



Volume 29 Number 1

Winter Session 2022

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

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

Serving Northeast Florida

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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!

**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 a still life. Supply list sent via email. Supply list sent via email.

**Acrylics Instruction** \*-Kris Lesak— Bring your own supplies. **Pre registration required by 1/5.** Supply list sent via email.

**Aging Well**—Sharon Gladden—Aging Well will give you tools to enhance your aging experience. Areas covered will be effect of thoughts on our bodies, stress, stress relief, good decision making, effects of music, dancing and reading on mental health, and tips to setting smart goals for positive living.

**Art Appreciation via ZOOM**—Susan Nevinger, A potpourri of painters from particular periods of the past for your pleasure and perusal.

**Basic Drawing I\***: 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 1/5** Supply list sent via email.

**Beginning Ukulele**—Deb Felts—Learn chords and a few songs. You will need a ukulele and The Daily Ukulele: 365 Songs for Better Living (Jumpin' Jim's Ukulele Songbooks)

**Calligraphy\***—Pat Fiedler— Pens and instructional material are provided. The fee is \$5. **Pre registration required by 1/5.**

**Greeting Cards**—Katie Tibbets—1:15—2:30, Limit 10, \$5 Fee. Supplies needed, scissors, double sided tape or glue, small ruler, and pencil. **Pre registration required by 1/5.**

**Heroes & Legends in World Literature**—Jane Malcolm, We will look at some of the great heroes and heroes in books including among others, Gilgamesh (our earliest), to Lisbeth Salander (our latest).

**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 12/27, pick up kit 1/5**

**Journaling**—Marty Mayer, Put your thoughts into words, not just deep thoughts but also the ones that make you smile. Bring paper and pencil.

**Macramé \*** - Constance Higginbotham, limit 10. Macrame is a great craft to learn for the creative soul who doesn't have much time or a lot of space. After becoming familiar and proficient with eight basic knots, you will be making a variety of crafts to give as gifts or keep in your home. Complete supply list will be sent via email once you have registered.

**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. No art experience needed. **Via Zoom.**

**That Was The Week That Was** - Dr. Douglas Greenberg—**VIA ZOOM** A fun discussion of events in the news, no politics! Share what peaked you interest this week!

**Wreath Making\***—Heidi Forsythe, Haven Hospice—Limit 10. Haven Hospice will donate supplies. **Pre registration required by 1/5.**

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: Katie Kearson (Friend), Billy Joe Cate (Spouse)

Get Well: Esther Lee (Husband, Paul), Marie Tyre, Jennie White

Thinking of You: 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!**

Rick Carden	Linda Foster	MaryLee Lacey	Sharon Starr
Jane Corby	JoAnne Gay	Patricia O'Neal	Sharon Summers
Joyce Covert	Audrey Hanks	Mike Rubel	Pat Vaneck
Susan Dawson	Vicki Kelly	Carol Rutcha	Barbara Vitellaro
Charla Dunaway	Penny Kievet	Jackie Samuels	

**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 our website for a nomination form or call the office and a form will be mailed to you.**

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**Classes via Zoom, Mondays, Tuesdays, Wednesdays & Thursdays**

<b>Elder Law Monday 9am</b> Mike Jorgensen Senior Counsel	<b>Galavanting through Jacksonville History Tuesday 11am</b> Kate Riggs Life Care Center	<b>Jewelry Making*</b> Limit 13—\$40 Fee Nancy Keown Reg by 12/27	<b>Chair Exercise Wednesdays 9am</b> Amanda Draga Palagio Senior Living
<b>Art Appreciation Wednesdays 10am</b> Susan Nevinger	<b>That Was The Week That Was Wednesday 11am</b> Have fun with <b>Current Events</b> Dr. Douglas Greenberg	<b>Tangling on Paper Wednesday 1pm</b> Chris Bass	<b>Acrylic Painting Thursdays 2— 4pm</b> <b>Still Life</b> Susan Nevinger

# SHEPHERD'S CENTER – WINTER CLASSES 2021

Mondays – January 10 – March 14, 2022 — ***Closed 1/17 & 2/21***

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><u>Roots of Rock &amp; Roll –</u></b> <b><u>'57-'58, Elvis &amp; Chuck Berry</u></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>Jewelry Making*</b> Limit 13—\$40 Fee Nancy Keown Reg by 12/27	<b>Jewelry Making—continued</b>	<b>Water Colors/Acrylic, *</b> Susan Mills Limit: 10/2hrs
<b>6205</b>		<b>Heroes &amp; Legends in World Literature</b> Jane Malcolm	<b>Beginning Ukulele Instruction</b> Deb Felts	
<b>6206</b>		<b>Wreath Making*</b> Heidi Forsyth, Haven Hospice Limit 10	<b>Caligraphy*</b> Fee \$5 Pat Fiedler	<b>Greeting Cards*</b> Fee \$5, Limit 10 Katie Tibbets
<b>6207</b>		<b>Aging Well</b> Sharon Gladden	<b>iPhone/iPad Instruction</b> Jami Kelly, Allegro Fleming Island	<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 <u>Balcony</u>

## \* Classes require pre-registration

Anyone interested in a pre-registration class (marked by an asterisk “\*”) should sign up prior to Jan. 5, 2022. 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 January 5 with notification via email, make sure you have your email address on file with us!

