



***Make 55+ the Best Time of Your Life!***

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

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Serving Northeast Florida

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

Phone: (904) 269-5315 Email: [info@tscoop.org](mailto:info@tscoop.org) Website: [www.tscoop.org](http://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!

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**NEW and Returning CLASSES** — See registration form on page 5.

**Acrylic Painting Techniques**—Susan Nevinger - **VIA ZOOM** Beginners welcome. Learn basic painting techniques with acrylics, apply those skills to create flowers. Once you register a detailed supply list will be sent. You will need paints, brushes, painting surface and palette. "Flowers and Gardens and Leaves. Oh my!" Learn (or review) brush techniques & color mixing to paint flowers. Hydrangeas included this time!

**Acrylics Instruction \***-Kris Lesak— Bring your own supplies. **Pre registration required by 9/27**

Air Dry Clay \* - Joella Manning Make Christmas decorations using air dry clay. \$25 supply fee. **Pre registration required by 9/27**

**Art Appreciation**—Susan Nevinger— **VIA ZOOM**, "Cezanne, Gauguin, Valadon. Oh my!" Post-Impressionist artists, van Gogh will be there, too.

**Basic Drawing II \***: Kristen Eisenstein, Pallagio—Drawing from direct observation with an emphasis on space, volume, linear and free hand perspective. Build on skills you learned in the summer session. **Pre registration required by 9/27**

**Calligraphy\***—Pat Fiedler— Pens and instructional material are provided. The fee is \$5. **Pre registration required by 9/27**

**Computer Training**—Joe Pacachek—Computer training will focus on two key aspects of how we use personal computers today – Online use and Offline use. The class will make connections between online and offline use, staying safe, and protecting your computer from "cyber attacks." The class will be taught from a Microsoft Windows perspective, though Apple Mac users will find it equally beneficial. **Also on Zoom!**

**DeCluttering Your Life**—Heidi Forsythe, Haven Hospice. Learn techniques to help you age in place. Declutter your things, health and spirit.

**Do the WRITE Thing!** - Dr. Douglas Greenberg—**VIA ZOOM** 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.

**Essential Oils for Home and Health**—Micheline Hall—Learn all of the ways that essential oils can support a healthy home and life style.

**Flower Arranging \***—Limit class to 12. Cost per person \$16 paid at first class to Ruth Johansen. Student provides flowers, scissors, clippers. Greenery, container and oasis for designs will be provided. We will learn the Elements of Design and Principles of Design to make eight floral arrangements.

A very special thank-you to Trish Diggins for her time and talents in maintaining the SCOOP website, [www.tscoop.com](http://www.tscoop.com)

**Sunshine Committee Report:**

Thank you, Barbara Elliott for sending cards out to our members!

Sympathy: Virginia Calkins (Brother in law), Sarah Cheney (Mother), JoAnne Cohen (Husband, Ernie), Glenda Hofer (Husband, Joe), Family of Faye Irvin

Get Well: Diane Crowe, Carolyn Humphrey, Carol Newbern, Marie Rieck, Katie Tibbets, Barbara Twohie

Thinking of You: Pat Fiedler

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!**

Patricia Allen	Valerie Barney	Rosalie Bass	Rubi Borsellina
Frank Burns	Don Carver	Hubert Carver	Catherine Cavallo
Laura Corwin	Cathy David	Virginia Fuhrmann	Rebecca Gibson
Skip Keller	Betty Kendall	Phyllis Millstein	Diana Phillips
Sam Phillips	Sally Roberts		

**NEW and Returning CLASSES, continued—** See registration form on page 5.

**Improving your Balance**—Kristen Gerking, Director of Rehabilitation at Orange Park Medical Center—**VIA ZOOM** Improving your balance is significant to prevent falls and to maintain mobility. There are specific exercises that can help improve balance and they can easily be incorporated into your daily routine. These exercises along with some environment safety tips can improve safety and independence.

**The Infamous**—Jane Malcolm- This class will look at the most infamous people throughout history, including Vlad the Impaler, Pol Pot, and Caligula

**Jewelry Making**—Nancy Keown, 2 hour class, \$40 supply fee paid to Nancy. Beginners are welcome. Supplies needed: Standard Crimper, Chain or Needle Nose Pliers, Round Nose Pliers, and Side Cutters. Other misc. supplies: A detailed list will be emailed upon registration. **Register by 9/14, pick up kit 9/30**

**Tangling on Paper**—Chris Bass- Tangling is a drawing style that centers on and follows detailed step-by-step instructions for various patterns. The only equipment needed is a black gel pen, a pencil, a Q-tip for shading. There is no pressure and no mistakes, just lots of fun and camaraderie. No art experience needed. **Via Zoom.**

**Bridge Instruction**—Sharon Carter—**Wednesdays 9:30—11:30 Orange Park Presbyterian Church.** Sharon is back to teach Bridge. This is a great class for beginners or players that want to work on their skills.

