



Volume 30 Number 2

Spring 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** \*—Kris Lesak— Bring your own supplies. **Pre registration required by 3/22.** Supply list sent via email.

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

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

**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)

**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 3/22**

**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 3/22**

**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 3/22**

**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 3/22)**

**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 Cindy Smith on Thursdays!

**Zentangle**—Sharon Fellows—By focusing on the creation of patterns through repetitive strokes a relaxing state is achieved the same as in traditional forms of meditation. The process used to create a Zentangle tile is what is important, the unintended result is the creation of a tile that is often a beautiful work of art.

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

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

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

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 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: Mr. James Agee (Patsy Agee), Cathy Akin (Jean Biggs), Lori Donalty (Mother), Stephen Topp (Wife), Sharon Wilt (Husband)

Get Well: Alice Gentile, Bonnie Hamm, Stan Konapacki, Polly Krause, Esther Lee, Rose White

Thinking of You: Sharon Wilt (Husband)

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!**

Russell Atwood	Bill Boos	Eileen Burnjas	Carrie Cabral
Sandy Cinotta	Janice Davis	Nancy Davis	Susan Dawes
Joyce Dimonda	Laurie Dunbar	Charlene Fenimore	Maria Frank
Patricia Freeman	Dorothy Hofer	Letreze Jordan	Ginny Kupper
Richard Kupper	Sharon Lloyd	John McMillan	Wanda Powell
Teresa Price	Cindy Reader	Kay Shapiro	George Thompson
James Ziegner			

*Let's Go To The Hop!*



**Classes via Zoom, Mondays, Tuesdays, & Wednesdays Apr 3—May 24, closed 4/10**

<b>Monday, 9am</b> <b>Elder Law</b> Mike Jorgensen Senior Counsel	<b>Tuesday, 11am</b> <b>Traveling Down the Local Rabbit Holes of History</b> Kate Riggs Kate Riggs Consulting	<b>Wednesday, 9am</b> <b>Chair Exercise</b> Amanda Draga Palagio Senior Living
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**May 15, 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.**

**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 \$\_\_\_\_\_.

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 10, 2023, Would you like a ticket? Yes No Circle one please.

# SHEPHERD'S CENTER – SPRING CLASSES 2023

Mondays – Apr 3—May 22, 2023 — **Closed 4/10**

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 – '66-'67</b> Dave Neal	<b>Current Events</b> Ken Johansen, Susan Howard, & George Tower	<b>Acrylic Painting*</b> Kris Lesak 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 3/22/23	<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>Ukulele*</b> Deb Felts Limit 12	
<b>6206</b>	<b>iPhone/iPad</b> Brittney Shay Silverlink Consulting	<b>Flower Arranging*</b> Ruth Johansen \$14 Fee Limit 12		<b>Greeting Cards</b> Pat Fielder & Cathy James Akin Limit 12 Fee \$15
<b>6207</b>	<b>Improv Comedy*</b> Ann Doherty- Hardbattle Limit 10			<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, 3/22/2023. 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 3/24/23 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 –SPRING CLASSES**  
**Thursday – Apr 6—May 25, 2023**  
**CrossRoad Lutheran Church, 5101 Lakeshore Dr. West, Fleming Island**  
**(Corner Lakeshore Dr. West and 220)**

<b>ROOM</b>	<b>9:00 A.M.</b>	<b>10:00 A.M.</b>	<b>11:00 A.M.</b>
<b>Entry Room</b>	<b>Beginning Tai Chi Gung</b> Carol Newbern	<b>Yoga</b> Cindy Smith	<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>Zentangles</b> Sharon Fellows Supply fee \$20 Limit 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 Mar 22 You will be notified on Mar 24 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>Apr 3</b>	<b>Info Session about Walmart Health—Magory Dolce</b>	<b>Salisbury Steak</b>
<b>Apr 17</b>	<b>"Saving Claire" Fall Prevention—Kris Wilson, Modified Independence Evaluation</b>	<b>Chicken Parmesan</b>
<b>Apr 24</b>	<b>Information on Secure Act 2.0—Lynn Shad, Shad Financial Group at Morgan Stanley</b>	<b>Beef Stir Fry</b>
<b>May 1</b>	<b>Information on your Appliances-Dana Heisler, Mr. Appliance</b>	<b>Pulled Pork</b>
<b>May 8</b>	<b>Updates from Palagio—Amanda Darga</b>	<b>Herb Roasted Chicken</b>
<b>May 15</b>	<b>Teacher Appreciation/Rock n Roll Hop</b>	<b>Meat Loaf</b>
<b>May 22</b>	<b>Coastal Specialist—Kyle Williamson</b>	<b>Hawaiian Pork</b>

**To register for the Spring 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 Apr 3 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.**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ Flower Arranging\*  
 \_\_\_\_\_ Jewelry Making\*  
 \_\_\_\_\_ Movement & Ex  
 \_\_\_\_\_ Pennies Game 1  
 \_\_\_\_\_ Rock n Roll

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

\_\_\_\_\_  
 \_\_\_\_\_ Current Events  
 \_\_\_\_\_  
 \_\_\_\_\_ Line Dancing  
 \_\_\_\_\_ Pennies Game 2  
 \_\_\_\_\_ Ukulele

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

\_\_\_\_\_ Acrylics\*  
 \_\_\_\_\_ Chair Yoga  
 \_\_\_\_\_ Greeting Cards\*  
 \_\_\_\_\_ 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\*  
 2hrs

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

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

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

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

**Individual Contributors**  
(Nov 17, 2022—Feb 15, 2023)

**Diamond (\$500+)**

Fran Isert

**Emerald (\$250 +)**

Kathy Vallencourt

**Ruby (\$100 +)**

Joan Bazely  
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**Sapphire (\$50 +)**

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Thank you for your contribution which is  
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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.

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