, the **20 for 20** fundraising campaign was launched. Through gifts from individual donors and the 20th anniversary fundraiser lunch, we are nearing \$18,000 raised to meet the \$20,000 match. **May we count on you to join other generous donors to help us reach the \$20,000 goal?**

Go to shepherdscenteropeka.org and click on the Donations button. Or mail your gift to Shepherd's Center of Topeka, 4101 SW 15th Street, Topeka, KS 66604.

Community Partners

Aldersgate Village
Arbor Court
Atria Hearthstone
Brewster Place
Elara Caring
Grace Home Care
Great Adventure Tours
Great Lakes Caring
Healthcare Resort Topeka
Home Instead Senior Care
Jayhawk Area Agency on Aging

Board of Trustee Changes

Nancy Burklund, Pat Kirkman, Ottie Reed, and Mike Stanfill were recognized for their service on the board at the Annual Meeting. Marylin Buzzell, Bob Gladfelter, Walter Horn, and Bev Lutz were elected for one or two-year terms. Kathy Harr and Dan Pauls were re-elected for an additional two-year term. Betsy Thompson will continue as secretary of the board in the second year of her second term. September 8 will be the first meeting of the new board.

New Sponsoring Congregation!

We welcome **Fellowship Bible Church**, 6800 SW 10th Ave, Topeka as a new sponsoring congregation! Fellowship Bible has committed to supporting us spiritually, through participation, in-kind and financially. We appreciate their sponsorship.

REGISTER NOW FOR OCTOBER ADVENTURES IN LEARNING!

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. Contact Pat Kirkman at pattyk696@yahoo.com.

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? Sally Kahle, the coordinator for this group, will help you get started. Contact our office for more information.

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 Shirley Edgerton - Instructor at 979-4495 if you would like to attend.



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,

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

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

September 2023



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

October 2023



**Let the Adventures Begin with
"Adventures in Learning!"**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 SMS Book Club Pickleball	3 SMS Mexican Train Tai Chi - Lowman	4 Pickleball	5 AiL Setup SMS, Bridge Line Dancing Tai Chi - Zoo	6 Adventures in Learning	7
8	9 SMS Pickleball	10 SMS Canasta Tai Chi - Lowman	11 Writing Group LUMC Pickleball	12 AiL Setup SMS Line Dancing Tai Chi - Zoo	13 Adventures in Learning	14
15	16 SMS Book Club Pickleball	17 SMS Mexican Train Tai Chi - Lowman	18 Pickleball	19 AiL Setup SMS, Bridge Line Dancing Tai Chi - Zoo	20 Adventures in Learning	21
22	23 SMS Pickleball	24 SMS Canasta Tai Chi - Lowman	25 MAP via Zoom Pickleball	26 AiL Setup SMS Line Dancing Tai Chi - Zoo	27 Adventures in Learning	28
29	30 SMS Pickleball	31 SMS Tai Chi Lowman 				

"Adventures in Learning!"
Classes for Friday, October 6, 2023

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 Stories from Santa with Ken Sutton - **In Person and via Zoom**
Ken Sutton will share stories of his experiences as a department store Santa from over the past 54 years.

9:00 - 9:50 am The Coroner Had No Comment: A Topeka Murder Mystery with M J VanBuren
M J Van Buren returns to introduce her latest book, a counterculture mystery set in 1970s Topeka. MJ, aka Marjorie, will read excerpts from her book and is eager to share in conversation about reading, writing, publishing and NaNoWriMo. (Did Topeka even have a counter culture?)

10:00 Break - Refreshments provided by Aldersgate Village

10:40 - 11:30 am Leadership Lessons with Lasso by Toni Boyles
We are all leaders in some part of our lives. Join Toni for an introduction to key leadership principles promoted in the current popular TV series Ted Lasso. Examine why they are so popular and why they work so well

10:40 - 11:30 am Yak'n Yarn with Karen Taylor
Knitting and crocheting reduce stress and make beautiful things for family and friends. Join Karen and learn more about crafting projects with yarn as well as community projects supported by Yak'n Yarn.

10:40 - 11:30 am Polk Quincy Viaduct Replacement Project Update with Brian Armstrong **In Person & via Zoom**
Overview of the I-70 Polk Quincy (West) project in Topeka, KS that is currently under design with construction planned to begin in 2025.

"Adventures in Learning!"
Classes for Friday, October 13, 2023

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 Uncanny Reads for Friday the 13th with Julie and Miranda of TSCPL
It's Friday the 13th! What better time to join Miranda Erickson and Julie Nelson with the Topeka Shawnee County Public Library to discover uncanny, disturbing, or downright weird stories? They will share a mix of fiction and non-fiction tales of the truly terrible or darkly imaginative. What are your favorite uncanny reads? Bring a title to suggest!

9:00 - 9:50 am Protecting Identity and Avoiding Scams with Mary Tritsch of AARP - **In Person and via Zoom**
Have you ever received a call that your grandson needs your help, and they act like their offended because you don't know who it is? It's because it's a scam. Mary with AARP will help you learn how to spot and avoid scams and protect yourself from identity theft.

