



Volume 30 Number 1

Winter Session 2023

***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 inspire dynamic living among older adults through volunteerism, education, and community connection.

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

**Acrylics Instruction** \*-Susan Nevinger— Bring your own supplies. **Pre registration required by 1/4.** Supply list sent via email. 1st day no supplies needed Via Zoom also.

**Adventures Around the World**—Bob Sroka— An informative photographic essay covering the sights, culture and food of many different countries.

**Android Phone** —Andrea Gallo, Fla. Homes Realty & Mortgage, will teach the ins and outs of your Android Phone.

**Art Appreciation**—Susan Nevinger— Renaissance to Mannerism. Rebirth of culture to breaking the rules. Via Zoom also.

**Artful History**—Linda Mitchell—Using the book "My Color Full Florida" learn the history of unique people, places, and things. Bring colored pencils, \$10 book fee. Rediscover Florida or learn about it for the first time.

**Beginning Chess**—Tony Sutton— will teach chess geared for beginners. 1 hour of instruction, 1 hour of play. Boards/sets provided for each class.

**Bird Houses**—Kris Lesak— Paint Bird Houses with Kris, \$10 fee per bird house.

**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!

**Flower Arranging\***—Ruth Johansen—Limit class to 12. Cost per person \$15 paid at first class to Ruth Johansen. Student provides flowers, scissors, clippers. Greenery, container and oasis for designs will be provided by Ruth. We will learn the Elements of Design and Principles of Design to make eight floral arrangements. **Pre-register by 1/4.**

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

**Improv Comedy** \*-Ann Doherty-Hardbattle— Improv is making things up as you go along—no scripts! Ann will guide you through fun improv games, exercises, and two person scenes. Limit 10 **Pre-registration required by 1/4**

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

**Pre-registration required by 12/27**

**Pennies From Heaven**—Sandy Mills—Play Canasta (cards) for an hour at 10 & 11 **(Thursday class requires a minimum of 4 players, pre register by 1/4)**

**Successful Aging at Home**—Lori Whitman— In 8 weeks Lori will share techniques and tricks to help you navigate aging in place, different topics each week with fun giveaways.

**Tangling on Paper**—Chris Bass— Tangling is a method for drawing, which not only promotes concentration and creativity, but at the same time increases personal well-being. 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—A fun discussion of events in the news, no politics! Share what peaked your interest this week! In person on Thursdays!

**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](http://www.tscoop.com)*

**Sunshine Committee Report:**

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

Sympathy: Judy Bennett (mother, Ruby Sisk)

Get Well: Barbara Evans, Glenda Hofer, Nancy Keown & Husband, DeeDee Lewis, Joan Newbern, Gisela Wirth

Thinking of You: David & Carolyn Humphries, Elaine Carden (husband), Connie Killian, Steve Topp (wife), Ginger Williams

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 MEMBERS!**

Kathleen Andrezejewski	Linda Bush	Sue Heath	Anne Horseman
Sadako Long	Marsha Martin	Judy Muschewske	Laura Tarpley
Guadalupe Terraza	Brian Thorp	Gabrielle Trukatis	Vicky Turner

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

My contribution is in the amount of \$\_\_\_\_\_.

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**Classes via Zoom, Mondays, Tuesdays, & Wednesdays Jan 9—Mar 13, closed 1/6 & 2/20**

<b>Monday, 9am</b> <b>Elder Law</b> Mike Jorgensen Senior Counsel	<b>Monday, 10am</b> <b>Art Appreciation</b>  <b>Monday, 1:15pm</b> <b>Acrylics</b> Susan Nevninger	<b>Tuesday, 11am</b> <b>Traveling Down the</b> <b>Local Rabbit Holes</b> <b>of History</b> Kate Riggs Kate Riggs Consulting	<b>Wednesday, 9am</b> <b>Chair Exercise</b> Amanda Draga Palagio Senior Living	<b>Wednesday, 10am</b> <b>Tangling on Paper</b>  Chris Bass
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**Shepherd's Center Board of Directors**

**2023 Officers:**

Katy Kearson, Chairman  
 Ruth Johansen, Vice Chairman  
 Chris Bass, Secretary  
 Chuck Smithers Treasurer

**2023 Trustees:**

Andrea Crowder  
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 Charlie Lusk  
 Scotty Hood  
 Carol Klein  
 Suzanne Tower

