
Serving Northeast Florida

Office: 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 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 4/1.**

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.

Creative Writing—Cindy Hollingsworth—Do you need a spark to get writing? Join the adventure and become a more confident writer. This course is designed for all levels of experience.

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 4/1**

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 4/1.**

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 Limit 10 **Pre-registration required by 4/1.**

Jewelry Making *—Nancy Keown, 2 hour class, class limit 13, **\$40 supply fee** paid to Nancy. Beginners are welcome. A detailed supplies list will be emailed upon registration. **Pre-registration required by 3/18**

Knit and Chat—Billie Flahive, This class will be a gathering of people who like to knit and chat. If you want to learn to knit please join us and I'll have a small project for you to learn this fun skill of knitting. Crocheters are welcome, but I can't provide any help. Come join the fun!

Last Week Today—Dr. Doug Greenberg-Welcome to our consideration of events making the news last week. We will discuss national news, local news, sports news, and most importantly your personal news. Did you win the lottery? Did your cat have kittens? Did you find your lost glasses? This class will encourage participation and present a forum to share ideas and opinions.

Mixed Bag of Art- Sharon Fellows and Chris Bass—No prior experience needed. Students will experience a different art form each week. **\$20 Supply Fee.** Class limit 10. **Pre-registration required by 4/1.**

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 4/1.**

Yoga—Chair Yoga with Connie Eden on Mondays. Mat Yoga with Elizabeth Reed 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: Jennifer Cox & Elizabeth Reed-mother, Martha Reed, Fran Isert-brother, Gisela Wirth-granddaughter

Get Well: Dave Eden, Ron & Karen Gebhard, Martin Havey, Susan Mills, & Nancy Stein

Thinking of You: Richard Greenwald, Greg Lesak, Shirley Norton, Arlene Starling

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!

Eva Baluch	LeAnne Bargamin	Winifred Beavers	Alice Caisse	Ruth Casias
Monica Clarke	Miriam Crowe	Patricia Dicks	Jeanne Marie Elam	Janica Gonzalo
Bonnie Gorman	Jim Gorman	Bill Harrell	Irene Harrell	Cassie Harris
John Harris	Martin Havey	Debbie Hedge	Lindsay Henderson	Peggy Layton
James Jordan	Lily Kinmonth	Joy Maly	Jerry Maxwell	Karen Maxwell
Mildered Murray	Rainer Obermann	James Parsons	Karen Patterson	Pamela Peterson
Ann Reid	Melanie Seifried	Michael Skinner	Donna Swenson	Cifford Wheat

Classes via Zoom, Mondays & Tuesdays, April 8—May 21

Monday, 9am
Elder Law
Mike Jorgensen, Senior Counsel

Tuesday, 11am
Traveling Down the Local Rabbit Holes of History
Kate Riggs, Kate Riggs Consulting

UPCOMING "FUN COMMITTEE" EVENTS

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! **RSVP. by 3/10!**

4/14—2:30pm—Jumbo Shrimp Game, transportation and game tickets, cost \$48 Limited seating, reservations required by 4/1/24

4/19/24- 6pm, "Clue" at the Spotlight Event Center, \$59, payment is due with reservation. Limited seating, reservations required by 4/1/24

5/8/24-8:30am—The Windsor Ortega Golden Years Gala, tickets \$50

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 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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SHEPHERD'S CENTER – SPRING CLASSES 2024

Mondays – April 8—May 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.
6203	Elder Law Mike Jorgensen Senior Counsel Also via Zoom	Pop and Rock – '72-'73 Dave Neal	Current Events Ken Johansen & Susan Howard	Acrylic Painting* Susan Nevinger BYO supplies, Limit 10, 2 hours
6204	Bingo for Prizes! Rita Hewett Heron Realty	Jewelry Instruction* Nancy Keown Limit 13, Fee \$40 Reg by 3/18/24	Jewelry Workshop Continued from 10am Nancy Keown	Water Colors/Acrylic, * Susan Mills Limit: 10/2hrs
6205		Knit and Chat Billie Flahive	Flower Arranging* Ruth Johansen \$12 Fee, limit 12	Mahjong On the Balcony Linda Henning Alice Gentile
6206	iPhone/iPad Brittney Shay O.B. Entertainment	Book Club Marty Mayer	Drawing* Kris Lesak	Greeting Cards* Cathy Akin, Pat Fiedler, Chris Bass Limit 12 Fee \$15
6207	Improv Comedy* Ann Doherty- Hardbattle Limit 10	Expand Your Mental Health Toolbox Dennis Dormady	Ukulele* Deb Felts	Chair Yoga Connie Eden
GYM	Walking to the River Depending on weather George Tower	Movement/Exercise LouAnn Simpson Pennies from Heaven Game 1 Robin Fabianek	Line Dancing Hal Hill & LouAnn Simpson Pennies from Heaven Game 2 Robin Fabianek	

