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info@tscoop.org Please note new email address.

Volume 25 Number 3

Summer Session 2018

OUR MISSION

**The Shepherd's Center of Orange Park, SCOOP: to assist seniors by improving their quality of life through educational programming, intellectually, physically, socially and spiritually.....
Living Life and Loving It!**
.....

About SCOOP

The Shepherd's Center offers "Adventures in Learning" – classes that are taught on various subjects by knowledgeable volunteer instructors. There are four eight-week sessions per year. See registration form on pg. 5 for fees. Lunch is also available, along with an entertaining luncheon program.

Hope you can join us!

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Thankful for our Many Participants

Each year the Shepherd's Center is blessed with new members, returning members, fantastic volunteer teachers and wonderful sponsors. As we celebrate our 25th year in business I want to thank each of you for your participation. Without you, there would not be a Shepherd's Center (SCOOP).

It seems weekly I hear about the issue of "Senior Isolation" and how detrimental it is to our health. SCOOP attempts to create an active, vibrant community of seniors who create friendships and socialization opportunities. Please share our program with someone that may need to get out a bit more.

Since SCOOP is about you and your contributions, I want to hear from you. SCOOP has many tried and true classes that are very successful. I would like to know about a class that would interest you and if you know of a teacher that would be willing to teach the subject. If you are not attending SCOOP, what is your reason: transportation? time commitment? cost? I am committed to constant improvements, so if there is something that SCOOP could be doing better, let me know!

The 2018 Golden Years Gala, presented by the Allegro at Fleming Island and hosted by ElderSource, was a great success. Thank you for your participation. The winners this year are Ron Coleman, Lifetime Achievement; Judy White, Woman of the Year; Gordon Danielson, Man of the Year; and our own Nancy Keown, Shepherd's Center Volunteer of the Year. Senator Aaron Bean did a wonderful job of auctioneering and Ernie Cohen stepped in as the Emcee. The Gala proceeds fund the Adventures in Learning program.

Thank you for your continued support and input. I look forward to seeing you at our summer session!

Maureen Preta, Board Chairman

A special thanks to our Golden Year's Gala Judges: Doug Conkey, Andrea Hepburn, Jaimie Kelly, Kate Riggs, Dr. Al Rizer, Carol Studdard, Chris Thompson, Jimmy Weeks and Kyle Williamson!

No event can be a success without a great committee; thank you to Al Benson, Ernie Cohen, Lori Donalty, Esther Lee, Maureen Preta, Susan Stobe, Suzanne Tower and Carol Weisenburger!

POTPOURRI OF INFORMATION (This & That)

The Orange Park location will be closed on Monday, July 23 (VBS) & September 3 (Labor Day)

Sunshine Committee Report: Thank you, Verna Riley, for sending cards out to our members!
Sympathy: Linda Reynolds (mom, Martha Thiesen), Carolyn Smith (husband), Joy Campbell (son), Family of Lillian Linge, Pauline Moore (sister)
Get Well: Liz Leck, Giesella Wirth, Tommy Siesky, Rhodi Scott, Marie Tyre
Thinking of You: Pastor Pearl Boles, Marie Tyre, Dee Callaway
Contact the office at 269-5315 if you know of someone who needs prayer, is ill or is grieving; let us know and a card will be sent.

A very special thank you to Trish Diggins for her time and talents in maintaining the SCOOP website, www.tscoop.org.

ATTENTION: CLASS REGISTRATION INFORMATION Due to the popular response to some of our limited enrollment classes we will be having a lottery for class space.

Anyone interested in such a class (marked by "pre-registration required" on the registration form) should sign up prior to July 10, 2018. Payment is not due with pre-registration. On July 11, 2018 names will be drawn for the available slots for the class and members will be notified either way if they have a seat in the class.

Any member who does not have a seat during this session will be given first right of refusal to a seat for the next session. Any remaining seats for that session will be handled via lottery.

Thank You Orange Park United Methodist Church!

