



Volume 27 Number 4

Fall Session 2020

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!

Hello,

Due to the unavailability of our locations for Adventure in Learning at the time of planning our Fall Session, the board has decided to have the Fall Session via Zoom. We are offering 17 classes this session. Hopefully there is a class for everyone. Here is what our members said about the Summer Session:

Sherry Bruner: "ZOOM is such fun and a great way to both learn and connect with people we used to see on a weekly basis. I have learned that Colonial America enjoyed roasted hedgehog served on platter with a tasty sauce. Neither that nor the eel pie appealed to me. Current Events kept us on our toes both with local primaries in August and world wide tidbits and events. Line Dancing continued to be fun although missed the interactions with others when together in the gym. I learned uses for my Android phone that I had not previously known. The teachers were all so enthusiastic, well prepared and open to questions and feedback. I looked forward to each morning of the week that I took classes. And what a bargain. Multiple offerings for \$30. Looking forward to what will be offered on the fall classes, still scheduled for ZOOM and hoping others will join in this great opportunity. Thank you to SCOOP and all the teachers for being willing to provide the classes. See you in the Fall."

Chris Bass: "I miss not being able to attend in person, but I find the Zoom classes fun. I took five classes every week over Zoom for 50-minute sessions. My choices were: Zentangle, iPad Instruction, Line Dancing, Coping with Covid-19 given by a professional social worker, and Creative Writing. Other classes are offered, depending on your interests and schedule. Every Monday we meet up via Zoom and share lunch-time conversation. I look forward to these classes. Talking to my contemporaries and keeping myself engaged in learning has helped me cope with these challenging times. I have been able to keep my spirits up and not dwell on the negative, thanks to the Shepherd's Center."

Linda Franks: "The SCOOP ZOOM classes have been a lifesaver for me. I have something to look forward to during this crazy time we are living in. We have great classes and can still participate while learning. It is so nice to be able to keep in touch with my SCOOP friends.

Anyone who has doubts about the process just contact Christy and she will guide you through it. Its easy and you will be glad you did.

Thank you to the teachers this session and I look forward to the Fall Session. I hope everyone will join in.

Be well!"

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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:

Barbara Elliott has sent out Sunshine Committee Cards.

Sympathy: Norma Belet (husband)

Get Well: Bobbi Amberson, Diane Crowe, Polly Krause, Mike Keon, Ginger Williams

Thinking of You: Chris Bass, Norma Belet, Scotty Hood and Linda Knapp

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!

Anne Brubaker	Ophelia Costello	Irma Hane	Mary Ann McMillan
Mary Jo Bade	Melody Dowling	Trudy Keyes	Frank Schwartz
Kathleen Coon	Sheila Garbecki	Carol Klein	Loreen Stillwell

How to Zoom!

Zoom is a very user friendly application that allows you to meet with people virtually on your computer, tablet, or phone. The first step is to download the Zoom app to your device. Go to Zoom.us and download the application.

SCOOP will send you an email invite to join the meeting. It will include the meeting ID and password and an option to call in via phone.

Christy will be available for the month of September to do practice Zoom meetings. She is available to meet with you to show you how to use your device with Zoom, and to walk you through the whole process. This is a great time to embrace new technology to help us stay connected with our friends.

Practice your Zoom skills during our September Monday Morning Meetups.

Join us on *September 12, 19, and 26 at 11am*. Use the Zoom app or Zoom.us in your browser, or call in from you phone. Need help? Call Christy and she will get you on the call.

Meeting ID: 961 4779 9909

Passcode: 984849

Or Dial in on your phone: +1 646 558 8656

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**

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Your contribution allows us to distribute 3000 newsletters each quarter!

SHEPHERD'S CENTER – FALL CLASSES 2020
Mondays – Fridays, October 5, 2020 – November 13, 2020
All classes will be offered via Zoom Meetings - www.zoom.us

Day	9:00 A.M.	10:00 A.M.	11:00 A.M.	1:00 P.M.
Monday	<u>Elder Law</u> Mike Jorgensen Senior Counsel	<u>Current Events</u> Ken Johansen, Gary Monson & Susan Howard	<u>Line Dancing</u> Hal Hill & LouAnn Simpson	
Tuesday	<u>Android Phone Instruction</u> Joe Pacachek	<u>History of Riverside/Avondale and Ortega, Part 2</u> Kate Riggs The Windsor	<u>Achieving Inner Peace</u> Concetta, Hillman, LCSW Clay Behavioral Health	
Wednesday	<u>Chair Exercise</u> Amber Luke and Amanda Draga Palagio Senior Living	<u>National Parks</u> Esther Lee	<u>Zentangle</u> Pat Fiedler	<u>Primetime Health for Seniors</u> Tressa Kirilloff, Life Balance
Thursday	<u>Genealogy</u> Charles Nichols and Stanley Carroll	<u>Investing from A—Z</u> Dave Fieber, Edward Jones	<u>Iphone</u> Jami Kelly Allegro Fleming Island	<u>Water Colors</u> Carron Wedland
Friday	<u>iPad Instruction</u> Mike Saffy Silverlink Consulting	<u>What's it Worth</u> Cheryl Emmett	<u>Do the WRITE Thing!</u> Dr. Douglas Greenberg	

Bridge is cancelled until it is safe to meet in larger groups

Call Scotty Hood at 269-7226 or Shirley Reynolds at 269-5665

Monday at Noon—Monday Meetup,
come and just chat with your friends on Zoom

Thank you for considering a gift of support!

Go to www.tscoop.org to 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.

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You can make a difference at SCOOP!

The Golden Years Gala celebrates and recognizes senior adults in Clay County for their volunteer services.

NEW CLASSES AND OLD FAVORITES — See registration form on page 5.