10:00 Break - Refreshments provided by Oakley Place

10:40 - 11:30 am Addressing Homelessness in Schools with Carrie Higgins of Impact Avenue
Impact Avenues is a group of over 35 partner agencies working together to reduce student homelessness in Topeka. We utilize collective impact, single point of service, intensive case management, and sustainable housing to eliminate barriers and help families.

10:40 - 11:30 am Personal Protection with Sgt. Burns of Topeka Police Department
How best to protect yourself in various situations as a senior. There will be time for discussion so bring your questions.

10:40 - 11:30 am Monarch Butterfly Conservation: A Dilemma for Conservationists with Chip Taylor, **In Person and via Zoom**
The US Fish and Wildlife Service is mandated to determine whether to declare monarchs threatened or endangered in this calendar year. There are many reasons to challenge both the science and the assumption that a listing will favor monarch conservation.

"Adventures in Learning!"
Classes for Friday, October 20, 2023

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 Lymphedema--What You Should Know with Lynn Fast

Things you can do to reduce your risk of lymphedema even if you have been diagnosed with cancer or had radiation.

9:00 - 9:50 am Museums, Amenities, and Volunteering with Mark Arganbright - **In Person and via Zoom**

Mark will share about Topeka's museums, amenities, and volunteering opportunities with Shawnee County Parks and Recreation, specifically the Ward Meade Historic Site, the Carousel, the Mini Train, and the Great Overland Station.

10:00 Break - Refreshments provided by Brewster Place

10:40 - 11:30 am Stephen Ministry: Christ Caring for People Through People with Jane Owen

We will explore the who, what, and how that this "Distinctively Christian Caring" Ministry offers. We will also discuss the benefits and reasons for your church to establish having it's own Stephen Ministry, as well as the personal blessing of becoming a Stephen Minister and/or receiving personal care from a Stephen Minister in your home church.

10:40 - 11:30 am Populism in Kansas with Joe Hirsch

Kansas in the late 1800's/early 1900's was full of change and promise; and populism in Kansas led the way for the future of the nation and what it meant to be an American.

10:40 - 11:30 am Kodiak Island Experience - Alaska with Bud and Cherie Carter — **In Person and via Zoom**

Come see a narrated slideshow about the unexpected surprises of living off-grid in the land of the Midnight Sun! Incredible wildlife, including the Kodiak Brown bear, experiencing one of the last and greatest unspoiled places on earth, Kodiak Island, Alaska.

"Adventures in Learning!"
Classes for Friday, October 27, 2023

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 Tales from the Grave with Lisa Sandmeyer Topeka Cemetery

Fresh off another round of Ghost Tours, Historic Topeka Cemetery will be bringing tales of murder, mayhem and mystery this October. With 35,000 residents in her yard, cemetery superintendent Lisa Sandmeyer is always digging up new stories to share. So don't get spooked if you've heard her before. The tales come with an extra treat, too -- a slide show. The new edition of the cemetery guidebook also will be available

9:00 - 9:50 am Trusses, Brushes, and Balm with Mark Law - **In Person and via Zoom**

The History of Drug Stores in Topeka Beginning in the 1860s. Mark will present photos and descriptions of current buildings and locations and the history behind them.

10:00 Break - Refreshments provided by Legend at Capital Ridge

10:40 - 11:30 am Rick Faris: A Kansan's Musical Life—In Person and via Zoom****

Rick Faris will share stories of his musical inspiration from his family, his own musical journey, as well as his award winning bluegrass music.

Please Register for Adventures in Learning before Friday, Sept. 22 to avoid a \$5 late fee.

Adventures in Learning is held at Lowman United Methodist Church, 4101 SW 15th St., Topeka.

2023 Funding Church Sponsors

Fellowship Bible Church
 First Lutheran Church
 First Presbyterian Church
 Our Savior's Lutheran
 St. Augustine Anglican Parish
 University United Methodist
 West Side Christian Church

Thank you to our Community Partners for Providing Refreshments in 2023

Aldersgate Village	Lexington Park
Brewster Place	McCrite Plaza
Caregivers Home Health	Midland Care
Interim Healthcare	Oakley Place
Legend at Capital Ridge	Presbyterian Manor

Don't forget that our sponsoring congregations and community partners have a link directly to their websites on our website. Just click on their name at shepherdscenteropeka.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 will need to register by mail or online. Please check in at the registration table for your guest name tag.

If you decide to attend other "AiL" classes you will need to pay \$30 registration fee, unless you become a member and then the cost is \$25. It doesn't cost anything to check us out — We would love for you to join us.



“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. **Contact Chaplain Charlotte Milroy for Prayer and Support at 785-409-4406 charmilr@gmail.com.**



Travel 2023 - Members Only

A benefit to membership is the opportunity to travel as a group. Members will have first opportunity to fill the buses on day trips, before a designated deadline, or filled. If space is still available by deadline, the trip may be open to non-members.

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.