Shepherd's Center of Orange Park (SCOOP) would like to thank Orange Park United Methodist Church for their many years of partnership with our organization. SCOOP exists and continues to grow because of their generosity. Orange Park United Methodist Church provides the Family Life Center for the "Adventures in Learning" program, saving SCOOP tens of thousands of dollars. We very much appreciate their commitment to our program, senior adults and this community!

CONGRATULATIONS PASTOR LUANNE KEMPER

ON YOUR RETIREMENT FROM ORANGE PARK UNITED METHODIST CHURCH.

THANK YOU FOR SERVING ON OUR BOARD OF DIRECTORS!

Thank you for considering a gift of support! Go to www.tscoop.org under donate or mail to:

The Shepherd's Center of Orange Park, 2105 Park Avenue, Suite 30, Orange Park, FL 32073

Individual contributions are a significant source of our support, as we are funded entirely by the private sector and receive **no** government funds. Gifts are tax-deductible and will be acknowledged by letter. Please complete the appropriate parts of this form and send it along with your contribution to the above address.

My contribution is in the amount of \$_____.

Your Name _____

Address _____

City _____ State _____ Zip Code _____

Gifts to the Shepherd's Center to memorialize loved ones, or to honor friends or relatives, are effective ways to recognize them and perpetuate their memories. Appropriate letters of acknowledgement will be sent to you, and the person named below will be notified of this contribution.

Name _____

Address _____

City _____ State _____ Zip Code _____

☐ **In Memory of:** _____

☐ **In Honor of:** _____

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Contributions of \$50 or more entitle you to a Golden Years Gala Ticket

Would you like a ticket to the gala? Yes No Circle one please.

LUNCHEON PROGRAM SCHEDULE AND MENU

Luncheon Program Lunch begins at 12 p.m. in the gym. See menu offerings listed below. Make reservations on registration form (pg. 5) or call the office. Lunch \$6.00 Reservations required. <i>The lunch menu may be subject to change!</i> If you prefer, you are welcome to bring your own lunch.	SHEPHERD'S CENTER OF ORANGE PARK 2105 Park Ave., Suite 30, Orange Park, FL 32073 Office Hours: 9AM to 12 Noon Tuesday through Friday Phone or Fax: 904-269-5315 <i>Adventures in Learning</i> July 16 – Sept. 17, 2018 (Closed July 23 & Sept. 3) One-time new member fee: \$25 Registration Fee – \$40 for Mon. and Tues.; \$30 Thurs.; \$60 for All Payment is welcome by mail, online or on the first day of class www.tscoop.org
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July 16, 2018	Cynthia Stone – The Battle of Middleburg Salisbury steak, green beans, potatoes au gratin, roll, salad, dessert
July 30, 2018	Kimberly Simon, ARNP, – “Stroke Risk Factors” Orange Park Medical Center Pulled pork, baked beans, potato salad, roll, coleslaw, dessert
August 6, 2018	Heart’s Desire – a wonderful trio singing music from the heart. Herb chicken, vegetable medley, loaded mashed potatoes, roll, salad, dessert
August 13, 2018	Jennifer Sackett – “Germs: Fact or Fiction” Community Hospice Beef Stroganoff, zucchini/yellow squash, rice pilaf, roll, salad, dessert
August 20, 2018	Amber Lake – “Conversations Before the Crisis” Arbor Terrace Pork chops, lima beans, rice, roll, salad, dessert
August 27, 2018	Barbara Stewart – “Pain Awareness” Heartland Chicken Monterey, broccoli, roasted corn, roll, tossed salad, dessert
September 10, 2018	River City Dulcimers Lunch provided by Benton House – Lasagna, Caesar Salad, garlic bread and dessert
September 17, 2018	Teacher Appreciation/Student Art Show – Christy Fitzgerald Lunch provided by The Allegro, menu to be announced

NEW CLASSES and POPULAR REPEATS FOR THE SPRING SESSION

Beginning Tai Chi – Carol Newbern and Rob Springer – Standing or sitting, it is beneficial either way. The four components include mindful movement, breathing practice, self-applied massage and meditation.