<b>Classes via Zoom, Mondays, Tuesdays, Wednesdays &amp; Thursdays</b>			
<b>Elder Law Monday 9am Mike Jorgensen Senior Counsel</b>	<b>Improving Your Balance Tuesday 10am Kristen Gerking, OPMC</b>	<b>Galavanting through Jacksonville History Tuesday 11am Kate Riggs Life Care Center</b>	<b>Jewelry Making * Tuesday 1—3pm Nancy Keown \$40 supply fee, limit 5</b>
<b>Chair Exercise Wednesdays 9am Amanda Draga Palagio Senior Living</b>	<b>Art Appreciation Wednesdays 10am Susan Nevinger</b>	<b>Creative Writing Wednesdays 11am Dr. Douglas Greenberg</b>	<b>Tangling on Paper Wednesday 1pm Chris Bass</b>
<b>Windows Computer Instruction Thursdays 11am Joe Pacachek</b>	<b>Acrylic Painting Thursdays 2—4pm Flowers &amp; Gardens Susan Nevinger</b>		<b>Bridge Instruction Live Wednesday 9:30—11:30 Sharon Carter</b>

## SHEPHERD'S CENTER – FALL CLASSES 2021

Mondays – October 4, 2021 – November 29, 2021 — ***Closed 10/18***

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 P.M.
<b>6203</b>	<b>Elder Law</b> Mike Jorgensen Senior Counsel Also via Zoom	<b>Roots of Rock &amp; Roll 1950's</b> Dave Neal	<b>Current Events</b> Ken Johansen, Susan Howard, & George Tower	<b><u>Acrylics*</u></b> Kris & Greg Lesak
<b>6204</b>	<b>Bingo for Prizes!</b> Rita Hewitt, FL Homes Realty	<b>Flower Arranging*</b> Limit 12—\$16 Fee Ruth Johansen	<b>Caligraphy*</b> Fee \$5 Pat Fiedler	<b>Water Colors/Acrylic, *</b> Susan Mills Limit: 10/2hrs
<b>6205</b>		<b>The Infamous</b> Jane Malcolm	<b>iPad Instruction</b> Michael Saffy Silverlink Consulting	
<b>6206</b>		<b>Trivia for Prizes</b> Karen & Stan Konopacki	<b>iPhone Instruction</b> Jami Kelly, Allegro Fleming Island	<b>Air Dry Clay Christmas Items*</b> Joella Manning \$15 fee/Limit 10 2 hrs
<b>6207</b>	<b>Decluttering Your Life</b> Heidi Forsyth Haven Hospice		<b>Essential Oils</b> Micheline Hall	<b>Chair Yoga</b> Connie Eden
<b>GYM</b>	<b>Tai' Chi for Arthritis with Meditation</b> Glenda Hofer	<b>Movement/Exercise</b> Susan Stobe <b>Pennies from Heaven</b> Playing 10-12	<b>Line Dancing</b> Hal Hill & LouAnn Simpson  <b>Pennies continued</b>	<b>Mah Jong</b> Alice Gentile Martha Huff

### \* Classes require pre-registration

Anyone interested in such a class (marked by an asterik “\*”) should sign up prior to Sept. 27, 2021 Payment is not due with pre-registration. If the number of registrants exceed the number of spots, there will be a lottery for the class. Lottery drawing will be on September 30 with notification following.

### **Bridge**

**Orange Park Presbyterian Church, Tuesday 1:30 – 3:30 P.M. - Reservations required.**  
Call Scotty Hood at 269-7226

### 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!

**SHEPHERD'S CENTER –FALL CLASSES**  
**Thursday – October 7, 2021 – December 9, 2021 Closed 11/11 & 25!**  
**CrossRoad Lutheran Church, 5101 Lakeshore Dr. West, Fleming Island**  
**(Corner Lakeshore Dr. West and 220)**

