



Volume 26 Number 4

Fall Session 2019

Make 55+ the Best Time of Your Life!

Enjoy life! Engage in learning! Meet new friends! Make a difference!

Serving Northeast Florida

2105 Park Avenue, Suite 30, Orange Park, FL 32073

Phone: (904) 269-5315 Email: info@tscoop.org Website: www.tscoop.org

Our Mission is to assist seniors by improving their quality of life through educational programming, intellectually, physically, socially and spiritually... Living Life and Loving It!

THE ALLEGRO GOLDEN YEARS GALA NEWS!

The Allegro Fleming Island will be our title sponsor for the gala in 2020. The gala will be moving to a new location, Sullivan Hall on Fleming Island. This space will allow for more participation and better views for all attendees. Please see our website for sponsor opportunities and nomination forms for Seniors who volunteer in Clay County!

NEW CLASSES See registration form on page 5.

Android Phone Instruction — Joe Pachacek — This smart phone instruction on the Android platform will show you the ins and outs of your phone. New location, Mondays in Orange Park

Art Appreciation—Susan Nevinger—"Olympia to O'Keefe," the story behind female artists, models and images—Not for Women Only!

Calligraphy—Carolyn Brundt will transform your handwriting into art, now on Thursdays!

Crochet—Katie Tibbets is back at Fleming Island on Thursdays

Dance Class — Jan Thorp — Have you ever wanted to take dance? Well now it's your turn! Sitting and standing workout, dance to Broadway tunes. Wear your tennis shoes.

How to Play Poker—Join Steven Leslie as he shows you how to have fun playing poker.

iphone Class — is back at Fleming Island — Jami Kelly from the Allegro will show you the ins and outs of your phone.

U.S. History —1865-1940 — Jane Malcolm will examine topics ranging from the Gilded Age to the Great Depression, Global Expansion to Industrial Progress, and Progressive Era to the Roaring Twenties.

Seminars about Cultures Around the Globe — Sheryl Emmett, Vivo Tours, places to visit including the food from a region, dress, music, photos, and background.

Tai Chi for Arthritis — Genda Hoffer — Practice moves that will help with your arthritis and overall well-being!

Musical Keyboard Instruction — Dan Weisenburger — Learn to play your "musical" electric keyboard; you must provide your own keyboard.

Writing for Relaxation & Enjoyment — Dr. Doug Greenberg — An opportunity to express yourself in a creative environment. Share and support your written thoughts and ideas. If needed, writing prompts will be provided. The workshop will include expository writing, autobiographies, journals and poetry.

2019 Officers:

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About SCOOP

Adventures In Learning Classes are taught on various subjects by knowledgeable volunteer instructors. There are four eight -week sessions per year. Lunch is also available along with an entertaining lunch program.

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

Sunshine Committee Report:

Thank you, Verna Riley, for sending cards out to our members!

Sympathy: Family of Lee Ledbetter, Mayree Gipson (brother) & Virginia McCampbell (husband)

Get Well: Rose White, Rhodera Scott & Giesela Wirth

Thinking of You: Susan Mills, Lynn Morgan (husband), Shirley Trane, Belinda Ganey & Marie Tyre

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.

WELCOME TO OUR NEW PARTICIPANTS!

Lisa Bates-Lester	Margaret Garrett	Jean Osborn	Megan Stokes
Dolores Beedle	Irmajean King	Doris Owens	Leslie Thomas
Mike Burns	Pam Jackson	Barbara Plante	Diane Trainor
Vicki Burns	Stephen Kennedy	Clifford Plante	Patricia Williams
Peter Davis	Cheryl Meyer	Jacquelyn Reeves	Wendy Yunkis

Thank you to the Jean Griswold Foundation for their generous donation and recognizing our Adventures in Learning program as one that enhances the quality of life for seniors who wish to age in place. Also, thank you to Barry Griffin, Director of Griswold Home Care, for sponsoring this donation.

Thank You to 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!

**Thank you to our Print Sponsor, St. Giles Presbyterian Church,
Pastor Jake Young**

116 Foxridge Road, Orange Park, FL 32065

Your contribution allows us to distribute 3000 newsletters each quarter!