Good Reads – Cheryl McDavitt, certified book nerd – Looking for your next good read? Have fun talking about books, opinions, recommendations, resources and reviews.

Creative Writing - Dr. Doug Greenberg is back to teach writing!

Eat This, Not That – Esther Lee – Learn how to win at the Supermarket. Game on – your way to a healthier budget-wise lifestyle.

Genealogy 101 – Charles Nicholson and Stanley Carroll – Genealogy taught by enthusiasts, with the primary emphasis being hands on construction of your own family tree. Great for beginners.

Keyboard – Orange Park School of Music, please let us know if you will be bringing your own keyboard or need to rent a keyboard for the class.

Pennies from Heaven (a Canasta-like game) – Brenda Taratus will teach Canasta - a form of rummy using two full decks in which players or partnerships try to meld groups of 3 or more cards of the same rank and score bonuses for 7-card melds on Mondays; test your skills with group play on Thursdays!

Protect Your Nest Egg – Dave Fieber, Edward Jones – Learn how to invest appropriately so you can make the most of your retirement.

Smart Phone Instruction – Becky Foster, The Allegro, and Chris Thompson, ComForCare – Learn tips and tricks in using your iPhone or Android smartphone. One topic covered each week with handouts!

Trivia for Prizes – Rita Hewett & Annette Large, Exit Realty. Play trivia and win a prize each week.

Zentangle – Pat Fiedler – An easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns.

Zumba Gold – Tammie Anderson, Choice Matters Healthcare - Have fun dancing and exercising to great music.

A very special thank you to ARBOR TERRACE, ALLEGRO, BENTON HOUSE, COMMUNITY HOSPICE and PALLIATIVE CARE OF NORTHEAST FLORIDA, HEARTLAND REHABILITATION SERVICES, SEAGRASS VILLAGE, SILVER LINK CONSULTING, THE WINDSOR and CAROL WEISENBURGER for being major sponsors!

ADVENTURES IN LEARNING

Orange Park United Methodist Church Family Life Center, 2042 Reed St., Orange Park, FL 32073

Mondays – July 16 - September 17, 2018 -- NO MONDAY classes July 23 & September 3

MONDAYS 9:00 A.M.- 9:50 A.M.

Rm. 422 – ELDER LAW – Mike Jorgensen – Protect your assets.
Rm. 423 – EAT THIS, NOT THAT – Esther Lee – Learn how to win at the supermarket
Rm. 424 – TRIVIA FOR PRIZES – Rita Hewett & Annette Large – Exit Realty
Rm. 425 – ELECTRIC KEYBOARD INSTRUCTION – Orange Park School of Music
Rm. 426 – GOOD READS – Cheryl McDavitt, Have fun discussing books!
Gym – TAI' CHI EASY – Rob Springer – Limber up your body and feel better.

10:00 A.M.- 10:50 A.M.

Rm. 422 – PROTECT YOUR NEST EGG! – Dave Fieber
Rm. 423 – BIG CHANGES TO ROCK MUSIC – YEARS 1964-1966 – Dave Neal
Rm. 424 – PENNIES FROM HEAVEN (Canasta) (2 hours) Brenda Taratus
Rm. 425 – CREATIVE WRITING – Dr. Doug Greenberg
Rm. 426 – JEWELRY INSTRUCTION – Class limit: 13 Nancy Keown – \$35 fee – *Pre-registration required (Fees are paid directly to the teacher)*
Gym – MOVEMENT/EXERCISE – Susan Stobe – Seated to standing – just move!

11:00 A.M.-11:50 A.M.