* Classes require pre-registration

Anyone interested in a pre-registration class (marked by an asterik “*”) should sign up prior to, 4/1/2024. 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 4/2/2024 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 –SPRING CLASSES

Thursday – April 4—May 23

**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 Elizabeth Reed	Movement and Exercise Michael Saffy Silverlink Consulting
207	Beginning Chess Tony Sutton	Chess Geezers & Gals Challenge Tony Sutton	Chess Geezers & Gals Challenge , continued Tony Sutton
208 A	Watercolors Instruction* Carron Wedland Limit 10	Watercolors Inst. Con't.* Carron Wedland	Watercolors Paint on Your Own*
208 B		Bridge Instruction * 2 hour class Evie Ezzell	Bridge Instruction * continued
209		Family History/Genealogy Stanley Carroll	Creative Writing Cindy Hollingsworth
202	A minimum of 4 players registered required for Pennies.	<u>Pennies from Heaven*</u> <u>Game 1</u> Robin Fabianek	<u>Pennies from Heaven*</u> <u>Game 2</u> Robin Fabianek
203		<u>Mixed Bag of Art</u> Sharon Fellows & Chris Bass \$20 Supply Fee Limit 10	<u>Mixed Bag of Art, con't</u> Sharon Fellows and Chris Bass
202			Last Week Today Dr. Doug Greenberg

***'d classes require pre-registration; class seats will be filled by lottery if enrollment exceeds class size limits. Register by Apr 1. You will be notified on Apr 2 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!*

Apr 8	"Signs that it's time to consider Senior Living & Care Options", Rachel Weinstein—SilverLink Consulting	Meatloaf with Gravy
Apr 15	"Demystifying Dementia", Kristin Moore, The Windsor Ortega	Pulled Pork
Apr 22	Golden Oldies Concert by Craig Seaton <i>Come sing along with beautiful songs from the Great American</i>	Herb Roasted Chicken with Gravy
Apr 29	Coastal Health—"The Doctor is In!"	Beef Stroganoff
May 6	"The Benefits of Home Healthcare" by Assisting Hands	Blackened Pork Chops
May 13	Senior Helpers	Chicken Parmesan
May 20	Teacher Appreciation	Salisbury Steak

To register for the Spring 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 \$49.00 _____

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 April 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

_____ Elder Law

_____ Elder Law **Zoom**

_____ Improv Comedy*

_____ iPhone/Ipad

_____ Walking—River

10:00 A.M.

_____ Book Club

_____ Jewelry Making*

_____ Knitting

_____ Mental Health Tools

_____ Movement & Ex

_____ Pennies Game 1

_____ Pop/Rock

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

_____ Local History

Tuesday 1 P.M.

_____ Bridge Playing

Thursday 9:00 A.M.

_____ Beginning Chess

_____ Tai Chi Gung

_____ Watercolors* 3
hrs

10:00 A.M.

_____ Bridge Inst. 2hrs

_____ Chess Tourney

_____ Family History

_____ Mixed Bag Art

_____ Pennies Game 1

_____ Yoga

11:00 A.M.

_____ Creative Writing

_____ Last Week Today

_____ Movement & Ex

_____ Pennies Game 2

FUN COMMITTEE

Payment due upon

_____ Corner Pocket \$20

_____ Jumbo Shrimp \$48

_____ Clue \$59

_____ Gala Ticket \$50

_____ Cinderella

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