



Volume 29 Number 3

Summer 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.

Acrylics Instruction *-Kris Lesak— Bring your own supplies. **Pre registration required by 6/29.** Supply list sent via email.

Adventure Around the World - Bob Sroka - Travel to some new exotic places like Singapore, Greece and Colombia. Bob will present an informative photographic essay covering the sights, culture and food of many different countries.

Art Detective—Kris Lesak— This is a group of games where each game causes you to look carefully at art works to solve a mystery. You learn about art and artists vicariously while having fun.

Art with Guest Instructors *7/14-Beth Haizlip— Acrylic Angel Painting, fee \$10; 7/21, Kathy Shores—Drawing with Colored Pencil; 7/28 & 8/4, Kris Lesak—Collage; 8/11, 18, & 25, Kathy Plante—Block Printing Techniques, 9/1 Kathy Shores—Drawing with Colored Pencil; Limit 10. Supply lists will be emailed 7/5. **Pre registration required by 6/29.**

Beautiful Forgotten Places—Esther Lee— Lost cities, beauty and desolation.

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

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 6/29**

How to Remain Independent in Your Own Home—Kris Wilson—Is your home environment safe and ready for your next stage(s) of life? Or will your home be an obstacle to gracefully aging in place? Learn from an accredited expert on modifying homes and how to enhance your independence

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, and other misc. supplies. A detailed list will be emailed upon registration.

Pre-registration required by 6/29, Supply fee \$40

Loom Knitting—Pat Fiedler- Bring you own yarn and loom; a supply list will be emailed when you register. The EASY way to knit!

Pennies From Heaven—Sandy Mills—Play Canasta (cards) for an hour at 10 & 11

Spanish—Rachel Nieves- Let's have fun learning a language. Please buy or download for free: Spanish Language For Beginners, Author: Matthew Swank and Marisol Navarro. The class will be 1.5 hours beginning at 9:30, and it will be a continuation of the Spring Session. New students are welcome as there will be ample review to get you up to speed.

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.**

Yoga—Chair Yoga with Connie Eden on Mondays. Mat Yoga with Koryn Carney on Thursdays!

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: Chris Bass (Husband's niece), Rita Gayhart (Mom, Judy Richendollar), Esther Lee (Husband, Paul), Mary Ann Peeples (Daughter), the family of Marie Tyre, Sue Wetzel (Mom, Jo Breitweiser)

Get Well: Jean Biggs, Barbara Evans, Ruth Johansen, Carol Klein, Susan Stobe

Thinking of You: Jane Malcolm

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!

Angela Alexander	Ron Gebhard	Joan Newbern	JoAnn Streebing
Tina Brazil	Barbara Giansanti	Debbie Pfarr	Yvette Stuard
Cheryl Brown	Joanne Hrubes	Judith Redenius	Homer Tresos
Tami Chacon	Nancy Hull	Martha Reed	Lorraine Treat
Charles Diamantis	Tiffany Kinworthy	Rhona Scoville	Marilynn Whiddon
Karen Gebhard			Ron Word

**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 this form and send it along with your contribution to the above address.

My contribution is in the amount of \$_____.

Your Name _____

Address _____

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Zip Code _____

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Classes via Zoom, Mondays, Tuesdays, & Wednesdays July 11—September 19

Elder Law Monday 9am Mike Jorgensen Senior Counsel	Galivanting Through NE FL and SE GA History Tuesday 11am Kate Riggs Kate Riggs Consulting	Chair Exercise Wednesdays 9am Amber Luke/Amber Draga Palagio Senior Living	Tangling on Paper Wednesday 11am Chris Bass
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Shepherd's Center Board of Directors

2022 Officers:

Suzanne Tower, Chairman
Katy Kearson, Vice Chairman
Chris Bass, Secretary
Chuck Smithers Treasurer

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Andrea Crowder, and Robyn Voigt, Orange Park United Methodist Church

