

Serving Northeast Florida

Office: 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.**

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

**Acrylics Instruction** \*-Susan Nevinger— Bring your own supplies. Learn painting techniques and express yourself with acrylics . Limit 10. **Pre-registration required by 12/28.** Supply list sent via email.

**Art Appreciation**—Susan Nevinger—Time Travel: Explore exciting cities through great artwork.

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

**“Chess Geezers and Gals Challenge”**- a fun BEGINNERS CHESS TOURNAMENT geared towards BEGINNING and LOW INTERMEDIATE level chess players. **NO ONE GETS ELIMINATED!!!** You play all 8 rounds and at some point will be paired against someone of your own strength. Boards/sets will be provided.

**Drawing\***—Kris Lesak - The first few weeks you will work on shapes and shadows and how to apply these concepts to real world objects, including faces and flowers. Please bring a sharpened #2 or HB Pencil. Kris will have sketch paper, or you may bring your own sketch book.

**Pre—registration required by 12/28**

**Expand Your Mental Health Toolbox**—Dennis Dormady—Learn some simple techniques, from breathing to tapping to self hypnosis, that are used worldwide to deal effectively with the stresses and pressures of life.

**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 12/28.**

**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 scenes. Check out: [annsimprov.com](http://annsimprov.com) Limit 10 **Pre-registration required by 12/28.**

**Jewelry Making \***—Nancy Keown, 2 hour class, class limit 13, **\$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 12/21**

**Pennies From Heaven**—Robin Fabianak—Play Canasta (cards) for an hour at 10 & 11 (Thursday class requires a minimum of 4 players, pre register by 12/28)

**Ukulele, Beginning**—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)

**Watercolors\***—Mon.- Susan Mills, Thurs.—Carron Wedland– Bring your own supplies. Class limit 10. **Pre-registration required by 12/28.**

**Yoga**—Chair Yoga with Connie Eden on Mondays. Mat Yoga with Elizabeth Reed on Thursdays!

**Zentangle Workshop**– Sharon Fellows and Chris Bass—Zentangle is a drawing process of learning and creating patterns through repetitive strokes which often results in a beautiful work of art. No previous experience or "talent" is necessary. Basic tools can be purchased in the first class. Class limit 10. **Pre-registration required by 12/28.**

**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: Chris Bass—nephew, Mei Brey—Husband Arden, and Susan & Rick Nevinger-Rick's Mother  
Get Well: Kathleen Andrzejewusji, Chris Bass, Pat Fiedler, Adrienne Fox, Douglas Greenberg, Hal Hill,  
Marty Meyer, Susan Mills, and George Tower

Thinking of You: Shirley Norton (husband), Arleen Starling, and Dan & Carol Weisenburger

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!**

Patricia Asta	Joe & Vicky Banks	John Banton	Anne Burke	Margaret Cate
Joan & Roy Dixon	Marcelle English	Janice Fitzpatrick	Bob Frey	Nancy Graham
Gwen Hannah	Deborah Jones	Judy Okuley	Virginia Petersen	David Raker
Barry Sheehan	Ethel Lee Smith	Nancy Tew	Carol Wright	

**Classes via Zoom, Mondays & Tuesdays, January 8—March 11 closed 1/15  
& 2/19**

<b>Monday, 9am</b> <b>Elder Law</b> Mike Jorgensen, Senior Counsel	<b>Monday 10am</b> <b>Art Appreciation</b> Susan Nevinger	<b>Tuesday, 11am</b> <b>Traveling Down the Local Rabbit Holes of History</b> Kate Riggs, Kate Riggs Consulting
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**UPCOMING "FUN COMMITTEE" EVENTS**

- 1/31/24**, noon - Meet at **Kyodai** near the mall (210 Orange Park Northway, OP) **for hibachi style lunch**; each person will pay for themselves.
- 2/28/24 Walk Moccasin Slough** (4393 Raggedy Point Rd, Fleming Island) at 11am and follow with a picnic lunch. Lunch cost is \$12.
- 3/14/24— 10am—1pm -Breakfast, Pool, and Lunch at the Corner Pocket** (14 N. Magnolia Ave., Green Cove Springs. Cost \$20 Includes Pool instruction!
- 4/14—2:30pm—Jumbo Shrimp Game**, transportation and game tickets, cost TBD
- 6/23—7pm—Cinderella** at the Orange Park Community Theatre, Cost TBD

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

Name \_\_\_\_\_  
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In Memory of: \_\_\_\_\_ In Honor of: \_\_\_\_\_

FLORIDA LAW. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE FLORIDA DEPARTMENT OF AGRICULTURE AND CONSUMER SERVICES WITHIN THE STATE BY CALLING 1 (800) 435-7352. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. REGISTRATION # CH30937