Advisory Trustees: Christy Fitzgerald, Executive Director

Robyn Voigt, Orange Park United Methodist Church

# SHEPHERD'S CENTER – WINTER CLASSES 2023

Mondays – Jan. 9 – Mar. 13, 2023 — ***Closed 1/6 & 2/20***

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 – '64- '65</b> Dave Neal	<b>Current Events</b> Ken Johansen, Susan Howard, & George Tower	<b>Acrylics, Garden Flowers*</b> Susan Nevinger BYO supplies, limit 10, 2 hours
<b>6204</b>	<b>Bingo for Prizes!</b> Maureen Preta	<b>Jewelry Instruction*</b> Nancy Keown Limit 13, Fee \$40 Reg by 12/27/22	<b>Jewelry Workshop</b> Continued from 10am Nancy Keown	<b>Water Colors/Acrylic, *</b> Susan Mills Limit: 10/2hrs
<b>6205</b>	<b>Book Club</b> Marty Mayer	<b>Bird Houses*</b> Kris Lesak \$10	<b>Successful Aging in Place</b> Lori Whitman Seniors Helping Seniors	
<b>6206</b>	<b>iPhone/iPad</b> Brittney Shay Silverlink Consulting	<b>Art Appreciation– Renaissance to Mannerisms</b> Susan Nevinger	<b>Flower Arranging*</b> Ruth Johansen \$14 Fee Limit 12	
<b>6207</b>	<b>Improv Comedy*</b> Ann Doherty- Hardbattle Limit 10		<b>Adventures Around the World</b> Bob Sroka	<b>Chair Yoga</b> Connie Eden
<b>GYM</b>	<b>Walking to the River</b> George Tower Stretch, walk, rest, walk, and cool down	<b>Movement/Exercise</b> LouAnn Simpson <b>Pennies from Heaven</b> Game 1	<b>Line Dancing</b> Hal Hill & LouAnn Simpson <b>Pennies from Heaven</b> Game 2	<b>Mahjong</b> On the Balcony Linda Henning Alice Gentile

## \* Classes require pre-registration

Anyone interested in a pre-registration class (marked by an asterisk “\*”) should sign up prior to, 1/4/2023 (Jewelry by 2/27/22). 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 1/5/23 with notification via email; make sure you have your email address on file with us!

## Bridge

**Orange Park Presbyterian Church, Tuesday 1:00 – 3:00 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 – Jan. 12 2023 – Mar. 2, 20223**  
**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> Koryn Carney	<b>Movement and Exercise</b> Michael Saffy Silverlink Consulting
<b>207</b>		<b>Beginning Chess—2 hour class *</b> Tony Sutton	<b>Beginning Chess—</b> continued Tony Sutton
<b>208 A</b>	<b>Watercolors Instruction*</b> <b>Carron Wedland</b> Limit 10	<b>Watercolors Inst. Con't.*</b> <b>Carron Wedland</b>	<b>Watercolors Paint on Your Own*</b>
<b>208 B</b>	<b>Android Phone</b> Andrea Gallo FI Homes Realty & Mortgage	<b>Getting to Know Yourself through Writing</b> Marty Mayer	<b>Artful History*</b> Linda Mitchell Book \$10
<b>209</b>	<b>Improv Comedy*</b> Ann Doherty-Hardbattle Limit 10	<b>Family History/Genealogy</b> Stanley Carroll	<b>The Week that was the Week</b> Fun Current Events, no Politics Dr. Douglas Greenberg
<b>202</b>	A minimum of 4 players registered required for Pennies.	<b><u>Pennies from Heaven*</u></b> <b><u>Game 1</u></b> Sandy Mills	<b><u>Pennies from Heaven*</u></b> <b><u>Game 2</u></b> Sandy Mills

**\*d classes require pre-registration, class seats will be filled by lottery if enrollment exceeds class size limits. Register by Jan 4 You will be notified on Jan 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 9</b>	<b>Shepherd's Center of America History—Marty Mayer</b>	<b>Pork Tenderloin</b>
<b>Jan 23</b>	<b>Understanding Hospice and Advanced Illness Care— Francie Paspalaris, Community Hospice &amp; Palliative Care</b>	<b>Beef Stir Fry</b>
<b>Jan 30</b>	<b>An Introduction to Seniors Helping Seniors— Lori</b>	<b>Pulled Pork</b>
<b>Feb 6</b>	<b>The Recycles Band</b>	<b>Herb Roasted Chicken</b>
<b>Feb 13</b>	<b>Music from the 60's, followed by a Sock Hop</b>	<b>Meat Loaf</b>
<b>Feb 27</b>	<b>An Update from Coastal Specialists</b>	<b>Chicken Marsala</b>
<b>Mar 6</b>	<b>News from HCA Florida Orange Park Hospital— Tina Pugh, Vice President of Operations</b>	<b>Mongolian Beef</b>
<b>Mar 13</b>	<b>Teacher Appreciation, Member Artistic Projects</b>	<b>Pork Chop</b>