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Connie Eden

SHEPHERD'S CENTER – SUMMER CLASSES 2022

Mondays – July 11 – Sept 19, 2022 — ***Closed 7/25, 8/8, & 9/5***

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	Roots of Rock & Roll – '61-'62 Dave Neal	Current Events Ken Johansen & Susan Howard	Acrylics* Kris Lesak
6204	Bingo for Prizes! Maureen Preta	Jewelry Instruction* Nancy Keown Limit 13, Fee \$40	Jewelry Workshop Continued from 10am Nancy Keown	Water Colors/Acrylic, * Susan Mills Limit: 10/2hrs
6205	Book Club Marty Mayer	Art Detective Kris Lesak	How to remain Independent in your Own Home Kris Wilson/Mobility Works	
6206	Clay History Vishi Garig Clay County Archives	Beautiful Forgotten Places Esther Lee	Loom Knitting Pat Fiedler	Greeting Cards* Fee \$5, Limit 10 Katie Tibbets
6207	Spanish Rachel Nieves Class starts at 9:30am	Spanish, continued 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	Mahjong On the Balcony Catie Cavallo Alice Gentile

* Classes require pre-registration

Anyone interested in a pre-registration class (marked by an asterik “*”) should sign up prior to, 6/29/2022. 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 July 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 –SUMMER CLASSES
Thursday – July 14, 2022 – September 1, 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 Koryn Carney	Movement and Exercise Kelly Hughes Silver Treasures Fleming Island
207	Crochet Katie Tibbets		Tangling Workshop Chris Bass Use what you learned on Wednesday Zoom class!
208 A	Art with Guest Instructors* Limit 10	Art with Guest Instructors* continued	Art with Guest Instructors* continued
208 B			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 June 29 You will be notified on July 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.

Jul 11	"Welcome to Silver Treasures" Silver Treasures Fleming Island	Chicken Parmesan
Jul 18	"Planting for Pollinators" J Jennifer Cox	Pot Roast
Aug 1	TBA	Herb Roasted Chicken
Aug 15	Sing Along with Brittney Shay	Hawaiian Pork
Aug 22	"Learn about Aging True" Tourea Robinson, Director Aging True Clay	BBQ Chicken
Aug 29	TBA	Mongolian Beef
Sep 12	Dr. Kaylan McClary, Orthopedic Surgeon, Coastal Specialists	Chicken Lemon
Sep 19	Teacher Appreciation, Member Artistic Projects	Salisbury Steak

To register for the Summer 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 _____

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 July 11 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*

_____ *Clay History*

_____ *Elder Law*

_____ *Elder Law Zoom*

_____ *Tai Chi for Arthritis*

_____ *Spanish 9:30-11*

10:00 A.M.

_____ *Art Detective*

_____ *Beautiful Places*

_____ *Jewelry Making**

_____ *Movement & Ex*

_____ *Pennies Game 1*

_____ *Rock n Roll*

11:00 A.M.

_____ *Adventures*

_____ *Current Events*

_____ *Independent....*

_____ *Loom Knitting*

_____ *Line Dancing*

_____ *Pennies Game 2*

1:15 P.M.

_____ *Acrylics**

_____ *Chair Yoga*

_____ *Greeting Cards**

_____ *MahJong*

_____ *Watercolors **

Tues. via Zoom 11am

_____ *FL/GA History*
ZOOM

Tuesday 1 P.M.

_____ *Bridge playing*

Wed. via Zoom

9 A.M.

_____ *Chair Exercise*

10am

_____ *Tangling on*
Paper

Thursday 9:00 A.M.

_____ *Art with Guests*

_____ *Crochet*

_____ *Tai Chi Gung*

10:00 A.M.

_____ *Pennies Game 1*

_____ *Writing*

_____ *Yoga*

11:00 A.M.

_____ *Movement & EX*

_____ *Pennies Game*

_____ *Tangling Wkshp*

_____ *Windows*
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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 and informative lunch program.



ORANGE PARK CENTER
FOR NURSING AND HEALING

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Nkafu Ekokobe, Admissions Director

nekokobe@orangparknursing.com

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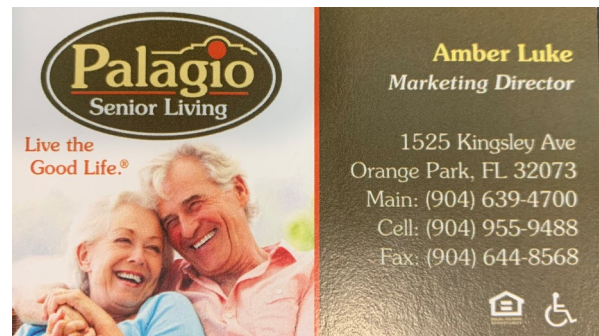
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