ROOM	9:00 A.M.	10:00 A.M.	11:00 A.M.
<b>Entry Room</b>	<b>Beginning Tai Chi Gung</b> Carol Newbern	<b>Yoga</b> JoElla Manning Bring your own mat	
<b>207</b>	<b>Crochet</b> Katie Tibbets	<b>Basic Drawing II *</b> Kirstin Eisenstein Palagio Senior Living	<b>Tangling Workshop</b> Chris Bass Use what you learned on Wednesday zoom class!
<b>208 A</b>	<b>Watercolor Instruction* limit 10</b> Carron Wedland	<b>Watercolor Instruction, continued*</b> Carron Wedland	<b>Paint on Your Own</b>
<b>208 B</b>		<b>Android Phone Instruction</b> Joe Pachacek	<b>Windows Computer Instruction</b> Joe Pachacek
<b>209</b>		<b>Genealogy</b> Charles Nichols & Stanley Carroll	
<b>202</b>		<b>Mahjong</b> Linda Henning & Catie Cavallo	<b>Mahjong continued</b> Linda Henning & Catie Cavallo

**\*d classes require pre-registration, class seats will be filled by lottery if enrollment exceeds class size limits. Register by Sept. 27, lottery on Sept 30. You will be notified on Sept 30 outcome of lottery.**

**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, dessert, iced tea, and coffee.

**Lunch \$7.00 — Reservations required. *The lunch menu may be subject to change!***

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

<b>Oct 4</b>	<b>"Health Empowerment", Kim Herbert, LPN, DON Palagio</b>	<b>French Pork</b>
<b>Oct 11</b>	<b>"How to Pay for Senior Living? VA Benefits!", Mike Saffy Silverlink Consulting</b>	<b>Chicken Adobo</b>
<b>Oct 25</b>	<b>How To Boldly Advocate for a Loved One, Mary Daniel</b>	<b>Sweet/Savory Pork</b>
<b>Nov 1</b>	<b>"Got Pain? The Doctor's in!" Dr. Scott Kowalskie D.O. Coastal Specialists</b>	<b>Coq Au Vin/Chicken</b>
<b>Nov 8</b>	<b>"The COVID economy and its impact on investment strategies." - Lynn Shad, Shad Financial at Morgan Stanley</b>	<b>Meatloaf</b>
<b>Nov 15</b>	<b>Allegro Bells—Bell Choir</b>	<b>Stuffed Pork Tenderloin</b>
<b>Nov 22</b>	<b>Holiday Concert by Craig Seaton</b>	<b>Chicken Francese</b>
<b>Nov 29</b>	<b>Teacher Appreciation—Sharing of Artistic Projects by our Students</b>	<b>Mongolian Beef</b>

**To register for the Fall 2021 Session by mail, please send this page in with your class selections. Check the appropriate registration fee and include your check.**

Monday, Tuesday, Wednesday \$40.00 \_\_\_\_\_

Tuesday, Wednesday, 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** \$56.00 \_\_\_\_\_

**Free Class on Tues. Oct 19** \_\_\_\_\_

**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. 4 lunch: \_\_\_\_\_

### **Class Fees/Per Session**

**Monday, Tuesday, & Wednesday- \$40;**

**Tuesday, Wednesday, & Thursday - \$30,**

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

**One-Time New Member Fee: \$25**

**Lunch \$7, reservation required**

As a courtesy to our instructors, **PLEASE PRE-REGISTER FOR YOUR CLASSES!** You may wait to pay for the class on the first day of classes, but our teachers need to know how many will be in their class.

Please consider getting the Covid vaccination, do not attend classes if you are ill, and frequently wash your hands. We want to make sure everyone has a safe learning experience.

We can't wait to see you! Suzanne Tower and The Board of Directors

### **Indicate your choice of Classes**

#### **Monday 9:00 A.M.**

\_\_\_\_\_ Bingo

\_\_\_\_\_ Decluttering

\_\_\_\_\_ Elder Law

\_\_\_\_\_ Elder Law **via Zoom**

\_\_\_\_\_ Tai Chi for Arthritis

#### **10:00 A.M.**

\_\_\_\_\_ Flower Arranging\*

\_\_\_\_\_ Movement & Ex

\_\_\_\_\_ Pennies (cards)

