



Volume 29 Number 2

Spring Session 2022

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!

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 beautiful art in your own style. Supply list sent via email.

Acrylics Instruction *-Kris Lesak— Bring your own supplies. **Pre registration required by 3/25.** Supply list sent via email.

Adventure Around the World - Bob Sroka and Rachel Nieves - Travel around the world as Bob and Rachel present an informative photographic essay covering the sights, culture and food of Poland, India, Egypt, Cuba, Puerto Rico and Peru. No class on April 11 and June 6 due to instructor non-availability.

Book Club—Marty Mayer. Bring a book or your Kindle that you are reading to share about. Read a short story as a group to discuss. Have fun reading!

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 3/25.**

Florida Attractions—Esther Lee will share unique Florida attractions that have nothing to do with a mouse!

Getting to Know Yourself through Writing—Marty Mayer will share writing prompts to get you "talking to yourself on paper". Learn through writing.

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 3/25.**

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 3/18,

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

Spanish— Rachel Nieves, Do you remember taking Spanish in school? The teacher gave you homework and tests; you learned it for that semester. The saying goes, "If you don't use it, you lose it." Come refresh that memory, practice your Spanish with us. It would be fun to be able to order your food and drink, ask for bathroom, ask for your utensils, etc. Let's have fun learning a language. Please buy or download for free: Spanish Language, Author: Matthew Swank and Marisol Navarro

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 your interest this week!

Zumba Gold - Angie Dailey, Enjoy Zumba Dance class, no jumping, spinning, or hopping. Wear sneakers. **Limit 15, register by 3/25**

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, Barbara Elliott for sending cards out to our members!

Sympathy: Ken Johansen (Sister), Carol McCamy (Spouse), Mary Trammel (Spouse)

Get Well: Connie Eden, Suna Hall, Susan Stobe, and Mary Trammel

Thinking of You: Esther Lee

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!

| | | | |
|-----------------|----------------------|-------------------|----------------|
| Martha Avinger | Sharon Holt | Nancy Page | Mary Starr |
| Cathy Carpenter | LaVerne Love Saar | Kim Russell | George Suddath |
| Norma Chao | Jim Mancini | Betsy Salt | Nancy Suddath |
| Diane Diamantis | Angie Marques Brooks | Nancy Scarborough | Linda Tanner |
| Dan Finch | Mary Jane McRae | Carol Sebesta | Anne Till |
| Gloria Hilpert | Lynn Murphey | Nancy Simeone | Suzanne Ward |
| Ellen Hohman | Rachel Nieves | Pamela Spooner | Peggie Watron |

Thank you for considering a gift of support!

You can make a difference at SCOOP!

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. 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 _____

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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, Would you like a ticket? Yes No Circle one please.

Classes via Zoom, Mondays, Tuesdays, Wednesdays & Thursdays April 4—June 6

| | | | |
|---|---|--|---|
| Elder Law Monday 9am Mike Jorgensen Senior Counsel | Galavanting through Jacksonville History Tuesday 11am Kate Riggs Kate Riggs Consulting | Jewelry Making* Tuesday 1pm Limit 13—\$40 Fee Nancy Keown Reg by 3/18/22 | Chair Exercise Wednesdays 9am Amanda Draga Palagio Senior Living |
| Zoom invites will be emailed the on April 1. | That Was The Week That Was Wednesday 11am Have fun with Current Events Dr. Douglas Greenberg | Tangling on Paper Wednesday 1pm Chris Bass | Acrylic Painting Thursdays 2— 4pm Still Life Susan Nevinger |