**To register for the Winter 2023 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 Jan 9 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! Katy Kearson and The Board of Directors

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

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

\_\_\_\_\_ Bingo  
 \_\_\_\_\_ Book Club  
 \_\_\_\_\_ Elder Law  
 \_\_\_\_\_ Elder Law **Zoom**  
 \_\_\_\_\_ iphone/ipad  
 \_\_\_\_\_ Improv Comedy  
 \_\_\_\_\_ Walking

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

\_\_\_\_\_ Art Appreciation  
 \_\_\_\_\_ Art App via **Zoom**  
 \_\_\_\_\_ Bird Houses  
 \_\_\_\_\_ Jewelry Making\*  
 \_\_\_\_\_ Movement & Ex  
 \_\_\_\_\_ Pennies Game 1  
 \_\_\_\_\_ Rock n Roll

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

\_\_\_\_\_ Adventures/World  
 \_\_\_\_\_ Current Events  
 \_\_\_\_\_ Flower Arranging  
 \_\_\_\_\_ Line Dancing  
 \_\_\_\_\_ Pennies Game 2  
 \_\_\_\_\_ Successful Aging

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

\_\_\_\_\_ Acrylics\*  
 \_\_\_\_\_ Acrylics via **Zoom**  
 \_\_\_\_\_ Chair Yoga  
 \_\_\_\_\_ MahJong  
 \_\_\_\_\_ Watercolors \*

#### **Tues. via Zoom 11am**

\_\_\_\_\_ Down the Rabbit  
 hole

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

\_\_\_\_\_ Bridge Playing

#### **Wed. via Zoom**

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

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

#### **10am**

\_\_\_\_\_ Tangling on  
 Paper

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

\_\_\_\_\_ Android Phone  
 \_\_\_\_\_ Improv Comedy  
 \_\_\_\_\_ Tai Chi Gung  
 \_\_\_\_\_ Watercolors\*

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

\_\_\_\_\_ Beg. Chess\* 2hrs  
 \_\_\_\_\_ Family History  
 \_\_\_\_\_ Pennies Game 1  
 \_\_\_\_\_ Writing  
 \_\_\_\_\_ Yoga

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

\_\_\_\_\_ Artful History\*  
 \_\_\_\_\_ Movement & Ex  
 \_\_\_\_\_ Pennies Game 2  
 \_\_\_\_\_ The Week that  
 was

## **GOLDEN YEARS GALA 2023**

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#### **Gala and Individual Contributors** **(August 9—November 16, 2022)**

##### **Diamond (\$500+)**

Chuck and Julie Smithers  
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MaryAnn & Chester Witczak

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Linda Bush  
Scotty Hood  
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David & Carol Humphrey  
Betty Long

##### **Sapphire (\$50 +)**

Olavan Brown  
Rose Hawkins  
Vicki McComb  
Dian McLeod  
Donna Ponder  
Martha Reed

**February 13, Monday, 1:15pm**  
**join SCOOP's Rock n Roll class**  
**for another Dance!**

**Music provided by Tom Biasco.**  
**Listen and Dance to your**  
**favorite tunes.**

*Let's Go To The Hop!*



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

The Fun Committee has been busy planning extra events to  
keep everyone busy when we do not have scheduled classes:

**December 12, 2022 - Tour of the Clay County Historic Triangle and lunch in Spring Park,** Green Cove Springs, lunch afterwards. Lunch is \$10, please let us know by **December 7** if you would like to join us.

**January 8, 2023 - Always Patsy Cline** at the Thrasher Horne, Tickets will be \$50 - \$60

**February 12, 2023, Tour of Catty Shack Ranch,** Tickets will be \$45 and will include a bus to and from.

**March 26, 2023, 1:30, Jesus Christ Super Star** at the Jacksonville Performing Arts Center. Tickets will be \$85 and will include a bus to and from. **RSVP by January 14, 2023,** limited seating.

**April 30, 2023 - Jacksonville Jumbo Shrimp Game.** Tickets will be \$45 and will include a bus to and from.

**May 10, 2023, 8:30am, Golden Years Gala** at Sullivan Hall.

**June 11, 2023, Little Shop of Horrors** at the Orange Park Community Theater. Ticket price to be announced.

Be on the look out in your email for pop up Movie Events as well!

Seating is limited to all of these events. Notify the office to and sign up early if you would like to attend any of these events. 904-269-5315 or email [info@tscoop.org](mailto:info@tscoop.org)



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



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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.



**Michael B. Knapp, HAS, ACA, BC-HIS**  
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