\_\_\_\_\_ Rock n Roll

\_\_\_\_\_ Trivia

#### **11:00 A.M.**

\_\_\_\_\_ Current Events

\_\_\_\_\_ Calligraphy \*

\_\_\_\_\_ Essential Oils

\_\_\_\_\_ iPad

\_\_\_\_\_ iPhone

\_\_\_\_\_ Line Dancing

#### **1:15 P.M.**

\_\_\_\_\_ Acrylics\*

\_\_\_\_\_ Air Dry Clay\*

\_\_\_\_\_ Chair Yoga

\_\_\_\_\_ MahJong

\_\_\_\_\_ Watercolors \*

#### **Tuesday via Zoom 10 A.M.**

\_\_\_\_\_ Improving Balance

#### **11 A.M.**

\_\_\_\_\_ Jax History ZOOM

#### **Tuesday 1 P.M.**

\_\_\_\_\_ Bridge playing

\_\_\_\_\_ Jewelry \* ZOOM

#### **Wednesday via Zoom**

#### **9 A.M.**

\_\_\_\_\_ Chair Exercise

#### **10 am**

\_\_\_\_\_ Art Appreciation

#### **11am**

\_\_\_\_\_ Creative Writing

#### **1 P.M.**

\_\_\_\_\_ Tangling ZOOM

#### **Wed. 9:30**

\_\_\_\_\_ Bridge Inst.

#### **Thursday 9:00 A.M.**

\_\_\_\_\_ Crochet

\_\_\_\_\_ Tai Chi Gung

\_\_\_\_\_ Watercolor 2hrs

#### **10:00 A.M.**

\_\_\_\_\_ Android Phone

\_\_\_\_\_ Basic Drawing\*

\_\_\_\_\_ Genealogy

\_\_\_\_\_ Mahjong 2hrs

\_\_\_\_\_ Yoga

#### **11:00 A.M.**

\_\_\_\_\_ Games

\_\_\_\_\_ Tangling Wkshp

\_\_\_\_\_ Windows Computers

\_\_\_\_\_ Windows

Computers **via ZOOM**

#### **2:00 P.M.**

Acrylics **via ZOOM**

## **Gala and Individual Contributors**

**(May 21, 2021—August 10, 2021)**

### **Ruby (\$100 +)**

Gisela Wirth

### **Sapphire (50+)**

Fran Isert  
Pat Fiedler

### **Memoriam**

Bill Fleming in Memory of  
Mary Kay Fleming

**FREE CLASS FOR EVERYONE!** On Tuesday, October 19<sup>th</sup> at 9:00am on Zoom

*Sign up by calling or emailing the office, or use your registration on page 5.*

**Matt Weaver**, PT, DPT, MTC, Outpatient Therapy Supervisor at Orange Park Medical Center

**Topic: Lower Body Strengthening to Reduce the Risk for Falls**

Strength training exercises for the lower body in order to prevent and reduce the likelihood of falls.

Join us on Zoom. Go to Zoom.us, join a meeting. Meeting ID: 846 9158 9212, Passcode:212990

**A very special thank you to  
COMMUNITY HOSPICE and PALLATIVE CARE OF NORTHEAST FLORIDA,  
PALAGIO SENIOR LIVING, ORANGE PARK MEDICAL CENTER, and  
SILVER LINK CONSULTING for being PLATINUM SPONSORS.**

### **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.

SCOOP 2021 Officers:		SCOOP 2021 Trustees:	
Suzanne Tower, Chairman		Connie Eden	Virginia Calkins
Katy Kearson, Vice Chairman		Ruth Johansen	Scotty Hood
Chris Bass, Secretary		Charlie Lusk	Esther Lee
Chuck Smithers, Treasurer			
Advisory Trustees: Christy Fitzgerald, Exec. Dir.			
Andrea Crowder, Orange Park Medical Center			
Robyn Voigt, Orange Park United Methodist Church			

**Thank you for considering a gift of support!**

***You can make a difference at SCOOP!***

Go to [www.tscoop.org](http://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**

Gala, May 25 2022? Yes No Circle one please.



# A BIG THANK YOU to the businesses that financially support the Shepherd's Center of Orange Park!

## GOLDEN YEARS GALA SPONSORS

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**The Golden Years Gala celebrates and recognizes senior adults in Clay County for their volunteer services. The Gala is May 25, 2022. We are currently seeking nominations for Volunteer Man of the Year, Volunteer Woman of the Year and Lifetime Achievement Award. Nominees must be at least 60 years old and volunteer in Clay County. Please visit the website for a nomination form or call the office and a form will be mailed to you.**

**Print Sponsor** — St. Giles Presbyterian Church, Pastor Jake Young  
116 Foxridge Road, Orange Park, FL 32065

Thank you for your contribution which is instrumental in reaching senior adults!




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A nonprofit community service organization for adults 55+ in NE FL.

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**Michael Saffy**

Owner

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