### 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 –WINTER CLASSES**  
**Thursday – January 13, 2022 – March 3, 2022**  
**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 I *</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>Macramé*</b> Limit 12 Constance Higginbotham	<b>Android Phone Instruction</b> Amanda Gallo	<b>Windows Computer Instruction</b> George Tower
<b>209</b>	<b>Journaling</b> Marty Mayer	<b>Genealogy</b> Charles Nichols & Stanley Carroll	
<b>202</b>		<b>Mahjong</b> Catie Cavallo	<b>Mahjong continued</b> Catie Cavallo

**\*d classes require pre-registration, class seats will be filled by lottery if enrollment exceeds class size limits. Register by Jan. 5. You will be notified on January 5 via email if you have seat in the 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, 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>Jan. 10</b>	<b>"Lower Body Strengthening to Reduce Risk for Falls", - Matt Weaver, Orange Park Medical Center</b>	<b>Pork Tenderloin</b>
<b>Jan. 24</b>	<b>"New Year, New Possibilities" Amber Luke, Palagio</b>	<b>Pot Roast</b>
<b>Jan. 31</b>	<b>Orange Park Center of Nursing and Healing—Topic TBA</b>	<b>Pulled Pork</b>
<b>Feb. 7</b>	<b>"What You Need to Know About Sepsis" - Jessica Sykes, MSN, RN, Orange Park Medical Center</b>	<b>Chicken Marsala</b>
<b>Feb. 14</b>	<b>"Medicare and You" - Staci Hartzog, Care Plus</b>	<b>Meat Loaf</b>
<b>Feb. 28</b>	<b>"Hearts Desire" - Beautiful Gospel Music</b>	<b>BBQ Chicken</b>
<b>Mar. 7</b>	<b>Dr. Michael Green, Coastal Specialists</b>	<b>Mongolian Beef</b>
<b>Mar. 14</b>	<b>Teacher Appreciation—Sharing of Artistic Projects by our Students</b>	<b>Pork Chop</b>

**To register for the Winter 2022 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 Stroke Tues. Feb 1** \_\_\_\_\_

**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 Jan. 10 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, 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

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

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

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

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

\_\_\_\_\_ Aging Well

\_\_\_\_\_ Heroes in Literature

\_\_\_\_\_ Jewelry Making \*

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

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

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

\_\_\_\_\_ Wreath Making\*

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

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

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

\_\_\_\_\_ iPhone

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

\_\_\_\_\_ Ukulele

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

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

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

\_\_\_\_\_ Greeting Cards\*

\_\_\_\_\_ MahJong

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

#### **Tuesday via Zoom**

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

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

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

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

\_\_\_\_\_ Jewlery ZOOM

#### **Wednesday via Zoom**

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

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

#### **10 am**

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

#### **11am**

\_\_\_\_\_ The Week that Was

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

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

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

\_\_\_\_\_ Crochet

\_\_\_\_\_ Journaling

\_\_\_\_\_ Macrame \*

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

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

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

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

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

\_\_\_\_\_ Genealogy

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

\_\_\_\_\_ Yoga

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

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

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

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

\_\_\_\_\_ Acrylics **via ZOOM**

**Gala and Individual Contributors**  
**(August 11, 2021—October 27, 2021)**

**Diamond (\$500+)**

Peggy & Joe Grantham  
 Kathy & Mike Vallencourt

**Emerald (\$250+)**

Caroline & David  
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**Ruby (\$100 +)**

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 Mary Case  
 Scotty Hood  
 Fran Isert

**Ruby (\$100 +)**

Carol Klein  
 JoElla Manning  
 Katie Tibbets

**Sapphire (\$50+)**

Betty Long

**FREE CLASS FOR EVERYONE!** On Tuesday, February 1st at 1:00 pm on Zoom

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

**Dr. Ronnie Bond, Nuerologist, and Jessica Legler, MSN, RN, Stroke Coordinator, Orange Park Medical Center—Topic: Brain Health Update: Stroke**

Join us on Zoom. Go to Zoom.us, join a meeting. Meeting ID: 863 1359 6285 , Passcode:**537513**

**A very special thank you to  
 COASTAL SPECIALISTS, COMMUNITY HOSPICE and PALLATIVE CARE OF  
 NORTHEAST FLORIDA, ORANGE PARK CENTER FOR NURSING & HEALING,  
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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.

SCOOP 2022 Officers:		SCOOP 2022 Trustees:	
Suzanne Tower, Chairman		Connie Eden	Virginia Calkins
Katy Kearson, Vice Chairman		Ruth Johansen	Scotty Hood
Chris Bass, Secretary		Carol Klein	Esther Lee
Chuck Smithers, Treasurer		Charlie Lusk	
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. 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 \$\_\_\_\_\_.

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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.

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

Gala, May 25, 2022, Would you like a ticket? Yes    No    Circle one please.



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



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