Rm. 422 – CURRENT EVENTS – Gary Monson, Cindy Stewart, Ken Johansen & Susan Howard
Rm. 423 – CROCHET – Ruby Sisk
Rm. 424 – PENNIES FROM HEAVEN (Canasta) (cont'd)
Rm. 425 – ZENTANGLE – Pat Fiedler
Rm. 426 – OPEN JEWELRY MAKING, Nancy Keown, unlimited
Gym – LINE DANCING – Hal Hill & LouAnn Simpson – Have fun & stay fit!
Gym – NEEDLEWORK – Susan Stobe. Learn how to make anything with a needle.
Gym – SENIOR SOLUTIONS – Carol Weisenburger, Real Estate Consultant, I ON REAL ESTATE

NOON-1:00 P.M. – LUNCH & PROGRAM

Afternoon Classes

1:15 – 2:15 P.M.

Balcony – MAH JONGG – Martha Huff
Rm. 423-424 – YOGA FOR SENIORS – via Ginny Ross video
Rm. 425 – CARD MAKING – (2 hours) – Ann Sieber – Create beautiful cards. **Class limit: 15/Cost: \$20 for supplies. (All fees are paid directly to the teacher.)**
Pre-registration is required
Rm. 426 – WATERCOLORS/ACRYLICS – (2 hours) – Susan Mills – Class limit 10, **Bring your own supplies.**
Pre-registration required!

TUESDAYS

1:30 – 3:30 P.M.

BRIDGE – Orange Park Presbyterian Church – Shirley Reynolds, 269-5665 & Scotty Hood, 269-7226
Reservations required
 This is a fun, social bridge group.

Please see the following page to register, select classes and sign up for lunch!

RECEIVE A FREE LUNCH

INVITE YOUR FRIENDS TO JOIN YOU AT THE ADVENTURES IN LEARNING PROGRAM OR INVITE THEM TO LUNCH. YOUR FRIENDS ARE WELCOME TO STAY FOR A DAY FOR FREE AND CHECK OUT THE CLASSES. OF COURSE, WE WOULD NEED A RESERVATION FOR LUNCH. IF YOUR FRIEND JOINS SCOOP, YOU WILL GET A FREE LUNCH!

Thank you to the Teachers, Class Coordinators, Office and Luncheon Volunteers, and the SCOOP Board and Trustees for all their time and talents they have given to make SCOOP such a successful and warm-hearted organization.

Please take the time to pre-register so that our teachers can be prepared for class!

A very special thank you to ARBOR TERRACE, ALLEGRO, BENTON HOUSE, COMMUNITY HOSPICE and PALLIATIVE CARE OF NORTHEAST FLORIDA, HEARTLAND REHABILITATION SERVICES, SEAGRASS VILLAGE, SILVER LINK CONSULTING, THE WINDSOR and CAROL WEISENBURGER for being major sponsors!

ADVENTURES IN LEARNING

Cross+Road Lutheran Church, 5101 Lakeshore Dr. W., Fleming Island, FL 32003

Thursdays – July 19 – September 6, 2018

9:00 A.M.-9:50 A.M.

Entry Room – BEGINNING TAI' CHI GUNG – Carol Newbern – Integrates mind and body to create balance, flexibility and calmness.

Rm. 207 – KNITTING – Mary Trammell

Rm. 208A – INTRODUCTION TO ESSENTIAL OILS – Danielle Rehrig

10:00 A.M.-10:50 A.M.

Entry Room – CHAIR YOGA – via Ginny Ross video

Rm. 207 – CROCHET – Katie Tibbits

Rm. 208A – PENNIES FROM HEAVEN (CANASTA) – PLAYING – Marie Tyre and friends

Rm. 208B – WATER COLORS WORKSHOP – various guest instructors, paint as a group **Class limit 10 – Pre-registration required**

Rm. 209 – GENEALOGY 101 – Charles Nichols & Stanley Carroll

11:00 A.M.-11:50 A.M.

Entry Room – ZUMBA – Tammie Anderson, Choice Matters Home Healthcare.