Special Announcement—Lunch on Thursday, October 22, noon at Fleming Island

SCOOP will be supporting the Clay County Senior Advocacy Council by purchasing lunches for Thursday, 10/22. Lunch will be either pork or turkey (your choice), Texas toast, coleslaw, tea or water and a dessert for \$8.00. Please mark on your registration form, pork or turkey if you would like lunch on the 22nd.



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Travel Meetings are held at Fleming Island & Orange Park library locations. Join us for refreshments, fellowship, slide presentations & fun!

SHEPHERD'S CENTER – FALL CLASSES 2019

Mondays – October 7, 2019 – December 9, 2019 — **Closed 10/14 & 11/11**
 Orange Park United Methodist Church Family Life Center at 2042 Reed St & Stowe Ave

Room	9:00 A.M.	10:00 A.M.	11:00 A.M.	1:15- 3:15 P.M.
BALCONY	*Jewelry-Making in room 6204 at 10 am — limited to 13; fee is \$35		Bridge Playing	Mah Jongg Alice Gentile
6203	Elder Law Mike Jorgensen Senior Counsel	Rock-n-Roll 1974-1975 Dave Neal	Current Events Ken Johansen, Gary Monson, Cindy Stewart & Susan Howard	Grandma Moses* Susan Nevinger Limit 10 Cost \$5
6204	Android Phone Instruction Joe Pacachek	Jewelry Making * Nancy Keown & Judy Richendollar	Jewelry Workshop Nancy Keown & Judy Richendollar	Water Colors/ Acrylics * Guest Instructors Limit 10
6205	iPad Instruction Mike Saffy Silverlink Consulting	U.S. History 1865-1940 Jane Malcolm	Trivia Stan & Karen Konopacki	Making Gourd Vases Joella Manning Limit 13/ Fee \$20
6206	Bingo for Prizes! Carol Weisenburger I ON Realestate & Investments	Art Appreciation — Olympia to O'Keefe Susan Nevinger	Musical Keyboard Dan Weisenburger Bring your own keyboard	Greeting Cards* Ann Seiber Limit 15/Fee \$20
6207	Beginning Bridge Sharon Carter	Beginning Bridge, cont'd Sharon Carter	Scrapbooking Pat Fiedler	Yoga for Seniors via Ginny Ross video 1 hour
GYM	Tai Chi for Arthritis Glenda Hofer	Movement/Exercise Susan Stobe Pennies from Heaven Playing 10-12	Line Dancing Hal Hill & LouAnn Simpson Needlework Susan Stobe	

Bridge

Orange Park Presbyterian Church, Tuesday — 1:30–3:30 P.M. — Reservations required.
 Call Scotty Hood at 269-7226 or Shirley Reynolds at 269-5665

* **Classes require pre-registration**

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 Sep. 30, 2019. Payment is not due with pre-registration.

On Oct. 2, 2019, 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.

SHEPHERD'S CENTER – FALL CLASSES

Thursday — Oct. 10, 2019-Dec. 5, 2019 — NO CLASS ON 11/28

**Cross+Road Lutheran Church, 5101 Lakeshore Drive W., Fleming Island
(Corner Lakeshore Dr. West and C.R. 220)**

ROOM	9:00 A.M.	10:00 A.M.	11:00 A.M.
Entry Room	Beginning Tai Chi Gung Carol Newbern	Calligraphy Carolyn Brundt	Dance Class Jan Thorp Workout to Broadway tunes
207	Knitting Mary Trammell	Crochet Katie Tibbits	Writing for Relaxation Saving Your Memories Dr. Doug Greenberg
208 A	Water Colors * Paint on Your Own	Water Color Instruction * Carron Wedland	Water Colors cont'd *
208 B	How to Play Poker Steven Leslie	How to Play Poker Steven Leslie	Decorating Secrets Carol Chop
209	iPhone Class Jami Kelly Allegro Fleming Island	Genealogy Part II Charles Nichols & Stanley Carroll	Seminars about Cultures Around the Globe Sheryl Emmett, Vivo Tours

*'d classes require pre-registration; class seats will be filled by lottery if enrollment exceeds class size limits. When registering, please indicate what time you will be in the watercolors class.