## SHEPHERD'S CENTER – WINTER CLASSES 2024

Mondays – January 8—March 11, 2024 — **Closed 1/15 & 2/19**

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 – '70-'71</b> Dave Neal	<b>Current Events</b> Dr. Douglas Greenberg Ken Johansen & Susan Howard	<b>Acrylic Painting*</b> Susan Nevinger BYO supplies, Limit 10, 2 hours
<b>6204</b>	<b>Bingo for Prizes!</b> Rita Hewett Heron Realty	<b>Jewelry Instruction*</b> Nancy Keown Limit 13, Fee \$40 Reg by 12/21/24	<b>Jewelry Workshop</b> Continued from 10am Nancy Keown	<b>Water Colors/Acrylic, *</b> Susan Mills Limit: 10/2hrs
<b>6205</b>	<b>Beginning Chess*</b> Tony Sutton 2 hours	<b>Beginning Chess* con't</b> Tony Sutton 2 hours	<b>Drawing*</b> Kris Lesaks	<b>Mahjong</b> On the Balcony Linda Henning Alice Gentile
<b>6206</b>	<b>iPhone/iPad</b> Brittney Shay Alpine Special Care	<b>Art Appreciation</b> Susan Nevinger	<b>Flower Arranging*</b> Ruth Johansen \$12 Fee, limit 12	<b>Greeting Cards*</b> Cathy James Akin Limit 12 Fee \$15
<b>6207</b>	<b>Improv Comedy*</b> Ann Doherty-Hardbattle Limit 10	<b>Expand Your Mental Health Toolbox</b> Dennis Dormady	<b>Ukulele*</b> Deb Felts	<b>Chair Yoga</b> Connie Eden
<b>GYM</b>	<b>Walking to the River</b> Depending on weather George Tower	<b>Movement/Exercise</b> LouAnn Simpson <b>Pennies from Heaven</b> Game 1 Robin Fabianek	<b>Line Dancing</b> Hal Hill & LouAnn Simpson <b>Pennies from Heaven</b> Game 2 Robin Fabianek	

### \* Classes require pre-registration

Anyone interested in a pre-registration class (marked by an asterik “\*”) should sign up prior to, 12/28/2024. 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 12/29/2024 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 Claire Wimmer at 404-358-2015

### Thank You to Orange Park Methodist Church

Shepherd's Center of Orange Park (SCOOP) would like to thank Orange Park Methodist Church for their many years of partnership with our organization. SCOOP exists and continues to grow because of their generosity. Orange Park 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 11 —February 29, 2024**  
**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> Elizabeth Reed	<b>Movement and Exercise</b> Michael Saffy Silverlink Consulting
<b>207</b>		<b>Chess Geezers &amp; Gals Challenge</b> Tony Sutton	<b>Chess Geezers &amp; Gals Challenge, continued</b> Tony Sutton
<b>208 A</b>	<b>Watercolors Instruction*</b> Carron Wedland Limit 10	<b>Watercolors Inst. Con't.*</b> Carron Wedland	<b>Watercolors Paint on Your Own*</b>
<b>208 B</b>		<b>Bridge Instruction *</b> 2 hour class Evie Ezzell	<b>Bridge Instruction *</b> <b>continued</b>
<b>209</b>		<b>Family History/Genealogy</b> Stanley Carroll	
<b>202</b>	A minimum of 4 players registered required for Pennies.	<b><u>Pennies from Heaven*</u></b> <b>Game 1</b> Robin Fabianek	<b><u>Pennies from Heaven*</u></b> <b>Game 2</b> Robin Fabianek
<b>203</b>		<b>Zentangles Workshop*</b> Sharon Fellows & Chris Bass Bring your own supplies Limit 10	<b>Zentangles Workshop—con't</b> Sharon Fellows and Chris Bass

**\*'d classes require pre-registration; class seats will be filled by lottery if enrollment exceeds class size limits. Register by Dec. 28. You will be notified on Dec 29 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 8</b>	<b>"Brain Health and Nurtrition" by Palagio</b>	<b>Lemon Chicken</b>
<b>Jan 22</b>	<b>"Hospice Myths and Facts" by Community Hospice and Palliative Care</b>	<b>Salisbury Steak</b>
<b>Jan 29</b>	<b>Info on The Windsor Ortega</b>	<b>Hawaiian Pok</b>
<b>Feb 5</b>	<b>Music by Brittny Shay</b>	<b>Chicken Parmesan</b>
<b>Feb 12</b>	<b>Jacksonville Ukulele Society Concert</b>	<b>Meat Loaf with Gravy</b>
<b>Feb 26</b>	<b>Organizing with Seniors Helping Seniors</b>	<b>Pulled Pork</b>
<b>Mar 4</b>	<b>Walmart Health</b>	<b>Herb Roasted Chicken</b>
<b>Mar 11</b>	<b>Teacher Appreciation</b>	<b>Beef Stroganoff</b>

**To register for the Winter 2024 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 \$ \_\_\_\_\_

**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 January 8 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.

We can't wait to see you!

Ruth Johansen and The Board of Directors

### **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.

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

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

\_\_\_\_\_ Bingo

\_\_\_\_\_ Beg. Chess

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

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

\_\_\_\_\_ Improv Comedy\*

\_\_\_\_\_ iPhone/Ipad

\_\_\_\_\_ Walking—River

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

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

\_\_\_\_\_ Art App. Via **Zoom**

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

\_\_\_\_\_ Mental Health Tools

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

\_\_\_\_\_ Pennies Game 1

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

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

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

\_\_\_\_\_ Drawing

\_\_\_\_\_ Flower Arranging\*

\_\_\_\_\_ 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

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

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

\_\_\_\_\_ Watercolors\* 3 hrs

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

\_\_\_\_\_ Bridge Inst. 2hrs

\_\_\_\_\_ Chess Tourney

\_\_\_\_\_ Family History

\_\_\_\_\_ Pennies Game 1

\_\_\_\_\_ Yoga

\_\_\_\_\_ Zentangle 2hrs

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

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

\_\_\_\_\_ Pennies Game 2

### **FUN COMMITTEE**

\_\_\_\_\_ Kyodai Lunch

\_\_\_\_\_ Moccasin Slough \$12

Payment due upon registration

\_\_\_\_\_ Corner Pocket \$20

\_\_\_\_\_ Jumbo Shrimp

\_\_\_\_\_ Cinderella

**Individual & Gala Contributors**  
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 AVAILABLE ON OUR WEBSITE,  
<https://www.tscoop.org/goldenyears gala/>  
 Nominations are due 1/31/24**

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