Android Phone Instruction — Joe Pacachek — Smart phone instruction on the Android platform will show you the ins and outs of your phone.

Achieving Inner Peace—Concetta Hillman, MSW—Learn meditation, visioning, journaling, and other strategies for self-awareness and self-care.

Chair Exercise—Amber Luke & Amanda Draga, Palagio—Stay fit with the stability of a chair.

Do the WRITE Thing! - Dr. Douglas Greenberg—Join us as we form a new cohort of writers who enjoy putting events into words. We are supportive, non-judgmental, and reflect a virtual captive audience. We welcome narratives, memoirs, poetry and with the exception of grocery lists, any other form of written expression. Basic requirements are a sense of humor and the capacity to communicate.

The History and Mystery of the Historic Districts of Riverside, Avondale and Ortega! Part 2—Kate Riggs, Windsor Ortega—We will explore the history, the myths and the urban legends of the area.

Investing A—Z—Dave Fieber, Edward Jones—The Financial Workshop is designed to help educate you about relevant financial topics through a series of Edward Jones seminars. We will discuss all of the different types of investments; stocks, etfs, mutual funds, corporate bonds, municipal bonds, and more. We will identify their different characteristics and how they can help you manage your risk and maximize your return.

Primetime Health for Seniors—Tressa Kirilloff, Life Balance—Prime Time Health™ is a scientifically proven plan that provides a roadmap to better health for adults and seniors, with a focus on living a longer, healthier life. This approach empowers individuals to take charge of their health and learn how to boost energy levels, reduce stress, sleep better, and think sharper. Use good nutrition to help decrease pain and inflammation, reduce the risk of cancer, high cholesterol, high blood pressure, and arthritis. Become flexible, and strong.

National Parks—Esther Lee— Let's tour some great national parks and landmarks including: Alcatraz, Yosemite and Muir Woods, Grand Canyon, Niagara Falls, Maker's Mark Distillery, Jamestown and Plymouth Plantation.

iPad Class—Michael Saffy, Silverlink Consulting—Mike will give you an overview of your iPad and how to maximize your use of the device.

iPhone Class — Jami Kelly from the Allegro will show you the ins and outs of your phone.

What It's Worth—Sheryl Emmett is interested in some of the stories behind some of the hidden treasures held by everyday people. From the comfort of your homes, Ms. Emmett and a team of experts will examine a variety of heirlooms, trinkets and treasures to help people determine if you are sitting on a gold mine, or if you are just holding on to items for sentimental value. (And we'd love to hear that story too!)

Zentangle—Pat Fiedler will share her love of Zentangle, an easy to learn, relaxing and fun way to create beautiful images by drawing structured contained patterns.

Monday Meetup—Join us at noon for social hour. Talk and share with other members during this hour. There is no charge for this one hour meeting, so if you don't want to take a class, just join to meet up with your friends!

To register for the Fall 2020 Session by mail, please send this page in with your class selections. Check the appropriate registration fee and include your check.

One fee for classes \$30.00 _____

One Time New Member Fee \$25.00 _____

Donation (e.g. \$12.50 per quarter= \$50.00 annually for Golden Years Gala Ticket \$ _____

Total: \$ _____

Please make your check payable to:

**The Shepherd's Center
2105 Park Avenue, Suite 30
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Name: _____

Address: _____

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

Email: _____

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Any changes above? Circle Yes or No

May we e-mail your SCOOP Newsletter? _____

Monday 9:00 A.M.

_____ Elder Law

Monday 10:00 A.M.

_____ Current Events

Monday 11:00 AM

_____ Line Dancing

Monday Noon

_____ Monday Meetup
free

Tuesday 9:00 A.M.

_____ Android phone
instruction

Tuesday 10:00 A.M.

_____ History of
Riverside/Avondale/
Ortega

Tuesday 11:00 A.M.

_____ Inner Peace

Wednesday 9:00 A.M.

_____ Chair Exercise

Wednesday 10:00 A.M.

_____ National Parks

Wednesday 11:00 A.M.

_____ Zentangle

Wednesday 1:00 P.M.

_____ Health for Seniors

Thursday 9:00 A.M.

_____ -Genealogy

Thursday 10:00 A.M.

_____ Investing A-Z

Thursday 11:00 A.M.

_____ iPhone Inst.

Thursday 1:00 P.M.

_____ Watercolors

Friday 9:00 A.M.

_____ iPad Inst

Friday 10:00 A.M.

_____ What It's
Worth

Friday 11:00 A.M.

_____ Creative
Writing

**A very special thank you to ALLEGRO, ORANGE PARK MEDICAL CENTER,
COMMUNITY HOSPICE and PALLIATIVE CARE OF NORTHEAST FLORIDA,
PALAGIO SENIOR LIVING, SILVER LINK CONSULTING, and THE WINDSOR
for being major sponsors.**

GOLDEN YEARS GALA SPONSORS & INDIVIDUAL CONTRIBUTORS 2020

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Gala and Individual Contributors
(May 6, 2020—August 13, 2020)

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tion
Chuck Smithers

**The Allegro Fleming Island
Golden Years Gala
scheduled for Sept. 9 will
be held virtually with an
online auction 9/2-9/9 on:
<https://www.biddingowl.com/ShepherdsCenterofOrangePa>.**

**The winners will of the
volunteer award categories
will be honored with drive
by awards. Thank you for
your support of this event
that sustains SCOOP
financially.**

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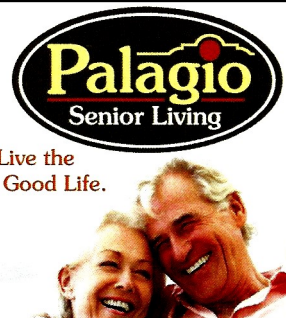
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