DREAM GIRL, New Theatre Overland Park - \$75 Pick up at Fairlawn Plaza, Saturday, September 9 - Coach arrives 10 am.

Christmas at Resurrection Church in Leawood

Lunch and Christmas Program

Saturday, December 9, 2023

Cost \$92

Coach spots at 9:45 am, and back home around 5 pm.

This program is the best of the best for Christmas. They change it every year, and every year it gets better! Every year Resurrection Church creates a special Christmas Program with 300 singers, a full orchestra, and actors. We will eat at the Church for lunch, a special treat, and we have excellent seats! No stairs, all flat walking! We should be back home by 5 pm. To register call Oneta at 785-633-8761. Mail checks to P. O. Box 4126, Topeka, KS 66604.

Watch for small group day-trips with **Sunflower State Tours**.

Please contact the office if you have travel suggestions.

Membership Questions

Membership is \$30 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. (\$25 members; \$30 regular fee)

Eligible for travel opportunities, printed Membership Directory, and inclusion and access to the Online Directory.

You do not need to be a member to participate in our Activity Groups.

Because 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 in its mission.

We are a volunteer-run organization, and your help is needed. 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.

October 2023 "Adventures in Learning" In Person and via Zoom

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.

2023 Membership Dues _____ x \$ 30.00 = _____

Adventures in Learning In Person or Zoom _____ Member Rate x \$ 25.00 = _____

Adventures in Learning In Person or Zoom _____ Non-Member Rate x \$ 30.00 = _____

Please add late fee to your registration if paid after Sept 22 _____ Registrations x \$ 5.00 = _____

Donation to SCT = _____

Checks 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)

Please Be Sure and Check the Line if You Would Like Refreshments.

October 6, 2023

9:00-9:50
 A. News and Views
 B. A Topeka Murder Mystery
 C. Stories from Santa
 D. **ZOOM** — Stories from Santa

10:00 Break Refreshments - Aldersgate Village

10:40-11:30
 E. Leadership Lessons with Lasso
 F. Yak'n Yarn
 G. Polk Quincy Viaduct Replacement Project Update
 H. **ZOOM** — Polk Quincy Viaduct

October 13, 2023

9:00-9:50
 A. News and Views
 B. Uncanny Reads for Friday the 13th with TSCPL
 C. Identity Protection & Scam Avoidance with AARP
 D. **ZOOM** — Identity Protection & Scam Avoidance

10:00 Break Refreshments - Oakley Place

10:40-11:30
 E. Monarch Butterfly Conservation
 F. Addressing Homelessness in Schools
 G. Personal Protection with Sgt. Burns of TPD
 H. **ZOOM** — Personal Protection with Sgt. Burns of TPD

October 20, 2023

9:00-9:50
 A. News and Views
 B. Lymphedema-What You Should Know
 C. Museums, Amenities & Volunteering
 D. **ZOOM** — Museums, Amenities & Volunteering

10:00 Break Refreshments - Brewster Place

10:40-11:30
 E. Stephen Ministry: Christ Caring for People Through People
 F. "Populism in Kansas"
 G. Kodiak Island Experience
 H. **ZOOM** — Kodiak Island Experience

October 27, 2023

9:00-9:50
 A. News and Views
 B. Tales from the Grave
 C. Trusses, Brushes, and Balm
 D. **ZOOM** - Trusses, Brushes, and Balm

10:00 Break Refreshments - Capital Ridge

10:40-11:30
 E. Rick Faris: A Kansan's Musical Life
 F. **ZOOM** — Rick Faris: A Kansan's Musical Life

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, Sept. 22 to avoid \$5 late fee



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

785-249-3258

www.shepherdscenteropeka.org

Email: shepherdstopeka@yahoo.com

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or email shepherdstopeka@yahoo.com.

Community Partners cont.

Legend at Capital Ridge

McCrite Plaza Topeka

Midland Care

Midwest Health:

Caregivers Home Health

Lexington Park

Rolling Hills

Homestead—Auburn

Oakley Place Care

Presbyterian Manor

Rebound Physical Therapy

Stormont—Vail Healthwise

Tanglewood Health & Rehab

Topeka—Shawnee County

Public Library

KU Health System St. Francis
Campus Continued Care



Chili and Cinnamon Roll FUNDRAISER

Chili & Cinnamon Roll \$12

Large Cinnamon Roll \$5

Dine-in or Curbside Pick-Up

SATURDAY, NOVEMBER 4, 11:30 - 1:00 PM

**LOCATION: LOWMAN UNITED METHODIST CHURCH
4101 SW 15TH STREET, TOPEKA, KANSAS**

Pre-order your meal by Friday, October 20, online at www.shepherdscenteropeka.org, or to place an order by phone, call 785-249-3258. For faster service, print your ticket and bring it with you for carry-out or dine-in.
Walk-ins are welcome.

Stop by Lowman, visit the craft fair and enjoy a meal!

All Proceeds Support Shepherd's Center of Topeka a registered
501 (c) (3) non-profit in the state of Kansas.