SHEPHERD'S CENTER – SPRING CLASSES 2022

Mondays – April 4 – June 6 2022 — ***Closed 4/18 & 5/30***

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. |
|-------------|---|---|---|---|
| 6203 | Elder Law Mike Jorgensen Senior Counsel Also via Zoom | <u>Roots of Rock & Roll –</u> <u>'57-'58, Elvis & Chuck Berry</u> Dave Neal | Current Events Ken Johansen & Susan Howard | <u>Acrylics*</u> Kris & Greg Lesak |
| 6204 | Bingo for Prizes! Maureen Preta | | iPhone/iPad Instruction Jami Kelly, Allegro Fleming Island | Water Colors/Acrylic, * Susan Mills Limit: 10/2hrs |
| 6205 | Book Club Marty Mayer | | Beginning Ukulele Instruction Deb Felts | |
| 6206 | | Florida Attractions Esther Lee | Caligraphy* Fee \$5 Pat Fiedler | Greeting Cards* Fee \$5, Limit 10 Katie Tibbets |
| 6207 | | Spanish Rachel Nieves | Adventures Around the World Robert Sroka | Chair Yoga Connie Eden |
| GYM | Tai' Chi for Arthritis with Meditation Glenda Hofer | Movement/Exercise Susan Stobe Pennies from Heaven Game 1 | Line Dancing Hal Hill & LouAnn Simpson Pennies from Heaven Game 2 | Mah Jong Alice Gentile Martha Huff <u>Balcony</u> |

* Classes require pre-registration

Anyone interested in a pre-registration class (marked by an asterik “*”) should sign up prior to , 3/25/2022. 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 –SPRING CLASSES
Thursday – April 7, 2022 – May 22, 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. |
|------------|---|--|---|
| Entry Room | Beginning Tai Chi Gung Carol Newbern | Yoga Via a video | Zumba Gold * Angie Dailey Limit 15, reg by 3/25 |
| 207 | Crochet Katie Tibbets | | Tangling Workshop Chris Bass Use what you learned on Wednesday Zoom class! |
| 208 A | Watercolor Instruction* limit 10 Carron Wedland | Watercolor Instruction, continued* Carron Wedland | Paint on Your Own |
| 208 B | | Android Phone Instruction Amanda Gallo | Windows Computer Instruction George Tower |
| 209 | | Getting to Know Yourself through Writing Marty Mayer | |
| 202 | | <u>Pennies from Heaven Game 1</u> | <u>Pennies from Heaven Game 2</u> |

***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.

| | | |
|--------|---|------------------|
| Apr 4 | Dr. Jen Sidey, Primary Care Physician, Coastal Specialists "Primary Care Tips" | Pork Tenderloin |
| Apr 11 | Lower Body Strengthening to Reduce Falls, Matt Weaver, Orange Park Medical Center | Chicken Parmesan |
| Apr 25 | Laura Corwin, Dulcimer Concert | Beef Stir Fry |
| May 2 | Skin Cancer Awareness, Angela Stepien, PGY4, Dermatology Chief Resident, OPMC | Pulled Pork |
| May 9 | Election Law Changes, Chris Champless, Clay SOE | Chicken Marsala |
| May 16 | Penney Farms Women's Chorale | Meat Loaf |
| May 23 | General Crimes and Financial Scams ot Watch Out For - Sheriff Michelle Cook | Hawaiian Pork |
| Jun 6 | Teacher Appreciation, Member Artistic Projects | Mongolian Beef |

To register for the Spring 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 April 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; 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

_____ Book Club

_____ Elder Law

_____ Elder Law **Zoom**

_____ Tai Chi for Arthritis

10:00 A.M.

_____ Florida Attractions

_____ Movement & Ex

_____ Pennies Game 1

_____ Rock n Roll

_____ Spanish

11:00 A.M.

_____ Adventures

_____ Current Events

_____ Calligraphy *

_____ iPhone

_____ Line Dancing

_____ Pennies Game 2

_____ 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

11am

_____ The Week that

1 P.M.

_____ Tangling on Paper

Thursday 9:00 A.M.

_____ Crochet

_____ Tai Chi Gung

_____ Watercolor 2hrs

10:00 A.M.

_____ Android Phone

_____ Pennies Game 1

_____ Writing

_____ Yoga

11:00 A.M.

_____ Pennies Game 2

_____ Tangling Wkshp

_____ Windows

_____ Zumba Gold

2:00 P.M.

_____ Acrylics **via ZOOM**

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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.



ORANGE PARK CENTER
FOR NURSING AND HEALING

570 Wells Rd, Orange Park, FL 32073

Nkafu Ekokobe, Admissions Director

nekokobe@orangparknursing.com

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