Rm. 207 – SMART PHONE INSTRUCTION – iPhone – Becky Foster, The Allegro

Rm. 208A – PENNIES FROM HEAVEN (CANASTA) – PLAYING (cont'd) – Marie Tyre and friends

Rm. 208B – WATER COLORS WORKSHOP (cont'd) – **Class limit 10 – Pre-registration required**

Rm. 209 – SMART PHONE INSTRUCTION – Android – Chris Thompson, ComForCare

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To register for the SUMMER 2018 Session by mail, please send this form in with your class selections. Check the appropriate registration fee and include your check.

Monday, Tuesday **\$40.00** _____

Thursday classes only **\$30.00** _____

All Classes (\$10 discount) **\$60.00** _____

One-Time New Member Fee **\$25.00** _____

Donation (e.g. \$12.50 per quarter = \$50 annually for Golden Years Gala Invitation) **\$** _____

Lunch for entire session - \$48 **\$48.00** _____

Total Amount Enclosed **\$** _____

Please make your check payable to:

**The Shepherd's Center
2105 Park Avenue, Suite 30
Orange Park, FL 32073**

Name: _____

Address: _____

City: _____ **State** _____ **Zip** _____

Email : _____

Phone: _____

Any changes above? Circle Yes or No

May we e-mail your SCOOP Newsletter? _____

Sign up for Monday July 16 lunch: _____

INDICATE YOUR CHOICE OF CLASSES:

Monday Classes

_____ Big Changes to Rock
_____ Card Making *
_____ Creative Writing
_____ Crochet
_____ Current Events
_____ Eat This, Not That
_____ Elder Law
_____ Electric Keyboard*
_____ Good Reads!
_____ Jewelry Instruction*
_____ Open Jewelry Making
_____ Line Dancing
_____ Mah Jongg
_____ Movement/Exercise
_____ Needlework
_____ Pennies from Heaven (Canasta)
_____ Protect Your Nest Egg
_____ Senior Solutions
_____ Tai' Chi Easy
_____ Trivia for Prizes
_____ Watercolors/Acrylics*
_____ Yoga for Seniors
_____ Zentangle

Tuesday Classes

_____ Bridge

Thursday Classes

_____ Chair Yoga
_____ Crochet
_____ Essential Oils
_____ Genealogy 101
_____ Knitting
_____ Pennies from Heaven
_____ Smartphone-Android
_____ Smartphone-iPhone
_____ Tai' Chi Gung (Beg.)
_____ Watercolors
_____ Zumba

***** YOU MUST PRE-REGISTER FOR
CARDMAKING, KEYBOARD, JEWELRY
INSTRUCTION AND WATERCOLORS**

WELCOME TO OUR NEW PARTICIPANTS!

Bill French
Pam Greer
Adrienne Hall

Edward Hall
David Humphrey
Diane Keltner

Bill Jordan
Marie Lybrook
Ruth McKinney

Kitty Minor
Che Russell
Ellen Sackett

Doris Small
Jan Thorp
Janet Stevens

Gala and Individual Contributors

(February 23, 2018 – May 22, 2018)

Memorial Donation – A special thank you to the **Foundation for the Carolinas** who donated to honor the 25th Anniversary Celebration and in Loving Memory of **Tommie Walters Siesky.**

Emerald (\$250 +)
Anonymous

Ruby (\$100+)
Christine Bass
Al & Connie Belisle
Dee Callaway

Ruby (\$100 +)
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Nancy Marcet
Donna Ponder
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Rita Hewett & Annette Large

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Remember to like us on FACEBOOK!



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SUMMER SESSION: July 16 – September 17, 2018

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Barbara Stewart

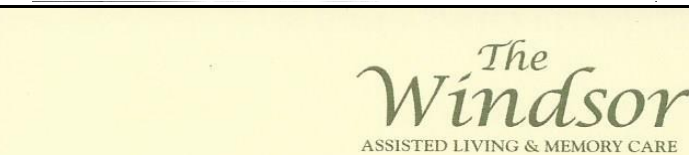
Admissions Director

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Medbridgerehab.com



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