Luncheon Program, Mondays at our Orange Park Location

Lunch begins at 12 p.m. in the gym. Make reservations on registration form or call the office.

Lunches include an entrée, side, salad, roll and dessert.

Lunch \$6.00 — Reservations required. *The lunch menu may be subject to change!*

If you prefer, you are welcome to bring your own lunch.

Oct. 7	Lynn Shad, Shad Financial Group at Morgan Stanley — Five Ways Technology will Change How You Age	BBQ Chicken
Oct 21	Teacher Appreciation, Christy Fitzgerald	Pork Tenderloin
Oct 28	Anna Lindler, Aging True — “New Look of Senior Services at Aging True Clay County”	Lemon Chicken
Nov 4	Kate Riggs, The Windsor — Do Your Treasures Give you Pleasure, How to Declutter W/O Tears!	Roast Beef
Nov 18	Andrea Crowder, Orange Park Medical Center — Healthy Limbs via Orange Park Medical Center	Chicken Marsala
Nov 25	Joyce Hall & Carol Weisenburger — Hall Closet Fashion Show	Meatloaf
Dec 2	Craig Seaton — Holiday Concert	Hawaiian Pork
Dec 9	Brenda Scott — St. Johns Country Day Middle School & Handbell Choirs	Lunch by the Allegro

To register for the Fall 2019 Session by mail, please send this page in with your class selections. Check the appropriate registration fee and include your check.

Monday & Tuesday \$40.00 _____
 Tuesday & Thursday \$30.00 _____
 All Classes, \$10 discount \$60.00 _____
 One Time New Member Fee \$25.00 _____
 Donation (e.g. \$12.50 per quarter= \$50.00 annually for Golden Years Gala Ticket \$ _____
 Lunch for entire session \$48.00 _____

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 Oct 7 lunch: _____

Sign up for Thur. Oct. 24 Lunch: Pork _____ Turkey _____

Class Fees

Monday and Tuesday - \$40;

Tuesday and Thursday - \$30,

All Days - \$60 (\$10 discount)

One-Time New Member Fee: \$ 25

9:00 A.M.

_____ Android Phone Inst
 _____ Beginning Bridge
 _____ Bingo
 _____ Elder Law
 _____ iPad Instruction
 _____ Tai Chi for Arthritis

10:00 A.M.

_____ Art Appreciation
 _____ Beg. Bridge, cont'd
 _____ Jewelry Making*
 _____ Movement/Exer.
 _____ Pennies (Canasta)

_____ Rock & Roll

_____ U.S. History

11:00 A.M.

_____ Bridge Playing
 _____ Current Events
 _____ Jewelry Workshop
 _____ Line Dancing
 _____ Musical Keyboard

_____ Needlework
 _____ Scrapbooking

_____ Trivia

1:15 P.M.

_____ Decor. Gourds*
 _____ Grandma Moses*
 _____ Greeting Cards*
 _____ Mah Jongg
 _____ Water Coll/Acryn.*
 _____ Yoga for Seniors

Tuesday

1:30-3:30 P.M.

_____ Bridge

Thursday

9:00 A.M.

_____ Beg. Tai Chi Gung
 _____ How 2 Play Poker

_____ Knitting

_____ iPhone

_____ Water Colors*

10:00 A.M.

_____ Calligraphy
 _____ Crochet
 _____ Genealogy, Part II
 _____ How 2 Play Poker

11:00 A.M.

_____ Dance
 _____ Decorating
 _____ Seminars/Cultures
 _____ Watercolor, cont*
 _____ Writing

**A very special thank you to ALLEGRO, ORANGE PARK MEDICAL CENTER,
 COMMUNITY HOSPICE and PALLIATIVE CARE OF NORTHEAST FLORIDA,
 SEAGRASS VILLAGE, SILVER LINK CONSULTING, and THE WINDSOR**

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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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You can make a difference at SCOOP!

Please consider donating. A donation of \$50 will allow you a ticket to the Golden Years Gala.

Your donations allow SCOOP registration fees to stay at a reasonable rate.

The Golden Years Gala celebrates and recognizes senior adults in Clay County for their volunteer services. The Gala is the first Wednesday in May.

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.

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